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## The Best Things <br> Are made with royal baking powderbread, biscuit, cake, rolls, muffins, crust, ious pastries requiring a leavening or raising agent. Risen with ROYAL BAKING POWDER, all these things are superlatively light, sweet, tender, delicious and wholesome. <br> ROYAL BAKING POWDER is the greatest of time and labor savers to the pastry cook. Besides, it the food more digestible and healthful. <br>  <br>  <br>  <br>      the man ot aetlon not of theught The siow and hestation speaker rarely quick in in action. His menta   is low toned. serene and distince In hhe hhant of triendiy debate it rolls <br> $\qquad$ <br>  <br> BEECHAM'S PILLS

(Vegetable)

## What They Are For

| Biliousness | indigestion | sallow skin |
| :--- | :--- | :--- |
| dyspepsia | bad taste in the mouth | pimples |
| sick headache | foul breath | torpid liver |
| bilious headache | loss of appetite | depression of spirits | when these conditions are caused by constipation; and constipation is the most frequent cause of all of them.

One of the most important things for everybody to learn is that constipation causes more than half the sickness in the world; and it can all be prevented. Go by the book.

Write to B. F. Allen Company, 365 Canal street, New York, for the little book on Constipation (its causes consequences and correction); sent free. If you are not within
"Befler Work Wisely Than Work Hard." Great Efforis ara Unnecossary in House Cleaning if you Usa SAPOLIO


