

The Project Gutenberg eBook, Food and Health, by Anonymous

This eBook is for the use of anyone anywhere at no cost and with almost no restrictions whatsoever. You may copy it, give it away or re-use it under the terms of the Project Gutenberg License included with this eBook or online at www.gutenberg.net

Title: Food and Health

Author: Anonymous

Release Date: November 1, 2005 [eBook #16977]

Language: English

Character set encoding: ISO-646-US (US-ASCII)

*****START OF THE PROJECT GUTENBERG EBOOK FOOD AND HEALTH*****

E-text prepared by K. D. Thornton, Bruce Albrecht, and the Project Gutenberg Online Distributed Proofreading Team (<http://www.pgdp.net/>)

Note: Project Gutenberg also has an HTML version of this

file which includes the original illustrations.

See 16977-h.htm or 16977-h.zip:

(<http://www.gutenberg.net/dirs/1/6/9/7/16977/16977-h/16977-h.htm>) or

(<http://www.gutenberg.net/dirs/1/6/9/7/16977/16977-h.zip>)

FOOD AND HEALTH

DO WOMEN READ

our little books which come so regularly to their homes? Indeed they do, and if only one is left at a two-family house we are asked to send another at once. We feel sure that they are read from cover to cover.

LYDIA E. PINKHAM'S MEDICINES

Lydia E. Pinkham's Vegetable Compound

The original Pinkham medicine and best known of all.

It has been on the market for nearly fifty years and is put up in the following forms:

Liquid.

Dose--One tablespoonful every four hours through the day.

Dry (Tablets).

Dose--One tablet every four hours through the day.

Lydia E. Pinkham's Sanative Wash. FOR LEUCORRHOEA AND INFLAMMATION Liquid, a concentrated extract, ready to dilute and use at once, the most convenient form. Use daily as a vaginal injection. Add one teaspoonful (in severe cases two teaspoonfuls) of the Sanative Wash to one pint of warm water, mix thoroughly and it is ready for use. (Can be had, if preferred, in dry form, to steep.)

Lydia E. Pinkham's Blood Medicine. FOR POOR BLOOD

We recommend this as a good blood medicine for either men or women. Dose--One tablespoonful three times