

Before each meal eat a Royal Yeast Cake, or take a cake dissolved in water or fruit juices. The scientific investigators say that the cura-tive elements in yeast are the vitamines and nuclein which it contains. It is certainly well worth a fair trial by those who suffer from any of the ailments mentioned above.

Winnipeg Toronto, Canada Made in Canada

iron is the most important. Try this ison-food for breakfast: nredded

STATISTICS

with Stewed Raisins. Heat two Biscuits in the oven to restore their crispness and cover with stewed raisins and milk. It supplies all the iron you

Send name and address for free booklet "Royal Yeast Cakes for Better Health." E. W. Gillett Company Limited



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