
 five other sales noted an interesting program gaither trail started

A very common cause of constipation
Poor appetite is now known to be an important factor in this condition
 pation, especially in women." A certain quantity
of food is necessary for the intestines to function normally.
The same authority also says: "Insufficient food leads directly to emaciation and physical weak
vess as well as to constipation $;$ it causes the already depressed nervous system to deteriorate still further, and this reacts again on the digestion, so that the dyspepsia and constipation become more
Under such conditions Fleischmann's Yeast has remarkable value as a laxative food and con-
ditioner. It furnishes a large amount of the water-soluble vitamishes which helps amount the processes of digestion, and, in addition, bccausus of its
freshness (you eat it fresh daily) it helps the is fresiness (you get it frest daily it hepps the in-
testines in their e eifinantion of poisonous waste testines in thar elimination of poisonous waste
matter. Thousands are adding Fleischmann

Yeast to their daily diet, and by eating regularly from 2 to 3 cakes a day are restoring and main
taining normal action of the bowels. taining normal action of the bowels. lated like any other familiar food. Fad assim lated nave it on other fable at home. Eat it daily
Have it at your office and eat it at your desk. Get it at your
Hunch place. You will like its fresh, distinctive lunch place. You toill like its fresh, distinctive
Alavor, and the clean, wholesome taste it leapes in your mouth. Only one precaution: if troubled with gas dissolve the yeast first in very hot water
This does not affect the efficacy of the yeast This does not affect the efficacy of the yeast. Place
a standing order with your grocer for Fleischmann's Yeast.
Send 4 cents in stamps for the booklet, "The New mportance of Yeast in Diet." So many
inquiries are coming in daily for this bookiet that it is necessary to make this nominal charge to cover cost of handling and mailing. Address The Fleischmann C
Street, New York City.


## YEAST SOON BANISHES UGLY SKIN BLEMISHES



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