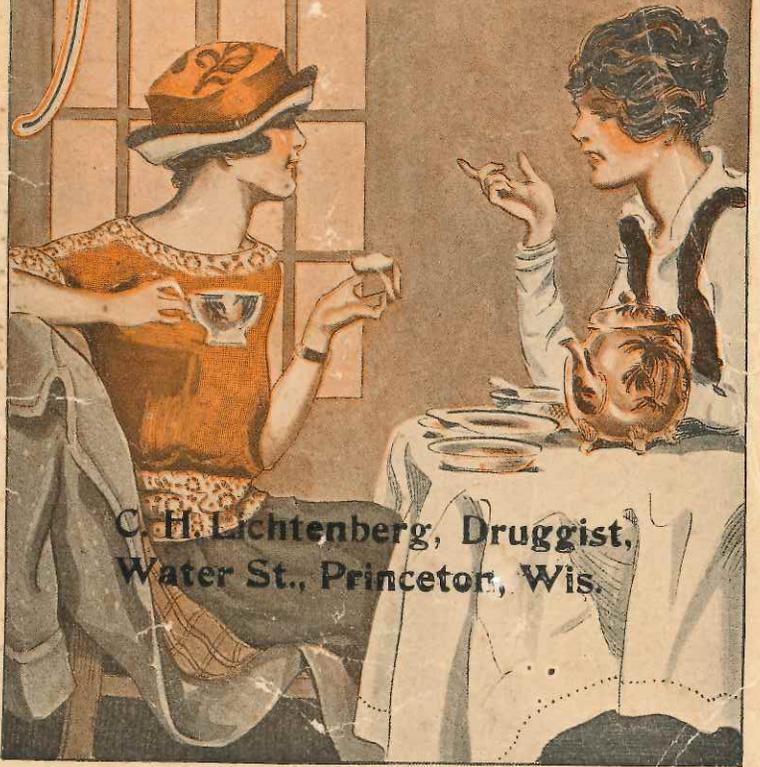


Neighborhood Advice



C. H. Lichtenberg, Druggist,
Water St., Princeton, Wis.

ATTENTION!

A MOST USEFUL AND ATTRACTIVE

Leather Medicine Case

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.....

Town.....

LET'S BE NEIGHBORLY

Some folks can't get along with their neighbors but no woman can get along without them. For simple friendliness give me the woman next door. Three hundred and sixty-five days in the year she waves a cheery greeting.

Together we discuss the high cost of living and the new minister, exchange cake recipes and household helps — practical ones like the ones in this book — things you're glad to know and pass on to the neighbors. In trouble or illness we turn to her, for she's a "great hand in sickness."

Such a woman was Lydia E. Pinkham when she lived fifty years ago in a small neighborhood in Lynn, Massachusetts. She was always ready with a helping hand, a word of sound advice, or, perhaps, a bottle of the herb medicine she often made. It was good medicine and her fame spread.

Today, Lydia E. Pinkham's Vegetable Compound is so well-known and so widely distributed that women all over the land count it their friend in need. For nearly fifty years women and girls have found this splendid medicine a great help in relieving those troubles from which only women suffer.

This little booklet contains many letters from women recommending the Vegetable Compound. These women know how they felt before taking it and they want you to know how much they were helped. In all this is the spirit of neighborliness.

HOUSEHOLD NOTES

The best help in a kitchen is a little flash-light kept in a handy place to use if it is necessary to explore a dark closet or an obscure corner of the cellar. It is safer than a candle and does not require a match to light it.

When a door sticks or a window-screen, or a drawer refuses to run smoothly, rub it with soap or with paraffine.

Small rugs will not curl at the corners if a corset steel is basted under each end.

IT IS NATURAL

For some women to take pleasure in helping others. Lydia E. Pinkham's Vegetable Compound and the good it does has often been a topic of conversation among women who have been helped by it.

"I TAKE PLEASURE IN TELLING MY FRIENDS"

"I will be glad to have you publish my name in behalf of what Lydia E. Pinkham's Vegetable Compound has done for me. I was in a weak condition for two years — had a complication of diseases, the doctor said — and was all run-down. I could not get around well to do my work, had headaches and spells when I could not see well. I saw your medicine advertised in different places and thought I would try the Vegetable Compound. The first bottle helped me and I continued taking it and Lydia E. Pinkham's Blood Medicine, Lydia E. Pinkham's Liver Pills and used Lydia E. Pinkham's Sanative Wash. They are all wonderful and have helped me very much. I take pleasure in telling my friends what they have done."

MRS. WILLIAM WESTBROOK, Van Etten, N.Y.

SWEEPING

1. Have all food put away.
2. If the wind blows dirt back, close the door.
3. Move all moveable furniture.
4. Sweep with long, even strokes.
5. Keep the broom on the floor during the entire stroke.
6. Avoid scattering dust.
7. Sweep toward the center of the room.
8. Get dust out of corners.
9. Take dust up on dust-pan.
10. Burn dust.
11. Never sweep the dust into the yard.
12. Use a brush or wing under pieces too low for the broom.
13. Wash the broom occasionally.
14. Hang up the broom by screw-ring in the handle.
15. Hang the dust-pan up.
16. Dust the furniture.
17. Put everything in order.

WOMEN ALL OVER CANADA

as well as in the United States take our medicine and tell its worth.

"USE YOUR MEDICINE IN OUR HOME"

"We have used your medicine in our home for a number of years and found it very good. I had very poor blood and was bothered with pains in my side and back. I took other medicines for a while without success. I got pale and weak. Then my mother, who uses Lydia E. Pinkham's Vegetable Compound, advised me to take it and I did. It did me worlds of good."

MRS. MARY E. HALL,
R.R. No. 5, Lindsay, Ontario, Canada.

The Care of the KITCHEN





After a meal is over, clear the table of food at once. Bread, cake and pastry should be put in suitable tin boxes or in crocks.

Butter, milk and any cold meat are put into the refrigerator in summer or in a cold pantry in winter.

Warm food is covered with a screen to protect it from flies and dust until it cools, then it is put with the other foods.

Do not leave anything uncovered on tables or shelves. If left in the warm kitchen it quickly spoils or

sours. If you cannot have an ice-box in the summer perhaps you can keep food cold in the well if you live in the country. Place it in a clean, tightly covered pail and lower it into the well with a stout rope. In cool weather a box fastened outside one of the kitchen windows makes a good place to keep food in. Paint it outside and in, with the opening towards the window and a curtain of oilcloth. Holes bored in the bottom let the cold air in.

WHEN AN ADVERTISEMENT

is backed up by a friend's good word, does it not carry weight with you?

"A FRIEND URGED ME TO TRY IT"

"I was troubled with nervousness and depression and with very bad backache. I saw Lydia E. Pinkham's Vegetable Compound advertised and when a friend urged me to try it I did, and with very good results. I am much improved in health and have recommended your Vegetable Compound often since then. I am willing for you to use my testimonial."

MARGUERITE L. MARSHALL,
74 First St., Albany, N. Y.

1. Range.
2. Clock.
3. Rocking chair.
4. High stool.
5. Hard-bottomed chair.
6. Waste basket.
7. Refrigerator.
8. Fireless cooker.
9. White porcelain table with drawer.
10. Kitchen cabinet.
11. Ice Cream freezer.
12. Electric toaster.
13. Electric iron.
14. Ironing board.
15. Kitchen roller towel.
16. Wood box and coal hod.



The kitchen should be first of all a good workshop for the cook and housewife. Sink, range, cabinet and table should be as near each other as possible.

DO YOU KNOW WOMEN

who stop taking medicine when it has only begun to help them? It seems an odd thing to do but many women do it. Mrs. Woods knows better.

"I AM STILL TAKING IT"

"I have been taking your medicine for some time and am still taking it. I cannot recommend it too highly. I had been having trouble with my periods for five years and two doctors had not helped me. Several women recommended Lydia E. Pinkham's Vegetable Compound to me so I thought I would give it a trial. I have taken it for three months now and am much better. I can do my own housework without any trouble. I recommend your medicine to any woman who has female troubles and am willing for you to use these facts as a testimonial."

MRS. WM. S. WOODS, Sundance, Wyoming.

KITCHEN CABINET



The kitchen cabinet needs to be roomy enough to hold all the small articles required to get the meals.

It contains receptacles for storing tea, coffee, sugar, flour, baking powder, soda, salt, pepper, spices, bread and cake. It has a bread board and a rolling-pin.

On top you could have scales and mixing-bowls. In one upper cupboard you could have food materials used daily, and in the drawers and lower cupboards are places for all

the small articles needed in cooking.

LETTERS RECOMMENDING

Lydia E. Pinkham's Vegetable Compound are genuine expressions of gratitude from women to women. Mrs. Vaughn offers to answer any woman who writes to her regarding her experience with this splendid medicine.

"WAS TROUBLED WITH WEAKNESS"

"For over a year after my boy was born I was troubled with weakness of the female organs. Also my stomach would bloat up and I had heart-burn, headache, backache, and simply could not do anything. I saw your 'ad' in the papers and read what your Vegetable Compound did for others, so gave it a trial. I took two bottles of Lydia E. Pinkham's Vegetable Compound and felt so fine that I neglected to take any more for about a year. This last winter I had pains again so I have been taking it to relieve them. If any woman asks me questions about the Vegetable Compound I will gladly tell her what I know. I tell everyone that I hear complaining of female troubles, that it is a grand medicine."

MRS. CHARLES VAUGHN, Olney, Illinois.

IN THE UPPER CUPBOARD

1. Lemon squeezer.
2. Measuring cups.
3. Quart measure.
4. Coffee pot.
5. Tea pot.
6. Utility plates.
7. China used in cooking.
8. Muffin cups and rings.
9. Jelly molds.
10. Casseroles.
11. Baking sheets.
12. Cake pans.
13. Bread pans.
14. Your fire-proof glass dishes.

There should be a rug (not an ornamental rug but a thick useful one) in every kitchen to stand on when ironing or doing work that cannot be done sitting down.

HOW NATURAL IT IS

for a mother to feel that she cannot leave her children! No one can care for them as she does.

"COULD NOT GO TO HOSPITAL"

"I had such pains that I was unable to do anything and I couldn't think of going to a hospital as I couldn't see any way of going and leaving my two little children at home. So a friend of mine was over and she said, 'Why don't you try Pinkham's? It's so good for women.' So I tried it and now I am on the seventh bottle and I must say that it has done wonders for me. I do all my work, washing and sewing, which I could not do before. I surely will recommend Lydia E. Pinkham's Vegetable Compound to any one who suffers as I have done. I only wish I had started it before. You may use this letter in your books."

MRS. JOHN BART,
182 Catherine St., Detroit, Michigan.

CABINET CUPBOARD



CABINET IN THE LOWER CUPBOARD



1. Five saucepans.
One 1 pint.
Two 1 quart.
One 2 quart.
One 1 gallon.
2. Double boiler.
3. Cake cooler.
4. Frying pan.
5. Omelet pan.

In this cupboard keep all the lids of different sizes to be used on the saucepans and kettles.

The pressure cooker and preserving jars need only come into the kitchen during the preserving season and need no permanent place there.

YOUNG GIRLS WHO WORK

every day are under a strain and need a good tonic occasionally to keep their health.

"I AM ONE OF A LARGE FAMILY"

"I was in a very run-down condition and had severe backaches in the small of my back. After bending down I could hardly straighten up again. Despite these troubles I had to work, for I am one of a large family and we all worked as soon as we were able. I was working in a department store and a woman was telling me about Lydia E. Pinkham's Vegetable Compound and asked me to give it a trial. Then a friend told me about it and I began taking it. I shall never regret it for I improved, had a better appetite, no backache, and I enjoyed my work. I cannot express to you how it helped me. I have four married sisters who take your Vegetable Compound and Liver Pills when needed."

MRS. BERTHA KARLEY,
2171 W. 38th St., Cleveland, Ohio.

1. Wooden spoon
2. Tablespoons.
3. Teaspoons.
4. Spatula.
5. Paring knives.
6. Case knife.
7. Fork.
8. Nickel-plated knife.
9. Nickel-plated fork.
10. Long handled fork.
11. Basting spoon.
12. Corkscrew and bottle-opener.
13. Can-opener.
14. Bread knife.
15. Carving set.

The table in every kitchen should be high enough to be convenient when standing up to it to work.

WORKING WOMEN

often have the opportunity to advise one another.

"I HAVE TOLD SOME OF THE GIRLS"

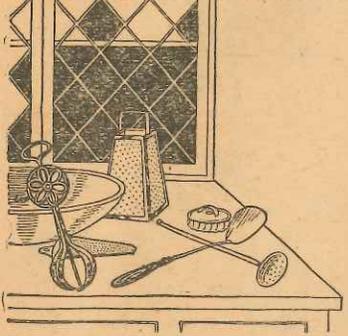
"I used to have pains in my back and legs so badly, with other troubles that women sometimes have, that my doctor ordered me to stay in bed a week every month. It didn't do me much good so one day after talking with a friend who took Lydia E. Pinkham's Vegetable Compound for about the same troubles I had, I thought I would try it also. I find that I can work in the laundry all through the time and do my own housework too. Last month I was so surprised at myself to be up and around and feeling so good while before I used to feel completely lifeless. I have told some of the girls who work with me and have some troubles, to try Lydia E. Pinkham's Vegetable Compound and I tell them how it has helped me. You can use my testimonial for the good of others."

MRS. BLANCHE SILVIA,
59 Grant St., Taunton, Mass.

IN TABLE DRAWER



In Another DRAWER



1. Biscuit cutter.
2. Doughnut cutter.
3. Cooky cutter.
4. Pastry brush.
5. Funnel.
6. Egg beater.
7. Strainer.
8. Whisk beater.
9. Onion grater.
10. Larger grater.
11. Potato ricer.
12. Apple corer.
13. Strawberry huller.
14. Pancake turner.
15. Skimmer.
16. Ladle.

If set-tubs are in the kitchen they need to be higher for a tall woman than for a short one, and if you own your own home you should try to have them so.

WOULD YOU LIKE

to receive a letter from Mrs. Oldham to verify her statement here?

"AT TIMES I DIDN'T WORK"

"I was weak, nervous, had miserable pains in my back and sides and had no desire to eat. My worst symptoms were pains in my sides close to the hipbones and in the abdomen every month. I could hardly work and at times didn't work on account of my trouble. I read in the papers many testimonial letters from women who had suffered and had taken Lydia E. Pinkham's Vegetable Compound and a friend also recommended it so I began taking it. I have never felt better than I do now and I praise your wonderful medicine to weak and suffering women. I will answer the letters women write me concerning your medicine."

MRS. WALTER OLDHAM,
1217 Eastern Ave., Connersville, Indiana.

On the shelves in the upper part of the closet can be kept the china and glass-ware used daily.

Below these shelves are drawers on the right side extending to the floor.

In the top drawer can be kept such things as

1. Dish towels.
2. Dish cloths.
3. Roller towels.
4. Holders.
5. Ovenscloth.
6. Cheesecloth (to use for wrapping fish to boil, straining fruit juices, etc.).

Built-in CLOSET



WHEN YOU HAVE

a backache you have a real trouble, women will agree.

"THE NEIGHBORS ASKED ME"

"Last fall I began to feel mean and my back hurt me and I could hardly do my little bit of housework. I was played out when I would just sweep one room and would have to rest. I would have to put a cushion behind me when I would sit down and at night I could not sleep unless I had something under my back. I had awful cramps every month and was just nearly all in. Finally my husband said to me one day, 'Why don't you try Lydia E. Pinkham's medicine?' and I said, 'I am willing to take anything if I can get well again.' Soon the neighbors asked me what I was doing and said surely it must be doing me good all right. I have just finished my eighth bottle and I cannot express to you how I feel the way I would like to. If any woman does not believe what I have written to be true, she can write to me."

MRS. ELMER HEASLEY,
141 So. Jackson St., Youngstown, Ohio.

KITCHEN DRAWERS



In another drawer it is convenient to have

1. String.
2. Paper; wax and manilla.
3. Paper doilies.
4. Labels.
5. Pin cushion with pins and threaded needles.
6. Hammer.
7. Nails, screws, and tacks
8. Screw-driver.
9. Scissors.
10. Pliers.
11. Wrench.
12. Gimlet.
13. File.

. Pencil and pad.

Always keep a good cook-book in your kitchen where it is handy for reference. A card-file with recipes on cards is easy to handle.

DO YOU KNOW

that in many neighborhoods there are women whose cases are similar to this one?

"TRIED EVERYTHING ANYONE TOLD ME"

"I had dragging pains first and could not stand on my feet, then I had chills and fever and such pains in my right side and a hard lump there. I could not turn myself in bed and could not sleep. I was this way for over two months, trying everything anyone told me, until my sister brought me a bottle of Lydia E. Pinkham's Vegetable Compound. I took it regularly until all the hard pains left me and I was able to be up and to do my work again. The hard lump left my side and I feel just splendid in all ways. I know of many women it has helped. I think it is the best medicine in the world for the purpose intended."

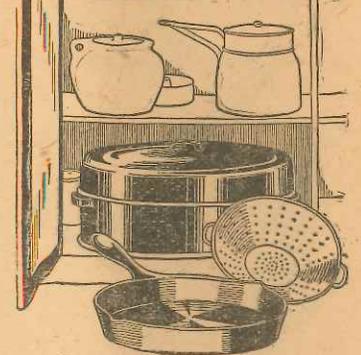
MRS. G. RICHARDSON,
4640 Orcas St., Seattle, Washington.

Usually below the built-in closet are shelves on one side, extending to the floor, and enclosed. On these shelves can be placed the utensils not used daily in the kitchen.

1. Iron frying-pan.
2. Bean-pot.
3. Preserving kettle.
4. Steamer.
5. Colander.
6. Food chopper.
7. Roasting pans.
8. Deep fat kettle.
9. Frying basket.
10. Angel-cake pan.

Bake all custards, rice or bread puddings in your angel-cake pan. This allows the heat to pass through the center of the pudding and it bakes much nicer and faster than in the ordinary dish.

KITCHEN SHELVES



"ONE CHANCE

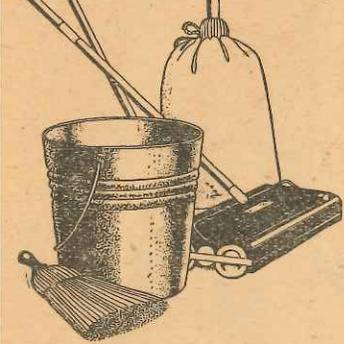
before having an operation," the doctor said, when he told Mrs. Lockman to take Lydia E. Pinkham's Vegetable Compound.

"THERE WAS HEAVY PRESSURE"

"Both of my sides swelled and hurt me so that I could not move or do any of my work. There was heavy pressure and pains through my lower organs. The doctor told me to try Lydia E. Pinkham's Vegetable Compound for these troubles. He said I had this one chance, and if the Vegetable Compound did not help me, nothing but an operation would. After taking several bottles I felt it was helping me and now I am able to do my own work. If my testimonial will help others I shall be glad for them to read it."

MRS. WM. LOCKMAN,
Box 74, Dix, Nebraska.

The Cleaning CLOSET



1. Broom.
2. Dust-pan with long handle.
3. Oiled mop.
4. Wet mop.
5. Pail.
6. Whisk broom.
7. Radiator brush.
8. Dust cloths.
9. Cleaning cloths.
10. Polishing cloths.
11. Wall brush.
12. Floor cloths.
13. Broom covers.
14. Silver cleaning cloths.
15. Vacuum cleaner.
16. Carpet sweeper.

WHAT IS MORE DEPRESSING

than a "don't care" feeling when you are young and should be well and happy?

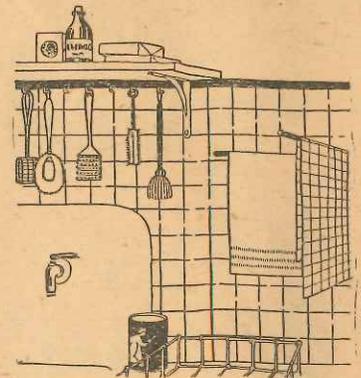
"WHY DON'T YOU TRY IT?"

"I was nervous and worn-out and had spells with my sides aching and was so weak at times that I was just heart-sick; didn't care what became of me. I was unable to do my work without forcing myself to it and all summer I suffered with my periods. The last doctor I had told me to get a good tonic and build up my system so I would gain strength, and as my grandma and my mother had taken Lydia E. Pinkham's Vegetable Compound and I took it myself when I was a young girl, I told my husband and he said, 'If it will help you, why don't you try it?' and when he went up to town he got me a bottle and begged me to notice its effect. I began to gain at once and my husband praises it and I am still taking it. I want to until I am completely well. It has put new life into me and made me feel more like doing something."

MRS. J. F. THOMAS, Etna, Illinois.

1. Enamel dish-pan.
2. Dish drainer and tray.
3. Soap tray.
4. Garbage pail.
5. Towel rack.
6. Bottle brush.
7. Vegetable brush.
8. Sink brush.
9. Dish-mop.
10. Metal dish-cloth.
11. Steel wool.
12. Bath brick.
13. Soap.
14. Soap-powder.
15. Cleanser.
16. Ammonia.

At the SINK



The sink should be high enough for you to work at without getting a back-ache, and a high stool should be kept handy to sit on whenever possible.

WOMEN OF FOREIGN BIRTH

who are not yet used to our American ways, have found a friend in Mrs. Dupage.

"I RECOMMEND YOUR VEGETABLE COMPOUND"

"From the time I was eleven years old until I was almost nineteen I suffered every so often with bad pains in my back and side and my mother would put hot flannels on my side until it was over. My friend told me that Lydia E. Pinkham's Vegetable Compound was good for such troubles so I tried it and it helped me as soon as the second month. I have been married five years and am the mother of a nice baby girl. I am well and strong and do all my work in my home. I recommend the Vegetable Compound to all Belgian women and to French women also. I explain to those who do not understand English how good it is. You may publish my letter if you wish."

MRS. CHARLES DUPAGE, Jr.
R. R. No. 5, Pana, Illinois.

KITCHEN ECONOMY



Do not throw away paraffin with which jellies are sealed. Wash off with warm water, dry, and keep in a box until needed. The next season use them again.

If the grape-juice bottle is not emptied when it is opened, the contents may be kept some time if the bottle is laid on its side or upside down.

To prevent a jar of olives from spoiling after it is opened, pour in about two teaspoonfuls of olive oil, and you will find that the olives will keep firm and will have a better taste.

If the cup in which molasses is measured is greased, every bit of molasses will come out.

THE WOMAN WHO

can say "My mother uses this medicine" and who has grown up with the **Vegetable Compound** always on hand to help her and her sisters, is indeed fortunate. She may be far from her girlhood home and from her mother, yet she feels she has a tried friend at hand when she needs one.

"A HOUSEHOLD MEDICINE"

"My mother gave me Lydia E. Pinkham's **Vegetable Compound** when I was fourteen years old for scanty and irregular menses and loss of weight. Then after I married I took the **Vegetable Compound** before each child was born and always when I feel the least run-down. Both my sister and sister-in-law take it and have only the highest praise for it. It has been a household word in my mother's house for years."

MRS. KATHERYN LYND,
2431 Gladys Ave., Chicago, Illinois.

SORTING THE CLOTHES

1. White garments.
2. Table linen.
3. Knit underwear.
4. Colored garments.
5. Stockings.
6. Woolens.
7. Towels, sheets and pillow cases.

EXAMINE FOR STAINS and REMOVE.

Fruit Stains—Stretch the part of cloth having the stain over a bowl. Pour boiling water through from a height. Bleach if needed.

Blood and Meat Juice—Cold water, soap and cold water, or starch paste.

Coffee and Tea (clear)—Boiling water. Bleach if necessary.

Coffee and Tea (with cream)—Use cold water then boiling water. Bleach if necessary.

MANY WOMEN WONDER

if the **Lydia E. Pinkham Medicine Company** "makes up" these letters or if they are "real letters from real women." If you have such doubts write to these women. They will tell you how they came to write the letters you read here.

"ANY WOMAN MAY WRITE TO ME"

"I drop you a few lines to say I was a wreck from troubles women often have. I was coaxed to take **Lydia E. Pinkham's Vegetable Compound** and have always been glad I did. I took about fifteen bottles and I got well and strong. I cannot praise your medicine enough and any woman may write to me or come to see me and I will tell her why I recommend it."

MRS. R. W. PHILLIPS,
48½ E. High St., Salem, Ohio.

LAUNDRY WORK



STAINS



Egg—Use cold water.
Cream and Milk—Cold water, then soap and cold water.

Soot—Use kerosene oil.
Grease and Oils — Use French chalk.

Pitch, Tar, and Wheel-grease—Rub with fat, then use soap and water, or benzine and gasoline.

Vaseline—Use kerosene oil or turpentine.

Grass—Use cold water; soap and cold water.

Iron—Use lemon juice and salt, salts of lemon, or

perchloric acid, hydrochloric acid. After using the last two acids use in water and ammonia or borax.

Iodine—Use warm water and soap; alcohol; ammonia.

HOW GRATEFUL

Every woman must feel towards the friend who has pointed out to her the path to health and a happy home! She really wants to show others the way, from gratitude.

"A PROUD AND HAPPY MOTHER"

"I got married before I knew that I had a serious inward trouble and when we found it out the doctors did not help me. A friend asked me to try **Lydia E. Pinkham's Vegetable Compound** which I did and it has made a new woman of me and has saved my husband many dollars. I am the proud and happy mother of two girls and one boy. I recommend your **Vegetable Compound** to any one suffering as I did. Any woman who wants further information regarding this medicine may have it by writing to me. I have advised many women who like myself were unable to do their housework."

MRS. LIZZIE YARD,
2645 Darien St., Philadelphia, Pa.

To make boiled starch take

1 to 4 tablespoons starch (according to stiffness desired)

1 cup cold water

$\frac{1}{2}$ teaspoonful borax

$\frac{1}{2}$ teaspoonful paraffin or fat

1 quart boiling water.

Make a paste of starch and water. Add the borax, fat, and boiling water. Boil 20 minutes, stirring thoroughly until clear and smooth. If a scum or lumps form, strain. Use hot for all except colored clothes.

Turn garments wrong side out before starching. Starch first those things you want the stiffest, as water from the garments thins the starch. Freezing and wind both take starch from clothes.

STARCH



A WOMAN MAY CRY

from sympathy, or from gratitude, or from joy, with no harmful results; but when she cries over herself and her condition, she may be in a serious way.

"I HAVE IMPROVED"

"I was very nervous and run-down. I would often sit down and cry and was always blue and had no ambition. I was this way for over a year and had allowed myself to get into quite a serious condition. One day I saw your advertisement in the daily paper and began to take **Lydia E. Pinkham's Vegetable Compound** at once. I have improved ever since taking the third bottle and find it is the best medicine I have ever taken. I am feeling fine now and recommend your **Vegetable Compound** to my friends. You have my permission to use these facts as a testimonial."

MRS. L. E. WIESE,
706 Louisa Street, New Orleans, La.

SOAP JELLY



Soap Jelly is more easily used in the boiler than soap. To make soap jelly, dissolve soap in the proportion of one cake to two quarts of water. Put into a kettle and set on the back of the stove until dissolved.

Bluing — Make a dark bluing water and add enough to the final rinse water to give the desired shade. Stir well. Use less bluing for fine soft materials and linens, and more for coarse, thick materials. Some bluing contains a compound of iron. This

causes rust spots if it comes in contact with soap. Therefore, rinse out all soap before bluing. If you have good drying facilities your clothes will keep white without bluing.

DO YOU KNOW

by far the larger number of the common ailments of men are not surgical ones; that is, they are not caused by serious displacement, tumor, growth, or other marked change?

"COULD NOT STAND ON MY FEET"

I had female weakness with pains in my back and I could not stand on my feet for any length of time. I was working in a factory but had to quit as I was too much on my feet. A friend recommended Lydia E. Pinkham's Vegetable Compound to me and I can hardly believe it myself. I am well. Oh, it is a grand thing to have your health! I feel well all the time and can go out like other women and feel that awful torture."

MRS. JENNY EVANS,
1604 Lafayette Boulevard, Detroit, Mich.

WASHING WHITE CLOTHES

1. Soak in cool water a half hour, or soap and roll up at night if badly soiled.
2. Wash in clean, hot, soapy water. If naphtha soap is used, have the water cool.
3. Put in boiler with cold water and soap.
4. Boil five minutes. This helps to whiten the clothes and sterilizes them.
5. Rinse in two waters.
6. Wring with wringer if possible. Have the rolls

set tight for cotton but looser for linen as it creases badly. Bluing the garments tends to make them whiter in appearance. Starch garments desired. Table and bed linen should never be starched.

WASHING



IT IS CERTAINLY

inconvenient to be obliged to go to bed for a day, more or less, regardless of company expected, or holidays or special attractions elsewhere.

"HAD TO STAY IN BED"

"I had pains in my sides so badly that it hurt me to walk or to go up stairs, and every month I had to stay in bed and keep the hot-water bottle on both my sides. I had other troubles too, and used Lydia E. Pinkham's Sanative Wash while I was taking Lydia E. Pinkham's Vegetable Compound. I never get tired of praising your medicines. I am doing my own housework now and am still taking the Vegetable Compound, being on the twelfth bottle. I keep it and the Sanative Wash in the house all the time and I will tell any one who writes to me what they have done for me."

MRS. SMITH RUFFNER,
252 N. Mechanic St., Cumberland, Maryland.

COLORED CLOTHES



Wash them in warm water with a mild soap. Rinse carefully. Dry in the shade. Set colors in strong salt water before washing the first time. Do not put pink or yellow in bluing.

Table Linen may be washed with the less soiled white pieces and treated the same.

Stockings—White ones may be washed with white underwear. Black ones should be washed by themselves. Be sure to turn all stockings and wash on the wrong side as well as on

the right. Roll and squeeze the water out. This prevents stretching out of shape.

Woolens must be washed in warm soapy water and rinsed in water of the same temperature.

WHO APPRECIATES

good health more than a woman who has at some time in her life been an invalid?

"A FRIEND TOLD ME"

"I had so much female trouble that I was practically a semi-invalid for eight years. A dear friend coming to see me one day when I was sick in bed told me of Lydia E. Pinkham's Vegetable Compound and she was so sure that it would do me good that she bought me the first bottle of it and one of Lydia E. Pinkham's Sanative Wash. I have been using them for six months now and go down town and walk all I want to, without a pain. I am up to my normal weight gain, all my friends are pleased at my appearance and my doctor did not know me when I met him recently."

MRS. A. L. MARIANTE,
775 21st St., Oakland, California.

HANGING AND DRYING

Have the clothes-pins and lines clean. Hang clothes of a kind together and wrong side out. Hang the garments by bands, belts, or seams. White clothes should be hung in the sun; it whitens them. Colored and woolen garments should be hung in the shade. Knitted and crocheted articles should be laid flat and dried indoors. White silk stockings should be dried in the dark or they will turn yellow.

Roll silk waists in a heavy turkish towel and let them stand for at least a half hour, then iron.

DRYING CLOTHES



ARE YOU INTERESTED

in a letter from a woman in South Africa who takes our medicine?

ONE OF YOUR LITTLE BOOKS"

"I took Lydia E. Pinkham's Vegetable Compound for weakness and because I felt run-down. I tried a lot of medicines before I tried yours. One day I was standing on my stoop when a boy came up to me and handed me one of your little books. I read the book and the next day my husband went to a chemist and bought me a bottle of Lydia E. Pinkham's Vegetable Compound. I have taken the medicine ever since and I feel quite strong and well now. I am on my sixth bottle. I have written to my sister and told her all about the wonders it has done for me and I am quite willing for you to use my name as I cannot thank you enough for the benefit I have received."

MRS. W. F. RUSH,
128 6th Avenue, Mayfair, Fordesburg, Johannesburg,
South Africa.

BLEACHING



Bleaching agents should be used only when simpler agents fail, and chiefly for white goods. When boiling water or sunshine or frost will not remove stains made from fruit, tea, or coffee, bleach with Javelle Water.

Javelle Water is made by dissolving $\frac{1}{2}$ pound of chloride of lime in 2 quarts of cold water. In another dish dissolve one pound of washing soda in one quart of boiling water. Pour the clear liquid from the lime into the soda solution. Let

it settle, then strain the liquid through a cloth into bottles. Cork and keep in a dark place.

To use this bleach, place the stain over a bowl of hot water and apply the bleaching fluid a drop at a time. When the stain changes color, dip into the water. Repeat until the stain is removed. Neutralize with ammonia and rinse well.

WOMEN OF MIDDLE AGE

who do not feel the need of a doctor, yet want to take something to help them, should read this letter.

"THE CHANGE OF LIFE"

"I was going through the Change of Life and was all run down in health, was nervous and low-spirited, could not sleep, my appetite was bad and I had bearing down pains. I took Lydia E. Pinkham's Vegetable Compound and it has done me so much good that I have advised many women to take it for female complaints and you may use my letter as a testimonial."

MRS. S. A. COLBERT,
118 Ray Street, Hagerstown, Maryland.

SOFT WATER



Soft water is necessary to make laundry work easy. Soften your water (if it is hard) either by boiling or by the use of chemicals carefully measured and thoroughly dissolved in the wash water before putting in the clothes.

To each gallon of water add $\frac{1}{2}$ tablespoonful of washing soda or one teaspoonful of lye for ordinary white cotton or linen materials. For other fabrics use one teaspoonful of borax.

Remember that strong soap hardens and shrinks woolsens, yellows white silk, and removes color from colored materials. Rubbing wears all fabrics, hardens woolsens, gives silk a hard and wavy look, and injures colors. Water hotter than luke-warm injures silk and may change or remove color from fabrics.

WE READ

a good deal about "Pre-Natal Care"—the care of the mother before her child is born—and we all agree that a healthy and happy mother is the one to have the best babies.

"I WOULD TAKE YOUR MEDICINE"

"Lydia E. Pinkham's Vegetable Compound was a wonderful medicine for me while carrying my fourth child. With the first three I had been sick and weak and had sick headache twice a week. I could not keep enough food down to do me good and my work was left undone many a time. My sister-in-law told me to take the Vegetable Compound and it did me a lot of good and if I should ever have another baby I would take your medicine at once."

MRS. BESSIE WARD,
1027 Park Ave., Springfield, Ohio.

IRONING



Have the ironing-board covered with a heavy pad and a clean cloth. Have clothes evenly damp. Avoid wadding, which causes wrinkles which later must be ironed out. Be sure your irons are clean and hot. Iron with the threads of the material, preferably with the lengthway threads. Iron collars and sleeves first, then the seams and hem of the skirt on the wrong side before ironing the body of the garment. Take care not to scorch the cloth. Use an iron stand or

an old magazine to rest the iron on. If you scorch anything, put it in the strong sunlight at once to bleach. Do not fold any more than is absolutely necessary. Paraffine rubbed over the iron will keep it smooth.

WORKING GIRLS

Need care when they are young, as the confinement is apt to bear upon them and hard work is often debilitating at that age.

"I AM WORKING IN AN OFFICE"

"I have taken Lydia E. Pinkham's Vegetable Compound and Lydia E. Pinkham's Blood Medicine for three and a half years and they have improved my health wonderfully. My mother also has taken the Vegetable Compound and we recommend it to our friends. I am working in an office now and can always do my work as I do not have the troubles I had at first. I read of your Vegetable Compound in the newspapers and you may use my letter in that way if you wish to do so."

ELEANOR SHEBLAK,
537 36th St., Milwaukee, Wisconsin.

Place a wet cloth over the ironing-board and put your dress on it, right side down. Iron quickly with a hot iron, on the wrong side. The steam rising through the cloth will freshen any thin material to such an extent that the first laundering may be postponed considerably. This is excellent for thin linens, cottons, voile, etc.

Pure chloroform will remove paint, grease, and other stains from colored fabrics without injuring the color. Place clean blotting paper under the spot and pour on a few drops of chloroform. Be sure to do the work in the open air.

To Freshen Summer DRESSES



WE ARE TOLD

that these little books which we publish every few months, are looked for and eagerly read by women all over the United States and Canada. If you do not receive a particular one which your neighbor has, write to us for it.

"I READ IN YOUR LITTLE BOOK"

"I took Lydia E. Pinkham's Vegetable Compound for a tired worn-out feeling and painful periods. I used to get up with a pain in my head and pains in my lower parts and back. Often I was not able to do my work. I read in your little book about Lydia E. Pinkham's Vegetable Compound and I have taken it. I feel so well and strong, and can do every bit of my work, and not a pain in my back now. I recommend your medicine and you can use this letter as a testimonial."

MRS. PHIL. MASER,
801 Winslow St., St. Paul, Minnesota.

DAINTY LUNCHES



Dream Cakes are made by taking slices of bread and butter with cheese in between to make a sandwich, and frying them in a little butter until the cheese is melted. Turn them until both sides are brown.

Pilot Crackers buttered and put in a pan in the oven with a little milk and baked for a few minutes until they soften, are delicious.

Bacon Tops are made by spreading rye bread with a mixture of beaten egg and snappy cheese with a slice of bacon on top and

cooking in a hot oven until the bacon is done. This is tasty and hearty.

TRUE APPRECIATION

the value of Lydia E. Pinkham's Vegetable Compound is shown by the women who tell others what it has done for them.

"FEELING TIRED ALL THE TIME"

"I have often heard my mother speak of Lydia E. Pinkham's Vegetable Compound, and this last summer she recommended it to me for I had been complaining of feeling tired all the time and my back hurt me and I had pains in my left side. I never got so that I could not work but I don't keep house. I work for the government. I had only taken four bottles of the Vegetable Compound when I began to feel better but I used many bottles of Lydia E. Pinkham's Sensitive Wash. I never tried any medicine but yours and if you want to use these facts as a testimonial you may do so and I will recommend the medicines to my friends."

MRS. SYLVIA A. SCHILTON,
519 6th Street N.W., Washington, D.C.

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.

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

