



Home Nursing

Lydia E. Pinkham's Vegetable Compound



This medicine has the written endorsement of half a million American women.

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60% of them bought their first bottle because some friend or neighbor recommended it.

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98 out of 100
Report Benefit

~

During the three trying periods of maturity, maternity and middle life, this medicine proves its worth.

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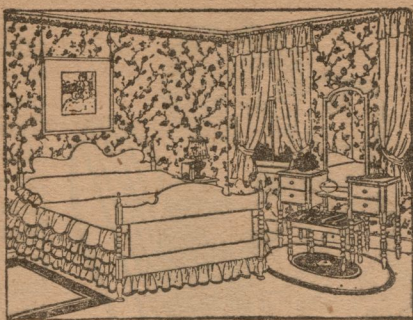
LIQUID — TABLETS — EQUALLY EFFECTIVE

Sold by Druggists

Backed by 50 years of success

THE SICK ROOM

The room where a sick person is confined should be light, airy and as cheerful as possible. All furniture and bric-a-brac not necessary for the patient's comfort should be removed. Do not allow unnecessary bottles and glasses to accumulate. Both medicines and drinking water should be covered.



Pure air is essential to health. In sickness it is indispensable. The air in a sick room should be changed several times a day. Keep the patient well covered and throw open the windows if only for a few minutes. Close the doors to prevent drafts. One window in a sick room should be open day and night unless the doctor orders otherwise on account of the disease. Do not let the air blow directly on the patient. Use a screen. If you have no screen, hang a blanket over a chair and place it in front of the window to divert the air.

"BURNING NERVES"

"I am fifty years old and suffered from 'burning nerves.' The doctor said this inward heat was worse than outward flashes. I used one bottle of Lydia E. Pinkham's Vegetable Compound and got relief. On the second bottle now and I am almost free from them. I am sure that the Vegetable Compound is a good tonic for me. I had severe pains in my abdomen at one time and in the nerves of my arms. After taking two bottles of your medicine the pain has gone. It gives me such an appetite and I feel well and strong."

MRS. H. A. HONKER,
Myerstown, Pennsylvania

YOU CAN ENJOY MOTHERHOOD



Lydia E. Pinkham's Vegetable Compound is a blessing to mothers and prospective mothers. It helps to prepare them for childbirth. And after the little one has arrived, it helps in the return to normal health and strength. Mothers left in a weakened, run-down condition, suffering from backache, and from tired and depressed feelings, are finding relief by taking Lydia E. Pinkham's Vegetable Compound.

"WAITING FOR THE STORK WITH HAPPINESS"

"My baby was born January 6, 1930. A week before her birth my leg swelled up to twice its natural size. I could not sleep with the pain but I took **Lydia E. Pinkham's Vegetable Compound** and got through the childbirth all right. My baby is well and strong. She has never seen a sick day. At ten months she could walk. I cook in a tea room eight hours a day beside doing my housework. I used to suffer periodic pains before I took the **Vegetable Compound**. Now I feel extra strong. I never dread the coming of a baby. I am always waiting for the stork with happiness because I know everything will be all right."

MRS. JOHN CELEHOSKE,
278 Lemmer St., Oshkosh, Wisconsin

"HAVE BEEN HELPED WONDERFULLY"

"I have taken your **Vegetable Compound** for cramps and have been helped wonderfully when my physician's medicine failed. I often speak to women and girls about how your **Compound** has benefited me and will be glad to write directly to anyone about it."

MISS MAMIE LAWRENCE,
2281 E. 95th St., Cleveland, Ohio

THE PATIENT'S BED

Most hospitals use iron beds enameled white because they can be kept clean and sanitary. If the bed is too low, your back will ache with all the bending and lifting you have to do. If the illness is to be a long one, it will pay to raise a low bed. Put wooden boxes of uniform height under the spring.



A feather bed is very bad for sick people. Do not use it if there is a mattress available. In scarlet fever or any contagious disease, fill a ticking with clean straw. Afterward it may be burned.

If possible, have only the head of the bed against a wall. It is much easier to care for the patient and to make the bed if you can get around both sides of it.

Anyone who is ill should sleep alone. Better still, he should occupy the room alone. If the nurse must sleep in the same room, her cot should be as far from the patient as space will permit.

"ALL MY FRIENDS KNOW"

"When I was 16, they were afraid I was going into consumption. A neighbor told my mother about **Lydia E. Pinkham's Vegetable Compound** and it brought me into womanhood. I worked at the Bell Telephone for ten years before I was married. I have two healthy children, ten and twelve years old. I took the **Vegetable Compound** during maternity and I have never been sick a day. I am 40 now and everyone takes me for 30. All my friends know what your medicine has done for me."

MRS. ANNA ROZESKY,
7112 Colgate Ave., Cleveland, Ohio

Look inside the back cover of this book.

READ THIS LETTER



"Words cannot express what **Lydia E. Pinkham's Vegetable Compound** did for me. Before taking it, I never knew a well moment during my period. Oh, how I suffered! Such bearing down pains. I looked as pale as a corpse and I dreaded the time to go to work! My back ached and my head ached and I had such dizzy spells. The **Vegetable Compound** relieved all this.

I work eight hours steady at the Firestone Rubber Company. I also work around the house and teach in the Church School. I am busy from 6. A.M. until 10 or 11 P.M., then I go to bed and sleep until my alarm clock wakes me."

RUBY REA,

56 E. Mapledale Ave., Akron, Ohio

"MY MOTHER USED IT"

"My mother used **Lydia E. Pinkham's Vegetable Compound** for years. It kept her alive before I was born. She started me taking it when I was quite young. It helped me in many ways, especially when I suffered from painful or suppressed periods. I used to be in bed three or four days at a time. I have also used **Lydia E. Pinkham's Sanative Wash** with good results."

MRS. R. H. SHEELEY,

7031 Albany St., Huntington Park, Calif.

A WOMAN'S MEDICINE

"I have taken four bottles of **Lydia E. Pinkham's Vegetable Compound** and it certainly helped me. I feel stronger and I do not suffer from pains in my back as I did. I do my housework and my washing. Whenever I hear of a woman who suffers from female trouble like mine I always recommend this wonderful medicine."

MRS. S. CICCILLO,

1206-15th St., Niagara Falls, New York

SIX STEPS IN MAKING THE BED

1. First turn the mattress end for end to keep it from getting bumpy. Cover it with a quilted pad or mattress protector.

2. Put the bottom sheet on straight, tucking it under the mattress eight inches at the top. This keeps the sheet from wrinkling even though it is not long enough to tuck in at the bottom.



3. Tuck one side of the sheet under the mattress. Take a rubber sheet or a piece of table oilcloth at least two feet wide and lay it across the bed where the patient's body will come. Tuck this rubber cloth under the mattress and fasten with safety pins. (If you have no rubber sheet, use several layers of newspapers to prevent the bed from getting wet or soiled.)

4. Fold a sheet in half the long way. Keeping the fold toward the pillow, lay this draw sheet across the bed and tuck the end securely under the mattress.

5. Go to the other side of the bed. Pull the bottom sheet firm and tight and tuck it in. Then tuck in the rubber sheet and last of all the draw sheet. There will be more of the draw sheet to tuck in than there was on the other side.

6. Put on the top sheet, if you are using one, and the blankets. Have the top blanket high enough to keep the patient's chest and shoulders warm. If your bedspread is silk, or made of heavy material, put it away during illness. Use a clean sheet or a spread which can be laundered.

MILL WORKER BENEFITED



"For four years I worked in a mill. I was in misery every month. Such awful cramps, pains in my back and headache. No one knows what I suffered unless they have gone through it themselves. The girls where I worked kept telling me about Lydia E. Pinkham's Vegetable Compound so I thought I would try one bottle. Before I had taken all of it, the pain was gone. It made me stronger so that I do

not suffer as I did."

MRS. JEAN TODD,
Dunmore, Pennsylvania

Notice the sentence in heavy type above. Mrs. Todd is right. **Lydia E. Pinkham's Vegetable Compound** not only relieves the present suffering but it will strengthen the generative organs and so correct the cause of the suffering. Build up your health by taking this medicine regularly for a month or two.

"HELPED MORE THAN I CAN EXPRESS"

"I am a factory worker. I was so run down that I had to lie down often. Some times I could hardly get home. One of my girl friends told me about **Lydia E. Pinkham's Vegetable Compound**. She had taken it for years and it certainly helped her. I tried it and it helped me more than I can express. I can eat anything now. My nerves are better and I sleep well. I had pains every month before I took the medicine but I do not suffer that way any more."

FRIEDA HOOP,
2714 School St., Indianapolis, Indiana

TELL YOUR FRIENDS ABOUT
6 LYDIA E. PINKHAM'S VEGETABLE COMPOUND

CHANGING THE BED WITH THE PATIENT IN IT

1. Loosen the bed clothes all around. Remove the spread but keep at least one blanket over the patient.
2. Turn him or lift him to one side of the bed.
3. On the other side of the bed, roll first the draw sheet, then the rubber sheet, then the bottom sheet close to the patient's body. This will expose one half of the mattress.
4. Spread the clean bottom sheet over this part of the mattress, tucking it in at top and bottom. One half of the clean sheet is now gathered up and lying close to the patient.
5. Unroll the rubber sheet, spread it smoothly over the clean sheet and tuck under the mattress on that side.
6. Fold a fresh draw sheet in half the long way. Holding the fold at the top, tuck one end firmly under the mattress.
7. Move your patient over so that he is lying on the clean side of the bed.
8. Quickly pull off the soiled bottom sheet and the soiled draw sheet. Unroll the clean bottom sheet and tuck it in. Spread the other end of the rubber sheet over it, then the draw sheet.
9. Put a clean top sheet and another blanket on top of the blanket which is keeping your patient warm. Let him hold the top edges while you pull the soiled blanket out.
10. Complete making the bed as instructed on a previous page.
11. Have a pillow ready in a clean case. Lift the patient's head, slide out the soiled pillow and slide in the clean one.

THE DRAW SHEET

Moving the draw sheet gives the patient a clean place or a cool place to lie on. Loosen the long end which you tucked under the mattress. Tuck in just enough to hold. Push the rest toward the patient. Loosen the other end of the draw sheet. Tell the patient to lift his body for a moment while you pull the sheet through. The long part is now tucked under the mattress on this side.



MEASLES



Symptoms—(9 to 14 days after exposure)

Slight fever, cough, sneezing, watery eyes—similar to a head cold. An eruption appears in three or four days, usually beginning as small red spots on the face and neck which spread slowly over the body.

Danger

The rash is likely to get into the patient's eyes. Keep him in a dark room and do not let him read or use his eyes much.

During the winter months there is danger that bronchitis or pneumonia may follow measles.

Keep Away from Other Children

For four days after the rash is entirely gone.

The average case lasts about three weeks.

AT MENOPAUSE—(Change of Life)

"I have taken Lydia E. Pinkham's Vegetable Compound on and off since I was fourteen years old. My mother always used it. I am now 49—in perfect health. I used to have dizzy spells. Since taking the **Vegetable Compound** I have not had to have a doctor through menopause. I do all my housework and go out nursing."

MRS. EMILY M. DOOLEY,
Charles St., West Medway, Massachusetts

LOST HER SALLOW COMPLEXION

"I had headaches most of the time. During my period they were especially severe. My appetite was poor and I had a sallow look at that time. I decided that female trouble was causing my headaches and sallow complexion. Friends told me that **Lydia E. Pinkham's Vegetable Compound** was the best female medicine made so I tried it. I am now on my fourth bottle and I cannot find words to express my appreciation for what it has done for me. My headache is relieved, my color is good and I feel so much better. I work every day at dressmaking."

MRS. D. E. WYNNE,
1206 Dallas Ave., Nashville, Tennessee

BEFORE CHILDBIRTH

"Five years ago before my baby was born I was so run-down and weak I had to lie down most of the time. Lydia E. Pinkham's Vegetable Compound has been in our family for years. My mother got me a bottle and I began to feel better right away. I took eight bottles in all and I got along fine at childbirth. The baby was fat and healthy. Now she is the healthiest child of my four. They wanted me



to call her Lydia Lorraine Hall. I have told other women about the **Vegetable Compound** and I will answer letters from women asking about it." MRS. HAZEL HALL,

1236 Antoinette St., Peoria, Illinois

TWICE BENEFITED

"When I was twelve years old, just coming into womanhood, I would have to be out of school a week at a time. Someone told us about **Lydia E. Pinkham's Vegetable Compound**. My mother got a bottle for me and we were all surprised how it helped me. Before my baby was born last February I was so rundown I had to hire my work done. I took **Lydia E. Pinkham's Vegetable Compound** again and now I feel like myself. My baby is a big strong boy now seven months of age. I am doing all my work and I certainly recommend the **Vegetable Compound** for what it did for me."

MRS. J. A. CROW,

1117 Twin Springs St., Siloam Springs, Arkansas

DURING THE THREE TRYING PERIODS

When the girl comes into womanhood, when the wife has her first baby, and the period called "Change of Life"—these are the critical periods in every woman's life. At these three periods **Lydia E. Pinkham's Vegetable Compound** proves its worth. 98 out of 100 women report benefit after taking it. Get a bottle from your druggist today. Give this medicine a chance to help you.



SCARLET FEVER



Symptoms—(2 to 5 days after exposure)

Scarlet fever begins abruptly with fever, vomiting and sore throat. Within twenty-four hours a red blush appears on neck and chest. This eruption spreads rapidly.

Contagion

Scarlet fever is slightly contagious for the first two days, and very contagious at the height of the attack. The disease may be carried by clothing or bedding from the sick room.

Treatment

Send for the doctor at once if you suspect scarlet fever. Until he comes, keep the patient warm but have fresh air in the room. Give him only liquid food. Cold drinks may be given if he is thirsty. Sponge his body with lukewarm soda water twice a day. Catnip, pleurisy root or pennyroyal tea are sometimes used to drive the rash to the surface. Follow the doctor's orders carefully, for scarlet fever is a serious disease.

Keep Away From Other Children

Three weeks after the rash disappears; longer if there is any discharge from nose, throat, ears or glands.

USED TO LOSE THREE DAYS' WORK

"I am a housekeeper in an apartment building at the Harlem Valley St. Hospital. I was so bad with cramps every month that I used to lose three days' work. My mother gave me everything she could think of. At last we tried **Lydia E. Pinkham's Vegetable Compound**. I took it all during the month and it helped the pain so I kept on. I did not have to go to bed and my back did not ache so much. I have taken eight bottles now and I feel fine. I am able to work every day and lose no more time."

MRS. H. B. KINDLEBURGH,
P. O. Box 174, Wingdale, New York



MUMPS



Symptoms—(18 to 21 days after exposure)

First a swelling under the ear. Gradually the swelling extends forward to the cheek and backward behind the ear. One or both sides of the head may be swollen.

Mumps is usually mild in young children. In the teens it is more severe with boys than with girls.

Keep Away From Other Children

One week after the swelling goes down.

THREE IN SAME FAMILY BENEFITED

"After childbirth I was tired and nervous. My aunt who is 45 years old said the **Vegetable Compound** had helped her very much. Since I took it, I have gained in strength and appetite. My nerves are better and I sleep well. My fifteen year old daughter is taking this medicine steady. All three of us recommend **Lydia E. Pinkham's Vegetable Compound** whenever we get a chance."

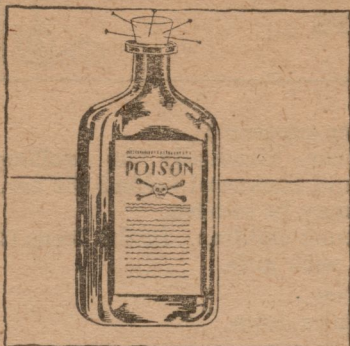
MRS. HAZEL PUGLIESE,
311 Ashmore Ave., Trenton, New Jersey

WEAK AFTER CHILDBIRTH

"After the birth of my first child I suffered with my back and stomach. Three years ago I had a miscarriage which left me so weak and rundown I was unable to do my work. I had to give up sewing entirely. (I am a dressmaker.) Then I began taking **Lydia E. Pinkham's Vegetable Compound**. After the second bottle I was much improved. I have completely regained my health and I can truthfully say that I feel like another woman. I recommend the **Vegetable Compound** highly to my friends and neighbors."

MRS. ELSIE LYON,
2467 Sherman Ave., Washington, D. C. 11

BE CAREFUL IN GIVING MEDICINES



1. Never give medicine in the dark. Better be sure than sorry.

2. Read the label three times—before you take it off the shelf, before you pour it and after you pour it.

3. If the medicine is a liquid, shake it before pouring.

4. Be sure to give the exact amount of medicine. Don't guess at it.

5. If the medicine has an unpleasant taste, give the patient a peppermint or a drink of water afterward.

6. Keep poisonous medicines out of the reach of children. Such medicines should be plainly labeled "Poison." Stick pins into the cork so that you cannot possibly uncork it by mistake. Or, stick a strip of adhesive tape around the outside of the bottle so that its roughness will warn your fingers of danger.

AT CHANGE OF LIFE


"At Change of Life I suffered from hemorrhages. I took **Lydia E. Pinkham's Vegetable Compound** and got along fine. My troubles left me gradually and I am well and happy now."

MRS. MINNIE GEIST,
2914 Holton Ave., Ft. Wayne, Indiana


ANEMIC AND FAINT

"I was a knitter in the Alden Mill. I had poor blood, a nervous breakdown, anemia and fainting spells. I had to lie down often because I felt so poorly. I read so much about **Lydia E. Pinkham's Vegetable Compound** that I decided to take it. It stopped the fainting spells. I eat well, sleep well and have good color. I feel well and strong all the time now."

MISS S. SHEPARD,
2001 Congress St., New Orleans, Louisiana



WHOOPING COUGH



Symptoms—(9 to 14 days after exposure)

For the first week or ten days, the patient appears to have an ordinary cold on the chest. After the first week the attacks of coughing get more severe, especially at night. The child gets red in the face, his eyes water and he may vomit. At the end of a coughing spell, he may catch his breath with a peculiar sound called a "whoop."

Treatment

Anything that relieves the cough is beneficial. A remedy called **Pertussin** which is sold by most druggists is very good. Your doctor can give you a whooping cough serum which will shorten the period of the disease. Avoid exposure to wet and cold.

Keep Away From Other Children

For about two months and as much longer as the whoop continues.

SUFFERED FROM OVARIAN TROUBLE

"**Lydia E. Pinkham's Vegetable Compound** is a wonderful medicine. My sister bought me my first bottle and it did me so much good that I have taken five. I was in such poor health from ovarian trouble that I could hardly walk around. I imagined I had every woman's ailment. This medicine has taken the pain away and the swelling is almost gone. I do all my work except washing. Life is worth living again and I cheerfully recommend the **Vegetable Compound** to suffering women."

MRS. F. McCASHIN,
710 Tulip Street, Camden, New Jersey

"IT REGULATED ME"

"**Lydia E. Pinkham's Vegetable Compound** has been in my family ever since I can remember. I took it for female ailments. It regulated me and built me up."

MRS. WALLACE ESTILL,
R. 1, Box 105, Megargel, Texas

DETROIT WOMAN BENEFITED



"Before I was married I was frail and thin. My mother died when I was quite young and I had to work so hard I couldn't eat or sleep when I got home. I was so run down we were afraid of consumption. One day I picked up one of your booklets on the street and read about your medicine. I took in all about ten bottles, part **Vegetable Compound** and part the **Herb Medicine** for

my blood. It helped my monthly troubles, gave me more pep and brought the color into my cheeks. I am married now and have a nice baby. I feel well and strong."

MRS. F. LIPA,
3553 Holborn St., Detroit, Michigan


TAKE LYDIA E. PINKHAM'S HERB MEDICINE WITH THE VEGETABLE COMPOUND

Women who are rundown find it to their advantage to take **Lydia E. Pinkham's Herb Medicine** in alternate doses with **Lydia E. Pinkham's Vegetable Compound** as Mrs. Lipa did. Take two doses of each every day. The **Herb Medicine** tones up the whole system, while the **Vegetable Compound** works especially upon the generative organs. If you are troubled with constipation, take **Lydia E. Pinkham's chocolate coated Pills for Constipation**.


"TO STEADY MY NERVES"

"My mother used to take **Lydia E. Pinkham's Vegetable Compound** when she was living. She gave it to me when I was a young girl and it helped me. I still take it when I need something to steady my nerves."

MRS. MARY JONES,
624 W. 31st St., Norfolk, Virginia



CHICKEN POX



Symptoms—(14 to 16 days after exposure)

Pimples here and there on scalp, face and body. In a few days these pimples resemble small blisters which dry out and leave a crusty scab. There is little fever but a great deal of itching and discomfort.

Treatment

Bathe daily with luke warm soda water. Give the patient a drink that will drive the rash out. Pleurisy root, catnip or boneset may be used. If he is very feverish, give him a little niter in water as directed on the bottle. Use Carbulated Vaseline to allay the itching.

Keep Away From Other Children

Until all the crusts have fallen off and the scars healed. Usually the disease lasts two or three weeks.

FELT WEAK AND FAINT

"About four years ago I started having Change of Life. I had terrible hot flushes and I used to faint going down stairs or anywhere I happened to be. I was so weak I felt afraid to go out. Twice a day I had to lie down. I had taken **Lydia E. Pinkham's Vegetable Compound** before my first baby was born, so I started taking it again. I am much stronger. I drive my own car and I am not nervous now at all."

MRS. PETER MAYHEW,
42 Orchard Ave., Barrington, R. I.

WEAK AFTER OPERATION

"After my operation for appendicitis I was very weak and had no appetite. It seemed as if I could not get strong until I took **Lydia E. Pinkham's Vegetable Compound**. Three bottles built me up. I do my housework and I am a waitress besides."

HULDA JOHNSON,
1407 East Lake St., Minneapolis, Minn.

ASK YOUR NEIGHBORS ABOUT LYDIA E. PINKHAM'S VEGETABLE COMPOUND



More than half the women who take this medicine buy their first bottle because some friend or neighbor recommends it. When they learn its worth from personal experience, they recommend it to others and so it goes—a lengthening chain.

NERVOUS AND TIRED

“Lydia E. Pinkham’s Vegetable Compound is surely a wonderful medicine. My nerves were very bad. I felt so tired and worn out that I couldn’t do all my work. Sometimes I had to lie down about all day. One of my friends told me about **Lydia E. Pinkham’s Vegetable Compound**. I have taken two bottles and I feel better all ready. My color is getting better and I do all my work including my washing. I recommend this medicine to any woman who feels like I did.”

MRS. ALBERT E. GORDLEY,
Route No. 3, Brooksville, Kentucky

AT CHANGE OF LIFE

“I have been taking Lydia E. Pinkham’s Vegetable Compound for three years at Change of Life and for my nerves. I run a large rooming and boarding house, also a tailor’s shop at the North gate of the Soldiers’ National Home. I work hard but I am in good health, thanks to the **Compound**.”

MRS. L. A. SHERMAN,
712 Lamont St., Johnson City, Tennessee

Hospital Tested



L Lydia E. Pinkham's Sanative Wash has been tested in the hospital under the doctor's supervision. It is highly recommended as a cleansing, non-irritating antiseptic for vaginal douches.

As a deodorant, it prevents embarrassment.

Large bottle **50** cents

Lydia E. Pinkham's
Sanative Wash

COOKING FOR INVALIDS



Serve only small quantities of food to an invalid. Make the tray as attractive as possible. Use pretty glass and china and be sure that the napkin and tray are clean. If tea or other liquid is spilled while carrying the tray to the sickroom, wipe it out before the invalid sees it. Wash her face and hands before she eats. Remove the tray as soon as she finishes the meal. If her illness is at all contagious, keep her dishes and silver

separate. Wash them in very hot water and see that no one else uses them.

ALBUMINIZED MILK

White of 1 egg

1 cup milk

Salt and flavoring to taste

Put egg and milk in a covered glass jar and shake until they are thoroughly blended. Sweeten if desired. Flavor and serve immediately.

IRISH MOSS LEMONADE

$\frac{1}{4}$ cup Irish Moss

Juice of 1 lemon

1 pt. boiling water

Sugar to taste

Soak the moss $\frac{1}{2}$ hour. Pick it over and wash thoroughly. Put in a saucepan with the boiling water and cook 15 minutes just below the boiling point. Strain. Add lemon juice and sugar. Serve hot.

DROPPED EGG ON TOAST

Break an egg into a cup, then slip it carefully into boiling water. Cook below the boiling point until as hard or soft as you want it. Lift it out carefully with a skimmer and serve on a slice of buttered toast. Season with salt and pepper.

DIET

Liquid Diet means no solid food. Unless the doctor orders otherwise give one of these: orange juice, milk, broth, gruel or thin soup—every two hours. Sherbet made with fruit juices is good, too. On the alternate hour, give water or ginger ale.

Soft Diet means everything which was included in the liquid diet, also ice cream, Jell-O, custard, soft cooked eggs, cereal and milk, milk toast and dropped egg on toast. A patient on soft diet may take three meals a day (made up of these foods) with orange juice, ginger ale or ice cream between meals.

Light Diet allows chicken, fish, oysters, baked potato, simple salads, and well cooked vegetables. Avoid red meats and highly seasoned food. Fried food is not good for sick people. Toast is better than fresh bread. Fruit juices, prunes and cereals help the bowels to move.



TRY THE TABLET FORM OF LYDIA E. PINKHAM'S VEGETABLE COMPOUND

Chocolate coated.

Pleasant to take.

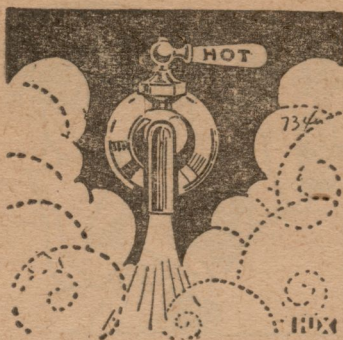
Just as effective as the liquid.

Packed in convenient glass bottles.

Take your medicine regularly wherever you may be.

If you want to know more about our medicine,
see free offer inside the back cover of this book.

HOW TO KILL GERMS



Germs thrive in darkness and dirt. Cleanliness and sunshine will kill them. Have fresh air in the sick room and plenty of sunshine.

If your patient has a contagious disease, anything that touches him or his bed is unclean. When you take care of him, wear a washable dress, a big apron and a dust cap. When you leave the patient's room, take off the apron and leave it with the inside turned

in. Keep your hands away from your face and mouth. Before you touch anything else, scrub your hands for two minutes in a basin of water to which two teaspoons of lysol has been added. Then wash your hands with soap and warm water. Keep your finger nails short.

The patient's dishes should be used by no one else. When you take his tray out of the room, set it on a newspaper. Wipe each dish with a bit of paper. Drop into a newspaper and burn immediately. Put all dishes, glasses, knives and forks into a dish pan of warm water with a little soda in it. Be sure there is enough water to cover the dishes. Boil 20 minutes. Then wash as usual and set them aside for the next meal.

Outside the patient's door place a wash boiler or a large covered tin bucket, filled with water and washing soda. All soiled clothing from the patient or the bed should be dropped into this boiler. Every day or two, place it on the stove and boil 30 minutes. Then wash as usual. The clothing the nurse wears should be boiled also.

Once a day, wipe all door knobs and faucets with a cloth dipped in lysol water to make them safe for others.

When the patient gets well, ask your doctor how to disinfect the room before it is used again.

FOR NORMAL GIRLHOOD

"I am a school girl. I could not go to High School so I took a Correspondence High School Course. I was in a low rundown condition and needed a body builder. I saw your tablets advertised as a good remedy, so I sent for some. I have taken two boxes and they have done me much good. Everyone says I look healthier than usual. I feel stronger and am in better health. Your tablets certainly are great and I will be glad to recommend them to anyone."



MISS IRENE LAMPHERE,

Belvidere Corners, Vermont

"Irene is stronger since she took your medicine. It built her up. You may use these facts in your advertising for we recommend the **Vegetable Compound** to other mothers with daughters."

MRS. HATTIE LAMPHERE,

Belvidere Corners, Vermont

FOR MOTHERS AND DAUGHTERS

"Lydia Pinkham's has done wonders for me. I took it when I was a young girl. I am married now and took five bottles of **Lydia Pinkham's Compound** before and after my baby was born. I always call my baby a Lydia Pinkham baby, she is so strong and well. I had never been strong from babyhood up, but **Lydia Pinkham's Compound** gave me strength to do all my own house work. I was terribly run down this summer, so I am taking the **Compound** right now and intend to get another bottle as it is such a help. Mothers should give it to their daughters especially at the ages 14 to 16. I will answer any letters I receive."

MRS. F. J. FRANK,

4054 West 21st Place, Chicago, Illinois

A COLD IN THE HEAD



When one has a cold, the first thing to do is to keep the bowels open and flush the kidneys. This rids the system of the cold germs.

1. Take a laxative.

2. Drink a full glass of water every hour.

3. Gargle with $\frac{1}{4}$ teaspoon salt and $\frac{1}{4}$ teaspoon soda in a glass of hot water.

4. If the nose is stopped up, grease it with white Vaseline.

5. If you are sneezing often get a small bottle of **argerol** and a medicine dropper. Every two hours drop three drops into each nostril.

6. If chilly or feverish or your bones ache, spend one day in bed. Keep warm but have fresh air in the room.

7. If you are not better after one day, send for the doctor.

A person who has a cold should sleep alone
He must not kiss anyone.

AFTER NERVOUS BREAKDOWN

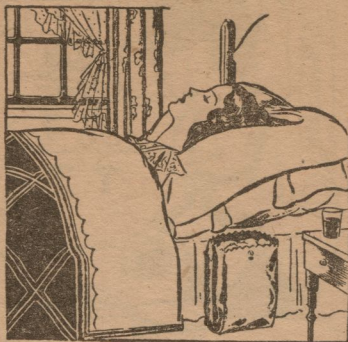
"I took **Lydia E. Pinkham's Vegetable Compound** after a nervous breakdown. I could not eat or sleep well. I was hardly able to do my work and I had to lie down very often. One day I saw your advertisement in the paper so I went to the drug store and got two bottles. In a few days I began to feel like a new person. I do all my housework without lying down. I sleep well now, have a good appetite and feel stronger and livelier."

MRS. LUBINETSKI,
42 John St., Port Richmond, N. Y.

98 OUT OF 100 WOMEN
REPORT BENEFIT AFTER TAKING
LYDIA E. PINKHAM'S VEGETABLE COMPOUND

AVOID CONTAGION

Colds are contagious. When we cough or sneeze, we spray the air with germs that may cause others to catch the cold. Be careful to cover the nose and mouth when you cough or sneeze. Use soft, old cloth which can be burned. Better still, use paper handkerchiefs which are soft as old linen and very cheap. If necessary use strips of toilet paper.



In any contagious disease the discharges from nose and throat must be disposed of with as little handling as possible. If the patient is in bed, open a large paper bag and pin it to the mattress below the pillow. Under his pillow place a supply of paper handkerchiefs (cut in halves) or strips of toilet paper. Whenever he sneezes, spits or blows his nose, he uses a piece of paper and then drops it into the paper bag. When the bag is well filled it is removed and burned and a clean bag put in its place.

TIRED YOUNG MOTHERS

find that Lydia E. Pinkham's Vegetable Compound helps them to eat better and sleep better before the baby comes. It strengthens them for the ordeal. If they continue to take it after childbirth, it gives them more energy to care for the family.

HELPED WONDERFULLY BEFORE CHILDBIRTH

"Since I have been in the family way I could not eat. I felt tired and nervous and my stomach was upset. I read about Lydia E. Pinkham's Vegetable Compound and it is helping me wonderfully. I can eat and sleep much better than I did. I shall be 21 years old in December and I already have two healthy little boys, one 3½ years old and one almost 2 years old."

MRS. JOHN H. BROWN,
502 E. Oklahoma Ave., Hennessey, Oklahoma

SOFT COOKED EGG



Put an egg in a pan and cover with boiling water. Put where it cannot boil for eight minutes.

EGG-NOG

1 egg $\frac{3}{4}$ c. milk
 $1\frac{1}{2}$ tsp. sugar 1 tsp. vanilla

Beat the egg and sugar. Add milk. Continue to beat as you add the vanilla. A dash of nutmeg may be added for flavor.

OATMEAL GRUEL

$1\frac{1}{2}$ c. boiling water
 $\frac{1}{2}$ c. hot milk

$\frac{1}{4}$ c. oatmeal
 $\frac{1}{4}$ tsp. salt

Stir the oatmeal slowly into boiling salted water. Boil 5 minutes. Then cook slowly in a double boiler two hours. Strain. Add milk and heat before serving.

FRUIT WHIP

Beat one egg white stiff. Add 3 tablespoonfuls of fruit pulp (canned or fresh) or well cooked prunes pressed through a strainer, $1\frac{1}{2}$ tablespoonfuls sugar and a little lemon juice. Beat stiff.

FOR YOUR DAUGHTER

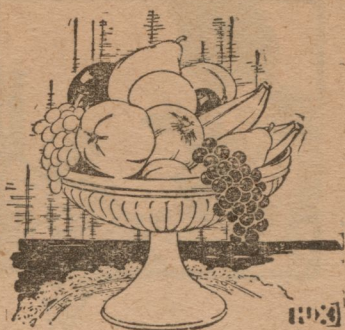
"My daughter Jean is nearly nineteen years old. She is employed as a stenographer. I noticed that she was nervous when she came home from work. She seemed to be all run-down and she was losing weight. I know how **Lydia E. Pinkham's Vegetable Compound** helps nervousness so I gave it to her. Sure enough she is no longer nervous. She took four bottles. She has a splendid appetite now and a lovely complexion. She works every day where before she took the **Vegetable Compound** she stayed at home at least once a week. I used to take the **Vegetable Compound** myself off and on for the past twenty years. We are glad to recommend it to those who need its help."

MRS. ANNA AKSAMIT,
822 N. Marshfield Ave., Chicago, Illinois

NOURISHMENT FOR INVALIDS

Unless your doctor has put the patient on a diet which does not include fruit, she will find fresh fruit, stewed fruits or fruit juices tempting, palatable and easy to digest. Chilled orange juice, lemonade or grape juice is a cooling, delicious drink. To tempt the patient's appetite, put a cherry on the top and serve with a straw.

Children who refuse milk will often drink it through a straw. If they dislike the flavor, add a few drops of vanilla.



ORANGE FLUFF

Beat the white of 1 egg and 1 tsp. sugar until it forms a stiff froth. Pile by spoonfuls in a small glass dish. Pour over and around it the chilled juice of one small orange or $\frac{1}{2}$ a large orange.

BARLEY WATER

1 tbsp. pearl barley

2 tbsp. sugar

Rind and juice of 1 lemon

1 cup cold water

Wash the barley. Put barley, lemon rind and water in a saucepan. Simmer for $1\frac{1}{2}$ hours. Strain and add lemon juice and sugar.

WORKS IN FACTORY EVERY DAY

"I was awfully sick each month. My back and side hurt so much and I was so nervous. Lydia E. Pinkham's Vegetable Compound was recommended to me by a cousin who had taken it for female trouble. I feel lots better and stronger. I do not suffer so much each month and my nerves are better. I work in a shoe factory every day."

MRS. JOHN ROARK,

1500 E. Miller St., Jefferson City, Missouri

CONVALESCENCE



When your patient is getting better, he wants to be entertained part of the time. If he is lonely, take your sewing to the sick room. Read him a jolly story.

Try to give the patient a little surprise every day. A flower, a package of cool lime Life Savers, a magazine filled with colored pictures, a new dessert, fragrant bath salts in his daily bath. Little things make people so happy.

If your patient is a child, he will like to sit up and color pictures with crayons, work on a picture puzzle, or cut bright pictures out of magazines to paste in a scrap book. Do not let him get overtired.

A reasonable number of visitors may be allowed unless the doctor forbids it. When we have been shut away from our friends we enjoy seeing them once more. Do not let them stay long enough to tire or excite the patient.

HELPED AT CHANGE OF LIFE

"Lydia E. Pinkham's Vegetable Compound helped me wonderfully at Change of Life. I had heard of it for years and I took it because I knew the good it had done to other women. I was tired and run down but now I feel fine. I work every day in a dress factory."

MRS. MINNIE ROE,
Grasonville, Maryland

DO YOU HAVE HOT FLUSHES?

Are you at that trying period called Change of Life? If you suffer from hot flushes, irregularities, nervousness, irritability and blue spells, take **Lydia E. Pinkham's Vegetable Compound**. Other women have found, as Mrs. Roe did, that this medicine takes them safely through the critical period.

THIS TRADEMARK ON A PRODUCT

*is a guarantee
of its worth*

If Lydia E. Pinkham were alive today, she would be 112 years old. Her descendants continue to manufacture her famous Vegetable Compound and other medicines and the integrity of four generations is behind the products.



Lydia E. Pinkham

Sold by Druggists Everywhere

"ONE HALF BOTTLE RELIEVED ME"

"My baby was ten months old. I had not menstruated since her birth although I had pains in the abdomen. I started taking **Lydia E. Pinkham's Vegetable Compound** and one-half bottle relieved and regulated me. Since then I feel fine. I do all my housework and take care of four children. The **Vegetable Compound** is a good medicine and I recommend it to other women."

MRS. JEANNETTE LOGSDEN, Liebenthal, Kansas

NO MORE PAIN

"I am a waitress in a summer hotel. I got so tired that almost every noon after my work was done I would have to lie down. I had such pains every month that I would have to go to bed for days. A friend told me about **Lydia E. Pinkham's Vegetable Compound**. Since I took it I can see a great improvement in myself. I have a better appetite and I do not have that tired feeling now. At my period I have no pain at all. I have also used **Lydia E. Pinkham's Sanative Wash** and I recommend the **Pinkham Medicines**."

MRS. HENRY STRONG, R.F.D. No. 2, Peru, N. Y.

HINTS FOR HOME NURSES



Never wake the patient to take medicine unless the doctor orders it.

Let the patient clean his teeth and rinse his mouth after every meal. If he is too sick to do this, tie a piece of absorbent cotton over the handle of a spoon. Pour the mouth wash over it and wipe mouth, teeth and tongue. Remove the cotton with a piece of paper and burn it. Wash your hands.

A good mouth wash can be made by adding $\frac{1}{4}$ tsp. salt and $\frac{1}{4}$ tsp. soda to 1 cup of hot water.

Oil any squeaky hinges. Keep windows from rattling and shades from flapping. Don't slam doors. These things annoy a sick person.

Don't ask unnecessary questions or expect your patient to talk much. Do not whisper. Speak in a low, cheerful voice.

Use a towel to brush crumbs out of the bed.

FOR IRREGULARITIES

"Before I started taking **Lydia E. Pinkham's Vegetable Compound** I felt tired and lifeless all the time. I was irregular and had terrible pains during my periods. I have taken only two bottles and I feel like a new person. Last time I did not have the pain."

MRS. PRESSLY R. SHERRER,
138 Reid St., Rock Hill, South Carolina

WE DO NOT PAY FOR TESTIMONIALS

The **Lydia E. Pinkham Medicine Company** has never paid for the testimonials published in these booklets and in newspaper advertisements. These statements are sent to us by grateful women who are so pleased with the benefit they received from taking the **Vegetable Compound** that they are glad to tell other women about it.

"I SAW THE IMPROVEMENT"

"I am teaching in a private school. I suffered from ailments peculiar to women and from rundown condition. A lady friend who suffered as I did took **Lydia E. Pinkham's Vegetable Compound** and I saw the improvement in her. It helped me wonderfully. Since taking it, I feel strong in every way. I do my housework in addition to my teaching."



MRS. G. G. HINOJOSA,
1921 Colima St., Antonia, Texas

HEADACHE AND BACKACHE

"After my baby was born three years ago I had headaches and backaches all the time. I went back to my work as a stenographer but I soon had to stop. I spent enough money to run into three figures but nothing helped that tired, dragging feeling. At last I turned to **Lydia E. Pinkham's Vegetable Compound** on the advice of my mother. I have taken four bottles and haven't felt so good for as long as I can remember. I don't suffer every month any more. I recommend this medicine to my girl and women friends and I will answer letters from other women."

MRS. C. LESCZYNSKA,
4532 Edgemont St., Philadelphia, Pennsylvania

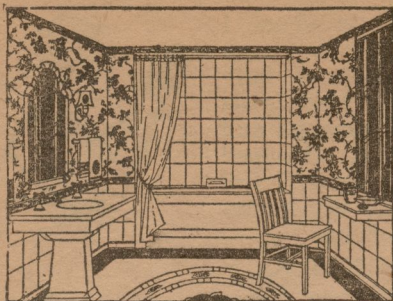
"TO REGULATE MY PERIODS"

"I am 24 years old. I took **Lydia E. Pinkham's Vegetable Compound** to regulate my periods and for constipation. It helped me wonderfully. After my second baby came I was very nervous and could not sleep nights. I felt tired all day and my head used to ache. A lady told me about this wonderful medicine. I keep it on the shelf all the time. I believe it will help any woman who has ailments like mine."

MRS. LAWRENCE PARKER,

Box 33, Agra, Oklahoma

ANOTHER UNSOLICITED TESTIMONIAL



"I had been in a poor state of health for nearly a year. Just a general rundown condition. Not able to do any work, and no life nor energy. I took other medicines, but couldn't regain my health. I had seen your medicine advertised in several papers but thinking other tonics were just as good,

I neglected to try it. So a friend advised me to try it. Mother bought one bottle and before I finished taking it, I began to improve and felt better. I am now taking the second bottle and will testify from experience that no other medicine will equal this **Compound** for female troubles and as a builder. I feel so much better, it has just meant new life to me. I can now work and enjoy living. You have my permission to publish this as a mark of appreciation for the value of the medicine."

MISS ALMA ELDER,
Searight, Alabama

LYDIA E. PINKHAM'S PILLS FOR CONSTIPATION



Chocolate Coated
Easy to Swallow
Dependable in their action

Cost about
1c a dose

FAINTING

When a person faints, she usually turns deathly white and loses consciousness. This is because sudden shock, grief, excitement, fear or weakness has caused the blood to leave the brain in large quantities. The obvious remedy is to get the blood back into the head as soon as possible.

Raise the patient's feet and lower her head, to encourage the blood to flow back into the brain. Loosen her clothing. Rub her hands and feet briskly toward the heart. Give her plenty of air. Hold ammonia, camphor or smelling salts under her nostrils. Give her aromatic spirits of ammonia— $\frac{1}{2}$ teaspoonful in a half glass of water. If she complains of feeling cold, place a hot water bag under the bed covering but not at her feet because this would draw the blood down again.



TO PREVENT FAINTING

If you feel faint, sit down. Lean over until your head is level with or below your knees. Hold this position as long as you can without pitching forward on the floor. As the blood returns to the brain you will find the faintness leaving you.

"SETTLED MY NERVES"

"Lydia E. Pinkham's Vegetable Compound settled my nerves so I could sleep at night and gave me back my appetite. I always keep a bottle in the cabinet. There isn't a better medicine made for women, so I say. My mother always praised it."

MRS. TYNE PERKINS,
Box 664, Rotan, Texas

Lydia E. Pinkham's Herb Medicine

is a reliable general tonic, equally good for men and women. It takes the place of Grandma's sulphur and molasses in the Spring and is much more pleasant to the taste. Keep it in the medicine chest and give it to the whole family—parents and children—at any time through the year when they need such a medicine.

Humors and Eruptions



are among the most common indications and results of a rundown condition. Such eruptions are unpleasant, often embarrassing, and give the face an unhealthy appearance. They are not usually especially serious or dangerous. More serious results may come, however, at any time from the accumulated impurities which they indicate.

Good Home Treatment

is necessary. Eat plain, nutritious and easily digested food. Get plenty of sleep and fresh air. Take LYDIA E. PINKHAM'S HERB MEDICINE one-half hour before meals. If constipation is present—as it often is—take LYDIA E. PINKHAM'S PILLS FOR CONSTIPATION. The HERB MEDICINE works in harmony with both the VEGETABLE COMPOUND and the PILLS FOR CONSTIPATION.

Lydia E. Pinkham Medicine Company

Lynn, Mass.

LYDIA E. PINKHAM'S
Private Text Book Free!

LYDIA E. PINKHAM'S PRIVATE TEXT BOOK (Revised Edition) is now ready. This is a 64-page book filled with useful and valuable information for every woman. To obtain a copy absolutely free, fill out this page and mail to

LYDIA E. PINKHAM MEDICINE CO.
LYNN, MASSACHUSETTS

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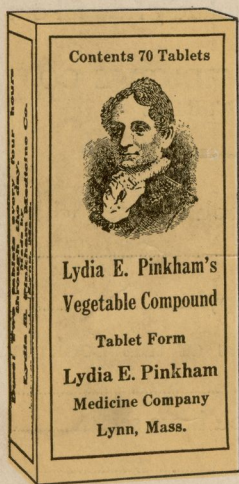
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City.....State.....

Lydia E. Pinkham's Vegetable Compound Tablets!



FOR THE CONVENIENCE OF BUSY WOMEN, LYDIA E. PINKHAM'S VEGETABLE COMPOUND IS NOW SOLD IN TABLET FORM. EACH BOTTLE CONTAINS 70 TABLETS OR 35 DOSES. ABOUT THE SAME NUMBER OF DOSES AS IN A BOTTLE OF LIQUID MEDICINE

Chocolate Coated

Carry your medicine with you. Take it regularly wherever you are.

**JUST AS EFFECTIVE
AS THE LIQUID
COMPOUND**

**Lydia E. Pinkham
Medicine Company
Lynn, Mass.**

