

# Picnic Time







### THE PINKHAM SANDWICH

2 cups boiled ham  
 1/2 lb. Young American cheese  
 Small bottle stuffed olives  
 1 Sweet pepper

Put thru the food chopper and moisten with salad dressing to spread easily.

### 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 between bread.

### GREEN PEPPER & 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 & NUT SANDWICH

1 cream cheese  
 1 small bottle stuffed olives  
 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.

### ROLLED SANDWICH

This is a dainty way to serve bread and butter. Use new bread cut thin and remove crusts. Roll and tie with ribbon.

### NOW PHYLLIS HAS ROSY CHEEKS

I always liked Phyllis and I felt sorry for her. She never had many good times. Just pale and "washed out looking." Tired easily. Never went in for sports like the rest of us. But now, why I never saw such a change! I hardly knew her. She had gained five pounds. She'd been playing tennis and honestly, she looked glad to be alive!



"What have you done to yourself?" I demanded. "Lydia E. Pinkham's Vegetable Compound," she laughed. "I'm also taking Pills for Constipation. Better try them yourself."

Are you on the Sunlit Road to Better Health?

### "WENT BACK TO SCHOOL"

"When my daughter was 12 she was in bad health and had no appetite. I told my husband to get Lydia E. Pinkham's Vegetable Compound and I gave it to her like the directions said and she soon got better, had a good appetite and went back to school again. I gave her Lydia E. Pinkham's Pills for Constipation too."

MRS. HATTIE EAKINS,  
 521 S. Webster St., Ottumwa, Iowa

### "MY WORK WAS TOO MUCH FOR ME"

"When I was a girl of sixteen I worked in a store and it was too much for me. My mother got me a bottle of Lydia E. Pinkham's Vegetable Compound and I felt better after taking it. After I married I had trouble again so I got three bottles. I certainly am recommending the Vegetable Compound to other women and many of my friends have benefited by it. I always keep a bottle in my medicine-chest and when I feel tired and all run down I take it and it helps me."

MRS. WM. E. DOMINICK,  
 1557 S. Grant St., Denver, Colorado



## LYDIA E. PINKHAM'S Pills For Constipation

Constipation is the universal ailment. It strikes us all sooner or later. It is easy to neglect and the insidious thing about constipation is that it may become chronic and may lead to other ills. Proper elimination of waste products is essential to health and efficiency. This is as true of the human body as of any other machine.

There is no better health habit than keeping the body clean inside and out. In this way we may help to prevent and resist disease. The wise man or woman never ignores constipation.

Lydia E. Pinkham's Pills for Constipation are a reliable laxative for the family. They are equally good for men and women, boys and girls. These pills are purely vegetable and may be taken by any child over five years of age.

Keep them in your medicine chest.

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LYDIA E. PINKHAM MEDICINE  
COMPANY  
LYNN, MASS.

## "Picnic Time"



PUBLISHED BY  
LYDIA E. PINKHAM MEDICINE  
COMPANY  
LYNN, MASS.



## 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 cross-wise. These large pieces cut with less waste than ordinary single slices would.

## NUT-BREAD

- |                                  |                                      |
|----------------------------------|--------------------------------------|
| 2 cups graham flour              | 3 tsp. baking powder                 |
| 1 cup white flour                | 1 egg                                |
| $\frac{1}{2}$ cup molasses       | $\frac{1}{2}$ cup sugar              |
| $1\frac{1}{2}$ tsp. salt         | $\frac{1}{2}$ cup nut-meats cut fine |
| $1\frac{1}{2}$ cups milk (sweet) |                                      |

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 cream cheese          |
| 1 tsp. sugar           | 3 pimientos             |
| 2 tbsp. vinegar        | 1 tsp. grated onion     |
| $\frac{1}{2}$ cup milk | 2 hard cooked eggs      |
| 1 egg                  | $\frac{1}{2}$ 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 pimientos.

## POPULAR SANDWICH FILLINGS

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

## THE WOODS WERE WOMAN'S FIRST DRUG STORE

From primitive times to colonial days as in some country districts today, women have gathered herbs and dug roots to use for medicine.

The woods and fields are still the great source of supply for medicinal herbs. Hundreds of people earn their living by collecting the crude herbs which are used by doctors, chemists and modern laboratories. From the roots and herbs of the woods and fields Lydia E. Pinkham made her Vegetable Compound more than fifty years ago. The Lydia E. Pinkham Medicine Company, which continues the preparation of her famous medicine, is one of the largest buyers of crude herbs in the United States.



## "MY GOOD HEALTH THAT I GAVE AWAY"

"I was a nurse in France during the War and worked very hard and I believe that I am paying now for my good health that I gave away." This is what a Massachusetts woman wrote to the Pinkham Medicine Company. After the War, she married and a little daughter was born. Her health was not good however and she has been in a weak and run-down condition since that time. Later she tried to work in a factory but became very nervous and had to stay at home for two months.

"I saw the advertisement of Lydia E. Pinkham's Vegetable Compound in the paper many times," she continued, "Then I met a lady a few months ago and she told me to take Lydia E. Pinkham's Vegetable Compound because she had taken it. After I took two bottles I was feeling better but I took five bottles. I am working three days in a corset shop and the rest of the week at home. I recommend the Vegetable Compound to any girl who has the same troubles as I and I will be glad to tell her the good results I have from it."

MRS. MARGARET GINGRAS,  
Grafton St., Shrewsbury, Mass.





## BROWNIES

1 cup sugar      2 eggs  
 1/2 cup butter      1/2 cup flour  
 2 squares chocolate 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

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      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 for they burn easily.

## CHOCOLATE COOKIES

1 cup shortening      1 tsp. vanilla  
 1/2 cup sugar      3 cups pastry flour  
 2 squares chocolate      2 1/2 tsp. baking powder  
 4 tbsp. milk      1/2 tsp. salt

Cream shortening; add sugar gradually. Then add chocolate melted over hot water. Mix and add eggs slightly beaten, milk and vanilla. Sift dry ingredients and add to first mixture. Roll very thin and cut with cookie cutter. Bake in a moderate oven.

When cold put two cookies together with this filling.

1 tbsp. butter      1 cup confectioners sugar and  
 1/4 tsp. vanilla      hot water to make an icing  
                          thick enough to spread.

## WHICH WOULD YOU CHOOSE?

If some good fairy should appear as they did in the old fairy tales and offer to grant your heart's desire, what would you choose?

Wealth? It is a transient thing that brings its own cares.

Happiness? It's an elusive thing which we keep by giving away.

Health? That's the best gift. Health is riches that gold cannot buy, and surely health is cause enough for happiness.

Lydia E. Pinkham's Vegetable Compound may be the good fairy who offers you this priceless gift of better health.



## "ONE BOTTLE HELPED ME"

"When I was a girl an aunt of mine told mother I ought to try Lydia E. Pinkham's Vegetable Compound so I did and it helped me very much," writes Mrs. Ed. Benner, Box 166, Nauvoo, Illinois.

After Mrs. Benner married she suffered from run-down condition and tried the Vegetable Compound again. "One bottle helped me," she writes, "but I took three. I tell everyone what good your medicine has done me."

## "MOTHER TOOK IT YEARS AGO"

In many families, both mother and daughter praise Lydia E. Pinkham's Vegetable Compound. One grateful woman writes:

"Lydia E. Pinkham's Vegetable Compound has done me lots of good and I praise it to my neighbors. After the Flu it seemed to help me a great deal. I have taken it before my boys were born. My mother took it twenty-five or thirty years ago, too. It surely is a good medicine."

MRS. IVA TRUESDALE,  
 R.F.D. No. 1, Delphos, Ohio





## SUGAR COOKIES

1½ cups sugar      2 eggs  
¾ cup shortening      1 cup milk  
3 tsp. baking powder      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.

## SESQUI-CENTENNIAL THIS YEAR

When the Centennial Exhibition was held in Philadelphia in 1876 Lydia E. Pinkham, a woman in Lynn, Massachusetts, was just beginning to market her root and herb medicine. Her first large order was for eighteen dollars worth.

Philadelphia is now celebrating the 150th anniversary of the signing of the Declaration of Independence. In Lynn, the Lydia E. Pinkham Medicine Company occupy six buildings in the manufacture of their root and herb medicine. Nearly 5,000,000 bottles of Lydia E. Pinkham's Vegetable Compound were sold last year.



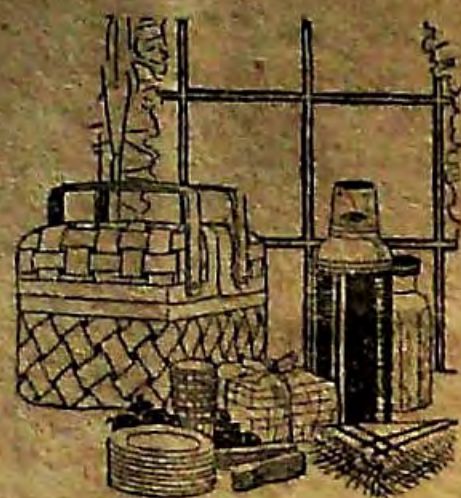
## "YOU FEEL LIKE DOING YOUR WORK"

"I took Lydia E. Pinkham's Vegetable Compound in tablet form as I was nervous and run-down. When I got up every morning my head would ache and I would feel as though I couldn't do a bit of work all day. This kept up quite some time until I was sick in bed. When I got up I was very weak and could hardly get around. I thought I would try the Compound in tablet form to see if I couldn't gain my strength. I bought one box and when I had finished that I found great relief. I didn't stop, but got the second one and then the third. I surely feel fine now. I visited my sister and she complained to me just the way I used to feel. I told her about your medicine and that I would mail her a box. She has not even finished her first box yet and she sure is getting good results, she tells me. She says the same as I say, 'You feel like doing your work.' I can honestly say I find great relief in your medicine and my sister joins me in thanking you."

MRS. JNO. HOLLINGSWORTH,  
2528 South Hicks Street, Philadelphia, Pa.

If Lydia E. Pinkham's Vegetable Compound has helped others, why shouldn't it help you?





## FILLED COOKIES

$\frac{1}{2}$  cup butter    3 tsp. baking pdwr.  
 1 cup sugar      1 tsp. salt  
 1 beaten egg    1 tsp. vanilla  
 $\frac{1}{2}$  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

$\frac{3}{4}$  cup sugar                       $1\frac{1}{2}$  tbsp. flour  
 1 cup chopped raisins         $\frac{1}{4}$  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.

## DROP COOKIES

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

## THE HOMEMAKER

Four walls can make a house, but it takes a woman to make a home.

The woman who prepares nourishing and attractive meals, does her housework without grumbling, raises a family of healthy boys and girls and still finds time to be a pal to her husband and a friend to her neighbors is accomplishing the biggest job in the world. Homes like hers—little havens of peace and love—are the bulwark of the nation.

To be a successful homemaker a woman must guard her health. When mother is not well, the home is upset. Women everywhere are learning through their own personal experiences the merit of **Lydia E. Pinkham's Vegetable Compound**.



## "ENJOYING LIFE AGAIN"

"I want to tell you what a wonderful benefit your medicine has been to me. For two years I was very sick from a nervous break-down. I had no appetite, was very nervous, could not stand up long at a time and was in bed a great deal. I seemed to be sick all over and I really do not know my worst symptom. Everything was done for me but nothing did me much good. Only for a little while. I was afraid I would not be any better but I thought I would try **Lydia E. Pinkham's Vegetable Compound**. I had known of it for quite a while but took it because a friend was so anxious for me to try it. I soon found it was doing me good. I took four bottles and am enjoying life again. It has been a wonderful blessing to me and my sisters are being helped by it now."

MRS. J. T. THOMPSON,  
Hamilton, Virginia

ARE YOU ON THE SUNLIT ROAD TO BETTER  
HEALTH?



## "QUEEN OF HEARTS" TARTS



3 cups flour  
1 cup lard  
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.

## MACAROON 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 1/2 cups pastry flour  
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.

## FRET ROLLS

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

## WOULD YOU LIKE TO BE ATTRACTIVE?

A beautiful woman is always admired. There are many types of beauty. But no woman can be truly beautiful unless she is healthy. Radiant vitality is always attractive, however plain a woman's features may be.

Many a woman has found her health improved through the use of **Lydia E. Pinkham's Vegetable Compound**. This medicine has been taken by women for more than half a century with very satisfactory results.

If **Lydia E. Pinkham's Vegetable Compound** has helped other women, why shouldn't it help you?



## "I DIDN'T HAVE ANY STRENGTH"

"I took three bottles of **Lydia E. Pinkham's Vegetable Compound** to help strengthen my system as I was expecting to be a mother and it certainly helped me wonderfully. Before I began taking it I didn't seem to have any strength and couldn't stand doing any hard work. It used to tire me to stand on my feet while I was doing my housework. I suffered about five months before I began taking the **Vegetable Compound**. I had been reading about your wonderful medicine and how it helped other women so thought I would give it a trial. I certainly recommend it to every expectant mother."

MRS. PORTER E. SWAN,  
Box 116, Bryant Pond, Maine

## "AS A YOUNG GIRL"

"When I was going to school, I was often compelled to go home and stay in bed for several days at a time. A friend of the family who had taken **Lydia E. Pinkham's Vegetable Compound** recommended it and I certainly was helped by it."

MRS. A. F. GERRIE,  
2007 Cleveland Avenue, Chicago, Illinois



## GAMES FOR OUT OF DOORS

### BALLOON RACE

Race against the wind in an open field. Balloons must be steered with the hands, not kicked.



### CLOTHESPIN RACE

Stretch rope or heavy twine between trees. Provide each pair of players with twenty clothespins in a paper bag. At a signal the player holding the bag opens it and puts his clothespins on the line, one at a time. When he has finished, his partner removes them one by one and puts them back in the bag. If a clothespin is dropped, it must be picked up before proceeding with the others.

### PIE EATING CONTEST

Give each girl  $\frac{1}{4}$  of a pie. (Blueberry is the most fun.) Blindfold an equal number of men and have the girls feed them. Every bit of pie must be eaten.

### NEEDLE AND THREAD RACE

Form the girls in line, each with a needle. Twenty feet away form the men in line, each with a thread. At a signal the couples rush toward each other and see who can thread their needle first.

### A TRIP TO TOONERVILLE

Give each player a suitcase and an umbrella. They race to a given point, open the suitcase, put on the sweater, hat, gloves, glasses, scarf, etc. it contains, open the umbrella and carrying the suitcase, race back to the starting point. The more there is in the suitcase the more fun, but to be fair be sure to put an equal amount in each case.

## THE LURE OF THE ROAD

Who can see a pleasant winding road without wondering where it leads? Just around the bend Romance may be waiting, or Adventure. Who knows?

Roads beckon us and whisper, "Follow me."

What road are you traveling?

Hundreds of women tell us that they found the Sunlit Road to Better Health thru the faithful use of Lydia E. Pinkham's Vegetable Compound.



### CAME FROM ENGLAND

Mrs. Albert F. Chapman, R. R. No. 7, Springfield, Ill. came to this country from England. She found the climate very trying and she was also in a weakened condition due to pregnancy. She writes: "My husband fetched me a bottle of Lydia E. Pinkham's Vegetable Compound and the first one did wonders for me. I took the Vegetable Compound the whole time before my baby was born. I am always telling folks of the good it has done me. My English address is Preston near Bath, Somerset."

### SAW IT ADVERTISED

Another woman in New England was in poor health when she read an advertisement of Lydia E. Pinkham's Vegetable Compound in her newspaper and she decided to try it. She says:

"I took eight bottles and now I do all my housework and work in the factory. I am thankful for taking your medicine."

MRS. YERARDI,  
149 Pine St., West Newton, Mass.

ARE YOU ON THE SUNLIT ROAD TO BETTER  
HEALTH?



## 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 thru 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.

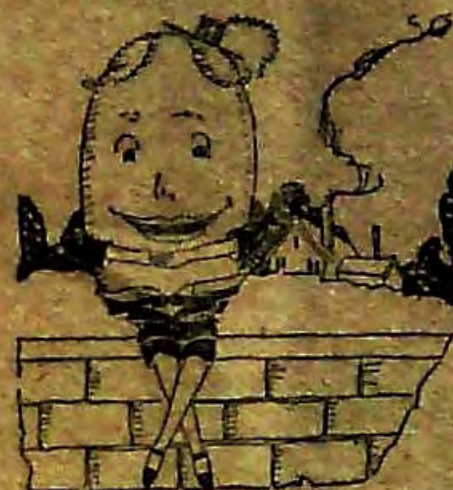
## CRABMEAT SALAD IN TOMATO CUPS

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.

## 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 tooth-picks 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 cooked 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                | $\frac{3}{4}$ tbsp. granulated gelatin |
| $\frac{1}{2}$ tsp. mustard | 1 egg yolk                             |
| $\frac{1}{4}$ tsp. pepper  | 3 tbsp. vinegar                        |
| Pinch cayenne              | $\frac{1}{2}$ cup milk                 |
| 1 tbsp. butter             |                                        |

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.



## DOUGHNUTS



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

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          | $\frac{1}{4}$ tsp. cinnamon |
| $\frac{1}{2}$ cup sugar | $\frac{1}{4}$ tsp. nutmeg   |
| 1 tsp. melted lard      | $\frac{1}{2}$ tsp. salt     |
| 2 eggs                  | Flour to handle             |
| 1 cup sour milk         | 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 tsp. melted shortening |
| $1\frac{1}{2}$ sq. melted chocolate | 2 eggs well beaten       |
| 1 cup sour milk                     | 1 tsp. vanilla           |
| 1 tsp. soda                         | $\frac{1}{2}$ 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.

## 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 friends and neighbors.

## "SO WEAK I COULD HARDLY STAND"

"I took **Lydia E. Pinkham's Vegetable Compound** because for ten days to two weeks at a time I would feel listless and not care whether I moved around or not. I would lose my appetite and would get so weak I could hardly stand alone. My sister-in-law from Minnesota wrote me what a big help the **Vegetable Compound** had been to her so I tried it. It improved my condition considerably as I had only done my housework one week out of four. After taking four bottles of **Vegetable Compound** I feel like a different woman. I do housework now, raise chickens, take care of three children and help make the garden when I am able. I have taken **Lydia E. Pinkham's Pills for Constipation** and have recommended your medicines to my sister and to my brother's wife. You may use these facts if you think they will be of any benefit to other suffering women and I will be glad to answer any questions asked."

MRS. HARRIETTE E. EMPSON,  
Route No. 4 Loveland, Ohio

ASK YOUR NEIGHBOR.



## 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 thru 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.

## WHEN SUMMER SKIES ARE SMILING

Vacation days are happy days. The great Out Doors beckons us to rest and recreation. Spend all the time you can in the fresh air and sunshine. Get away from the city, even for a day at a time. It will do you good. To those who work all day, the long summer evening offers an opportunity for fun and health-bringing exercise. It is a joyous season. Get your



share of the fun. If, because of poor health you are missing the good times other women enjoy, find out what is wrong. You may need **Lydia E. Pinkham's Vegetable Compound**.

## "RESTLESS AND DESPONDENT"

"I was in a very weak, run-down, nervous condition with dull headaches and heavy feelings and I was restless at night and despondent. **Lydia E. Pinkham's Vegetable Compound** was recommended to me and I saw it advertised in the papers. I have got good results from it and am able to do my housework, cook and take care of a big family. I also have got good results from **Lydia E. Pinkham's Pills for Constipation** and from **Lydia E. Pinkham's Sanative Wash**. I praise these medicines to any woman."

MRS. MACK RUMPH,  
R. F. D. Box 50, Pregnall, South Carolina

## "A GIRL I WORKED WITH"

"I have had bad feelings at certain times for years. A girl I worked with told me to get **Lydia E. Pinkham's Vegetable Compound** and try it. I feel a great deal better since taking your medicine. It helps me."

MRS. M. LINDNER,  
1329 Blair Avenue, St. Louis, Missouri



## FUN FOR A CROWD



### PEANUT RACE

Place four empty saucers in a row. Opposite them and ten feet away, place four saucers each containing twelve peanuts. The four players are to carry the peanuts on a knife and put them in the empty saucers. More than one may be carried at once. Peanuts dropped may be picked up with the knife at any time but to

win, a player must have every peanut in his saucer.

### THIRTY INCH DASH

Give each player a string 30 in. long with a marshmallow tied at the end. After placing the free end in their mouths, they must not touch the string. The winner is the one who first gets the marshmallow into his mouth.

### FORWARD PASS

Form two lines. Give the last player in each line a silver spoon. Pass it down the line by the handle using only the left hand. Every player must pass it. No skipping. When the player at the front receives the spoon he runs to the rear and passes it forward again. Anyone who drops the spoon must run to the end of the line and start it over.

The line which first gets back into its original position wins.

### RIDING THE COW

Place a quart milk bottle on its side. Sit on it lengthwise, holding a needle and a thread. Put your feet out straight, left heel on the ground, right heel on left toe. Balance yourself and thread the needle. (It can be done!)

### WALKING THE TIGHTROPE

Stretch a length of white twine on the floor or ground. Watch your steps thru the small end of an opera glass. (Harder than you think!)

## PLAY WITH YOUR CHILDREN

Enjoy them. Grow young yourself. Childhood is such a fleeting thing. Don't lose one precious hour of it. Let them have happy memories. You don't want your children to say, "Mother never played with us. She didn't seem to want to have a good time." If healthy, active, friendly children get on your nerves so you could scream at them don't blame the children. The fault may be in yourself. You may need **Lydia E. Pinkham's Vegetable Compound**.



The fault may be in yourself. You may need **Lydia E. Pinkham's Vegetable Compound**.

### "I CAN PLAY WITH MY CHILDREN"

"I used to have tired, heavy, sluggish feelings and now I am feeling fine. I can play base-ball with my children. I am thankful for the help that **Lydia E. Pinkham's Vegetable Compound** has given me and will gladly recommend it to my friends. I also used seven bottles of **Lydia E. Pinkham's Sanative Wash** and it helped me too."

MRS. J. B. SAMUDA,  
4 Beacon Place, Newton Centre, Mass.

### "I HAVE MADE GOOD"

The woman who has herself to support must guard her health. The woman who has others to support must be on the job all day and every day.

As Mrs. Myrtle Ostrom, 4628 1/2 Lometa Street, Los Angeles, Calif. puts it, "It is up to me to be the breadwinner and I have made good." Mrs. Ostrom took eight bottles of **Lydia E. Pinkham's Vegetable Compound** over a period of two years for weakness following an operation.

"I have recommended it to dozens of women since," she writes. "Now I am over the Change of Life, feel fine and work hard all day. I care for eight large rooms in school every day besides my own housework and take in sewing as well."





## 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.

## WHITE CUP CAKES

- $\frac{1}{2}$  cup shortening
- $1\frac{1}{2}$  cups sugar
- 1 cup milk
- 1 tsp. vanilla
- 3 egg whites
- $2\frac{1}{4}$  cups sifted flour
- 3 tsp. baking powder
- $\frac{1}{2}$  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.

## THE DAY AFTER THE PICNIC

The picnic was fun. The whole family had a wonderful time and they all ate more than usual. Everything tasted so good!

But how do they feel the next day? Are the children happy or are they cross and touchy? Do you feel rested and refreshed or does your head ache?

Don't spoil the happy memory of a good time by being "all in" the next day.

Try **Lydia E. Pinkham's Pills for Constipation.**



## "DID NOT CARE TO GO"

"I was in a nervous, run-down condition for some time and so weak I didn't care to go anywhere or have a good time. I feel 100% better since I have taken the **Vegetable Compound**. It has made me feel stronger and able to do my work without that tired feeling. I finished my 14th box two weeks ago and have used six bottles of **Lydia E. Pinkham's Sanative Wash**. I also recommend **Lydia E. Pinkham's Pills for Constipation** to my friends. I am going to stop taking them for a while now as I feel like myself. If I feel badly again I will always know what to fall back on."

MRS. FRANK FICHTER,  
207 Cross Street, Akron, Ohio

## "NONE CAN COME UP TO IT"

Mrs. F. J. Brown, 372 Park Road, Akron, Ohio was in such a run-down condition that she was unable to do her work. She tried several advertised medicines. "But," she says, "None can come up to **Lydia E. Pinkham's Vegetable Compound** for me. I am feeling better and I do my work fine now. I have told several women about it."



## 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's 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 thru both ice cream and cake. Vanilla ice cream on chocolate cake is also delicious.

### ICE CREAM AND CANTELOUPE

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

## SUMMER SPORTS

Sports are at their best in the Summer months. Swimming, sea bathing, motoring, golf, tennis, gardening, riding horseback, canoeing—which do you like best?

Perhaps you are not able to enjoy sports as the other girls do. Perhaps you are missing some of their good times, not because of organic disease but because of nagging recurrent weakness. Have you tried **Lydia E. Pinkham's Vegetable Compound**?



### "WILL ALWAYS PRAISE IT"

Fourteen years ago, when she was a girl, Mrs. Lewis Harley of Highpoint, North Carolina, began to take **Lydia E. Pinkham's Vegetable Compound**.

Mrs. Harley is now a busy mother with five children. In a recent letter she says, "When I am nervous and weak the **Vegetable Compound** makes me feel like a new woman. I will always praise it. I do all my housework beside caring for my children."

### "I HAVE TOLD THE GIRLS"

Girls know how to sympathize with other girls. If they find a dependable medicine they are glad to recommend it to each other. One working girl writes:

"I took **Lydia E. Pinkham's Vegetable Compound** for weakness and it did me good and I am very well satisfied with it. I have told some of the girls about it and they are trying it. One day a girl said to me, 'I don't know what to do with myself.' I told her, 'Get **Lydia E. Pinkham's Vegetable Compound**. That will help you a lot!' She is gaining every week and is still taking it. She is going to work in the mill now."

CLAUDE LAVALLEY,  
29 Mill St., Putnam, Connecticut



## SWEET MIXED PICKLES



- 1 large cauliflower
- 1½ qts. small onions
- ½ doz. large sour pickles  
(not cucumbers)
- 1 bunch celery
- 1 large red pepper
- 1 oz. whole cloves
- 1 oz. celery seed
- 1 oz. mustard seed

Slice pickles and soak over night.

In the morning soak cauliflower upside down in cold salt water for ten minutes. Steam cauliflower and onion until they can be pierced with a toothpick.

Cut celery in inch pieces. Cook vinegar (using one pound sugar to one pint vinegar), spice tied in bag and red pepper cut in small pieces, while vegetables are steaming.

Fill pint jars with layers of vegetables. Skim peppers out and put a few pieces of pepper on top of each jar. Fill with hot vinegar. Seal while hot. The hot vinegar cooks celery enough.

## SWEET WATERMELON PICKLE

Peel watermelon rind cutting off all the pink pulp. Soak for 2 hours in cold water, using 2 teaspoons powdered alum to one quart of water. Rinse and steam until you can pierce with toothpick.

Cover with cold vinegar to find out how much vinegar is needed, then drain the rinds and set them aside.

To each pint vinegar, add one pound sugar, two table-spoons whole clove and two tablespoons stick cinnamon. (Put the spice in cheesecloth bag.) Let boil five minutes. Put in the rind and set on the back of the stove for two hours. Bottle.

Be careful not to get the rind too soft when steaming because it will cook more in the hot vinegar.

## CENSUS REVEALS ASTONISHING FACT

According to the 1920 Census there are 8,549,511 women and girls employed in all trades in the United States. Nearly nine million women would make a vast army.

Napoleon said "An army travels on its stomach." This woman's army travels on its general health. Probably there is scarcely a woman in it who has not forced herself to work when she was not able. In all sorts of weather and under trying conditions, like good soldiers they stick to their posts.

Many women have learned that **Lydia E. Pinkham's Vegetable Compound** helps to keep them fit to work.



## "WORK SEEMED LIKE A MOUNTAIN"

"Before I took **Lydia E. Pinkham's Vegetable Compound** everything I did seemed like a mountain. I was nervous, had no appetite and could not work or put my mind on anything long enough to finish it. Now my work just slides like magic. I eat well, do all my own housework and sewing and work in the garden also."

MRS. JOSIE E. BOARDMAN,  
62 Murray Street, Oswego, New York

## "I COULD NOT STRETCH OUT"

"I took **Lydia E. Pinkham's Vegetable Compound** for my nerves. I was weak and nervous at times and very cross. The pains in my back seemed to bear me down and I was unable to work. I could not sit up and had to lie down in a heap as I could not stretch out. A cousin told me of **Lydia E. Pinkham's Vegetable Compound** and I have been helped by it. I clerk in a grocery store and I recommend the **Vegetable Compound** and willing am to answer any letters I receive from women."

HELEN LINGO,  
Box 68, Yellow Springs, Ohio



## COOL DRINKS



Squeeze juice of six lemons, add sugar to taste and stir until sugar dissolves. Put in a bottle and tuck in the picnic hamper.

Fill glasses one-fourth full of this mixture and fill up with clear cold water. Presto-lemonade!

Tea and coffee, either hot or cold are easily carried to the picnic in a thermos bottle.

## GRAPE AND PINEAPPLE PUNCH

Boil 1 cup sugar and 2 cups water five minutes. Add 1 cup crushed pineapple, juice of two lemons, and 2 cups grape juice.

Place a block of ice in the punch bowl. Pour this mixture over it and let it stand ten minutes. Just before serving, add a pint of water.

## GINGER PUNCH

Chop fine  $\frac{1}{2}$  cup preserved ginger. Add juice and pulp of two oranges and two lemons, and 1 cup powdered sugar. Set in the ice box a few hours. Put a generous tablespoonful in each glass and fill the glass with ginger ale.

## CHOCOLATE SYRUP

$\frac{1}{3}$  cup cocoa  
2 cups sugar

1 cup boiling water  
pinch salt

Mix cocoa and sugar and salt. Add boiling water slowly and boil five minutes. When cool add two tablespoonfuls vanilla.

Put 3 tablespoonfuls of the mixture in a glass and fill the glass nearly to the top with ice cold milk. For a fancy drink top with one tablespoon whipped cream or ice cream.

This syrup keeps well on ice. It may be taken in a jar in the picnic basket and milk purchased when the lunch is eaten.

## THE HEALING OF THE WOODS

The cool, green shadows, the drowsy fragrance of pine and hemlock, the song of birds and the whisper of the brook, all combine to bring rest to tired and weary minds.

From the woods and fields also come roots and herbs for the relief of human suffering—such roots and herbs as are used in Lydia E. Pinkham's Vegetable Compound.

For more than half a century this dependable medicine has been used by women with very satisfactory results.



## "HOPING IT WILL HELP OTHERS"

"Being in a run-down condition with no appetite, sallow complexion and not breathing properly. I was unable to attend school-work. Friends recommended Lydia E. Pinkham's Vegetable Compound and I now have a better appetite, and clear breathing. I recommend the Vegetable Compound, hoping it will help others as it has helped me."

MARY M. DeJOHN,  
1255 Water St., Meadville, Pa.

## FOR LOSS OF STRENGTH

A Vermont woman suffered from loss of strength after her baby was born. "I got so bad I could hardly do my housework," she writes, "and it hurt me to ride in the car." She read about Lydia E. Pinkham's Vegetable Compound in the newspapers and began to take it. She says:

"I took five bottles. I felt like a new person. I do all my own work and sewing for five of us. I recommend the Vegetable Compound to every suffering woman I meet."

MRS. N. T. CHAMBERLAIN,  
R R No. 2 Box 24, Bristol, Vermont



# LYDIA E. PINKHAM'S HERB MEDICINE

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## Lydia E. Pinkham's Herb 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 Herb Medicine one-half hour before meals. If constipation is present—as it often is—take Lydia E. Pinkham's Pills for Constipation. The Herb Medicine works in harmony with both the Vegetable Compound and the Pills for Constipation.

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**LYDIA E. PINKHAM MEDICINE COMPANY**

LYNN, MASS.

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