Oregon City Enterprise

FORUM OF THE PEOPLE


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## Comparative Digestibility of Food

## Made with different Baking Powders

From a Series of Elaborate Chemical Tests An equal quantity of bread (biscuit) was made with each of three different kinds of baking powdercream of tartar, phosphate, and aumn-and suin, each for the same length of time

The relative percentage of the food digested is shown as follows:
Bread made with
Bread made with
Royal Cream of Tartar Powder:
100 Per Cent. Digested
Bread mado with
phosphate powder:
$68^{1 / 4}$ Per Cent. Digested
Bread made with
alum powder:

## $673 / 4$ Per Cent. Digested

These tests, which are absolutely reliable and prejudiced, make plain a fact of great importance to everyone: Food raised with Royal, a cream of tartar Baking Powder, is shown to be entirely digestible, while the alum and phosphate powders are found to largely

Undigested food is not only wasted food, but the source of very many bodily ailments.


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