=THE COMMONWEALTH
Excelsior" is 0ar Motto.
MAY 22, 1913.
SCOTLAND NECK, N. C., THURSDAY, MAY 22, 1913.

CRETYOF SUCCESS it Required to Win Short and Pithy Sayings on Subjecis


| Picture Before Your boy. | orth Carolina Eemes fo The |
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## Comparative

 Digestibility of Food
## Hade wilh cillerent Baking Powders

From a Scries of Elaborate Chemical Tests: An equal quantity of bread (biscuit) was made cream of tartar, phosphate, and alum-and submitted separately to the action of the digestive fluid, each The leng of time.
The relative percentage of the food digested is
lown as follows:
Breed made with
Royal Cream of Taraar Powder:
100 Per Cent. Digested
Bread made with
phosphate powder
C3 $/ 4$ Por Cent. H gested
Bread mado with
Eigh Per Cot Digested
These tests, which are absolutely reliable and prejudicec, maiso plain a fact of great importance tartar Eaking Fowder, is shown to be entirely digesbo, whie the alum and phosphate powders are found mer sutarc the cigestion of the food made from
Undigested food is not only wasted food, but it



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