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|  |  |  |  |  | Do You Wish |  |
|  |  |  |  |  | he Finest Bread |  |
|  |  |  |  |  | and Cake？ |  |
|  |  |  |  |  |  |  |
|  |  |  |  | 为 | It is conceded that the Royal Baking Powder is |  |
|  |  |  |  |  | the purest and strongest of all the baking powders． |  |
|  |  |  |  |  | purest and strongest of all the baking powders． <br> The purest taking powder makes the finest，sweet． |  |
|  |  |  |  |  | der makes the lightest food． <br> That baking powder which is both purest and |  |
|  |  |  |  |  | That baking powder which is both purest andstrongest makes the most digestible and wholesome food． |  |
|  |  |  |  | 隹 |  |  |
|  |  |  |  |  | food． <br> Why should not every housekeeper avail he |  |
|  |  |  |  |  | of the baking powder which will give her the best food with the least trouble？ |  |
|  |  |  |  |  | Avoid all baking powders sold with a gift |  |
|  |  |  |  |  | or prize，or at a lower price than the Royal， as they invariably contain alum，lime or sul－ phaic acia，and ternes the food anwholeome． |  |
|  |  |  |  |  |  |  |
|  |  |  |  | $\begin{aligned} & \text { oil. The pressure is transmitted to a } \\ & \text { column of mercury, and the result in } \\ & \text { pounds is recorded in a slender glase } \\ & \text { tube.-New York Witness. } \end{aligned}$ | Certain protection from alum baking powders can be had by declining to accept any substitute for the Royal，which is absolutely pure． |  |
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|  |  |  |  | appendicitis．Ife tells how the chil－ dren in the Sinfa Clara Valley eat ber－ ries and grapos，cherries and other |  |  |
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|  |  |  |  |  |  |  |
|  |  |  |  | testinal abstructions，He says this is because they partake freely and daily of prunes，with the laxative effects of |  |  |
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|  |  |  |  |  | by a syndicate of deniers t stock oneof the unexplored skerries to the northof Iceland with specimens．I may－ |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  | His First High sitk Hat． |  |
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|  | $\begin{aligned} & \text { atd a little salt, flavor with lemon, } \\ & \text { poar over apples, Bake nutil apples } \\ & \text { are tender, Eat when cald with oream } \\ & \text { and sngar. } \end{aligned}$ |  |  |  |  |  |
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|  |  |  |  | Equal Suffrage． |  |  |
|  |  |  | Public Baths in Japan． <br> Nearly all American and Faro |  |  |  |  |
|  |  |  |  |  | UNIVERSTTY COLLEEE OF MEDIGINE，RICHMONO，VIRGIIIA． |  |
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|  |  |  | Iapan．$\frac{\text {＂－St．Lonis Globa－Demoerat．}}{\text { Sames ot Fruits．}}$ | Chronic Indigestion |  |  |
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