## HEALTH

 is the Most ImportantNo one can tell good baking powder from bad merely by the appearance;
The price is some guide, but not an infallible one;
Some cheap brands may raise the dough, yet contain unwholesome ingredients.

## There is one safe, sure way, i. e.,

 to follow the recommendations of the u. covememer numssis THE HIGHEST AUTHORITIES ON HYGIENE THROUGHOUT THE WORLD, THE BEST HOUSEKEEPERS EVERYwHERE-
## ROYAL

BAKING POWDER
absolutely pure

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## Don't

Neglect Yourself.

## WINEEGARDUI

Wine of Cardui regulates the menstrual fiow, banishes hendnches, pains, indigestion, loss of appetite and nervousness are symptome of female weakness and should be given prompt attention. If you are
troubled with menstrual irregularities do not let them run on. They troubled with menstrual irregularities do not let them run on. They
will certainly grow into dangerous and chronic troubles. Get a bottle will certainly grow into dangerous and chronic
of Wine of Cardui and begin treatment at once.

All druggists sell $\$ 1.00$ bottles of Wine of Carduí.

## 



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