



“Poisons collect in the body, daily...”

declares DR. GUDZENT

“CONSTIPATION is one of the commonest of all ailments. It has a serious effect on health.”

An authority famous all over Europe makes that statement, Dr. Friedrich Gudzent, Professor of Internal Medicine in the great University of Berlin. He says:—

“When food wastes are retained in the body too long, poisons develop which filter into the blood. This . . . leads to headaches, coated tongue, bad breath, poor appetite, loss of energy . . .”

Can constipation be corrected? He says:—

“The usual cathartics and laxatives will not cure constipation. Today this trouble is overcome by natural means . . . such as fresh yeast. Fresh yeast softens the wastes in the intestines and stimulates the intestinal muscles. This brings about easy eliminations.”

If you are troubled with constipation, Fleischmann's Yeast will actually *strengthen* your intestines.

And as stagnant body wastes are carried out of your system regularly, your appetite should improve—“pep” come back—skin blemishes disappear.

All, remember, because your system is no longer being flooded daily with the poisons from an unclean, inactive intestinal tract.

Won't you act now to secure the benefits that come from eating Fleischmann's Yeast? Just eat three cakes a day—one before each meal, or between meals and at bedtime—plain, or in water (a third of a glass). For booklet write Dept. Y-D-4, Standard Brands Inc., 691 Washington Street, New York City.

★ *Important!*

Fleischmann's Yeast for health comes only in the foil-wrapped cake with the yellow label. It's yeast in its fresh, effective form—rich in vitamins B, G and D—the kind doctors advise. At grocers, restaurants and soda fountains.



“My case bears out what the great physicians say about yeast”



“Ever since childhood I had had stomach trouble,” writes R. C. Mason of Philadelphia. “Was always taking pills. My system was all clogged up . . . A friend of mine came to the rescue . . . suggested Fleischmann's Yeast . . . In two weeks my sluggishness started to disappear and I could eat things I could never eat before without indigestion. The doctors who advise yeast are right!”

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