



Simplified  
Sewing

Lydia E. Pinkham's  
PILLS FOR CONSTIPATION

Have you tried our improved *Pills for Constipation* in coated form? These pills are a dependable laxative, not unpleasant to take and efficient in their action. They are attractively packed in glass bottles enclosed in cartons. Each bottle contains sixty-five pills.

*Everyone needs a laxative at times. Lydia E. Pinkham's Coated Pills for Constipation are a purely vegetable laxative. They are equally good for men and women. Keep them in your medicine cabinet.*

If you cannot obtain these pills from your druggist, we shall be very glad to send you a bottle postpaid upon receipt of fifty cents. Use the order blank in the center of this book.

LYDIA E. PINKHAM MEDICINE  
COMPANY

LYNN, MASSACHUSETTS

Simplified  
Sewing



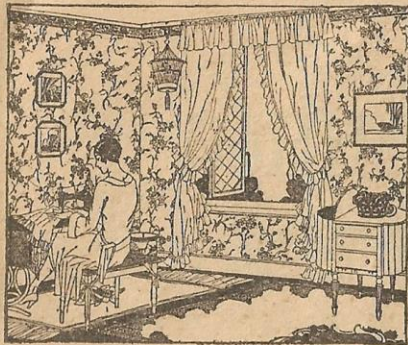
Published by

LYDIA E. PINKHAM MEDICINE  
COMPANY

LYNN, MASSACHUSETTS

1928

## SIMPLIFIED SEWING



Most women like to sew. Some women must sew whether they like it or not, for the busy wife and mother will agree with the business girl that home sewing is "first aid to the budget."

One woman in fifty, perhaps, has a perfectly equipped sewing room. The other forty-nine, nothing daunted, make the best of

what they have and accomplish just as much. The secret of success in home sewing is to choose simple patterns with as few seams as possible and no little tricky places to bother. Remember that simple, well-fitting garments are always in good taste. There are many good patterns on the market which make each step of the work simple by little pictures and diagrams. One pattern may be used several times, with variations.

Often, however, a pattern is unnecessary. In this little book we show how easily pretty and becoming garments may be made by following the diagrams. Use a yardstick or tape measure for measuring. There is a seam allowance of  $\frac{3}{8}$  inch. These patterns were designed for an average figure (36-38 in.) and we believe that they will fit most women. If you have never cut by measurement and are afraid of spoiling your cloth, cut a pattern from newspaper first. We are confident that after a trial you will be an enthusiastic booster for "yardstick dressmaking."

Good luck!

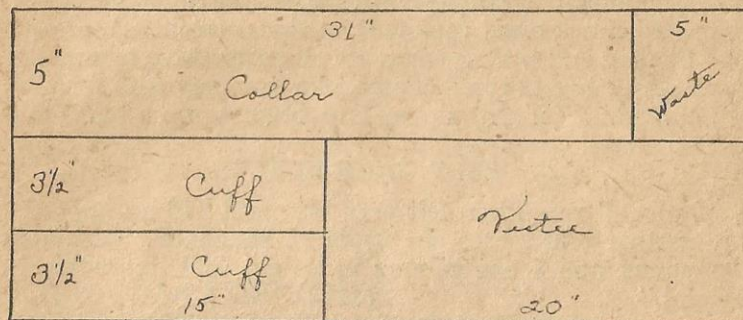
Mail the coupon in the back of this book and you will receive absolutely free a handy tape measure for your sewing basket.

mail the  
Coupon  
today

## A COLLAR, CUFF AND VESTEE SET

Requires  $\frac{1}{3}$  yd. linen or French voile.

Pull threads and cut as shown in the diagram. These cuffs fit wide short sleeves. Cut them 9 ins. long for tight cuffs.



French voile looks daintiest hemstitched. Heavier material may be blanket stitched in color.

Try a set in colored linen bound with contrasting bias binding.

Tan linen bound with jade green, lilac bound with deeper violet, gray bound with orange, peach bound with brown, and pale pink bound with deep rose are good combinations.

A bit of harmonizing embroidery in the corners adds to the attractiveness. Turn a  $\frac{1}{4}$  in. hem to sew the set on by.

These sets are inexpensive and make pretty gifts.

## "PERSUADED MY DAUGHTER TO TAKE IT"

"I was a nervous wreck and each month I was in bed for at least one day. My nerves were so bad I could neither eat nor sleep and I had a complete nervous breakdown finally. I saw an advertisement for **Lydia E. Pinkham's Vegetable Compound** and after taking six bottles I am able now to do all my housework for a family of five children. I have persuaded my daughter to take it too and she has found great relief but she is still taking it as I have advised her to take six bottles as I did. I recommend it to my friends and will answer letters from women."

MRS. PETER W. LINCK,  
Route No. 6, Brown City, Michigan

## APRONS FOR HOME OR THE CHURCH FAIR

A good practical apron is always salable and always acceptable at Christmas. Percale is the old favorite for good service. Cretonne is also popular. Unbleached cotton or black sateen is effective, trimmed with bands or applique of cretonne. Rickrack braid (pointed), stickerei (scallops), colored bias binding and tatting edges are all inexpensive trimmings, wash perfectly and come in any color you may wish for. Try red and white (mixed) rickrack to brighten up a black and white percale.

### "FELT VERY BLUE"

"I was all run-down, felt very blue and had no appetite. My mother told me to get **Lydia E. Pinkham's Vegetable Compound** and I am gaining in weight and improving in general."

MILDRED CRAWFORD,

R. F. D. No. 2, Voorheesville, New York

### "I ADVISE OTHER WOMEN"

"I was so weak and nervous I could not sleep at night. A friend advised me to try your wonderful medicine—**Lydia E. Pinkham's Vegetable Compound**—so my husband got me a bottle one day. I am still taking this medicine and feel like I could not live without it. I advise other women to take it for I believe what it has done for me it will do for others. I will be glad to answer any letters I receive."

MRS. NAT. WASH,

R. F. D. No. 1, Doswell, Virginia

### "BACK TO NORMAL"

"I was in a run-down condition and often felt miserable for two weeks at a time. My sister advised me to take **Lydia E. Pinkham's Vegetable Compound** as I was feeling so mean. After taking two bottles I was back to normal condition and felt much stronger. I am taking another bottle now, having felt run-down this Spring and I knew it would tone me up. I have always spoken a good word for this medicine and I will answer any letters from women."

MRS. A. N. DAY,

East Hiram, Maine

## PRACTICAL BIB APRON

Requires:

1 yd. 36 in. percale

4 yds. trimming

Fold 1 yd. of material lengthwise and cut off two strips each  $2\frac{1}{2}$  ins. wide for strings.

From A measure 6 ins. to B and put a pin.

From C measure 10 ins. along the selvage D and put a pin.

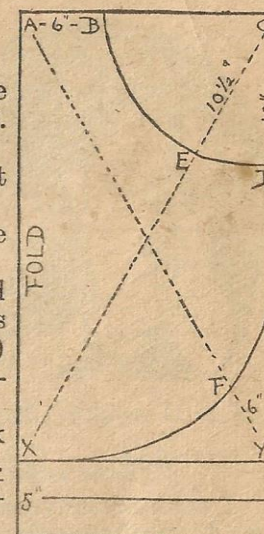
Lay your yardstick from C to X and locate a point  $10\frac{1}{2}$  ins. from C. (This point is marked E on the diagram.) Cut a smooth curve from B to D passing through E.

In the same way, lay your yardstick from A to Y and locate point F (6 ins. from Y). Cut a smooth curve from X to D passing through F.

Baste the trimming all around the edge.

From material that is left cut two strips  $2\frac{1}{2}$  ins. wide and 11 ins. long. Join them and hem sides to make a strap that is pieced at the back of the neck. Baste to corners of bib (B). Hem strings and baste to points D. In this way you can stitch the strings and straps on as you stitch the trimming.

Make one or two pockets as preferred.



### "IT PUT ME ON MY FEET AGAIN"

"I took your medicine after an operation when I was in a run-down and nervous condition. I sent to our druggist and asked for a tonic. She sent me **Lydia E. Pinkham's Vegetable Compound** and I began taking it right away. By two weeks I was up and doing my work. It put me on my feet again. I have three children and besides my housework and dairying I have chickens, a garden, etc. I am certainly grateful to the **Vegetable Compound** for what it has done for me."

MRS. EDNA SCHNORRENBERG,

Box 44, Van Tassell, Wyoming

## ASK YOUR NEIGHBOR



tonight. I wouldn't be without Pinkham's Compound now."

### "FEEL LIKE A DIFFERENT PERSON"

"I was very nervous and felt so badly in the morning that I could hardly go about. My nerves were very bad and my system in a run-down condition. Through the advice of friends and through your advertisements I have taken three boxes of Lydia E. Pinkham's Vegetable Compound and feel like a different person. You may use my name with my testimony and I will gladly answer any letters."

MRS. SARA GLACKEN,  
Peach Bottom, Pa.

### "IT HAS DONE ME GOOD"

"Following an operation about three years ago I have taken Lydia E. Pinkham's Vegetable Compound and it has done me good. I am a housekeeper and since I have been taking your medicine I do all my work myself. I try to make all our friends understand what this medicine has done for me and I have a sister in Iowa who feels all right again since she has taken it. One day I was looking through the paper and I read a letter that was sent to you by a lady who had been using your medicine. I am willing to answer any letters I may receive asking about the Vegetable Compound."

MRS. LOUIS BODEL,  
R. R. No. 2, Box 26, O'Fallon, Illinois

## A WELL-FITTING SMALL APRON

Requires:

1 yd. 36 in. material

4 yds. trimming

First cut one strip  $2\frac{1}{2}$  ins. wide along one selvage, and another strip  $2\frac{1}{2}$  ins. wide across the width of the material. These are the straps, which should be 32 inches long when finished.

Your material is now 33 inches square. Fold lengthwise as shown in the diagram.

From the corner of the fold A measure 5 ins. to B.

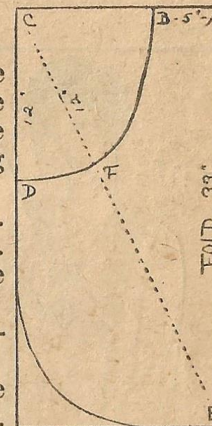
From the corner of the selvage C measure 12 ins. to D.

Lay a yardstick from C to the opposite corner E and locate point F which is 12 ins. from C.

Cut a smooth curve from B to D passing through F.

Round the bottom corners or leave them square, as you prefer.

Attach straps at points marked B. Cross them in the back and button or snap to points marked D.



### "GAINED PEP AND IN GOOD SPIRITS"

"Lydia E. Pinkham's Vegetable Compound did so much for me that I have recommended it to my sister-in-law and to her friend and they both claim that it helped them also."

MRS. CLYDE COLE,  
Box 383, Gladstone, Michigan

### "GAINED CONSIDERABLE PEP"

"I was so nervous I could not sleep at night and now I do all my work and feel so much better and sleep better. I have a good appetite and have gained considerable pep. I can recommend the Vegetable Compound to any woman who is in a run-down condition and if any one will write to me I will gladly tell what it has done for me."

MRS. N. B. JAMISON,  
3 Avenue No. 9 Jackson, Greenville, S. C.

## A DRESSY BELTED APRON TRIMMED WITH CRETONNE



Requires:

- 1 1/8 yds. peach color chambray or gingham
- 1 piece (6 yds.) bias binding to match
- 1/3 yd. cretonne to harmonize

This apron is a little more complicated than some of the others but an experienced sewer should have no difficulty in following directions and the finished apron will repay the time spent in making it.

From one end of the chambray tear two strips each 2 1/2 inches wide for the belt.

Fold the rest of the material lengthwise. See diagram on next page. From the corner (A) measure 5 ins. along the open edges to B. This makes the top of the bib. From B cut down 12 ins. to C, slanting a little so that the bottom of the bib is 1 in. wider

than the top. From C cut straight out to selvage D.

Cut a strip of cretonne 6 ins. deep and exactly as long as the bottom of the apron. Fold this into six equal sections and scallop the top. (Use a saucer if necessary.) Pin this cretonne band to the bottom of the apron. Turn in the edges of the scallops and stitch flat.

In the same way cut a piece of cretonne 3 ins. by 10 ins. Fold and cut two scallops. Stitch to top of bib.

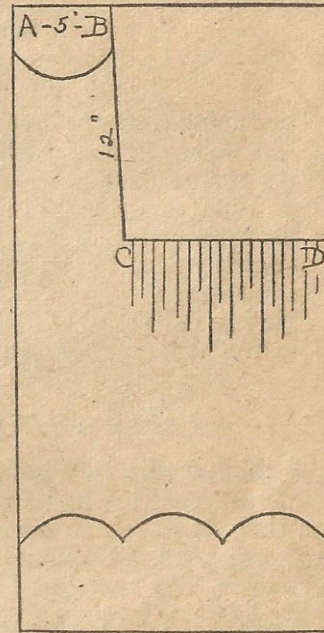
Bind with bias binding all around the three sides of the skirt of the apron. Gather by hand from C to D and stitch into a belt. (Each section of the belt is a 2 1/2 in. strip folded and having edges turned in.) Continue stitching along the belt to make strings which tie at the back of the waist.

## APRON TRIMMED WITH CRETONNE (continued)

If you prefer, cut the belt the proper length to button at the back.

Stitch bias binding around the three sides of the bib, taking a small pleat at the waist to conceal edges of the belt.

Cut a strip of cretonne 3 x 30 ins. Fold and stitch to make a strap to go around the neck. Attach to corners of bib, shortening the strap if necessary for comfort. From the chambray cut a pocket 5 ins. square. Make one deep scallop of cretonne and stitch to the top of the pocket. Curve the bottom corners of the pocket and stitch in place.



**"FEEL BETTER IN MANY WAYS"**

"I took Lydia E. Pinkham's Vegetable Compound for a weakness and for a run-down system in general. I was nervous, dizzy and felt as if I might faint at any time. One of my sisters took Lydia E. Pinkham's Vegetable Compound and recommended it to me. I have become stronger and feel better in many ways since I have been taking it. You may use my letter as a testimonial as I shall be glad to do anything I can for those who are sick and suffering."

MRS. E. J. STAUB,  
R. R. No. 1., Marshall, Missouri

WRITE to Mrs. E. H. McColly, Route A., Yoder, Colorado and ask her what Lydia E. Pinkham's Vegetable Compound did for her. She has written us that she will answer such letters from women.

## A DAINY SILK UNDERVEST FOR A DOLLAR.

Requires:

- $\frac{3}{4}$  yd. silk tubing
- 1 yd. ribbon or lingerie straps
- $1\frac{1}{2}$  yds. fine silk tape

The tubing comes in lovely soft shades—peach, Nile, lavender—as well as flesh and white.

Turn an inch hem at top and bottom of tubing and feather-stitch. Work an eyelet in the center of the top casing (inside) for the draw string. Adjust the straps and your vest is done. Some girls prefer to run an elastic in the top and dispense with the straps.

This is a delightful Christmas gift which you can make in an hour. There are more expensive tubings of course.

### “ABLE TO WORK EVERY DAY”

“I think Lydia E. Pinkham’s Vegetable Compound is a wonderful medicine and I always take three or four bottles at a time. It has made me feel better and I have gained pep and sleep good. I do house and farm work and am able to work every day now but I used to feel weak and tired and had to lie down frequently. I recommend the **Vegetable Compound** whenever I can.”

MRS. ORA W. DOUGLAS,  
Route No. 2, Hancock, Maryland

### “IMMEDIATELY FELT RESULTS”

“After baby came it seemed that it took all of my strength to nurse her and all the food I ate went to milk. After taking four bottles of Lydia E. Pinkham’s Vegetable Compound I am now stronger than I have been before. My mother bought the first bottle for me just one week after I got out of bed and I immediately felt results from it. I have also taken Lydia E. Pinkham’s Pills for Constipation. You may use my statement if you wish as I should like other women to know what Lydia E. Pinkham’s medicine has done for me.”

MRS. J. F. BARBEE,  
912 E. 36th St. North, Portland, Oregon

## CLOTHESPIN APRON

Requires:

- $\frac{1}{2}$  yd. Khaki
- $\frac{1}{2}$  yd. Cretonne
- 1 piece (5 yds.) colored tape to harmonize with cretonne;

or

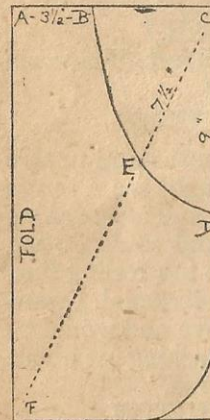
- 1 yd. of Khaki
- $\frac{1}{2}$  yd. of Cretonne
- and 2 pieces of tape will make two aprons.

From the Khaki, cut out an 18 in. square. This is the back.

From the cretonne, cut another 18 inch square for the front. Fold lengthwise and cut as shown in the diagram.

From A measure  $3\frac{1}{2}$  ins. to B.

From C measure 9 ins. to D.



Lay a yardstick from C to F and locate point marked E which is  $7\frac{1}{2}$  ins. from C.

Cut a smooth curve from B to D passing through E.

Bind from B to D with colored tape. These are the openings for the pockets.

Lay the cretonne section on the Khaki section. Round the bottom corners or leave them square, just as you prefer. Bind all around sides and bottom with tape. Cut a piece of tape about  $1\frac{1}{2}$  yds. long. Stitch along top of apron, leaving the ends free for strings.

## SEWING APRON

A dainty and practical sewing apron may be made from this same pattern. Use plain gingham instead of Khaki. Bind with plain color bias binding, and use either cretonne or gingham for the belt and strings.

**FOR BETTER HEALTH TO WORK AND PLAY  
LYDIA E. PINKHAM'S VEGETABLE COMPOUND**

"I was nervous and run-down and always so tired. I am a clerk and at times I was not fit to work. Knowing friends who had taken Lydia E. Pinkham's Vegetable Compound and seeing how it helped them I began taking it too. My nerves are quieter and I now feel full of life. I recommend the Vegetable Compound now and there is one friend in particular who finds your medicine has helped her so much. I am also willing to answer letters from women asking about the Vegetable Compound as it has certainly been a great help to me."

MADÉLINE DeLAS,  
2907 Laurretta Avenue, Baltimore, Maryland

**"DON'T HAVE TO STOP WORK"**

"Through a friend I began taking Lydia E. Pinkham's Vegetable Compound and now I don't have to stop work when I am sick. My nerves are better and I am able to work every day. I used to feel weak and tired and would have to lie down. I am willing to answer letters from women asking about the Vegetable Compound."

CLARA M. KEES,  
R. No. 1, Box 84, Hilbert, Wisconsin

**"GLAD TO ANSWER ANY LETTERS"**

"I was sick most of the time for three months and unable to do my housework. Then my husband bought me a bottle of Lydia E. Pinkham's Vegetable Compound and after taking three bottles I felt like a different person and could do my own work. I am taking it regularly now and am feeling fine. I am willing for you to use these facts as a testimonial. I want other women to benefit in the same way I have and would be very glad to answer any letters from women asking me about the Vegetable Compound and how it helped me."

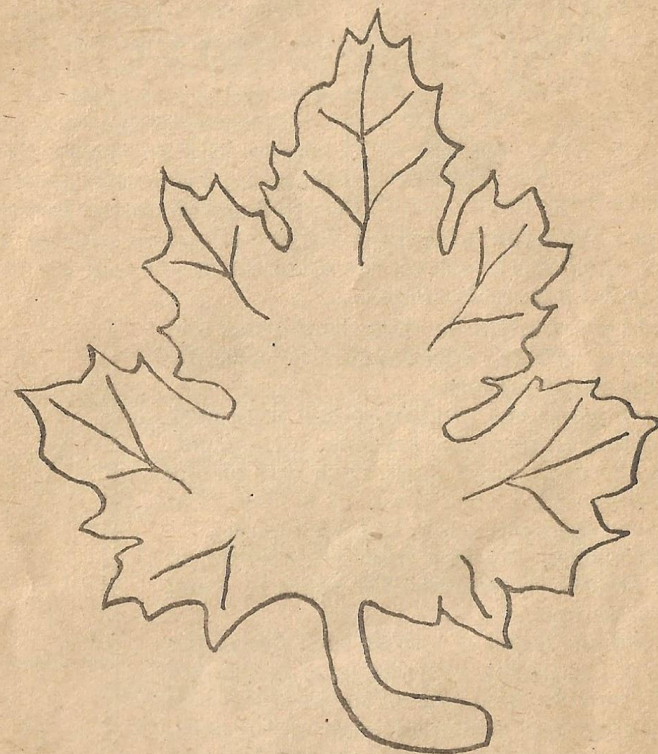
MRS. PAUL ASHTON,  
4217 Westworth Avenue, Chicago, Illinois

**WHY DON'T YOU WRITE TO SOME OF THESE  
WOMEN?**

**GAY FLOWERS FOR COAT OR DRESS'**

Require:

green felt cut exact size of this pattern.  
darker green embroidery silk for veins.  
a few yards of knitting yarn in harmonizing colors.  
1 package of Dennison's rose stamens.



**Make Four or Five Flowers**

For each one, use 1 yard of yarn. Wind over a piece of cardboard 1 in. wide. Slip off and tie. Fasten a few rose stamens securely in the center. Clip yarn to make a pompon.

Arrange flowers on leaf and tack with needle and thread.



## ANNOUNCEMENT

THESE four products are the result of many months of careful experiments by our consulting pharmacist. The ingredients are of the highest quality. We believe that the formulas embody the latest ideas of therapeutics and that they are pharmaceutically correct.

The fact that these products are placed on the market by the makers of the Lydia E. Pinkham's Vegetable Compound is a guarantee of their worth.

### PINKHAM'S PHENRIN TABLETS

To break up a cold in its early stages.  
To relieve headache.  
25 cents a box.

### PINKHAM'S PENETRATING LINIMENT

To ease pains and aches.  
50 cents a bottle.

### PINKHAM'S PECTORANT BALSAM

To stop a cough caused by a cold.  
To soothe irritated throats.  
50 cents a bottle.

### PINKHAM'S PROPHYLACTIC MOUTH WASH

Use it every day.  
Keep your mouth clean and help to prevent disease.  
50 cents a bottle.

Manufactured by

*Pinkham Laboratories*

A Department of the

LYDIA E. PINKHAM MEDICINE  
COMPANY

## ORDER BLANK

LYDIA E. PINKHAM MEDICINE Co.,  
271 Western Avenue,  
Lynn, Massachusetts.

Please send me the remedies I have checked.

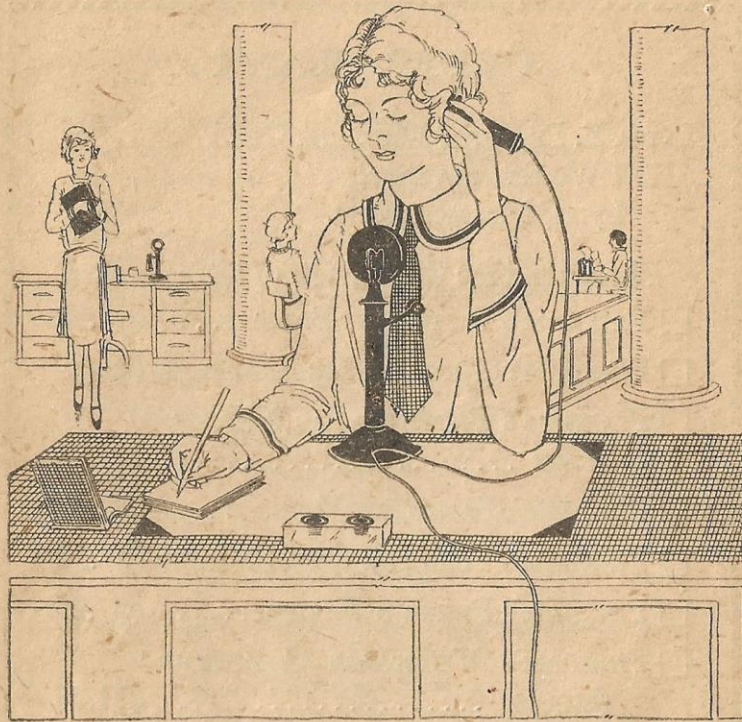
- PINKHAM'S PECTORANT BALSAM . . . @ .50
- PINKHAM'S PENETRATING LINIMENT @ .50
- PINKHAM'S PROPHYLACTIC MOUTH  
WASH . . . . . @ .50
- PINKHAM'S SANATIVE WASH . . . . . @ .50
- PINKHAM'S PILLS FOR CONSTIPATION @ .50
- PINKHAM'S PHENRIN TABLETS . . . . . @ .25
- PINKHAM'S VEGETABLE COMPOUND  
(LIQUID) . . . . . @1.25
- PINKHAM'S VEGETABLE COMPOUND  
TABLETS . . . . . @1.25
- PINKHAM'S HERB MEDICINE . . . . . @1.25

I enclose . . . . . in payment.

Name . . . . .

Street Address . . . . .

Town . . . . . State . . . . .



### A MESSAGE TO GIRLS WHO WORK

Thousands of American girls and women in offices, factories and stores are depending upon **Lydia E. Pinkham's Vegetable Compound**. They know from their own experience that this popular medicine keeps them fit to do their work under trying conditions. Made of selected roots and herbs, it helps Nature to restore and preserve a normal condition of health. To every working woman, better health means increased efficiency.

GET A BOTTLE OF  
**LYDIA E. PINKHAM'S VEGETABLE COMPOUND**  
 FROM YOUR DRUGGIST TODAY

### A CHARMING NEGLIGEE

Requires:

2 $\frac{3}{4}$  yds. French voile, crepe de chine or radium.

10 yds. Valenciennes lace.

5 yds. one inch ribbon.

Fold the material to make two straight lengths with fold on shoulders. Cut out a round neck. Measure 22 ins. down and 6 ins. in from selvage on each side back and front, cut slots 1 $\frac{1}{2}$  ins. long and buttonhole them.

Try the garment on to be sure the length is right. There is no hem and no side seam. Edge all around with lace put on perfectly plain. Around the neck, ease the lace on so that it will not draw. Slip 2 $\frac{1}{2}$  yds. of ribbon through slots on each side and tie to hold fullness under the arms. Delicate sprays may be embroidered around these slots and at neck if desired.



This negligee makes a lovely Christmas gift. It is dainty in rose, blue, lavender, peach or any of the pastel shades. Cream lace usually looks better than white. It is striking in flame color with black lace, though the black lace is more expensive. A two-tone ribbon is pretty. If you are making the negligee of silk, you may prefer to have the edges picoted instead of using the lace.

### THE FOURTH GENERATION

If **Lydia E. Pinkham** were alive today she would be 108 years old. Her descendants continue to manufacture her famous **Vegetable Compound** and the integrity of four generations is behind the product.

## SEWING HINTS

*Buy the best shears you can and keep them sharp.*

*In binding a round neck, have the seam come on the shoulder and it will not be noticeable.*

*A safety pin is an ever ready substitute for a bodkin.*

*If your thread kinks, do not break it. Push the knot gently toward the needle and the kink will smooth itself out.*

*To cut sheer material evenly, pull a thread. In making draperies, always pull threads before cutting so that they will hang evenly.*

*If you are using a ready-made collar and cuff set, buy the set and cut the neck of your dress to fit the collar. This saves the annoyance of collars that don't fit.*

*If your machine puckers on thin material in spite of your efforts to adjust the tension, cut paper in strips, slip them under the material and stitch through both. The needle will perforate the paper so that it can be torn away easily.*

## DO YOU USE

### LYDIA E. PINKHAM'S SANATIVE WASH?

This healing agent for women's use is now put up in large (4-oz.) bottles which sell for fifty cents. The 1½ oz. size has been selling for thirty cents. You get nearly three times as much for less than twice the price—a real bargain!

If your druggist is not yet stocked with this new size, use the order blank on page 17.

### "GOING DOWN HILL ALL THE TIME"

"If in any way I could be a help to any other girls or women I would be very glad to do it," writes Helen P. Bower, of Glenmont, Ohio, when asked to tell her experience with **Lydia E. Pinkham's Vegetable Compound**. "My troubles caused me to lose my appetite and to lose in weight and I was going down hill all the time. I am a school teacher this year, but formerly I have always gone to school. I had read about the **Vegetable Compound** in different papers, especially 'The Ohio State Journal' and finally my mother induced me to take it. Your medicine has helped me very much and I recommend it highly."

## STEP-INS

Requires:

1½ yds. of 27 in.  
material

1 yd. of narrow elas-  
tic

2½ yds. of lace

Fold material length-  
wise and crosswise as  
shown in the diagram.

From A to B measure 12 ins.

From the opposite corner C measure 8 ins. to D.

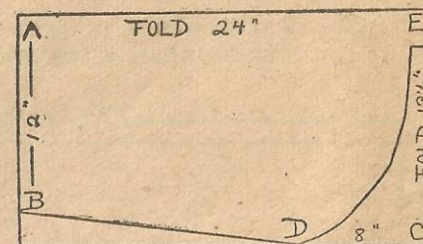
Cut from B to D.

From E measure down 2 ins. on the fold, then slash in 2 ins.  
and from this point curve gently to D.

French seam from B to D on both sides.

Gather the top into a casing for the elastic.

Trim with lace around the bottom of each leg.



### "TOLD EVERY ONE OF MY NEIGHBORS"

"I was all run-down, nervous and did not feel like being on my feet. I was so weak I could not hold out to do my work. I began to take **Lydia E. Pinkham's Vegetable Compound** by the advice of a friend and I began to improve before I had taken all of the first bottle. I have taken nine bottles and I certainly recommend your medicine to others. I have told every one of my neighbors about it."

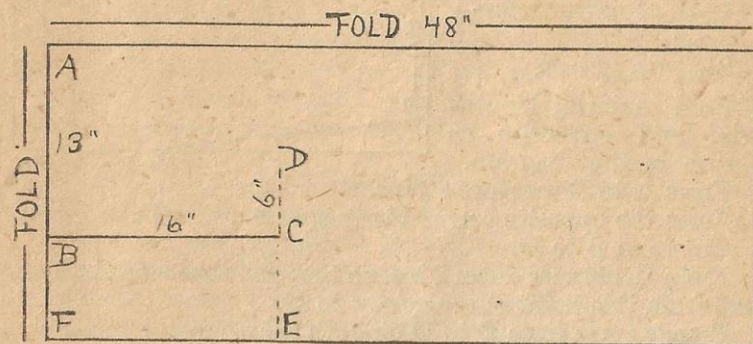
MRS. CHAS. McDONALD,  
R. F. D. No. 5, Bowie, Texas

"I feel it my duty to write you that I am so much better since taking **Lydia E. Pinkham's Vegetable Compound**. Mrs. F. Ward persuaded me to try it as she has so much faith in it and takes it for any dull and weak feelings. I am a business woman—cashier—and I used to feel so weak and tired at times. I sure will continue taking the **Vegetable Compound** for I know how it has helped me and I am willing at any time to say what it has done for me."

MOLLIE LEWIS,  
420 S. Campbell Street, Detroit, Michigan 21

### FOR ECONOMY, MAKE TWO SLIPS

Requires 4 yds. of 36 in. or 40 in. material. Do not attempt to use anything less than 36 ins. wide.



Cut one piece of material 48 ins. long and split it. This makes your two back breadths.

Fold the remaining material lengthwise and crosswise as shown in the diagram. It should measure 48 inches along the fold.

From A to B measure 13 ins. for size 40 and cut (12 ins. for size 38).

From B to C measure 16 ins. and cut.

From C slash in 6 ins. to D and out to selvage E. Do not cut from B to F. This section is used for straps.

Gather or pleat fullness from D to E into 6 in. space (D to C). This gives fullness over the hips and the straight outside edges are French seamed to the back breadth.

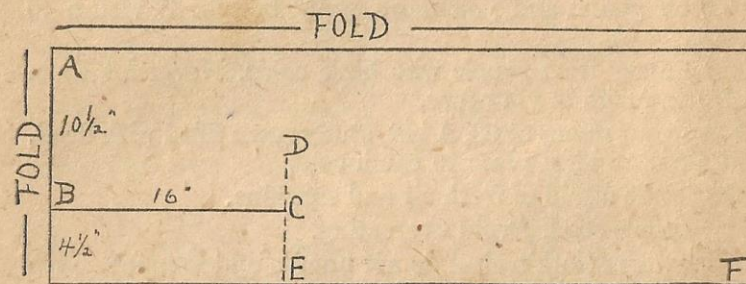
Make a casing at the top and adjust the straps. If desired, trim with imitation filet or any narrow edge.

Turn up a deep hem (about 12 ins.) which is shadowproof.

FOR BETTER HEALTH TO DO YOUR WORK  
TAKE LYDIA E. PINKHAM'S VEGETABLE  
COMPOUND

### THE PRACTICAL PONGEE SLIP

Requires:  $2\frac{3}{4}$  yds. 33 in. pongee for hip hem  
or  $2\frac{1}{4}$  yds. for narrow hem.



First cut off a 3 in. strip all along one selvage edge, making the material 30 inches wide.

Fold material lengthwise and crosswise as shown in diagram.

From A to B measure  $10\frac{1}{2}$  ins. and cut.

From B to C measure 16 ins. and cut.

From C slash in 4 ins. to D and out to edge E.

French seam each side from B to C.

Make an ordinary seam on the wrong side of the goods from E to F.

Gather or pleat fullness on hips (D to E) into space D to C. Stitch twice and bind with a bit of material.

**Pongee has a tendency to pull out in seams and gathers. You can avoid later annoyance by careful stitching now.**

Make a casing in the top with an eyelet in front through which to run ribbon or tape.

Make straps from left-over material. Press them and adjust.

Turn up hem.

ASK YOUR NEIGHBOR ABOUT  
LYDIA E. PINKHAM'S VEGETABLE COMPOUND

## HOW TO PREVENT A COLD

Keep your bowels open with **Lydia E. Pinkham's Pills for Constipation**. If your elimination is sluggish, you cannot throw off germs and you more easily become a victim to disease.

Keep away from people who have colds. Never let them sneeze or cough in your face.

Keep your rooms at 68. A hot, stuffy room filled with dead, used air is an ideal place to catch cold.

Do not be afraid of fresh air and sunshine.

Eat simple food. Avoid overeating.

Wear warm clothing but do not bundle up too much. Keep your feet warm and dry.

Get plenty of sleep with open window.

If you are overheated, do not sit in a draft to cool off. Never lean against a cold surface.

### "WHILE SHE WAS RAISING HER BABIES"

"I was run-down, lost weight, my skin got yellow, everything seemed out of order and I could not do my work. I had such tired feelings I just seemed to wear out. My mother took **Lydia E. Pinkham's Vegetable Compound** while she was raising her babies and she recommended it to me. After taking two bottles of **Vegetable Compound** I looked different and above all I felt different. It seemed to give me new life and I recommend it to anyone I know. It is the only medicine I take."

MRS. ELSIE MAE GRIFFITH,  
Densmore, Kansas

### A GOOD HEALTH HABIT

Never ignore constipation. **Lydia E. Pinkham's (coated) Pills for Constipation** are pleasant to take and efficient in their action.

Keep them in your medicine chest.

## WHAT TO DO FOR A COLD

At the first symptoms of a cold (sneezing, chills, dull headache) take one of **Lydia E. Pinkham's Phenrin Tablets** every two hours with a full glass of water. These effective little pink tablets will usually break up a cold in its early stages.

Phenrin does not affect the heart.

Spray your nose and throat with **Lydia E. Pinkham's Mouth Wash**.

Eat lightly.

A glass of hot lemonade before going to bed will often help.

A cold in the head, though uncomfortable, is not serious. Do not try to check the secretions too soon. This is Nature's way of getting rid of the cold. Use old, soft cloths when possible instead of handkerchiefs, and burn them. If the nostrils become red and sore from continually wiping the nose apply white vaseline with the finger tip or a cotton swab, working a little of it up into the nostril. This is particularly helpful before going to bed, since it helps to relieve soreness during the night and aids breathing.

Think of the other people. Be careful to use your handkerchief every time you sneeze or cough. Colds are contagious.

Send 25 cents today  
for a box of Phenrin Tablets.  
Use order blank on page 17.

### "ABLE TO CARE FOR MY CHILDREN"

"I was nervous and run-down and **Lydia E. Pinkham's Vegetable Compound** built me up and I feel so much stronger and able to care for my children and to do my housework."

MRS. A. C. PARHAM,  
R. No. 6, Box 140, Alton Park, Tennessee 25

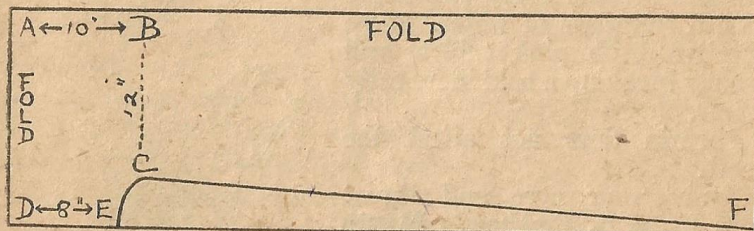


## A SIMPLE NIGHTGOWN

Requires:

3 or  $3\frac{1}{4}$  yds. material according to one's height.

3 yds. Val. lace for neck and sleeves.



Fold material lengthwise and crosswise as shown in the diagram. This pattern fits 36-38 bust.

From the corner A measure down 10 ins. on the fold to point marked B and put a pin.

From the corner D measure 8 ins. along the selvage to E and put a pin.

With your yardstick measure straight across 12 ins. from B and locate point C.

Cut a curve from E to C.

Lay your yardstick from point C to F at the bottom corner of the material and cut.

For a round neck, measure  $3\frac{1}{2}$  ins. along both folds from point A and cut a curve. Slip your head through the circle thus formed and cut it deeper in front if necessary.

Trim with lace, easing it on around the neck.

A soft white "nightie" is always in good taste. Figured crepe is popular, inexpensive and easily laundered. The shops are offering lovely soft fabrics in delicate colors of blush pink, maize, etc., that are charming for lingerie.

Try ecru lace on pale pink instead of white lace.

Pale pink and pale blue ribbons knotted up together into rosettes give a French touch.

## ANOTHER NIGHTGOWN

Requires: 3 or  $3\frac{1}{4}$  yds. material  
(according to one's height)  
4 yds. trimming.

If you use figured plisse, remember that it must be stamped through clearly because the revers will be on the wrong side of the material.

Use the foundation pattern on the previous page.

To form the neck, measure off with pins a 4 in. square at the corner fold. Slash this diagonally, turning back the four triangles until you have a square neck measuring 8 ins. on each side, with a point 4 ins. deep on each shoulder, in front and in back. Bind or trim with lace and stitch the points down flat on the right side.

To point the sleeves, slash up 3 ins. on the fold. Turn back, trim and stitch flat.



### "HELP OTHERS OF MY OWN NATIONALITY"

"I was in a very run-down condition, did not have any appetite and could hardly do my work. I was really ailing all over and could not sleep nor eat as I should nor handle a broom. I read in the Italian paper 'Bolletino Della Sera' about Lydia E. Pinkham's Vegetable Compound and my husband wanted me to try it. After taking three bottles I noticed a great improvement. I began to gain in weight, could sleep well and eat well. I have gained 30 pounds during the last thirteen months since I have been taking it and I do my own housework and also help my husband in our candy store. I would like to have this letter in the Italian papers because it has helped me so much that I would like it to help others of my own nationality."

MRS. FRANCES YETTA,

Box 182, Biwabik, Minnesota

## A SIMPLE HOUSE DRESS

(Sizes 36-38)

Requires  $2\frac{3}{4}$  yds. material.

Fold lengthwise and crosswise until you have four thicknesses with double folds forming a corner which we have marked A. From A measure 10 ins. along the lengthwise fold and put a pin (B). From B measure 12 ins. across the material to C. (This is the underarm measure.) Along the selvage measure 9 ins. to point D. From D cut a gentle curve to C.

Now decide how wide your dress is to be at the bottom and divide by four. If you want a  $1\frac{1}{2}$  yd. skirt, 15 inches will be about right for the distance from E to F along the loose edge of your material. With a yardstick, draw a straight line from C to F and cut.

(See diagram on next page)

### "TIRED AND CROSS MUCH OF THE TIME"

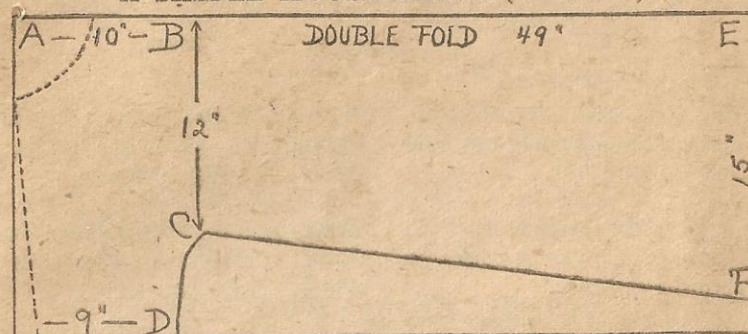
"I want to tell you how much your **Vegetable Compound** helped me. I felt tired and cross much of the time and could not keep my food down. I did not get much work done and words cannot express how mean I felt. My husband heard of **Lydia E. Pinkham's Vegetable Compound** from his mother and his aunt, who had taken it and he brought me my first bottle. It wasn't long before I began to feel fine. I am an eighty-five pound young woman and when my baby was born the doctor said she was nearly as big as her mamal I have taken five bottles of **Lydia E. Pinkham's Vegetable Compound** and am feeling so good. Have lots of work to do and can do it, so I'm happy."

MRS. ROSS T. BURCH,  
R. No. 1, Belvidere, Nebraska

"I found that **Lydia E. Pinkham's Vegetable Compound** was a wonderful medicine in my case and I would be glad to answer letters asking about the **Vegetable Compound** and what it has done for me."

MRS. A. F. GOODRICH,  
189 Douglass Street, Brooklyn, N. Y.

## A SIMPLE HOUSE DRESS (continued)



For the neck. From A measure  $3\frac{1}{2}$  ins. on the crosswise fold and 3 ins. on the lengthwise and cut a curve. Try the dress on. You will probably want to cut the neck another inch lower in front. Bind the neck to prevent fraying.

Sleeves. If you want them shorter, cut them off. Cuffs may be made from the scraps, if desired. A slanting seam run from the neck to the outer edge of the sleeve will make the sleeve fit better. Try the dress on and pin to determine how deep the seam should be. An inch at the sleeve edge slanted to nothing at the neck is usually about right.

The material left from the sides will make a belt.

### "THE GIRLS GOT ON MY NERVES"

"I was pale and nervous and terribly run-down. Too much work at home and outside and I had to walk 14 blocks to work each day and the girls got on my nerves. So I started to take **Lydia E. Pinkham's Vegetable Compound**. I tried one bottle, then the second and I felt so much better that I kept on until I was real well. I would take it whenever I felt I wanted something and didn't know what I wanted. I have it on hand now for my twelve-year-old girl, who takes a bottle every month and doesn't have to miss school any more. I tell every one about the **Vegetable Compound** as they all say when they meet me, 'Why, you look better than you did ten years ago!' I find I have picked up in looks while gaining my health. I was run-down for nearly ten years and lost my strength but now I am fine."

MRS. J. M. JUNGBLUTH,  
437 32nd Avenue, Milwaukee, Wisconsin

## HOW A STOUT WOMAN CAN LOOK STYLISH

### Avoid

Striving for a girlish effect.  
The too-tight corset that moves the bulges from one place to another.  
Fussy, frilly clothes.  
Ruffles or trimming running around the body.  
Sashes.  
Belt all the way around.  
Belt of contrasting colors.  
Too short skirts.  
Large checks, plaids, awning stripes, prints and large figured materials.  
Collars wide across the shoulders, Peter Pan effects, stiff tight collars.  
Fancy trimmings: frills, perky bows, bunches of flowers, splashes of color.  
Jacquettes and short coats that chop the figure in two.  
Stiff taffetas, shiny satins, clinging jersey.  
Sleeveless gowns even for evening.

### Choose

Dignity.  
A low, fitted corset loose enough to give her a flat effect. A long brassiere.  
Long lines that carry the eye down. Surplices. Pleats for width. Soft drapery.  
Narrow belt tied on the side.  
Belt only part way around or slipped through slots to break the circular effect.  
Skirts that do not expose too much expanse of the leg.  
Plain material, vertical pencil stripes, brocade in self color. Use figured material sparingly for inserts and under tunics.  
Scarf collars with long narrow ends, V necks, long revers, lapels.  
Vertical rows of buttons.  
Only one bright touch—a pin or buckle.  
Long loose coats. Raglan sleeves. Ensembles.  
Soft crepes and voiles. Twills.  
Loose flowing sleeves of Georgette or lace.

## HOW A STOUT WOMAN CAN LOOK STYLISH

(continued)

### Avoid

Light hosiery in contrast to shoes.  
All white. As a rule, it makes one look larger. Loud colors.

### Choose

Hosiery to match shoes. Gunmetal and dark shades.  
Dark blue. Dull colors with the one permissible bright touch.

### "GLAD TO RECOMMEND IT"

"I have taken three bottles of **Lydia E. Pinkham's Vegetable Compound** and am on the fourth and it sure does me good. I was all run-down and couldn't do my work. I raise chickens and I couldn't do anything hardly. I was nervous and sometimes I could not sleep. I was this way about eighteen months and my mother recommended the **Vegetable Compound** to me. The first bottle helped me so much that I could sleep nights and I felt better in every way. I am always glad to recommend it to other women."

MRS. EDITH O. JENNINGS,  
Calico Rock, Arkansas

"Indeed I have received benefit from taking **Lydia E. Pinkham's Vegetable Compound**. When a small, non-developed girl I took twenty bottles for general weakness and some years later before my baby was born I took more of it. Now I am taking it for a run-down and weak condition and already feel like a different woman. I want to thank you so much for what it has done for me and mine. I have a fine healthy baby girl and am a happy mother. Needless to say I am telling my friends and neighbors of the help the **Vegetable Compound** has been to me and I will gladly answer any woman's questions so far as I am able."

MRS. JAMES G. BENDER,  
R. F. D. No. 1, New Cumberland, Pa.

USE THE ORDER BLANK ON PAGE 17



LYDIA E.  
PINKHAM'S  
SANATIVE  
WASH



Contains Healing Antiseptics  
for Women

TO be used as a vaginal injection for leucorrhoea and inflammation. It soothes and heals.

New Four Ounce Size.  
50 cents a Bottle.

The 1½ ounce bottle has been selling for 30 cents. Improved methods of manufacture make it possible for us to offer this dependable product at a real saving.

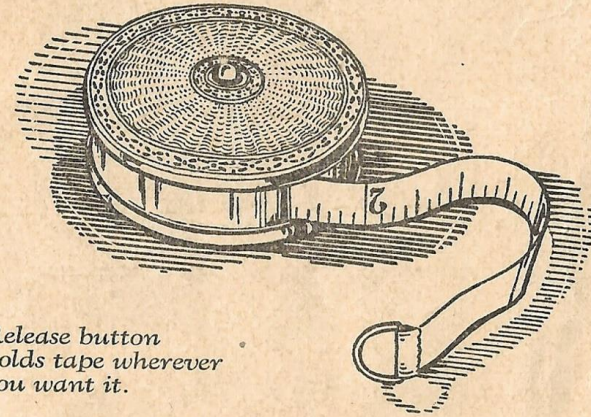
If your druggist is not yet stocked with this new large size, we shall be glad to send a bottle postpaid upon receipt of price.

Use the coupon in the middle of this book.

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Release button  
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Herb Medicine

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Pills *for*  
Constipation

---

Sanative Wash