

NEEDLE-ART
and a
HEALTH BOOK

98 Out of Every 100 Women Benefited

An Absolutely Reliable Statement Important to Every Woman

**Remarkable Results Shown by a Nation Wide
Canvas of Women Purchasers of Lydia
E. Pinkham's Vegetable Compound.
Over 135,000 Women Answer.**

For some time a circular has been enclosed with each bottle of our medicine bearing this question: "Have you received benefit from taking Lydia E. Pinkham's Vegetable Compound?"

Replies, to date, have been received from over 135,000 women answering that question.

98 per cent of which say YES. That means that 98 out of every 100 women who take the medicine for the ailments for which it is recommended are benefited by it.

This is a most remarkable record of efficiency. We doubt if any other medicine in the world equals it.

Think of it — only two women out of 100 received no benefit — 98 successes out of a possible 100. Did you ever hear of anything like it? We must admit that we, ourselves, are astonished.

Of course we know that our medicine does benefit the large majority of women who take it. But that only two out of 100 received no benefit is most astonishing.

It only goes to prove, however, that a medicine specialized for certain definite ailments — not a cure all — one that is made by the most scientific process; not from drugs, but from a combination of nature's roots and herbs, can and does do more good than hastily prepared prescriptions.

You see, we have been making, improving and refining this medicine for over 50 years until it is so perfect and so well adapted to women's needs that it actually has the virtue to benefit 98 out of every 100 women who take it.

Its reliability and recognized efficiency has gained for it a sale in almost every country in the world — leading all others.

Such evidence should induce every woman suffering from any ailment peculiar to her sex to try Lydia E. Pinkham's Vegetable Compound and see if she can't be one of the 98.

THE LYDIA E. PINKHAM MEDICINE CO., Lynn, Mass.

HOUSEHOLD LINENS

BY using the embroidery stitches and the designs illustrated on these pages, every housewife can have "linens" for the home that are both useful and attractive.

By applying these designs to unbleached cloth, charming and durable articles can be made that are often most effective, and it is the simplicity of these designs that makes them so appealingly successful.

Any one with a pencil can make these designs and the stitches are the most simple.

You might practise the designs on paper before attempting them on cloth.

The flowers are made in circles and the circles are made around spools, cups, glasses and thimbles. Larger curves and circles are made around plates and platters. Any straight edge can be used for the lines, and the distances are approximate. Exact measurements are unnecessary.

THE ASTER STITCH is illustrated on this page.

Flowers made in the aster stitch are prettiest made with a knot stitch of contrasting color.

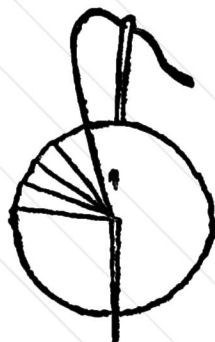
With a spool or thimble draw a circle for the flower and within this circle draw a small circle about a quarter of an inch across.

Make long stitches connecting the inner and outer circles. Of course these stitches are wider apart at the outer edge and are not very close together.

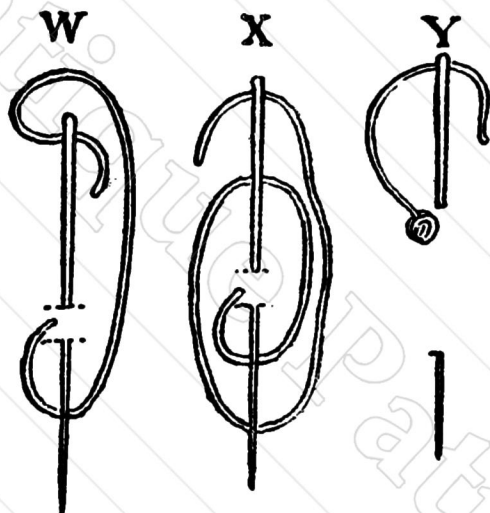
If a flower without a knot stitch center is desired, then make a small hole in the center of the flower circle and make the petal stitches from the hole to the outer edge. If the hole is not made, the center will be bunched and uneven.

The best thread to use for all cotton and linen goods is a mercerized embroidery thread.

The fewer colors used, the more effective the finished design will be.



THE KNOT STITCH



The ordinary knot stitch is made by winding the thread around the needle two or three times and then putting the needle through to the wrong side as near as possible where it was brought out.

Such a knot is apt to pull and slip when subjected to frequent washing, but a knot made by the following directions is perfectly secure. Begin as in illustration W, with the thread under the point of the needle; then catching hold of the thread toward the center, again throw it under the needle as in X; then draw the needle through. Y shows how the knot is fastened and the needle brought through for the next stitch.

WHEN A GIRL

begins to develop into a woman, ignorance or mischance may cause many things to interfere with the process. **Lydia E. Pinkham's Vegetable Compound** meets every variety of derangement of this function. It has great power to tone up and strengthen the organs concerned so that they will work in a normal and healthy manner.

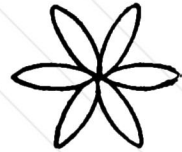
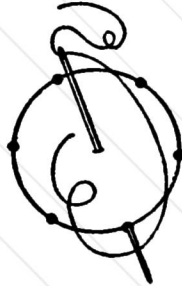
"HELPED ME WHEN I WAS A GIRL"

"My daughter was in a very run-down condition and was irritable and would cry at everything, she was so weak and nervous. As **Lydia E. Pinkham's Vegetable Compound** had helped me when I was a girl I gave it to her to build her up and the results were all that we could wish for. I wish that every mother with growing girls would try it when there is trouble with the menses. I took it before my girl was born and she was one of the nicest babies any one could wish to have. I recommend the **Vegetable Compound** to women and girls."

MRS. I. A. HOLFORD
Box 48, Clinton, Wisconsin

THE LAZY DAISY STITCH

Bring the needle up in the center of the flower circle and then put the needle back into the center and up at the outer edge of the flower circle, keeping the thread under the point of the needle outside of the circle.



Draw the needle toward you, making a long loop with the thread. Put the needle down just outside the loop, making a tiny stitch that holds the tip of the petal loop.

Bring the needle up through the center of the flower and repeat for the next petal.

It is wise to punch a small hole in the center of the flower, as the needle must come up through the center each time a petal is made.

BASTING STITCH. Just ordinary basting with the stitches a half inch long or less on the right side, and a short stitch on the wrong side.

THE PERIODS

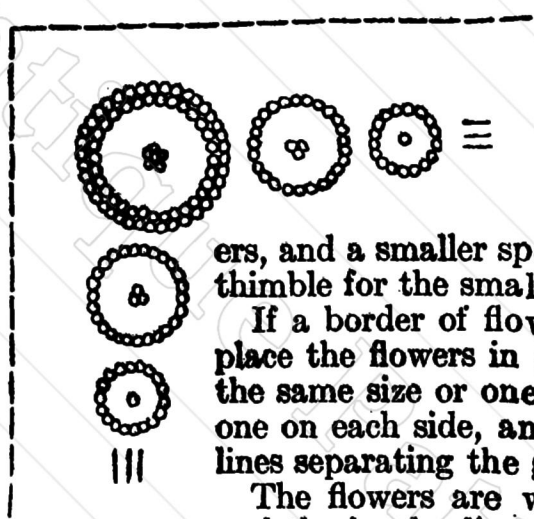
of menstruation begin between the ages of 11 and 15 years and continue until about the age of 45 at regular intervals of from twenty-four to twenty-eight days. In all cases where this regularity is interrupted by colds, overwork, change of climate or by a general run-down condition of the system, nothing is more valuable than the regular use of **Lydia E. Pinkham's Vegetable Compound**.

"NOW I AM REGULAR AND NATURAL"

"I must praise your wonderful medicine. I took three bottles of **Lydia E. Pinkham's Vegetable Compound** and must say it put me on my feet. A lady recommended it to me because I was not regular and had not been for years. At one time I was very weak, unable to do any more work than I positively had to. Now I am regular and natural. There are lots of women who need your medicine who don't know of it, and I tell them."

MRS. ELSIE A. WILLIAMS
2519B O Street, Sacramento, California

STURDY ENOUGH FOR EVERYDAY USE



Around the square or length of cloth chosen, draw a border line two inches or less from the edge.

A large spool is used for the large corner flowers, and a smaller spool for the next size, and a thimble for the smallest flowers.

If a border of flowers all around is desired, place the flowers in groups of three, either all the same size or one large flower with a small one on each side, and with two or three short lines separating the groups.

The flowers are worked in the knot stitch and the border line is a basting stitch. Hem the raw edges back under the border line.

DO YOU REALIZE

that reports prove that 98 out of every 100 women have been helped by Lydia E. Pinkham's Vegetable Compound?

"HAD TO KEEP HER HOME FROM SCHOOL"

"My daughter was a very delicate child from birth (a premature baby) and the doctor said she could not live. She was 35 months old before she stood alone. She was my 7th child and I surely had my hands full. When she was 14 years old the doctor gave her medicine and she became regular but she was very weak and he always had to write excuses for her as she could not attend the gym. classes and I often had to keep her home from school. I had always said 'We will never keep her long' but when her periods stopped I was shocked. I had taken Lydia E. Pinkham's Vegetable Compound for my nerves and rundown condition so I gave her three doses daily and also Lydia E. Pinkham's Blood Medicine. Friends are surprised to see how fine and tall she is getting and she is now regular. I tell my friends of your wonderful medicines and give you a fine recommendation to other mothers. I will gladly answer letters asking for my recommendation."

MRS. MARIE MIELKE

814 Ebner Street, Columbus, Ohio

NICE ENOUGH FOR A GIFT

Select your square or length of cloth and draw a border line about two inches from the edge.

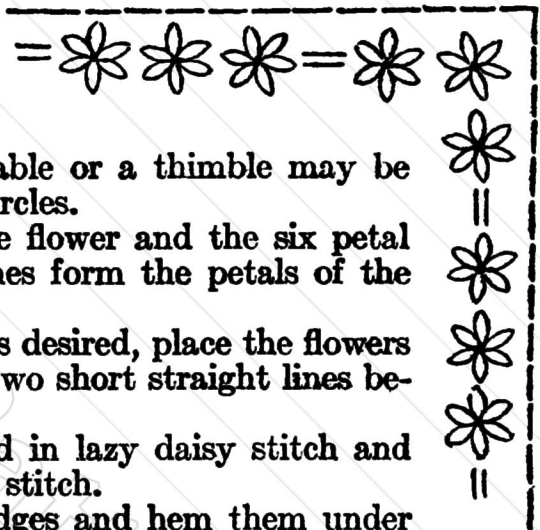
Any size of spool suitable or a thimble may be used to make the flower circles.

Mark the center of the flower and the six petal points, making the stitches form the petals of the flower.

If a border all around is desired, place the flowers in groups of three, with two short straight lines between the groups.

The flowers are worked in lazy daisy stitch and the border line in basting stitch.

Turn under the raw edges and hem them under the border stitches.



WOMEN WHO EARN

their living by sheer hard work always have cause to dread their periods. At such times they need rest, and always feel a desire to lie down and be quiet and free from exertion and excitement. Standing for long hours upon the feet at those times is actually dangerous to their health.

Lydia E. Pinkham's Vegetable Compound is excellent to strengthen the organs concerned and to promote a condition of health.

"VERY HEAVY WORK"

"My work is to run a power-machine which is very heavy and I had a pain in my left side and a weakness caused in the first place by getting my feet wet. It was only a few days later when I saw your advertisement in the newspaper and began taking Lydia E. Pinkham's Vegetable Compound and also used Lydia E. Pinkham's Sanative Wash for the weakness. The pain left my side and the weakness disappeared after I took the first bottle of the Vegetable Compound but I took five in all and used two of the Wash. I did not have a physician and I didn't take any other medicine. If this letter will help any one you may use it."

MRS. KATY KELLY

21 Sullivan Street, Toronto, Ontario, Canada

A FEW PATCHES AND A LITTLE BASTING

With a drinking glass or a small cup, draw circles, arranging them in groups as illustrated on the next page, for the ends of a bureau or table scarf. The material for the scarf may be of unbleached muslin or of cheese-cloth.

Place circles cut from any pretty colored cloth, cut larger than the circles drawn, over the circles indicated in the shaded part of the drawing. Hem these patches down.

With a straight edge draw the stems, joining them to the flowers with large curves.

With coarse black cotton, work two rows of basting stitches around each flower and over the hemmed edge of each patch and for each stem.

Bind the long edges of each side of the scarf with material matching the patches. (see next page)

EVERY MOTHER

with young children knows what it means to feel tired and sick and to be in pain, yet to feel obliged to stay on her feet all day. She often feels so badly that needed recreation is impossible and she has to stay at home when she would like to be out among her friends.

Lydia E. Pinkham's Vegetable Compound is a woman's medicine and for fifty years it has helped women and girls through times of ill-health.

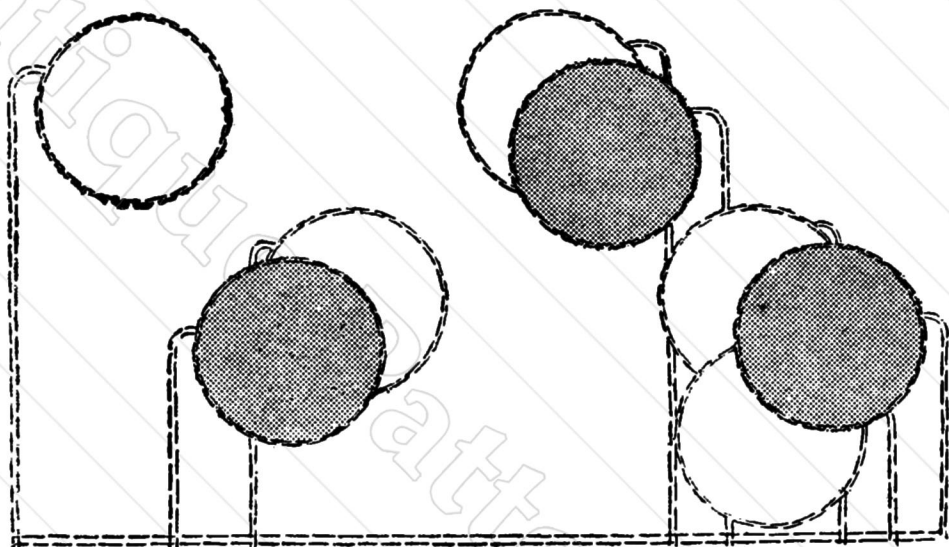
"I COULD HARDLY WALK"

"Last winter I had so much soreness and pain that I could hardly walk at times and the pain in my head nearly run me crazy. I felt tired and all run-down. One Sunday my husband, baby and I started for a picture-show and I complained about my pains and could hardly walk. So my husband asked me if I had any of **Lydia E. Pinkham's Vegetable Compound** at home and I told him 'No' and he got me a bottle. Mother gave me **Vegetable Compound** off and on ever since I was 13, and when I was married she told me to keep on taking it. I took it before my baby was born and she was a big, fat baby. I am well now but I still take your medicine at times and I recommend it to my friends. I will answer any letters sent to me by women asking about it."

MRS. GEORGE HALL

2190 Meldrum Avenue, Detroit, Michigan

A DECORATIVE EFFECT



Put a two inch facing on the right side of each end as a finish for the stems. Along the top of this facing put two rows of black basting stitches.

YOUR NEIGHBORS

and probably your relatives and friends will tell you what **Lydia E. Pinkham's Vegetable Compound** does to help you when you are not in good health.

"LOOK BETTER AND FEEL BETTER"

"When I was a young girl I would have times when I was irregular and would suffer so I couldn't stand up for three to five days out of every month and when it would be over I would look like I had gone through a wringer. Before the country went dry I used to get some bitters and take it in coffee but nothing really stopped the pains. One day I saw in the Journal an advertisement of **Lydia E. Pinkham's Vegetable Compound** and I thought it wouldn't hurt me to try it so I did. It took away my pains and I began to look better and to feel better. I think my suffering made me thin for I have gained weight since then."

MRS. CHARLES STARCEVICH
East Bluff, Pekin, Illinois

THIS IS A STRIKING SCARF END

This is for a scarf end and the illustration shows one half of it.

First draw a border line two inches or less from the edge of the cloth.

With an ordinary meat platter laid upside down over the end of the cloth, draw the curving corner pieces, and then with any straight edge draw the lattice lines about an inch apart.

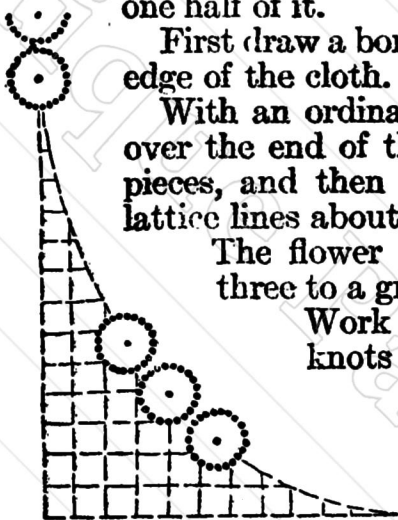
The flower circles are drawn around a spool, three to a group.

Work the flowers in knot stitch, a row of knots around the edge, and a center group.

The border and lattice lines are worked in basting stitches.

Hem back the raw edges, hiding the hemming stitches under

the border lines.



EVERY ONE IS FAMILIAR

with the effects of nervousness. Mothers in particular are apt to get in this condition if they are careless of their health. If you have pains and soreness in your sides, if you feel cross and irritable when obliged to stand upon your feet for any length of time, get **Lydia E. Pinkham's Vegetable Compound** and take it until you feel well and strong.

"NOW IT DOES NOT BOTHER ME"

"I have four children and you know there is a lot to do where children are. They would come in from school and start telling me about their little troubles but I could not stand it. I had to chase them away. I could not even walk on the street alone I was so nervous. I found one of your books and read it and I saw in the paper about **Lydia E. Pinkham's Vegetable Compound**. I got it and had taken one bottle when I saw a change in myself. I was surprised. The children can shout all they want to now and it does not bother me. I am still taking the **Vegetable Compound** and I want you to let every one know that it helps nervous troubles."

MRS. JOSEPH LEMERE

34 South Street, Lowell, Massachusetts

AN ODD BUT PLEASING EFFECT

Fold back each corner of the square or length of cloth chosen, folding it back about four inches, and draw around the folded point. Cut off on this diagonal fold.

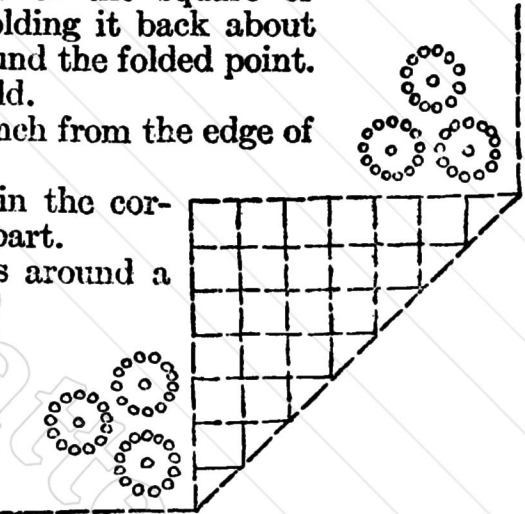
Draw a border line an inch from the edge of the cloth, all around.

Draw the lattice lines in the corners about half an inch apart.

Draw the flower circles around a thimble, three in a group.

Work the lattice lines and the border line in the basting stitch, and the flowers in the knot stitch.

Hem back the raw edges, hiding the stitches under the border line.



ONE DISTRESSING RESULT

frequently produced by weak or disordered nerves is sleeplessness. There are all degrees of this trouble and few women have not at some time suffered from it to some extent. Almost anything which unduly excites, tires or injures the nerves may interfere with sleep.

It is well to try to avoid all excitement for an hour or two before bed-time. Sometimes a warm drink is helpful or a hot bath. Plenty of fresh air is desirable, but the chief thing is to restore the nervous system to health.

“FEELING MORE LIKE MYSELF”

“Last winter I was taken sick with the grippe which left me in poor condition. I had a female weakness, was not able to work and was so nervous that I could not sleep at night. I would go to bed but would lie awake all night. My husband told me to give Lydia E. Pinkham’s Vegetable Compound a trial and I did. After I had taken one bottle I felt better and now I am on the sixth one. I am feeling more like myself and stronger and able to do my work.”

MRS. JOHN LITZLER
613 Pine Street, Burlington, Wisconsin

JUST THE THING FOR EVERY DAY USE

Use a platter to get the shape of the oval illustrated on the next page, and a small plate for the two round doilies that make up this three piece buffet set.

Draw an inner border line about two inches from the edge.

At each end of the oval, and at one side of the round doilies, draw three over-lapping circles, and within each circle draw a smaller circle about one fourth of an inch from the center.

Make stitches connecting these outer and inner circles to represent radiating leaves, and with a contrasting color, work a group of knots in the center of each flower.

The inner border line is worked in basting stitches, using the darker color, with knots of the other color between the stitches. (see next page)

IT IS IMPORTANT

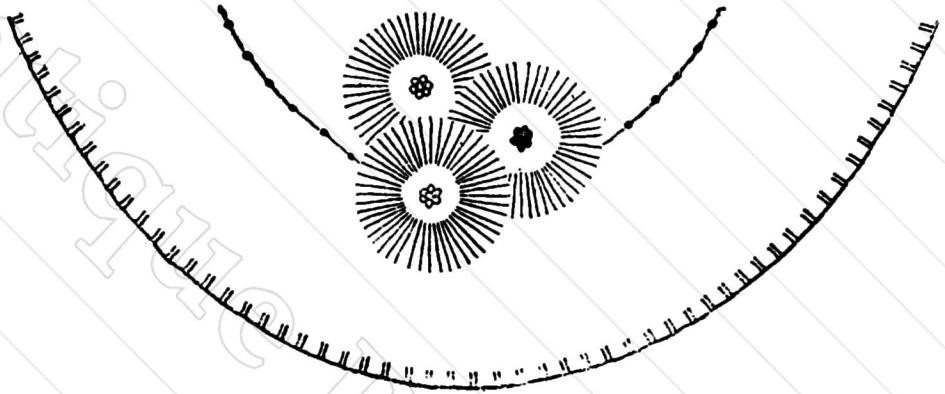
to pay particular attention to pains in the sides and soreness through that region. Such pains are frequently caused by inflammation of the reproductive organs and the wisest thing to do is to take **Lydia E. Pinkham's Vegetable Compound** regularly until the condition is relieved.

"A GOD-SEND TO WOMEN"

"Six years ago I suffered terribly with pains and soreness in my sides. Each month I had to go to bed, the pains were so bad. Finally I took to my bed and the doctor told me I simply had to go under an operation before I could get help. I saw your ad. in the paper and I told my husband one day to get me a bottle of **Lydia E. Pinkham's Vegetable Compound**. Before I took the third dose I felt better. I took it four times a day for two years, getting better all the while, and now for four years I don't have any pains. After taking the medicine for two years I had another child — a lovely baby girl now four years old — the life of our home. I do praise this medicine whenever I have the opportunity. It is a God-send to women who suffer with female troubles and especially for pains at the periods. I surely was very bad once and I know that **Lydia E. Pinkham's Vegetable Compound** saved me from an operation."

MRS. JOSIE M. SHAW
Route No. 1, Cambridge, Maine

A THREE PIECE BUFFET SET



The edge is finished by buttonholing over a very narrow hem, and putting the stitches in groups of two, the groups being about an eighth of an inch apart.

NOTHING IS SO VALUABLE

as Lydia E. Pinkham's Vegetable Compound for pains or other disorders of the process of menstruation. It has been used by women for fifty years.

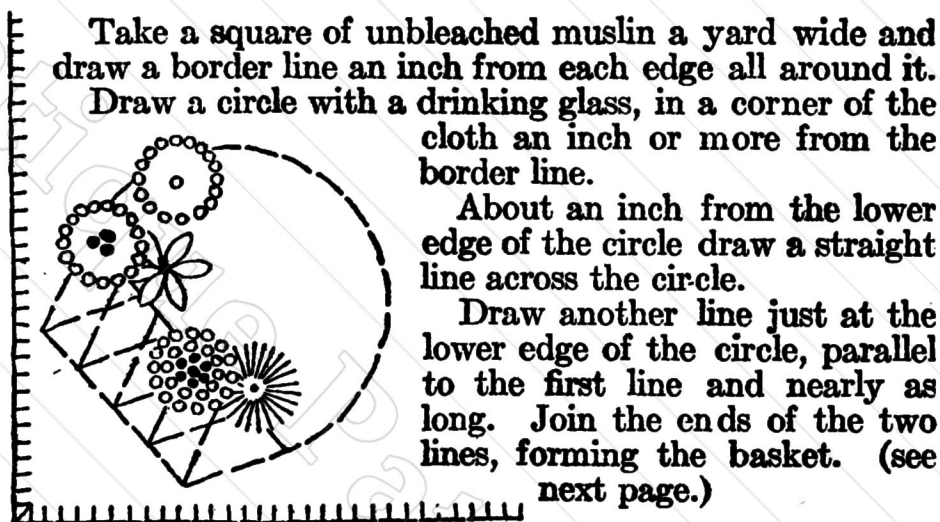
"A SERIOUS OPERATION"

"I take great pleasure in writing you this testimonial. I was a great sufferer of women's ailments and doctors told me 18 years ago that I must have a serious operation to remove some of my organs. I refused to have it done and took a full course of your medicines for six months, then after the full course I took a bottle of Lydia E. Pinkham's Vegetable Compound every week or two, also Lydia E. Pinkham's Blood Medicine every Spring. I am well and stout and still have my organs they wanted to remove. It was while I was in the hospital that I heard your medicines praised by other patients there. I have recommended them to my friends and to my own family, and will continue to do so. You may use this testimonial far and near, from the smallest newspaper to the largest, and I will gladly answer letters from women who wish to know what the Vegetable Compound has done for me and what it can do for them if they give it a fair trial."

MRS. J. RICH

322 North 40th Street, Camden, New Jersey

ANOTHER BASKET DESIGN



Take a square of unbleached muslin a yard wide and draw a border line an inch from each edge all around it.

Draw a circle with a drinking glass, in a corner of the cloth an inch or more from the border line.

About an inch from the lower edge of the circle draw a straight line across the circle.

Draw another line just at the lower edge of the circle, parallel to the first line and nearly as long. Join the ends of the two lines, forming the basket. (see next page.)

THERE IS LITTLE DIFFICULTY

in relieving bearing-down pains and backache if the trouble is taken in time. **Lydia E. Pinkham's Vegetable Compound** is what women have been taking for it for fifty years.

"BEARING-DOWN PAINS"

"I am indeed pleased to recommend your medicine. A year ago I was sick in bed for three weeks and the doctor said I would not be any better without an operation. I had bearing-down pains and sick headaches, with pains in the back of my neck. I felt tired all the time, down-hearted, and got poor and pale and was scarcely able to do anything at all for some time before I took to my bed. The doctor said one of my organs was out of place and caused all my troubles. I was too weak and run-down to think of an operation and as one of my neighbors told me about **Lydia E. Pinkham's Vegetable Compound** I began taking it. I have received great relief from it and recommend it very highly. It cannot be praised too much in cases of female weakness and nervousness."

MRS. O. M. RING
Box 105, Fairview, South Dakota

FOR A LUNCHEON SET

Draw the lattice lines. A thimble is used as a guide for the flower circles, which are arranged in a group, preferably with an odd number in the group.

The flowers may be arranged differently in each basket. If liked, each flower may be in a different stitch and in a different color.

A dark blue or black basket is most effective. Work the basket in basting stitches and the flowers in knot stitch or in lazy daisy stitch, in contrasting colors.

Turn a narrow hem or make a rolled hem and buttonhole around with stitches an eighth of an inch apart, using the color of the basket.

This design may be used for a luncheon set, or if made very small will look well on a handkerchief.

MENTAL EXCITEMENT,

worry, overwork, indigestion, or imperfect action of the liver, derangements of certain organs, — these are causes of trouble at the Change of Life. **Lydia E. Pinkham's Vegetable Compound** provides the constitutional tonic required to restore the nervous system to health and to strengthen the organs of generation.

"I LOOKED SO BADLY"

"I felt badly all the time, never had any appetite and could not sleep at night. I had the headache most of the time, my face and hands were covered with brown spots and I looked so badly that I hardly went anywhere. I had other troubles that come at this time and I was in this shape for a year and a half. Then a friend visited me and told me if I would take **Lydia E. Pinkham's Vegetable Compound** she was sure it would do me good. If it did not, she would pay for it. After I had taken three or four bottles, I began eating and sleeping better, my skin got clear and pink and every one would ask me what I was doing to make me look so well and so young. I tell them about your medicine and I have praised it ever since for I am able to do all my housework, cook, wash and make my garden every year. I recommend the **Vegetable Compound** where ever I go, as nothing had done me any good until I took that."

MRS. J. C. CHANDLER

R. F. D. No. 4, Box 34, Nashville, Arkansas

WONDERFULLY ATTRACTIVE

Use a platter for the foundation oval for the design illustrated on the following page, and a large spool for the base for the central flower and a thimble for the smaller flower circles.

The large flower is worked with the knot stitch with the center of a contrasting color, and the smaller flowers are worked in lazy daisy stitch, using the same color as the center of the large flower.

Turn a narrow hem and buttonhole over it, using the color of the large flower, which should be the darkest color of the design; and just inside the edge, next to the buttonhole stitches, run basting stitches, using the color of the smaller flowers. (see next page)

THE DISAGREEABLE SENSATIONS

experienced in the early months of pregnancy result from the low position of the womb and nausea and vomiting are likely to occur in the mornings. This may generally be prevented or relieved by taking a little food (toast or a cracker) with a cup of weak tea or black coffee, or a glass of milk with two teaspoonfuls of lime water in it.

Even if **Lydia E. Pinkham's Vegetable Compound** failed to possess any other virtue than its usefulness during pregnancy it would stand high in the hearts of women because of the help it gives during this period.

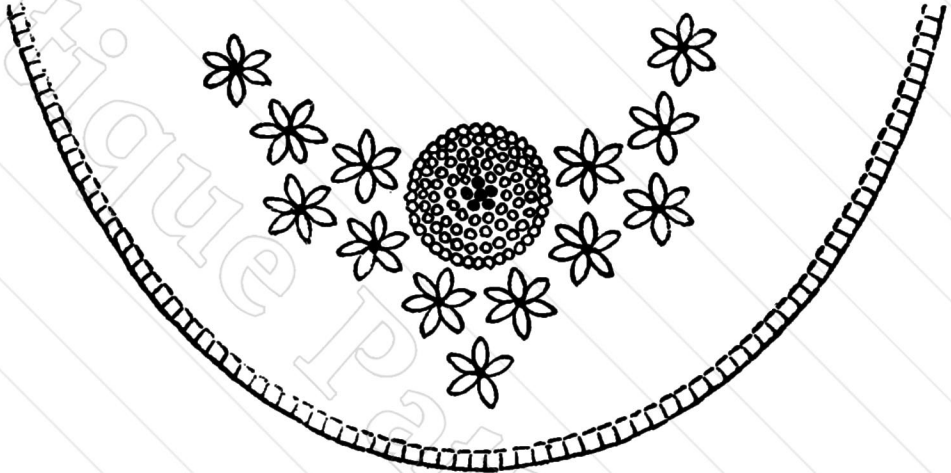
A woman ought to do everything to strengthen herself so that when delivery takes place she may be in a position to pass through this trial with the least possible danger to herself and to the child.

"ALL HEALTHY CHILDREN"

"When I first took your medicine it was before my boy was born nine years ago and it did me a lot of good. Again I took it before the births of my two girls, six and three years old now, all being healthy children. Then a year ago I began having trouble with my head and worried myself into a nervous breakdown. I have now begun taking **Lydia E. Pinkham's Vegetable Compound** again and my appetite has come back and I am getting into good shape again."

MRS. RUSSELL SMITH
Box 34, Ridgeley, West Virginia

A TWO-COLOR DESIGN



(directions on previous page)

WHEN A WOMAN

is not in the best physical condition there is likely to be pains in the lower part of the back, a disposition toward fanciful ideas and possibly a morbid longing for unusual articles of food during the months before her confinement.

These symptoms vary according to the individual, depending largely upon her physical condition, the care she gives her health, her habits and the amount of exercise she is in the habit of taking.

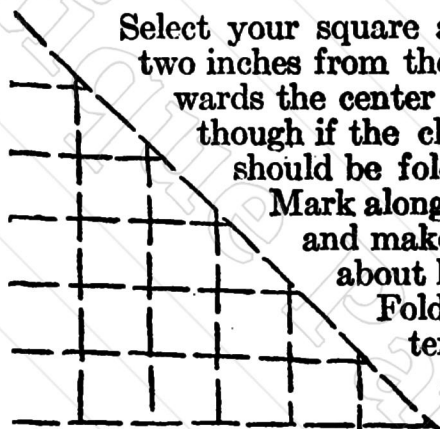
The general tonic effect of **Lydia E. Pinkham's Vegetable Compound** with its special action upon the generative organs makes it an important aid at such times.

"WAS VERY SICKLY"

"I have had great help from your medicine and I am a different woman now. I was very sickly before my first child was born and I did not get my strength back afterwards. He did not stay with us long and I took **Lydia E. Pinkham's Vegetable Compound** for three months before my second child was born and have taken it occasionally ever since. My nurse had asked me to try it so I did. I do not go without having it in the house now and I am looking well and feeling fine. I do all my work, sewing and all."

MRS. JOHN SIMPSON
Box 555, Bury, Quebec, Canada

A SIMPLE YET EFFECTIVE DESIGN



Select your square and draw the border line about two inches from the edge. Fold each corner towards the center for about three inches, although if the cloth is a large square it should be folded over farther.

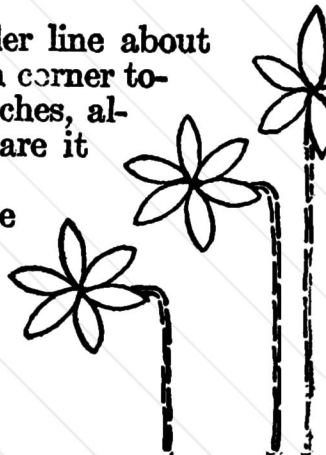
Mark along the diagonal crease and make the lattice lines about half an inch apart.

Fold the cloth in quarters to get the exact center of each side.

Draw the five circles for flowers

as shown, using a spool to draw the outlines.

(see next page)



IT IS SURPRISING

how absolutely sure **Lydia E. Pinkham's Vegetable Compound** is to give good results! 98 out of every 100 women are helped.

"FOR TROUBLES LIKE MINE"

"After I was married I became terribly run-down and was weak and nervous. My sister-in-law told me to try **Lydia E. Pinkham's Vegetable Compound** which I did. My husband got me a bottle at once and it did me so much good that I kept on taking it. I began to feel well and strong again and was able to do my housework up to the time my baby was born — a nice fat little girl in the best of health. I surely am recommending the **Vegetable Compound** to my friends when they have troubles like mine."

MRS. FRANK H. GRIMM

607 East Chestnut Street, Lancaster, Pennsylvania

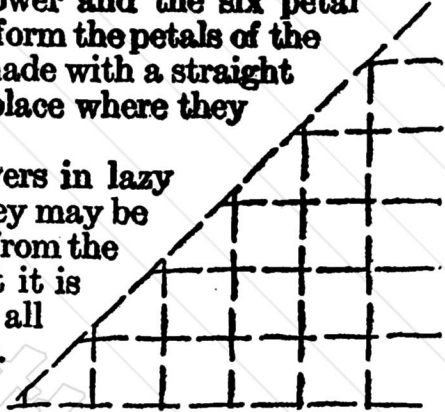
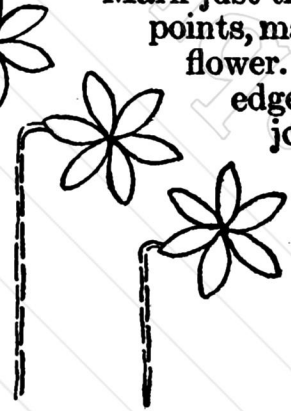
FOR A SQUARE CENTERPIECE

Mark just the center of the flower and the six petal points, making the stitches form the petals of the flower. The stems are made with a straight edge, curving at the place where they join the flowers.

Work the flowers in lazy daisy stitch. They may be a different color from the lattice work, but it is very effective all done in one color.

The lattice and the stems are

made with the basting stitch, also the border, which is not shown in this illustration.



EVERY ACHE

and pain has a cause and the warnings they give should not be disregarded.

"HELPED IN OTHER WAYS"

"I shall always praise Lydia E. Pinkham's Vegetable Compound and I have taken nine bottles of it already. I had a pain in one side and a bearing-down feeling and was always tired. I heard a lot about the Vegetable Compound and often read in the papers about it and in your little books and felt that I should try it. It gave me a better appetite and I felt much better and lost that bearing-down pain. It has helped me in other ways and I will always take it. As for Lydia E. Pinkham's Liver Pills I can find none better."

MRS. JAMES JAKLEVICH

rear 617 Broad Street, Johnstown, Pennsylvania

A LANDSCAPE EFFECT

On the opposite page is a good design for the end of a scarf or for a repeat design along the edge of a larger cloth.

Draw a border line about two inches from the edge. Draw three circles with a large spool in the positions indicated by the flower tops.

Move the spool towards the edge of the cloth slightly, and draw part of a circle to form three moon-shaped figures.

Draw a straight line from the center of each moon-shape to the border line for a center stem. With the spool draw part circles from the points of the moons to the stem lines.

Double the stems on each side of the center stem and form a slight rounded corner where the stems join the border line. Draw another border line outside but close to the first one.

Work the flower heads with the knot stitch, working the outer and inner edges first to get a clear outline.

(see next page)

DISPLACEMENT OF THE WOMB

is a distressing and uncomfortable condition. It comes from a weakening of the ligaments which are meant to hold the womb in its proper position.

The common symptoms of this condition are discomfort in walking, painful and profuse menstruation, irritation of the bladder, dragging feelings in the loins with pressing-down pains in the lower abdomen and a discharge of whites.

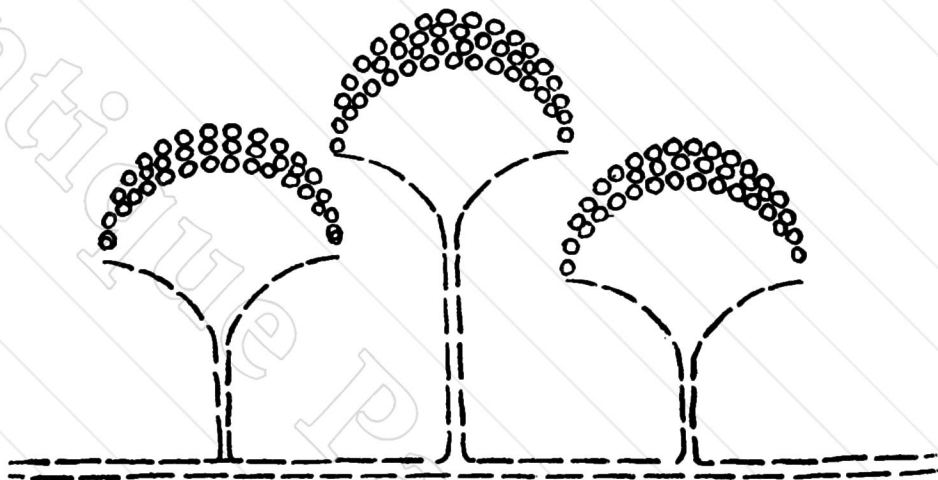
Lydia E. Pinkham's Vegetable Compound is excellent to strengthen the ligaments that hold the womb in place and to restore it to its proper position.

"RELIEVED OF SUFFERING"

"I had bearing-down pains and was always fagged out. I had been this way for two years and sometimes I could not get out of bed for pains in my side and back. My husband saw an advertisement in the 'Charleston Evening Post' telling about **Lydia E. Pinkham's Vegetable Compound** and I have taken four bottles of it and am on my fifth and am taking **Lydia E. Pinkham's Liver Pills**, too. They are worth their weight in gold. I am relieved of all suffering and sleep well and eat hearty."

MRS. EMMA JANE MAYENHOFF
22 Poinsette Street, Charleston, South Carolina

A REPEAT DESIGN



The stems and border lines are to be worked in basting stitches of a contrasting color. Work the outer border line in black. Hem back the raw edges, hiding the stitches under the border line.

AN INTERESTING FACT

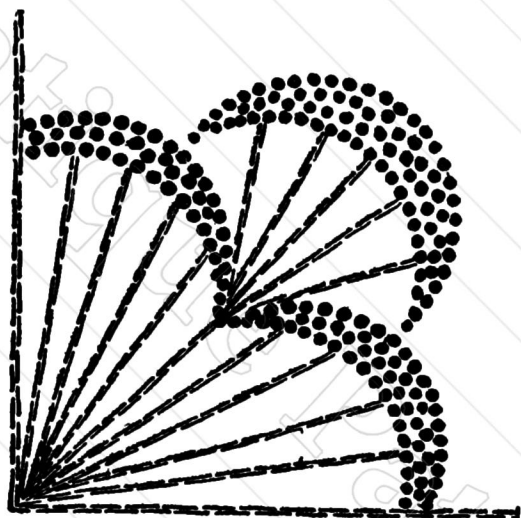
about **Lydia E. Pinkham's Vegetable Compound** is the eagerness of the women who have been cured by it to help other women. It is touching and at the same time stimulating, to know that there are women, neighbors, surrounding every sick woman, who only wait for a question to be asked to tell what they did when they were sick and in need of friendly advice.

"A FRIEND TOLD ME"

"I was a weak, broken-down woman about three years ago when I began to take your medicine. I was bothered with female troubles, pains in my back and sides and was worn out all the time. I had to keep a girl to do my work. The doctors all told me I could not have children. I had been married eight years when a friend of mine told me of **Lydia E. Pinkham's Vegetable Compound**. Now I have a fine baby boy and I will write to any woman who asks me about the medicine."

MRS. MORT. SIMMONS
130 West Jackson Street, Tipton, Indiana

AN EFFECTIVE CORNER MOTIF



Draw the border line about two inches from the edge of the cloth.

Draw a circle for the largest flower, using a drinking glass as a guide and keeping the glass at least an inch from each border line.

Move the glass slightly towards the corner, drawing a moon shape. From the corner draw the central stem.

With the glass draw the curved lines forming the tops of the two lower flowers, placing the glass so that it touches both the central stem line and the corner of the upper flower. (see next page)

THE STRAIN

in giving birth to children or the going about too early after childbirth, causes trouble. The mother should remain in bed two weeks or more after the child is born and take **Lydia E. Pinkham's Vegetable Compound** regularly. Its ingredients are the best that could be prescribed to put the female organs into condition. **Lydia E. Pinkham's Sanative Wash** should be used daily, preferably at night, to help relieve any inflammation.

"MY MOTHER'S ADVICE"

"My health got worse after my little girl's birth and my mother advised me to try **Lydia E. Pinkham's Vegetable Compound** as it had done her so much good. I had headaches and tired feelings, with no ambition, also pains at times so it hurt me to walk. With the **Vegetable Compound** I took **Lydia E. Pinkham's Blood Medicine** and used **Lydia E. Pinkham's Sanative Wash** and I have been greatly helped."

MRS. GEORGE SHOEMAKER
349 Emslie Street, Buffalo, New York

EFFECTIVE BUT NOT DIFFICULT

Draw the upper stem lines from the joining place of the two lower flowers, and the lower stem lines from the corner.

Work the flowers with the knot stitch, making the outer and inner edges first, to keep the outlines even.

Each stem is worked in two rows of basting of a contrasting color, although two colors may be used for the stems.

Work the border lines in black, or black with an inner line of the color used in making the flowers.

Hem back the edge, hiding the stitches under the border lines.

A GREAT MANY WOMEN

cannot have children, but almost always the proper course of treatment will make it possible. When a woman's organs are in a healthy and normal state she will be able to bear children.

Lydia E. Pinkham's Vegetable Compound strengthens the generative organs, restoring them to health, thus permitting pregnancy to take place.

If anything is wrong with the organs of reproduction, preparation for pregnancy should be made by a course of treatment with this invaluable medicine.

"I WANTED CHILDREN"

"Just a few lines to let you know what **Lydia E. Pinkham's Vegetable Compound** did for me. I was married going on for three years and went to a doctor and was taking treatments twice a week for pains every month. I used to lie in bed three or four days with them and the doctor would call and inject something into my arm to put me to sleep so I would not feel the pains. At last she said I would have to be operated on if I wanted any children. Well, I just happened to go to see a friend with her first baby and I told her I was going to the hospital and she said, 'Don't do it! You take **Lydia E. Pinkham's Vegetable Compound** and you won't need any operation.' So my husband got me the first bottle right away. Now I am married nine years and have two lovely children. Believe me, I recommend the **Vegetable Compound** to any woman I know who has any kind of female trouble."

MRS. A. McANDLESS

1709 South Morgan Street, Chicago, Illinois

JUST CIRCLES

Sometimes a circle of flowers can be used where no other design will fit so well. Draw your main circle, using a drinking-glass, small cup or sauce dish, according to the size wanted. Then with a spool or a thimble, draw flower circles around it, having the center of the spool touch the circle for each flower.

These flower circles need only go half around the main circle, as in Figure 1, or all around as in Figure 2.

If Figure 1 is worked in knot stitch, work the remainder of the circle in the same stitch.

If Figure 1 is worked in the lazy daisy stitch, work the remainder of the circle in basting stitch, either a single or a double row. (see next page)

A COMMON TROUBLE

with women is inflammation of the generative organs which causes the abdomen to become swollen and so painful that sometimes even the weight of the clothing is unbearable. Other symptoms are pains in the loins, bladder troubles, constipation and a discharge of whites.

Lydia E. Pinkham's Vegetable Compound in connection with fresh air, rest, and good nourishing food is the proper medicine and **Lydia E. Pinkham's Sanative Wash** should be used as a healing douche.

"SO MUCH BETTER"

"I have been meaning for some time to write and tell you how much good your medicine has done me. When I started to take it I was almost bedfast and would have been in bed all the time if I had had any one to care for my children. There was so much swelling and pain that I could hardly take a step. I took seven bottles of **Lydia E. Pinkham's Vegetable Compound** and used **Lydia E. Pinkham's Sanative Wash** and found that so healing. I am not entirely well yet for I was in bad shape when I started your medicine but I am so much better that I am not afraid to recommend it and I think if I keep on taking it, it will cure me. I have done my work all alone this summer and I feel pretty good all the time. I am glad to tell others about the medicine."

MRS. C. J. WENNERMARK
Box 141, Norwalk, Iowa

CIRCLES

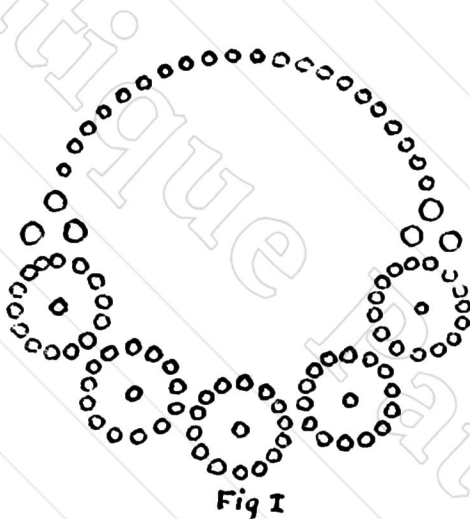


Fig I



Fig II

Figure 2 is worked in the lazy daisy stitch. Mark the center of the flowers and the six petal points, making the stitch form the petals as shown.

WHEN THERE IS A DISCHARGE

from the reproductive organs, perfect cleanliness is essential. The parts affected should be bathed frequently with hot water, and after each bath a lotion, such as cold cream or vaseline, should be applied. Sitz-baths should be taken occasionally and douches twice a day. Use **Lydia E. Pinkham's Sanative Wash** according to directions on the bottle. It is an astringent medicated douche, excellent for relieving such conditions.

"FOR INFLAMMATION"

"I took **Lydia E. Pinkham's Vegetable Compound** for weakness before my babies were born. I was weak and tired out all the time and it helped me. When I had inward inflammation the doctor treated me but did not help me so I tried **Lydia E. Pinkham's Sanative Wash**. It helped me right away and I have not had inflammation since. The first I knew of your medicines was when I found one of your little books."

MRS. NICOLA PALUZZI
415 East Broadway, Mishawaka, Indiana

AN ATTRACTIVE DOILY

Cut a circle of cloth the desired size and fold the cloth in quarters to get the center of each side.

Draw a border line an inch from the edge and another border line about three inches inside the first line.

Place a drinking glass with one edge touching the crease and another edge the inside border line and draw the curved lines connecting the two, on each side of the crease.

Then in the center, below these two circles, draw the circle for the outer edge of the flower; then by moving the glass toward the center of the cloth, draw part of a circle making a moon shape.

Draw a line from the center of the moon shape along the crease to the point where the two circles meet. With the glass placed so that its edges touch the center stem line and the outer border line, draw the outer stem lines connecting the flower with the inner border line.

Draw the remaining fan-shaped stem lines with a straight edge. Work the flower tops in blue knots, the five inner stems in yellow basting stitches not over a fourth of an inch in length, and the outside stems and the inner border line in black basting stitches. (see next page)

THE INCREASED WORK

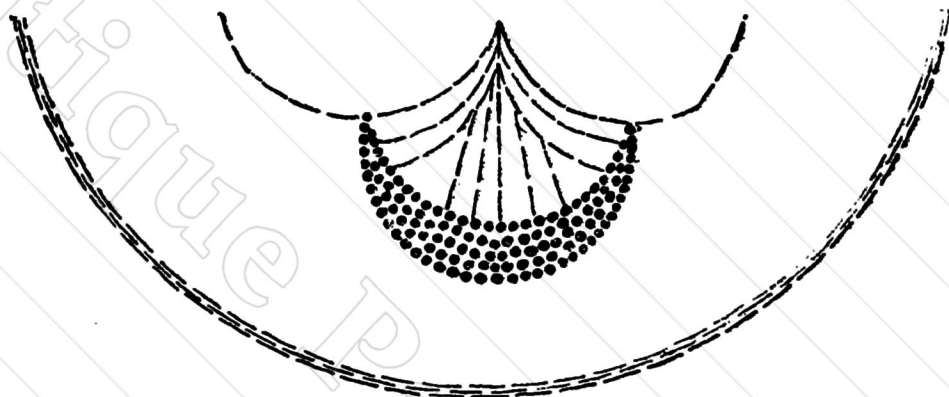
which pregnancy imposes upon the physical system is naturally a strain, and needs sound health and the best possible condition of the organs involved. **Lydia E. Pinkham's Vegetable Compound** with its special action upon these organs is of great value at this time. When taken regularly it should prove a safeguard against complications.

"AN EASIER TIME"

"I took **Lydia E. Pinkham's Vegetable Compound** in the first place because I was carrying my baby and was suffering from neuralgia pains. I had not been taking anything for these pains because I thought there was nothing I could do, but when I read about the **Vegetable Compound** in the 'Vancouver Daily Province' I began taking it and of two things I am sure — that I had an easier time when the baby came, and that it is the best medicine ever."

MRS. JOSEPH BLACKMAN
222 9th Street West, Vancouver, B. C., Canada

A BLUE AND YELLOW EFFECT



Work the outer border line in black basting stitches, with a line of blue stitches close inside and a line of yellow next to the blue. Turn under the raw edges and hem under the border line.

GREAT CARE

must be taken when one is completely tired out by hard work or other over-exertion, as the general health is quite certain to be affected. **Lydia E. Pinkham's Vegetable Compound** will afford the best means of toning up the system, while wholesome living and **Lydia E. Pinkham's Blood Medicine** will produce good blood and build up the general health.

"STRONG AND HEALTHY"

"Let me say a few words about what **Lydia E. Pinkham's Medicines** have done for me. I was a nervous wreck for over two years. I had terrible pains all over my body and in my head and I could not sleep. I was in such a condition that I was not able to be out of bed for four months and nothing seemed to help me or give me rest and comfort. At last a friend asked me to try **Lydia E. Pinkham's Medicines** and I took the **Vegetable Compound Tablets** and the **Blood Medicine**. After two bottles I felt some relief and now I have taken seven bottles and I am glad to say that I am strong and healthy. I highly praise and recommend these medicines to every woman who is in a nervous condition."

MRS. HATTIE LINDENMEYER
Box 56, Worden, Illinois

AN ATTRACTIVE COLOR SCHEME

This is most effective on a large circular cloth. Make a circular pattern from paper first and cut the cloth from this pattern.

Then cut an inch from the paper pattern and using it on the cloth as a guide, draw a border line around it on the cloth. Then reduce the pattern two inches more and draw another inner circle on the cloth.

Fold the cloth into quarters and crease, to get the exact center of the sides. At each side draw three circles as illustrated, using a spool as a guide.

Use three colors: yellow, golden-brown and black, for example.

The center circle of the group is worked in basting stitches in yellow, in single rows an eighth of an inch apart. The outer circles are worked in double rows of basting stitches, one yellow and one brown.

Edge the circles in black. (see next page)

HARDLY ANY WOMAN

is so thoroughly strong and healthy that she does not at some time have a feeling of depression and lassitude with more or less pain, headache, backache or a general run-down feeling. If circumstances permit, a change of air and surroundings is likely to be of benefit.

In any case, **Lydia E. Pinkham's Vegetable Compound** with **Lydia E. Pinkham's Blood Medicine** should be taken alternately in tablespoonful doses every four hours, regardless of meals.

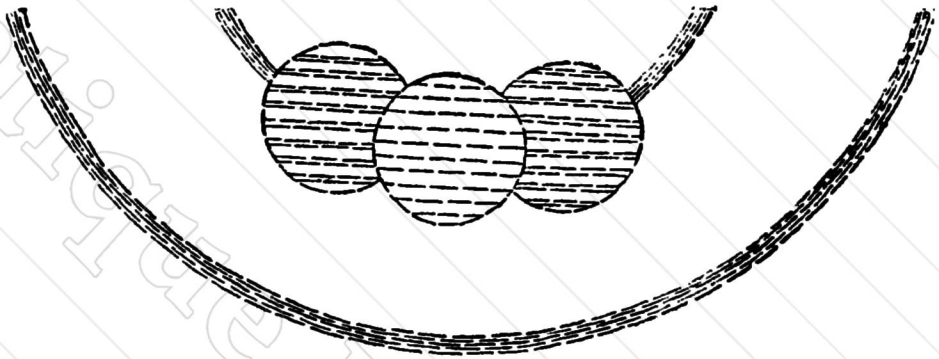
"HOW MUCH BETTER I FELT"

"The little book left at my door was my best doctor. I read it, then said to my husband, 'You go and get me some **Lydia E. Pinkham's Vegetable Compound**. I want to take it.' The first month I took three bottles of **Vegetable Compound** and one of **Lydia E. Pinkham's Blood Medicine** and used **Lydia E. Pinkham's Sanative Wash**. If you only knew how much better I felt! and when my friends say they are sick I tell them to take **Lydia E. Pinkham's Vegetable Compound**. I give the book and your medicines the best of thanks."

MRS. HAMERINK

3765 25th Street, Detroit, Michigan

A THREE-COLOR EFFECT



Work the border lines in golden-brown in basting-stitches. On each side of the brown line work a yellow line close to it and outside of the yellow lines, black lines, making five in all. Hem back the raw edges, hiding the hemming stitches under the border lines.

THE USUAL RESULT

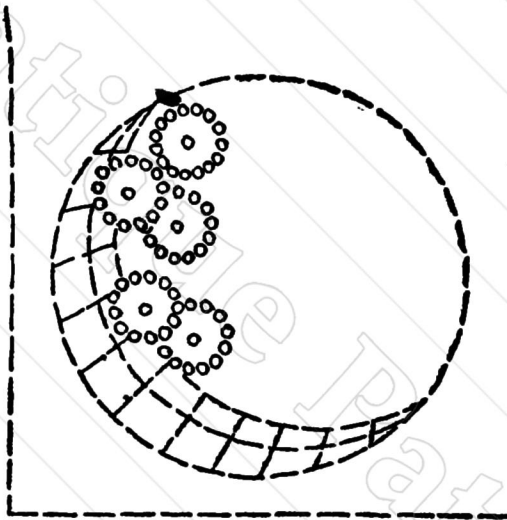
of Lydia E. Pinkham's Vegetable Compound is to strengthen and tone up the entire reproductive system so that it may work in every respect as Nature intends. Upon the sound health and vigor of the young women of today will depend the health and capacity of the next generation.

"MY SISTER TOLD ME"

"I am sending you my testimonial as I took Lydia E. Pinkham's Vegetable Compound for female trouble about two years ago. I was sick for eight weeks and had three doctors. They told me I would have to be operated on before I would be any better. My sister told me of the Vegetable Compound. In one week I began to feel better. I took seven bottles of it and also some of Lydia E. Pinkham's Liver Pills and used Lydia E. Pinkham's Sanative Wash and I soon gained my health. Now I am taking your medicines again for backache and pains in my left side. I recommend them to all women who feel badly and have troubles of this kind. If this letter will help them you can put it in the papers or in your books and I will answer all letters sent to me by other women."

MRS. GRACE B. GILLEM,
270 Valley Street, Dayton, Ohio

A BASKET DESIGN



Take a square of unbleached muslin a yard wide and draw a border line an inch from each edge around it.

Then take a cup and make a circle in the corner of the cloth, placing the cup an inch from each line.

Move the cup slightly towards the center of the cloth and draw part of a circle, forming a crescent in the corner.

Move the cup again and draw another crescent. These crescents form the bottom of the basket. (see next page)

WITH SOME WOMEN

menstruation stops abruptly at the Change of Life and does not return; with others there is a period of irregularity more or less prolonged. In addition to this, the appetite is often variable, the nervous system is disturbed and "hot flashes"—waves of heat appearing to pass over the body—are common. Lydia E. Pinkham's Vegetable Compound is an excellent tonic at this time, as it builds up the nervous system, aids digestion and strengthens the whole body.

"I LOOKED SO MISERABLE"

"I am sure if women who suffer through the Change of Life as I have, with hot flashes, nervousness and other weaknesses, would give Lydia E. Pinkham's Vegetable Compound a trial, they would be benefited as I was. My nerves were so bad that every little noise made me jump, but now I am not bothered that way at all. My husband says he really hated to look at me I looked so miserable. If any one wishes further information, refer them to me."

MRS. ABBIE HARVEY

5701 Leonard Street, Frankford, Philadelphia, Pennsylvania

A BASKET DESIGN

Draw cross lines, keeping the ruler on the center point of the handle in order to get the proper slant of the cross lines.

Now take an ordinary spool and draw five circles arranged similarly to those in the illustration. You can make baskets in each corner of the cloth and arrange the flowers differently in each basket.

The baskets and the border line are worked in basting stitches, a short stitch on the wrong side and a long stitch, nearly half an inch long, on the right side.

The flowers may be worked in knot stitch, lazy daisy and aster patterns. A very attractive and serviceable combination is black or navy-blue baskets and border line, with red flowers. This same design may be placed in a corner of a scarf or on a towel, and the flowers can be drawn with a thimble.

AS THE TIME

for the Change of Life approaches, the general health should be watched carefully, for if this period of life be passed over safely, many years of health may be enjoyed. The tonic treatment required is best supplied by **Lydia E. Pinkham's Vegetable Compound** which exerts a powerful remedial influence upon the sex organs.

"NOT ALWAYS ABLE TO BE UP"

"During the Change of Life I suffered with severe nervousness and with disturbances of the entire system. These continued probably two years before I began taking **Lydia E. Pinkham's Vegetable Compound**. I could do none of my work and was not always able to be up. For ten days at a time I was forced to remain in bed with my hips propped up higher than my head and the pains were terrible. The entire system was torn up by these disorders. The doctor helped some but each time I was forced to go over the same sufferings. I had taken the **Vegetable Compound** in 1910 after my twins were born and it had helped me, so I decided to try it again. I became better and soon gained in strength. I have taken it for about three years but not steadily. I am able to do my housework but I avoid all heavy lifting and washing and ironing as I know I am not strong enough yet."

MRS. LOUISA B. BRAND
450 Fairfax Street, Carlyle, Illinois
29

AN UNUSUALLY ATTRACTIVE DESIGN

With your meat platter draw an oval. With a saucer draw the small half circle at one end. With a plate draw the larger half circle two or three inches from the smaller one.

The flower circles are drawn around a thimble, and the stems are made with a straight edge, using the exact center of the end as a point from which to radiate the stems.

Work the flowers in knot stitch in a deep rose color, with one black knot in the center, and the connecting circle lines in black, and the stem lines in dark green basting stitches. Turn a narrow hem and buttonhole over it in the rose color. (see next page)

ONE OF THE MOST COMMON

and wearing of ailments of women is caused by severe or long-continued strain as from lifting heavy weights, reaching for articles placed too high above the head, jumping violently on a hard floor or ground, excessive dancing, long-continued coughing, constipation, or badly fitting corsets which press the womb down.

The reason why strains have this effect is plain. If the ligaments which hold the womb in place are weakened, it sags and causes a terrible dragging-down or bearing-down sensation, with constant discomfort and weariness.

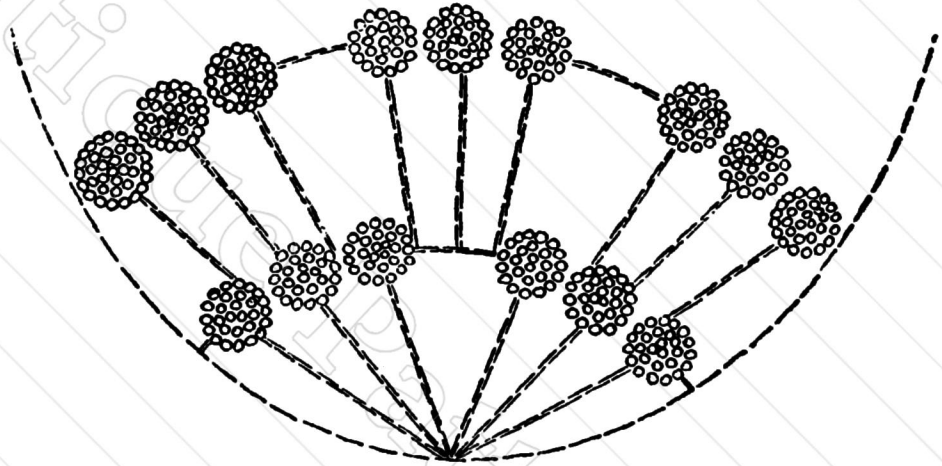
Lydia E. Pinkham's Vegetable Compound is excellent to strengthen the muscles that hold the womb in its place and to restore it to its correct position.

"THE NEED OF A TONIC"

"For about a year I was troubled with a distressing down-bearing pain before and during the periods and from terrible headaches and backache. I hated to go to a doctor and as I knew several women who had taken **Lydia E. Pinkham's Vegetable Compound** with good results, I finally bought some and took four bottles of it. I certainly do recommend it to every woman with troubles like mine. I feel fine now and hope to be able to keep your medicine on hand at all times as no woman ought to be without it in the house. Even the healthiest of us feels the need of a tonic sometimes. Being a farmer's wife I do all kinds of outside work."

MRS. OSCAR A. ANDERSON
Box 15, Leslie, Saskatchewan, Canada

IN RED AND BLACK



(directions on previous page)

MANY THINGS MAY WEAR UPON THE NERVES

but few things impose a harder strain than the various disorders of the female system. Wonderful relief may be gained from the tonic and corrective virtues of **Lydia E. Pinkham's Vegetable Compound**. 98 out of every 100 women report that it has helped them.

"NEVER AN END TO MY WORK"

"Since my little girl was born in 1920 I had been in such a tired, nervous state that it was almost impossible for me to keep up my household duties. I worked from morning till night with never an end to my housework. I had read in testimonials what **Lydia E. Pinkham's Vegetable Compound** was doing for others so I decided to try it myself. I can truly state that after taking my first bottle I began to feel a difference and when my fifth bottle was taken I was a changed woman entirely. My nervousness had practically left me and in a half day I was able to do what work it had taken me all day to do before taking your medicine. I certainly recommend the **Vegetable Compound**."

MRS. PRESTON WESTCOTT
Box 55, Laurens, New York

JUST AS

Lydia E. Pinkham's

Vegetable Compound

is the best for women's ills, so is

LYDIA E. PINKHAM'S

BLOOD MEDICINE

The Best Blood Medicine

for everybody - man, woman or child.

LYDIA E. PINKHAM'S BLOOD MEDICINE is as good for men as for women; it is also good for the whole family — parents and children — and is a reliable preparation for all who need such a medicine.

HUMORS AND ERUPTIONS are among the most common indications and results of poor blood. They are very unpleasant and disfiguring, they give the face an unhealthy appearance, but usually they are not serious or dangerous enough to warrant consulting a physician. More serious results may come, however, at any time from the impoverished state of the blood which they indicate. Good home treatment is necessary. Eat plain, nutritious and easily digested food and take **Lydia E. Pinkham's Blood Medicine** one-half hour before meals.

ATTENTION!

A MOST USEFUL AND ATTRACTIVE

Present

WILL BE SENT YOU

FREE

If you will return this page with answers to the following questions

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QUESTIONS

How many copies of this book were left for you where you found this one?.....

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Would you like us to send to you, with the present, a free copy of LYDIA E. PINKHAM'S PRIVATE TEXT BOOK UPON AILMENTS PECULIAR TO WOMEN?

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HEALTH AND VICOR