## THE NEWS=HERALD.

THE RURKE COUNTY NEWS
MORGANTON, N. C., MAY 8, 1913

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 tion of the exis ting treaty be
tieen Japan and the United
BEATY A. CHURCH LURE.


## Comparative Digestibility of Food

Made with different Baking Powders
$\qquad$ An equal quantity of bread (biscuit) was made with each of three different kinds of baking powderseparately to the action of the digestive fluid, each for the same length of time.
Bread made with
phosphe with
$68^{1 / 4}$ Per Cent. Digested
Bread made with
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 of tartar Baking Powder, is shown to be entirely diges-
tible, while the alum and phosphate powders are found to largely retard the digestion of the food made from

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


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