



Fleischmann's
Compressed Yeast
and Good Health



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Compressed Yeast

A Household Remedy

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This is the Tin-foil Package Sold in Grocery Stores

and is the Compressed Yeast tested as a curative agent at the Jefferson Medical College of Philadelphia, the Philadelphia General Hospital and the Roosevelt Hospital, New York.

Its curative properties as described in the following pages were scientifically demonstrated.

*H*ERE is something worth your while to know thoroughly, and to remember.

It may surprise you to learn that Fleischmann's Compressed Yeast,—one of the best known food products,—one that is used in some form every day in almost every home,—is a valuable remedy for some of the most common and annoying ailments. Among these are Pimples, Blackheads, or other forms of skin eruptions and disfigurements, so frequently the cause of serious annoyance and embarrassment.

A Valuable
Remedy

Fleischmann's Compressed Yeast has also been proved an almost certain remedy in the treatment of Boils, Carbuncles, Constipation, and in certain types of bowel disorders, especially Gastro-intestinal Catarrh and intestinal intoxication, the latter being a form of poisoning resulting from constipation or sluggish bowel functioning.

Pimples,
Blackheads,
Boils,
Carbuncles,
Constipation

It has long been known to many physicians and other scientists, that

Yeast Long
Known as
Curative Agent

pure, fresh yeast had great medicinal value. Many years ago, before yeast had reached its present perfection in the familiar tin-foil cake of "Fleischmann's," now sold in almost every grocery store, physicians frequently used yeast, especially in the treatment of boils, in any form then obtainable. This was usually liquid, or "brewer's" yeast, which had serious disadvantages however. It was often difficult to procure and always lacking in uniformity of strength, making it impossible for the physician to prescribe the dosage with scientific certainty. Notwithstanding its manifest disadvantages, it was sometimes employed in stubborn cases, and often relieved and cured where other treatment failed. So much for just common, old-fashioned "yeast."

Produced in
Improved Form

Fleischmann's Compressed Yeast is what might be called a modern improvement, or rather, perhaps, the scientific development of yeast to the point of practical perfection. Its production is a highly complicated process, involving the employment of really

vast mechanical equipment combined with the highest order of laboratory skill.

As a result, Fleischmann's Compressed Yeast (the familiar tin-foil package sold in grocery stores), has the combined advantages of convenience of form, unvarying purity, great and uniform strength, and last but not least, a fresh supply near at hand, being sold or obtainable in almost every grocery store in the United States and Canada.

Advantages
of
Fleischmann's

While Fleischmann's Compressed Yeast is a pure food product, and as such is used by most housewives and bakers in making bread, instances of its successful use as a home remedy, and by physicians in professional practice, multiplied to such an extent that a thorough investigation of its medicinal value was undertaken.

A Successful
Home Remedy

Exhaustive tests were conducted at Jefferson Medical College of Philadelphia, the Philadelphia General Hospital and the Roosevelt Hospital, New York. The investigation was under the direction of Philip B. Hawk, Ph.D.,

Tested by
Scientists

Professor of Physiological Chemistry of the Jefferson Medical College, and a scientific author of note.

The results, which we have taken as the foundation of this pamphlet, were amazing! Of seventy-six cases on which tests were made, sixty-six were improved or cured by Fleischmann's Compressed Yeast. Remember, these were all "hospital cases." Some were serious and of years' duration. Some had refused to yield to other treatment.

Curative
Powers
Demonstrated

Of ten cases of Constipation, nine were improved or cured. The tenth case, complicated with Appendicitis, did not yield.

Sixteen out of seventeen cases of Boils were improved or cured. Twenty-five cases of skin eruption, pimples and discoloration, technically known as Acne, were improved or cured without exception!

Every case of Ulcer, Gastro-intestinal Catarrh, and Swollen Glands was improved or cured, and even two cases of acute Bronchitis showed marked improvement.

In many cases, patients showed a marked improvement in general physical condition, quite apart from the symptoms of the particular disease being treated. This seems to indicate that Fleischmann's Compressed Yeast has valuable tendency to tone the general health and build up impoverished vitality, probably due to its richness in the cell-body substance, Nuclein; and in Vitamin properties.

Tonic
Properties
Indicated

It is of interest to note that Fleischmann's Compressed Yeast is not in any sense a drug; nor is it a manufactured medicine. It is technically vegetable in character. In the true sense, it is *cultivated*, rather than manufactured, since it is actually a form of plant life, the scientific name of which is *Saccharomyces Cerevisiae*.

Not a
Drug

In the following pages will be found simple directions for the use of Fleischmann's Compressed Yeast in the home treatment of various ailments for which its value has been positively demonstrated. Remember that Fleischmann's Compressed Yeast is a living form of plant life. Naturally

Buy
Frequently

it is perishable. Therefore, it is advisable to buy of the grocer only as needed. If inconvenient to buy every day, a two or three days' supply may be bought and kept in the refrigerator, or any cool, dry place, until used. Regular deliveries of fresh yeast are made to the grocer.

Fleischmann's Compressed Yeast is not offered as a "drug" or a "medicine," any more than pure air, water, sunshine and wholesome food may be considered "medicines."

And after all, these are in a sense "foods." So also is Fleischmann's Compressed Yeast!

Dosage

In the following directions for treatment of various ailments by Fleischmann's Compressed Yeast the dosage is usually given as one-half to one cake.

How
to
Regulate

It should be remembered that Fleischmann's Compressed Yeast is a wonderfully efficacious remedy for Constipation. As such, it has a tendency to laxative action. In some rare cases, this action may be too pronounced as a result of administering one cake of Fleischmann's Compressed Yeast three times daily. In such cases, simply reduce the dosage to whatever extent is necessary to overcome any undesirable laxative tendency, or omit treatment entirely for a day.

For children, begin with one-quarter to one-half cake, two or three times daily, according to the age of the child. If the result is to move the bowels too freely, reduce the dosage. There is no danger of over-dosage within the limits given, if regulated according to laxative action.

Children

BOILS (Furunculosis)

Description
of
Single
Boil

A Boil is an abscess of the skin, occurring most often on the back of the neck and the limbs. It reaches its maturity (comes to a head) in a few days; the center, consisting of whitish matter is discharged and the boil rapidly heals. This represents the case of a single boil.

Disease
of
Boils

With the disease of Boils, the condition is entirely different. The boils generally come in groups of from two to six and no sooner is the victim rid of one series than a new group appears. This keeps up for weeks, months or even years, the boils being scattered over various regions of the body. The person afflicted is in constant pain and his general health is often depressed. Where the disease of Boils occurs, there is usually something lacking in the system to overcome the boil tendency. Investigations in Philadelphia and New York hospitals prove beyond doubt that Fleischmann's Compressed Yeast contains the necessary active principle.

Treatment

Take one-half or one cake of Fleischmann's Compressed Yeast, three times a day (before meals). May be eaten dry, or dissolved in water or fruit juice if preferred. Avoid rich foods and sugary substances. Continue to take the yeast for several days after the boils have disappeared so as to lessen the chances of their recurrence.

Internal

Although it has been positively demonstrated that Fleischmann's Compressed Yeast taken internally as above is a highly efficacious remedy for Boils, the following external treatment may be of value in many cases and is recommended in conjunction with internal treatment. Make a yeast paste as follows:—Heat a little water. Allow it to cool slightly. Mix with it a cake of Fleischmann's Compressed Yeast to the consistency of a thick paste. Take some plain gauze dressing, apply the paste warm to the inflamed part. It is advisable to shave the hair away from the skin around the boil.

External

CARBUNCLE

Description

A Carbuncle is similar to a boil but affects the tissues that lie beneath the skin, and is nearly always larger and more severe. Instead of breaking through one opening as a boil does, it breaks through many openings. Carbuncles are generally accompanied by chills, fever, great suffering and weakness. They are positively dangerous in the weak and debilitated.

Treatment

Internal

Take one-half cake or one cake of Fleischmann's Compressed Yeast three times a day, preferably before meals. May be eaten dry or dissolved in fruit juice or water if preferred.

External

In connection with internal treatment as above, the following external treatment is recommended at the same time. Make a yeast paste as follows:— Heat a little water. Remove from heater. While the water is still very warm, make a thick paste, using one or two cakes of Fleischmann's Compressed Yeast. Take some gauze dress

ing and apply the paste warm and thickly to the inflamed part. If kept moist these applications may be used continuously for three days or more, when the carbuncle will generally be found to have broken and gone into the receding stage with much relief of pain. It is desirable to shave the hair from the skin around the carbuncle.

Keep
Applications
Moist

CONSTIPATION

The laxative action of Fleischmann's Compressed Yeast has been satisfactorily proved; people who have suffered for years with chronic Constipation find relief by eating or drinking it dissolved in water.

Description

Fleischmann's Compressed Yeast is in no sense to be regarded as a purge but it always stimulates intestinal activity. In chronic Constipation the favorable change occurs on the second day of the treatment and continues for some time after treatment is suspended. Constipation is one of the most prevalent and harmful conditions besetting the health of the

A Safe
Remedy

American public. Hundreds of remedies are offered; many of them are drugs which bring temporary relief but may be injurious eventually.

Fleischmann's Compressed Yeast differs from physics because it is a plant product, absolutely harmless and possessed of wonderful nutritive properties.

Treatment of Constipation

Take one-half cake of Fleischmann's Compressed Yeast before meals. May be eaten dry, or if preferred may be dissolved in water or fruit juice.

PIMPLES AND BLACKHEADS (Acne Vulgaris)

Description

These unsightly skin eruptions occur most frequently between the ages of fourteen and twenty-five. They are very common and usually quite obstinate. They are not especially harmful but very annoying to the sensitive victim, who tries first one thing and then another in the hope of relief.

Treatment of Pimples, etc.

Take one-half to one cake of Fleischmann's Compressed Yeast three times a day, just before meals. May be eaten dry from the hand or dissolved in water or fruit juice as preferred. Avoid highly seasoned foods, pastries, salt meats. Take plenty of out-door exercise and bathe and keep regular hours. The use of Fleischmann's Compressed Yeast besides its action on the blood has a laxative action which tends to clear the skin. This proved successful in every case of Pimples and Blackheads (*Acne Vulgaris*) treated in Philadelphia and New York hospitals in the tests conducted by Dr. Hawk.

Internal

Make a thin paste of Fleischmann's Compressed Yeast and water, using one quarter of a yeast cake and two or three tablespoonfuls of water. Use a fresh mixture each time. Apply to the affected part on a soft cloth or with the hands, once a day, just before retiring at night. Wash off on rising in the morning.

External

ANEMIA, MALNUTRITION AND WASTING DISEASES

What
Anemia
Is

Fleischmann's Compressed Yeast is known to have remarkable value in toning up the general health and building up what is generally called a "run-down condition." Anemia and Malnutrition are usually conditions of impoverished vitality rather than definite diseases. Weakened conditions of this kind may result from a variety of causes. So, too, they may be the contributing causes of serious trouble by diminishing the powers of resistance and rendering the victim easily susceptible to dangerous disease attacks. For instance, there is ample proof that all of us are frequently exposed to pneumonia, tuberculosis (consumption), and even the more dangerously contagious diseases. Those of us in normal health and strength throw off the attacks, perhaps without knowing we have been in danger. On the other hand, one in a weakened condition may prove an easy victim without knowingly having been exposed.

Weakness
Invites
Disease

That Fleischmann's Compressed Yeast is a mighty force for the building up of body vigor and general health, was established in the researches of Dr. Hawk, previously referred to in this booklet. Dr. Hawk says in his report:

"In many of the cases which came under our observation, the yeast treatment caused an improvement in the general physical condition of the patient quite unassociated with the improvement of the symptoms associated with the particular disease in question."

To Avoid or
Overcome
Malnutrition

This is explained by the fact that Fleischmann's Compressed Yeast is very rich in Nuclein, the cell-body substance. In fact, yeast is the principal source of Nuclein.

Nuclein

Yeast is also richer than any other known substance in Vitamins. The Vitamin is a natural food element which is now known by scientists to be absolutely essential to life. If Vitamins be completely removed from food, ill health, indigestion, disease, and in extreme cases, even death may follow.

This element, Vitamin, is supplied

Vitamins

Invigorates

by Fleischmann's Compressed Yeast. Its value, therefore, as a preventive of malnutrition, or nutritional weakness, or as a strength builder in any wasting disease, is unquestioned.

Treatment

Take one-half cake or a cake of Fleischmann's Compressed Yeast before or after meals, three times a day. The yeast may be eaten dry, from the hand, or may be dissolved in water or fruit juice as preferred.

"KILLED" YEAST

Avoids Gas
Formation

Where a slight gas formation occurs, which is annoying rather than harmful, yeast may be "killed" by pouring a little boiling water over it. Then add sufficient cold water to cool and take as prescribed. Treat only the yeast for each dose in this way just before taking. "Killing" the yeast does not impair its efficacy, but when used for constipation fresh yeast is recommended.

YEAST AS A FLESH BUILDER

In many cases where Fleischmann's Compressed Yeast has been prescribed or taken as a remedy for some particular ailment, a marked increase in weight and improvement in general health has followed. For instance, people taking yeast for Boils or Constipation have not only cured the special ailment, but have noted a very apparent gain in flesh, improvement of complexion, and decided increase in bodily vigor.

Increases
Weight

The flesh and blood building properties of Fleischmann's Compressed Yeast have been definitely observed by physicians; and have been reported by many persons who have been greatly benefited in this respect.

Observed
by
Physicians

While the yeast is in itself a pure food product, its marked effect in increasing weight cannot be entirely accounted for by the intrinsic nourishment contained in the yeast proper. It seems highly probable that Fleischmann's Compressed Yeast includes some vital element,—perhaps the Vit-

More Than
Food

amins it is known to contain,—which, added to the ordinary diet, enables the body to extract more nourishment from all food.

Some foods are known to be seriously lacking in the Vitamin element. Such foods, eaten in combination with other foods, may be highly nourishing. Under other conditions, they may have very little real food value. Thus, it is possible that some individuals might actually be suffering for nourishment while eating three hearty meals a day. It largely depends on what is called a “properly balanced ration.”

Starvation
in Disguise

People who lack appetite, or who are unable to gain in flesh, even though hearty eaters, will usually secure good results by taking a cake of Fleischmann's Compressed Yeast after each meal.

In Conclusion

The use of Fleischmann's Compressed Yeast by physicians in the treatment of disease, and as a household remedy as well, originated spontaneously, as a direct result of the merit of the product. For many years its therapeutic value was "advertised" only by "word of mouth" of its users, and with no effort whatever on the part of The Fleischmann Company.

The production of Fleischmann's Compressed Yeast began in 1868. It was and is used for making bread, with which use every baker and housewife in America is thoroughly familiar.

To provide Fleischmann's Compressed Yeast for baking purposes only, there is today required the full capacity of eleven great laboratories, or factories, located in widely separated sections of the United States and Canada. There is a distributing agency in *every city in the country*, where the daily supply of fresh yeast is cut with wires into the familiar

household yeast cake. Wrapping is done by machines and not by hand. Special refrigerator cars are used in transportation. This vast system of production and distribution reaches, or can reach every grocery store on the North American Continent, no matter where located.

Your grocer can supply you with Fleischmann's Compressed Yeast at trifling cost. If Fleischmann's Compressed Yeast is unobtainable from your grocer write to us. We have branches in every large city—not only those named below. Simply send your letter to The Fleischmann Co., addressing it to any large city in your locality, and arrangements will be made to supply you as needed.

THE FLEISCHMANN COMPANY

Montreal, Que. Toronto, Ont. St. John, N. B.
Winnipeg, Man. Calgary, Alta. Vancouver, B. C.

“Compressed Yeast and Good Health”

doubtless will be of interest to your friends. We shall be glad to send booklets free on request. Write names and addresses in spaces below, tear out sheet at perforated line and mail to nearest office.

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