

This Way—HEALTH!

A simple method that has conquered old ills and shown thousands the way to new life and energy

NOT a "cure-all," not a medicine—Fleischmann's Yeast is simply a remarkable fresh food.

The millions of tiny active yeast plants in every cake invigorate the whole system. They aid digestion—clear the skin—banish the poisons of constipation. Where cathartics give only temporary relief, yeast strengthens the intestinal muscles and makes them healthy and active, daily releasing new stores of energy.

Eat two or three cakes regularly every day,

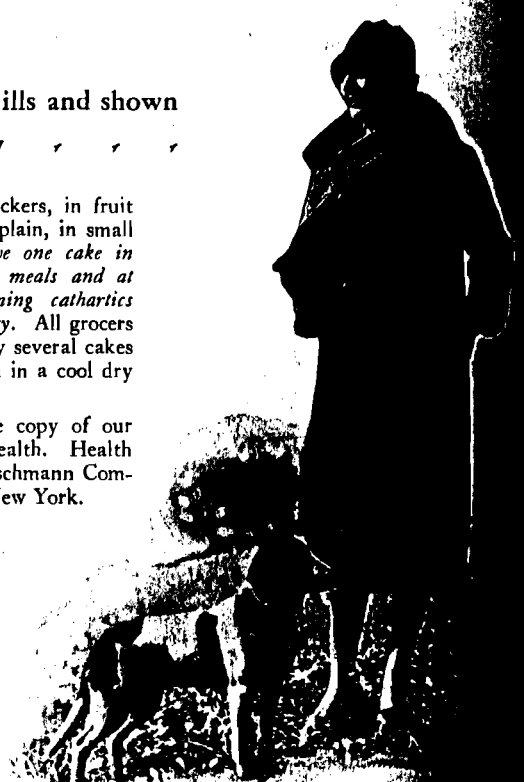
one before each meal: on crackers, in fruit juices, water or milk—or just plain, in small pieces. *For constipation dissolve one cake in hot water (not scalding) before meals and at bedtime. Dangerous habit-forming cathartics will gradually become unnecessary.* All grocers have Fleischmann's Yeast. Buy several cakes at a time—they will keep fresh in a cool dry place for two or three days.

And let us send you a free copy of our latest booklet on Yeast for Health. Health Research Dept. C-81, The Fleischmann Company, 701 Washington Street, New York.

Right

"MY LITTLE BOY WAS AFFLICTED WITH A SEVERE CASE OF CONSTIPATION at the age of four. This is a cold country and constipation is prevalent here. Nevertheless, I was determined to cure him. I started feeding him Fleischmann's Yeast cakes each day. He ate them like cheese. This seemed to supply some deficiency in his diet. In a few weeks, the constipation began to disappear. Now elimination is regular and there is no trace of the old trouble left. The boy is a fine, sturdy fellow now—and the credit is due to Fleischmann's Yeast. It has been a great aid in keeping him fit."

Mrs. B. HARDENBROOK, Stanford, Mont.



"I BROKE OUT FROM HEAD TO FOOT with skin eruptions. My entire body was covered with angry welts. I could not sleep at night and during the day I was so tortured I thought I would lose my mind. Then someone suggested Fleischmann's Yeast. I took three cakes of Fleischmann's Yeast a day and now I am well. That was three years ago and I have not had any trouble since."

Mrs. FRANK G. MEHLING, Baltimore, Md.



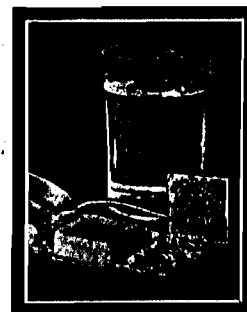
"LAST YEAR I BECAME TIRED AND LISTLESS, owing to the lack of proper exercise. I was also troubled with indigestion and my complexion lost its freshness. I was seriously alarmed. On a doctor's advice, I began taking Fleischmann's Yeast. I cannot praise it too highly. Every trace of indigestion vanished. My complexion returned. I still eat Fleischmann's Yeast to keep fit."

ELEANORE G. READE, New York City



"I HAD SEVERE PAINS IN MY INTESTINES. I have been a chauffeur for twenty years and sitting in a car for ten or twelve hours a day, with practically no other physical exercise, finally told on my system. A friend advised Fleischmann's Yeast. I tried it. In two months I was absolutely a different person. I was entirely well."

R. S. BURNWOOD, Venice, Calif.



THIS FAMOUS FOOD tones up the entire system— aids digestion—clears the skin—banishes constipation. Start eating it today!

WANT FOR YOUR HEALTH? Buy a box of FLEISCHMANN'S YEAST today!