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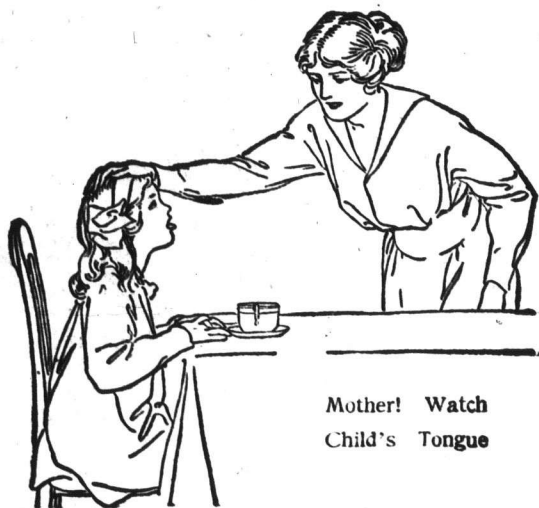
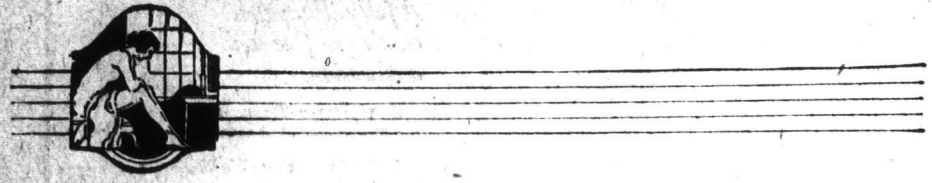
MERCURY MILLS, LIMITED, Hamilton, Canada

Makers of Underwear and Hosiery for Men, Women and Children.

Mercury

Underwear

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Mother! Watch
Child's Tongue

"California Syrup of Figs"

Delicious Laxative for Child's Liver and Bowels

Hurry mother! A teaspoonful of "California" Syrup of Figs today may prevent a sick child tomorrow. If your child is constipated, bilious, feverish, fretful, has cold, colic, or if stomach is sour, tongue coated, breath bad, remember a good "physic-laxa-

tive" is often all that is necessary.

Children love the "fruity" taste of genuine "California" Syrup of Figs which has directions for babies and children printed on the bottle. Say "California" or you may get an imitation fig syrup. Beware!

The Home Doctor

Written for The Western Home Monthly by Dr. Leonard Keene Hirshberg, A.B., M.A., M.D., (Johns Hopkins University.)

WHY EVERY MAN, WOMAN AND CHILD SHOULD EAT YEAST CAKES

The homely little yeast cake, the kind you can purchase at any corner grocery store, has come into its own at last. You always ate a lot of it in the bread you ate but you never knew before that you and your children ought to eat it, morning, noon, and night in cakes, compressed and soft, just as you buy it from the grocer.

Well that is what the American medical profession as well as the French and English doctors and scientists have decreed. The foremost of the world's investigators have found out that the yeast cake will cure you of pimples, of hives, of boils, of carbuncles, of beauty blemishes, of emotional lag, of anemia due to need of vitamins in your food, of poor or defective nutrition, of slowness or thinness, and of several other human maladies.

Obviously, if the yeast cake with its vitamins can be purchased so cheaply at each grocery to remedy a disease, if you wish to save yourself from pains, sickness, loss of work, weakness, lost vitality, and prevent the causes of all these troubles, you will do what most sensible doctors are advocating, to wit:

One cake of yeast
You'll take at least
Three times a day.

Curiously enough, the spread of the cult of yeast as a method of nourishment, disease prevention, and special beautifier of the flesh has come from scientific sources, and not from tradition, rumor, propaganda, or advertising. Indeed the growth of a vast amount of facts and knowledge to preserve yeast so essential to the human economy as bread itself, came as an agreeable surprise to yeast growers. "An unexpected pleasure," so to speak.

Perhaps it was researches made at the greatest seat of medical discovery, the wonderful Rockefeller Institute for Medical Research, that gave the first true information scientifically about the essential value of the grocery yeast cake as one of the vital necessities of the best health.

Dr. M. Levine, one of the ingenious investigators on the Rockefeller Institute staff, while searching out the various possible remedies for beri-beri, a disease which attacks those at sea or institutions where fresh vegetable and fresh fruits rich in vitamins are not plentiful, he discovered that the feeding of the grocery yeast cake to individuals, notably animals, down with beri-beri were healed at once of this lame, crippling disease.

Other forms of vitamins deficiency such as rickets, pellagra, scurvy, and neuritis due to lack of vitamins, are improved very soon if the victim lives on yeast cakes three times a day.

Vitamins, you should know are among the food essentials needful to the healthy existence and vitality of man. Proteins or egg-white stuff; fats and oils, sugars and starches called "carbo-hydrates" because they contain lots of coal and water; and vitamins as well as minerals and water are the elements in foods necessary to living in health.

One of the reasons bread is the staple and staff of life is because of the strangely active little yeast particles called plant cells. Yeast is best kept in cakes in the cold, because if it is exposed when moist to much warmth, it begins to generate and multiply and then even digest itself and go bad—spoiled.

The yeast cake is obtainable fresh every day at grocery stores, and that is where you should get it.

Bread eaters usually have pretty and ruddy complexions, doubtless as much because of the yeast as of other ingredients.

Pimples, acne, and other ugly marks of the flesh, especially marring the beauty of some of America's most comely women, according to the observations and clinical studies of such eminent medical colleagues as Dr. P. B. Hawks, of Philadelphia, I. R. Klein, of New York, and many others as reported before medical and scientific associations are generally healed and smoothed away if the victims begin to add a cake or so of yeast to their diet.

Blackheads, with their little greasy black specks in the crater of an embryo pustule or pore, are reported by those

same medical investigators to be largely prevented and done away with by fresh yeast cake taken three times a day.

The velvety, fine texture, the rose red tint, the tempting youthfulness of the skin of children can be duplicated if you eat a cake of yeast at each meal.

Beauty, health, strength and growth especially in children and women appear to be greatly aided by yeast, which like bread and milk are among man's most correct foods and cheapest ones as well. Yeast given to thin, under-sized, marasmic children, who have failed to grow in height or in mind, have improved strikingly when fed fresh grocery yeast cakes.

Miss R—M—, the teacher of a class of undersized, badly nourished children, wrote to me in care of The Ladies' Home Journal and asked me for some medical suggestion to help the health, vitality, and complexions of her wards. One of my secretaries, on my advice wrote her to feed each of them a cake of fresh, compressed yeast with each meal, either plain, flavored with honey or orangeade, or with preserves. This is what she soon wrote:

"Dear Dr. Hirshberg: The children ought to be big when older, and I am now deeply grateful to you for your most wonderful, yet cheap and simple remedy for ugliness, sallow complexions, and stunted growths. The changes in them all from simply taking yeast cakes fresh every day, has been magical. The girls with greasy, red, pimply noses, and the boys scrawny and dwarfed have all taken on new life. They are really beautiful and growing in an extraordinary degree. It is a pity you are so philanthropic and refuse remuneration for I believe good counsel of so simple a cure, should be better paid for than a lot of complicated hocus pocus and medicines, the thing people prefer to pay most for and often receive the least returns."

Yeast cakes can also be used locally made into a soft poultice. In this form it is fine as a dressing for boils, carbuncles, and other skin diseases, even psoriasis and some kinds of eczema. To be sure, you must stop there, but also take the yeast cakes each meal, preferably before meals.

When the Jefferson Medical College professors, especially Dr. P. B. Hawk found that yeast could favorably replace 25% of meat and almost as much flour in making up bread, they gave the medical profession a big step in advance toward the day when health can be maintained without fear of the terribly high cost of foodstuffs.

This is particularly true for trouble in the alimentary canal. When the digestive tube becomes plugged up with bacteria poisons from decayed foods, bulky choked up clinkers and refuse, producing stagnation in the intestines, which you lightly call constipation, or "auto-intoxication," or "biliousness," or "ptomaine poisoning," it has been found that yeast cakes mixed with some pleasant flavoring agents, as fruit juices or milk, will soon relieve the condition and benefit the victim in a most happy manner.

Yeast, of course, is no panacea. It is not advisable to take it for housemaid's knee, for a fractured skull, for emotional insanity, for Charlie Horse, for sprains, bunions, sore throat, or the mumps. It is not supposed to be a cure-all, or an all healing ointment.

It is, however, one of the almost perfect foods, fit for kissable infants as much as for kings. It does prevent many ills that human flesh is heir to, it does safeguard beauty and yield you a finer complexion than rouge and lip sticks and hair dyes and enamel or face powder. It regulates the intestines, it supplies vitamins, those absolutely necessary food elements absent in much stale food, frozen food, cold storage, and hoarded rations. So eat as much fresh grocers' yeast as you can.

That Gorge

Several young people were exchanging reminiscences of their trip in the White Mountains when one of the girls exclaimed: "Oh, Tom, do you remember that gorge in Jefferson?"

"Do I remember?" repeated Tom. "Sure! You mean the day we got there. It was the swellest dinner I ever had in my life. I was so hungry!"