A MOTHER'S STORY.
















 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, because they are deficient in leavening gas.

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


## What They Are For

| Biiiousness | 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. learn is of that most important things for everybody to ness 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 Constiration (its causes consequences and correction); sent free. If you are not within
"Fool's Haste Is Nae Speed." Don't Hurry the Work Unless You Use SAPOLIO
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