



YOUR
FUTURE
in the
STARS



PRICE 25¢

SKINNY FOLKS LET ME TELL YOU HOW TO PUT ON POUNDS EASY!

COUNTLESS men and women—right here in Canada—can tell you there is no longer any need to be skinny, scrawny, sickly, weak—and unpopular on that account. It is easy now to gain normal weight, glorious health and pep in a short time . . . thanks to a remarkable new discovery.

For years doctors have prescribed yeast to build up health for rundown men and women. But now, through this modern method, you can get far greater tonic results than with ordinary yeast—regain health, and also put on pounds of firm flesh—and in a far shorter time.

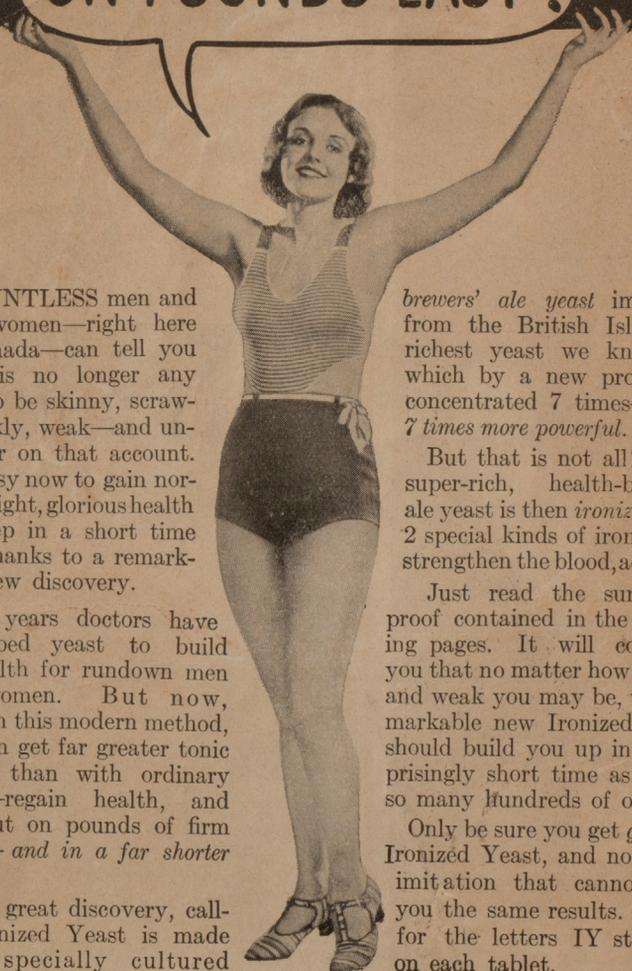
This great discovery, called Ironized Yeast is made from specially cultured

brewers' ale yeast imported from the British Isles, the richest yeast we know of, which by a new process is concentrated 7 times—made 7 times more powerful.

But that is not all! This super-rich, health-building ale yeast is then *ironized* with 2 special kinds of iron which strengthen the blood, add pep.

Just read the surprising proof contained in the following pages. It will convince you that no matter how skinny and weak you may be, this remarkable new Ironized Yeast should build you up in a surprisingly short time as it has so many hundreds of others.

Only be sure you get *genuine* Ironized Yeast, and not some imitation that cannot give you the same results. Look for the letters IY stamped on each tablet.





BY THY STARS • • KNOW THYSELF

IN the early days of the human race, when people reckoned time and events by the movements of the heavenly bodies, the wise men believed that the stars exerted a profound influence on your character, health and disposition. Out of this belief grew the fascinating study which we call Astrology, or the Science of the Stars.

The Astrological Chart of the heavens, known as the Zodiac, is shown above. It is roughly divided into twelve houses, which correspond in a way to our twelve months of the year. Each period has its own peculiar sign, represented by an animal, and by referring to the following pages, you may find the sign which governs your birth date, and may read thereunder what the stars have in store for you.

For example, people born between December 23rd and January 20th are said to be born under the sign CAPRICORN, and their horoscope will be found under the heading "CAPRICORN" on Page 3 of this book. Those born between January 21st and February 18th are called the children of AQUARIUS, and what they may expect of fortune will be found under the heading "AQUARIUS" on Page 5. And so on. The day you were born on also has influence. See Page 15.

Keep this book. You will find it a source of lasting entertainment for you and your friends, and you will be surprised how accurately it indicates your character and the good and weak points which you know (or will discover later) are yours.



Mrs. K. FYKE

Was Skinny, Rundown Now Feels Like New. Gains Healthy Pounds

Here is encouraging news for hundreds of discouraged girls and women who are skinny and rundown. Mrs. K. Fyke, of Wales, Ont., speaks from personal experience, and her story, backed up by her attractive picture shown above, should convince any woman that she need not give up hope. She writes:

"I was skinny and rundown and tried almost everything, but nothing helped. A friend suggested that I try Ironized Yeast, and in just a few weeks I put on a lot of weight. Now I never felt better in my life. My sister has now started taking Ironized Yeast and it is doing the same for her."

How to Banish Constipation Without Harsh Laxatives

According to medical authorities, thousands of men and women who suffer the misery of chronic headaches, indigestion, sluggishness and other common ailments due to constipation are doing themselves more harm than good by taking strong drugs and medicines. Very often they bring on a paralyzed condition of the intestines, known as intestinal stasis. Besides, the longer you use them, the greater quantity you must take in order to secure the desired relief. In other words they are habit-forming, and the results are often serious.

New discoveries, however, have resulted in a method which is both effective and safe.

Experiments revealed that the special Brewers ale yeast used in making ale has the effect which nature seems to require. This Brewers ale yeast has now been combined with energizing iron in very pleasant little tablets, known as Ironized Yeast. Many indeed are cases in which this Ironized Yeast has corrected constipation—even after all other methods had failed. Furthermore, Ironized Yeast helps build up the general health and strength, and clear the skin of pimples, blotches and eruptions.

You can get the new Ironized Yeast at any druggist's. But be sure you get the *genuine* Ironized Yeast and not some cheap imitation.

**THIN, PALE FOLKS
READ PAGE 20**

CAPRICORN - - THE GOAT

V8
3

December 23rd

to

January 20th

Ruled by Saturn

Persons born under the sign "Capricorn" are energetic, independent individuals and are destined to succeed by perseverance and that "never-say-die" spirit. Among them will be found accomplished writers, shrewd business men and extremely tactful diplomats. In almost every case they are tireless workers and love to get things done.

Capricorn people are generous and loyal, and once they are your friends, you can rely on them forever. They keep a close watch on their money, but at the same time they are thoroughly honest and their word is their bond.

The women are possessed of great magnetism and personality, but for themselves they do not care for any public demonstration of love or affection. Both men and women like to have their own way, but if reverses should prevent this, they are able and willing to adapt themselves to changed conditions.

People born during the above period have great creative talents, and among them are numbered outstanding artists and designers. The women should be very successful as decorators or milliners.

Both sexes under this sign should do well to marry at a comparatively early age. Their most congenial mates are born under Aquarius, Cancer, Taurus or Scorpio.

Their lucky months are March and November, and their most propitious days are Tuesday and Saturday.

The birthstone for this period is the ruby, white onyx, moonstone or garnet.

Rheumatism and its allied ailments

are especially to be guarded against. Avoid constipation and beware of becoming a slave to harsh laxatives. Ironized Yeast works in a more natural way and soon should correct the trouble entirely.



UNO ENEGREN

SO RUNDOWN COULDN'T SLEEP NIGHTS - - NOW FEELS LIKE NEW MAN

It is bad enough to be rundown . . . bad enough to suffer from indigestion, nervousness and tired feeling. But when one cannot sleep nights—when one lies awake tossing and turning, misery knows no bounds. Such was the case with Mr. Uno Enegren, Hamilton, Ont. But let him tell you his experience:—

"I was in a general rundown condition and could not sleep nights. That was before taking Ironized Yeast. Now, after only three bottles, I feel like a new man."

**NERVES ON EDGE?
CAN'T SLEEP?**

See page 28

WHY SKINNY GIRLS LOSE IN LOVE

THIS TYPE WINS

because of

- 1— Full-Rounded Curves
- 2— Radiant Complexion
- 3— Vibrant Energy



Men Still Prefer Well Rounded Figure With Alluring Curves

How to Put on Flesh and Win Your Man

Cheer up, you girls who have real flesh on your bones—and thank your lucky stars that you didn't "fall for" the recent "skinniness" fad that died such a natural death.

Thousands of girls who starved themselves into bundles of bones to look attractive soon found that men had no eyes for flat chests, thin hips and pipe-stem legs and arms. Nine times out of ten it was the girl with soft, alluring curves . . . the girl who offered a luscious armful to be caressed—who won her man—and held him.

Now, you skinny girls, don't be discouraged because you are underweight. There is now a very easy way for you to get those enticing curves that men admire. It is a method which has brought beauty-giving pounds to hundreds of women, many of whom were worse off than you.

All you have to do is to take those pleasant little tablets, called Ironized Yeast. Many indeed are the women who, by simply taking this Ironized Yeast for a few weeks, soon put on pounds of healthy flesh, and watched ugly hollows in legs, arms and body fill out to a pleasing plumpness and graceful curves. And with this came a radiant, clear skin and loads of pep.

You can get Ironized Yeast at all good druggists. Only be sure you get the *genuine* Ironized Yeast and not some cheap imitation that cannot give the same results. Insist on the *genuine*, with IY stamped on each tablet.

AQUARIUS - - THE MAN

January 21st

to

February 18th

*Ruled by Uranus*

People born under this sign possess unusual ability in almost any branch of the mechanical sciences. They make fine mechanics and electricians and are very often adept at mathematics.

They are the home loving type, have a high sense of honour and take great pride and pleasure in making other people happy. The women make ideal wives and mothers, and happy indeed is the man who chooses a wife born under this sign.

Strangely enough these same home-loving women like fine clothes and have splendid taste in selecting them. They love intensely, but give no indication of it in the presence of others. At the same time, they demand that their love be returned in full by their mates.

The men are devoted to their families and will do everything in their power to make them happy.

These people get along very well with others and usually marry happily, regardless of which sign they choose their mate from. Their most congenial companions, however, should be found under Libra, Gemini or Capricorn.

Their most favourable day is Saturday, and their best months are April and August. The sapphire, opal or turquoise is their birth stone.

These people should guard against accidents to the lower legs and ankles.

WARNING!

Quality has always had to pay the penalty of being imitated and counterfeited. When a product wins the reputation of being superior in its class, unscrupulous manufacturers devise ways and means of putting out something that *looks like the original*, but which is inferior in every way. A lower price is usually the lure which these cheaters hold out to the public, and many dealers who care only for profits are willing to recommend and sell these substitutes.

Don't be deceived — especially where your health is concerned. Be sure you get *genuine* Ironized Yeast and not some counterfeit cheap imitation which is a waste of money no matter how little it costs. Look for the letters **IY** on each tablet.

How to Remove Perspiration Stains

When clothing has become stained by perspiration, soak the garments in strong salt water before laundering. Perspiration stains may also be removed with diluted oxalic acid, or by soaking them in cold water to which a little carbonate of soda has been added. If coloured silks become perspiration stained, the best remedy of all is sponging with lukewarm water.

Bird Flies Across Atlantic

Even the great feats of our most famous aviators seem insignificant compared with the marvelous flight of a swallow which crossed the Atlantic from England to the eastern coast of the United States. Several such instances are on record, and they go to prove that the ways and powers of Nature are strange indeed.



Mrs. MEDERIC GUERIN

Delighted How New Way Cleared Up Complexion

Little wonder that Mrs. Mederic Guerin, of Reesor, Ont., gets a real thrill when she looks in her mirror these days. For instead of a coarse, blotchy skin, she now sees a clear, radiant complexion.

"I had a very bad complexion," she writes, "and tried everything I could think of without results. Finally I took a tip from a friend and started taking Ironized Yeast. Now I bless the day I started because I must admit I look great. I hope all who, like me, have nasty complexions will take my tip and start taking Ironized Yeast."

**WHAT DAY OF THE WEEK
WERE YOU BORN ON?**

It's Important—See Page 15

Doctor Sounds Warning Against Over-Slimness

*Is Serious Menace to Health
And Should Be Corrected
At Once*

In these days, when so many girls and women are foolishly doing everything under the sun to lose weight, one of the world's foremost physician's issues a solemn warning against the perils of abnormal skinniness. He says in part:

"Underweight condition may be due to a grave disease which will ultimately threaten life, and the sooner it is detected and treatment adopted, the better are the chances for recovery."

He points out that where serious disease is suspected, the first and most important thing to do is to consult a physician. On the other hand, when no organic disease has developed, it is a very simple matter today to gain pounds of good, firm flesh, and increase strength and energy. A scientifically arranged diet is usually sufficient. But for those people who find dieting both troublesome and expensive, there is a new method which supplies body-building elements in simple, easy-to-take tablet form.

This new method is called Ironized Yeast—and hundreds of skinny, run-down people, by simply taking these little tablets for a short time, have gained needed pounds of health-giving flesh, and have also overcome indigestion, bowel trouble and nervousness, and have seen sallow, muddy complexions change to clear, radiant smoothness.

You can get Ironized Yeast at any good druggist's. Only be sure you get the *genuine* Ironized Yeast, and not some cheap imitation.

PISCES - - THE FISHES

February 19th
to
March 20th



Ruled by Neptune

People born under the sign "Pisces" are ruled by Neptune, the great activating influence of the higher arts. They make great artists, writers, actors and critics.

Pisces people are also interested in education and many of our most successful teachers are born under this sign. They have especially keen minds and remarkable memories.

Both men and women are fond of beautiful things in art and nature. They are honest and clean-minded, and usually place great trust in others.

The women are quick to resent anything that savors of the coarse or vulgar, and when married they watch over their home, husband and children with loving care.

Unfortunately, many women born under this sign are not attracted by marriage. They should try to overcome this tendency because they make the best wives and mothers, and enjoy great marital happiness. They should choose their mate under the signs Virgo, Cancer or Libra.

The most favorable months are May and June, and Saturday is their lucky day. The moonstone, chrysolite or pink shell is their birthstone.

Pisces people are apt to have serious ailments early in life. Constipation, in particular, should be guarded against. For this purpose nothing is more beneficial than the new Ironized Yeast, which acts in a more natural way as opposed to the artificial effects of harsh, habit-forming laxatives,

What Ailments You Should Guard Against

Your Birthday Tells You

A knowledge of the Zodiacal sign under which you were born will point out the particular physical ailments to which you are subject, and which you should guard against. Pick out your sign, and read below the illnesses which you should be wary of.

ARIES—People born under this sign—or between March 21st and April 20th—are likely to suffer from ailments which manifest themselves in the head. Dizziness and fainting spells are common afflictions. They are also apt to be victims of stomach, kidney and liver troubles. These people will find the new Ironized Yeast a remarkable aid in toning up the digestive organs, and banishing indigestion, gas, heartburn, etc.

TAURUS—This sign governs the throat, and people born between April 21st and May 22nd are often victims of sore throat, infected tonsils, and severe headaches. Dropsy, Bright's Disease, kidney and venereal troubles should also be guarded against.

GEMINI—Between May 22nd and June 21st. Governs the arms, hands and lungs. These people are subject to bronchial troubles, asthma, pleurisy, pains and aches in the shoulders. Extreme nervousness is a most common affliction, and this may be corrected by taking the new Ironized Yeast which is rich in the natural vitamins which tone up and strengthen the nerves, without habit-forming sedatives or "dope."

CANCER—The period between June 22nd and July 22nd. Governs the stomach. Cancer people are subject to ailments of the stomach, such as cramps, biliousness, fermentation, gas and indigestion.

LEO—Between July 23rd and August 23rd. Governs the heart. Subject to heart troubles, violent fevers and skin diseases.

(Continued on page 11)

"Don't be a
SKINNY WEAKLING"

Compare YOUR Measurements

Hundreds Praise New, Easy Way to Add Healthy Pounds

FOR years doctors have prescribed yeast to build up health for rundown men and women. But now, thanks to a new scientific discovery, you can get far greater tonic results than with ordinary yeast—regain health, and in addition put on pounds of husky flesh—and in a surprisingly short time.

With it hundreds have gained weight, strength and husky good looks, when they had never been able to build up before. Also a clear skin, new freedom from indigestion and constipation, new energy and pep.

This remarkable discovery, Ironized Yeast, is made from specially cultured Brewers' ale yeast imported from the British Isles, the richest yeast we know of, which by a new process is concentrated 7 times—made 7 times more powerful.

Furthermore, this remarkable health-building ale yeast is then ironized with 2 special kinds of iron which strengthen the blood and add abounding new pep!

No matter how skinny and weak you may be, Ironized Yeast should build you up in a few short weeks, just as it has hundreds of others. If you are not entirely satisfied with results of the very first package, your druggist will gladly refund your money.

But be sure you get the *genuine* Ironized Yeast, and not some imitation which cannot give you the same results. Look for the letters IY stamped on each tablet.



ARIES - - THE RAM

March 21st
to
April 20th



Ruled by Mars

The sign "Aries" is ruled by the planet Mars, which denotes great strength, courage and aggressiveness.

People born under this sign are profound thinkers, certain to excel in those pursuits which require great mental labor. The men are, as a rule, very successful in business, but the strain to which they subject themselves often results in the loss of friends because of their quick tempers.

Aries people are born leaders and brook no interference with the plans they think are right. Many brilliant political and military leaders were born under this sign, and running true to the stars, they have almost always been impatient and resentful of the criticism of others.

On the other hand, these people are extremely generous to those they like, but they waste very little time on anyone who shows no sign of returning their affection. They like to be flattered.

Music and all the fine arts have a strong appeal for the women. They are fickle and changeable, and jealousy often results in serious complications in the home. They like to spend money lavishly, and are fiery rather than affectionate.

Aries people should marry those born in December under the sign Sagittarius. Their lucky day is Tuesday, and June and July are their best months. The diamond or amethyst is their fortunate stone.

Schoolmaster Tells How New Treatment Saved Him From Breakdown

*Thanks Druggist for Tip That Put
Old "Grin" Back on Face*

Mr. Michael A. Deditch, of Krydor, Sask., writes:

"I was in charge of a large country school and after a few months of strenuous mental work, I was on the verge of a nervous breakdown. My druggist advised me to take Ironized Yeast, and believe me, after my first bottle I got the old "grin" back on my face. I certainly recommend this harmless remedy for anyone in connection with any strenuous mental or physical work."

M. A. DEDITCH



IN CASE OF ACCIDENT

For a Burn—Mix one tablespoon of baking soda with one pint of water and apply. Equal parts of linseed oil, or sweet oil, and lime water on a cloth is another excellent application.

For Earache—Put a few drops of hot sweet oil on a piece of cotton and insert in the ear. This will bring prompt relief in most cases.

For Toothache—The worst toothache can be speedily relieved by the application of a bit of cotton saturated in ammonia.

Real Skin Beauty From Right Eating

Doctor Says No Beauty Treatment
Equals Nature's Method

*Easy to Win Loveliness
Through New Discoveries*

According to a well known skin specialist, cosmetics are all right in their place, which is that of an *aid*, but they are far from the most effective and certain way to attain a clear, beautiful skin, free from disfiguring blemishes. Of much greater importance are the proper food elements which nature intended to build the rich, red blood that carries away impurities and leaves the skin radiant and youthful-looking.

Recent treatments along these lines have demonstrated the remarkable benefits of a new formula in the form of pleasant little tablets, known as Ironized Yeast. It is a scientific combination of blood-building iron with the natural tonic and purifying elements of imported brewer's ale yeast. By a new process these elements have been concentrated 7 times—made 7 times more effective.

In hundreds of cases results with this new Ironized Yeast have been surprising. Often in just a few short weeks dull, sallow complexions grow fresh and radiant, blemished skins become clear and lovely, lines and wrinkles are smoothed away, and tired faced women become vivacious and youthful-looking.

This new Ironized Yeast is sold at all good drug stores. But make sure you get the genuine Ironized Yeast and not some cheap imitation. Look for the letters IV stamped on each tablet.



Mrs. M. SINCLAIRE

APPETITE RETURNS, NO LONGER BOTHERED BY CONSTIPATION

Only those who are tortured with stomach trouble and a rundown condition can appreciate the joy of a good appetite, perfect digestion and rugged health. Then read the experience of Mrs. M. Sinclair, of Saskatoon, Sask.

"I was pretty much rundown and had a lot of trouble with my bowels. Finally I took Ironized Yeast tablets and they certainly built up my appetite and made me feel much better. I'm lots healthier now than I have been in a long, long time."

DON'T BE DECEIVED!

—See Page 31

TAURUS - - THE BULL

April 21st

to

May 22nd

*Ruled by Venus*

People born under the sign of "Taurus" are inclined to be a bit slow and methodical. They are quiet, but very determined in their aims, and are usually good money makers and savers.

They have generous natures, but at the same time are absolutely fearless, and make loyal friends, but bitter enemies. They excel in art and literature, and many noted authors were born under this sign.

These people are inclined to seek the physical pleasures of life, and for this reason they should make a special effort to develop their spiritual nature in order to attain real happiness.

Taurus people should avoid over-indulgence in eating and drinking, as they are inclined to suffer from the ills that come from high living, such as kidney trouble. They are also subject to ailments of the neck and throat.

As a rule the women dislike household work, but are very accomplished in any line which requires a fine sense of color and design.

Both sexes are inclined to take the obligations of marriage rather lightly, and for this reason they should use great care in selecting their mates. People born under Libra, Scorpio or Capricorn should make the most congenial partners.

Their most favorable months are May and July, and Friday is their lucky day. The emerald or moss agate is their birthstone.

Ailments to Guard Against*(continued from page 7)*

VIRGO—Governs the intestines. Thus, people born between August 24th and September 23rd are often subject to stomach and digestive troubles, impurities of the blood and female troubles affecting the throat and eyes. Ironized Yeast will greatly help to tone up the digestive organs and build the healthy red blood which these people need.

LIBRA—Governs the kidneys. People born between September 24th and October 23rd are apt to be troubled by frequent colds in the kidneys and back, diabetes and various female troubles.

SCORPIO—Governs the secrets. Those born between October 24th and November 22nd are disposed to heart trouble, lumbago, piles, ruptures, venereal troubles and skin diseases.

SAGITTARIUS—Governs the hips. People born between November 23rd and December 22nd are disposed to weakness of the chest, colds and bronchial trouble, pains in the thighs and loins, varicose veins.

*(continued on page 13)**Says***"Buy Canadian"**

The workers of Canada need and deserve the support which you can give them by buying Canadian-made products wherever possible. Among such deserving products is the new Ironized Yeast. This splendid remedy is manufactured in Canada, by Canadian workmen, and it should be favored over the cheap imitations which some unscrupulous dealers are offering as substitutes. Don't be deceived. Make sure you get the *genuine* Ironized Yeast, with the letters IY stamped on each tablet.



HUSKY NEW POUNDS AND CLEAR SKIN MADE HIM POPULAR

His Own Story of How He Gained Weight, Health

What a terrible drawback it is to your happiness and success in life when you are skinny and unhealthy-looking, as this chap was until recently. Headaches, bad skin, constipation and nervousness added to his handicaps. No wonder he made few friends!

But something happened to change all this—and to give him a well-developed figure, a clear, ruddy complexion, husky strength and health. Read his inspiring story:—

"I used to get the cold shoulder at parties because I was skinny and my face was broken out. Then I started taking Ironized Yeast, and in a few weeks put on husky pounds and cleared my complexion. I am much

more popular now. The fellows kid me about being a sheik."

For years doctors have prescribed yeast for building weight and clearing the skin. And now, by a new process, specially cultured, imported Brewer's ale yeast, the richest yeast we know of, is concentrated 7 times—*made 7 times more powerful*. This super-rich yeast is then *ironized* with 2 special kinds of iron which strengthen the blood, add new energy and pep.

No matter how skinny and weak you may be, this new Ironized Yeast should soon build you up, as it has hundreds of others. In fact, if you are not more than pleased with the results of the very first package, its cost will be promptly refunded. You can get Ironized Yeast at all good druggists.

Substitutes Are Never "JUST AS GOOD"

There is a well-known saying that imitation is the sincerest form of flattery. Certainly this is true in the case of the new Ironized Yeast. So successful has this remedy been that many cheap substitutes are now being sold in Canada by some dealers who are more interested in excessive profits than in the welfare of their customers. But substitutes are *never* "just as good." Otherwise they would not be substitutes. For your health's sake, be careful. Make sure you get the *genuine* Ironized Yeast. Look for the letter IV stamped on each tablet.

**LATEST STYLE HINTS
FROM PARIS**

See page 22

GEMINI - - THE TWINS

May 22nd

to

June 21st

II

*Ruled by Mercury*

This sign, as may be seen from the symbol above, indicates a double nature. People born under it are inclined to be dissatisfied and filled with unrest. They make great travellers.

These people have very sympathetic natures and many of them make successful nurses and doctors. They are especially capable of planning work for others to follow.

As a rule, Gemini people are suspicious, easily offended and are apt to acquire the nasty habit of nagging and scolding. This last tendency should be fought against, as it may easily ruin a lifetime of happiness.

They are inclined to overdo themselves in everything, and unless they school themselves to calmness, they are headed for serious nervous afflictions. These people should avoid habit-forming nerve medicines, and when nerve troubles threaten, should take the new Ironized Yeast, which builds up vigorous new nerve force in a more natural way. It contains not only the natural nerve-strengthening elements of brewers' ale yeast, highly concentrated and powerful, but also blood-building iron to strengthen the entire system. See Page 28.

Their most congenial mates are born under the signs Scorpio or Aquarius. April and August are their most favorable months, and Friday is their lucky day. Their birthstone is the sapphire or aquamarine.

**This Tasty Dish
Comes From India****CHICKEN AND MUSHROOM
CURRY**

4 tablespoons of butter or margarine
1 pound mushrooms
1 cupful curry sauce
2 cupfuls cooked chicken
2 bananas

Slice the mushrooms and saute in the fat about five minutes. Next, stir in the curry sauce; add the chicken cut in cubes and mix thoroughly, but gently. When well heated, place in a serving dish and surround with very ripe bananas cut in lengthwise pieces. Serves six people.

FLAPPER PHILOSOPHY

The flapper was giving her views on life, and perhaps it behoves us to listen and learn. Said she, "It's a great life if your don'ts weaken."

Ailments to Guard Against*(continued from page 11)*

CAPRICORN—Governs the knees. People born between December 23rd and January 20th are disposed to poor circulation, weak eyes and digestive troubles. The natural vitamins in Ironized Yeast soon tone up the digestive organs and put an end to the indigestion, gas, heartburn and headaches from which Capricorn people suffer.

AQUARIUS—Governs the ankles. People born between January 21st and February 18th should beware of muscular rheumatism, varicose veins and swelling of the feet. Poor circulation is also indicated.

PISCES—Governs the feet. People born between February 19th and March 20th are subject to weakness of the heart, dropsy and tumours. They are also apt to suffer from corns, bunions and pains in the ankles.



RALPH GRUNDY

Thanks New Treatment For Renewed Strength After Influenza

Says It Gave Him Strong Blood

If the people of Burnaby, B.C., wonder at the enthusiasm of Mr. Ralph Grundy for the new Ironized Yeast, a recital of his remarkable experience with this remedy should explain everything. Mr. Grundy writes:

"Three years ago I was attacked by Influenza, and it left me with a terrible pain in and around my heart. I was so bad that I was rushed to the hospital in New Westminster, B.C. I was all done, had no strength and was ready to die. When I came out of the hospital, I started taking Ironized Yeast, and in a short time I was good again. I haven't lost one hour's work since. Ironized Yeast gave me good, strong blood and made me strong."

WHAT THE MODERN WOMAN SHOULD WEIGH

Today's weight standards of women make provision for good, healthy flesh and graceful curves, as will be seen by the following table, which was compiled from the weights of winners and contestants in recent Physical Culture beauty contests.



Height (in.)	Weight (lbs.)
59	109
60	111
61	114
62	117
63	120
64	124
65	128
66	132
67	136
68	140

So you see, if your figure is well rounded out, you're right in style. And you girls and women who are skinny and underweight should start right away to get the alluring curves and feminine contours that are now the vogue.

It is easy to do this to-day. The pleasant little tablets of Ironized Yeast give you the exact scientific ingredients necessary to help build firm, solid flesh, and strength as well. Hundreds of women have proved this—and you can, too. Get Ironized Yeast from your druggist and start on the road to a lovely figure and glorious health.

Know Which Planet Rules the Day of Your Birth

It May Influence Your Whole Life

According to Astrology, the day of the week on which you were born is ruled by a special planet which influences your character and destiny throughout life. The days of the week, with the explanation for each, are listed below.

IF BORN ON MONDAY—THE MOON

The domestic and home-loving side of your nature is strong, and you are attached to family and parents. Your imagination is well developed, and plays an important part in your life. Feeling and sensation are active with you, and you are inclined to change and fluctuate in your moods from day to day, and to lack energy and persistence. You have the innate ability to adapt yourself to a variety of subjects according to your training. You are careful and prudent and inclined to economy and foresight in all things.

IF BORN ON TUESDAY—MARS

Mars is the planet of fire, energy and expansion. It gives you a disposition that is ardent, active, positive, impulsive and impetuous. You love freedom and independence. You have much self-confidence and are prompt in word and action. Your pride is easily wounded, and you find it difficult to remain cool and restrained under provocation. You are an energetic worker and can accomplish much in a short time. A little self discipline is your greatest need.

(continued on page 19)

HELP HOME INDUSTRY "BUY CANADIAN"

The money you spend for articles manufactured outside the Dominion is money out of the pockets of our own workers. You can help create more jobs for Canadians by purchasing Canadian-made products in preference to foreign merchandise. The new Ironized Yeast is manufactured right here in Canada, by Canadians, and for Canadians. Make sure, therefore, that you get the *genuine* Ironized Yeast, and not some cheap imitation. Look for the letters "IY" stamped on each tablet.

Sees Pimples, Blackheads Disappear In Short Time

Gains Good Flesh, Too



Gustav Schatz

Mr. Gustav Schatz, of Hilda, Alta., is now convinced that salves, lotions and ointments can't hold a candle to the new Ironized Yeast when it comes to clearing the skin of pimples, blackheads and other eruptions. Also he found Ironized Yeast a most remarkable weight and health builder. Mr. Schatz writes:—

"I had pimples and blackheads all over my face. Finally, I heard about Ironized Yeast and started taking it. Soon I began to see my complexion change, and I gained good flesh, too. I thank this splendid medicine."

Doctors Tell Benefits of N

Report Remarkable Success In Build Weight and Strength, Correcting Consti tion and Stomach Troubles, Steadying Ner

Both in personal treatments and in hospital cases, scores of doctors report exceptional results with the new Ironized Yeast in increasing patients' weight, curbing nervous symptoms, correcting stomach disorders and constipation, and in building up weak, rundown patients. If you are troubled by any of these ailments, the doctors' letters below will interest you. For professional reasons, only the doctors' initials can be given, but the original reports are in our files and may be seen by anyone on request.

Fine For Skin Troubles

"I have used Ironized Yeast in skin diseases such as acne and found it very satisfactory. Also used it in nervousness due to a rundown condition following influenza. I prescribe it whenever it is indicated, especially in convalescing. The patients gain from the start. Dr. N."

Loss of Weight, Poor Appetite, Nervousness

"My experience with Ironized Yeast has been very satisfactory. One case in particular. Miss B. F., was compelled to leave her position because of loss of weight, loss of appetite, sleeplessness, nervousness and weakness. She was also troubled with constipation, and was anemic. I put her on Ironized Yeast, which acted as a tonic and corrected constipation in two months. She has gained good pounds and is now in better health than she has ever been for



the last five years. Other cases have gained rapidly in weight and pleased me by the results. Dr. V."

For Indigestion, Underweight

"I prescribed yeast very often in certain forms of indigestion and as a highly effective laxative. Nervous conditions are often secondary to indigestion, and yeast benefits in these cases. As a general tonic to increase weight and appetite, I have found Ironized Yeast very effective. Dr. T."

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New IRONIZED YEAST

Building
Constipa-
Nerves



Used In Hospitals

"Our records show that of the four patients receiving the treatment of Ironized Yeast the gain in weight over two weeks averaged 6 lbs. All of these patients were pellagrins and all in pretty serious condition. We were very gratified at the results obtained, and we are using Ironized Yeast not only in our hospitals but in the treatment of our out-patients as well. We find it a very convenient form to administer, and also palatable. Dr. H."

SURPRISING TESTIMONY

Doctor Takes It Himself

"I was worn out from overwork and was constantly losing weight. I have taken Ironized Yeast tablets for a little over two weeks and have made a gain of 6½ lbs., which is over three pounds a week. I consider this a very good gain, as I made it without any rest from my practice. Dr. V."

Improves Digestion, Nerves, Complexion

"Ironized Yeast used by me has produced the following results. In a person with bad digestion and consequent auto-intoxication and nervousness, four weeks' treatment caused a gain of from 5 to 7 lbs., cleared up a muddy, sallow complexion and improved the nerves very much. Dr. K."

Steady Gains in Weight

"I am thoroughly convinced that Ironized Yeast is of great benefit in restoring normal weight after a very wasting disease, and noticed one patient who gained as fast as 10 lbs. in three weeks after a spell of rheumatism and had lost heavily. Dr. B."

Helps Aged Patient

"I have used Ironized Yeast quite often. One special case, a woman, sixty years old, very thin and rundown. She was suffering a great deal with soreness in joints and muscles. She improved rapidly under Ironized Yeast and super D. I consider Ironized Yeast one of the best on the market and would, without any hesitancy, recommend it to those suffering from anemia, loss of appetite, or a weakened and rundown condition. Dr. B."

HEIGHT 5 FT. 4 IN.

WEIGHT 120 LBS.



New Pleasant Method Adds Healthy Pounds And Tireless Energy

HUNDREDS of people who were once thin, sickly and weak, praise this new, easy way to gain weight and health.

Doctors for years have prescribed yeast to build up health for skinny, rundown men and women. But now, thanks to this new discovery, you can get even better results than with ordinary yeast—and in a far shorter time.

Not only are hundreds gaining beauty-bringing pounds—but other benefits, too. Blemished skin becomes ravishingly clear. Constipation, poor appetite, lack of pep vanish.

This new product, Ironized Yeast, is made from specially cultured Brewers' ale yeast, imported from the British Isles, the richest yeast we know of, which by a new process is concentrated 7 times—made 7 times more powerful.

But that is not all! This remarkable health-building ale yeast is then ironized with 2 special kinds of iron which strengthen the blood and add pep. As you take this new Ironized Yeast, watch how soon flat chest develops, skinny limbs round out attractively, complexion clears—you're a new person.

CANCER - - THE CRAB

June 22nd

to

July 22nd

) *Ruled by the Moon*

People born under this sign are proud, upright, and capable. They love their homes and are usually the real "heads" of the family. They have an innate fear of poverty, and should guard against becoming miserly in their later years.

Both sexes are often brilliant and artistic. The men make fine engineers and architects, while the women are successful as authors and speakers.

Cancer people are inclined to be proud and self-confident. Yet they are devoted parents, even to the extent of forgetting to be good husbands and wives. In a word, their children come before everything and everyone else.

These people are apt to be moody and melancholy. They should seek cheerful companionship, and avoid being too much alone.

The sign Cancer indicates that people born during this period are most likely to develop ailments of the throat and lungs. All through life, therefore, they should be careful about their health, get plenty of sunshine and exercise, and avoid undue exertion over long periods of time. Above all they should be watchful of colds.

Their ideal life mates are to be found under the signs Capricorn, Pisces or Scorpio. Their best months are February and September, and Monday is their lucky day.

The emerald or black onyx is their fortunate stone.

Planets That Rule Days of the Week*(continued from page 15)***IF BORN ON WEDNESDAY—MERCURY**

The influence of Mercury is over the brain and nerves, and so it has more to do with the mind than the senses. It gives you good mental ability, ingenuity and adaptability, resource of wit, and very often an exceptional memory. You should be clever at speech and argument, but you do not always reveal what you know. Secrecy is either a virtue or a fault in your case. Your mind is very active, but you are inclined to lack perseverance and to have too many irons in the fire. However, you can adapt yourself quickly to changing circumstances, and can usually see the truth no matter how well it may be disguised.

IF BORN ON THURSDAY—JUPITER

You are benevolent, generous and humane, and are always ready to help those who deserve it, and to assist worthy causes. You have respect for law and order, and for the rules and conventions of society. You dislike incivility, awkwardness or bad taste in opinions or conduct, just as you dislike ugliness or inharmony in your surroundings. You like comfort and elegance in all things. You have energy, enthusiasm, ardor and faithfulness. You are apt to be religious and take kindly to ceremony, ritual and etiquette. You have power to cultivate the higher faculties of the mind. Prosperity should be yours.

(Continued on page 25)



Mrs. PHIL ROLAND

Young Wife Gains Weight, New Pep

*Was in Badly Rundown
Condition*

Mrs. Phil Roland, of Govan, Sask., is singing the praises of a new remedy which brought her back from a terribly rundown condition, loss of weight and undermined vitality to a state of vigorous new health in a very short time. She had tried many different medicines without the desired results until finally she began taking the new Ironized Yeast. Read what happened when this remarkable remedy came to her rescue:

"I was thin and rundown and tried every way to put on weight. After taking a few bottles of Ironized Yeast, I gained good, healthy flesh and feel like a new person. I would certainly recommend Ironized Yeast to anyone to gain lost pep."

It doesn't matter how thin and weak you may be or how long you have been that way, results are guaranteed with the very first package—or your money back.

New Discovery Builds Rich, Red Blood

*Thin, Pale Folks Gaining
Weight, Strength, Color
In Very Short Time*

Hundreds of men and women who were once thin and pale, suffering from weakness and indigestion, nervousness and sick headaches are now promptly putting on good, healthy flesh and winning back glorious new strength and health, thanks to a new discovery of science.

Investigations showed that the real cause of these troubles was a deficiency in certain vital food elements, especially iron, which are often lacking in our refined diets of today. Further experiments revealed that many of these health-giving elements are to be found most abundantly in the special brewer's yeast used in making ale.

This special Brewers' ale yeast has now been combined with two special energizing kinds of iron in pleasant little tablets, known as Ironized Yeast. This remarkable combination not only acts to stimulate the appetite, increase weight and fill out ugly hollows, but the iron helps to build rich, red blood which puts sparkle in the eyes, color in the cheeks and imparts that youthful pep and vivacity that is so appealing to others.

If you are thin and scrawny, suffer from weakness, frayed nerves or poor appetite, start taking the new Ironized Yeast today. You should be surprised how soon it will build you up and make you look and feel like a new person. You can get Ironized Yeast at all good druggists.

Only be sure you get *genuine* Ironized Yeast and not some cheap imitation. Look for the letters **IV** stamped on each tablet.

LEO - - THE LION

July 23rd

to

August 23rd

*Ruled by the Sun*

People born under this sign are ruled by the sun, which imparts strength, because it represents the principle of life—the heart, pride, dignity, honor, ambition and loyalty. They are fiery, proud, warm-hearted, great lovers, and very fond of children.

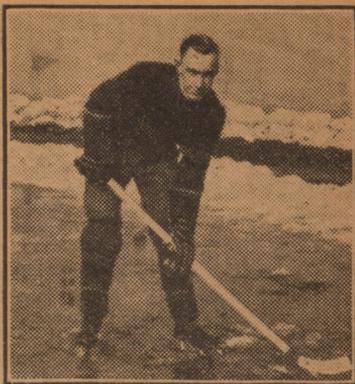
These people have strong personalities, are magnetic and possess great power for doing good. They are good at planning and managing, but expect to have their own plans carried out without any suggestions from others. They do not like detail work and are sometimes very lazy. If they take a dislike to a person, it is very hard to change their minds.

They are usually impulsive, very affectionate, fond of friends, and rely upon their friends' sympathy and understanding. Yet they are quick to jump to conclusions, dislike being opposed and have little self-control.

The women are usually of the home-loving type and make very good cooks. They are cheerful of disposition and make friends readily. Many of them prove to be great singers and actresses.

Leo people should not marry too young. Their most congenial mates are born under Virgo, Libra or Scorpio. Both men and women should live to a ripe old age, provided they do not develop heart trouble.

January and October are their most favorable months, and Sunday is their lucky day. The ruby or diamond is their fortunate stone.



A. S. THOMS

Few Months Ago Was Physical Wreck. Today Strong as Best of Them

Weight, Old Pep Come Back

Mr. A. S. Thoms, of Gunton, Man., has encouraging news for men and women who are rundown and lack strength to do their work. From a physical wreck, he became husky and strong in just a few weeks.

He writes:

"Six months ago I was a physical wreck. I had no appetite, no pep and couldn't get proper sleep at night. I took all kinds of medicines, but without any results. Finally, a friend advised me to try Ironized Yeast. After taking the second bottle I began to feel my old self again. I am now doing my regular work, have gained plenty of weight and am well and happy. It gives me great pleasure to recommend Ironized Yeast."

THE "CURVES" WIN IN LATEST STYLES

Paris Couturieres Say Skinny Figures Passe. New Creations Favor Plumpness

Today Paris stylists say that the thin, boyish figure for women is out. The newest styles in gowns favor the well-proportioned woman with the soft curves that grandmother boasted, although not quite as exaggerated.

Therefore skinny girls and women who wish to look well in the latest frocks should get busy now and put on weight. Don't say you can't do it. No matter how thin you are, or how long you have been that way, there is a new, simple method which has brought beauty-giving flesh to hundreds of women *in a few short weeks*.

Besides, this new treatment has cleared up dull, sallow skin, banished pimples, blackheads and blotches, and imparted a clear, radiant complexion in a surprisingly short time. Indigestion and constipation fly away. You're a new person, with new pep and power to enjoy life.

All you need do is to take these pleasant little Ironized Yeast tablets that you have probably heard about. They are agreeable to take—no pasty taste—no gas or bloating. Besides, they are easy to carry with you to take as prescribed.

And how swiftly and surely they do their work! Read the letters in this book and remember there are thousands more just like them that tell of new beauty and charm gained after being almost in despair. You should be surprised how soon ugly hollows fill out with firm, attractive flesh, and you look far more appealing in the dress fashions of today.

You can get Ironized Yeast at all good druggists.



Acme News Photo

VIRGO - - THE VIRGIN

August 23rd

to

September 23rd

Ruled by Mercury

People born under this sign are very critical and discriminating, yet kind hearted, generous and refined. They are orderly and methodical, and usually succeed in what they undertake. Since they are studious, mental and imbued with service, they make fine students, teachers and musicians, and are great believers in the aristocracy of the mind. They are very proud of race and blood.

While Virgo people are inclined to criticize others, they are secretive about their own affairs. Frankness is a virtue they should cultivate. They are fond of saving money, but practical enough to enjoy the good things it can bring them.

Their unhappy tendency to find fault with others, and to tell them too frankly of their shortcomings should be overcome, because it often leads to trouble in the home and among friends.

Worry and nervousness are common ailments to these people. They should shun strong nerve medicines because of their habit-forming effects. The new Ironized Yeast is a much more natural way to strengthen the nerves and restore depleted nervous energy.

Persons born under Pisces, Taurus and Leo make ideal mates for Virgo people. February and November are their best months, and Wednesday is their lucky day. The opal or water pearl is their fortunate stone.



FRED GORDON

If Sleep Doesn't Rest You - - Read This Man's Experience

Nervous, rundown men and women who wake up in the morning as tired as when they went to bed will be interested in the experience of Mr. Fred Gordon, of Lennard, Man. Mr. Gordon writes:

"I suffered from extreme exhaustion for some time, and had no strength. Even after sleeping I was still tired. Then I heard about the new Ironized Yeast and tried one bottle. It did me so much good that I took two more, and now I am strong and nothing ever tires me. I gained plenty of weight, too."

HOW MUCH SHOULD YOU WEIGH?

See page 14

Stomach Troubles Now Easily Curbed By Simple Method

*Indigestion, Gas, Heartburn
Soon Overcome By New
Treatment Which Gets
At Cause of Trouble*

Only those who have suffered the misery of stomach troubles—indigestion, gas, heartburn—can understand the torture and wretchedness of these ailments. Soda and other similar remedies give only temporary relief. And when continued over a long period of time, even these aids lose their effectiveness.

Fortunately for us Science has recently made a discovery which gets at the cause of most stomach troubles, and helps overcome them in a far more natural way.

Experiments reveal that the special Brewers' ale yeast used in making ale has the restorative and regulating effect which Nature seems to require. And now this Brewers' ale yeast has been combined with appetite-stimulating iron in pleasant little tablets, known as Ironized Yeast. In an enormous number of cases, often after other treatments had failed, this Ironized Yeast has corrected stomach complaints of years' standing. Furthermore, it helps build up the general health and strength, and clears the skin of pimples, blotches and eruptions.

You can now get the new Ironized Yeast at any good druggist's. Only be sure that you get the *genuine* Ironized Yeast and not some cheap imitation that cannot give you the same benefits. Genuine Ironized Yeast has the letters IY stamped on each tablet.



Miss KAY BESSER

Nurse's Advice Brings Back Weight Lost By Heavy Housework

Girls who work out are subjected to severe strain. For this reason, hundreds of girls and women in Canada will be interested in the experience of Miss Kay Besser, of Liberty, Sask. Miss Besser writes:

"I used to be a girl of pep and strength. At the age of 21 I weighed 123 lbs., but came down to 108 lbs. after a couple of years working out and doing heavy housework. A nurse advised me to take Ironized Yeast. Since then I am sure feeling strong, and my weight is still going up. I have recommended Ironized Yeast to my sister and all my friends."

LIBRA - - THE BALANCE

September 24th

to

October 24th

*Ruled by Venus*

Libra people are ruled by Venus, which signifies affection, beauty, grace, pleasure and sexual attraction. People born under this sign are ambitious, generous and frequently very talented. They are courageous and optimistic even in the face of opposition and defeat.

They are essentially honest, but seldom appreciate the value of money, and are likely to be careless in paying accounts. The men are very often gamblers, and take great chances in business and speculation.

The men have great appeal for most women, but are inclined to be fickle. They have unusual foresight and caution, with ability to balance and compare such as is seldom present under other stars. The women are apt to be extravagant, and very often borrow money without remembering to pay it back. They are fond of society, and usually popular with the opposite sex.

Libra people are kind and lovable. They are often successful as writers and musicians. Money means little to them, and very often they lose all their belongings because of this fault.

They should be happy with people born under Aquarius, Pisces, Taurus or Leo. August and December are their best months, and Friday is their lucky day. The diamond or opal is their fortunate stone.

Planets That Rule Days of the Week*(continued from page 19)***IF BORN ON FRIDAY—VENUS**

Venus is the planet of love and beauty. It strengthens the affections and it will make the social side of your nature active and strong. You are warm-hearted and companionable, fond of the society of friends and relations, of a loving and peaceable disposition, and favoring all that is harmonious and refined. You are fond of ease and comfort, of pleasure and luxury, and you may need to exercise some restraint over this side of your nature. The planet Venus usually gives those born under it good taste and a love of beauty, of fine surroundings, clothes, ornaments and decorations. The disposition of these people is usually cheerful and good natured, and brings popularity among friends.

IF BORN ON SATURDAY—SATURN

Saturn tends to give you a disposition that is sober, serious and thoughtful. It is the planet that naturally rules old age, and its best influence is not usually seen until youth is passed. It gives you self-control, reserve and restraint, as well as a natural inclination to save money. You have much practical ability and can manage things and persons ably and economically. You are ambitious, and can form far-reaching plans and can devote much time to carrying them out. This planet contributes self-control, prudence, thrift and meditation, as well as the ability to distinguish between real worth and superficial pretensions.

(continued on page 27)

I USED TO BE SKINNY
BUT I FOUND OUT
HOW TO GAIN POUNDS
IN A FEW WEEKS



You, Too, Can Fill Out Ugly Hollows With Beauty-Bringing Flesh

Remarkable Double Tonic Clears Complexions, Too

What would you give to put on pounds of firm, attractive flesh in a few short weeks? Hundreds of men and women—among them probably actual neighbors of yours—have already done it—through this remarkable new scientific discovery.

Doctors for years have prescribed yeast to build up health for skinny, rundown men and women. But now this new discovery gives far greater tonic results than ordinary yeast. It not only acts to restore health, curbing constipation, indigestion and nervousness—but it very soon adds wished-for

pounds of solid, attractive flesh—and in a *surprisingly short time*.

And it is a remarkable aid to the complexion. Muddy, sallow, blotchy skin soon clears to lovely, fresh, youthful smoothness. You'll be surprised and delighted with your new good looks.

This new product is called Ironized Yeast. It is made from specially cultured Brewers' ale yeast imported from the British Isles—the richest yeast we know of—which through a new process has been concentrated 7 times—*made 7 times more powerful*.

If you are skinny, weak and sallow, this new Ironized Yeast should surely build you up in a few short weeks, just as it has hundreds of others. Start to be a new person *today*. You can get Ironized Yeast at all good druggists,

SCORPIO - - THE SCORPION

October 24th

to

November 22nd

*Ruled by Mars*

This sign is ruled by Mars, the planet which denotes courage, aggressiveness and strength. These people have unusual skill with their hands, exceptional choice of language and exert a great influence over others, due to their great will power, poise and tact.

Scorpio people are fond of the good things of life and often possess great wit and eloquence. Both sexes love praise and flattery, but they often lose out by putting things off too long.

They are inclined to be lazy, but when they like their work it is a passion with them. They can become the greatest people in the entire horoscope, if they will only conquer their quick tempers and scolding habits.

They have an original and inventive turn of mind and can produce many new ideas. For this reason they always want to be leaders and are only happy in places of responsibility.

The women love pleasure and insist upon constant attention. They should avoid nagging and learn that love comes to those who give love in return and who overlook the faults of others.

They should choose their mates from under the signs Gemini, Cancer, Sagittarius or Capricorn. January and July are their best months, and Tuesday is their lucky day. The topaz is their lucky stone.

Planets That Rule Days of the Week*(Continued from page 25)***IF BORN ON SUNDAY—THE SUN**

The influence of the sun gives vitality and fire to the whole nature, physically and mentally. It contributes toward dignity, self-reliance and strength of will, giving ambition and a desire to achieve worthy results in action. You will wish to be the head of affairs in your own community. You can organize and manage people, and do not shrink from responsibility. You are generous and kindhearted, admire that which is noble and good, and scorn all that is mean and base. You are socially inclined, and have the happy faculty of making friends regardless of where you live or what circumstances surround you. You are born with the idea that the world owes you a living, but in the face of adverse conditions, you can readily adapt yourself to whatever life has in store for you.

Refuse Substitutes -- Insist on Genuine Ironized Yeast

Why does a storekeeper offer you a substitute? Usually there is just one reason—he can make more money on it! So he tells you it is "just as good," but you know better. Especially when it concerns your health, you are not going to save a few cents to help the dealer. You want *genuine* Ironized Yeast, because no substitute can give the same results.

NERVOUSNESS CURBED WITHOUT "DOPE"

New Discovery Gets At Cause. Builds Nerve Force More Naturally

Doctors now say that nervous people who rely on sedatives and strong nerve medicines "to let them down" are really running a serious risk. These medicines give only temporary relief and make no attempt to get at the real cause of the trouble.

New discoveries show that most cases of nervousness can be traced to a lack of certain vital food elements, principally Vitamin B, which are necessary to tone up the nerves, and in a more natural way eliminate the poisons that "excite" the nerves.

Now comes the surprising discovery that the richest source of Vitamin B which we know of is the special Brewers' ale yeast used in making ale. This Brewers' ale yeast has now been combined with energizing iron in pleasant little tablets known as Ironized Yeast. By thus combining these two important elements, not only are the nerves strengthened by sufficient Vitamin B, but the blood is greatly enriched by the iron, so that it carries its strengthening, health-building goodness to every part of the body.

Hundreds of nervous, rundown men and women have taken these new Ironized Yeast tablets with surprising results. If you are troubled with "nerves", excitability and loss of sleep, stop taking sedatives, "dope" and soothing medicines, and take these little tablets instead. You should be surprised how soon your nervousness vanishes, and you look and feel like a new person. You can get Ironized Yeast at all good drug stores.



EDWARD HARWOOD

Feared Losing Job Till New Treatment Restored Strength

Jobs today are few and far between, and when one is weak and rundown it makes holding a position much more difficult. No one knows this better than Mr. Edward Harwood, of Norham, Ont. He writes:

"I was so rundown that I could hardly work. But since taking Ironized Yeast, that is a thing of the past. I put on good, healthy pounds in a very short time, and ended sleeplessness and constipation. Ironized Yeast has been wonderful to me."

**PARIS SAYS SKINNY
VOGUE IS OVER**

—See Page 22

SAGITTARIUS - The CENTAUR

November 23rd
to
December 22nd

♄ → Ruled by Jupiter

People born under this sign are ruled by the higher mind, religion, government, political affairs, philosophy, benevolence and finance. They are frank, energetic and progressive. Also they are practical, can direct others, and they hate delay.

They are honest, honorable and impulsive, but have a keen sense of values and usually end up successfully. They are systematic in their work and usually finish what they start. They make good business men and almost always have money in the bank.

The women make good wives and mothers and take endless pride in their homes.

These people are always hard workers, and are usually very healthy and live to a ripe old age. The one thing they should guard against is worry or overwork, which often results in a nervous breakdown. Soothing medicines should be avoided because they are habit-forming. The new Ironized Yeast strengthens the nerves in a more natural way and makes such temporary aids unnecessary.

Sagittarius people should marry only after a long courtship, and their most congenial mates are born under Aries, Leo, or Scorpio. February and June are their lucky months, and Thursday is their best day. The turquoise is their fortunate stone.



Mrs. E. P. GERMAIN

Was Pounds Underweight Couldn't Eat - - Now a New, Healthy Woman

Friends Surprised at Improvement

Neighbors of Mrs. E. P. Germain, of Aultville, Ont., wondered at the surprising improvement that came over her in a few short weeks. She used to be always tired and listless, couldn't eat a real meal and was many pounds underweight. Today you would never know she was the same woman. Mrs. Germain writes:

"I was underweight, nervous and always seemed tired. My appetite, too, was all gone. Since taking Ironized Yeast I have gained many pounds and feel like a new woman. My friends say I look fine. Anyone having my trouble should take Ironized Yeast—there is nothing better."

There's no excuse today for remaining in the miserable condition Mrs. Germain was in. Now you have this new Ironized Yeast that is especially designed to clear tired feeling, indigestion, constipation and nervousness right out of your system, and to build you up in jig time. Get it from your druggist and start today.

HEADACHES

New Discoveries Point Way to End Them for Good - - Without Harmful Drugs

People who suffer from chronic headaches should remember that in most cases the real trouble is not in the head itself, but somewhere else in the system. For this reason they should avoid "dope," headache powders, pills and tablets which simply deaden the pain locally and temporarily. Well-informed people know that these drugs are dangerous, often seriously injuring the heart.

Your doctor will tell you that chronic headaches—the kind that come almost every day and keep coming month after month—are usually due to indigestion, stomach disorder or "nerves". And now, thanks to new scientific discoveries, these ailments may be banished completely without resorting to artificial habit-forming drugs.

Through this new method, you do not have to go on any special disagreeable diet. All you need do is take these new Ironized Yeast tablets which act at once to tone up the digestive organs, strengthen the nerves, banish constipation and in this way eliminate the real cause of headaches.

Many men and women who were once subject to the misery of frequent headaches are now thankful to this new Ironized Yeast for ridding them entirely of a torture which mere temporary remedies never really helped. Not only has Ironized Yeast given them clear heads, but a wonderful new feeling of pep and tireless energy—glorious new health,

You can get the new Ironized Yeast at all good drug stores. Only be sure to get the genuine Ironized Yeast, and not some cheap imitation which cannot give you the same results. Look for the letters IV stamped on each tablet.



MRS. LAURA OKAPIECE

Headaches Gone For Good Says Happy Housewife

Neighbors of Mrs. Laura Okapiece, of Emerson, Man., wonder at the change that has come over her in recent months. Once skinny, run-down and a slave to headaches, Mrs. Okapiece has ended these troubles for good. She writes:

"I was suffering very much with headaches and dizziness. A friend advised me to take Ironized Yeast, and it certainly did me a lot of good. Gone are the headaches and dizziness, and I've put on weight, too. Many of my friends are now taking Ironized Yeast."

BEWARE OF CHEAP SUBSTITUTES

This Is the Genuine Ironized Yeast Package. Look for It When You Buy!

It is unfortunate that such a beneficial product as Ironized Yeast should be imitated and substituted for by unscrupulous persons. Yet such is the case. Some manufacturers of cheap, inferior yeast products have even gone so far as to imitate the very appearance of the package in order to deceive the hundreds of men and women who are looking for the benefits that only the *genuine* Ironized Yeast can bring.

Time and time again, people who have bought these imitations and failed to secure the desired results have returned the packages to us, thinking they had bought the *genuine* Ironized Yeast.

There is really nothing we can do to prevent these outrages except to warn all prospective users of Ironized Yeast to make sure they are getting the *genuine* Ironized Yeast *before* they buy. For this reason, we show here a full size likeness of the Ironized Yeast package.

Study this package. Note the words "IRONIZED YEAST", and the small tablet with the letters IY stamped thereon. These two marks assure you that you are getting the same *genuine* Ironized Yeast that has restored health and strength to countless rundown men and women who had tried many other remedies in vain.

Now a word of warning regarding dealers. Some druggists, anxious to make the greatest possible profit, are offering these cheap imitations when Ironized Yeast is asked for. Don't be deceived. Insist on seeing the package, and don't let anyone tell you that something else is just as good. There is only one Ironized Yeast—and it comes in the package shown at the right.



The above illustration is a full-size likeness of the Ironized Yeast package. Note the words "Ironized Yeast", and the small tablet with the letters IY stamped upon it. Look for these marks . . . and be safe.

FROM ALL OVER CANADA

Below and scattered through this book are just a few of the hundreds of letters that come to us telling with joy and gratitude of the great benefits derived from Ironized Yeast. Many of these are from your own neighbors—not from strangers you would not know and might not trust. Read these letters. They are genuine—you can trust them. Then see what Ironized Yeast can do for you, too.

NO LONGER SKINNY, TIRED

"I was very thin when I first started taking your tablets, but after taking 2 bottles I felt a new person having gained nice pounds in a month. My appetite increased until I could eat heartily and enjoy life to the full. I lost that tired feeling I had upon rising in the morning and it has never returned. Thanks to Ironized Yeast."

MR. J. F. ROBINSON,
Ponoka, Alta.

MORE PEP, CLEAR SKIN

"I was always tired and never had a good appetite, but after using 3 bottles of yeast I notice a great difference. Work don't hurt me at all, and it also cleared my complexion. I gained 3 lbs. in 3 weeks, and am very thankful."

JEAN MINCHUK,
Wroxton, Sask.

BLACKHEADS GO, GAINS POUNDS

"After I used 4 bottles of your tablets I sure was feeling good. Before, I was troubled with blackheads all over my face and now there are very few left and I'm still using your tablets and am very well pleased with them. I gained plenty of pounds in 4 weeks."

HUGO HELMER,
Gilley, Alta.

GAINS WEIGHT, NEW HEALTH

"I am writing a letter to tell how much Ironized Yeast has done for me. I was very thin and in a rundown condition. After taking two boxes of Ironized Yeast I gained five pounds and my health has improved wonderfully. I recommend it to anyone who is thin and run down."

MRS. JOHN ATCHISON,
Restoule, Ont.

A NEW PERSON NOW

"Having gained the pounds I needed in eight weeks, I feel like an entirely new person. My sallow complexion has disappeared, headaches have gone and I sleep fine. Thanks to Ironized Yeast."

MRS. LEO DOYLE,
St. John, N.B.

NEW NERVES, CAN SLEEP AND EAT

"Before taking your pills I was restless, couldn't eat or sleep. Also my face had a sallow complexion. My brother advised me to take your Ironized Yeast tablets. I took seven boxes. I have improved with my nerves, sleep and appetite."

MISS JULIET BILECKY,
Kitchener, Ont.

COME LETTERS LIKE THESE

GAINED WEIGHT AND STRENGTH PUTS ON POUNDS, ENJOYS LIFE

"I was thin, nervous, weak, couldn't do my own work, before taking Ironized Yeast. A folder advertising Ironized Yeast came to me through the mail, so I decided to try it. After taking three bottles I felt so much better I could do my own work without help. I gained five pounds in two weeks. After a few months I took five more bottles of Ironized Yeast. I never felt better than I do now, thanks to Ironized Yeast."

MRS. A. L. BARRAGER,
Foam Lake, Sask.

"Ironized Yeast helped me immensely. I was always tired before but Ironized Yeast increased my strength and gave me lots of pep. I gained plenty of pounds in a few weeks. It also greatly improved my complexion. I have always been healthy since taking Ironized Yeast. Now I am happy, enjoy everything and go to parties and dances and friends of mine they are surprised about me."

JOE BRYLINSKI,
Fort Frances, Ont.

DIZZINESS, HEADACHES GONE

"I haven't been well for the last year. Always complaining of being dizzy, headache, constipation, no color, always tired till a friend told me of that great tonic, Ironized Yeast. I have taken 4 bottles and I have not had a complaint since. It's a wonder."

MRS. B. VILITOS,
Toronto, Ont.

TIRED FEELING VANISHES

"I used to get so tired and worn out, I didn't care if I worked or not. I just wanted to lie down and sleep all the time until one of my friends told me about Ironized Yeast. I took three bottles and I feel so much better. Now I am going to keep on taking them until I am all well."

DORA MATHEWS,
Newcastle, N.B.

GETS RID OF PIMPLES

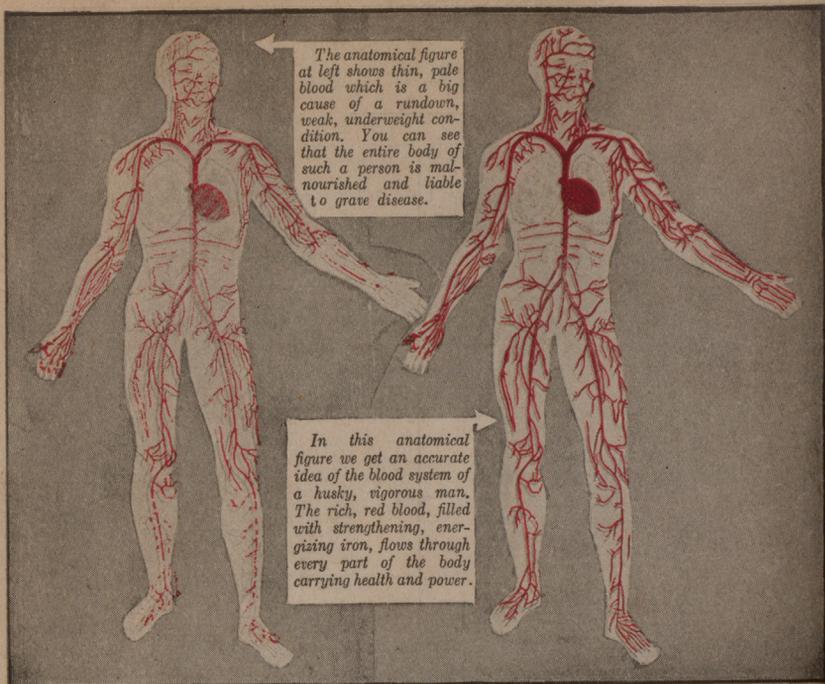
"My complexion was marred with pimples and blackheads but after taking Ironized Yeast for a month it began to clear up. I am still taking it. I have also gained weight. I appreciate what Ironized Yeast has done for me."

EVELYN DEAN,
Fruitland, Ont.

NEW POUNDS, STRENGTH

"I take great pleasure in writing these few words about Ironized Yeast. Before taking Ironized Yeast, I was very thin and rundown. I gained nice pounds in a few weeks and have got my strength back. I recommend it to anyone who is thin and rundown."

MARY LESTOCK,
Brandon, Man.



How to build red blood, strength

SCIENTISTS have recently discovered that the real cause of thin, weak blood and a pale, anemic, skinny, rundown body, tortured with indigestion, constipation, nervousness, in millions of cases is simply lack of certain vital elements in our modern, super-refined foods. And, of course, the best and quickest way to rebuild strength and health is *not* to give old-fashioned medicines, but to prescribe a diet rich in the missing food elements—such as iron to strengthen the blood, and vitamins from ale yeast to tone

up the digestive tract, invigorate the nerves and purify the skin.

To make it easier and more convenient to obtain these important vital elements, they have now been scientifically combined and concentrated in pleasant little tablets called Ironized Yeast. Hosts of people bear witness that this new Ironized Yeast builds red blood, strength and health more quickly than any other method they know of. It is sold at all good druggists. If you are pale and weak, start on the road to health today.