THE LONDON ADVERTISER, LONDON, ONTARIO, SATURDAY, APRIL 2, 1921.

First, Doctors -Then a Skin Specialist Then a bottle of D.D.D.

shall publish every week for the benefit a sufferers in this section, a few words n by Canadian people --- some of them of ence-- all heartfelt stories of relief from

Active two from a letter from J. W. Melbourne Ave., Toranto, a man of ng. "Thave been a sufferer for two cosma on the lage and makies. I so four different doctors, I went to claigt. All of no use. I used sup the of D. D. D. --that is all. Today I

E Lotion for Skin Di rong's Drug Store, Standard J pany, Limited, Taylor's Drug S Bichmond Street London

A.

4

tender skin after a bath

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Hotel

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ETT THOMPSON, GEN. MGP

th Cuticura Soap.

ndless and increases year by year,

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sap 25c. Ointment 25 and 50c. Talcum 25c. Sold proughout the Dominion. Canadian Depot: ymans. Limited, 344 St. Paul St., W., Mentreal. Cuticura Soap ahaves without mug.

HOME ECONOMICS

PAGE OF INTEREST TO WOMEN

Personal Health Service (By WILLIAM BRADY, M.D., Noted Physician and Author.) Absolute Rest.

Absolute Rest. A complete rest, in the vernacular, usually means getting away from a tetchy husband, nagging wife, loving friends or a bad job. I; implies a double-barreled nonentity; first, that cne's impaired health may be account-of by nerve strain or nerve break-down; second, that for purposes of re-reucention or convalserconce there is no other place quite so unsatisfactory as home. These questions of "nerves"; i y accurate and dependable interpreter it any colleague cares to raise a ques-tion or the passe in the singuished twish to make a few remarks about rest. Absolute rest, like the period at the end of a sentence in English com-position or the passe in the sumine of cores in English com-position or the passe in the sumine of cores in English com-position or the passe in the sumine of the arather in a ways prepared to back whatevers it any colleague cares to raise a ques-the send of a sentence in English com-position or the passe in the sumine of the arather individual would expend for area the end of a sentence in English com-position or the passe in the sumine dividual would expend for area take from an edi-"My ideas" about rest, which I am about to express, I take from an edi-

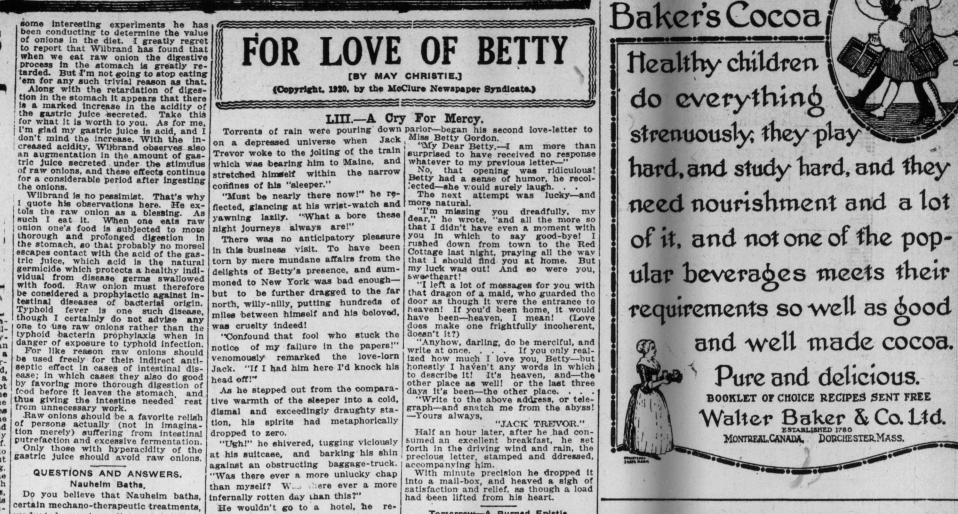
"JACK Thervork." Half an hour later, after he had con-sumed an excellent breakfast, he set forth in the driving wind and rain, the precious letter, stamped and ddressed, "Ugh!" he shivered, tugging viciously at his suitcase, and barking his shin against an obstructing baggage-truck. companying him.

With minute precision he dropped into a mall-box, and heaved a sigh o satisfaction and relief, as though a loa had been lifted from his heart. "Was there ever a more unlucky chap than myself? W.s there ever a more He wouldn't go to a hotel, he re-

Tomorrow-A Burned Epistie. flected. Beastly, dreary place, the aver-

dropped to zero.

ANSWER-Yes. That is just the thing. Appendix Conjecture. Since persons who have had the appendix removed invariably suffer from constipation. is it not true that the appendix is the natural lubricator for the intestinee? (I. H.) ANSWER-Persons who have had the appendix removed are no more likely to be troubled with constipation than those who have not, as a matter of fact. I, for one, am content to do without that par-ticular mode of "lubrication." The ap-pendix is of no more value to a human being than is a wart on one's nose. Red, Rough Hands. Will you please prescribe me a rem-edy for my rough hands? I work out-side a good bit in every weather, and my-hands are rough and very red and irri-tated. Is there anything on the market that will help them? (D. O. S.) ANSWER-After washing with soap, you must rinse all the soap away very was and solution the the total the soap away wery was and solution the the total the soap away wery was and solution the the soap away wery was and solution the the soap away wery develoption the the total to be anything on the market that will help them? (D. O. S.) ANSWER-After washing with soap, you must rinse all the soap away very was and solution the the total to be anything on the market that will help them? (D. O. S.) ANSWER After washing with soap, you must rinse all the soap away very was and solution the the ode anything on the market that will help them? (D. O. S.) ANSWER After washing with soap, you must rinse all the soap away yery was anything on the market the soap away wery was anything on the market that will help them? (D. O. S.) ANSWER After washing with soap, you must rinse all the soap away yery was anythen anything on the market that will help them? (D. O. S.) ANSWER After washing with soap, you must rinse all the soap away yery was anythen anything on the market the other the soap away wery was anythen anything on the market the anything on the market the total the soap away wery was anythen anything on the mar



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A Spool o' Silk

thaw onlons should be a favorite remain of persons actually (not in imagina-tion merely) suffering from intestinal putrefaction and excessive fermentation. Only those with hyperacidity of the gastric juice should avoid raw onlons. QUESTIONS AND ANSWERS. Nauhelm Baths, Do you believe that Nauheim baths, infernally rotten day than this?"

certain mechano-therapeutic treatments, graduated exercises, diet and medica-



then



Advertiser Patterns

It wastes vital emergy to have at uncomfortable bed, in illness or in health. The best bedsprings and mat-tress and the most comfortable sleep-ing equipment you can buy are a wise ANSWER-It is all right. The less clothes we wear, provided we feel com-fortable, the better for our health. investment if you have need for rest.

Twin Beds.

Kindly tell me whether it is injurious for a girl nineteen years of age to ARE RAW ONIONS GOOD TO EAT.

ARE RAW ONIONS GOOD TO EAT. Besides wearing bags of noisome stuff such as asafetida, camphor or iodoform, on one's chest, almost any ignorant, su-perstitious old granny will assure you, it is a simple matter to keep off germs by eating freely of raw onions. There is usually a grain of truth underlying these ridiculous superstitions of the unedu-cated, just enough of truth to found a huge edifice of pure fancy on. Whereas an inteligent mind adds two and two to make four, an illiterate can just as well make six or nineteen of it. In a recent jssue of "Munchener Medi-zinische Wochenschrift" published in Munich, E. Wilbrand gives the results of



tell us that our hiding er rats in ind us now." THE LITTLE LAME DOG.

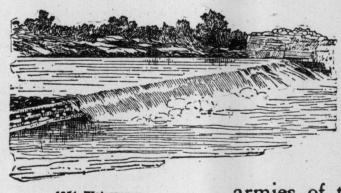
"And do you mean to tell us that you let him fe'low you to our hiding place?" shrieked the other rats in above started to tumble in on the rats, and they knew the cats were digging their way down to them. What a rac-ing and squealing there was then for the passageway that led to the ground above; but at every passage appeared the head of a cat. It did not take the cats long to rid the earth of the rats. When it was all over there was a search for the lame puppy—but he was nowhere about? What had happened to him? Puppy Stories Copyrighted and Con-trolled by British and Colonial Press, Limited, Toronto.

DODDS "I will have my cats dig everywhere to find the biding place," she promised and she thumped her tail on the throne to summon her attendants to her. to summon her attendants to her. Pinkey's late husband's relatives were finding it quite a problem to keep the puppy quiet. The little lame pup was not used to being so neglected, and the grey rats had carried him to a cold and dismal place. "Think we should kill him," sug-gested one of the old grey rats. "No," interrupted the oldest grey rat. "that would never do. Bad luck would come to us if we killed this little lame animal. We will just keep him here a prisoner. It will serve Pinkey right. No one can find us here." "Don't be too sure of that," cried a small grey rat in alarm, as he hurried in. "All the cats of the nuppy. A bie PILLS

of about 50 calories more than the same individual expends at rest. A mere change in the height of the table at which one works may cause an in-prise expended. The scientific meas-rements by which these first and the scientific meas-



mere change in the height of the table at which one works may cause an in-crease of 30 to 40 per cent in the cal-ories expended. The scientific meas-urements by which these figures were urements by which these figures were ure deckine of a sickly middle age for me, punctuated with such pleas-ures as rheumatism, asthma, bronchial to the effect that it takes twenty per cent more energy to sit in a chair than it does to lie in bed, and 100 per cent inside or something? As spring a uncomfortable bed, in illness or in towakk about than to lie in the adding course and allog our cent is wastes vitai energy to have an uncomfortable bed, in illness or in New You can be a prize witai energy to have an uncomfortable bed, in illness or in the set hed witai can be able the sking course is the sking course



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