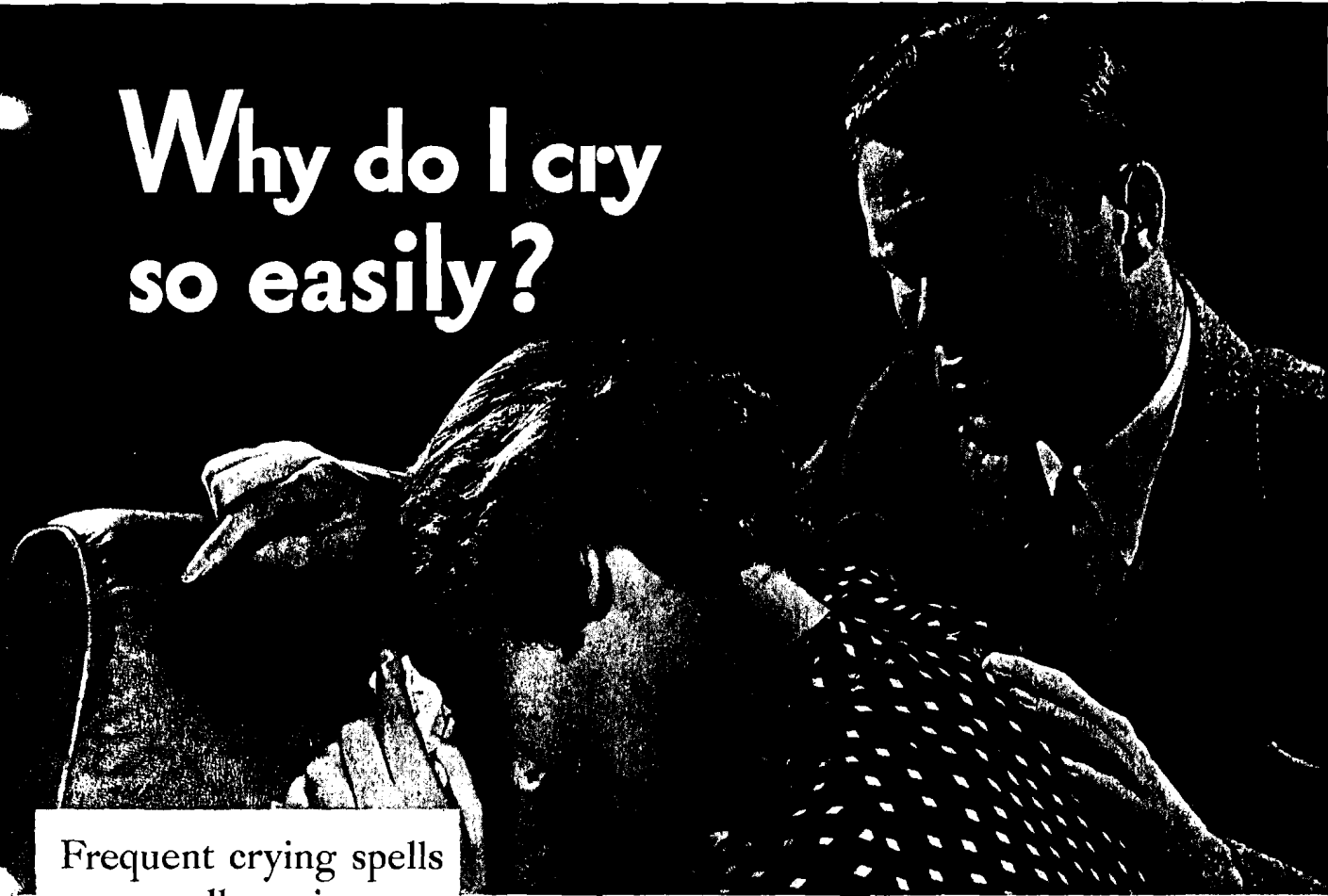


# Why do I cry so easily?



Frequent crying spells are usually a sign of a "run-down" physical condition

DOCTORS SAY that emotional upsets, such as bursting into tears and flaring up at the least little thing, are an indication that you are overtired, "run-down."

The cause is usually an "underfed" condition of your blood. Your blood is not absorbing the full nourishment

it should from your food. Your nerves suffer and it doesn't take much to bring on a flood of tears.

What you need is something which will help your blood to take up more nourishment from the food you eat.

### How a Simple Food Stabilizes the Nerves

Fleischmann's fresh Yeast increases the activity of the digestive organs. Your blood takes up more nourishment, and carries it to nerves and muscles throughout your body.

Your whole system becomes more vigorous. And mental depression, tiredness and nervousness soon go.

Fleischmann's Yeast does the most good when eaten regularly—one cake about a half hour before each meal. Start eating it today—and watch your energy increase, and your fits of "nerves" disappear!

"LIKE A LOT OF OTHER PEOPLE, I was using up energy in the strain and bustle of things.

"As time went on, I felt worse—and then one night a friend told me to try Fleischmann's Yeast.

"It worked perfectly! My energy is going strong—it seems as if I have unlimited pep. Even with eight hours of work, and a party at night, I don't get tired out as I used to!"

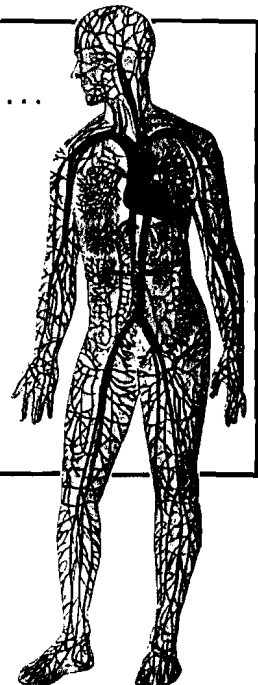
Mary Ann Bishop, Washington, D. C.

### It's your blood that "feeds" your body . . .

ONE of the most important functions of your blood stream is to carry nourishment to the muscle and nerve tissues of your entire body.

When you feel "overtired" at the least extra effort—it is usually a sign that your blood is failing to carry enough food to your tissues.

What you need is something to help your blood take up more nourishment from your food.



Well people are happy people. They get the most out of work and play—are sought after and popular wherever they go. Be one of them! You can't expect to have good times if you drag around always tired, listless and depressed. Keep yourself fit and see how much easier it is to face life with a smile!



## — corrects Run-down condition by feeding and purifying the blood