 Don't ${ }^{2}$ Lose Sight of the Food Value of Your ${ }^{\text {Bakings }}$ Plain flour has a large amount
of food value but it must be
combined with good baking powder in order to retain this Most self rising flours are not and cannot raise the bakings to means a certain loss of nutriand hard to digest. Every time you eat food that do not get the full nutritional value - you are overtaxing perfect bakings are what good health demands. The one sure good baking powder flour and

If you want to find what tho learned -make some biscuits with self-rising flour - then make some with good plain flour and Calumet Baking Pow-der-noticethegreat difference health demands that you make the experiment.
Those who know-millions of teachers, bighotels,restaurants, bakeries and railroads will not use anything but Calumet, the
Economy Baking Powder
Play safe-use Calumet and nomical and sat ie most ecowhere light, wholesome and

PACKED IN TIN -KEEPS STRENGTH IN

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