========================padding

<!DOCTYPE html>

<html lang="en">

<head>

<title>Example of HTML table cellpadding</title>

</head>

<body>

<table border="1" cellpadding="10">

<caption>User Information</caption>

<tr>

<th>Name</th>

<th>Email</th>

</tr>

<tr>

<td>John</td>

<td>john@mail.com</td>

</tr>

</table>

<p><strong>Note:</strong> The CSS <code><a href="#" target="\_top">padding</a></code> property is the better way to control paddings of table cells.</p>

</body>

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</tr>

</table>

<p><strong>Note:</strong> The CSS <code><a href="#" target="\_top">margin</a></code> property is the better way to control spacing between table cells.</p>

</body>

</html>

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