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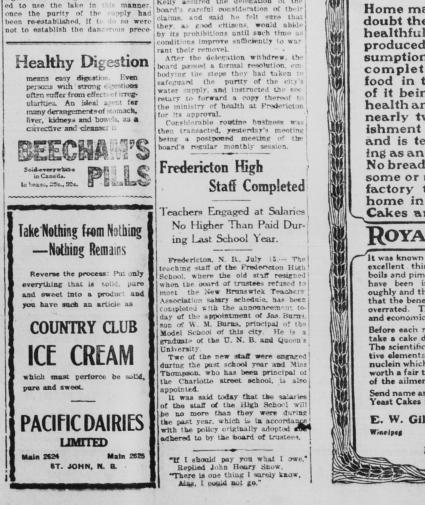
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doubt the cheapest and most healthful food that can be produced for human consumption. It is the most completely digested solid food in the world, over 90% of it being transformed into health and strength. It yields nearly twice as much nourishment as rice or potatoes. and is ten times as nourishing as an equal value of meat. No bread is more truly wholesome or more perfectly satisfactory than that baked at home in which Royal Yeast Cakes are used. ROYAL YEAST (AKES

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It was known many years ago that yeast is an It was known many years ago that yeast is an excellent thing for constipation, ænemia, boils and pimples. Lately eminent scientists have been investigating the matter thor-oughly and their conclusions point to the fact that the beneficial effect of yeast has not been overrated. The yeast treatment is very simple and economical--and altogether harmiess.

and economical—and altogether narmiess. 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.

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