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Hints on Health and Tested Receipts For Plain Cooking



Introduction

ts 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.

Bread Making

Use the best flour, it is cheapest in the end. Sift flour for bread twice. Part milk and part water is preferable for mixing. If milk is used, scald it first, and let it cool to blood heat before using. In winter, the water or milk used in mixing raised bread should be lukewarm, and if the flour be kept in a cold place warm it before using. In summer the water need not be warmed, but the milk should be scalded and cooled. Always set bread or biscuit to rise in a fairly warm place, well covered to exclude air.

WHITE RAISED BREAD.

Sift two quarts of flour into a mixing bowl. Rub into the flour two tablespoonfuls of butter or lard until it is fine, like meal; add one tablespoonful of salt and one tablespoonful of sugar. Draw the flour to the edges of the bowl leaving a hole in the middle with about two inches of flour covering the bottom of the bowl.

Dissolve thoroughly one cake of compressed yeast in a teacupful of lukewarm water, and pour the liquid into the hole in the flour, stir in the flour from the edges, adding sufficient lukewarm water or milk and water mixed, to knead well. Knead for half an hour, then cover to exclude all air, and set to rise. When it is well risen, knead again for ten minutes, divide into loaves and put in well greased pans. Cover, and let it rise again to the top of the pans. Bake in a moderately hot oven nearly an hour.

Rev. George W. Ruland, of Keene, N.H., says:—"I have used your cod liver preparation VINOL as a tonic, and I do not believe there is any other medicine that can equal it. It built me up and strengthened me when run-down and overworked. Vinol has done for me more than was claimed for it."

QUAKER OATS BREAD.

One cup Quaker Oats, $\frac{1}{2}$ tablespoonful salt, one tablespoonful lard, $\frac{1}{2}$ cup molasses.

Pour two cups boiling water on to the oats and let stand one hour. Then add $\frac{1}{2}$ of a yeastcake dissolved in $\frac{1}{4}$ cup of warm water. Add the molasses and lard and $4\frac{1}{2}$ or 5 cups of bread flour, mix stiff, let it rise over night. In the morning knead well and make into loaves. Let it rise again and bake in a moderately hot oven.

TEA BISCUIT.

Into 1 pint sifted flour rub 1 tablespoonful of butter, 1 tablespoonful of lard and a little salt. Dissolve 1 compressed yeast cake in a pint of lukewarm water and make a moderately stiff dough. Set in a warm place to rise. In about an hour they should be risen, then make into biscuits, set to rise again, and bake in a quick oven. When done brush over the tops with milk.

Old People value Vinol, because it enriches the blood and creates strength as nothing else seems to.

Why Vinol is better than old fashioned preparations of Cod Liver Oil & Emulsions.

No one will dispute the curative value of cod liver oil. For centuries it has been recognized as the grandest of all body-building agents for wasted human strength and vitality.

Yet a great deal of good that should have been derived from its use has been prevented by the fact that many patients who were weakened by disease could not digest the heavy oil administered either in its raw form or in an Emulsion, and others would not take it on account of its disagreeable odor and taste.

Now modern science has proved that the oil or greasy part has no value whatever either as a medicine or food.

It appears that the alkaloids, or medicinal elements, of which there are about fifty different kinds found in the cod's liver, represent *all* the tonic, body-building and curative powers of this famous old remedy.

After twenty years study, two eminent French chemists, Mourgues and Gautier by name, discovered a way to separate these alkaloids, or medicinal elements from the oil, and gave to modern medicine all the valuable part of this great remedy unencumbered by the useless oil.

A preparation containing all the medicinal curative elements of cod liver oil, but entirely free from oil or grease, *must*, therefore, be recognized as the best tonic reconstructor possible. Such is VINOL.

In no way does VINOL resemble cod liver oil. It does not look, nor smell, nor taste like cod liver oil.

Yet VINOL is guaranteed to contain in a highly concentrated form all the medicinal elements actually taken from fresh cods' livers, with organic iron and is deliciously palatable and easily digested.

VINOL, therefore, represents unusual body-building and strengthening virtue. In all cases where cod liver oil is needed, VINOL will give the best results, for it is immediately assimilated and acceptable to the weakest stomach and disagrees with no one.

GRAHAM BREAD.

One quart Graham flour, 1 cup of Rye flour and 1 cup of Wheat flour. $\frac{1}{2}$ teaspoonful of salt, 3 tablespoonfuls of molasses; piece of butter size of a walnut; $1\frac{1}{2}$ pints of lukewarm water and milk mixed in which a yeast cake has been well dissolved. Mix thoroughly and set in a warm place to rise. When well risen add one tablespoonful white flour, knead well, put in baking pans in loaves and set to rise again. When well risen bake in a moderately hot oven.

BROWN BREAD.

Three-fourths cup Rye meal, $\frac{2}{3}$ cup Indian meal, $\frac{2}{3}$ cup Graham meal, $\frac{2}{3}$ cup bread crumbs, $\frac{2}{3}$ cup molasses, 2 cups sour or sweet milk, 2 teaspoonfuls of soda if sour milk is used, or $1\frac{1}{2}$ teaspoonfuls soda if sweet milk is used. Add a little salt and raisins if desired. Steam in brown bread tin for 3 hours.

WAFFLES.

Dissolve one yeast cake in 2 cupfuls of milk. Stir in one tablespoonful of sugar, a piece of lard size of an egg, melted; 2 eggs well beaten; 1 teaspoonful of salt, and 3 cups of flour. Rub the batter until smooth, and set in a warm place to rise over night. In the morning beat well. Grease thoroughly both sides of the waffle iron, pour the batter in from a pitcher, and bake brown on both sides.

VINOL, the famous Cod Liver and Iron medicine, Tastes Good and Creates Strength. As a Body Builder and Strength Creator for Old People and Delicate Children it has no equal. It contains no oil or grease, and agrees with everyone.

CORN CAKE.

One cup Corn meal, one cup flour, $\frac{1}{2}$ cup sugar, 2 teaspoonfuls baking powder, 1 egg, 1 cup sweet milk, 1 tablespoonful melted butter.

Sift the flour, meal, sugar and baking powder together, add the egg and melted butter, then the milk. Bake in a moderately hot oven.

GRAHAM GEMS.

Two cups Graham flour, 1 cup white flour, 1 egg, 2 teaspoonfuls baking powder, 1 tablespoonful molasses or sugar, 2 cups sweet milk. Beat the egg well, add the milk, then the other ingredients, and bake in a gem pan.

RYE MUFFINS.

Two cups Rye flour, 1 cup wheat flour, 1 egg, $\frac{1}{2}$ cup molasses, 1 teaspoonful soda and 2 teaspoonfuls cream of tartar dissolved in a little milk. Mix with milk, not too soft, and bake in muffin pan.

Mrs. H. W. Avery, Norwich, N. Y., says: — "At the age of 89 I felt the need of a tonic, something to strengthen and build me up. For some time I have taken Vinol, and have found that it brings vigor and strength to the aged as nothing else will."

Old Age

With old age comes feebleness and loss of power and waste outstrips addition. New life forces are created, but not so rapidly as the old are cast away.

The organs act more slowly and less effectually than in youth. There is a languid circulation and low temperature generally. The heart, like all other muscles, has become feeble and sends the thin, watery blood lazily along the arteries, and old people shiver even on warm days.

It is also hard for old people to get sufficient nourishment from their food, because the appetite is poor and digestion weak; so to add flesh and conserve energy against disease becomes almost impossible.

Treatment: VINOL, the delicious cod liver preparation without oil, is an ideal strengthener and body-builder for old folks.

Because VINOL contains all of the medicinal and body-building elements of cod liver oil, actually taken from the fresh cods' livers, together with organic iron, which is a needful constituent for the blood, it repairs worn tissues, checks the natural decline, and replaces weakness with strength.

If people in this vicinity only knew the good VINOL does old people we would be unable to supply the demand.

We return your money if VINOL does not do all we claim.

Testimonial

Mr. JOHN N. KELLY of Litchfield, Ill., writes:—"I am 72 years old and for a great many years I was run down from overwork, indigestion and severe nervous trouble. I had been trying for ten years different remedies. All seemed to do no good. My druggist told me to try a bottle of VINOL at his risk. I did so, and after taking two or three bottles I felt better than I have for the last ten years. I feel ten or fifteen years younger. It is with a grateful heart that I tell you the great good it has done me, and I hope this will be the means of helping many other old and feeble men, as it has me."

STRAWBERRY SHORTCAKE.

One pint flour, $\frac{1}{2}$ cup butter and lard mixed, 1 egg, 2 teaspoonfuls baking powder, 1 tablespoonful sugar. Milk to mix as soft as drop cakes. Bake in two thin sheets, when done butter well, and put the crushed fruit well sugared between the sheets and on top. Serve hot.

BERRY CAKE.

Three eggs, 1 cup sugar, $\frac{1}{2}$ cup butter, 1 cup milk, 1 teaspoonful soda, $1\frac{1}{2}$ teaspoonfuls cream of tartar, 4 cups flour, then add two cups of berries which have been floured. Bake in a moderately hot oven.

DOUGHNUTS.

One cup milk, 1 cup sugar, 3 eggs, 3 heaping teaspoonfuls baking powder sifted in the flour, and a little salt and nutmeg. Add flour to make them as soft as you can well handle. Beat yolks and whites of eggs separately, add the whites of the eggs the last thing after the flour has been added. Haxall flour is preferable.

Mr. Joseph Bankson, a prominent insurance man of Bethany, Ill., says:—"I am over eighty years of age, and have found that there is no other medicine equal to Vinol to build up health and strength for elderly people."

BUNNS.

Three cups milk, 1 cup sugar, 1 cake compressed yeast dissolved in the milk, add flour enough to make a stiff batter, and rise over night. In the morning add $1\frac{1}{2}$ cups sugar, $\frac{2}{3}$ cup butter, $\frac{2}{3}$ cup cutrants, 2 teaspoonfuls lemon. Rise again. When light, roll out and cut with a small biscuit cutter. Rise until very light, and bake in a quick oven. Brush over the tops with the white of egg well beaten, to which a little white sugar has been added.

GRIDDLE CAKES.

Three cups flour, 2 teaspoonfuls baking powder sifted into the flour, little salt, 2 eggs well beaten, add sufficient sweet milk to make a soft batter, cook at once on a well-greased griddle.

TIME TABLE FOR COOKING.

Raised Loaf Bread, 40 to 60 min.	Indian Pudding . . . 2 to 3 hours.
Graham Gems . . . 30 "	Bread or Rice Pudding, 1 hour.
Rolls 15 to 20 "	Steamed Puddings, 1 to 3 hours.
Plain Cake 30 to 40 "	Brown Bread 3 "
Sponge Cake 40 to 60 "	Pie Crust 30 min.
Fruit Cake 2 to 3 hours.	Custards 15 to 20 "
Cookies 10 to 15 min.	Potatoes 30 to 45 "
Plum Pudding 2 to 3 hours.	Baked Beans 7 to 8 hours.

Delicate Children

Rapidly growing children need a great deal of vitality. They grow fast, play hard and work too hard at school. Then the appetite becomes fitful, their nights are restless, and they soon become weak, delicate and sickly.

Symptoms: The child feels weak, tired all the time, easily fatigued, constant desire to sit down or lie down, sleep often disturbed and unrefreshing.

Treatment: We know that VINOL will correct these troubles and make for each child new vitality, sound flesh and muscle tissue, strong bone structure, and rich, pure, red blood. It will build them up, fill out hollow cheeks and make them strong, robust and rosy. If it fails to do this we will give back your money.

The reason VINOL is so far superior to all other tonics and cod liver oil preparations for children is because it contains in a concentrated form all of the strengthening and body-building elements of cod liver oil actually taken from fresh cods' livers, but without a drop of oil or grease, and it does not upset their weak, delicate stomachs, like old-fashioned cod liver oil or emulsions, but is easily assimilated and is so delicious that all children love it.

Testimonial

A noted woman endorses VINOL.

Mrs. Rose Hawthorne Lathrop, who has done so much good among the children of New York City, writes:

"Little children seem to delight in taking VINOL. In my work among the destitute sick, I give VINOL in many cases where it would be impossible to give cod liver oil in any other form, on account of the extreme weakness of the patient's stomach. I have known VINOL to restore appetite and infuse new life in many cases of sick women and children when everything else failed."

Pies

PIE CRUST.

One quart sifted flour, $\frac{1}{2}$ cup lard, $\frac{1}{2}$ cup butter, 1 cup cold water, little salt. Rub the butter and lard well into the flour, then wet with the water, mixing as little as possible. This makes sufficient crust for two large or three small pies.

LEMON PIE.

Moisten one heaping teaspoonful of cornstarch with a little cold water. Add 1 cup boiling water, stir constantly over the fire until it has boiled two or three minutes. Remove from the fire and add 1 tablespoonful butter and 1 cup sugar. When cool add 1 egg well beaten, and the juice and grated rind of one lemon. Bake with crust. This makes two small pies.

LEMON CUSTARD PIE.

Juice and grated rind of 1 lemon, 1 cup sugar, yolks of two eggs, 2 tablespoonfuls sifted flour, 1 cup milk, small piece of melted butter. Then add whites of two eggs beaten stiff, stir well altogether, and bake in undercrust.

RHUBARB PIE.

One cup Rhubarb cut fine, 2 cups sugar, 1 egg, 1 tablespoonful flour, 1 cup seeded raisins chopped fine. Bake between two crusts.

VINOL combines the two most world-famed tonics, the healing medicinal properties of cod liver oil and tonic iron. For this reason it is unexcelled as a strength builder for old people, delicate children, weak, run-down persons and after sickness.

CUSTARD PIE.

One pint milk, 3 eggs well beaten, 3 tablespoonfuls sugar, little salt and grated nutmeg. Bake in undercrust. This makes one pie.

COCOANUT CUSTARD PIE.

One pint milk, 2 eggs, $\frac{1}{2}$ cup sugar, 1 cup grated cocoanut, little grated nutmeg. Beat eggs and sugar together until light, add the milk, nutmeg and cocoanut. Bake in undercrust. This makes 2 pies.

Mrs. C. W. Stump, of Canton, Ohio, says: — "I wish I could induce every mother who has a delicate, sickly child to try the delicious cod liver preparation Vinol. It restored our little daughter to health and strength after everything else had failed."

For Those Who Are Run- Down, Tired and Debilitated

Many people right here in this vicinity are all run down, tired out and hardly able to drag about,—don't know what ails them.

Causes: This condition is usually the result of sickness, imperfect digestion, lack of nutrition, overwork of the brain or body, or some organic trouble.

Symptoms: The patient feels weak; all tired out; generally run-down; easily fatigued; sleep disturbed and unrefreshing; no strength, energy or appetite.

Treatment: VINOL, our delicious cod liver preparation, will cure conditions like this, because in a natural manner it acts first upon the stomach, strengthens the digestive organs, creates a hearty appetite, and makes rich, red blood. New life, strength and energy are imparted to every organ in the body.

Testimonial

Mrs. HARVEY L. MINOR, Canal Dover, Ohio, writes:

"Last January I was all run down in health and so weak that I was unable to attend to my household duties. I was very much discouraged with my condition, as I was receiving no benefit whatever from the medicine I had taken. Finally on the recommendation of my druggist I decided to try the cod liver and iron preparation, Vinol. In a short time I felt better, and after taking five bottles my health was fully restored. I have suffered from stomach trouble for years, but since taking Vinol this trouble has entirely disappeared, and I now eat better, sleep better and am better than I have been for a long time. Vinol certainly worked wonders in my case, and I heartily recommend it to anyone in need of such a medicine."

RAISIN PIE.

One cup seeded raisins chopped fine, $\frac{1}{2}$ cup sugar, 1 egg well beaten, 1 tablespoonful flour, $\frac{1}{2}$ cup hot water poured over the raisins. Mix with the other ingredients, and cook over the fire just a little. Fill the pie, two crusts, and bake.

CRANBERRY PIE.

One quart cranberries, chopped fine, 2 tablespoonfuls corn starch wet in cold water, stir it into $1\frac{1}{2}$ cups boiling water, $2\frac{1}{2}$ cups sugar, little salt. This makes the filling for four pies.

YOUR DRUGGIST, whose name you will see on the outside front cover page of this little book, will give your money back if **VINOL** fails to help you. Did you ever hear of a doctor who would do this?

CREAM PIE.

Three eggs, 1 cup powdered sugar. Beat the whites of the eggs to a very stiff froth, and stir into the sugar. Then beat the yolks thoroughly, and stir in with the whites of eggs and sugar. $\frac{1}{2}$ teaspoonful soda dissolved in a tablespoonful of cold water. Then add 1 cup pastry flour into which has been sifted 1 teaspoonful cream of tartar. Beat up quickly and bake in 4 Washington pie tins in a quick oven.

While they are baking make a cream as follows: $2\frac{1}{2}$ cups milk, 1 cup sugar, 2 eggs well beaten, $\frac{1}{3}$ cup flour, 1 teaspoonful vanilla. Sift powdered sugar over the pies, and spread the cream between the layers and on top.

WASHINGTON PIE.

Two eggs, 1 cup sugar, $1\frac{1}{2}$ cups flour, 4 tablespoonfuls water, $\frac{1}{2}$ teaspoonful of soda, 1 teaspoonful Cream of Tartar. Bake in 2 Washington pie tins. Cream for filling: 1 cup milk, $\frac{1}{2}$ cup sugar, 1 egg, 1 tablespoonful flour, a tablespoonful coconut. Cook together, and fill while warm.

BRAMBLES.

One cup stoned raisins, chopped fine, $1\frac{1}{2}$ cups sugar, juice and grated rind of 2 large lemons, butter the size of a walnut, 1 heaping dessertspoonful corn starch wet with one cup boiling water, 3 eggs well beaten. Cut pastry crust rolled thin about 4 inches square, fill, fold the crust over and bake.

Mr. George Hayes, of Union City, Pa., writes: "I had lost my appetite, was all run-down, could not sleep nights. I had tried everything without relief. Vinol was recommended, and to my surprise, it helped me at once; gave me a splendid appetite, and now I sleep soundly."

What Vinol did for Mr. Hayes, it will do for every run-down, nervous and overworked person who cannot sleep.

Coughs, Colds

AND

Bronchitis

Are usually caused by exposure to cold when overheated, getting wet, cooling off too suddenly, or irritating vapors, and often accompany diseases like Grippe, measles, etc. A cough is always associated with all inflammation of the lungs, bronchial tubes, larynx, and with most throat diseases.

The bronchial tubes branch off from the windpipe like a network and conduct the air to and from the lungs. They are very delicate and easily affected by coughs and colds. When they become inflamed they fill with mucous and produce difficulty in breathing, a desperate cough and bronchitis.

Treatment: VINOL, our real cod liver preparation without oil, is a specific throat and lung healer. It goes to the seat of the trouble at once, and stops the cough by healing the injured, inflamed surfaces of the bronchial tubes. It builds up the patient's strength at the same time.

The remarkable healing power of VINOL, combined with its great strength-creating forces, makes it far superior to any other remedy for coughs, colds and bronchitis.

Cough syrups are *palliatives only, not curatives*, and usually upset the stomach, and not one person in twenty can take cod liver oil and get the benefit from it, owing to the vile-tasting, nauseating oil, which envelopes the curatives.

Now, VINOL is a real cod liver preparation which contains every one of the active, curative principles that make cod liver oil famous as a specific for these troubles, *but no oil*; it is delicious to the taste, and can be retained by the weakest stomach, hence its wonderful power to cure chronic coughs, colds and bronchitis.

Miss ANNA RAY, of Bangor, Me., writes:—

“For five years I was troubled with a terrible cough and bronchitis. I tried a great many different preparations without getting relief. I could not sleep, and I became so weak I could hardly walk, and coughing day and night. Then I took Vinol. What a godsend that first bottle was! I had not taken half of it before I noticed a change for the better. I took four bottles in all, and am entirely cured and in perfect health.”

Puddings

BAKED PLUM PUDDING.

Thirteen crackers broken fine, 1 cup seeded raisins, $\frac{1}{4}$ cup citron, 1 cup sugar, 2 quarts milk, 3 eggs, little salt and nutmeg. Bake slowly six hours, serve with hard or lemon sauce.

INDIAN PUDDING, WITH TAPIOCA.

One quart boiling milk, 3 tablespoonfuls of pearl tapioca soaked 15 minutes, 2 tablespoonfuls Indian meal, 1 cup molasses, small piece butter, little salt, 1 egg well beaten. Soak the tapioca, then add the Indian meal and other ingredients, last of all add 1 cup cold milk. Do not stir after adding the milk. Bake $2\frac{1}{2}$ hours, and serve with whipped cream.

Dr. J. E. Ennis, of Atlanta, Ga., says:—"I advise Vinol in my practice because I find it has no equal for healing coughs, colds and bronchial troubles, and for building-up and strengthening old people and patients who are anæmic, run down, and have no appetite."

RICE PUDDING.

One-half cup rice cooked in 1 pint of milk, when cool add 3 eggs well beaten, 1 cup sugar, 1 cup flour, 1 heaping teaspoonful baking powder. Bake slowly one hour.

APPLE TAPIOCA CREAM.

Two tablespoonfuls pearl tapioca soaked over night, 1 pint of milk, $\frac{1}{2}$ cup sugar, 1 egg, 4 apples pared, cored and quartered, little salt and nutmeg. Bake two hours, stir twice during that time, and serve hot with whipped cream.

Vinol is the best cod liver and iron tonic in the world. It creates a hearty appetite, strengthens the digestive organs, makes rich, red blood, replaces weakness with strength, and agrees with everyone.

JUDGE PETER'S PUDDING.

Three-fourths box gelatine, 2 oranges, 2 bananas, 6 figs, 2 lemons, 10 English walnuts. Dissolve the gelatine in $\frac{1}{2}$ pint cold water, then add $\frac{1}{2}$ pint boiling water, juice of the 2 lemons, and 2 cups powdered sugar. Strain and let it stand until it begins to thicken. Stir in the fruit cut in small pieces. Put in a mould and let it harden. Serve with whipped cream.

Old People feel the cold keenly because their blood is poor. Vinol is the ideal blood tonic and strength maker. It creates a hearty appetite, promotes digestion, purifies and enriches the blood, and invigorates the entire body.

Pulmonary Troubles

AND

Weak Lungs

Pulmonary troubles consist of inflammation, acute or chronic, either of the mucous membrane lining of the throat or chest, or of the small glands connected with that membrane, and each disease takes its name from its particular location.

Thus, Laryngitis is inflammation of the Larynx, Pharyngitis is inflammation of the Pharynx. Bronchitis is inflammation of the bronchial tubes, and unless these troubles are treated in their early stages they become chronic, and the lungs are eventually affected.

Doctors nowadays do not believe that consumption is inherited. But a person may inherit *weak lungs*, which are very susceptible to disease.

Neglected coughs and colds gradually weaken the whole pulmonary system, and before people realize it there is a diseased spot in one lung, raising blood follows, and finally a collapse.

Treatment: There is no class of diseases in which VINOL, our real cod liver preparation without oil, shows its power for good more than in pulmonary troubles and to strengthen weak lungs. VINOL soothes and heals the inflamed surfaces and allays the cough. It creates an appetite, makes rich, red blood, and restores the system to a healthy, robust condition.

In hundreds of cases where cod liver oil and emulsions have failed, VINOL has succeeded.

Mrs. J. S. BROWN, Anderson, Ind., writes:

"Our daughter was very ill with lung trouble. Our family physician said she could not possibly recover. She was so weak we could only give her half a teaspoonful of port wine at a time. Vinol was recommended as a last resort, and after taking several bottles our daughter is as well and healthy as she ever was. Words are inadequate to express our gratitude to you and your splendid cod liver preparation, VINOL."

OLD FASHIONED INDIAN PUDDING.

One cup Indian meal, 1 cup molasses, little salt mixed together. Then take 1 quart skimmed milk and 1 pint water and scald together. When it has reached the boiling point add the meal and molasses and let the mixture cook on top the stove for five minutes, stirring constantly. Then put in a pudding pan and bake. After it has been in the oven one-half hour pour in $\frac{1}{2}$ pint of cold milk. Do not stir after the cold milk has been added. Bake about four hours.

SNOW PUDDING.

Soak 1 ounce of gelatine in 1 pint cold water for one hour. Then place over the fire and stir gently until dissolved. When almost cold beat to a stiff froth with an egg beater. Beat the whites of 3 eggs to a stiff froth and add to the gelatine, together with the juice of 3 lemons and pulverized sugar to taste. Mix well and pour into a mould to cool.

Serve with a soft custard made from the yolks of the eggs, 1 pint milk, 1 cup sugar, small piece butter. Let it come to a boil, add 1 teaspoonful vanilla and serve hot.

Over 5000 leading druggists in the United States guarantee and recommend VINOL as the best Cod Liver preparation, and will even return your money if it fails to benefit.

BAKED CHOCOLATE PUDDING.

Two cups bread crumbs, scald 1 quart of milk and pour over the crumbs and let it stand $\frac{1}{2}$ hour. Add $\frac{1}{2}$ cup sugar, 2 squares chocolate melted and mixed with $\frac{1}{2}$ cup sugar and little milk, 2 eggs well beaten, little salt and vanilla. Bake in moderate oven one hour.

Sauce: $\frac{1}{2}$ jar thick cream, $\frac{1}{4}$ cup milk, beat stiff. 2 eggs, beat yolks and whites separately, little powdered sugar beaten with yolk.

PRUNE WHIP.

One cup prunes cooked soft, $\frac{1}{2}$ cup sugar, whites of two eggs, whip well and set in glasses to cool. Serve with whipped cream.

FIG DESSERT.

Two pounds of whole figs soaked over night. Boil slowly until soft, add 2 cups of sugar and boil until you have a good, rich syrup. Serve cold with whipped cream and cake.

Good Appetite And Healthy Flesh

Lack of appetite is not in itself a disease, but a symptom of weakness showing itself in the nerves of the stomach which control the desire for food.

Thin people are usually weak and ailing, and as their bodies are not well nourished they are very susceptible to disease.

Causes: There are many causes for no appetite and loss of flesh. It may be the result of sickness, poor digestion, insufficient nourishment, overwork of brain or body, or a run-down condition.

Treatment: No matter what the cause or condition, we recommend VINOL to restore a lost appetite and create good healthy flesh. It is a recognized fact that nothing has ever been discovered equal to the medicinal elements found in the cod's liver to increase the appetite and aid digestion; but the oil nauseates. VINOL contains in a highly concentrated form all of the medicinal, curative, and body-building elements of cod-liver oil actually taken from genuine cods' livers, and being without oil or grease to upset the stomach and retard its work, it is a great improvement over old-fashioned cod liver oil and emulsions.

VINOL acts upon the stomach in a beneficial way, enabling it to obtain the necessary nourishment from the daily food eaten to make pure, rich, red blood, and to create flesh and strength. So sure are we of its success that we freely offer to return the money paid for VINOL in every case where it fails to give satisfaction.

EDW. R. WOOSTER, of Rutland, Vt., writes: —

"About a year ago I began to run down in health, lost appetite and flesh, and suffered from indigestion. All the winter I had a severe cough. I doctored without any benefit, and finally my druggist suggested that I try Vinol. I did so, and soon began to feel better. My stomach grew stronger, my food no longer distressed me, my cough disappeared, I began to gain in flesh, and soon felt like a new man. I did not believe that any remedy could make such a change in a person."

Hints on Cake Making

In making cake have flour carefully sifted, sugar dry and free from lumps, eggs fresh, butter sweet, and milk rich and pure. Measure accurately. Butter and sugar should be creamed together before using. Beat yolks and whites of eggs separate. Baking powder should be sifted in with the flour. Soda and Cream of Tartar should be dissolved in the milk. Cake may be kept fresh and soft for a long time if you place two or three apples, or a pint fruit jar half filled with water in your cake box. This is of great advantage with nut, spice or fruit cake.

CURRANT CAKE.

One cup butter, 1 cup sugar, 4 eggs, 1 teaspoonful baking powder, 1 pint flour, $1\frac{1}{2}$ cups currants. Cream the butter and sugar together, add the eggs well beaten, beating all the time, then add the flour sifted with the baking powder, add currants and one teaspoonful flavoring extract, bake about 1 hour in rather a deep tin.

NUT AND RAISIN CAKE.

One cup sugar, $\frac{1}{2}$ cup butter, $\frac{1}{2}$ cup milk, 2 eggs well beaten, whites and yolks separately, $1\frac{1}{2}$ cups flour, $1\frac{1}{2}$ teaspoonfuls baking powder, 1 cup raisins chopped fine, 1 cup walnuts chopped fine. Flour the nuts and raisins and mix in the cake last.

Miss Elizabeth M. Cremond, a Boston Trained Nurse, says:—“I was in a critical condition and was restored to health by Vinol. I advise all my patients who need strength, rich red blood and fresh tissue, to try Vinol, it is so far superior to old fashioned cod liver oil and emulsions.”

SPONGE CAKE.

Five eggs, 1 cup sugar, juice and grated rind of $\frac{1}{2}$ lemon, 1 cup flour, little salt.

POTATO FLOUR SPONGE CAKE.

Four eggs, beat whites and yolks separately, 1 cup sugar beat into the yolks, 1 teaspoonful lemon. Beat the whites of eggs to a stiff froth, add yolks of eggs and sugar, and $\frac{1}{2}$ cup potato flour into which has been mixed and sifted 1 teaspoonful baking powder.

ANGEL CAKE.

Beat the whites of 9 eggs to a very stiff froth, when about half beaten add $\frac{1}{2}$ teaspoonful cream of tartar, a little salt. When beaten add $1\frac{1}{4}$ cups sifted sugar and 1 cup flour which has been sifted five times. Add flour very lightly and bake.

RAISIN CAKE.

One-half cup butter, $1\frac{1}{2}$ cups sugar, 1 cup sour milk, 3 cups flour, 1 egg, 1 teaspoonful soda, little spice, 1 cup chopped raisins.

Old Folks thrive on VINOL. It makes strength.

ANÆMIA

Is impure and impoverished blood, for which VINOL is especially adapted.

Causes: Insufficient nourishment, indoor occupation, severe mental employment, over-study; impure air; over-work; continued catarrhs; chills and fever, and imperfect assimilation of food.

Symptoms: As long as the blood is impoverished, thin and watery, you will be sickly, weak, out of sorts and tired all the time, your cheeks will be pale, eyes sunken, and lips lose their color. Slight bruises, cuts, burns and scratches will be slow in healing or fester and become sores. Infectious diseases are easily contracted. Your blood is too weak to carry away the waste matter from the body, and it escapes through the skin in the form of pimples, boils, eruptions and eczema.

Treatment: Purify and increase the life-giving properties of the blood; your vital forces will be enhanced, and your system fortified against disease.

VINOL WILL PURIFY AND ENRICH THE BLOOD.

If VINOL fails to purify and make rich, red blood, we will refund your money without question. It is the greatest blood tonic we know of. Besides the wonderful enriching cod liver oil curatives in VINOL, (without oil), there is just the right proportion of organic iron. This combination restores the lacking ingredients to the blood: or, in other words, the red blood corpuscles which vitalize it, and the result is health, strength and vigor.

The illustrations on the back cover of this book show how VINOL is made from genuine fresh cods' livers.

CHOCOLATE CAKE.

One cup sugar, $\frac{1}{2}$ cup butter, 3 eggs, 2 cups flour, $\frac{1}{2}$ cup milk, 1 teaspoonful cream of tartar, $\frac{1}{2}$ teaspoonful of soda, 6 heaping teaspoonfuls cocoa. Frost with chocolate frosting.

PORK CAKE.

One-half cup molasses, $1\frac{1}{2}$ cups sugar (brown preferred), 1 cup chopped salt pork, 3 eggs, 1 teaspoonful soda, 3 cups flour, 1 cup raisins, 1 cup currants, $\frac{1}{2}$ cup citron cut fine, a little of all kinds of spice. Bake three hours.

RAISED CAKE.

One cup raised dough, $\frac{1}{2}$ cup sugar, 1 cup raisins chopped fine, $\frac{1}{2}$ cup milk, $\frac{1}{2}$ cup butter, 1 egg, 1 teaspoonful soda, 1 cup flour, little spice.

If you are overworked and run-down, try VINOL.

FRUIT CAKE.

Six eggs, 3 cups sugar, $\frac{1}{2}$ cup molasses, 2 cups butter, 1 lb. currants, $\frac{1}{2}$ lb. raisins, $\frac{1}{4}$ lb. citron, 1 teaspoonful soda, 1 teaspoonful all kinds of spice, 6 cups flour. Chop the raisins and cut the citron fine.

JELLY ROLL.

Three eggs, 1 cup sugar, 1 cup flour, 1 teaspoonful cream of tartar, $\frac{1}{2}$ teaspoonful soda, 2 tablespoonfuls milk, little salt. Bake in a thin sheet, spread with jelly, and roll while warm.

CREAM CAKES.

One cup hot water, $\frac{1}{2}$ cup butter, $\frac{1}{2}$ teaspoonful soda dissolved in little water, 1 cup flour. Boil the water, add butter and flour gradually while boiling. When thoroughly mixed, cool and add 3 eggs, one at a time. Drop in tins 3 inches apart. Bake about 30 minutes.

Cream for filling: 1 pint milk, $\frac{1}{2}$ cup flour, 1 cup sugar, 2 eggs, beat the flour, sugar and eggs together, and stir into the milk while boiling, flavor and add a little salt.

GOOD COMMON CAKE.

Two eggs, 1 cup sugar, $\frac{1}{2}$ cup butter, $\frac{1}{2}$ cup milk, $1\frac{1}{2}$ cups flour, heaping teaspoonful of baking powder, 1 teaspoonful vanilla.

MARGUERITES.

One cup brown sugar, 2 eggs beaten slightly, $\frac{1}{2}$ cup flour, little salt, $\frac{1}{4}$ teaspoonful baking powder, 1 cup broken pecan nut meats. Drop in buttered tins, and put one whole pecan nut meat on top of each. Bake 10 or 15 minutes in a slow oven.

VINOL makes rich, red blood and creates strength.

After Grippe

OR

Convalescence From Any Sickness

There is just one thing the matter with a person who has been sick—that is weakness.

The Grippe leaves in its wake poor blood, nervousness and weakness.

Fevers leave the patient in a condition of prostration.

Pneumonia leaves the strength depleted and the lungs damaged and weak.

Children's diseases leave them weak, delicate and thin.

Treatment: We hold out a helping hand to all who have been sick and who are slowly creeping back to health. We guarantee VINOL, our delicious cod liver preparation without oil, to be the best medicine in the world to hasten recovery and build up health and strength. In a natural manner VINOL acts first upon the stomach, creates an appetite for nourishing food, makes rich, red blood, promotes sound sleep, and builds up the weakened, depleted system to health and vigor.

We have found VINOL to be the greatest of all body-building, strengthening and healing medicines.

It is because we know so well of what it is made that we offer freely to return your money if it fails.

Testimonial

Mr. JOHN KINNEY, a prominent Indianapolis lawyer, says: —“The grippe left me in a nervous, weakened, run-down condition. Nothing seemed to restore my strength. At last I tried Vinol with the very best of results. It built me up and made me feel like a different man, and I am now better and stronger than I have been for years.”

Feeding the Sick

The diet for the sick, or convalescent should consist of easily digested and nutritious food, and should be varied as much as possible. Let everything be clean and daintily served.

CHICKEN BROTH.

Joint up a chicken and pour over it 2 quarts of cold water, add a small onion, $\frac{1}{2}$ teaspoonful salt and a little white pepper. Simmer 3 hours, or until the liquor is reduced to 1 quart, strain and cool. The next day remove every bit of fat, add 2 tablespoonfuls of boiled rice, if desired, and serve hot.

BEEF BROTH.

Allow 1 pound of beef to 1 quart of water, cut the beef into cubes about $\frac{1}{2}$ inch in size, put into a granite kettle over the fire and let it simmer or cook slowly for 2 hours, then boil it for 2 hours. Remove from the stove, season with salt and pepper, and strain. When cold, skim of all fat, heat and serve hot.

One tablespoonful of oatmeal, rice or barley may be added to above recipe if desired, and should be put into the cold water when first put on to cook.

OATMEAL GRUEL.

Two tablespoonfuls oatmeal, 1 cup milk, 1 cup boiling water, 1 teaspoonful sugar, a little salt. Mix the oatmeal, salt and sugar, pour the boiling water over it, cook for 30 minutes and strain. Then add the milk, heat to boiling point, and serve hot.

VINOL, our cod liver and iron tonic, may be depended upon to create a hearty appetite, tone up the organs of digestion, and make rich, red blood. In this natural manner Vinol creates strength for the convalescent, the run-down, overworked and debilitated, and for delicate children and old people.

INDIAN MEAL GRUEL.

Two tablespoonfuls fine granulated Indian Meal, 1 tablespoonful flour, 1 teaspoonful sugar, 1 cup milk, 4 cups boiling water, a little salt. Mix the meal, flour, salt and sugar into a thin paste, cook in a double boiler 3 hours, add milk, and serve hot.

MILK PORRIDGE.

One cup milk, 1 cup water, when boiling hot add a teaspoonful flour wet and stirred smooth with cold water, add a little salt, boil together until it thickens. Put a nicely toasted cracker into a bowl and pour the porridge over it. Serve hot.

After Grippe, Vinol may be depended upon to enrich the blood and restore strength.

Following we publish, by request, extracts from a few of the many letters recently received praising VINOL. Such voluntary expressions of approval from strangers is the very best recommendation any preparation can have.

Prof. R. E. R. HICKS, of Maplesville, Ala., writes:—

"I suffered from a severe attack of the grippe which left me in a weakened condition with bronchitis, a soreness in my chest and a hacking cough. I tried different physicians and took nearly every kind of cough syrup sold on the market without getting any permanent relief. I saw your cod liver and iron preparation—Vinol—advertised, and decided to try it, and it completely cured my bronchial trouble and restored my strength. I cannot say too much for Vinol, as I received inexpressible benefit from its use, and I consider it one of the greatest blessings ever offered to the public."

Elder HENRY CUNNINGHAM, of Kingston, N. C., writes:—

"I have used VINOL with very gratifying results. When I began taking it I was run down and weak from indigestion and general debility. After taking two bottles I had regained my usual strength and now for three months am feeling unusually well."

Judge C. N. VAUGHT, of Huntsville, Ala., writes:—

"I have used VINOL in my family with most excellent results. Mrs. Vaught, after a ten weeks' attack of grippe, seemed unable to recover her strength. She was very weak and had no appetite. VINOL rapidly improved her condition and restored her health. I sincerely commend its use during convalescence and other run-down conditions."

Mrs. J. T. SNYDER, Greensboro, N. C., writes:—

"I wouldn't take a thousand dollars for the good VINOL has done me. I was told that Cod Liver Oil was the medicine I needed for my weakened condition and poor blood. I could not take the greasy mixture, and when our druggist told me that VINOL contained not only tonic iron but all the medicinal properties of Cod Liver Oil without the grease, I made up my mind that was the medicine for me. I tried it and to-day am strong and well."

N. L. STEBLETON, of Newark, Ohio, writes:—

"About two years ago my wife was in very poor health. She had no appetite, was much reduced in flesh, and for three months had a very bad cough, with all the symptoms of consumption. She began taking VINOL, and before the first bottle was gone her appetite was better and she was much improved in health. By the time she had used three bottles the cough was entirely gone. We cannot say too much in praise of VINOL."

MUTTON BROTH.

Put 2 pounds of lean mutton, bones and all, into 1 quart cold water. Add a little salt and pepper and 2 tablespoonfuls of rice. Just before it boils skim carefully. Let it simmer until the meat falls to pieces. When cold skim off the fat. Heat and serve with toasted cracker.

BEEF JUICE.

Pound juicy beefsteak until tender, heat it through over the fire, and squeeze out the juice with a lemon squeezer. Season to taste.

EGG NOG.

Beat the white of an egg to a stiff froth, add the yolk and beat again. Bring milk to a boiling point and pour over the egg, then add sugar and flavor.

As VINOL combines two world-famed tonics, the healing, medicinal properties of cod liver oil and tonic iron, it is unexcelled as a strength-builder for old people, delicate children, weak and run-down persons, after sickness and for Chronic Coughs, Colds and Bronchitis.

DROPPED EGGS.

Break 2 eggs into boiling salted water; when the whites stiffen lift out carefully and serve hot, on toasted bread that has been well buttered.

COFFEE JELLY.

One-half box gelatine, $\frac{1}{2}$ cup cold water, 2 cups boiling water, 1 cup strong coffee, 1 cup sugar, 1 teaspoonful vanilla. Soak the gelatine in the cold water for $\frac{1}{2}$ of an hour, then pour over it the boiling water, add the sugar, coffee and vanilla. Strain through linen into a deep dish or mould. When cold, serve with sugar and cream.

OUR GUARANTEE.

After having sold drugs and all kinds of medicines for so many years, the public must give us credit for knowing something about their value. There is no one medicine that will cure everything. When we tell you, however, that we have never sold in our store a more valuable remedy than our cod liver preparation VINOL, and that if it fails to do what we say it will in this book, we will refund your money, it will show you our faith in VINOL.

How To Cure Constipation.

A great London physician once said "More than half the sickness, especially of women, is caused by constipation."

The waste matter from the food if not discarded, ferments in the bowels, is carried back through the blood, and poisons the system.

Avoid Purgatives.

You must avoid strong purgatives like pills, salts, and powerful physic. The symptoms produced by violent cathartics, with pain and griping, show that their effect is similar to that of poisons. Moreover, purgatives relax and weaken, and the more you take, the less effect they will have upon you. After the violent movement and pain, the bowels are left exhausted and weak. This is no cure, for the bowels become more sluggish and the trouble is thus aggravated.

Vinlax Cures Constipation.

There is no medicine made one dose of which will cure constipation. The bowels must have a regular tonic treatment, and the liver stirred out of its lazy, inactive condition.

This requires a little time and systematic attention. One dose of Vinlax may not move your bowels next morning, but its persistent use night and morning for a while will strengthen the impoverished nerves of the intestines, and increase the activity of the liver — and thus your constipation will be cured.

For Children.

Vinlax is especially good for children. It is gentle and cannot hurt them. You should not give to children cathartics, strong laxatives or poisonous pills which do mischief even to older people. Many deaths have been caused by giving children purgatives too violent for their tender, young bowels. It is absolutely impossible for Vinlax to harm a child — it always does good.

We Guarantee Vinlax to Cure Constipation, or money will be refunded.

The testimonials from notable people published in this book show that the fame of Vinol has spread far and wide, having completely outgrown this limited locality. This is additional evidence that Vinol is immensely superior to any other tonic or cod liver oil preparation in the world.

“VINOL”

le Meilleur Régénérateur Tonique du Siècle

Il y a bien des personnes dont la condition demande l'emploi d'un régénérateur tonique, mais qui ne sauraient prendre l'huile de foie de moru-incontestablement la meilleure médecine pour restaurer et régénérer les tissus, reconstruire les muscles ainsi que toute la force vitale de l'homme-, parceque malheureusement cette médecine, telle qu'elle est difficile à prendre à cause de son odeur, de son goût et de son effet désagréable sur l'estomac en général.

Notre VINOL, tout en contenant toutes les qualités médicinales de l'huile de foie de morue est entièrement dépourvu de la graisse qui rend si désagréable l'huile de foie de morue à l'état naturel. Le VINOL, au contraire tout en possédant les qualités supérieures du meilleur régénérateur, a un goût tout à fait délicieux sans avoir rien de ce qui peut irriter l'estomac.

Nous sommes prêts à donner toute garantie que chaque bouteille de VINOL possède absolument toute la somme, des qualités médicinales et curatives contenues dans une demi-bouteille d'huile de foie de morue brute. Quand le sang est appauvri et qu'il y a une défaillance du système musculaire, quand il faut rétablir les tissus de la gorge et des poumons, le malade n'a qu'à avoir recours à notre VINOL.

Ceci est le remède par excellence pour purifier le sang, pour régénérer les tissus, pour rétablir le système musculaire, en un mot toutes les forces vitales de l'homme.

Il rend l'appétit, tonifie l'estomac et les organes digestifs et rajeunit le système tout entier.

Comme il enrichit le sang et qu'il met l'estomac en état d'assimiler la nourriture et rend tous les organes capables de fonctionner d'une manière efficace, en leur communiquant de nouvelles forces, le VINOL est le meilleur remède du monde pour la phtisie et pour toutes les autres affections affaiblissantes des poumons, de la gorge et des bronches, etc.

Mode d'Emploi : Pour adultes : Une cuillerée à chaque repas. Pour enfants : Une dose réduite en proportion de l'âge.

„Binol“

Das vorzüglichste Mittel der Neuzeit zur Stärkung der Nerven und zur Wiederherstellung der Körpergewebe.

Es giebt eine Menge von Personen, deren Zustand den Gebrauch eines die Nerven und die Körpergewebe im Allgemeinen regenerierenden Mittels nöthig macht, die aber nicht im Stande sind, zum Leberthran ihre Zuflucht zu nehmen, und zwar wegen des abstoßenden Geruchs und Geschmacks desselben, sowie auch wegen dessen unangenehmen Einflusses auf den Magen, obwohl gerade dieses bei weitem das vorzüglichste Mittel ist zum Wiederaufbau der Gewebe, zur Erzeugung neuer Muskeln und frischer Kraft.

Während nun aber unser Binol seine vorzüglichen Eigenschaften gerade dem Umstande verdankt, daß es alle heilkräftigen Elemente des Leberthrans besitzt, enthält es keine der fettigen Substanzen, welche die obenangeführten Nachtheile bewirken, und es ist somit nicht nur wohl-schmeckend, und dabei sehr gesund für den Magen, sondern es ist auch das wissenschaftlichste Mittel zur Stärkung der Nerven und zur Wiederherstellung der Körpergewebe, das es giebt.

Wir garantieren, daß jede Flasche Binol die ganze Summe der heilkräftigsten Elemente einer halben Flasche von unvermishtem Leberthran enthält. Wer an schlechtem Blut, Mastel-schwund und allgemeiner Schwäche leidet, sowie alle diejenigen, deren Hals und Lungen ange-griffen sind, müssen und sollen ihre Zuflucht zu unserem Binol nehmen.

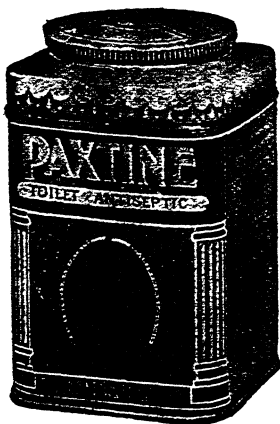
Dasselbe ist im wahren Sinne des Wortes ein vorzügliches Mittel zur Reinigung des Blutes, zum Wiederaufbau der Gewebe der Nerven und der Muskel, ein unübertreffliches Stär-kungsmittel. Es reizt den Appetit, stärkt den Magen und die Verdauungsorgane und verjüngt den ganzen Körper.

In allen Fällen von Schwindel, Lungen- und Halsleiden, Bronchialcatarrh und anderen auszehrenden Krankheiten ist Binol ein sicheres Mittel, denn es belebt das Blut, stärkt den Ma-gen, so daß er die ihm zugeführte Nahrung assimilieren kann, und verleiht allen anderen Orga-nen des Körpers neue Kraft, so daß dieselben ihre Funktionen wieder ganz und voll versehen können.

Gebrauchsanweisung.

Für Erwachsene: Ein Eßlöffel voll bei jeder Mahlzeit und vor dem Zubettgehen.

Für Kinder: Eine kleinere Dosis, und zwar im Verhältnis zu deren Alter.



Paxtine

TOILET ANTISEPTIC

—NOTHING LIKE IT FOR—

THE TEETH Paxtine excels any dentifrice in cleansing, whitening and removing tartar from the teeth, besides it destroys all germs of decay and disease which ordinary tooth preparations cannot do.

THE MOUTH Paxtine used as a mouth-wash disinfects the mouth and throat, purifies the breath, and kills the germs which collect in the mouth, causing sore throat, bad teeth, bad breath, the grippe, nasal and bronchial diseases.

THE EYES when inflamed, tired, ache and burn, may be instantly relieved and strengthened by Paxtine.

Used in bathing Paxtine destroys odors and leaves the body antiseptically clean.

CATARRH Paxtine will destroy the germs that cause catarrh, heal the inflammation and stop the discharge. It is a wonderful remedy for **uterine catarrh**.

A little Paxtine dissolved in hot water makes a strong antiseptic solution of extraordinary cleansing, germicidal and deodorizing power—perfectly harmless and most economical. There is nothing like it.

HOW TO GET PAXTINE.

First ask for it at your local drug or toilet store. If they do not have it, send 50 cents direct to us and we will send it to you prepaid, guarantee safe delivery, and refund your money if you are not satisfied. All first class drug stores carry Paxtine, price 50 cents a large box.

A Liberal Sample will
be sent Free to all women
who write for it enclosing
a 2c. stamp to cover
postage.

Address **THE PAXTON TOILET COMPANY, BOSTON, MASS.**

A Proclamation

Whereas, many people have been led to purchase so-called remedies from which they have received no benefit whatever, and having thus wasted so much hard-earned money, it has come to pass that they know not what to believe.

Inasmuch as this unsatisfactory state of affairs exists, **KNOW, THEREFORE, ALL PERSONS** who are in need of such a medicine that we will supply them with **VINOL** on a **POSITIVE GUARANTEE** that if it does not succeed in benefiting them we will **refund** the entire amount of money paid us for it.

There is no one medicine that will cure everything but there are some we know to be honest, reliable, and of great curative value. Such is **VINOL**; it is not a secret medicine,—just peptonate of iron, wine, and all the curative extractives of cod liver oil, combined. We are familiar with every particle of it, and **KNOW** that it should benefit every one who uses it.

Could any offer be more fair than this? You are ill; we offer you medicine which we believe will help you, and if it does not we will return your money. Is there anyone foolish enough not to accept this offer? You owe it to your family, to your friends, and yourself to try this medicine which we give you our pledge is a genuine cod liver and iron preparation of great merit.

VINOL is an old and valuable remedy improved by modern science—tastes good and agrees with every one.

Call and get a bottle to-day. You won't be sorry.