

War-Time



Cook and
Health Book

HOW YOU CAN SERVE YOUR COUNTRY

USE OTHER CEREALS—Use corn, oatmeal, rye or barley bread and non-wheat breakfast foods. One wheatless meal a day. Order bread twenty-four hours in advance so your baker will not bake beyond his needs. Cut the loaf on the table and only as required. Use stale bread for cooking, toast, etc. Eat less cake and pastry.

USE OTHER MEATS TO SAVE BEEF, MUTTON OR PORK—Use beef, mutton and pork not more than once daily. Use freely vegetables and fish, shellfish and poultry. At the meat meal serve smaller portions. Make made-dishes of all left-overs. Do this and there will be meat enough for every one at a reasonable price. Use soup more freely.

USE ALL THE MILK—The children must have whole milk. Therefore use less cream. Use every drop of skim milk. Use buttermilk and sour milk for cooking and cottage cheese.

SAVE THE FATS—We are the world's greatest fat wasters. Fat is food. Use butter on the table as usual, but not in cooking. Other fats are as good in cooking. Reduce fried foods. Save daily one-third ounce animal fats. Soap contains fats. Do not waste it. Make home-made soap.

SAVE THE SUGAR—Our Allies need sugar, and sugar is getting scarcer. We use today three times as much per person as our Allies. So there may be enough for all at reasonable price, use less candy and sweet drinks. Do not stint in putting up fruit and jams, to use in place of butter.

USE MORE FRUITS AND VEGETABLES—We have them in abundance. As a nation we eat too little green stuffs. Double their use and improve your health. Store potatoes and other roots properly and they will keep.

USE LOCAL SUPPLIES—Patronize your home producer. Distance means money. Buy perishable food from the region nearest you and thus save transportation.

Help our country by giving this daily service
Do your utmost

Printed at the Request of the Department of Food Conservation

HERBERT HOOVER, WASHINGTON

July 23, 1917.

ASPEN HISTORICAL SOCIETY

ACCESSION NO. 74.110.2502

ENVELOPE NO. *Library shelf - Cook books*
CONVINCING PROOF

of the efficacy of

LYDIA E. PINKHAM'S VEGETABLE COMPOUND

There is overwhelming proof of the value of this medicine in the letters being constantly received containing unsolicited praise and honest, genuine testimony of the results of its action.

It is efficient and valuable because it contains the tonic and medicinal properties of roots and herbs. Many women suffer for years from a train of troubles which undermine their health, bring on structural changes and finally require surgical treatment.

Women who have evidence that some female trouble is developing within their systems should take

LYDIA E. PINKHAM'S VEGETABLE COMPOUND
when the early symptoms appear.

When a medicine has lived for forty years, steadily growing in popularity and influence, and thousands upon thousands of women declare they owe their health to it, is it not reasonable to believe that it is an article of merit?

AN INVITATION TO WOMEN

You are invited to visit the laboratory of the Lydia E. Pinkham Medicine Co., at Lynn, Mass., and see with what accuracy, skill and cleanliness this wonderful remedy is prepared.



VEGETABLE FOODS

Vegetable Foods and the methods of preparing them will interest housekeepers and will help them to keep their families in good health, for badly cooked vegetables or a dreary routine of the same few, day after day, are not conducive to appetite or nutrition. Some of the vegetables mentioned are not commonly found in the home garden, but they may be grown with profit if better understood and will help to keep down the cost of living.

General Rules for Cooking Vegetables

The most common method for cooking vegetables is by boiling, although they may be baked, roasted, fried or steamed.

All green vegetables, roots and tubers should be soaked in very cold water until they are crisp and firm before they are boiled.

Vegetables that form in heads, such as **cabbage**, **cauliflower** and **Brussels sprouts**, should be soaked, head down, in salted cold water to which a few drops of vinegar may be added.

All **except dried peas** and **beans** should be put into boiling salted water and kept boiling until cooking is finished.

Green peas and **beans** should be boiled gently, just simmer.

Dried peas or **beans** should first be soaked in cold water, then put into fresh cold water and brought to the boiling point.

If vegetables are not fresh a very small pinch of baking soda added to the water makes them more tender and helps them to retain their color.

Overcooking changes and toughens the texture of vegetables and destroys the flavor, and often renders them indigestible as well as unpalatable.

Thin paring of potatoes and other vegetables is an economy which it is worth while to practice, and is an easy way of decreasing useless loss.

JERUSALEM ARTICHOKE



Cut the washed and peeled artichoke into cubes, put in a double boiler and cover with milk (a generous pint to a quart of cubes). Add one small onion and cook twenty minutes. Beat together one tablespoonful of oleomargarine and one level tablespoonful of flour, and stir this into the boiling milk. Season with a teaspoonful of salt and one-fourth of a teaspoonful of pepper and continue cooking half an hour longer. This artichoke also makes a very good soup.

Globe or French Artichoke

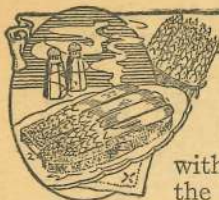
When this artichoke is very young and tender the edible parts may be eaten raw as a salad. When it becomes hard it must be cooked. The edible portion consists of the thickened part at the base of the scales and the receptacle to which the leaf-like scales are attached. The parts of the flower in the center of the bud, called the "choke", must always be removed.

To prepare, remove all the hard outer leaves. Cut off the top of the bud. Drop the artichoke into boiling water and cook until tender, which will take from thirty to fifty minutes, then take up and remove the choke. Serve either hot or cold with French salad dressing. (See page 32.) If eaten hot, melted oleomargarine also makes a delicious sauce.

ARE ADVERTISED MEDICINES WORTHLESS?

There is no more reason to condemn all advertised medicines than there is to condemn all physicians or all druggists. Fakes there are in every profession and in every trade, but they do not last long. Take a medicine like **Lydia E. Pinkham's Vegetable Compound**; the true test of its merit is the fact that for forty years it has been relieving women of America from the worst forms of female ailments and constantly growing in popularity and favor.





ASPARAGUS

Cut off the woody part, scrape the lower part of the stalks, wash well and tie in bunches. Put into a deep stewpan with the cut end resting on the bottom of the pan. Pour in boiling water to come up to the heads but not to cover them. Add a teaspoonful of salt for each quart of water and boil until tender (from fifteen to thirty minutes), having the cover partially off the stewpan. Arrange the asparagus on slices of slightly buttered toast, season with oleomargarine and a little salt, and serve. Save the water in which the asparagus was boiled, to make vegetable soup.

Another method of cooking asparagus is to cut all the tender parts into short pieces. Boil until tender (about fifteen minutes) and season with salt and oleomargarine, or serve with cream sauce. (See page 29.)

ARE WOMEN NATURALLY DESPONDENT?

An abnormal condition of the system expresses itself in nervousness, sleeplessness, backaches, headaches and despondency. If all ailing women would make faithful use of that grand remedy, **LYDIA E. PINKHAM'S VEGETABLE COMPOUND**, there would be little occasion to ask if despondency is natural to woman.

"I was all run down in health, my back ached all the time and I had a tired feeling, no ambition to do anything, headaches and nervous feeling. I had taken a number of medicines which did no good and one day I was reading about Lydia E. Pinkham's medicine and what it did for women, so I tried it. When I had taken nine bottles of the **Vegetable Compound** I got weighed and found I had gained nine pounds, and felt fine. I did not give up taking it, but bought more and can honestly recommend it to any woman who is suffering as I was."

MRS. ADELINE B. LYNCH,
100 Plain St., Providence, R. I.



GREEN OR STRING BEANS

Green beans should always be blanched. To do this drain them from cold water and put them into water that is boiling rapidly, allowing a teaspoonful of salt to two quarts of water. Boil rapidly, with the cover partially off the saucepan, for twenty minutes. Turn into a colander and let cold water run upon them. The blanching can be done in the morning and beans be finished for dinner at the proper time.

To cook green beans, string and cut into two-inch lengths. Blanch as directed. Drain and put into a saucepan. For one quart of beans use one-half pint of water, one tablespoonful oleomargarine and one teaspoonful salt. Cook ten or fifteen minutes over a hot fire, turning the contents of the saucepan from time to time. Be careful not to overcook as this ruins the flavor.

Butter beans may be cooked like the green string beans.

CAN YOU WORK ALL DAY AND FEEL GOOD?

"I had backward displacement of the womb and suffered so with pains in the lower part of my bowels and back that I could hardly be on my feet at times, and when I coughed it seemed like I could not stand it any longer. I tried many remedies with no results and several doctors told me nothing but an operation would do me any good. The druggist told me of **Lydia E. Pinkham's Vegetable Compound** and I took it with the result that I am now stout and in good health. I get up in the morning at four o'clock and do my housework, then go to work in a factory, work all day and come home and get supper, and feel good. I don't know how many of my friends I have told about your medicine, and you may do as you wish with my testimonial."

MRS. ROBERT RAYMER,
24 West 10th St., Peru, Indiana.





GREEN OR STRING BEANS

To cook green Lima beans, cover one quart of the shelled beans with boiling water. Place on the fire where they will boil quickly, then draw back where they will just simmer until done. When tender, pour off part of the water, and season with a teaspoonful of salt and two tablespoonfuls of oleomargarine.

All varieties of the kidney bean, when gathered while the seeds are still tender, may be cooked like the Lima beans. It takes from one to two hours to cook kidney beans.

All dried beans require the same preliminary treatment. Look them over carefully to remove all dirt and pebbles, then wash clean. Soak them over night in plenty of water. In the morning pour off the water and put them in a stewpan with cold water enough to cover them generously. Let them come to the boiling point in this water, then drain. If the beans are old and hard, for each quart put a piece of soda about the size of a large bean in the water in which they are soaked also in the first water in which they are boiled. The scalded and drained beans should be put back in the stewpan and covered generously with boiling water. Add one tablespoonful salt for one quart of beans, cook slowly with cover partially off the stewpan until they have reached the required degree of tenderness.



MANY REMEDIES WERE USED

"Every month I had so many pains that I fainted and had to leave my work or school. The first day was the worst—I had so many pains I did not know what to do with myself. I tried many remedies but they were of no use. I had seen and read in the papers about Lydia E. Pinkham's Vegetable Compound and decided to try it. I found much relief and feel so much better now than I used to."

DELINA MARTIN,
29 Bowers St., Nashua, N. H.



WAR MEAL



Suggested by the U. S. Food
Administration
Washington, D. C.

A Friday Dinner

Baked Fish	Mashed Potatoes
Corn Custard (using dried corn)	Lettuce Salad
Rye Bread and Butter	Soft Honey Cake
Fruit Ice	

Corn Custard

1 cup dried corn	2 eggs	1 teaspoon salt
1/2 teaspoon pepper		1 1/2 tablespoon oleomargarine
1 pint scalded milk		

Soak the corn in warm water until it has absorbed all the liquid possible. Add slightly beaten eggs and other ingredients in order given and bake in slow oven until firm.

Soft Honey Cake

1/2 cup fat	1 cup honey
1/2 cup sour milk	1 egg
1/2 teaspoon soda	Spices
4 cups flour	1 teaspoon baking powder

Rub honey and fat together. Add egg well beaten, sour milk, and flour sifted with the soda, baking powder and spices. Bake in shallow pan.

ARE MOTHERS CARELESS?

When we hear of so many school girls and girls in stores and offices who are so often unfit to perform regular duties because of some derangement peculiar to their sex, may it not be that their mothers have been careless and through neglect failed to get for these daughters the one great remedy for such troubles, LYDIA E. PINKHAM'S VEGETABLE COMPOUND?





BEETS

Wash the beets, being careful not to break the skin. Put into a stewpan, cover with boiling water and boil until tender. Young beets will cook in an hour. As the beets grow old the time must be increased. In winter this vegetable becomes so hard that it may require four or more hours of boiling to soften it. It is then only suitable for pickling in vinegar after being thoroughly boiled.

When young beets are cooked, drop them into cold water and rub off the skin. Cut the beets in thin slices and season with salt and oleomargarine.

Young beet plants make delicious greens, particularly if the root has attained some little size. They must be examined, leaf by leaf, for insects and all which are infested rejected. Do not separate roots from leaves. Wash thoroughly in many waters. Put into a stewpan and cover generously with boiling water. Add a teaspoonful of salt for every two quarts of greens. Boil rapidly until tender (about thirty minutes). Drain off water, chop rather coarse, season with salt and oleomargarine.

For more than forty years **LYDIA E. PINKHAM'S VEGETABLE COMPOUND** has been restoring women to health.

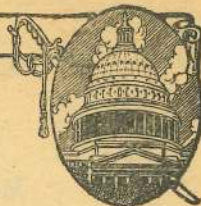


"I suffered for seven long years with a lame back and my menstruation was unregular and I had great pain all the time it lasted each month. I had one physician after another but they did me no good. I read of Lydia E. Pinkham's Vegetable Compound and I gave it a trial and in a week's time I felt the benefit and every time I felt pain after that I would take a few doses, and for the last eight years I have been feeling fine. I have told many of my friends and I know it helps them."

MRS. MARGARET NESS,
1846 E. Hazzard St., Philadelphia, Pa.



WAR MEAL



Suggested by the U. S. Food
Administration
Washington, D. C.

Suggestion for Breakfast

Stewed Prunes	Omelet	Corn Meal Muffins
Coffee		Milk

Corn Meal Muffins

Mix 1 cup sour milk, 1 egg, 1 to 2 tablespoons of melted fat, then add the dry ingredients well mixed; namely:

1½ cups flour	⅔ cup corn meal
1 to 2 tablespoons sugar	½ teaspoon soda
2 teaspoons baking powder	½ teaspoon salt

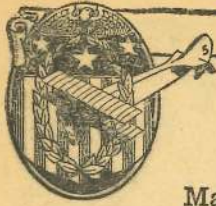
A FAMOUS MEDICINE

The combination of choice medicinal herbs which will cure women's ailments was discovered more than forty years ago, and for half a century has been doing its beneficent work. **LYDIA E. PINKHAM** combined them in convenient form in her famous **VEGETABLE COMPOUND**, which is to be found in the drug stores where every ailing woman may get it at small cost.

"I doctored for over three years for ovarian troubles and got no relief. My left ovary was swollen twice its size and pained me terribly at times. I could not wear a corset and when I made water it burned me so. I could hardly do my housework, it was a drag on me and I had no ambition to do anything. Our druggist recommended Lydia E. Pinkham's Vegetable Compound so I took it and it helped me. I can sleep good, the burning sensation has all left me, and I can do all my own work."

MRS. MARY E. DIERKEN,
206 Fillmore St., Dayton, Ohio.





WAR MEAL

Suggested by the U. S. Food
Administration
Washington, D. C.

Make this for Lunch or Supper

Baked Hominy and Fish Home Canned Peaches
Brown Bread and Butter Sandwiches

Baked Hominy and Fish

5 cups cooked hominy	2 cups fish
1 cup diced carrots	¼ teaspoon pepper
1 onion	4 potatoes
2 cups milk	1 teaspoon salt
2 tablespoons fat	2 tablespoons flour

Cook 1¼ cups hominy in a quart of water. (It is easier to use a double boiler or fireless cooker.) Mix hominy, fish, carrots, potatoes, onions and salt and put in baking dish. Pour milk thickened with a little flour mixed with melted fat over the contents of the dish and bake in oven one hour.

DO YOU READ YOUR DAILY PAPER?

"I suffered for a year with nervousness so bad that I could not rest at night. I would wake and have to get up and walk around and see if the children were all right, then would go back to bed and in less than an hour would wake again. I would be tired out in the morning and no reason for it except nerves. I read about Lydia E. Pinkham's Vegetable Compound, so thought I would try it. My nervousness left me, I feel fine in the morning and able to do my work. I gladly recommend Vegetable Compound to friends and if anyone wishes to write me I will answer all letters."



MRS. ALBERT SULTZE,
603 Olmstead St., Winona, Minn.

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CABBAGE



To boil cabbage, cut a small head of cabbage into four parts, cutting down through the stock. To draw any insects out that may be hidden in the leaves, soak for half an hour in a pan of cold water, to which has been added a tablespoonful of salt. Take from the water and cut in slices. Put into a large stewpan half filled with boiling water, pushing the cabbage under the water with a spoon. Add one tablespoonful of salt and cook from twenty-five to forty-five minutes. Young cabbage will cook in twenty-five to thirty minutes. Late in the winter it may require forty-five minutes. When done turn into a colander and drain for about two minutes. Put into a chopping bowl and mince, season with salt, oleomargarine and pepper. Cabbage cooked in this manner will be of very delicate flavor.

Cucumbers

The cucumber is much oftener eaten as a salad than cooked, yet it is a very palatable vegetable when stewed and served with cream sauce, or seasoned with oleomargarine, salt and pepper, and served on toast. The pared and quartered cucumber should be cooked until tender in boiling salted water (about 15 minutes), then served as desired. Cucumbers may also be cut in slices lengthwise and fried like summer squash.

DO YOU NEED A GOOD TONIC?

"I took Lydia E. Pinkham's Vegetable Compound for falling of the womb and general run down condition after bearing two children, both premature births. I had felt pretty miserable for a year with headaches and pains in my side, and my sister, who takes the Vegetable Compound every spring, induced me to try it. I found it a splendid tonic and recommend it to all women."

MRS. ELSIE G. LEWIS,
30 Vernon Ave., Brooklyn, N. Y.



11



CARROTS

Scrape the carrots lightly, then cut into large dice or slices. Put into a stewpan with salted boiling water, allowing a teaspoonful of salt for a quart of water, and boil until tender. Young carrots will cook in thirty minutes and old ones in forty-five.

Drain, season with a little salt, and pour cream sauce over them. (See page 29.)

The carrots may be boiled as directed, then put back into the stewpan, and for every pint add one tablespoonful of oleomargarine, one teaspoonful of sugar, half a teaspoonful of salt, and one gill of water or meat stock. Cook over a hot fire until the carrots have absorbed the seasonings and liquid.

LIGHT-HEARTED WOMEN

A cheerful, light-hearted woman is the joy of a man's life. But how can a woman be cheerful and happy when dragged down by some female derangement, with a backache, headache, and often on the verge of a nervous breakdown? **LYDIA E. PINKHAM'S VEGETABLE COMPOUND** is the standard remedy for such ailments.

"I was all run down in health, had tired feelings and cramping spells every month, could not eat anything that agreed with me, and was unable to do anything. I had been affected in this way for five or six years, had tried every doctor in West Plains, also every remedy I could think of, and none gave me relief. One day a friend was at my house when I was almost cramping to death. She said 'Why don't you try Lydia E. Pinkham's Vegetable Compound? It is so good. I have taken it and found much relief.' So I took it and I can truly say I thank God for the good your Vegetable Compound has been to me, for it saved my life."



CORA LEE HALL,
Lydia Ave., West Plains, Mo.



CAULIFLOWER



Remove all the large green leaves and the greater part of the stalk. Put to soak, head down, in a pan of cold water which contains, to each quart, a teaspoonful of salt and one of vinegar. This is to draw out worms if any should be hidden in the vegetable. Let it soak for an hour or more, then put into a large stewpan, stem end down, and cover with boiling water. Add a tablespoonful of salt and boil gently with the cover of the stewpan partially off. A large compact head will require a full half hour, small heads from twenty to twenty-five minutes.

For creamed cauliflower, have one pint of cooked cauliflower broken into branches. Put one tablespoonful of oleomargarine in a saucepan on the fire, when hot add one-half a tablespoonful of flour and stir until smooth and frothy, then gradually add one pint of milk, stirring all the time. When the sauce boils add one teaspoonful of salt and one-third of a teaspoonful of pepper, and the cauliflower and cook ten minutes.

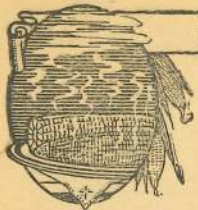
Broccoli is a species of cauliflower and can be cooked and served in the same manner.

LYDIA E. PINKHAM'S VEGETABLE COMPOUND contains what is needed to restore healthful conditions to suffering women.

"I have used Lydia E. Pinkham's Vegetable Compound for bladder and kidney troubles and backache and find it the best medicine I ever took. I used many other remedies with very little result. I had two miscarriages and would have been in my grave ere this if it had not been for your medicine. I always keep a bottle of Vegetable Compound in the house, and I feel fine to do my work for five in the family."

MRS. ALBERT S. GILL,
17 St. Andrew St., St. John, N. B., Can.





GREEN CORN

The most satisfactory way to serve green corn is on the cob. Free the corn from husks and silk. Have a kettle of water boiling hard, drop the corn into the water and cook ten minutes. When possible have a generous supply of boiling water around the corn.

Corn may be cut from the cob and heated with oleomargarine, pepper and a little milk. Cook the ears five minutes in boiling water to set the juice. Then with a sharp knife cut through the center of each row of grains and with the back of a case-knife press the grains of corn from the hulls. Put the corn in a saucepan and season with salt, oleomargarine and pepper. Add enough hot milk to moisten well and cook ten minutes.

For succotash add to a pint of corn cooked as above, a pint of cooked and seasoned shelled beans.

WOMEN STEADY WORKERS

While it would be foolish for any woman to stay at work when physically unfit, it is believed that most women now continue to work as constantly as men. Any woman who is unable to do so should take **LYDIA E. PINKHAM'S VEGETABLE COMPOUND** and get the aid she needs to enable her to keep at work. This medicine will so strengthen and build up her system that she need not be handicapped any longer by poor health.



"I have taken many bottles of Lydia E. Pinkham's Vegetable Compound for ovarian trouble and it helped me very much. I could not put my foot to the floor and could scarcely do my work. I saw your advertisement in the paper and received the very best results after taking the Vegetable Compound. I am strong and do all my work, live on a small farm and put out six hundred chickens every year. I recommend your medicine to all my friends."

MRS. D. M. ALTERS,
R. R. 4, Oregon, Illinois.



WAR MEAL



Suggested by the U. S. Food
Administration
Washington, D. C.

Try this for Dinner

Riced Potatoes	Squash	Spinach
Corn Meal Yeast Bread	Butter	
Fruit Salad with Honey Dressing or Apple Brown Betty		

Bean Loaf

2 cups beans cooked and put through grinder	
¼ medium onion grated	2 tablespoons drippings
1 egg	1 pimento
1 cup crumbs	Salt and pepper

Combine ingredients in the order given and shape into a loaf. Cover with bread crumbs and bake for thirty minutes. Serve with tomato sauce.

IF EVERY WIFE

whose physical state prevents motherhood would but try that great remedy, **LYDIA E. PINKHAM'S VEGETABLE COMPOUND**, there would be far fewer childless homes.

"I took Lydia E. Pinkham's Vegetable Compound for weak feelings and nervousness. Every month I would feel so bad that I would be in bed most of the time, feel sick to my stomach, have nervous headaches and such a bearing-down feeling. I did not feel like working and everything I did was a task that I thought would never be finished. I took five bottles of Lydia E. Pinkham's Vegetable Compound. Now my work is a pleasure to me. I never had a child until I took the Compound, although I have heard people say they have a 'Lydia Pinkham' baby."

MRS. NELLIE B. BRITTINGHAM,
609 Calverton Rd., Baltimore, Md.





WAR MEAL

(Continued)

Honey Dressing for Fruit Salads

2 egg yolks	$\frac{1}{3}$ cup strained honey
	$\frac{1}{3}$ cup vinegar
Pinch of salt	Whites of 3 eggs

Beat egg yolk slightly, add the honey, salt and vinegar. Cook in a double boiler until it thickens. Beat with egg beater as it thickens in the boiler so that it will be smooth. Cool slightly. Fold in the stiffly beaten whites. Garnish with canned cherries.

Apple Brown Betty

Place alternate layers of chopped juicy apples and browned bread crumbs in greased baking dish having some crumbs on the bottom. Add cinnamon and a little molasses or syrup to each layer of apples. Pour 2 cups of hot water evenly over all. Bake for one hour. Serve with caramel sauce made with syrup.

WOMEN TOO AMBITIOUS

Excessive ambition leads women to exert themselves beyond their strength. Their natural powers of endurance are overtaxed, then come nervous troubles, backaches, headaches and frequently organic troubles. The best reliance should be placed upon that standard medicine for women's ailments, **LYDIA E. PINKHAM'S VEGETABLE COMPOUND**.



"I suffered for more than seven months with falling of the womb and three doctors told me I needed an operation. I had bearing down pains, headache and backache, and could not do my housework. My sister had used Lydia E. Pinkham's Vegetable Compound and asked me to try it. I have taken seven bottles and now have not the slightest form of trouble. My health is fine and I can do my work. You may publish my letter."

MRS. S. J. SEMLER,
107 3rd St., Troy, N. Y.



ONION



Boiled onions in white sauce—Peel the onions and cut off the roots, dropping into cold water as fast as they are peeled. Drain and put into a stewpan with boiling water to cover generously. Add a teaspoonful of salt for each quart of water. Boil rapidly for ten minutes with the cover partially off. Drain, and cover the onions with hot sweet milk (a quart of onions will require a pint of milk). Simmer for half an hour. Beat together one tablespoonful of oleomargarine and one level tablespoonful of flour. Add one teaspoonful of salt and one-fourth of a teaspoonful of white pepper. Gradually beat in about half a cupful of the milk in which the onions are cooking. When smooth stir the mixture into the onions and milk. Let it cook ten minutes longer.

For stewed onions cut the onions in slices and boil in salted water for ten minutes. Drain well and return to the stewpan. For a quart and a half of onions, measured before they were boiled, add two tablespoonfuls of oleomargarine, one teaspoonful of salt, and one-fourth of a teaspoonful of pepper. Cover and cook over a hot fire for five minutes, shaking the pan to prevent the onions from browning. Set back where it will cook slowly for forty minutes.

TIRED ALL THE TIME

"I was nervous, had hot flashes and chills and cold feet in the warmest weather, my complexion was yellow looking, I was tired all the time, had no appetite, did not rest at night and had night sweats. The flow was very scanty and bad smelling and with the flow I was so weak I could hardly sit up. I felt like a different person after the first bottle of Lydia E. Pinkham's Vegetable Compound and I was soon a well woman."

MRS. JAMES D. TIPTON,
414 West 2d St., Coffeyville, Kansas.





OKRA

The young pods of the okra should be boiled in salted water until tender (about twenty minutes), drained, and heated for five minutes with cream sauce, one cup to a quart of okra. For cream sauce, see page 29. Okra is also a common ingredient of soups.

Parsnips

The simplest method of cooking the parsnip is to wash it clean, boil it, and scrape off the skin. Cut in slices and season with salt and oleomargarine. When the parsnips are tender and just out of the ground they will cook in thirty-five minutes; when old it takes from forty to fifty minutes to cook them.

The cooked and peeled parsnips may be chopped rather coarse, seasoned with salt and put into a stewpan with hot milk enough to cover them, then placed on the range where the heat is moderate. For a pint and a half of parsnips heat together one tablespoonful of oleomargarine and one teaspoonful of flour. Stir into the parsnips and milk. Simmer for ten minutes.

Parsnips are often cut in slices after boiling, and fried.

WOMAN'S DEVOTION TO HOME

Home duties to some women seem more important than health. Mrs. West gives timely advice to such women.



"I suffered for two years with pain over my right ovary so I was unable to do my work at times. I took Lydia E. Pinkham's Vegetable Compound and used Lydia E. Pinkham's Sanative Wash and feel much better and am now able to do my housework. Your medicines have done me more good than anything I have ever tried, and I recommend them to all my friends."

MRS. C. A. WEST,
665½ S. High St., Akron, Ohio.



GREEN PEAS



Put one quart of shelled peas in a stewpan and add enough boiling water to cover them generously. Place over a hot fire and when they begin to boil draw back where the water will bubble gently. Until they are done, cook with the cover partially off the stewpan. When tender add one teaspoonful of salt and three tablespoonfuls of oleomargarine, and cook ten minutes longer. If the peas are not the sweet kind add a teaspoonful of sugar with the salt and oleomargarine.

Pea Soup

Soak overnight, 1 cupful split peas. In the morning pour off the water and boil peas slowly in one quart of fresh water, until soft enough to put through a sieve (between 3 and 4 hours). Rub together 1 tablespoonful of flour and 2 of oleomargarine, add to the sifted peas, and thin to the desired consistency with milk. Season to taste.

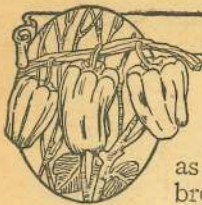
SHE IS A WISE WOMAN

who realizes that despondency, together with backache, headache, and that "dragging down" feeling indicates some derangement of the feminine organs, for which LYDIA E. PINKHAM'S VEGETABLE COMPOUND is a remedy. Don't wait until your life is wrecked by neglect and suffering. Give the Compound a trial.

"I was bothered with pains in my back and in my ovaries constantly, and when I got up in the morning I felt so tired and draggy. I had bad headache all the time in the back of my head and neck, and was nervous. Many people told me about Lydia E. Pinkham's Vegetable Compound and I finally tried it and after taking six bottles I felt fine, and have ever since. I don't think the Vegetable Compound can be beat for women's ailments."

MRS. L. TIMMERMAN,
1018 Tenney Ave., Kansas City, Kan.





GREEN PEPPERS

For stuffed and baked peppers use only tender sweet peppers. For six medium-sized peppers make a dressing as follows: Soak in cold water enough stale bread to make one pint when the water is pressed out. Season this with two teaspoonfuls of salt, one tablespoonful of fine herbs, about one-fifth of a teaspoonful each of sweet basil and summer savory, and two tablespoonfuls of oleomargarine or savory drippings.

Cut off the stem end of the pepper and remove all the interior, being careful to take out every seed. Fill peppers with the dressing, place them on end in a shallow baking dish and pour around them a sauce prepared as follows: Put into a saucepan on the fire, one tablespoonful of drippings, when hot add one level tablespoonful of flour, stir until smooth and brown, then add gradually, three gills of meat stock or water. Season with one level teaspoonful of salt. Cook five minutes, then pour around the stuffed peppers. Put the peppers in a moderately hot oven and bake one hour, basting often with the sauce in the dish.

LYDIA E. PINKHAM'S VEGETABLE COMPOUND, the medicinal ingredients of which are derived from roots and herbs, has for forty years proved its value in relieving the sufferings of women. It contains what is needed to restore healthful conditions.

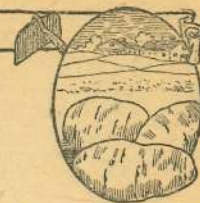


"My menstruation came every three weeks and I would feel so weak at times, and my feet would be cold and I had a soreness in my left side. At that time I had four in the family, besides three boarders, and I did all my own work. I think I could not have done this if it had not been for your remedies. I took Lydia E. Pinkham's Vegetable Compound Tablets, Blood Medicine and Liver Pills, and now I am in good health."

MRS. SARA SHAW,
R. No. 1, Portsmouth, Ohio.



POTATOES



The method and time given for boiling potatoes are the same whether the potato be peeled, partially peeled, or left with the skin intact. If the potatoes are to be boiled in their skins, wash them until clean, and then with a sharp knife cut a narrow band of skin from the middle and a little bit of skin from each end of the potato. If they are to be peeled, use a very sharp knife and remove the thinnest possible layer. The skins may be scraped off if preferred, and there are special knives for this purpose. Let the potatoes boil fifteen minutes, then add one tablespoonful of salt for every dozen potatoes. A dozen or two ordinary sized potatoes put on the fire and covered generously with boiling water will be cooked to the proper point in thirty minutes. Small potatoes will cook in two minutes less time and very large ones will require about thirty-five minutes. When done, drain off every drop of water and let all the steam pass off.

When boiled or steamed potatoes must be kept warm for any length of time, place the stewpan on the range on a tripod or iron ring and cover the potatoes with one thickness of cheesecloth. This will protect them from the cold air and allow the moisture to pass off.

CAN WORK FROM MORNING UNTIL NIGHT

"I cannot speak too highly of Lydia E. Pinkham's Vegetable Compound and Blood Medicine. Before I was married, when I came home from work I would be just tired out with bearing-down pains, and my face was covered with pimples. I took the Vegetable Compound and Blood Medicine and I feel like a new woman. I can work from morning until night and it does not bother me. I wish all suffering people would take my advice about using your Vegetable Compound."

MRS. H. DOOLEY,
1135 25th St., Milwaukee, Wis.





POTATOES

(Continued)

Steamed potatoes are prepared as for boiling, put in a closed vessel having a perforated bottom which is then put over a kettle of boiling water. The water must be kept boiling hard every moment.

They will require from thirty to forty minutes to cook.

To bake potatoes, wash them perfectly clean and let them drain. Put them in an old baking pan—do not crowd them—and put in a hot oven. They will require from forty to sixty minutes to cook. Baked potatoes should be served as soon as they are done. If they must be kept any time after cooking, break them in order that the moisture may escape.

Cold boiled, steamed or baked potatoes may be utilized in savory dishes. In reheating potatoes the following things must be kept in mind: They must be well seasoned to make them savory, they must be heated to as high a temperature as possible without burning, and they must be served hot. The cold potatoes may be sliced or cut in small pieces, seasoned with salt and pepper and browned in a little savory drippings or oleomargarine, or they may be heated in creamed sauce. (See page 29.)

PERFECT WOMANHOOD

depends upon perfect health. **LYDIA E. PINKHAM'S VEGETABLE COMPOUND** has been restoring health to the women of America for three generations.

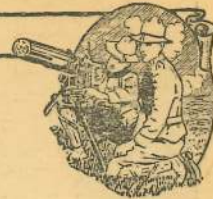


"I suffered from a bad case of female trouble, with bearing down pains, back-ache, nervousness and disordered digestion. I took about ten bottles of Lydia E. Pinkham's Vegetable Compound and it fixed me up all right. I look much better now than I did before, and I recommend the Compound every time for female troubles as it did for me all it is claimed to do. You may publish this letter."

MRS. HAROLD J. L. FEATHER,
61 Hamilton Ave., Yonkers, N. Y.



WAR MEAL



Suggested by the U. S. Food
Administration
Washington, D. C.

For Lunch or Supper

Rice with Cheese
Sour Milk Corn Bread and Butter
Apple Sauce

Sour Milk Corn Bread

2 cups corn meal	2 cups sour milk
2 tablespoons drippings	1½ teaspoons salt
2 tablespoons brown sugar	2 eggs
1 teaspoon soda	1 tablespoon cold water

Cook the meal, milk, salt, drippings and sugar in a double boiler for ten minutes. When the mixture is cool add the well-beaten eggs and the soda dissolved in water. Bake in shallow iron or granite pan for about thirty minutes.

TO YOUNG MOTHERS

"I want to tell you about your medicine which I have taken through pregnancy. Some days I suffered so from neuralgia that I would think I could not live, but after taking three bottles of Lydia E. Pinkham's Vegetable Compound I began to feel relieved and to gain strength, and I can say that I never had any medicine do me so much good. I have a big baby boy, seven months old, who weighs 19 pounds, and I am able to go about and do all my housework and other work and feel better than I have for a long time. I recommend the Vegetable Compound to my friends whenever I have the opportunity, and hope it will do others the same good it did me. If this letter will help you in any way you have my permission to use it."

MRS. PEARL MONYHAN,
Mitchell, Indiana.





WAR MEAL

Suggested by the U. S. Food
Administration
Washington, D. C.

A Good Breakfast

Oranges
Corn Meal Griddle Cakes with Corn Syrup
Coffee
Rice Breakfast Food
Milk

Corn Meal Griddle Cakes

1 cup corn meal
2 eggs
½ teaspoon salt
1 tablespoon molasses
1 cup boiling milk
1 teaspoon baking powder
1 tablespoon drippings

Put corn meal in bowl, cover with boiling milk. When cold add the salt, fat, molasses, baking powder and eggs, which have been beaten until light. Mix all together and bake on a hot griddle.

THE GREAT DIVIDE

The great physical changes met between the fortieth and fiftieth years are indeed serious, and are not always well borne. Few women are in a condition to meet these changes without some apprehension of deranged health. But with the excellent help of **LYDIA E. PINKHAM'S VEGETABLE COMPOUND** a woman may confidently expect to enter later life as well and robust as ever.



"In middle life I was tired and run down and had neuralgia all over me. I saw Lydia E. Pinkham's Vegetable Compound advertised and being quite a vegetarian it appealed to me and I purchased a bottle. It built me up and when I had taken three bottles I felt very much brighter and had a better color in my face. I think the Vegetable Compound is excellent for women's ailments."

MRS. MARTHA CONNOR,
1027 Mansfield Ave., Spokane, Wash.



SPINACH



Like most vegetables, **spinach** is rarely cooked to perfection, yet it is not difficult to prepare. It takes a good deal of time, water and patience to wash it **clean**. In fact, no other vegetable requires so much care in preparation.

To clean, cut off the roots, break the leaves apart and drop them into a large pan of water, rinse them well and put into a second water. Continue washing in clean waters until there is not a trace of sand in the bottom of the pan. Let it stand in cold water until it becomes fresh and crisp.

Spinach, after it is well soaked, holds enough water for cooking. Put the spinach on the fire and cook for ten minutes. Press down or turn it over several times during the cooking. At the end of ten minutes, turn into a chopping bowl and mince rather fine. Add seasonings, return to stewpan and simmer five or ten minutes.

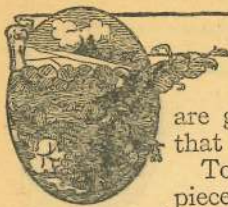
TESTIMONY OF WOMEN

How often is the question asked "Are the testimonial letters published in the advertisements of **LYDIA E. PINKHAM'S VEGETABLE COMPOUND** genuine and true?" In answer to that question we want to answer "Yes"; and it is appreciation of health restored by the use of this great remedy that has prompted these women to write such letters.

"I suffered with womb and ovarian troubles. My side hurt me so I could hardly be up from bed and I was not able to do my housework. I went to the best doctors in Eau Claire and they wanted me to have an operation, but then I took **Lydia E. Pinkham's Vegetable Compound** and it cured me so that I did not need an operation."

MRS. A. W. BINZER,
Black River Falls, Wis.





SQUASH

The various varieties of summer squash are generally cooked when so small and tender that the thumbnail can pierce the rind easily.

To prepare, wash the squash, cut into small pieces and cook in boiling water or steam. It will cook in boiling water in half an hour, and in about an hour in the steamer. When cooked, mash fine and season with salt, pepper and oleomargarine. Summer squash is very palatable cut in slices and fried like eggplant.

To cook the more mature squash, remove the thin skin and seeds, cut the squash in small pieces, and cook in boiling water for half an hour. Drain, mash and season.

Cook winter squash in the same manner.

THE EFFICIENT WOMAN

The foundation of efficiency lies in a robust, healthy constitution. If every woman who is suffering from **dragging down pains, inflammatory and ulcerated conditions or displacement** with consequent **backache, headaches and nervousness**, would only give that most successful of all root and herb remedies, **LYDIA E. PINKHAM'S VEGETABLE COMPOUND**, a trial, she would soon be restored

to health and realize her ambition for good and helpful work.

"During Change of Life I felt weak all the time, had no ambition and no appetite. I did my work but it was not an easy task. I read one of your little books which was left on my porch, and thought I would try Lydia E. Pinkham's Vegetable Compound. It did me lots of good and I felt like a different woman, was much stronger and had a good appetite. I have recommended your medicine to many."

MRS. PERCY M. SCHUFFELL,
1434 Stark Ave., S. W., Canton, Ohio.



TOMATOES



As a vegetable the tomato may be prepared in many ways. It makes a good foundation for soups and sauces. Made into catsup or pickles it serves as a relish. The addition of a little tomato gives a pleasant, acid flavor to meat, fish and vegetable dishes.

Ripe tomatoes are excellent without cooking.

To **peel ripe tomatoes**, put into a dish and pour boiling water over them. Let them stay in the water about one minute, then pour the water off. The thin skin will then peel off readily.

To **stew tomatoes**, peel and cut into small pieces. Boil gently for twenty or thirty minutes. Season five minutes before the cooking is finished, allowing for each quart of tomato, one teaspoonful each of salt and sugar and one or more tablespoonfuls of oleomargarine.

For **escaloped tomatoes**, use one pint of peeled and cut tomatoes, one pint of grated bread crumbs, one teaspoonful salt, a dash of pepper and one tablespoonful of oleomargarine. Reserve three tablespoonfuls of the bread crumbs and brown the remainder in the oven, being careful not to burn them. Mix with the browned crumbs, the tomato, salt, pepper and half the oleomargarine, and put in a shallow baking dish. Spread the unbrowned crumbs on top and dot with the remainder of the oleomargarine. Bake in a moderately hot oven, half an hour.

ARE YOU A BUSINESS WOMAN TOO?

"I took all kinds of medicine and had many different doctors and they all said I had to be operated on. I took Lydia E. Pinkham's Vegetable Compound, Blood Medicine, Liver Pills and used the Sanative Wash. They have cured me entirely and I am now a strong well woman. I keep house, keep the books and attend to our plumbing store, and am on my feet most of the day."

MRS. H. ROSSKAMP,
1447 Devisadero St., San Francisco, Cal.





TURNIPS

This vegetable is often spoiled by overcooking. The flat, white **summer turnip**, when sliced, will cook in thirty minutes. The **winter turnips** require forty-five to sixty minutes.

Have the turnips peeled and sliced. Drop the slices into a stewpan with enough boiling water to cover generously. Cook until tender, then drain well. If they are to be served mashed, put them back into the stewpan and mash with a wooden vegetable masher. Season with salt, oleomargarine and a little pepper.

For **hashed turnips**, chop the drained turnips into rather large pieces. Return to the stewpan, and for a pint and a half of turnips add a teaspoonful of salt, one-fourth of a teaspoonful of pepper, a tablespoonful of oleomargarine and four tablespoonfuls of water. Cook over a very hot fire until the turnips have absorbed all the seasonings.

AILMENTS OF WOMEN

There is no denying the fact that thousands of American women drag along day in and day out suffering with the ailments peculiar to their sex which make life a burden. Such women will readily find relief from their suffering if they will give **LYDIA E. PINKHAM'S VEGETABLE COMPOUND** a trial.



"I had been sick for months, not able to do my work, was weak in my legs and back, and had headache for days at a time. A friend made me look at your advertisement in the paper. Immediately my husband bought three bottles of Lydia E. Pinkham's Vegetable Compound, and when I had taken two bottles I felt fine, could eat just like a young girl and had very little trouble at my monthly time. After the third bottle I was all right."

MRS. JAS. ROHRBERG,
1103 Woods River Ave., N. S.,
Pittsburgh, Pa.



SAUCES for VEGETABLES



It is almost universally conceded that vegetables require the addition of fat in order that they may be at their best. The best seasoning is salt and butter, although olive oil and other vegetable oils, drippings, or oleomargarine are good.

Fats trimmed from poultry, veal, pork and ham may be fried out carefully and saved for use in cooking vegetables. Such fats have a flavor which comes from seasoning as in sausage, from smoke as in ham and bacon, or from brown material as in roast meat. The fat skimmed from the water in which poultry has been boiled and fats skimmed from the gravies of most roast meats may be clarified and employed in the preparation of vegetables.

Great care must be taken that these fats are clean and sweet and that the temperature in which they are fried out shall not be so high as to impair their flavor. When rendering the trimmings of fat meat, add a small onion (not cut), a few leaves of summer savory and thyme, a teaspoonful of salt and a little pepper.

Cream Sauce—Heat one-half pint of milk in a double boiler. Beat one tablespoonful oleomargarine and one teaspoonful flour to a cream and stir into the hot milk. Cook five minutes, then add one-half teaspoonful of salt and one-fourth teaspoonful of pepper. This sauce is suitable for boiled cauliflower, etc.

HOSPITAL TREATMENTS

"I went to the hospital and took treatments for a week, but got no better, so my husband got me a full course of the **Lydia E. Pinkham** remedies. I soon began to improve and am now strong and well, and am also gaining in flesh, as I had only weighed 120 pounds. I wish all suffering women would take your medicine. I can't say enough in praise of it."

MRS. O. M. RHINES,
Ridgway, Pa.





VEGETABLE HASH

Hash may be made of vegetables alone or of vegetables combined with meat or fish. Potato is the most useful vegetable for a hash, as it combines well with the animal food or with other vegetables.

The conditions essential to good hash are that the vegetables shall be cut fairly fine, but not so fine that the pieces shall lose their shape or stick together. Each vegetable must be cut up separately, then all be mixed and seasoned with salt and pepper, and if you like, there may be added a little minced onion, chives, parsley, chervil or green pepper. The hash must be moistened a little with meat broth, milk, or water. When the hash is mixed, seasoned and moistened, put a tablespoonful of oleomargarine or savory drippings in the frying pan. When this is melted put in the hash and dot with oleomargarine or savory drippings, using about one tablespoonful in all. Cover the pan and place where the hash will not burn, and cook half an hour, then fold and turn on a hot platter.

THREE GENERATIONS OF WOMEN

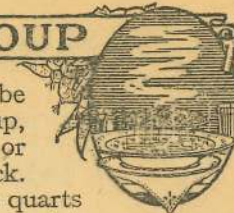
For three generations, women of this country have used and recommended to their children and children's children the use of that famous old root and herb remedy, **LYDIA E. PINKHAM'S VEGETABLE COMPOUND**.



"I first used Lydia E. Pinkham's Vegetable Compound for about a year from the time I was thirteen years old until I menstruated. Shortly after I was married I commenced to have a white discharge and I took the Compound again and used Lydia E. Pinkham's Sanative Wash. My mother took the Compound all through the Change of Life and had very little trouble. I always take it when I feel badly, rather than call a physician."

MRS. E. A. JOHNSON,
2410 Sylvania St., St. Joseph, Mo.

VEGETABLE SOUP



Nearly every vegetable grown may be employed in the preparation of soup, either as the foundation for the soup or as a garnish to any kind of meat stock.

For **mixed vegetable soup** use three quarts of water, one quart shredded cabbage, one pint sliced potato, one-half pint each of minced carrot, turnip and onion, one leek, two tomatoes, two tablespoonfuls each of minced celery and green pepper, two tablespoonfuls oleomargarine or drippings, three teaspoonfuls salt and one-half a teaspoonful of pepper. Have the water boiling hard and add all the vegetables except the potatoes and tomatoes. Boil rapidly for ten minutes, then draw back where it will boil gently for an hour. At the end of this time, add the other ingredients and cook one hour longer. Have the cover partially off the stewpan during the entire cooking. This soup may be varied by using different kinds of vegetables.

A SUCCESSFUL REMEDY

LYDIA E. PINKHAM'S VEGETABLE COMPOUND is recognized everywhere as the standard remedy for woman's ills. It contains no narcotic or harmful drugs and is made from roots and herbs of the field, under the most sanitary conditions, and no woman suffering from such ailments should fail to give it a trial.

"I used Lydia E. Pinkham's Vegetable Compound for white discharge and pains in my abdomen which used to keep me in bed for a couple of days. I suffered the worst when I would menstruate. My mother urged me to try the Compound and I saw a change after taking one bottle, so I kept on taking it. I have a small baby who is as healthy as I can ask, thanks to the Vegetable Compound which I took before he was born. I always praise your medicine."

MRS. F. H. STONE,
12 Willington St., Worcester, Mass.





SALADS & DRESSINGS

Nearly all vegetables may be served in the form of salad. The salads made with raw vegetables are more refreshing and perhaps more generally relished than those made with cooked vegetables.

Raw vegetables should be used only when they are young, tender and fresh. When boiled green vegetables are used they should not be cooked so long that they lose their crispness and flavor. Salad dressings are usually a sharp or pungent sauce, with which the salad is moistened and seasoned.

For **French dressing**, use one tablespoonful of vinegar, four tablespoonfuls olive oil, one-fourth teaspoonful salt and one-eighth teaspoonful pepper. Put the salt and pepper in a bowl, add a little oil and stir well, then gradually add the remainder of the oil, stirring all the while. Last of all stir in the vinegar, which should be diluted with water if very strong.

For **cooked salad dressing**, put into a bowl one tablespoonful olive oil, one teaspoonful each of salt and mustard, and one-fourth teaspoonful pepper, and mix well. Add two eggs and beat five minutes, then add one gill of vinegar and beat one minute. Now add two gills of milk, place the bowl in a pan of boiling water and cook until it thickens like cream. It will take about ten minutes. Stir the sauce constantly while cooking.

TELL YOUR FRIENDS

"I must say I have been greatly benefited by **Lydia E. Pinkham's Vegetable Compound** and **Liver Pills** and **Sanative Wash**. I had two very bad attacks of inflammation of the ovaries, also had a displacement. I suffered something dreadful. The doctor said he could do no more for me and I would have to go to the hospital. My friends all know how I used your remedies and was cured of my troubles."

MRS. F. PLATT,

1080 Putnam Ave., Brooklyn, N. Y.



THIS KNITTING PROTECTOR WILL BE SENT FREE

If you will return this page with answers to the following questions, we will mail you absolutely free a knitting protector similar to the illustration on this page. This knitting protector will prevent dropped stitches if you are interrupted in your knitting.

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 you, with the knitting protector, a free copy of **LYDIA E. PINKHAM'S PRIVATE TEXT-BOOK UPON AILMENTS PECULIAR TO WOMEN?**

Name

Address

Help Win the War



Womans Service
Requires
Health & Strength

War-Time



Cook and
Health Book