



Come into the
KITCHEN

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LYDIA E. PINKHAM'S LIVER PILLS

WE are placing on the market our Liver Pills in improved coated form. These pills are attractively packed in glass bottles enclosed in cartons. Each bottle contains sixty-five pills.

Lydia E. Pinkham's (coated) Liver Pills are a purely vegetable laxative. They are equally good for men and women, boys and girls and may be taken by any child over twelve years of age.

Keep them in your medicine chest.

If you cannot obtain these pills from your druggist they will be sent to you postpaid upon receipt of fifty-five cents.



Lydia E. Pinkham Medicine Co.,
LYNN, MASSACHUSETTS, U. S. A.,
and
COBOURG, ONTARIO, CANADA.

Come Into the Kitchen

{ A Collection of
Tested Recipes for
Busy Housewives }

PUBLISHED BY

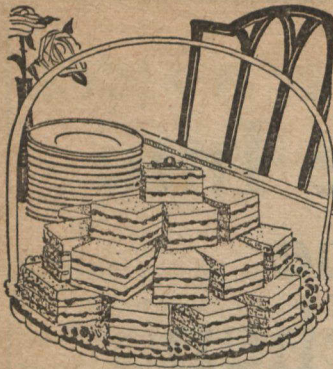
Lydia E. Pinkham Medicine Co.,
LYNN, MASSACHUSETTS, U. S. A.

and

COBOURG, ONTARIO, CANADA

1928

FANCY SANDWICHES



A set of cutters in fancy shapes may be purchased. They are useful for cookies as well as sandwiches.

In making odd shaped sandwiches slice a loaf of bread lengthwise instead of crosswise. These large pieces cut with less waste than ordinary single slices would.

NUT-BREAD

- 2 cups graham flour
- 1 cup white flour
- $\frac{1}{2}$ cup molasses
- $1\frac{1}{2}$ tsp. salt
- $1\frac{1}{2}$ cups milk (sweet)

- 3 tsp. baking powder
- 1 egg
- $\frac{1}{2}$ cup sugar
- $\frac{1}{2}$ cup nut meats cut fine

Mix flour, baking powder, salt and nut meats. Break egg in milk and add to dry ingredients with molasses. Place in regular bread pan and allow it to raise 20 minutes. Bake 50 minutes.

For circular sandwiches, bake in one pound Baking Powder tin.. Grease well. Cream cheese is delicious for filling in nut-bread sandwiches.

CHEESE AND EGG SANDWICH FILLING

- 1 tbsp. flour
- 1 tbsp. sugar
- 2 tbsp. vinegar
- $\frac{1}{2}$ cup milk
- 1 egg
- 1 cream cheese
- 3 pimentos
- 1 tsp. grated onion
- 2 hard cooked eggs
- $\frac{1}{2}$ tsp. salt

Cook in double boiler flour, sugar, vinegar, salt, milk and slightly beaten egg until thick. Stir constantly. Remove from fire and when cool add cheese, onion and finely chopped egg and pimentos.

POPULAR SANDWICH FILLINGS

- Cream cheese and orange marmalade.
- Plain lettuce, spreading mayonnaise on the bread.
- Cold chopped chicken mixed with mayonnaise.

Lydia E. Pinkham's Four Remedies

LYDIA E. PINKHAM'S VEGETABLE COMPOUND

FOR WOMEN

The original medicine and best known of all.
On the market for over fifty years.

Prepared in two forms: Liquid—Tablets (contains
no alcohol).

LYDIA E. PINKHAM'S BLOOD MEDICINE

FOR POOR BLOOD

Equally good for men, women and children.
An excellent Spring tonic.

May be taken at any time during the year when
such a tonic is needed.

LYDIA E. PINKHAM'S SANATIVE WASH

FOR LEUCORRHOEA AND INFLAMMATION

To be diluted and used for a vaginal injection.
Very Soothing and Healing.
Now ready in large (4 oz.) bottles.

LYDIA E. PINKHAM'S LIVER PILLS

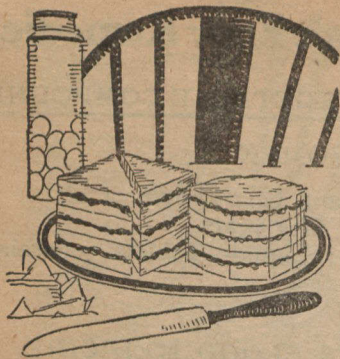
FOR CONSTIPATION

A dependable family laxative in coated form.
Keep them in your medicine chest.

FOR SALE BY DRUGGISTS GENERALLY

Or Use Order Blank on Page 17.

LYDIA E. PINKHAM MEDICINE COMPANY,
Cobourg, Ontario, Canada.



THE PINKHAM SANDWICH

2 cups boiled ham
 $\frac{1}{2}$ lb. Young American
cheese
Small bottle stuffed olives
1 sweet pepper

Put through the food
chopper and moisten with
salad dressing to spread eas-
ily.

EGG SALAD SANDWICH

Allow one hard boiled egg for each two sandwiches.
Chop and season, adding a little lettuce and celery (if
you have it). Stir in one tablespoonful salad dressing
for each sandwich. Spread on a crisp lettuce leaf be-
tween bread.

GREEN PEPPER AND CHEESE SANDWICH

1 cream cheese
2 hard boiled eggs
1 green pepper (sweet)

1 tbsp. chopped onion
Salt and pepper
Salad Dressing.

Chop eggs, pepper, onion and cheese and mix with
salad dressing until quite thin.

CREAM CHEESE, OLIVE AND NUT SANDWICH

1 cream cheese, 1 small bottle stuffed olives, $\frac{1}{2}$ cup
chopped walnuts.

Mix and spread on thin slices of white bread.

For a variation of this sandwich, add 2 hard cooked
eggs and moisten with mayonnaise.

LYDIA E. PINKHAM'S VEGETABLE COMPOUND
KEEPS SCHOOL GIRLS HEALTHY.



A MESSAGE TO GIRLS WHO WORK

Lydia E. Pinkham's Vegetable Compound will keep you fit to do your work. There is no better medicine for those troublesome ailments peculiar to women with their accompanying backache, nervousness, cramps, bearing down pains and general weakness.

Hundreds of Canadian girls and women in offices, factories and stores are depending upon Lydia E. Pinkham's Vegetable Compound. Made of selected roots and herbs, it helps Nature to restore and preserve a normal condition of health. To every working woman better health means increased efficiency.

NURSE RECOMMENDS VEGETABLE COMPOUND

"I was a misery to myself and to those around me, but I took three bottles of Lydia E. Pinkham's Vegetable Compound and am better in every way. I am a nurse and I used to feel weak and tired, and had to lie down often. I saw in one of your books about the Vegetable Compound and now I recommend it whenever I can. I am willing for you to use this letter as a testimonial."

MRS. SELDON JENNET,
Trenton, Nova Scotia.

GOOD MEDICINE FOR YOUNG GIRLS

"My daughter was run down in health and a friend recommended Lydia E. Pinkham's Vegetable Compound to me as a tonic to build her up. She has taken five bottles and it has certainly made her stronger and she has lost that tired, sluggish feeling. It also gave her a good appetite and her nerves are better and she has more pep. I recommend it to other mothers who have daughters with similar troubles."

MRS. BLOEM,
Box 26, Amisk, Alberta.

"I WORRIED SO ABOUT MYSELF"

"I was so run down and discouraged that every time my husband went out of the house I would sit down and cry. I was almost frantic I worried so about myself. I saw about your wonderful medicine in a book my sister had and I hired a team and went and got myself three bottles of Lydia E. Pinkham's Vegetable Compound. Then my sister got me to use Lydia E. Pinkham's Sanative Wash and I thank you for the blessed relief it gave me. I had tried everything any one would tell me to get relief, and after three applications of the Sanative Wash I was better of the trouble and could sleep. The Vegetable Compound helped me until I felt cheerful and able to do my work and look after my children. I have also taken the Liver Pills and find them the best I can get."

MRS. ROY CRAIG,
Belleisle Creek, New Brunswick.

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 blanched 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.





SUGAR COOKIES

- 1½ cups sugar
- ¾ cup shortening
- 3 tsp. baking powder
- 2 eggs
- 1 cup milk
- Nutmeg or vanilla

Pastry flour enough to handle. Cream shortening, add sugar and cream until light. Add beaten eggs and beat well. Add milk and enough flour so they can be

rolled to ¼ inch thickness. Cut with cookie cutter and bake until golden brown.

ROLLED OAT COOKIES

- | | |
|-----------------------|--------------------|
| ½ cup shortening | ½ cup chopped nuts |
| 1 cup brown sugar | 1½ cups flour |
| 1 egg | ½ tsp. salt |
| ½ cup milk | ½ tsp. soda |
| 1½ cups rolled oats | ½ tsp. cinnamon |
| 1 cup chopped raisins | ½ tsp. nutmeg |
| | ½ tsp. ginger |

Cream shortening, adding sugar gradually. Then add beaten egg, milk, rolled oats, raisins and nuts. Mix and sift dry ingredients before adding to the mixture. Drop from a spoon about two inches apart on a well greased pan. Bake about 15 minutes.

MOLASSES COOKIES.

- | | |
|------------------|------------------|
| 1 cup sugar | 1 tsp. soda |
| 1 cup molasses | 1 tsp. sour milk |
| 1 cup shortening | 1 tsp. ginger |
| ½ cup warm water | 1 tsp. salt. |

Pastry flour to roll thin.

Heat molasses, sugar and shortening. Pour into mixing bowl to cool. Then add soda, dissolved in warm water, sour milk and dry ingredients sifted together. Knead well and roll very thin.

LIFE'S SUNNY AFTERNOON.

With her children grown up the middle-aged woman finds time to do the things she never had time to do before—read the new books, see the new plays, enjoy her grandchildren, take an active part in church and civic affairs. Far from being pushed aside by the younger set she finds a full rich life of her own. That is, if her health is good.



Thousands of women of middle age say they owe their vigor and health to Lydia E. Pinkham's Vegetable Compound. Those who have learned through their own experience the merit of this old reliable root and herb medicine are enthusiastic in recommending it to their

Lydia E. Pinkham's Vegetable Compound is an excellent medicine during Change of Life.

Read this letter from one woman who was helped at this critical time:

"I am feeling a lot better after a long and serious illness at the Change of Life. I had been sick for eight months and could not do a thing. I read in the 'Moose Jaw Times' about Lydia E. Pinkham's Vegetable Compound and decided I would try it. I have been taking it steadily for two years now and also take Lydia E. Pinkham's Blood Medicine and use the Sanative Wash. I am fairly well, considering the illness I had, only now and then I slip back the least bit and this makes me continue your valuable medicine. I recommend it to my friends and will answer letters from women asking about my troubles."

MRS. JOSIAH ELKIN,
477 Iroquois St. West,
Moose Jaw, Saskatchewan.

DOUGHNUTS



1 cup sugar
2 eggs
1 cup sour milk
1 level tsp. soda
 $\frac{1}{4}$ tsp. ginger
1 tsp. baking powder
1 tsp. salt
 $\frac{1}{4}$ tsp. nutmeg
1 tsp. melted butter
Flour to handle.

Beat eggs and sugar together. Add melted butter and soda dissolved in sour milk. Sift together the flour, baking powder, salt and spices. Roll $\frac{1}{2}$ inch thick and cut with doughnut cutter. Fry in deep fat.

MOLASSES DOUGHNUTS

1 cup molasses
 $\frac{1}{2}$ cup sugar
1 tsp. melted lard
2 eggs
1 cup sour milk
 $\frac{1}{4}$ tsp. cinnamon
 $\frac{1}{4}$ tsp. nutmeg
 $\frac{1}{2}$ tsp. salt
Flour to handle
1 tsp. soda.

Mix in order given. Dissolve soda in sour milk, sift dry ingredients together. Be careful not to use too much flour. Roll $\frac{1}{2}$ inch thick and cut with doughnut cutter. Fry in deep, hot fat.

CHOCOLATE CRULLERS

$1\frac{1}{2}$ cups brown sugar
 $1\frac{1}{2}$ sq. melted chocolate
1 cup sour milk
1 tsp. soda
1 tsp. melted shortening
2 eggs well beaten
1 tsp. vanilla
 $\frac{1}{2}$ tsp. salt
Flour to handle.

Beat eggs well. Add sugar, melted shortening, chocolate, soda dissolved in milk, vanilla and salt sifted into flour. Roll dough $\frac{1}{2}$ inch thick, cut in strips, press ends together and twist. Fry in deep, hot fat. Roll in sugar if desired.

TELL YOUR NEIGHBORS

About Lydia E. Pinkham's Vegetable Compound.

"AN UNSEEN PATIENT"

"I have been an unseen patient of yours for some years. Fifteen years ago I took my first three bottles of Lydia E. Pinkham's Vegetable Compound for pain in my right side, worse at certain times. I was much benefited at the time. Then a few years ago I was nervous and seemed run-down and I took the Vegetable Compound again. At present I am feeling fine. I was sick in August with a nervous break-down, the doctor said, and I took a couple of bottles of Vegetable Compound for a tonic and for nerves. I always receive help from the Vegetable Compound. It tones up my nerves and appetite and seems to help me before one bottle is gone. At my time of life now, I am sure it will be of great value."

MRS. ALVIN PERRY,
Brighton, Ontario.

"IT HAS HELPED ME A LOT"

"I was sick a long time and was weak and nervous. Now I can eat and sleep as I should. A good friend came to me and told me to take Lydia E. Pinkham's Vegetable Compound and so I did. I have been taking it for two years now and it has helped me a lot and I can do my work better and feel better. It has helped me in every way and I recommend it when I can."

MRS MYTRO WOLASKI,
Box 216, Battleford, Saskatchewan.

"COULD NOT DO MY WORK"

"I was run-down so that I could not do my work, but after taking three bottles of Lydia E. Pinkham's Vegetable Compound my weakness disappeared and now I am well and able to work. A friend recommended it to me to build up my nervous system and my nerves are better. I have a good appetite and have gained in weight considerably. I recommend this medicine to every woman who does not feel well and I am willing to answer any one who writes to me about it."

MRS. FRED N. HALONEN,
Box 76, Thorhild, Alberta.

"QUEEN OF HEARTS" TARTS



3 cups flour
1 cup lard
 $\frac{1}{2}$ tsp. soda
1 tsp. cream of tartar
1 tsp. salt
1 egg white
cold water

Mix dry ingredients. Work in the lard. Add stiffly beaten egg-white and moisten with cold water until it is like pie crust.

Roll thin and cut with cookie cutter. On one cookie place a spoonful of raspberry jam. Moisten edges with cold water, cover with another cookie and press together.

MACARON TARTS

Use pastry as above and line cup cake pans. Beat one egg until it begins to thicken, then beat in one cup sugar, one tablespoon vinegar and one teaspoon vanilla.

Fill shells half full of this mixture and bake until it has risen to the top and browned. Do not take them out of the pans until cold because they are easily broken.

BRAMBLES

PASTRY

$2\frac{1}{2}$ cups pastry flour
 $\frac{1}{2}$ cup shortening
1 egg
Water to moisten

FILLING (uncooked)

1 egg
1 cup sugar
juice one lemon
1 cup chopped raisins
1 rolled cracker

Cut pastry with the cover of a coffee can. Place a spoonful of the filling on one half. Fold the other side over like a turnover. Moisten edges and press together.

FRUIT ROLLS

Cut above pastry in 4 inch squares. Sprinkle with chopped raisins and walnuts. Roll like a jelly roll, press ends together, and bake.

DO YOU WANT TO BE ATTRACTIVE?

Every one admires a beautiful woman.

There are many types of beauty but no woman can be truly beautiful unless she is healthy. Radiant vitality and bubbling energy will make a woman attractive no matter how plain her features may be.

If you feel nervous, irritable, "blue" or all tired out, try Lydia E. Pinkham's Vegetable Compound and see if your health does not improve.



OVER 400,000 WOMEN HAVE REPORTED THAT LYDIA E. PINKHAM'S VEGETABLE COMPOUND HAS HELPED THEM.

"TIRED ALL THE TIME"

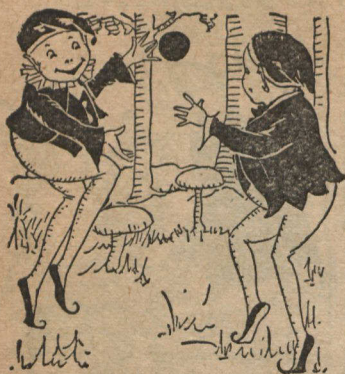
"I took Lydia E. Pinkham's Vegetable Compound for nervousness, weakness and stomach trouble. I was getting thin and looked tired all the time. The storekeeper's wife told me to try the Vegetable Compound and I soon began to feel much better and could do my housework without lying down to rest. I am recommending it to my friends because it did me good and will do the same to others."

MRS. ALLAN HOLMES,
Bressaylor, Saskatchewan.

"ADVISED BY MY MOTHER"

"I was advised by my mother to take Lydia E. Pinkham's Vegetable Compound during pregnancy and it proved to be a wonderful help to me. From the first dose I felt better and was soon doing all my own work. I am willing to answer any letters written to me by other women who wish to know about your medicine."

MRS. A. E. MILKE,
Box 11, Vernon, British Columbia.



BROWNIES

1 cup sugar 2 eggs
 $\frac{1}{2}$ cup butter $\frac{1}{2}$ cup flour
 2 squares chocolate
 $\frac{1}{2}$ cup chopped walnuts

Beat egg yolks. Add sugar. Add chocolate and butter melted together. Next add stiffly beaten egg whites and lastly the flour and nuts. Bake until it leaves the edge of the pan. When nearly cold cut in squares.

CHOCOLATE JUMBLES

$\frac{1}{2}$ cup butter or butter substitute	2 squares chocolate
1 cup sugar	1 tsp. vanilla
2 eggs	2 cups sifted flour
1 tbsp. milk	$\frac{1}{2}$ tsp. salt
	2 tsp. baking powder

Cream butter and sugar. Add one egg at a time unbeaten, then add melted chocolate and beat well. Add milk, salt, and baking powder sifted with flour. A little more flour may be needed to roll. Roll thin and cut with a doughnut cutter. These cookies need to be watched as they burn easily.

"FOR THE PAST 20 YEARS"

"I have taken Lydia E. Pinkham's Vegetable Compound on and off for the past 20 years, both here and in the old country and have always found it to be all it is claimed to be. I have a family of eleven to attend to and I do all my own house work, washing included, so I think that speaks for itself in regard to my health. I have used the Vegetable Compound all these years whenever I needed a medicine and I recommend it."

MRS. KATHLEEN MOORE,
 754 Canning St., Montreal, Quebec.

LYDIA E. PINKHAM'S VEGETABLE COMPOUND HELPS WORKING WOMEN.

"When I was sixteen I was very weak and listless, so my mother, after reading about Lydia E. Pinkham's Vegetable Compound got me some and in a short time I was well and strong. This was when we lived on the farm. When we first came to the city the change did not seem to agree with me so my mother advised me to try the Vegetable Compound again and I cannot praise it too highly. Last fall I took it again after an attack of 'flu' had left me very much disordered. I work in the summer—an operator or cutter on woolens—and I used to feel so weak and tired. Now I do all my work at home and feel well and strong and have a good appetite. I can honestly say that there is no medicine which I can recommend more strongly to women the world over than Lydia E. Pinkham's Vegetable Compound. It has certainly done wonders for me and I am willing to answer any letters I receive asking about it."

MRS. B. J. GOODHEAD,
7 Mildred Avenue, Toronto, Ontario.

"I was weak and run-down after a birth and could not pick up. I got a good recommendation of Lydia E. Pinkham's Vegetable Compound at Grant's Corner and it has made me stronger and I recommend it now myself. I am working in the blanket mill and I am able to work every day now. My nerves are better and I have a good appetite."

MRS. HERBERT RICHARDSON,
35 Edward Street, Cornwall, Ontario.

"RECOMMEND IT HIGHLY"

"I had severe pains every month and often felt badly after my meals. I read in your book about what Lydia E. Pinkham's Vegetable Compound has done for others and I recommend it very highly for what it has done for me. My general health is improved, nerves are better and I have a good appetite. I am willing to answer letters from women about how the Vegetable Compound helped me."

Mrs. LOUIS MAYKO,
Hilliard, Alberta. 15

Every Day in the Year

**10,000 women buy a bottle
of Lydia E. Pinkham's
Vegetable Compound**

They know that there is no better remedy for those troublesome ailments peculiar to women, with their accompanying backache, headache, blue spells and general weakness. They depend upon it and they recommend it to their friends and neighbors.

By actual record 98 out of every 100 women who report that they have taken Lydia E. Pinkham's Vegetable Compound claim that they have been benefited by it.

Get a Bottle From Your Druggist Today

If more convenient

use order blank on opposite page.

ORDER BLANK

Lydia E. Pinkham Medicine Co.,

COBOURG, ONTARIO.

Gentlemen:

Please send me the medicine I have checked:

- LYDIA E. PINKHAM'S VEGETABLE
COMPOUND (liquid)@ \$1.50
- LYDIA E. PINKHAM'S VEGETABLE
COMPOUND TABLETS@ 1.50
- LYDIA E. PINKHAM'S BLOOD MED-
ICINE@ 1.50
- LYDIA E. PINKHAM'S LIVER PILLS
for Constipation@ .55
- LYDIA E. PINKHAM'S SANATIVE
WASH@ .55
New large size (4 oz.)

I enclose.....in payment
(Send check or money order if possible).

Name

Address

SALADS



Next time you have iceberg lettuce to prepare, snip out the stem and let the entire head stand in cold water while you are making the salad. The leaves will loosen easily and be crisp and delicious.

After washing, wrap lettuce leaves in a towel and place on ice until needed. The towel absorbs the moisture.

Never chop onion into a salad. If you like the flavor, either rub the salad bowl with onion or draw your knife through the onion before slicing the other vegetables.

FRUIT SALAD

Cut orange, banana and pineapple in small pieces and arrange on a crisp lettuce leaf. Cover with Fruit Salad Dressing.

FRUIT SALAD DRESSING

Juice 2 oranges and 2 lemons, 2 eggs, 1 cup sugar.

Cook until thick. When cold, place in refrigerator until needed. This mixture keeps well. When you want to use it, add whipped cream. One half pint will be required for this quantity.

CRABMEAT SALAD IN TOMATO CUPS

Flake 1 cup crab meat. Add $\frac{1}{4}$ cup celery. Moisten with mayonnaise.

Let tomato stand in hot water for two minutes. Plunge into cold water. Peel immediately and scoop out the pulp. Drain upside down for five minutes. Chill. Fill with the crab meat mixture and top with tablespoon mayonnaise. Serve on a lettuce leaf.

"KEEP A BOTTLE IN THE HOUSE"

"I took Lydia E. Pinkham's Vegetable Compound to build me up. I was tired and worn out and not able to do justice to my work, my husband and my baby girl. I had been sick for eight months and was weak and nervous and could not stand the least bit of noise. I read one of your books and thought 'I will try Lydia E. Pinkham's Vegetable Compound'. I am thankful that I did for it is the only thing that did me any good. I began feeling better and kept on taking it regularly until I thought it was all right to stop but I keep a bottle in the house and take some every once in a while and also take the Liver Pills. I am a farmer's wife and I am now doing all my housework alone and feel fine. I have told many a friend what the Vegetable Compound has done for me and I should be glad to answer any letters about it."

MRS. SUSIE J. ENSZ,
Box 1, Scottsburgh, Saskatchewan.

"THROUGH THE CHANGE OF LIFE"

"Through the advice of a friend I took Lydia E. Pinkham's Vegetable Compound while going through the Change of Life and it helped my whole system. My nerves are better, my appetite is good and I am able to do my work. I recommend the Vegetable Compound at all times and am willing to answer letters from women asking about it."

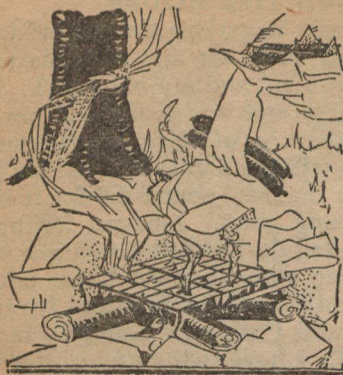
MRS. WM. KING,
Main Street, Agincourt, Ontario.

"WORTH ITS WEIGHT IN GOLD"

"When I first read one of your little books through I read of a case very similar to my own, so I bought and have taken three bottles of Lydia E. Pinkham's Vegetable Compound with the result that I am a whole lot stronger. The medicine is well worth its weight in gold. I would never have been able to stand the strain I have been through had I not taken it. I will gladly answer any letters asking about the Vegetable Compound and what it has done for me."

MRS. GEORGE L. McDOUGALL,
Warton, Ontario.

AROUND THE CAMP FIRE



Food tastes better out of doors especially when it is cooked over a crackling fire. There is a charm about holding meat over the flames on a forked stick just as our primitive ancestors did. What if it does taste a bit smoky? It's fun! It is possible to buy a grate with legs that hold it at the proper height above the fire. On this grate several frankfurts or slices of bacon may be cooked at once without burning. If you have no grate an old cake cooler held up at the corners answers the purpose. This grate is also a handy place to set the coffee pot. Potatoes are best roasted in the ashes.

TOASTED CHEESE SANDWICH

Place a slice of cheese between bread. Toast on the grate, first on one side then on the other. The melting cheese will hold the bread together.

MARSHMALLOW SANDWICHES

Toast marshmallows on a long stick over the fire. When they are soft, press between butter thins or any small crackers.

PUT OUT YOUR FIRE

Before leaving your fire, be sure that every spark is extinguished. Throw dirt over the embers. Every year this country loses millions of dollars through forest fires. Many forest fires have been started by careless picnickers.

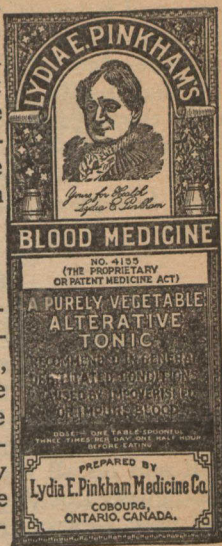
HANDY SEASONING

Cream your butter and carry it in a glass jar. It spreads easier and cannot melt and soak into the rest of the lunch.

Mix salt and pepper together and carry in one shaker.

LYDIA E. PINKHAM'S BLOOD MEDICINE

is a reliable general tonic, equally good for men and women. It takes the place of Grandma's sulphur and molasses in the Spring and is much more pleasant to the taste. Keep it in the medicine chest and give it to the whole family—parents and children—at any time through the year when they need such a medicine.



HUMORS AND ERUPTIONS

are among the most common indications and results of a run-down condition. Such eruptions are unpleasant, often embarrassing and give the face an unhealthy appearance. They are not usually especially serious or dangerous. More serious results may come, however, at any time from the accumulated impurities which they indicate.

GOOD HOME TREATMENT

is necessary. Eat plain, nutritious and easily digested food. Get plenty of sleep and fresh air. Take Lydia E. Pinkham's Blood Medicine one-half hour before meals. If constipation is present—as it often is—take Lydia E. Pinkham's Liver Pills. The Blood Medicine works in harmony with both the Vegetable Compound and the Liver Pills.

LYDIA E. PINKHAM MEDICINE COMPANY,

Lynn, Massachusetts, U. S. A.,

and Cobourg, Ontario.

VEGETABLE COMPOUND HELPED HER AND BLOOD MEDICINE HELPED DAUGHTER

"I was run-down, nervous and had headaches all the time and pains in my back. I was very thin and pale and used to have dizzy spells and could not sleep and was so downhearted I did not care if I died or not. Some one told me that Lydia E. Pinkham's Vegetable Compound had done them good so I thought I would try it myself and I got the Blood Medicine for my daughter at the same time. The Blood Medicine did her good and the Vegetable Compound has helped me and I am ever so much better now."

MRS. ALFRED CLARK,
Kentvale, St. Joseph's Island, Ontario.

"I READ ABOUT THE GOOD EFFECT"

"I took Lydia E. Pinkham's Vegetable Compound for disorders of the female organs and it helped my troubles and has been of great benefit to me in other ways. My nerves are better, I have good appetite, sleep well and do all the work in the home. I read about the good effect the Vegetable Compound has on other women and now I recommend it myself."

MRS. ARTHUR LAVOIE,
1740 Maisonneuve, Montreal, Quebec.

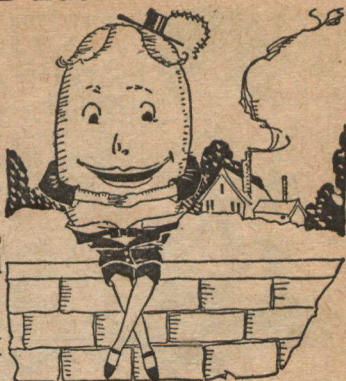
"FEEL MORE ENERGETIC"

"I have taken several bottles of Lydia E. Pinkham's Vegetable Compound for general disorders of the nerves and sleeplessness and have found it has helped me wonderfully. I feel more energetic and am able to work every day. I still tire easily although I seldom lie down and I am getting stronger as I continue the medicine. I am a farmer's wife and I do all my own housework. I heard different women telling about the Vegetable Compound so I thought I would try it as the medicines I had been taking seemed to do me no good. I recommend the Vegetable Compound highly and hope this letter will help some one to better health. I am willing to answer letters from women asking about this."

MRS. A. P. WHITING,
Box 99, Qu'Appelle, Saskatchewan.

STUFFED EGGS

Boil six eggs ten minutes. Drain off the hot water and cover with cold water. When the eggs are cold, remove the shells. Cut in halves and scoop out the yolk. Mash this yolk, season with salt and pepper and melted butter and refill. Fasten the two halves with toothpicks and wrap in wax paper.



STUFFED EGGS WITH OLIVES

Cut a slice from one end of the hard cooked egg, Remove the yolk, season and refill as above. Press a stuffed olive on top.

The red and green of the olive, surrounded by the yellow and white of the egg makes these an attractive addition to the picnic basket.

Left over slices of egg may be used in sandwiches.

EGGS STUFFED WITH CHICKEN

Cut hard boiled eggs in halves and remove yolk. Season, mix with chopped chicken and mayonnaise, and refill.

Salmon may be used in place of chicken. In fact any left over meat or fish will serve.

STUFFED CUCUMBER SALAD

Peel cucumber, remove seeds with apple corer and fill with this mixture:

1 tsp. salt

1/2 tsp. mustard

1/4 tsp. pepper

Pinch cayenne

1 tbsp. butter

3/4 tbsp. granulated gelatin

1 egg yolk

3 tbsp. vinegar

1/2 cup milk

Mix and cook in double boiler stirring constantly until it thickens and coats the spoon. Strain and add 2 cups salmon free from bone and skin.

Fill cored cucumber and put on ice. Cut in slices and arrange on crisp lettuce leaf. Garnish with mayonnaise.

CHOCOLATE BREAD PUDDING



3 slices bread
2 tbsp. cocoa
 $\frac{2}{3}$ cup hot water
1 pint milk
2 eggs
 $\frac{2}{3}$ cup sugar
pinch salt
1 tsp. vanilla

Put bread and cocoa in a baking dish. Pour hot water over it. When softened, mash fine.

Mix milk, beaten eggs, salt, sugar and vanilla. Pour this mixture over the bread. Bake $\frac{1}{2}$ hour in moderate oven. Serve with cream.

COCOANUT BREAD PUDDING

3 slices bread
1 pint milk
2 eggs
 $\frac{1}{2}$ cup sugar
 $\frac{1}{2}$ cup shredded cocoanut
1 tsp. lemon

Soak bread in milk. Add yolks of eggs, cocoanut, sugar (save out 2 tsp.) and flavoring. Bake $\frac{1}{2}$ hour.

When cool, cover with a meringue made of the stiffly beaten whites of two eggs and the 2 tsp. sugar. Put back in oven to brown.

Top each serving with a spoonful of red currant (or any bright colored) jelly.

SEND FOR LYDIA E. PINKHAM'S PRIVATE TEXT BOOK

This eighty page book discusses frankly and sensibly those ailments from which women suffer—their causes, symptoms and treatment.

We shall be glad to send you this valuable book in plain wrapper. Of course there is no charge.

Use the coupon inside the back cover of this booklet.

CONSTIPATION

There should be a healthy and natural movement of the bowels at least once every day. When the body fails to eliminate waste matter, we say we are constipated. We become cross and irritable, or perhaps tired and logey. Our "pep" is gone.

The insidious thing about constipation is that it may bring on more serious diseases. Try Lydia E. Pinkham's Liver Pills.

At the same time watch your diet. Eat less candy and more fruit. Eat "roughage", such as bran, whole wheat and the coarser cereals. Bran biscuits are excellent. Eat green vegetables. Take plenty of exercise. If possible, walk two miles a day, in the open air.

"A GREAT DIFFERENCE"

"I was in a run-down condition for a year. My sleep was broken and unrefreshing, my appetite was fitful and I was weak and pale from loss of weight. I felt heavy after meals and I was depressed until I was almost unable to do my work. I saw Lydia E. Pinkham's Vegetable Compound advertised and thought I would give it a trial. I find a great difference in myself since I have been taking the Vegetable Compound and Lydia E. Pinkham's Liver Pills, and I recommend them to others. You may use these facts for a testimonial and I am willing to answer any letters I may receive asking about these medicines."

MRS. ARTHUR MILLAR,

Bertha Street, Van Kleek Hill, Ontario.

A GOOD HEALTH HABIT

The wise man or woman never ignores constipation. Lydia E. Pinkham's Liver Pills are equally good for men and women, boys and girls.

Keep them in your medicine chest.

ASK YOUR DRUGGIST FOR

LYDIA E. PINKHAM'S LIVER PILLS.

WOMEN FROM EVERY PROVINCE
ENDORSE LYDIA E. PINKHAM'S
VEGETABLE COMPOUND

Write to a woman in your own province. You may feel free to ask her any question and she will gladly tell you just how the Vegetable Compound helped her.

ALBERTA

Mrs. Wm. Goodkey, Byemoor.
Miss Gladys E. Fidler, Bittern Lake.

BRITISH COLUMBIA

Mrs. Campbell Smith, Box 77, Cranbrook.

MANITOBA

Mrs. Dave Carriere, Waterhen.
Mrs. Elsie V. Paterson, Box 28, MacGregor.

NEW BRUNSWICK

Mrs. Arthur N. Dennison, 183 Wentworth St., St. John.
Miss Bertha Melanson, Box 32, Bathurst.

NOVA SCOTIA

Mrs. Stiles Lowe, West Northfield.
Mrs. S. M. Coleman, 19 N. Clifton St., Halifax.

ONTARIO

Mrs. W. Jeffries, 50 Grandview Avenue, Riverdale, Toronto.
Mrs. Michael McKinnirey, R. R. No. 4, Eaganville.
Mrs. Neal Bowser, R. R. No. 1, Minesing.

PRINCE EDWARD ISLAND

Mrs. Lewis Coles, New London.

QUEBEC.

Dame Charles Lauzon, 579 Sicord St., Montreal.
Mrs. Willie Buttle, Jr., New Carlisle.
Mrs. Delphine Laframboise, Masson.

SASKATCHEWAN

Mrs. Wm. Ritchie, Box 486, Melfort.

Mrs. E. W. Grafham, Bratton.

Mrs. Josiah Elkin, 477 Iroquois St. West, Moose Jaw.

NEWFOUNDLAND

Mrs. George Martin, Hickman's Harbor, Trinity Bay

Mrs. George Pottle, East Waban Mines, Bell Island,
Conception Bay.

A NEWFOUNDLAND WOMAN SAYS:

"This is a letter I am proud to send you regarding how Lydia E. Pinkham's Vegetable Compound has done such wonders for me. If you care to use it for an advertisement you may do so. I suffered for almost six months with backache before I began taking the Vegetable Compound. I had read about it a number of times and my husband had told me to try it. It is the only medicine I took but I also used Lydia E. Pinkham's Sanative Wash. By degrees my backaches became easier and then they disappeared. None of my friends suffer as I did, but I will gladly recommend the Vegetable Compound to any woman who writes to me. Address Box 252, St. Johns, Newfoundland."

MRS. JESSIE M. ENGLISH,
357 Water St. West, St. Johns, Nfld.

"AFTER MY FOURTH CHILD WAS BORN"

"I took Lydia E. Pinkham's Vegetable Compound for a breakdown and it did me a lot of good and is my standby now. I certainly believe in your good medicine. I was so broken down after my fourth child was born and my nerves were so bad I had to lie down every day, I was so weak and tired. My mother advised the Vegetable Compound and it has helped me more than anything else I have taken. I recommend it to other women and you may use my letter as a testimonial. I will answer any letters I receive from women asking about the Vegetable Compound."

MRS. K. M. JOHNSON,
R. R. No. 1, Gunn, Alberta.

SAUCES FOR ICE CREAM

Butterscotch Sauce

3 cups brown sugar

$\frac{1}{4}$ lb. butter

$\frac{1}{2}$ pint heavy cream.

Place in upper part of double boiler and cook one hour over slow heat. Stir occasionally.

Chocolate Sauce

2 cups brown sugar

2 sq. unsweetened chocolate

$\frac{1}{2}$ cup milk

1 tsp. vanilla



Melt chocolate, add sugar and mix well. Add butter and milk and cook until mixture forms a soft ball when tried in cold water. Flavor with vanilla. Serve hot.

DAINTY WAYS TO SERVE ICE CREAM

Ice Cream Surprise

Buy cream puff shells at the bakery. Slash them and fill with plain vanilla ice cream. Pour chocolate sauce over the top of the shell and sprinkle with chopped nuts.

Ice Cream in Fancy Cups

Arrange Lady Fingers around a paper cup and tie with ribbon. Fill the cup with ice cream and top with crushed fruit or chopped nuts.

Ice Cream and Cake

On a generous slice of orange layer cake, place two mounds of orange milk sherbet. This is to be eaten with a fork cutting through both ice cream and cake. Vanilla ice cream on chocolate cake is also delicious.

Ice Cream and Canteloupe

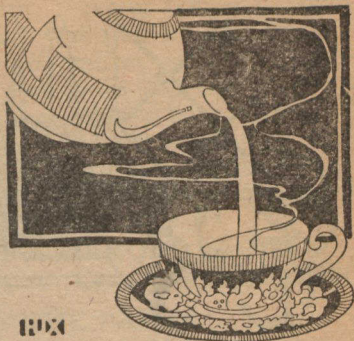
Remove seeds from half a cantaloupe and chill. Fill with ice cream and serve at once.

CUP CAKES FOR TEA

- 1/2 cup shortening
- 1 1/2 cups sugar
- 1 cup milk
- 1 tsp. vanilla
- 3 egg whites
- 2 1/4 cups sifted flour
- 3 tsp. baking powder
- 1/2 tsp. salt.

Cream sugar and shortening. Sift flour, baking powder, and salt several times. Add to first mixture alternately with milk. Add vanilla and stiffly beaten egg whites. Bake in cup cake pans.

Frost with boiled frosting to which 2 squares of melted chocolate have been added.



FILLED COOKIES

- | | |
|----------------|----------------------|
| 1/2 cup butter | 3 tsp. baking powder |
| 1 cup sugar | 1 tsp. salt |
| 1 beaten egg | 1 tsp. vanilla |
| 1/2 cup milk | 3 cups flour |

Cream butter and sugar. Add egg and stir well before adding milk and vanilla. Then add flour into which the salt and baking powder have been sifted.

FILLING

- | | |
|-----------------------|-------------------|
| 3/4 cup sugar | 1 1/2 tbsp. flour |
| 1 cup chopped raisins | 1/4 tsp. salt. |
| 1 cup boiling water | |

Cook this mixture until thick.

Roll cookies thin and cut in pairs. On one cookie place a teaspoonful of the filling. Moisten the edge with cold water. Cover with the other cookie and press together.

IF LYDIA E. PINKHAM'S VEGETABLE COMPOUND HAS HELPED YOU, TELL YOUR NEIGHBORS ABOUT IT.

CHOCOLATE CAKE



- $\frac{1}{2}$ cup shortening
- $1\frac{1}{4}$ cups sugar
- 2 eggs
- $1\frac{3}{4}$ cups sifted flour
- 1 tsp. salt
- 1 tsp. vanilla
- 1 level tsp soda
- 1 cup sweet milk
- 2 squares melted chocolate

Cream sugar and shortening together. Add eggs well beaten. Sift together flour, salt and soda. Add alternately with milk. Lastly add

vanilla and chocolate. Bake in oblong pan and ice with boiled icing. If preferred this cake may be baked in layers and put together with the icing.

BOILED ICING

- 1 scant cup sugar
- $\frac{1}{2}$ tsp. cream of tartar
- 1 unbeaten egg white
- 3 tbsp. cold water.

Place ingredients in a double boiler over boiling water, beating with a Dover egg beater all the time. Cook about seven minutes or until it clings to the egg beater.

DROP COOKIES

- 1 cup sugar
- 2 tablespoonfuls butter
- 1 beaten egg.
- $\frac{1}{2}$ teaspoonful soda
- 1 teaspoonful cream tartar
- 4 tablespoonfuls milk
- $\frac{1}{2}$ cup chopped nuts
- $\frac{1}{2}$ cup raisins
- $\frac{1}{2}$ teaspoonful salt
- Enough pastry flour when stirred to drop in a soft ball from spoon.

Cream butter and sugar. Add egg, milk (in which soda has been dissolved), a little flour, nuts and raisins. Sift together salt, cream of tartar and the rest of the flour and add to the mixture. Drop two inches apart on buttered pan. Bake until light brown.

"BEFORE AND AFTER CHILD-BIRTH"

"I took five bottles of Lydia E. Pinkham's Vegetable Compound before child-birth. I began taking it when I was three months along as I was told by friends that it would help me. I took it off and on until the baby—a girl—was born. I did my own work and was able to go around as usual. At every opportunity I recommend the Vegetable Compound to women before and after child-birth and if these facts are of any use to you for a testimonial letter I am willing to help other women by answering their letters."

MRS. HAROLD SINKER,
53 Picton Street East, Hamilton, Ontario.

SAW IT IN THE PAPER

"I was so weak and tired I could hardly stand and I couldn't work. I saw in the paper about Lydia E. Pinkham's Vegetable Compound and I am taking it and feel better. There are lots of women here taking it and they say they feel a lot better since they have used it. You may use my letter as a testimonial and I am willing to answer letters about the Vegetable Compound."

MRS. JOS. FARKAS,
St. Brieux, Saskatchewan.

"DIDN'T CARE FOR ANYTHING"

"I was in a run-down condition, tired, with no energy and felt as if I didn't care for anything. Lydia E. Pinkham's Vegetable Compound was recommended to me by a friend and so great has been my benefit that I would not be without it. I recommend it to others and have induced quite a number to try it."

MRS. G. CURRER,
3 Harshaw Avenue, Toronto, Ontario.

"A WONDERFUL HELP"

"I take about four bottles of Lydia E. Pinkham's Vegetable Compound each year for run-down condition and for nerves and I find it a wonderful help in stomach trouble."

MRS. PERCY GRAY,
32 Shirley Avenue, Moncton, New Brunswick.

**LYDIA E.
PINKHAM'S
SANATIVE
WASH**



For over 40 years, women have been using Lydia E. Pinkham's Sanative Wash for vaginal douches. Recent improvements in this preparation make the treatment more simple and more effective. It has been tested in the hospital under the doctor's supervision and is highly recommended as a cleansing, non-irritating anti-septic.

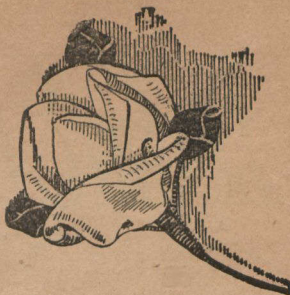
Use two teaspoonfuls of Sanative Wash to one quart of warm water for the treatment of leucorrhoea (whites), or as a cleansing douche and deodorant. It soothes and heals.

New large bottle (4 ounce) is selling for 55 cents. If your druggist cannot supply you, use the coupon in the middle of this book.

LYDIA E. PINKHAM MEDICINE COMPANY,

Lynn, Massachusetts, U. S. A.,
and Cobourg, Ontario, Canada.

**IMPORTED
PERFUMED
SILK
ROSE
FREE !**



Just return this page with your name and address to

**Lydia E. Pinkham Medicine Co.,
Lynn, Massachusetts, U. S. A.**

and we shall be glad to send you a dainty silk rose.

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

City..... Province.....

Lydia E. Pinkham's
FOUR
REMEDIES

*Vegetable
Compound*

Blood Medicine

Liver Pills

Sanative Wash

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