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Mr. Kennedy and family, the Scottish... The Hon. Oliver Mowat, Premier of Ont., is convalescent... The City Council of Halifax have decided to remove the old Dalhousie College building and erect a new City Hall to cost \$100,000.

The mines of Dade Co., Ga., have recently been the scene of a strike... The Gladstone Govt. has resigned... The Transcanadian Railway in now for traffic as far as Merr.

At West Paradise, Mrs. Abner Saunders. Our departed sister fell from a wagon 20 years ago and has been unable to walk ever since... Convention Delegates. The delegates to the Maritime Baptist Convention and Women's Missionary Convention who desire free entertainment are requested to send their names to the undersigned.

Perfect food is that which, while prepared in the most appetizing form, is also the most wholesome and nutritious. It should never be necessary to sacrifice the wholesomeness of an article in order to make it more palatable, nor, as is too often the case, should we be compelled to take our bread or cake bereft of its most appetizing qualities in order to avoid injury to our digestive organs.

Health in the Bread.

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The Royal Baking Powder possesses a peculiar quality, not possessed by any other leavening agent, that applies directly to this subject. It provides bread, biscuit, cake, muffins, or rolls which may be eaten when hot without inconvenience by persons of the most delicate digestive organs.

Another greatly superior quality possessed by the Royal Baking Powder is that by which the preservation of important elements of the flour is effected in raising the bread by the mechanical operation of the gas without fermentation. Yeast, and all baking powders that produce the leavening gas by fermentation, as is well known, destroy a portion of the nutritive elements of the flour, and particularly those which are the most healthful and the greatest aids to a perfect assimilation of the food.

No leavening agent or baking powder, except the Royal Baking Powder, possesses these great qualifications.



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