

A
SIDE from the fact that the cheap baking powders contain alum，which causes indigestion and other serious ailments，their use is extravagant

It takes three pounds of the best of them to go as far as one pound of the Royal Baking Powder，be－ cause they are deficient in leavening gas

There is both health and econ omy in the use of the Royal Baking Powder．


## What They Are For

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態A Good Appetite



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