



HOW PHYLLIS
CREW THIN

98 Out of Every 100 Women Benefited

An Absolutely Reliable Statement
Important to Every Woman

Remarkable Results Shown by a Nation Wide
Canvas of Women Purchasers of Lydia
E. Pinkham's Vegetable Compound.
Over 225,000 Women Answer.

For some time a circular has been enclosed with each bottle of our medicine bearing this question: "Have you received benefit from taking Lydia E. Pinkham's Vegetable Compound?"

Replies, to date, have been received from over 200,000 women answering that question.

98 per cent of which say YES. That means that 98 out of every 100 women who take the medicine for the ailments for which it is recommended are benefited by it.

This is a most remarkable record of efficiency. We doubt if any other medicine in the world equals it.

Think of it — only two women out of 100 received no benefit — 98 successes out of a possible 100. Did you ever hear of anything like it? We must admit that we, ourselves, are astonished.

Of course we know that our medicine does benefit the large majority of women who take it. But that only two out of 100 received no benefit is most astonishing.

It only goes to prove, however, that a medicine specialized for certain definite ailments — not a cure all — one that is made by the most scientific process; not from drugs, but from a combination of nature's roots and herbs, can and does do more good than hastily prepared prescriptions.

You see, we have been making, improving and refining this medicine for over 50 years until it is so perfect and so well adapted to women's needs that it actually has the virtue to benefit 98 out of every 100 women who take it.

Its reliability and recognized efficiency has gained for it a sale in almost every country in the world — leading all others.

Such evidence should induce every woman suffering from any ailment peculiar to her sex to try Lydia E. Pinkham's

Vegetable Compound and see if she can't be
one of the 98.

THE LYDIA E. PINKHAM MEDICINE CO., Lynn, Mass.

ASPEN HISTORICAL SOCIETY
ACCESSION NO. 64.100-1

HOW PHYLLIS GREW THIN



Published by
THE LYDIA E. PINKHAM MEDICINE CO.
Lynn, Massachusetts, U.S.A.



Dear Nancy:—

At last you have joined the vast army of women who are interested in reducing and write that you would like a complete and detailed report of my experiences. Will try to answer all your questions and write you all I can on the subject in one long letter.

You ask if it is possible to reduce by means of exercise only,—you recall how Doug Fairbanks, our famous movie

hero, began to take on "tonnage" a few years ago and then later how slim and "sylph-like" he appeared in "The Three Musketeers" and "Robin Hood"? Just a few months ago I happened to come across an article he had written in some magazine, explaining that although he exercised strenuously that when he wanted to reduce or gain he looked to his diet.

As you doubtless remember I first tried dieting about eight years ago.

I had just returned from a summer vacation — "nuf sed"—when I happened upon an account of a diet Ex-President Taft had tried which resulted in his losing about 75 pounds in two or three months (since I read that account several years ago these figures may not be accurate). I was so much impressed that I announced my intention of trying the same diet and the derision and ridicule of my family strengthened me in my determination. They said I would follow the schedule about one day. As a result I followed it about two and a half months. In the beginning my weight was 146 pounds and at the end of two and one half months it was 118 pounds. During that period I ate practically nothing but plain meat without butter or gravies,—occasionally one ear of corn with a small amount of butter, prunes or a baked apple (minus sugar) and one-sixth of an apple pie without lower crust about once a week. This diet caused no pain, discomfort or illness.

It took about three years of eating all the candy and other fattening foods I wanted to regain all that I had lost.

After that I did not seriously try dieting until this year (although I read about every article I heard of on the subject). I did try giving up candy and in-between-meal lunches,—eating everything I desired at the table, and found that I kept from either



losing or gaining. Finally this last year I decided to try counting calories. I read several books on the subject, found how many calories there are in most foods and worked up my own menus, taking care to eat plenty of fresh fruits and vegetables. It is not necessary for you to know just what a calorie is so long as you remember not to eat foods containing too many of them. As your position is one that does not require much physical exertion you can eat 2000 calories daily if you do not wish to lose or gain. If you were active you could eat 2500 calories daily.

Since you wish to lose you should cut your calories to about 1000 to 1200 daily until you have lost the desired amount. At any rate, that is what I have recently done and in two months have lost over thirteen pounds. Since you are 5 feet 4 inches tall in your stocking feet, you should weigh 130 pounds without clothing. I am enclosing lists giving proper weights for various heights and ages since you say so many of your friends wish that information.

I have a friend in Arizona who tells me that she finds it necessary to practically starve herself when beginning to diet, in order to reduce. She said that the first week or two she lives on practically nothing but tomato, and a slice or two of dried stale toast (without butter) daily. I have heard others say that they live on a few hundred calories of milk daily and some say they have taken but 500 or 600 calories of fruit for the first few days of dieting,—but I do not think you will find it necessary to do anything so strenuous. If, however, you find it hard to lose, would advise you to try any of these methods. You will find that a hot bath daily, followed by a cold shower will help you to reduce,—also remember it is important to have at least one good movement of the bowels daily. If you suffer from constipation,

take Lydia E. Pinkham's Liver Pills, following the directions printed on the box. If you find that dieting makes you at all nervous, I recommend that you take Lydia E. Pinkham's Vegetable Compound,—it has benefited several of my friends who were excessively nervous.

The chief form of exercise in which I indulge is walking. A brisk daily walk is an excellent aid to reducing; also you might try touching the floor with your finger tips without bending your knees. Then if you wish to reduce the abdomen, try lying flat on your back and raising your legs until they are at right angles with your body (taking care not to bend the knees) and then drop them slowly to the floor. This will cause soreness and discomfort at first, so I would advise you to try it only five times daily, gradually working up to from 20 to 30 times daily. Another helpful exercise is to lie flat on your back, cross arms on your chest, then slowly raise the trunk to an upright position without bending the knees.

I will enclose with this letter some suggestions for menus. You may wish to plan a larger breakfast, but you know I never cared for much food in the morning so all I eat is the juice of one medium sized orange or a total of approximately 100 calories. You may divide your calories as you wish.

It may be that I have neglected to answer all your questions, but I have tried to give you an idea of my experience in dieting and I feel sure that you can obtain the same results if you try.

*I have devoted this letter exclusively to dieting since I know you are so anxious to learn all you can on the subject. Will write a newsy letter later.

With love to all I remain,

As ever,

PHYLLIS.

P. S. Remember that saccharine, though much sweeter than sugar is not fattening. I bought a one ounce size can in a drug store for about 30c. Use a very small pinch to sweeten tea, lemonade, etc.

BREAKFAST

2 thin slices French Toast 200 C

LUNCH

1 cup macaroni and cheese 200 C
 $\frac{3}{8}$ cup stewed apricots 150 C

DINNER

3 ounces boiled ham 240 C
 1 baked potato, 1 tsp. butter 130 C
 3 tbsp. of spinach 20 C
 *Frozen Custard 185 C

Total 1125 C

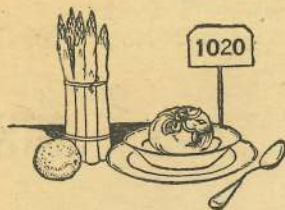
*Recipe on page 20.

BETTER WIVES AND MOTHERS

With proper attention to diet and exercise a race of better wives and mothers is assured. If, however, ailments develop as evidenced by irregularities, backache, headaches, nervousness and irritability, Lydia E. Pinkham's Vegetable Compound may be depended upon to overcome them. Thousands of women testify to its success.

"I was nervous and could not sleep, had crying spells and the blues and didn't care if I lived or died. My right side was very bad and I had backache and a weakness. I read about your medicine in the paper and wrote for further information. I took Lydia E. Pinkham's Vegetable Compound, Blood Medicine and Liver Pills and used Lydia E. Pinkham's Sanative Wash. I have had good results in every way and am able to do my work again and can eat anything that comes along and I wasn't able to do that for years. I am still taking the Vegetable Compound and will keep on with it for a while. My friends tell me how well I am looking."

MRS. F. K. CORIELL,
 129 Peete Street, Cincinnati, Ohio.



BREAKFAST

Juice of one orange 100 C

LUNCH

2 thin slices toast with
 ½ tsp. butter to slice 200 C
 10 stocks asparagus with
 2 tsp. butter 115 C
 1 baked apple
 (without sugar) 60 C

DINNER

*2 slices sausage-beef loaf 300 C
 Average helping potato 100 C
 *1 custard 145 C
 Total 1020 C

*Perhaps it would be well for me to give the ingredients used in preparing the Beef Loaf and Custard on the next page, since both can be made different ways. You will notice I use a very small amount of sugar in the custard.

WOMAN'S SECRET CHARM

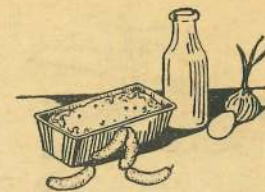
lies in perfect health which makes her radiate cheer, and happiness wherever she goes. If she is ill she should try **Lydia E. Pinkham's Vegetable Compound**, the most effective remedy for women's ailments ever discovered.

"I bless the day I began taking **Lydia E. Pinkham's Vegetable Compound**. I was so weak and tired all the time I could not work more than two hours each day, then had to go to bed for the rest of the day. I had pains at my monthly periods so that I always had to stay in bed at those times and I was unable to have children. I read so much about the **Vegetable Compound** and I was so weakly that I decided to try it. I was restored to perfect health and have two healthy boys now. I do my own housework, washing, scrubbing, and ironing and then help my husband with his garden. I do not have that worn-out feeling now but when night comes I still feel fresh. I advise every weakly woman to give your wonderful medicine a trial and I will answer any letters I receive asking about it."

MRS. STELLA LAY,
 7001 Jamacha Road, Encanto, California

BEEF LOAF

1½ lbs. lean beef, 1 egg, 1 cup milk, 1 cup cracker crumbs. Flavor with curry, sage, nutmeg or onion to suit taste. Cut in ten slices equals 131 C to the slice. If four large sausages are added in place of flavor, each slice will average 150 C (if cut in 10 slices).



CUSTARD

2 cups milk, 2 eggs, 1 tbsp. sugar, nutmeg (makes four cups 145 C to the cup).

ONE OF THE 98 OUT OF EVERY 100 WOMEN BENEFITED BY Lydia E. Pinkham's Vegetable Compound.

"I am writing to let you know that I am one of the 98 women out of one hundred who has been benefited by taking **Lydia E. Pinkham's Vegetable Compound**. I took it before my baby was born and I feel that it helped me a great deal as I had a very easy time and we have a big baby boy 13 months old who is the picture of health. I am sending you his picture so you may put it in the papers so that other mothers will see what healthy babies women have who take **Lydia E. Pinkham's Vegetable Compound**. I have given it a trial and I know. I was so weak I could hardly walk across the floor and my husband had to do all my work. So he got me a bottle of **Vegetable Compound** and I was soon on my feet again. I am willing to answer letters from women asking about the **Vegetable Compound**.

MRS. GERTRUDE SAMPLES, Mammoth, W. Va.

"I suffered from nervousness and sleeplessness and pains in my abdomen. **Lydia E. Pinkham's Vegetable Compound** was recommended to me by a friend who said it was a very good medicine. I feel so good since I began taking it. I can sleep and do my work just like anybody else."

NELLIE ALARID,
 224 Manhattan Avenue, Sante Fe, New Mexico.



BREAKFAST

1 baked apple (without sugar)	60 C
4 saltines	70 C

LUNCH

2 thin slices toast, with	
1 oz. dried beef and	
1½ oz. melted cheese poured	
over	430 C
1 Custard	145 C

DINNER

¼ cup of baked beans	150 C
¼ of cucumber with vinegar	10 C
1 baked potato with 1 tsp. butter	130 C
2 small fish balls	150 C
Sponge cake (2" x 2" x 2")	150 C

Total 1295 C

ARE WOMEN 100 PER CENT EFFICIENT?

How many women do you know who are 100 per cent efficient? Do you not know more who are half dead and half alive with aches, pains, nervous, irritable and despondent, making themselves and everyone around them miserable? Women in this condition should let **Lydia E. Pinkham's Vegetable Compound** rebuild and restore them to a normal healthy condition which will make them 100 per cent efficient and life worth living.

"I took **Lydia E. Pinkham's Vegetable Compound** first for general weakness and lack of ambition. It was an effort for me to stand on my feet and as I am a canvasser I am obliged to be out a great deal. I saw the **Vegetable Compound** advertised and I can find no words to describe the change it has wrought in me since I began taking it. I can stand five or six hours without sitting down and my skin is clear and I have a much better color. I will advise every suffering woman with whom I come in contact to take it. In my work I meet many women, and I can do much in this way to help them. You may use this letter as a testimonial and I will answer any letters I receive asking about the **Vegetable Compound**."

ELLA M. SHIREY,

Rear 744 Reedsdale Street, N. S. Pittsburgh, Pa.

BREAKFAST

¼ cup scrambled eggs	100 C
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LUNCH

¼ cup cream of celery soup	50 C
Chicken Salad:— lettuce	
2 oz. chicken, 1 stock celery	190 C
2 tsp. mayonnaise	
¼ of cucumber with vinegar	10 C
1 slice canned pineapple and 3 tbsp. juice	100 C

DINNER

1 medium baked potato — 2 tsp. of butter	160 C
3 tbsp. spinach	20 C
4 slices bacon	100 C
5 olives (large)	80 C
½ banana, 1 orange, ½ apple, cut up and served with	
¼ cup whipped cream (heavy)	380 C

Total 1190 C

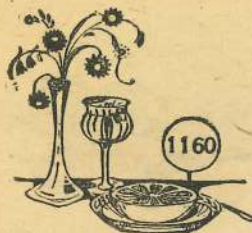
THOUSANDS OF WOMEN

praise **Lydia E. Pinkham's Vegetable Compound**.

"I was so weak and nervous I could hardly do my housework as I could not stand because of the bearing down pains in my back and stomach. I sat down most of the time and did what I could do in that way — as washing dishes, etc. One day a book describing **Lydia E. Pinkham's medicines** was put in my mail-box. I saw how the **Vegetable Compound** had helped others so I gave it a trial. I certainly praise this medicine. Then I took **Lydia E. Pinkham's Blood Medicine** for poor blood. I would be so cold I could hardly sit still and in the palms of my hands there would be drops of sweat. I also used the **Sanative Wash** and I recommend it for the whites. I think that caused lots of my weakness. You may publish this letter and I will gladly answer letters from women and advise my neighbors about these medicines."

MRS. HARRY ASHCROFT,

137 West 3rd Street, Covington, Ky.



BREAKFAST

1/2 Grape Fruit	25 C
2 Prunes	50 C

LUNCH

3 heaping tbsp. spinach	20 C
4 ounces minced ham	300 C
1/2 cup carrots (without butter)	20 C
1 baked apple (no sugar) ..	60 C

DINNER

4 ounces chicken	250 C
1 baked potato with 2 tsp. butter	160 C
3/4 cup coffee jelly, 2 tbsp. whipped cream, sweetened with pinch saccharin	275 C

Total1160 C

Hundreds of grateful women have written us that **Lydia E. Pinkham's Vegetable Compound** has helped them to avoid a dreaded operation.

"I will write you a few words thinking it will do some one else good. Two doctors said I would have to be operated on because for nearly 12 months I flowed continually and had not missed a week in all that time. I was restless and nervous and was not able to walk across the house. They said it was Change of Life. I saw **Lydia E. Pinkham's Vegetable Compound** advertised in the newspapers and as I could not get any help from doctors I thought I would give it a trial. I began with the liquid and it helped me some, then you advised me to take tablet form and I began to improve rapidly. I have gained in weight from 105 to 170 pounds. I have taken 10 or a dozen boxes and I do not take it all the time now. I recommend it to all women with this trouble and I will answer letters asking about it."

MRS. M. E. BEARD, R. #1, Box 143, Eddy, Texas.

Ninety-eight out of every one hundred women benefited by **Lydia E. Pinkham's Vegetable Compound**. If you are suffering from ailments peculiar to women, do not delay giving this famous remedy a trial.

BREAKFAST

1 thin slice graham toast with 1 tsp. butter ...	80 C
1 cup black coffee	0 C

LUNCH

1 cup escalloped potatoes with cheese	200 C
1/4 cup apple tapioca	100 C

DINNER.

1/2 cup cream of pea soup	80 C
2 oz. salmon on 1 slice toast, and 1 tsp. butter served with cream sauce	325 C
2 cups string beans with 1 tsp. butter	130 C
1 average size baked sweet potato, 1 tsp. butter	230 C
1 cup raspberries	80 C

Total1225 C

EVERY WOMAN YEARNS

for merry, romping, healthy youngsters in her home. Thousands of wives declare their homes have been made happy by taking **Lydia E. Pinkham's Vegetable Compound**.

"I took **Lydia E. Pinkham's Vegetable Compound** because I could not have children. I now have two healthy little girls and I am sure I would not have had them had it not been for your medicine. Last spring and summer menstruation ceased and I had awful headaches and my back and side hurt me so that I could stay up only a short time. I started to take the **Vegetable Compound** again and used the **Sanative Wash** and it was not long till I was relieved. I sure praise **Lydia E. Pinkham's** medicines to any one I meet that is suffering from similar troubles. I think if mothers with girls would give it to them when they come to womanhood it would make them stronger. I was always sickly when in my 'teens and until I started taking the **Vegetable Compound**. I hope some one will be benefited by my testimony."

MRS. MARY R. BENEDICT,
215 W. 8th St., Kewanee, Ill.



1182



BREAKFAST

Cucumber Salad:—	
Lettuce	0 C
$\frac{1}{2}$ medium cucumber cut thin	10 C
2 tsp. mayonnaise	65 C
1 stock celery	1-2 C
2 prunes	50 C

LUNCH

8 average size sardines, lemon juice and 4 saltines ...	190 C
Lettuce, celery, $\frac{1}{4}$ cucumber, 2 tsp. mayonnaise	75 C
1 sliced banana mixed with 1 tsp. sugar, 2 tsp. lemon juice	150 C

DINNER

4 ounces broiled Hamburg steak with 2 tbsp. butter ...	260 C
1 baked potato with 1 tsp. butter	130 C
Small helping apple pie without bottom crust	250 C

Total 1182 C

Mothers can depend upon **Lydia E. Pinkham's Vegetable Compound** to relieve their daughters of those troubles they so often have.

"My daughter would suffer a great deal during her monthly sickness. Her legs would ache and she had such pains that she would cry and say 'Mother, what will I do? I cannot stand the pain.' I got medicine from our physician. He said she had been eating too much fruit with acid in it. His medicine didn't give her any relief. I said to her, 'We will give **Lydia E. Pinkham's Vegetable Compound**, also the **Sanative Wash** a trial.' We are glad we did for it has wonderfully relieved her. Our family is a great friend of your medicines. I recommend the **Vegetable Compound** to other mothers with daughters who have troubles like these and you can use this letter as a testimonial."

MRS. FLORENCE LOWER,
277 E. Catherine St., Chambersburg, Pa.

BREAKFAST

1 thin slice toast with 2 tsp. butter	120 C
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LUNCH

1 egg, fried in bacon fat with 4 slices of bacon	200 C
1 thin slice toast with 2 tsp. butter	120 C

DINNER

4 ounces curried beef	135 C
$\frac{1}{2}$ cup carrot (without butter)	20 C
1 baked potato with 1 tsp. butter	130 C
$\frac{1}{4}$ cucumber in vinegar	10 C
1 banana sliced with 1 tbsp. whipped cream and 2 vanilla cream cookies	240 C

Total 975 C

GIRLS WHO WORK

and who are run down and suffering with weakness or ailments peculiar to their sex will find **Lydia E. Pinkham's Vegetable Compound** most beneficial.

"I had stomach trouble and gas and I would suffer terribly at menstruation. I was this way for three months and I went to the doctor continually but I lost my appetite and my strength. The lady I board with has taken **Lydia E. Pinkham's Vegetable Compound** and recommends it and she induced me to try it. Of course, I know that herbs make the best of medicines, so after I found it was made of herbs I gave it a trial. I haven't felt so good as I do now for two years. I have gained my strength and have color in my face and my friends speak of it. I do inspection in a factory and stand on my feet all day. That is the reason I feel much worse at times. I recommend the **Vegetable Compound** and am willing to answer letters from women asking about it."

MRS. RAY STEVENS, 6 Wayne St., Valparaiso, Ind.

975





BREAKFAST

1 banana..... 100 C

LUNCH

Lettuce, $\frac{1}{4}$ cup green peas ... }
 2 stocks celery..... } 115 C
 $\frac{1}{4}$ cucumber with vinegar.... }
 2 tsp. mayonnaise..... }

DINNER

2 medium size frankfurts, $\frac{1}{2}$ cup cold slaw..... 350 C
 2 rolls and 2 tsp. butter..... 265 C
 5 ounces vanilla ice cream and two macaroons..... 350 C

Total.....1180 C

BEFORE AND AFTER CHILDBIRTH

women have been strengthened by taking **Lydia E. Pinkham's Vegetable Compound**.

"After my first baby was born five years ago I was in such bad health that I could hardly get around if I tried to walk any distance or was on my feet any length of time. I had been reading about **Lydia E. Pinkham's Vegetable Compound** and what it was doing for other women, so my husband suggested that I take it. I soon felt like a different woman, my housework seemed easier and I was able to enjoy life. I kept right on taking the **Vegetable Compound** and **Lydia E. Pinkham's Liver Pills** until my next baby was born and did all my work, washing, ironing and everything up to the very last. She is a fine baby, healthy and robust, and I feel wonderfully well. Have no trouble with my back and limbs and I still take the **Liver Pills** for my bowels. I will be glad to answer any letters I receive asking about what the medicine has done for me and I have told many women about it."

MRS. HARRY H. WISE,
 341 Middle St., Dayton, Ohio.

BREAKFAST

Juice of 1 orange..... 100 C

LUNCH

Fruit Salad:—
 1 cup cherries (stoned)
 $\frac{1}{4}$ cup grapes,
 1 sliced peach,
 1 sliced pear, sprinkle with
 juice $\frac{1}{2}$ lemon and 2 tbsp.
 sugar with 3 chopped walnuts 450 C



DINNER

2 slices roast lamb (2 oz. each)..... 200 C
 $\frac{1}{4}$ cucumber with vinegar..... 10 C
 1 baked potato with 1 tsp. butter..... 130 C
 1 baked apple without sugar..... 60 C
 $\frac{1}{2}$ cup lima beans and 1 tsp. butter..... 130 C
 $\frac{1}{2}$ small head of cauliflower..... 60 C

Total.....1140 C

TO FORM GOOD RICH BLOOD

take regularly **Lydia E. Pinkham's Blood Medicine** so that by the virtues of the choice roots, barks and herbs from which it is made, the blood may take up then nutriment and furnish it to the hungry tissues.

"I suffered for two years with such backache that I could hardly work at times and I felt so dizzy going to work that I often thought I would have to come home. Since I have taken **Lydia E. Pinkham's Blood Medicine** I feel so well that I will tell any of my friends what it has done for me."

ANNA BOLIS, 500 Autumn Ave., Brooklyn, N. Y.

Girls and women of every age are benefited by taking **Lydia E. Pinkham's** remedies.

1090



BREAKFAST

- 1 cup cream of wheat,
- 1 tsp. sugar, $\frac{1}{2}$ cup top milk 330 C

LUNCH

- 2 oz. boullion..... 20 C
- 2 soda crackers..... 40 C
- 8 raw oysters..... 75 C
- $\frac{1}{2}$ oz. roquefort cheese..... 60 C
- 2 saltines..... 35 C

DINNER

- 4 ounces of lobsters..... 105 C
- Lettuce, 3 tsp. mayonnaise..... 100 C
- $\frac{1}{2}$ cup green peas and 1 tsp. butter..... 150 C
- Average helping strawberries, 2 tbsp. whipped cream with pinch of saccharine..... 175 C

Total.....1090 C

Life was saved by Lydia E. Pinkham's Vegetable Compound, writes Mrs. Thurston.

"For four weeks I suffered with awful pains from inflamed tubes and was in such misery that I had to bend double to get relief. I could not be touched or jarred, had awful pains all over my abdomen and could not touch my feet to the floor, and the pains never ceased. I took treatments for some time and finally was told I would have to have an operation. I do not believe in operations and I had read so much about Lydia E. Pinkham's Vegetable Compound that I told my husband I would try it before I gave up. My husband got it for me and I soon began to feel that it was doing me good. The awful misery began to leave me, also the backache. Taking this medicine was the best thing I ever did. I feel like it has saved my life and I do not hesitate to say so to my friends. At least it has saved me from a dreaded operation and I am still taking it. I am willing to answer letters from women asking about the medicine."

MRS. ETHEL THURSTON, 324 N. Pine St., Lima, Ohio.

BREAKFAST

- $\frac{1}{2}$ cantaloupe..... 50 C

LUNCH

- Shrimp Salad:—
- $\frac{1}{2}$ cup shrimp, lettuce } 168 C
- 2 tsp. mayonnaise }
- 1 stock celery }
- 1 roll and 1 tsp. butter... 130 C
- $\frac{1}{2}$ banana, 2 sugar cookies.. 150 C

DINNER

- 5 oz. steak halibut broiled and lemon..... 165 C
- 1 baked potato, 2 tsp. butter..... 160 C
- 3 heaping tbsp. spinach..... 20 C
- 1 small mold jello..... 100 C

Total..... 943 C

943



"I am proud to recommend Lydia E. Pinkham's Vegetable Compound to all women. I took it for all female troubles. I was so bad that I could not lie down at night. My back ached all the time and I had soreness in my sides and was very nervous. I took treatments from a good doctor every other day for over two years but they didn't seem to help me much and I took several kinds of medicine with little result. Then I got my husband to go to the store and buy me a bottle of Lydia E. Pinkham's Vegetable Compound and I was up and around before the first bottle was gone although I only weighed about 90 pounds. I took six or eight bottles and was able to do all my housework, washing and ironing, take care of my five boys and tend to my chickens and garden, where before I had to hire my washing and part of my housework. I recommend the Vegetable Compound to all sick women. I first learned of it through my sister and then from a friend who was cured of ovary trouble which had kept her in bed half the time. I am willing for you to use these facts as a testimonial."

MRS. ANNA COLE, R. R. No. 2, Parkville, Missouri.



BREAKFAST

4 saltines, 1 tbsp. cream cheese.....	55 C
2 prunes.....	50 C
Tea and lemon (without sugar).....	0 C

LUNCH

Egg Salad:—	
1 egg, $\frac{1}{4}$ cucumber, lettuce,	} 160 C
2 tsp. mayonnaise	
†Grape Frappé	350 C

DINNER

$\frac{1}{2}$ pound lean roast beef.....	135 C
$\frac{1}{4}$ cup green peas and 1 tsp. butter.....	150 C
*Prune Soufflé.....	180 C

Total 1080 C

* Recipe on next page.

† Recipe on page 20.

WOMAN IS DESIGNED BY PROVIDENCE

to be a mother. The mothers must be strong, and healthy or their children will be weaklings, and future generations fail to equal those of the past. For fifty years **Lydia E. Pinkham's Vegetable Compound**, a good old-fashioned remedy made from roots and herbs, has been restoring women to health and strength and the joys of living.

"When I first married I looked forward, like most women, to a little child but I had several miscarriages. The doctor said my troubles were caused by a weak and nervous stomach. So a friend advised me to try **Lydia E. Pinkham's Vegetable Compound**, and I now have two bonny children. Both are girls. I am an English woman and have crossed the ocean many times.

MRS. EDITH ANTHONY, 10 Harlow Place, Buffalo, N.Y.

Thousands of wives declare their once childless homes made happy by **Lydia E. Pinkham's Vegetable Compound**.

*PRUNE SOUFFLÉ

(5 servings)

$\frac{1}{3}$ lb. uncooked prunes	} 900 C
Whites of 5 eggs	
$\frac{1}{2}$ cup sugar	



BANANA SALAD (115 calories)

Banana Salad consists of half a banana cut lengthwise (50), laid on a lettuce leaf; add a little Cream Dressing (50), a few grapes cut in halves and seeded (25), and small pieces of English Walnuts (10).

BACKACHE

Lydia E. Pinkham's Vegetable Compound builds health and strength for women suffering from this complaint, as is proven by the thousands of letters from grateful women attesting to the value of this old-fashioned root and herb medicine.

"I took **Lydia E. Pinkham's Vegetable Compound** to make me strong. I was troubled with my back and sides hurting me till I could not do my work and whenever I caught cold it made me irregular. Since I have taken the **Vegetable Compound** my side and back don't bother me and I can do my housework and care for my children now. After my first child was born about four years ago, I saw an advertisement in the paper about the **Vegetable Compound**. I knew it would help me but I was afraid to try it because people said it would help you to have children and I knew I was having children fast enough. But I thought if it would help me it would be better to have a whole house full of children and have good health. I became stronger from taking it and my husband says that I look like a live woman instead of a dead one. When spring comes I am going to take some of your **Blood Medicine** as I am very thin. I will answer letters from any woman who wishes to ask about your medicine."

MRS. WILLIAM BUTTS, Wellston, Ohio.

ICES

GRAPE FRAPPÉ (2100 calories) (6 servings)

2 cups water 2 cups grape-juice (400)
2 cups sugar (1680) Juice of 1 lemon (20)

Prepare as for orange ice, as directed on page 30. Freeze to consistency of mush. Serve in tall glasses with whipped cream piled high on the top. 1 tbsp. cream, whipped, 100 calories.

FROZEN CUSTARD (370 calories)

(2 servings)
1 cup hot milk (170) 2 tbsp. sugar (120)
1 egg (80) ¼ tsp. vanilla
Speck of salt

Beat the egg and add gradually with the salt and sugar to the scalded milk. Cool, add vanilla and freeze.

MOTHERS SHOULD PREPARE

their daughters for the trials that will overtake them by preparing their bodies to meet the strain that menstruation brings. Lydia E. Pinkham's Vegetable Compound acts in just the way that is necessary. It strengthens the generative organs, and allows them to perform their functions with ease and regularity.

"I always recommend Lydia E. Pinkham's Vegetable Compound for young girls for my mother gave it to me with success after doctors had failed. I was about 12 when I first had trouble. My mother gave me home remedies and then tried doctors and patent medicines but none helped me. I was past 15 when she started giving me Lydia E. Pinkham's Vegetable Compound. I couldn't go to school at times for I had headaches and cramps and was not able to do anything. A neighbor suggested giving the Vegetable Compound to me and before I had taken two bottles I was relieved but I took four bottles of it. I have since taken it whenever I have need of it and I recommend it and will answer letters if they are not too numerous."

MRS. OLIVER KANTZ,
1108 N. 8th St., Lafayette, Indiana.

FRUITS

Fuel value
in calories

Pears, canned, 2 halves and juice	75 C
Plums, 3 large	75 C
Prunes, large, unsweetened, 3	75 C
Raisins, 1 dozen	30 C
Raspberries, 1 cup	80 C
Rhubarb, cooked, ½ cup, sweetened	100 C
Strawberries, 1 cup	75 C
Apricots, 5 oz., canned	105 C
Bananas, each	100 C
Cherries, 1 cup, fresh	110 C
Dates, 10 large	300 C
Grapes, 1 dozen	50 C
Lemon juice, 1 large lemon, 3 tbsp.	30 C
Peaches, fresh, one, small	40 C

TUMORS ARE OFTEN DISSOLVED

and expelled when early discovered if proper treatment is adopted. Hundreds of grateful women write us that Lydia E. Pinkham's Vegetable Compound has saved them from the operating table.

"The first time I took Lydia E. Pinkham's Vegetable Compound was for pains when I was 12 years old. Each month I took to my bed with the most terrible headaches. For three days they would last and I would go nearly crazy with them. Mother gave me the Vegetable Compound and when the first bottle was taken I was well. Later in life, after my first child was born, I had a terrible backache. Went to our family doctor and later to a specialist. He said a tumor (size of walnut) was growing and told me an operation was the only thing to remove it. I objected and he advised the Vegetable Compound. Said, 'that is as good as anything.' He knew of my run-down and weak condition. In six months I had a 7½ pound boy. Now I am taking the Vegetable Compound again as I have worked very hard at washing and janitor service. I advise my friends of the good work of the Vegetable Compound and I have got two interested at present."

MRS. ELIZABETH BAUM,
1500 Riverside Blvd., Sioux City, Ia.

CREAM OF ASPARAGUS SOUP (305 calories)

$\frac{1}{4}$ bundle asparagus (60) $\frac{3}{4}$ tbsp. flour (25)
 1 cup milk (170) Salt and pepper
 $\frac{1}{2}$ tbsp. butter (50)

Wash the asparagus and cook in boiling salted water for 30 minutes. Cut off the tips and strain the remainder through a colander. Scald the milk, melt the butter, add flour to it and pour on the hot milk and cook thoroughly. Add the tips and the strained asparagus and season to taste.

Other cream soups may be made by substituting different vegetables, as onions, potatoes, celery, corn, peas, etc.

CHANGE OF LIFE

As the time for the change approaches, the general health should be watched carefully, for if this period of life be passed over safely, many years of perfect health may be enjoyed. **Lydia E. Pinkham's Vegetable Compound** is a great tonic, acting directly upon the womb and ovaries; it builds up the nervous system, aids digestion and strengthens the whole body.

"During the Change of Life I was troubled with headaches, weakness, flushes of heat to the face and head and loss of appetite. I used to flow three weeks at a time until I could hardly stand. I thought I could never be right again as no doctor's medicine seemed to help me. They said my trouble would have to take its course. I read about **Lydia E. Pinkham's Vegetable Compound** in the little books you give away and began to take the medicine. After the first few bottles I began to feel stronger and could eat better and had fewer headaches. I am a well woman today and I feel like a different person. At any time that I don't feel good I take the **Vegetable Compound** again as I always keep a bottle on hand. You may use this letter, for every word is true. I will answer any letters sent to me."

MRS. JENNIE BOLLERMAN,
 302 Summit Ave., West Hoboken, N. J.

VEGETABLES

Fuel value
in calories

Lettuce, 2 large heads.....	100 C
Okra, 1 cup.....	30 C
Onions, medium size, cooked or raw, each.....	25 C
Peas, $\frac{1}{2}$ cup.....	100 C
Potatoes, white, medium size.....	100 C
Potatoes, sweet, medium size, one-half.....	125 C
Pumpkin, 1 cup.....	100 C
Radishes, button.....	3 C
Sauerkraut, 1 cup.....	40 C
Squash, $\frac{1}{2}$ cup.....	50 C
Tomatoes, small, raw.....	20 C
Tomatoes, cooked, $\frac{1}{2}$ cup.....	20 C
Parsnips, 5 ounces.....	100 C

YOUNG PEOPLE

should be healthy, happy and optimistic. In fact those qualities are the heritage of youth. If young girls suffer as did Mrs. Ragsdale they should not hesitate to give **Lydia E. Pinkham's** remedies a trial.

"I was overworked and got into a very run-down condition where I would faint easily. As I had always been very healthy this alarmed my parents and I was taken to first one doctor, then another, but they seemed to do me no good at all. My fainting spells became more numerous and I had to give up my work and a good many of my pleasures. I had been sick about three months when some one mentioned **Lydia E. Pinkham's Vegetable Compound** and I sent for a bottle that very day. After taking several bottles I found myself getting much better, fainting less and feeling stronger. I continued taking it, in fact I have never discarded it at any time and have become my old self again. I have also taken **Lydia E. Pinkham's Blood Medicine** with the **Vegetable Compound** with splendid results. I can truthfully recommend both and always will. I am more than willing for you to use this testimonial and will answer any letters I receive concerning your medicine. **MRS. R. H. RAGSDALE**, 332 N. Alves St., Henderson, Ky.

STEWED MUSHROOMS

½ lb. Mushrooms.....	Total	460 C
3 tbsp. butter		
1 tbsp. flour		
1½ cups water		

VEGETABLES

	Fuel value in calories
Brussels sprouts, ¾ cup.....	10 C
Beans, String, ½ cup.....	25 C
Beets, cooked, ½ cup.....	50 C
Cabbage, raw, ½ cup, shredded.....	10 C
Cabbage, cooked, ½ cup.....	50 C
Cauliflower, ½ cup.....	50 C
Corn, 1 ear green.....	110 C
Greens (dandelions, spinach, beet greens), ½ cup.....	25 C
Kohl-rabi, ¾ cup.....	25 C
Lentils (¼ cup).....	100 C
Mushrooms (20 medium size).....	100 C

EVERY DAY HUNDREDS OF GRATEFUL WOMEN

write us letters of praise for **Lydia E. Pinkham's Vegetable Compound, Sanative Wash and Liver Pills**. Those valuable remedies which have helped over four generations of women.

"I was weak and run-down to nearly nothing and had to give up and go to bed at times because of weakness and severe pains in my sides. One day I read of a woman who had taken your medicine so I said to my husband, 'I believe I'll give it a trial.' I bought the **Vegetable Compound** and **Lydia E. Pinkham's Sanative Wash** and the **Liver Pills** and I very soon felt a different woman. I continued the **Vegetable Compound** until I had taken five bottles and I tell you, mothers and daughters, I can't find enough to say for this medicine. It has helped me a lot, relieved me of those dreadful pains and helped the weakness and a good many other little ailments. You may use this letter any time and place for it may do some poor woman a lot of good to know these things and I will be glad to answer any letters to help any one."

MRS. TONY CORREGGIO,
264 Normal St., East Stroudsburg, Pa.

BREAD, CEREALS, Etc.

	Fuel value in calories
1 slice brown bread (1 oz.).....	65 C
1 cornmeal gem.....	150 C
1 bran gem (see recipe).....	132 C
1 waffle 6" in diam.....	225 C
Any cooked cereal, 2 even tablespoonfuls.....	60 C
Shredded Wheat Biscuit, one.....	100 C

BRAN GEMS (1585 calories)

1 cup white flour (445)	½ cup molasses (450)
2 cups bran (435)	1 tsp. saleratus
1 tsp. salt	1½ cups milk (225)

Mix ingredients in order named, putting the saleratus into the molasses and stirring until it foams. Bake 15 minutes in hot oven in buttered gem-pans. Makes 12 gems. To be eaten by constipated persons in place of white bread.

PAINFUL TIMES

Being a natural process, menstruation should be painless. Hardly a woman is so thoroughly healthy and strong that the process is not attended by at least some discomfort, but this discomfort should not amount to actual pain. **Lydia E. Pinkham's Vegetable Compound** acts in just the way that is necessary.

"Every month I'd have to go to bed with pains and cramps and my back just hurt something awful. My worst trouble was weakness of the ovaries. It caused me to stay out of school a few days each month. I could hardly stand up straight. I was in this state about six or eight months when a cook of ours who had taken **Lydia E. Pinkham's Vegetable Compound** and liked it, told me that it would straighten me out in a little while. I took two bottles of it that time, then since I have been married I have taken several more bottles at intervals. I always tell my friends what a wonderful help it was to me. I'll gladly correspond with women who are anxious to learn the value of your medicine."

MRS. DAN HATCHER, 131 Ohio St., Ashland, Oregon.

FISH

	Fuel value in calories
Mackerel, fresh, 4 ounces	250 C
Shad, 4 ounces	160 C
Shad roe, 4 ounces	125 C
Trout, 4 ounces	160 C
Whitefish, 4 ounces	150 C
Bass, one average serving	100 C
Bluefish, one average serving	80 C
Clams, 5 raw	50 C
Clams, 5 fried	150 C
Clam Chowder, one serving	250 C
Cod, fresh, 4 ounces	75 C
Cod, salt, 4 ounces	65 C
Flounder, 4 ounces	30 C
Haddock, 4 ounces	75 C

A SEVERE STRAIN

from lifting heavy weights, reaching up for articles placed too high above the head, jumping violently on the hard ground or floor, excessive dancing, violent coughing, constipation and suspending heavy skirts from the waist, tight-lacing is apt to cause falling of the womb. The ingredients of **Lydia E. Pinkham's Vegetable Compound** are the very best that could be prescribed to put the muscular system into excellent tone.

"A few days after the birth of my third child I jumped out of bed and brought down the womb. Then just before my fifth child was born I had inflammation of the bladder and my womb fell, through over-reaching. Seeing your advertisement in a Liverpool (England) paper I began taking **Lydia E. Pinkham's Vegetable Compound** and that was the best confinement I had. We have just removed from Brockville (Canada) so I was pleased when the store ordered the medicine for me and I got it today. I would not be without it for any price and I recommend it to ladies around here because I feel so sure it will benefit any woman who takes it."

MRS. AGNES WIGNALL, Talleville, N. Y.

MEATS

	Fuel value in calories
Beef, roast, 4 oz. without fat	135 C
Beef, steak, rump, 1 serving	200 C
Beef, steak, sirloin, 4 oz.	200 C
Beef, steak, top of round, 2 oz.	100 C
Chicken, 2 ounces	125 C
Fowl, 2½ ounces	250 C
Ham, 2 oz.	160 C
Lamb, 2 oz.	100 C
Lamb chops, one 2" x 2" x ½"	100 C
Pork, 1½ oz. roast	200 C
Squab, 1 serving	400 C
Turkey, 2 oz.	100 C
Dressing, one oz.	80 C
Veal, 2 oz.	100 C

PROSPECTIVE MOTHERS

should give **Lydia E. Pinkham's Vegetable Compound** a trial. We believe if they will take the **Vegetable Compound** regularly as soon as they find themselves in this condition and continue its use throughout the entire period, they will avoid complications, prevent an excess of pain; and with Mrs. Strausbaugh will declare that they'll never be without a bottle of it in the house.

"I first took **Lydia E. Pinkham's Vegetable Compound** for a nervous breakdown and after I was helped through that I took it during pregnancy and confinement. I was just 20 years old then and was all broken down in health. I had been working in a factory and I had to give up work. I was so weak I was not able to do anything and did not dare have any excitement or be where there was any noise, and I had so much pain in my back that I had to be in bed. My mother told me about the **Vegetable Compound** and said it would do me good to try it. I have got such good results from it that I will never be without a bottle of it in the house. Any woman who likes can write and ask me about it and I will be glad to tell her as I would like to have others helped."

MRS. JOSEPH A. STRAUSBAUGH,
117 Pleasant St., Hanover, Pa.

CAKE AND FROSTING

Sponge Cake, 1390 calories

4 eggs, (320) 1½ tsp. Rumford's Baking
1 cup powdered sugar (720) Powder
¾ cup bread flour (340) Rind and juice of ½ lemon (10)
½ tsp. salt

Separate the whites and yolks of eggs and beat until they are very light. To the yolks add the sugar and lemon, then sift in carefully the flour and baking-powder and beat for 5 minutes. Then fold in the stiffly-beaten whites of eggs. Bake in a well-buttered and floured angel-cake tin in a moderate oven. The cake is done when it shrinks from the pan.

BOILED FROSTING (870 calories)

1 cup sugar (840) white of 1 egg (30)
¼ tsp. cream of tartar ¼ tsp. flavoring
⅓ cup cold water

Boil the sugar, cream of tartar and cold water without stirring until it threads from the spoon, and gradually pour on to the well-beaten white of egg. Add flavoring to taste. Beat until thick and spread quickly. For variety, add chopped nuts, cocoanut or chocolate.

MANY WOMEN ARE OBLIGED TO STAND

their feet all day, working hard, regardless of how they
Lydia E. Pinkham's Vegetable Compound has helped
any a suffering woman to regain health and happiness.

"I was troubled with pains in my back and was tired and drowsy with sick headaches. When I was sick I would feel as though my whole insides would drop and I must have looked badly from what they told me. I was single at the time and had to give up work. I doctored with some of the best doctors in Newark and they advised an operation. My cousin told me to try Lydia E. Pinkham's Vegetable Compound and after I had taken five bottles of it I was completely cured and felt like a new person. Now my daughter is taking it for similar troubles and I recommend it whenever I can."

MRS. H. BEACH, 512 15th Ave., Newark, N. J.

PUDDINGS

ORANGE BREAD PUDDING (915 calories)

2 slices stale bread (160) 2 oranges (200)
½ cup milk (85) 6 tbsp. sugar (360)
2 eggs (160)

Soak bread in milk until soft and beat lightly with a fork, add grated rind of 1 orange and juice of both; add sugar. Beat the eggs very light and add. Pour into custard cups and bake 15 to 20 minutes in a moderate oven.

BROWN BETTY (500 calories)

Crumb 2 slices bread (160) 2 tbsp. sugar (120)
2 large sour apples (150) Cinnamon
2 tsp. butter (70)

Into a small well-buttered baking-dish place a layer of bread-crumbs, then 1 apple sliced thin; season with butter, sugar, and cinnamon. Add another layer of crumbs, apple and seasonings and lastly, crumbs with butter on top. Bake in a slow oven

HOUSEWIVES PRAISE

"For several years I was weak and nervous and had pains in my side and back. I have seven children and there were lots of times that I could not do my housework. My mother recommended Lydia E. Pinkham's Vegetable Compound to me and I have got relief from it and am recommending it to friends who have similar troubles."

MRS. BESSIE CUNNINGHAM, Leckrone, Pa.

"Every month I had such pains they made me weak and I had to go to bed. I suffered like this until three years ago when a neighbor told me about your medicine. I took Lydia E. Pinkham's Vegetable Compound and have had no more trouble. I have told my friends about your medicine and I will answer any letters I receive asking about the Vegetable Compound."

MRS. JOHN BEHRINGER, R No. 3, Norwalk, Ohio.

ICES

ORANGE ICE (1920 calories) (6 servings)

4 cups water
2 cups sugar (1680)
Juice 2 lemons (40)

Grated rind 1 orange
2 cups orange juice (200)

Boil water and sugar for 5 minutes, add fruit juices and rind of orange. Cool, strain and freeze.

LEMON SHERBET (1980 calories) (6 servings)

Juice of 2 lemons (40)
1½ cups sugar (1260)

1 quart milk (680)
½ tsp. lemon extract

To the lemon juice add the sugar, stirring it well, then add the milk and the extract. Freeze immediately.

GRATEFUL WOMEN PRAISE LYDIA E. PINKHAM'S VEGETABLE COMPOUND

"I have used your medicines for nervousness and a run-down system with a severe female weakness. After taking six bottles of Lydia E. Pinkham's Vegetable Compound and using Lydia E. Pinkham's Sanative Wash I feel like a different woman. I have gained in strength and weight and recommend these medicines to my friends when I have the opportunity. I am willing to answer letters asking about the Vegetable Compound."

DORA HOLT,
2649 S 11th St., Philadelphia, Pa.

"For two years I had pains every month in my sides and lower part of abdomen. I had seen your ads in the newspapers and began to take Lydia E. Pinkham's Vegetable Compound. After the first bottle I felt better and I have continued taking it and also take Lydia E. Pinkham's Liver Pills. I feel fine and tell everyone about it. I will answer any letter I get asking about the medicine."

MRS. AGNES FREY,
10 Beech St., New Bedford, Mass.

HEIGHT—WEIGHT—AGE TABLE FOR GIRLS																WHAT A WOMAN SHOULD WEIGH														
Hght. In.	5	6	7	8	9	10	11	12	13	14	15	16	Hght.	19 yrs	20	21	22	23	24	25	29	30	34	35	39	40	44	45	49	50 over
39	33	33											5' 0"	114	115	115	116	117	120	119	118	117	116							
40	35	35	35										5' 1"	116	117	117	118	119	122	121	120	119	118							
41	36	36	36										5' 2"	119	120	120	121	122	125	124	123	122	121							
42	38	38	38										5' 3"	122	123	123	124	125	128	127	126	125	124							
43	40	40	40	40									5' 4"	125	126	127	128	129	131	130	129	128	127							
44	41	41	41	41									5' 5"	129	130	131	132	133	135	134	133	132	131							
45	44	44	44	44	44								5' 6"	133	134	135	136	137	139	138	137	136	135							
46	46	46	46	47	47								5' 7"	137	138	139	140	141	143	142	141	140	139							
47	48	49	49	49	49								5' 8"	141	142	143	144	145	147	146	145	144	143							
48	51	51	51	51	52	52							5' 9"	145	146	147	148	149	151	150	147	148	147							
49	53	53	54	54	55	55							5' 10"	149	150	151	152	153	155	154	153	152	151							
50	55	55	56	57	58	60	61						6' 0"	158	159	160	161	162	164	163	162	161	160							
51	58	58	59	59	61	63																								
52	61	62	62	62	63	65																								
53	64	65	65	66	66	67	69																							
54	67	68	68	69	69	71																								
55	70	72	72	72	73	75	76																							
56	74	76	76	77	79	81																								
57	78	80	80	80	82	86	90																							
58	82	84	84	84	86	91	94	99																						
59	85	88	88	88	90	94	98	101																						
60	89	93	93	93	95	99	103	106																						
61	97	98	99	103	106	110																								
62	102	103	104	107	111	113																								
63	108	108	110	114	115																									
64	112	113	115	117	118																									
65	116	118	119	120	121																									
66	122	122	123	126																										
67	126	128	129	131																										
68	128	130	132	133																										
69	132	134	135																											

MORE GRATEFUL WOMEN PRAISE LYDIA E. PINKHAM'S VEGETABLE COMPOUND

"I had a very bad weakness with pains all over my men was sore. I was in this condition for seven months. I could not do my housework. Every doctor I had wanted me to go to the hospital for an operation. A friend of my sister had told her of your wonderful medicine—Lydia E. Pinkham's Vegetable Compound—and I got a bottle. After the first one the pains stopped and I began to gain strength. You can let anyone know of my suffering and what the Vegetable Compound has done for me. I am in perfect health and able to do my own work and tend to the needs of my four children. I hope this medicine helps other mothers as it did me."

MRS. F. J. MURPHY,
131 Danforth Ave., Jersey City, N. J.

98 out of every 100 women benefited by Lydia E. Pinkham's Vegetable Compound.

LYDIA E. PINKHAM'S BLOOD MEDICINE

Lydia E. Pinkham's Blood Medicine is recommended in connection with Lydia E. Pinkham's Vegetable Compound, and it might be thought from this that our **Blood Medicine** is suited only for diseases peculiar to women, but such is not the case.

Lydia E. Pinkham's Blood Medicine is as good for men as for women; it is also good for the whole family—parents and children—and is a reliable blood purifier for all who need such a medicine.

^{opportu}
Humors and Eruptions are among the most common indications and results of poor blood. They are very unpleasant and disfiguring, they give the face an unhealthy appearance, but usually they are not serious or dangerous enough to warrant consulting a physician. More serious results may come, however, at any time from the impoverished state of the blood which they indicate. Good home treatment is necessary. Eat plain, nutritious and easily digested food and take **Lydia E. Pinkham's Blood Medicine** one-half hour before meals.

ATTENTION!

A Small Vial of Exquisite Perfume

WILL BE FORWARDED YOU

FREE

If you will return this page with answers to the following questions

LYDIA E. PINKHAM MEDICINE CO.

LYNN, MASS.

QUESTIONS

How many copies of this book were left for you where you found this one?.....

Where did you find this copy?.....

Have you seen other copies of this book in stores or otherwise wasted?.....

If so, please explain what you have seen?.....

.....
Would you like us to send to you, with the present, a free copy of LYDIA E. PINKHAM'S PRIVATE TEXT BOOK UPON AILMENTS PECULIAR TO WOMEN?

Name.....

Street Address.....

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



LYDIA E. DINKHAM'S
VEGETABLE COMPOUND
FOR WOMEN



HOW PHYLLIS
CREW THIN