

Introduction

One of the objects of this little book is to place in every American home tested recipes for plain cooking which will materially contribute to the health of the family and make it of such value that it will be in daily use.

The recipes contained herein are the tested recipes of practical New England housekeepers for healthful, nutritious foods.

The other object of this little book is to call the attention of every home-maker to our modern cod liver and iron preparation, VINOL, which is not a patent medicine, but a modernized preparation of cod liver oil and iron, making it unexcelled as a tonic and body builder.

Three Reasons why Vinol is by far the Best Strengthening Tonic.

FIRST—Vinol is a real cod liver preparation made from fresh cods' livers and their oil.

SECOND—Vinol contains not only all the medicinal elements of cod liver oil, but those of the liver as well—the nauseating, useless oil from which we have extracted all the medicinal elements being thrown away.

THIRD—Vinol is deliciously palatable, agreeable to the weakest stomach, and contains all the goodness, the soothing, healing, strengthening and curative elements of cod liver oil, actually taken from fresh cods' livers, with the oil omitted.

It is for these reasons that VINOL is fast superseding old fashioned Cod Liver Oil and Emulsions in the treatment of Coughs, Colds, Bronchitis and all Throat and Lung Troubles, and as a Body-Builder for Old People, Delicate Children, Weak, Run-Down Persons, and After Sickness.