DRI
Y
YEAST
As an Aid to Health
What dry yeast means to mankind

Do you know that Yeast Foam and Magic Yeast, * nationally known by home bread-makers everywhere for the exceptionally good bread they make, are eaten for their health-giving qualities as well as used in baking bread?

Extensive experiments were made recently by Dr. Philip B. Hawk of the Jefferson Medical College, one of the leading medical schools of this country, to determine the effect of Yeast Foam and Magic Yeast when administered as a remedy in a great number of disorders.

Dr. Hawk, on normal persons, has demonstrated that the dry yeast (Yeast Foam and Magic Yeast) has no harmful effect on the human body.

Our Yeast Foam and Magic Yeast were administered to a total of 239 patients who were suffering from various ailments. Dr. Hawk says, "We found it (Yeast Foam

*NOTE: Yeast Foam and Magic Yeast are the same product under different names.

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and Magic Yeast) to be particularly useful in internal disorders (malnutrition, under-nutrition, etc.); disease of the stomach and intestines (particularly gastro-intestinal catarrh, intestinal stasis, constipation); rheumatism (especially articular rheumatism, i.e., arthritis deformans), and furunculosis (boils).” Of the above types of disorders, 134 individual cases were investigated, and of these 105 were improved or cured.

Summarizing the results of his work on our yeast, Dr. Hawk says: “It (Yeast Foam and Magic Yeast) has definite therapeutic value, which has been demonstrated in the most comprehensive therapeutic yeast investigation ever made. When two (2) out of every three (3) patients who are treated by any system of therapeutics are improved or cured, that is certainly a showing of which to be proud.”

It isn’t the amount of food you eat that makes you fit, strong and healthy—it’s the selection of the right foods. The diet of most people contains insufficient vitamins because many foods lack these necessary nutritive elements. Yeast is one of the richest sources of an indispensable vitamin.
YEAST

What it is

YEAST is not made; it grows. It is a cultivated form of plant life, so minute in size that the individual plants can be seen only with a powerful microscope. The yeast plants, as you get them in Yeast Foam or Magic Yeast, are alive.

Vitamins

Scientists have discovered that by chemical operations artificial milk could be prepared exactly like good, rich milk by every chemical test. But animals fed on artificial milk grew weaker and died; while others fed on natural milk lived and grew stronger. Some of those which weakened on the artificial milk grew stronger again when changed to regular milk.

This seemed to prove that natural milk contains elements which had wholly eluded chemical analysis; research finally disclosed these elements. Scientists call them "Vitamins," necessary "Accessory Food Substances."

Why Your System Needs Vitamins

Animals used for experiments were fed carefully on certain foods; one group, when yeast was added to the "menu," grew rapidly and gained in weight; another group, without
yeast, did not grow, but lost in weight. Men who submitted themselves to the experiment of eating Yeast Foam and Magic Yeast gained in weight.

You may eat enough and still lack physical buoyancy. Even those who select their food carefully and eat plentifully may suffer from disturbances caused by lack of vitamin in the food.

You may think of hunger as a mere craving for food; but medical science recognizes another kind of starvation; the hunger of the vital cell-making processes of the body, not for more food, but for the important elements in food called vitamins.

Yeast Rich in Vitamin B

Our well-known yeast cake is a rich source of Vitamin B. A small amount of this vitamin-rich food will stimulate the hungry cells of the body so that the young will grow and the adult maintain good health, whereas this result is impossible with many of our common foods which are deficient in Vitamin B. Yeast Foam and Magic Yeast are a wise and safe addition to any diet.

New Health Ideas

Physicians now know that there are many physical disorders that actually originate within the body, due to vitamin-hunger; and such a condition causes the body to be less resistant to disease. A Vitamin B deficiency can be overcome by eating Yeast Foam and Magic Yeast.
Many Processes of Preparation Rob Food of its Vitamin Value

“Disorders brought about by lack of vitamin,” says a noted New York medical scientist, “to a considerable extent must be regarded as typically modern. They are the product of countless ingenious methods devised to render foods staple—drying, heating, sterilization, the addition of preservatives—most of which accomplish their objects, but incidentally rob the food of one or more of its essential constituents.”

Yeast for Boils (Furunculosis) and Pimples (Acne)

The use of yeast for boils and pimples, and many kindred troubles, has long been followed. These ills are known to be due to some internal trouble—boils and pimples are merely surface indications of a lack of Vitamin B in the diet.

Many cases of persistent recurrence of boils have been cured completely by the use of Yeast Foam and Magic Yeast. Dr. Hawk reports that out of 20 cases of boils in which the trouble has existed from several months to several years, all but one case were much improved or completely cured. Of 12 cases of pimples, all showed marked and immediate improvement, some were completely cured; letters from users of Yeast Foam and Magic Yeast confirm this experiment as set forth in the foregoing paragraphs.
In addition to boils, pimples and other skin troubles, and certain stomach and bowel disorders, the yeast treatment was employed for bronchitis and rheumatism with satisfactory results. Out of 20 cases of malnutrition, undernutrition and under-weight, 19 cases were improved or cured.

The conditions which respond most favorably to the yeast treatment are boils, pimples and constipation. 62 out of 78 cases (in these three classifications) were improved or cured by the yeast treatment.

**For Constipation**

Most laxatives are only temporary and do not remove the cause of constipation. Yeast Foam and Magic Yeast are not a purge or a laxative like the ordinary habit-forming drugs and oils that give only temporary relief, but a natural food, stimulating the intestines in a normal way so that constipation is avoided or overcome.

Until the yeast has had a chance to assist the normal function, do not expect immediate results if accustomed to taking laxatives regularly.

The above research of Dr. Hawk disclosed marked beneficial results in the use of yeast for constipation. In 46 cases of serious constipation, in some of the cases the trouble being of many years' duration, 31 were improved or
cured. In 7 cases of gastro-intestinal catarrh good results were secured in all of them.

**Intestinal Auto-intoxication**

This very distressing trouble causes much misery to the sufferer, and often continues for a long time before patient or physician can discover what is the matter.

It is held by most physicians that intestinal auto-intoxication is due to the fact that the digestive processes of the intestinal tract are disordered or partly suspended, causing the decomposition of the contents of the bowels, which produces toxins, or poisonous material, which are absorbed into the system; auto-intoxication—self-poisoning. The effect of yeast, when used to correct this condition, has been found very helpful in many cases. It is believed that yeast establishes a condition of the digestive tract in which the toxic bacteria cannot survive, and by the gentle laxative action of the yeast they are eliminated from the system. There are many instances of complete cure following the administration of yeast in such cases.

**Indigestion, Gas and Acid Stomach**

are a source of great distress to many people and are relieved by the use of yeast. The relief of these conditions is verified by reports to us from reputable physicians who are using Yeast Foam and Magic Yeast in their practice.
“Run-down” Condition

What is generally called a “run-down” condition is usually caused by under-nutrition, frequently due to improper selection of food.

It isn’t the amount of food you eat that makes you fit, strong and healthy. It’s the selection of the right foods—those that contain all the necessary elements, including the vitamins. Science has definitely established that susceptibility to disease is a result of a shortage of vitamins in the diet.

Yeast is so rich in Vitamin B that it supplies this essential element abundantly and corrects conditions of impoverished vitality, tones up the health in general, and increases the power of resistance to disease attack.

Yeast Foam and Magic Yeast do not have the same effect in the body as in raising bread. Yeast is a food, and usually does not produce flatulency or gas. On the contrary, it has a tendency to relieve this effect. However, if troubled in this respect stir the yeast cake in a cup of boiling water.

The Advantages of Dry Yeast

1. Yeast Foam and Magic Yeast are the most convenient forms because they keep a considerable time.

2. You do not need to get a fresh supply every two or three days.

3. You can carry a package in your pocket, keep it in your dressing table drawer, or conveniently at hand in the pantry, without danger that it will deteriorate in a few days.
Treatment Must Be Persisted in to Be Effective

The importance of having a convenient supply always on hand ready for use is considerable. If you begin the use of yeast as an aid to health, you ought to continue regularly for at least four to eight weeks, if the treatment is to be given a fair test.

How to Obtain the Best Results

While taking the yeast treatment, avoid rich foods, pastries, fried dishes, sweets and stimulants. Drink a glass of water before breakfast each morning, bathe frequently, and get plenty of exercise in the open air.

Treatment

For a “run down” condition, boils, pimples, constipation, indigestion and auto-intoxication, eat a third, half or whole cake before or after meals, or between meals if it is more convenient. For children the quantity might be less. As soon as you are accustomed to the yeast taste increase the amount if necessary. If the laxative action is too great, reduce the quantity gradually, until you find just the proper amount needed for the best results.

In severe cases consult your physician, who is familiar with the great benefit of yeast as an aid to health.
The Best Way to take Yeast Foam or Magic Yeast

Wash it down with a little water, milk, orange juice, grape juice or beef tea.

Some prefer to eat it buttered like a cracker.

Others carry a package around with them so a cake can be eaten at convenient times.
Read about the valuable benefits many are receiving from its use

These are just a few of the letters received from those who have been helped by the upbuilding qualities of Yeast Foam and Magic Yeast:

**Boils disappear: intestinal pains relieved**

"I take the privilege of writing you in regard to Yeast Foam, it being recommended to me by a surgeon to cure a bad case of boils. My boils are disappearing and I am feeling greatly relieved from pains in the lower intestines. If the American public knew the medicinal qualities of Yeast Foam it would mean much to people's health."

**Violent headaches from stomach trouble relieved**

"Regarding results obtained by my mother in using Yeast Foam, I can truthfully say that it has been noticeably beneficial. Although the cakes are distasteful to her, she has been able to eat about one cake a day. She has no intention of stopping now that it has helped her, but will continue to eat as many as practicable as a treatment. She did have very violent headaches, caused, I believe, by stomach trouble, and had suffered with them for years, but very strange to relate has not had a headache since she began eating Yeast Foam. We can and will recommend it to all that have the trouble she had."

**Good for stomach and bowel trouble**

"I have found Yeast Foam invaluable in stomach and bowel trouble."

**Constipation**

"I have been using your Yeast Foam for some time and find it a great aid in chronic constipation."

**Regulates the bowels, improves complexion, gains weight**

"I have taken Yeast Foam for a year. In that time I have come up to normal weight, a gain of 20 pounds, besides regulating my bowels and improving my complexion. At present my whole family is taking yeast—my son to gain weight and my husband as a cure for boils. I tried many years to find something to make me gain in flesh."

**Amazing health qualities**

"Permit me to congratulate you on the amazing health qualities of your product."
Tell Your Friends

Every reader of this booklet, "Dry Yeast as an Aid to Health," will doubtless think of many friends and acquaintances to whom it would be of interest. Write their names and addresses in spaces below; tear out sheet at perforated line, and mail coupon to the Northwestern Yeast Company, 1750 N. Ashland Ave., Chicago, Ill., and we will be glad to send them a copy free.

Please mail booklet "Dry Yeast as an Aid to Health" to

Name ________________________________

Address ________________________________

Name ________________________________

Address ________________________________

Mail this coupon to

NORTHEASTERN YEAST CO.

1750 N. Ashland Avenue, Chicago, Ill.
Summary of Results of Treatment of Human Subjects with YEAST FOAM AND MAGIC YEAST

Dr. Philip B. Hawk, with eight associates working at the Jefferson Medical College and Hospital in Philadelphia and the Fordham Medical College of New York City, obtained the following remarkable results, in the cases cited, with Yeast Foam and Magic Yeast:

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<th>Patients Suffering from</th>
<th>No. of Cases</th>
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<tbody>
<tr>
<td>Constipation</td>
<td>46</td>
<td>31</td>
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<tr>
<td>Skin Diseases (Boils and Pimples)</td>
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<tr>
<td>Gastro-intestinal Catarrh</td>
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Magic Yeast – Yeast Foam
"Just the same except in name"

NORTHWESTERN YEAST CO., CHICAGO