

## ROCHESTER SANDWICH

Mash a cream cheese and season with salt and paprika. Spread on thin crisp round chocolate cookies and put together in pairs. Fine for tea.

## TARTAR SANDWICHES

Chop together three large sardines, 1 cupful boiled ham ground, three small cucumber pickles and add some chow-chow and a little mustard. Mix to a paste with a little ketchup and sugar or lemon juice.

## TUTTI FRUITTI SANDWICHES

Chop fine dates, cherries, figs and blanchd almonds in equal proportions, moisten with pineapple juice.

## ENGLISH SANDWICH

Grate 1 stick of fine fresh horseradish, or use  $\frac{1}{2}$  cup of bottled horseradish that has been drained. Pound in mortar with a gill of cream, adding  $\frac{1}{2}$  teaspoonful ground ginger. Work this to paste, using a little whipped cream if necessary.

## "AMAZED AT THE RESULTS"

"I was a complete wreck. I was nervous, had no appetite and could not do half of my work. I was 'all in' and felt miserable. My mother wrote and suggested Lydia E. Pinkham's Vegetable Compound and I decided to give it a trial. I was amazed at the results I obtained from the first bottle and continued it until I had taken eight more. I am well and fit to do my housework and look after five children, which keeps me quite busy. I am now taking the tenth bottle so as to keep fit. When I feel tired and cannot sleep I always take it and I will gladly answer any letters from women who might like to hear more about this famous medicine."

MRS. AVILA DUPAS,  
Pilot Mound, Manitoba.

