Keep fit

Eat

MAGIC YEAST
Eat Magic Yeast for Health

for Good Digestion

Eat three cakes daily—one before each meal

Magic Yeast is a corrective food which helps keep you fit. Relieves constipation and removes the causes of boils, pimples, auto-intoxication, etc.

HOW TO TAKE

1. Spread butter on a cake of Magic Yeast or eat it dry like a cracker.
2. Break and soak cake of Magic Yeast in glass of water. Stir, and drink off milky water before complete settlement has occurred.
3. Drink sediment and all, if more complete laxative effect is desired.
4. Mash cake fine and mix with other food, such as cereals.

Any way you take it, there's health and vigor in Magic Yeast. Eat it regularly and keep fit.

"My mother had very violent headaches caused by stomach trouble and had suffered with them for years. To our surprise her headaches left almost as soon as she began eating Magic Yeast. We can and will recommend it to all who have the trouble she had."

MISS G. LORETTO STEINER
Nothing is more refreshing and nutritious than generous slices of light full-flavored bread baked in your own oven with Magic Yeast. Its rich flavor is incomparable—the ideal food for young and old.
**Delicious Root Beer**

Soak 3 cakes Magic Yeast ½ hour in 1 pint lukewarm water. Place in crock 4 pounds sugar, one 3-oz. bottle Root Beer Extract and 5 gallons lukewarm water. Strain soaked yeast through coarse muslin. Rinse yeast left on cloth with a little water and throw away solid particles. Add dissolved yeast and rinsing water to mixture in crock. Mix well and bottle at once. Fasten corks securely. Keep in warm place 3 to 4 days. Cool. Store in cold place.

*Delicious ginger ale may be made according to these same directions, merely using one 3-oz. bottle of Ginger Ale Extract in place of Root Beer Extract.*

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“**FOR YEARS I suffered from chronic constipation. Doctors could do nothing for me except prescribe laxatives and enemas. I exercised regularly, but it did not seem to help. I was a slave to physics till a physician prescribed Magic Yeast. I was almost an invalid. I ate the yeast regularly and in a few weeks was just as regular as a normal person.”**

**MRS. M. L. LECHTER**
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for
Get up and Go!

Constipation is the cause of most human ailments. Nothing is more vital to your health and strength than to have the intestines vigorous and acting. Be fit and keep fit by eating Magic Yeast.