## 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 alum-and submited for the same length of time

The relative percentage of the food digested is hown as follows

## Bread made with <br> Royal Cream of Tartar Powder:

 100 Per Cent. DigestedBread made with
phosphate powder

## 681/3 Per Cent. Digested

Bread made with
alum powder:
$673 / 4$ Per Cent. Digested
These tests, which are absolutely reliable and unprejudiced, make plain a fact of great importance to everyone: Food raised with Royal, a cream os tartar Baking Powder, is shown to be entirely diges tible, while the alum and phosphate powders are found to largely
them.
Undigested food is not only wasted food, but it is the source of very many bodily ailments.

## LUMEESTRAOE MANY ARRNV OF COOS BAY ON BBEAXWAER

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