

e with as little Caplace the right foot cadle and use merely ft foot on the lower play to the muscles both feet are plac-. treadle and used tion is similar to and if kept up for

ONEY

tes, and present posite any style acking, express PENSE items),

\*\*\*\*\*\*\*\*

ere in this issue)

West.

towel.

explain why so many hine work so hard get used to the althe limbs and the much easier.

e-Never use hot soap. Use lukecastile soap suds; ds with the hands, washboard. Rinse hang in the air o not sprinkle or In any way or you undered this way, ws that it has been



rofession, as it is othing, healing, diseased mucous enfeebled parts. ls of the Medical as hundreds of

says 1 o be all that is

OUR DOCTOR

