ROSEBURG NEWS-REVIEW Ma tiriar

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Stop a Minute
Each and every ingredient in Royal Balcing Powder is wholesome.

You would not hesitate to use any one of them by itself. Will the baking powder yon use stand this test?

Read the ingredient clanes on the label and decide for yourself.

## ROM Yal Bagnimg Pewde?

Made from Cream of Tarter derived from grapes

Contains No Alum-Leaves No Bitter Tise

The Hardest Wresting lete of the Season

Thursday, April 26, in Cottage Gionsinn Between RALPH HAND of Cothes On AD GUSTAVO of Porthag

## stomach Weak ou ban

TAKES KOLD AND HELPS


W. F. CHAPMAN


## Are you in harmony with Nature?

All Nature pulsates with health
call to you to benefit by her gifts
From her chemistry of sunshine, rain an
Fo you to benefit by her gifts. sol Nature provides the nutriment to sustuin health, strength and energy. Trouble come when Nature's plan is ignored, and
foods are caten to please taste alone.

Grape-Nuts with cream or milk brings Nature's gift of vitamin, together with th ron, phosphorus and other mineral elements and digested in the making, Grape-Nuts is quickl assimilated.
You'll be delighted with the crispness an and with Grape. Nuts, ready-to-eat cercal breakfast or ture's plan for healthful nutrition.

Ready to eat, with cream or milk. Sold
Grape:Nuts

## 

There's a Reason

