THE WAY OUT


NE5BITAEATHNACE
Keeps the Air Moist
moistened air

ANDARD FURNACE \& SUPPLY CO.
Ean $\pm$


maha, Nebr. Sioux City, lowa.

THE SUNDAY BEE: OMAHA, APRIL 29, 1923.

## A slow daily poisoning that wrecks even the strongest constitution-

With fair regularity, they are often plants, which mix with the waste prod.
leaving much of the waste behind, decay and form phenol-one of the

Useless to try to blast a way through Drugs and cathartics are worse than useless, for their artificial irritation at last the muscles refuse to respond


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Theonly way tocure constipatio permanently is by exercising the in That is why physicians and hospital are prescribing Fleischmann's Yeast today not as a medicine but as a fresh corrective food which gives the intes-
tinal muscles regular, natural exercise. Every cake of Fleischmann's Yeast consists of millions of tiny living
ucts in the colon, softening them and reasing the bulk of the waste. This greater bulk gently encourages the trensthe act, and at the same time resistance they need offering just the Your own physician will heartily endorse tinal muscles as the only way to relieve con.

Be sure you get Fleischmann's Yeast-yeast have shown that yeast corrects experiments only when its cells are alive and active and
hat it loses its power when these cells are Fleischmann's Yeast is in no sense a purgative and does not produce immediate violent
action. It is a nourishing food-not digestiondisturbing medicine-and like any other food,
it must be eaten regularly to secure results. dissolved in water, milk or fruit juices-preferthing at night. If you eat it plain, follow with
a glass of water. Get several cakes at a timedays. Be sure y a cool, gret place for severeral
All grocers have it. today for this frec booklet!
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Day by day Fleischmann's Yeast builds up the flabby muscles of the intestines exactly as regular exercise builds up the muscles of your arm

