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## Famous women of history. [n.d.]

[Lynn, Massachusetts]: [The Lydia E. Pinkham Medicine Co.], [n.d.]

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Famous Women  
of  
HISTORY

# The CHARM of HEALTH



**S**PARKLING eyes, smiling lips, clear natural color, glowing vitality—there's a woman we all admire. Instinctively we feel that she must be interesting and worth knowing. Steady nerves indicate a dependable disposition. Why? Because health is the foundation of beauty and charm.

If you are not as well as you want to be, give **Lydia E. Pinkham's Vegetable Compound** a chance to help you. Its tonic action stimulates the appetite, quiets quivering nerves, induces

restful sleep. Gently but steadily it works upon the feminine system, helping Nature to restore and preserve a normal condition of health.

"I used to have such terrifying backaches and periodic pains that I had to stay in bed several days at a time. Nothing seemed to help me until I tried Lydia E. Pinkham's Vegetable Compound. Before I had taken half a bottle I began to feel better. I think that all young girls and women should use the Vegetable Compound. I know what it will do."

MRS. CONRAD C. VANTASSEL

600 Baker Street, Wisconsin Rapids, Wisconsin

Two forms, liquid and tablet. The tablets are newer, chocolate coated and packed in purse-size bottles for the convenience of busy women. Sold by all druggists.

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★ *Endorsed by half a million American women* ★

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# LYDIA PINKHAM

*"the Woman's Friend"*

**B**orn in Lynn, Massachusetts in 1819, Lydia E. Pinkham was a real woman, the mother of five children. For many years she made her famous Vegetable Compound on her kitchen stove, for the benefit of her family and neighbors. After the panic of 1873, she and her children decided to put it on the market. After years of struggle, they succeeded.

Lydia E. Pinkham's Vegetable Compound and other medicines are still manufactured by her descendants and the integrity of four generations is behind the products. Sold by druggists everywhere.

# for young mothers



"I am the mother of seven children. I got tired and rundown but I never had time to lie down. After my last confinement I could not seem to pick up at all. A friend of mine told me about the **Vegetable Compound**. It has certainly helped me. I am gaining all the time and intend to keep on taking it because I have confidence in **Lydia E. Pinkham's Vegetable Compound** as a health builder and invigorater."

MRS. A. KITTS

9308 Central Ave., Detroit, Michigan

"I am nineteen years old and a mother. I felt fine all through pregnancy. After my baby was born, if I did the least bit of work I felt weak and my back hurt. I was so nervous that the baby's crying annoyed me. I had to lie down often. Then I would feel better until I tried working again. I began to take **Lydia E. Pinkham's Vegetable Compound** and have felt like a new person ever since. It is a wonderful medicine for rundown women. I recommend it to young and old."

MRS. G. L. MILLIKEN

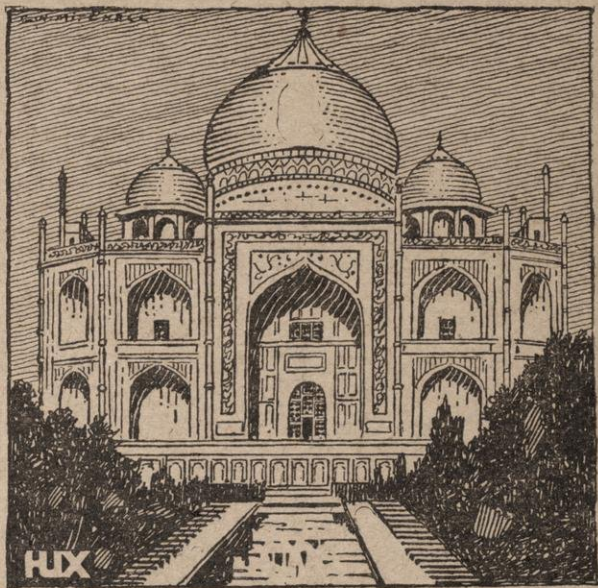
R.F.D. #2, Box 23, Shallotte, N. C.

"I took **Lydia E. Pinkham's Vegetable Compound** to relieve pain and it helped me. I took it before childbirth. My baby weighed thirteen pounds and he is strong and healthy."

MRS. STEPHEN MANNING

1927 Augusta Ave., Port Arthur, Texas

## Lydia E. Pinkham's Vegetable Compound



## “*A DREAM in WHITE MARBLE*”

ONE glimpse of the Taj Mahal at Agra, India, with its perfect dome and gleaming minarets reflected in the crystal waters of the lagoon, is worth a trip around the world. This beautiful mausoleum has been called “a dream in white marble” for it expresses the love of Shah Jehan, stern ruler of India, for his young wife Taj-Bibi. The doors are of solid silver. The entire Koran (Mohammedan Bible) is written in jewels on the interior walls. Sunlight sifts through screens of delicately pierced marble.

Twenty thousand men labored twenty years to construct it. Legends say that the Shah ordered the architect flung over a cliff to his death that never again might he plan a building so magnificent as the Taj Mahal.

## THE STORY OF CLARENCE MATTHEW'S WIFE



It was August. The hottest month of all the year. The tomatoes had to be picked. The corn was ready to cut and gather. Clarence Matthews and his wife had planned to do the work together for she always helped him when she could. But when the time came, she was so weak she could hardly manage the housework for the two of them. There were no children . . . but the stork was on its way.

In October, Mrs. Matthews wrote to us as follows: "The doctor gave me some medicine but it didn't seem to help. I thought I felt worse. Then a neighbor told me about **Lydia E. Pinkham's Vegetable Compound Tablets**. I began taking them. I felt better right away. Now I don't feel like the tired, sickly girl I was two months ago. I am still taking the Compound and eagerly awaiting the time when I can hold my baby in my arms and say, "This is a Lydia Pinkham baby."

We often thought of her during the winter, because we do take a personal interest in our correspondents. In July, she wrote again to tell us about the new arrival.

"I went to the McCready Hospital at Crisfield, Maryland. The doctor and nurses said I helped myself for I had plenty of strength. The baby weighed nearly seven pounds—as healthy a boy as you ever saw. We named him Clarence Benjamin Matthews, Jr. after his daddy, but I shall call him "Sonny Boy", he is so good. His grandmother says he is so much like his daddy when he was little. He is a breast baby and he owes his strength to that and to **Lydia E. Pinkham's Vegetable Compound.**"

MRS. CLARENCE B. MATTHEWS

R. No. 1, Marion, Maryland

# CLEOPATRA

## *"Siren of the Nile"*

FIFTY-ONE years before the birth of Christ, Ptolemy XL king of Egypt, died and left the throne to Cleopatra his oldest daughter (16) and Ptolemy his son (13). The boy was influenced by his tutor, who aspired to rule Egypt through him, quite ignoring young Cleopatra. But Cleopatra could not be ignored. Speaking eight languages, intelligent and ambitious, she soon took the reins of government into her own



hands. During the war which ensued Cleopatra appealed to Julius Caesar. Concealed in a bale of goods strapped upon the back of a faithful attendant, she was borne to Caesar's apartment at Alexandria and deposited at his feet. From the sack, like Venus from the sea, she rose to dazzle Caesar with her seductive beauty. For love of her, he proclaimed her Queen of Egypt when he might have claimed the whole country as a province of Rome. With Caesar on her side, Cleopatra's future was assured. She held his interest by her beauty and she administered her kingdom with more wisdom and judgment than most rulers of her day.



When the war was over, she and her court journeyed to Rome at Caesar's invitation to witness his triumphal procession. He established her in a villa on the Tiber and set a golden statue of her in the Temple of Venus, to the horror of the Romans. Only the assassination of Caesar could end her power over him.

*(Continued on Page 7)*



"I like your Sanative Wash and your Pills for Constipation. In fact, all your medicines are very beneficial."

MRS. JAMES MARTIN  
222 Harding Ave., Terre Haute, Indiana

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# Keep Clean Inside

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For pep and vigor—and incidentally a clear skin—keep your bowels open. Waste matter in the intestines, if allowed to accumulate, sends its poisons all over the body. Constipation steals the roses from your cheeks and puts pimples on your chin. Don't let it.

Lydia E. Pinkham's Pills for Constipation are chocolate coated, inexpensive and dependable.

Keep them in your medicine chest.



## LYDIA E. PINKHAM'S PILLS FOR CONSTIPATION

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"Five weeks ago I gave birth to a 7½ pound son. During pregnancy I took Lydia E. Pinkham's Vegetable Compound with wonderful results. I now have four boys. This last one was the easiest birth of all. Your medicine is worth its weight in gold."

MRS. JOSEPH PITTNER  
522 Clement Ave., Sheboygan, Wisconsin

## "CLEOPATRA"—Continued

When Mark Antony rose to power, Cleopatra was the only sovereign who did not seek his favor. Piqued by this indifference, Antony commanded her to explain to Rome her conduct during the war. In answer to his summons, down the river drifted a vessel plated with gold, with sails of Tyrian purple, and silver oars that rose and fell to the music of lyres and harps. The queen was costumed as Venus. Surrounded by rosy cherubs she reclined beneath an awning of gold cloth while beautiful maidens in filmy draperies bore garlands of roses, and others swayed great feather fans.



Charmed by his fair visitor, Antony accepted her invitation to dine in the magnificent banquet hall which Cleopatra had secretly prepared. Now it was the Queen who commanded and Antony who agreed to recognize her son (and Caesar's) as heir to the crown of Egypt. So began a series of sumptuous festivals and luxurious orgies, of dances and feasts in palaces whose magnificence has amazed the world ever since.

Imagine Grecian temples of flawless marble inlaid with gold and silver; banquet halls three hundred feet long and half as wide, supported by double rows of pillars 25 feet high bursting into lotus blossoms at the top; elegant foods and priceless wines served in vessels of pure gold; bronzes, ivories, silks and jewels; the obelisks, the theatres, the hippodrome, the roof gardens with their awnings of purple silk, mosaic pavements where fresh roses and violets were scattered three times a day; the heavy odor of incense; the chariot races! Imagine a procession of eight hundred flower-decked nymphs and one thousand dimpled cupids in honor of Bacchus, the God of Wine. At the center of all this splendor and licentiousness was Cleopatra, Siren of the Nile.



*(Continued on Page 9)*

# *for irregularities*



"My sister used Lydia E. Pinkham's Vegetable Compound after her baby was born. She got me my first bottle and I have used it ever since. I used to stay in bed two days each month, not able to lift my head. Now I can do my work as usual without pain. I am a student nurse. Whenever I get nervous or tired I get a bottle of the Vegetable Compound and then I feel fine. I have told several of my friends and it has helped them too."

MISS AGNES HOGEN  
203 Danforth Ave., Jersey City, N. J.

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"A doctor recommended Lydia E. Pinkham's Vegetable Compound to me and to my aunt. I took it for menstrual irregularity and it helped me."

MRS. H. J. FRIESEN  
4716 Columbus Ave., Minneapolis, Minnesota

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## "IT REGULATED ME"

"I took Lydia E. Pinkham's Vegetable Compound for irregularities and it regulated me so that my periods do not bother me now. It also helps when I get nervous and restless."

MRS. C. W. BARTON  
Star Route, Grand, Okla.

# Lydia E. Pinkham's Vegetable Compound

## “CLEOPATRA”—Continued

While they reveled in the halls of pleasure, forgetting the world, the Roman fleet swept across the Mediterranean commanded by Octavius, son of Julius Caesar and heir to the throne of Rome. In the battle which followed Antony was defeated. History insists that Cleopatra was the cause of it. She commanded sixty ships. At the decisive moment,



overcome with terror, she retreated leaving Antony without reserves. Such was her power that against his better judgment he fled after her. Next day, friends brought them the news. Every vessel that was not sunk or burned was now in possession of Octavius.

Cleopatra tried to escape across the Red Sea and establish a new kingdom but the Arabs burned her transports. Then her mind turned to suicide as the only relief from her troubles. In search of a poison that would bring death instantly and painlessly she frequented the royal prison. Under her direction, slaves dragged out condemned prisoners and administered various poisons while she studied their agonies as a chemist studies a test tube. Dissatisfied with the effects of poisons, she experimented with vipers and finally found one (the asp) whose bite produced a lingering drowsiness and a gentle death. She built a pompous tomb for herself and loaded it with treasures. Antony could depend upon his sword.

Their last supper was a funeral banquet. Antony was deserted by his soldiers and Cleopatra by her people. The city was already full of their conquerors. Cleopatra rushed from the hall to her tomb, fastened the door and sent word to Antony that she was dead. Antony thrust his sword into his own breast. Meanwhile, Cleopatra's grief was bitter. She must see Antony again, dead or alive.

*(Concluded on Page 11)*

# at Change of Life



Do you suffer from hot flushes, palpitation and smothering spells? Are you irritable and blue without any good reason? Are you nervous and restless at night? How is your courage?

Cheer up! These symptoms are distressing but not fatal. You will probably live through it. However, there's no need of unnecessary suffering. Try Lydia E. Pinkham's Vegetable Compound.

Other women have found that this good old medicine relieves their misery, quiets their nerves and tones up their general health. 98 out of 100 say, "It helped me."

"For thirty years, your little books have been left at my door. I read the testimonials and wondered how true they were. Last Spring I was in poor health when the book came so I decided to try your Vegetable Compound. The first bottle helped. I am now on my ninth bottle and feel fine. My backache is gone, a discharge which annoyed me has entirely cleared up and I do the work for six in family, including washing. I recommend this medicine to women especially at middle age. Several are trying it because they know how it helped me."

MRS. WILLIAM R. KING  
580 Wyoming Ave., Buffalo, New York

Lydia E. Pinkham's Vegetable Compound has given me more strength at Change of Life."

MRS. MARTHA M. McLAUGHLIN  
R.R. #1, Rockwell, Iowa

## Lydia E. Pinkham's Vegetable Compound

## "CLEOPATRA"—Concluded

Slaves bore the dying man to her. She threw a rope from an upper window and hoisted him into the room where he died in her arms. Octavius granted her permission to bury his body in the tomb she had prepared for herself:

Cleopatra was now a prisoner of Rome. Burning with fever brought on by self-inflicted wounds, she refused food and medicine until Octavius threatened to take the lives of her four children, if she allowed herself to die. Octavius was too strong to fall a victim to her wiles or her tears as his father had done. He determined to exhibit the haughty queen of Egypt to the Roman rabble walking in chains beside his triumphal car. On the day before they were to sail, Cleopatra visited for the last time the tomb of Antony. Then, bathed and arrayed in royal robes and wearing her royal crown she awaited the arrival of a countryman with a basket of figs in which was concealed an asp. The bite of the little reptile brought merciful oblivion. Two faithful slaves accompanied her to the realm of the dead.

Complying with her last written request, Octavius buried her beside Antony and when his triumphal procession wound through the streets of the Imperial City he had to be content with a statue of the Siren of the Nile, the serpent still wound around her waxen arm.



# *for nervous women*



"Last Spring I was on the verge of a nervous breakdown. I suffered almost unbearable female trouble and I was getting despondent. I used to lie down every chance I got. Nothing did me any good until I took **Lydia E. Pinkham's** wonderful medicine. My husband went to town and got me a bottle. I said, "Anything for relief." I felt better from the first dose. I am feeling fine now and working from twelve to sixteen hours a day. I take care of a family of three, do all my housework, help in the field and clerk in a store besides. I recommend the Vegetable Compound to my suffering friends."

MRS. ALBERT MINER  
Rt. #1, Box 43, Alexander, Arkansas

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## "I COULD NOT SLEEP WELL"

"Your medicine is wonderful. I took five bottles and it helped me in many ways. I could not sleep well. I was nervous and felt like fainting. I read so much in the paper about **Lydia E. Pinkham's Vegetable Compound** that I thought I would try it. When I had taken two bottles, I felt so much better that my husband begged me to keep on. It is surely a good medicine and I recommend it."

MRS. DORA PYRON  
4477 St. Louis Ave., St. Louis, Mo.

# **Lydia E. Pinkham's Vegetable Compound**

# ISABELLA *of* CASTILE

**I**N the fifteenth century, Spain was not a united country but a number of small kingdoms or principalities. Isabella, the young and beautiful princess of Castile, had many suitors but she gave her heart to Crown Prince Ferdinand of Aragon. Her brother,



King Henry of Castile, was much displeased because he had made the girl his heir and he had other plans for her. King John of Castile would have made a great wedding feast but unfortunately his royal treasury was depleted by a recent war. Fearing that King Henry would force Isabella to marry the man of his choice, the lovers took matters into their own hands. Disguised as a servant in a company of merchants, Ferdinand escaped to Valladolid, where he was married to Isabella by the good-natured Archbishop of Toledo.

King Henry promptly disinherited Isabella but what did she care? With her handsome young husband she lived quietly and happily on a small country estate until Henry died in 1474. Next morning Isabella was crowned Queen of Castile by her faithful followers. There was another claimant

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## "ISABELLA OF CASTILE"—Continued



to the throne, Henry's illegitimate daughter Joanna. Her betrothed husband, the King of Portugal, lost no time in marching his armies into Spain to secure the crown for himself and Joanna. So began the War of the Succession. Isabella had only 500 men in her army, no court and no

capital. She spent the first three months of her reign in the saddle, galloping all over Spain arousing patriotic fervor against Portugal. She succeeded in raising an army of 40,000 men. Ferdinand led them. Defeated in his efforts to oust the invaders, Ferdinand suggested peace with the surrender of two Spanish cities. "Not one stone!" cried the queen. Taking personal charge of her army, she drove the Portuguese back into their own territory.

As a devout Roman Catholic, Isabella expelled all Jews from Spain. The Jews were the money lenders of the day and Spanish nobles who had borrowed heavily from them supported the Queen because it would rid the country of their debtors. But the sufferings inflicted upon the helpless Hebrews in the name of religion are a stain upon the name of Isabella.

Perhaps it was her religious fervor that impelled Queen Isabella to wage war on the Moors until she drove them out of Europe. During that war she spent most of her time in the field. To take care of her wounded soldiers she set aside a large tent which became the first field hospital. During the stubborn siege of Granada, she employed her armies to build a military city of stone buildings opposite the infidel stronghold and named it Santa Fe (Holy Faith). Perhaps the substantial appearance of this Christian camp weakened Moorish morale and resulted in the surrender of Granada.

## "ISABELLA OF CASTILE"—Concluded

Every American schoolboy remembers Isabella as the Queen who pawned her jewels to finance the voyage of Columbus to the Indies which resulted in the discovery of the New World. Historians now say that she did not really pawn her jewels but only said that she would be willing to do so. To Isabella the expedition was a Christian crusade. She was not particularly interested in the rosy hopes of

Columbus to gain new dominion for Spain. Only when he craftily mentioned savages to be converted to the true faith did she come to the support of the explorer. Well pleased with his first trip, Isabella fitted out a fleet of seventeen vessels for his second voyage. A report that Columbus had mistreated the savages aroused the Queen to order him brought back to Spain in irons. For this injustice she later made full reparation.



Isabella died in 1504, broken in spirit by the loss of her children.

Her only son Prince Juan died on his honeymoon. Within a short time her daughter Isabella passed away. Her daughter Juana was hopelessly insane. Another daughter, Katherine of Aragon, married Henry VIII of England who divorced her because she gave him no living son. This caused the rift between Spain and England which resulted in the loss of the Spanish Armada and the defeat of Spain as a world power.



# Use Your Imagination

WE don't need to tell any woman how she feels when she is not well. We don't need to talk about backaches and headaches and cramps. We don't need to tell **you** of the nervous, irritable, "blue" feeling that so often accompanies functional ailments. You know all about it.

But can you imagine how much pleasanter life would be if you didn't suffer so? If you could avoid the crying spells and the down-and-out feelings? If you could be at your best **all** the time, the way other women seem to?

Have you tried **Lydia E. Pinkham's Vegetable Compound**? This medicine is not a cure-all but **it is good**. The most extravagant claims we can make for it are tame compared to the enthusiastic letters *which* women write to us. When you hear how much it has **helped** other women, can't you imagine that it would help you too?

Tell your druggist you want to try it. Liquid or tablet form, as you prefer.



## Lydia E. Pinkham's Vegetable Compound

LIQUID or  
TABLETS  
as you prefer



# BETSY ROSS

*"Maker of Old Glory"*

ACCORDING to tradition, the first American flag was made by Mistress Betsy Ross of Philadelphia under the direction of General Washington. It had thirteen stars, symbolizing the thirteen states, arranged in a circle to represent eternity.

June 14 is now observed as Flag Day in many states because this flag was adopted by Congress on June 14, 1777.

The house where Betsy Ross lived was purchased by popular subscription years ago. It is now preserved as a historical shrine and souvenir shop.

## DON'T BE VICTORIAN

Queen Victoria was one of England's noblest. Yet we think of the women of her day as languid females—who fainted at sight of a mouse . . . and were known to pine away for lack of love. It was indelicate for a woman to be too robust. . . . Men admired the clinging vine.



Today, women like to be strong and active. They hate to waste precious hours in unnecessary suffering. They endorse **Lydia E. Pinkham's Vegetable Compound** because it keeps them on their feet. This good old medicine is made especially to remedy the ailments of women. It brings comforting relief from periodic disturbances with their accompanying backache and headache. . . . It corrects irregularities. . . . Makes trying times endurable.

Be modern. Ask for the new tablet form. Chocolate coated. Convenient. Pleasant to the taste. Just as efficient as the liquid compound.

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### "I ENJOY MYSELF NOW"

"Lydia E. Pinkham's Vegetable Compound helped me to gain strength after an operation for female disorders. I used to lie in bed all afternoon. Now I am in the best of health. Cheerful all the time. I do my housework in a six room flat and I feel well enough to go out and enjoy myself."

MRS. EDWARD BUDMAN  
2105 Bingham Street, Chicago, Illinois

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### "I USED TO BE THIN AND SICKLY"

"I used to be thin and sickly. I was rundown and my back ached. Since taking your Vegetable Compound I feel so much better. My appetite is good and I enjoy life more. My younger sister is not very strong so she is taking the medicine and it helps her. I have taken both liquid and tablets and I have used your Pills for Constipation."

MISS EVA PIKE  
R.R. #2, Marne, Michigan

# for rundown women



"You cannot imagine how discouraged I was before I used **Lydia E. Pinkham's Vegetable Compound**. I could hardly stand up, I was so weak. Every chance I got I would lie down. I had terrible pains in my left side day and night. I was dizzy and weak and nervous and had no appetite at all. One of our new neighbors moved from Canada. She told me that she had the same trouble years ago and how

much **Lydia E. Pinkham's Vegetable Compound** had helped her. She wanted me to try one bottle so I did. Before I finished that first bottle I started to eat like two men. In a little while the pains began to leave me, and my period is nothing to dread now."

MRS. ALBERT FONTAINE  
224 Wight St., Berlin, New Hampshire

"Two years ago I had a nervous breakdown. My weight went down to 115 pounds. I felt faint and tired and had hot flashes. I tried all kinds of medicines but without much success. One day I saw '**Lydia E. Pinkham's Vegetable Compound**' advertised in the Boston American and I decided to try that. After taking it for a few weeks, I began to gain. The weakness and dizziness grew less and less. I have now taken eight bottles and I am full of pep and energy. I feel better than ever before. I would be delighted to answer any questions any woman wants to ask about this wonderful medicine."

MRS. NELLIE LENTINI, 9 Grant Ave., Waverley, Mass.

## Lydia E. Pinkham's Vegetable Compound

# MARTHA WASHINGTON

## *"First Lady of the Land"*

YOUNG George Washington stood six feet three in his stocking feet. "The very flower of the youth of the Old Dominion", protege of the wealthy Lord Fairfax, and rumored heir to his vast estate in the Shenandoah Valley—no wonder maidenly hearts fluttered at the very sound of his name. Little Martha Dandridge alone wasted no time in longing for a stately dance with young Master Washington.

"Of a truth," she confided to her cousin Nancy, "I like not overtall young men." Although she had never seen Washington, the real secret of her unconcern was that pretty Miss Martha (better known as Patsy) had fallen in love with another young man, Mr. John Custis, member of the Governor's staff.

In due time, they were wed and never was there a lovelier bride than the dainty Martha in her filmy white. She was fifteen years old. The marriage united two of the proudest families of colonial Virginia. The father of John Custis was a man of great wealth, and counselor for the King. His estate at Arlington, on the banks of the Potomac, is now a part of the National Cemetery.

So little Martha left her father's plantation for her new home on the Pamunkey River not far from Richmond. It was a widespread manor house where there was always room for a few more guests. The hospitality of the White House, as it was called, and the charm of its young mistress became renowned from the Rappahannock to the James.

Seven happy years passed during which three children were born to Martha Custis. Then her oldest boy died. At the age

*(Continued on Page 23)*



1874

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# Hospital Tested and Approved!



LYDIA E. PINKHAM'S  
SANATIVE WASH  
has been tested in the  
hospital under the doc-  
tor's supervision. It is  
highly recommended  
as a cleansing, non-  
irritating antiseptic for  
vaginal douches.

As a deodorant, it  
prevents embarrass-  
ment.

**Large bottle**

*For Sale at Drug Stores*

**50** cents

LYDIA E. PINKHAM'S  
**Sanative Wash**

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## "THE FIRST LADY OF THE LAND"—Continued

of twenty-three she was left a widow. The plantation was so large that it required a hundred servants. Mrs. Custis had inherited a fortune but she found the management of the plantation no simple task.

One day, she and the children were visiting a neighbor named Chamberlayne up the river. Just before dinner, Mr. Chamberlayne arrived, bringing a guest to share their meal. It was Colonel George Washington, now in command of all Virginia troops and just then on special

mission to the Governor. But the Governor's message was delayed, and the horses pawed the driveway unnoticed while in the Chamberlayne parlor, George Washington talked to the pretty Widow Custis. They talked so long that twilight fell and the hospitable Chamberlaynes persuaded him to postpone his departure until morning. On his return, Colonel Washington called at the White House. When he left, he was engaged.

George and Martha were married in January, 1759. It was a brilliant wedding attended by prosperous planters in knee breeches with buxom wives and daughters in stiff brocades, by English army officers in their dashing uniforms and by the Governor of Virginia himself. The little bride wore a gown of white corded silk embroidered with silver threads and trimmed with ruffles of soft point lace. Beneath her petticoat of quilted white satin peeped the diamond buckles of her little high heeled shoes.

George Washington took his bride to Mt. Vernon, his eight thousand acre estate on the Potomac. Here Mrs. Washington was the same gracious hostess she had been at the White



# *for tired women*



"Lydia E. Pinkham's Vegetable Compound helped my back. I used to have such backaches. When I got up in the morning I felt more tired than when I went to bed at night. I read what the Vegetable Compound had done for others and decided to take it. While I was still on the first bottle, I began to feel different. Now I have no more nervous headaches or aches of any kind. This medicine has been a great help to

me. I surely would advise any woman, young or old, to give it a trial."

MRS. STEVE QUINN  
911-20 Ave. N.E., Minneapolis, Minn.

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## DO YOU HAVE "SMOTHERING SPELLS"?

"When I was about 35 years old I took four bottles of Lydia E. Pinkham's Vegetable Compound. My back hasn't bothered me since. I am now taking it at the Change. My heart beats too fast, and I have smothering spells. This medicine is doing me more good than anything I took. I am able to do my work and my cooking."

MRS. J. J. HOLIFIELD  
Taylorsville, Mississippi

# Lydia E. Pinkham's Vegetable Compound

## "THE FIRST LADY OF THE LAND"—Continued

House. She supervised her kitchen as carefully as she did the education of the Custis children. When the Revolution drew near, she patriotically refused to buy English cloth. Sixteen spinning wheels were kept busy at Mt. Vernon and clothing for both family and slaves was woven on their own looms.

When Washington took command of the Continental Army at Cambridge, Martha made the long journey by coach to Massachusetts to spend the winter with him, returning to Mt. Vernon to direct the Spring work. In Cambridge, she lived in the Craigie House which was later the home of the poet Longfellow. For eight years, she continued this practice. Her presence lessened the general's cares and brought the warmth of Southern hospitality into the dreary winter camp. The ladies of Morristown, following her example, lost interest in fine clothes and devoted all their spare time to knitting and other work for their soldiers. During the hard winter at Valley Forge she went from hut to hut with a basket of delicacies for the sick and dying. In her little two-room house the wives of the officers gathered day after day to knit and patch and make over garments for their threadbare men. The patriotic women of Philadelphia heard about it and made three thousand garments as their contribution.



After the victory of Yorktown, the Washingtons returned to Mt. Vernon, arriving there on Christmas Eve just in time for a rousing celebration. They settled down to the quiet life on the plantation but not for long. George Washington was elected President of

*(Concluded on Page 27)*

# HERE IT IS

The old dependable medicine that helped your mother and your grandmother. Made of roots and herbs.

Nature yields to Nature's remedies.

98 out of  
100 Women  
Report Benefit

Take it for irregularities and for those distressing ailments of women, before and after child-birth and at Change of Life. Also as a tonic for nervous and run-down condition.



*Tablet Form, Too*

## “THE FIRST LADY OF THE LAND”—Concluded

the new republic. Now Martha Washington laid aside her sober homespuns for the satins and velvets of the First Lady of the Land. In gracious dignity and democratic hospitality she set an example for all the First Ladies who followed her.

After two terms in office, the Washingtons returned to Mt. Vernon where George Washington died two years later. Martha moved her belongings to a little attic room where she could sit by the window and look out upon his grave. Surrounded by her grandchildren, she lived quietly and cheerfully for two more years. When she died, she was laid beside her husband in the simple brick tomb above the lapping waters of the Potomac.



### DID YOU KNOW?

That Barbara Fritchie was born before the Revolution (1766)? She was ninety-six years old when rebel troops marched into Frederick, Maryland, and she defended her Union flag with Whittier's immortal words:

“Shoot if you must this old gray head  
But spare your country's flag”, she said.”

That Pocahontas, the Indian girl who saved the life of John Smith, afterward married an Englishman named John Rolfe? He took her to England where she was treated as a royal princess but she was so homesick in crowded London that she sickened. Before a ship sailed for Virginia, she died and was buried at Gravesend. Her little son was educated in England. William Henry Harrison was one of his descendants.

That Dolly Madison saved the Declaration of Independence and the Stuart portrait of Washington when the British burned the White House during the War of 1812?

# *for women's ailments*



"My daughter is sixteen. I have been giving her **Lydia E. Pinkham's Vegetable Compound** with the best of results. Her back is stronger and she is regular now. I have taken the Compound myself for weakness and run-down condition. We recommend this medicine to other mothers and daughters who have similar troubles."

MRS. ADA HENDRICKSON  
1548 West 9th St., Salt Lake City, Utah

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## **"FOR THAT TIRED FEELING"**

"I have been taking **Lydia E. Pinkham's Vegetable Compound** for that tired feeling and it helps me. I take care of my chickens and garden beside my house work."

DORA GIBBENS  
Box 35, Grandmarsh, Wisconsin

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## **SO NERVOUS SHE COULD NOT SLEEP**

"I believe that **Lydia E. Pinkham's Vegetable Compound** is the best medicine I ever tried. I was so nervous I could not sleep. I just had no pep. Someone told me about the **Vegetable Compound** and I took it. It has helped my nerves wonderfully. I have a good appetite and I sleep well now. I work in a restaurant."

MRS. IVA RILEY  
301 S. Rollins St., Macon, Missouri

# **Lydia E. Pinkham's Vegetable Compound**

# FLORENCE NIGHTINGALE

## *"the Lady with the Lamp"*

FLORENCE NIGHTINGALE was born in 1820, the daughter of a wealthy landowner of Derbyshire. As a little girl she was fond of animals and sick animals were her special concern. Her mother was very charitable and little Florence often accompanied her on errands of mercy. So she learned to be of practical help to those in need. Her father believed in the higher education of women, which was rather unusual in his day. Florence became a well educated English woman.

She was strangely attracted to the profession of nursing. At that time, nurses were not held in high regard. People said, "No decent English woman would want to be a nurse." But Florence Nightingale was convinced that nursing could be a scientific profession. She gave up a life of social pleasure to visit hospitals and nursing institutions at home and abroad. She studied with the Deaconesses at Kaiserwerth and with the Sisters of St. Vincent de Paul in Paris. She returned to London to work day and night in the Harley Street Sanatorium.

When the Crimean War broke out, the London Times began to be filled with appalling descriptions of the hideous sufferings of brave Englishmen. More were dying from cholera, infection and lack of medical care than from actual bullet wounds. Pathetic letters from soldiers poured into England with every mail, imploring relief. Everyone was frantic to help but no one knew what to do. The Minister of War appealed to Miss Nightingale. Accompanied by thirty-four nurses she set sail for the East.

*(Continued on Page 31)*



## WHAT DOES YOUR MIRROR SAY?



Sparkling eyes? Clear skin? Good color? Do you radiate life and energy? Are you healthy and happy and popular?

Or are you listless, and low spirited? Sallow complexion? Dull eyes? Pimples on your chin? Hardly enough energy to do your work? No vitality left to enjoy yourself? Do you have crying spells? Do little things set your nerves on edge?

How many times these conditions are caused by some derangement of the delicate female organism. A little thing like wet feet or a sudden emotional upset is enough to cause headache, backache and general misery within a

month. It is not normal to suffer so.

Take **Lydia E. Pinkham's Vegetable Compound** regularly for a month. You may be surprised at the difference. We recommend the new **Tablet Form**. Easy to take without embarrassment wherever you happen to be. Chocolate coated. No unpleasant taste. Just as effective as the liquid medicine.

"Change of Life was my trouble. I took Lydia E. Pinkham's Vegetable Compound because my friends told me about it. It has helped me so much that I can do my work better and I feel much improved. I also use Lydia E. Pinkham's Sanative Wash as a douche and find it is very good."

MRS. LOUISE LE PAGE

334 Congress Ave., New Haven, Conn.



**LOOK BETTER! FEEL BETTER!  
BE MORE ATTRACTIVE**

Let us send you a copy of Lydia E. Pinkham's Text Book for Women. It will answer many of your health questions and help you to make the most of yourself. See **Offer Inside Back Cover of this Book.**



## "FLORENCE NIGHTINGALE"—Concluded

The Barracks Hospital at Scutari was an enormous building loaned by the Turkish government. Four thousand men were crowded together on mattresses laid on the floor. The death rate was 60 in 100. Miss Nightingale organized the work, established a diet kitchen and a laundry, exacted strict obedience from all her nurses and so reduced the death rate to 2 in 100.



Miss Nightingale never spared herself. At night when the hospital was quiet, she made her rounds with a little lamp in her hand which she shaded from the eyes of her patients. To those suffering men, she seemed like an angel sent from heaven and those who could not touch her uniform would kiss her shadow where it fell. Longfellow's poem, "The Lady with the Lamp" tells about it. From Scutari, Miss Nightingale crossed the Black Sea to Balaclava where the hospital was only a group of huts. Here she caught Crimean fever and nearly died.

When the war ended, she returned to Derbyshire. Worn out with her strenuous years, she never regained her strength but her energy was unflagging until her death at the age of ninety. She was one of the founders of the Red Cross. During the American Civil War and the Franco-Prussian War her advice was invaluable. She helped to plan hospitals as far away as India and Australia. Her books were accepted as authority.

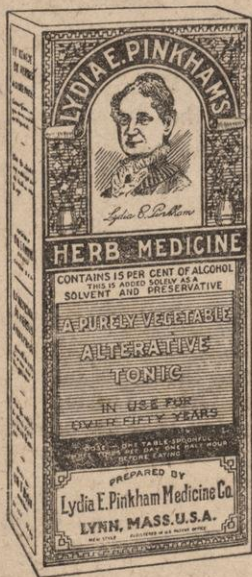
The grateful English people presented her with \$250,000 which she used to establish the Nightingale Home for the training of nurses. It stands opposite the Houses of Parliament. She was decorated by Queen Victoria but her greatest glory is the fact that she has inspired thousands of gentle, well educated young women to follow her in the service of humanity.

# LYDIA E. PINKHAM'S Herb Medicine

is a reliable general tonic, equally good for men and women. It takes the place of Grandma's sulphur and molasses in the Spring and is much more pleasant to the taste. Keep it in the medicine chest and give it to the whole family—parents and children—at any time through the year when they need such a medicine.

## Humors and Eruptions

are among the most common indications and results of a rundown condition. Such eruptions are unpleasant, often embarrassing, and give the face an unhealthy appearance. They are not usually especially serious or dangerous. More serious results may come, however, at any time from the accumulated impurities which they indicate.



## Good Home Treatment

is necessary. Eat plain, nutritious and easily digested food. Get plenty of sleep and fresh air. Take Lydia E. Pinkham's Herb Medicine one-half hour before meals. If constipation is present—as it often is—take Lydia E. Pinkham's Pills for Constipation. The Herb Medicine works in harmony with both the Vegetable Compound and the Pills for Constipation.

LYDIA E. PINKHAM MEDICINE COMPANY

Send for  
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Booklet  
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LYDIA E.  
PINKHAM'S  
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A VALUABLE BOOK of interest to every woman. 64 pages of health hints and useful information about women's ailments. Over 200,000 mailed out (in plain wrapper) during the past year. You may have a copy for yourself and another for any friend you please absolutely free. Just mail this page to:

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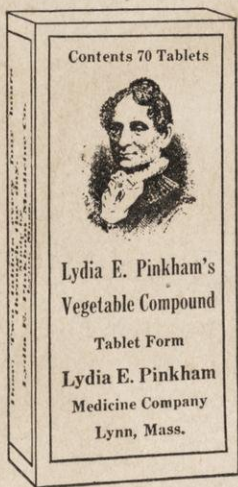
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# Lydia E. Pinkham's Vegetable Compound Tablets!



FOR THE CONVENIENCE OF BUSY WOMEN, LYDIA E. PINKHAM'S VEGETABLE COMPOUND IS NOW SOLD IN TABLET FORM. EACH BOTTLE CONTAINS 70 TABLETS OR 35 DOSES, ABOUT THE SAME NUMBER OF DOSES AS IN A BOTTLE OF LIQUID MEDICINE

## Chocolate Coated

*Carry your medicine with you. Take it regularly wherever you are.*

JUST AS EFFECTIVE  
AS THE LIQUID  
COMPOUND

Lydia E. Pinkham  
Medicine Company  
Lynn, Mass.

