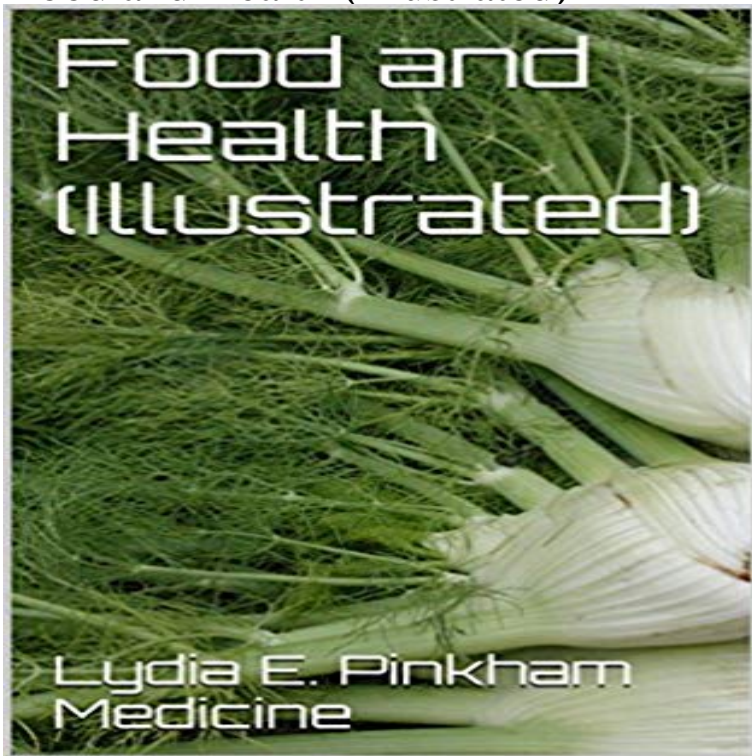


## Food and Health (Illustrated)



LYDIA E. PINKHAMS MEDICINES  
Lydia E. Pinkhams Vegetable Compound  
The original Pinkham medicine and best known of all. It has been on the market for nearly fifty years and is put up in the following forms: Liquid. Dose One tablespoonful every four hours through the day. Dry (Tablets). Dose One tablet every four hours through the day. Lydia E. Pinkhams Sanative Wash. FOR LEUCORRHOEA AND INFLAMMATION Liquid, a concentrated extract, ready to dilute and use at once, the most convenient form. Use daily as a vaginal injection. Add one teaspoonful (in severe cases two teaspoonfuls) of the Sanative Wash to one pint of warm water, mix thoroughly and it is ready for use. (Can be had, if preferred, in dry form, to steep.) Lydia E. Pinkhams Blood Medicine. FOR POOR BLOOD We recommend this as a good blood medicine for either men or women. Dose One tablespoonful three times a day, half an hour before eating. Lydia E. Pinkhams Liver Pills. FOR CONSTIPATION Dose Take three the first night, two the second, and one the third; and unless there is a regular and healthy movement of the bowels continue taking one every night. FOR SALE BY DRUGGISTS GENERALLY Send for LYDIA E. PINKHAMS PRIVATE TEXT BOOK UPON AILMENTS PECULIAR TO WOMEN, mailed free on application to THE LYDIA E. PINKHAM MEDICINE CO. Lynn, Mass., Public Inspection of our Laboratories Cordially Invited. HINTS FOR MEALTIME How often do we hear women exclaim, Oh dear, what shall I have for the next meal? This little book will aid you in answering that troublesome question. The recipes are carefully selected and we hope you will find them helpful. More important to you than the question of food is that of health. Therefore, in this book we show you many letters from women who have received great benefit by

taking Lydia E. Pinkhams Vegetable Compound. You have heard of this splendid medicine, for it has been used by women for nearly fifty years. It is a Womans Medicine for Womens Ailments. It is prepared from medicinal plants that are especially adapted for the treatment of the troubles women so often have. As you read these letters remember these women are stating for the benefit of other women who are sick just how they felt and just how the Vegetable Compound restored them to health. You know it is bad enough to worry over the various duties of life when you are well and strong. It is a serious matter when you are half sick and all tired out most of the time. So in the following pages you will find suggestions for the next meal that may help you, but more important by far are the letters recommending Lydia E. Pinkhams Vegetable Compound as the splendid medicine for the ailments of women. You will read letters from many classes of women, young and old, mother and daughter. They are genuine expressions of gratitude from one woman to another. Thousands of women by word of mouth and by letter highly praise Lydia E. Pinkhams Vegetable Compound. Of all the worlds wealth The best treasure is health, For without it theres nothing worth while.

bread BAKING OF BREAD AND ROLLS  
The pans should be well oiled and the loaves should never more than half fill them. Bread should be put into a hot oven and loaves should rise during the first fifteen minutes. It should continue browning for the next twenty minutes then reduce the heat somewhat. Small loaves require 45 minutes, large ones 1 hour. Biscuits and rolls require a hotter oven than bread. They should rise for the first five minutes and then should begin to brown. After 15 minutes reduce the heat and at 30 minutes the biscuits should be golden brown and thoroughly baked inside. Remove bread from the pans as soon as it comes from the oven. Keep covered with a clean cloth until cool then place in a stone jar or tin box. WHAT DOES YOUR

DRUGGIST SAY when you ask him if he can recommend any good medicine to you because you are nervous and run-down and not able to get your work done? He suggest

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