

bees from hurting him. Let him take dram doses every hour for three hours before he commences to work with them. The reason for the faith that is in me is this: They used to hurt me. Last summer I was taking it for a skin disease, and while under its influence I was stung by a wasp on the face and neck. When stung I started to the house to get something to stop the pain and swelling that I expected to suffer with, but instead of the pain and swelling, as heretofore when stung, there was no more of either than a mosquito or gnat would have caused.

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I FIND Resinol Ointment the best preparation on the market for Pruritus, and use it with very satisfactory results for itching piles.—H. C. Card, M.D., Hartford, Conn.

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HALF-COOKED STARCHES A CAUSE OF INDIGESTION.—Digestive disturbances are due more frequently to failure of digesting carbohydrates than other food products. Raw starch is particularly indigestible, the heat of cooking being necessary to break up the granules and to perform the first three of the five steps of starch digestion, after which the normal digestive juices will complete the work. The method of cooking is very important as most cases of amylaceous dyspepsia are due to eating improperly cooked starches. Here is best seen the beneficial results of the extended steam cooking, through which Egg-O-See is put, the free action of the diastase ferment and the baking at high temperature. Toast is considered more digestible than bread as it is baked *en masse* and then dry cooked in slices. *Each flake of Egg-O-Sec, thin as fine paper, is toasted to a crisp and delicate brown.* These dry flakes are so readily affected by the ptyalin that the final transformation of starch into grape sugar in the intestines is so easily accomplished as to cause no distress to the patient who finds it impossible to eat bread and other cereal foods which are not only difficult of digestion but cause painful fermentation. Egg-O-See is so easily digested that it is of special service to the dyspeptic, to those convalescing from acute diseases, in pregnancy where nausea and vomiting are easily induced by food, and in other forms of gastric neuroses.

Doctor, if you have not eaten Egg-O-See a sample package will be sent free on application to the Egg-O-See Cereal Co., Quincy, Ill.