$\mathrm{A}^{\text {sid }}$SIDE from the fact that the cheap baking powders contain alum, which causes indigestion and other serious ailments, their use i 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.

Cerms

| Cerms <br> of disease feed on Hfe , and are only overcome by the making of sound, healthy tissue. |  |
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