YEAST FOAM RECIPES
INGREDIENTS FOR BREAD

Ingredients for five one-pound loaves of bread (without potatoes). See page 2 for recipe.

SPONGE
1 cake YEAST FOAM
1 pint lukewarm water, at 80 degrees F.
1 quart (=1 lb.) flour

(1) 1 cake YEAST FOAM
(2) 1 pint lukewarm water
(3) Break up Yeast, dissolve thoroughly

(4) 1 quart flour
(5) Always sift your flour

(6) 2 quarts flour
(7) 1 pint warm water (100° F.)
(8) Dough
DOUGH

Mix the sponge with following:
1 pint warm water, at 100 degrees F.
2 teaspoonfuls salt
2 tablespoonfuls sugar
2 tablespoonfuls lard
2 quarts (=2 lbs.) flour

2 teaspoonfuls of salt

2 tablespoonfuls of lard

2 tablespoonfuls of sugar

Flour to make stiff batter

When light

Knead it well

Form into loaves

In pans let rise till twice its size

Bake one hour in moderate oven
THE FERMENT

Peel one medium large potato. Cut into about four parts. Add 1½ quarts water. Boil until potato is thoroughly done. Strain off water and save it. Mash potato fine. To the mashed potato add 1 quart of the potato water. (If there is not 1 quart of potato water, add sufficient cold water to make 1 quart.) Add 1 tablespoon sugar, 1 teaspoon salt. Mix well and cool to lukewarm temperature. Place in 1-quart Mason jar. Leave top off. Break and add 1 cake YEAST FOAM, stir, and stand in warm (not hot) place (74-80 degrees) over night for about 12 hours or over. After ferment has stood about 12 hours, it can be used any time within the next 8 hours.

Ferment should be lukewarm when flour is added. If ferment is cool, place jar in lukewarm water for about 15 minutes.

THE BREAD

When you are ready to make bread, place ferment in bowl. Add 1 tablespoon lard (not melted), 2 tablespoons sugar, 1 teaspoon salt and 10 cups sifted flour (2½ pounds). Mix to a medium stiff dough, using a large spoon. When mixed, knead for 5 minutes. Place in greased bowl, cover, and let rise for 45 minutes. Place dough on moulding board. Fold over five or six times so as to press out gas. Put back in bowl and let rise 15 minutes. Then mould into four loaves. Let loaves rise to nearly double their size (about 70 to 80 minutes). Bake in moderate oven for 45 minutes.

TIME REQUIRED

Make ferment, 30 minutes. Ferment develops, 12 hours. Make Bread:

Make dough . 10 minutes Second rising. 15 minutes
Knead dough . 5 " Make loaves . 5 "
First rising . 45 " Loaves rise . 80 "
Fold over . 2 " In oven . . . 40 "
Total time to make bread, not including time
to make and develop ferment . . . . . . . . . 202 minutes equals 3 hours 22 minutes

If ferment is developed, hot bread or hot rolls can be ready for the table in 3 hours and 22 minutes.

Ferment can be made when you are cooking your potatoes for regular meals. If this is done, omit salt from ferment, and if the potato water is too salty, use half plain water and half potato water.

Bread can be started with developed ferment and completed in the morning or afternoon periods during the time occupied in the kitchen by other work.

Bread is easily made. Only 5 minutes required for kneading, and this kneading may be omitted if a slightly smaller loaf is satisfactory.

To make rolls, add a little more sugar and shortening when making dough. For coffee cake also add eggs.

If ferment does not show action during or after standing 12 hours, stir it. If it then is not active, do not use it.
BREAD

Ingredients for Five One-pound Loaves
(without Potatoe)

SPONGE
1 cake YEAST FOAM
1 pint lukewarm water at 80 degrees F.
1 quart (1 lb.) flour

DOUGH
Mix above sponge with following:
1 pint warm water at 100 degrees F.
2 teaspoonfuls salt
2 tablespoonfuls lard
2 tablespoonfuls sugar
2 quarts (2 lbs.) flour

RECIPE FOR ABOVE
In the evening soak 1 cake of YEAST FOAM in 1 pint lukewarm water (80 degrees F.) for about 1 hour. When dissolved mix with 1 quart (1 lb.) of flour to medium sponge. Cover sponge and let rise in warm place over night. Early in the morning mix sponge with 1 pint of warm water (100 degrees F.), 2 teaspoonfuls salt, 2 tablespoonfuls each of sugar and lard. Then add 2 quarts (2 lbs.) flour and mix to medium dough. Knead dough for about 15 minutes and let rise from 2½ to 3 hours. Knead dough down and let rise for about 1 hour and then mould into loaves. Let loaves rise to double their size and bake for 45 minutes to 1 hour in a moderate oven.

See Premium List pages 6 and 7
RYE BREAD

Two Loaves

One pint YEAST FOAM bread sponge, one large cup rye flour, the same of yellow corn meal scalded and cooled; one tablespoonful melted butter, one of molasses, a little salt; knead with white flour. When light bake in moderate oven.
RUSKS

Two and One-half Dozen

MATERIALS

2 cups warm milk
½ cup butter
½ cup sugar
2 eggs
1 teaspoon salt
1 cake YEAST FOAM
1 cup seeded raisins
Cinnamon
Flour

WAY OF PREPARING

Dissolve the YEAST FOAM in the warm milk, then add sufficient flour to make a batter. Let this rise until light. Beat sugar and butter to a cream and add the eggs well beaten. Now add this to the batter with the salt, raisins and sufficient flour to make a soft dough. Mould the dough with your hands into balls about the size of a large egg. Set these close together in a buttered pan and let rise until fully twice their bulk. Brush with the beaten white of an egg, sprinkle with sugar and cinnamon and bake thirty minutes. Nuts may be substituted for raisins.
PREMIUMS FOR
YEAST FOAM WRAPPERS

Community Reliance Plate

Arrangements have been made with the Oneida Community, manufacturers of Community Reliance Plate, by which we are able to offer YEAST FOAM users the new Exeter Pattern in silverware, as a premium. This is a beautiful design, simple and graceful in outline, with a heavy line border. Exeter Silverware is first heavily plated on a base of the best nickel silver. It is then overlaid with a disc of pure silver on the portion most exposed to wear, making the silver practically wear-proof. The wearing qualities are so good that the Oneida Community guarantees Reliance Plate for 25 years in ordinary family use.

PREMIUM LIST

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<tr>
<th></th>
<th>Yeast Foam Wrappers</th>
<th>Cash</th>
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<tr>
<td>Teaspoon</td>
<td>5 and 13c</td>
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<tr>
<td>Dessert Spoon</td>
<td>8 and 20c</td>
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<td>Tablespoon</td>
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<tr>
<td>Dinner Fork</td>
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<td>Dessert Fork</td>
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<td>Butter Knife</td>
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<td>Sugar Shell</td>
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<td>Berry Spoon (Gold Bowl)</td>
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<tr>
<td>Cold Meat Fork</td>
<td>20 and 50c</td>
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Semi-Porcelain Premiums

In addition to Reliance Plate Silverware, referred to on the above page, arrangements have been made with one of the largest manufacturers of Semi-Porcelain Dinner Sets, by which YEAST FOAM users can secure these dinner-sets as a premium. For twenty YEAST FOAM 5c. wrappers and $2.98, you will be entitled to either 42-piece Dinner Set No. 1, Floral Decoration, or 42-piece Dinner Set No. 2, Gold Decoration, which we will send to your address by freight or express, F. O. B. Chicago. Please state how to ship.

Mail wrappers and cash to
NORTHWESTERN YEAST COMPANY
1750 North Ashland Avenue
Chicago, Ill
ROOT BEER

Directions for Making

MATERIALS
5 cakes YEAST FOAM
3 tablespoons sugar
1 pint lukewarm water
1 bottle Root Beer Extract
5 gallons pure, fresh water, slightly lukewarm
4 pounds sugar

WAY OF PREPARING
Dissolve 5 cakes of YEAST FOAM and 3 tablespoonfuls sugar in a pint of lukewarm water. Keep in a warm place for twelve hours, then stir well and strain through cheese-cloth. (Throw away particles of meal left in cloth.) Add bottle of Root Beer Extract, 4 pounds sugar and 5 gallons of lukewarm water. Mix thoroughly and bottle. (Tie or fasten in corks.) Keep in warm place about forty-eight hours. After cooling it is ready for use. Keep in cellar or place of low temperature.
PARKER HOUSE ROLLS

Two and One-half Dozen

MATERIALS

3 cups scalded milk
4 tablespoons butter
3 tablespoons sugar
1 teaspoon salt
8 cups sifted flour
1 cake YEAST FOAM, dissolved in ¼ cup lukewarm water

WAY OF PREPARING

Pour the scalded milk over the salt, sugar and butter. When lukewarm beat in 4 cups of the flour. Mix well and add the dissolved YEAST FOAM. Cover closely and let rise in a warm place. When light add enough more flour to knead (4 cups). Cover, let rise until light. Roll out to ½ inch thickness. Shape with a biscuit cutter, brush each shape with melted butter, crease through the center, fold over and press the edges together. Place in a buttered pan one inch apart and let rise until very light, then bake in a brisk oven fifteen minutes.

See Lightaing Bread Recipe page 2
COFFEE CAKE

MATERIALS — SPONGE
1 cup milk, scalded and cooled
2 teaspoons sugar
1 pinch salt
½ cake YEAST FOAM, dissolved
  in ¼ cup lukewarm water
2 cups flour

MATERIALS — DOUGH
¼ cup butter
½ cup sugar
2 eggs
½ teaspoon salt
½ cup milk
3 to 4 cups flour to make soft dough

WAY OF PREPARING
Make a sponge of the sponge materials and let mixture stand over night. Then add the dough materials to the sponge and make a soft dough. Let rise till light. Then place in shallow pans. Wash top with melted butter, sprinkle with granulated sugar and cinnamon. Let rise till light. Bake about twenty-five minutes in moderate oven.
Serve either warm or cold.
The cake should be about one inch and a half thick when finished.
**RAISIN BREAD**

**MATERIALS**

- 1 pint milk
- 1 pint water
- ½ cup lukewarm water
- 4 cups flour
- 2 tablespoons butter
- 1 teaspoon salt
- 2 eggs
- 1 cake YEAST FOAM
- 1 teaspoon sugar
- ¾ cup sugar
- 1 cup seeded raisins

**WAY OF PREPARING**

Place the milk and water in a saucepan and bring to the boiling point; cool until you can bear your finger in it. Add the flour and beat well. Dissolve the YEAST FOAM in the half cup of lukewarm water and add the teaspoon of sugar. Let stand while you prepare the batter, then combine the yeast with the batter. Cover and set in a warm place. Let rise until very light, then add the butter, eggs, sugar and raisins, and flour enough to make a soft dough; let rise again. Then form into loaves and place in the pans. Let rise until pans are rounding full. Bake for forty-five minutes.

**BREAD**

**For Four One-pound Loaves of Bread**

**RECIPE FOR ONE-MIXING, STRAIGHT-DOUGH PROCESS**

Straight dough is made by mixing all the materials at one time. It needs at least twelve or fourteen hours to rise. The bread is coarser in texture than bread made from sponge dough.

**MATERIALS**

- 8 cups flour
- 1 tablespoon sugar
- 1 teaspoon salt
- ½ cake YEAST FOAM, dissolved in ½ cup lukewarm water
- 1 pint lukewarm water
- 1 tablespoon butter, lard or drippings

Mix the flour, sugar and salt, and work in the shortening until fine like meal. Mix the yeast with the water. Then mix the liquid and the dry ingredients. Have a firm, rather stiff dough. If too soft, add a little flour. If too stiff, add a little water. Knead for twenty-five minutes. Let rise in a warm place over night. Divide into four parts and put in bread pans. Let rise again and bake for forty-five minutes.
ONE-KNEADING SHORT RECIPE
(With Potatoes)

In the evening break 1 cake of YEAST FOAM into ⅛ cup of lukewarm water, let stand about thirty minutes until dissolved. Take 1 pint lukewarm potato water, mash two boiled potatoes and add to the water. Stir in 2½ cupfuls warm flour, making a thick batter; to this add the yeast. Stir all together and let stand in a warm place over night.

In the morning put sufficient flour into a bread pan to make 4 large loaves of bread. Pour in the sponge, together with 3 cups lukewarm water, 1 tablespoonful salt, 1 tablespoonful melted lard and 1 tablespoonful sugar. Mix all together into a stiff dough, knead fifteen minutes. Let rise in a warm place until very light, then make into loaves. Let rise to double their size. Bake forty-five minutes to one hour in moderate oven. Potatoes may be omitted if desired.

During the summer months the sponge may be commenced at nine o'clock in the evening. At night cover sponge carefully, so no drafts will affect it, leaving room for the sponge to rise.

ONE-KNEADING RECIPE
(Without Potatoes)

For Three 2-pound Loaves of Bread

EVENING MATERIALS
1 cake YEAST FOAM dissolved in ⅛ cup lukewarm water 5 cups flour ¼ cup sugar
1 quart lukewarm water 2 teaspoons salt

MORNING MATERIALS
1 tablespoon lard Flour to make dough

In the evening, having dissolved 1 cake YEAST FOAM in lukewarm water for 10 minutes, mix same in 1 quart lukewarm water and stir in ¼ cup of sugar, 2 teaspoons salt and 5 cups flour; beat well for a few minutes. Cover and set to rise over night in a warm place. Early in the morning add 1 tablespoon lard and flour to make a medium dough. Knead ten or fifteen minutes, allow to rise in warm place until double its size, then mould into loaves. Let loaves rise to double their size, and bake for forty-five minutes to one hour in a moderate oven.

GENERAL REMARKS
Always sift your flour. Warm the flour and the water used, except in very warm weather. During the process of breadmaking keep the sponge, dough and loaves in a reasonably warm place, out of drafts and well covered with cloths. Allowing the dough to get chilled means poor bread. Bread is ready for the oven when the dent made by pressing the finger on the loaf will remain.
BUCKWHEAT CAKES

MATERIALS

2 quarts warm water 1 tablespoonful salt
1 cake YEAST FOAM dissolved in 1 cupful warm water
Buckwheat Flour
⅛ teaspoonful soda dissolved in ¼ cup of warm water

WAY OF PREPARING

At night take 2 quarts warm water and 1 cake of YEAST FOAM dissolved in 1 cupful of warm water, add buckwheat flour enough to make a thick batter, add 1 teaspoonful of salt, beat all together thoroughly. In the morning add ⅛ teaspoonful of soda dissolved in ⅛ cup of warm water. Add cold water to thin batter to suit. If very brown cakes are desired, add 1 tablespoonful of granulated sugar.

RAISED DOUGHNUTS

Place 1 pint of YEAST FOAM bread sponge in a large bowl, add ⅛ cupful melted butter, ⅛ cupful sugar, 2 eggs beaten very light, a pinch of salt, ⅛ teaspoonful ground cinnamon, ⅛ teaspoonful ground nutmeg.

Roll out and cut into shape, letting them remain on board until light. Fry in deep fat and drain on white paper.

BREAD STICKS

MATERIALS

Two Dozen

2 cups scalded milk 4 tablespoons sugar
⅛ cup butter 1 teaspoon salt
Whites of 3 eggs 7½ cups sifted flour
1 cake YEAST FOAM, dissolved in ¼ cup lukewarm water

WAY OF PREPARING

Mix the milk, sugar, butter and salt. When lukewarm add the flour, YEAST FOAM and whites of eggs well beaten. Knead well. Let rise and then shape in long, thin strips, about 8 inches long and ⅝ inch thick, keeping them of an equal thickness. Let rise again, then bake. Have your oven very brisk and reduce heat at the end of five minutes. The sticks should be very crisp and dry.

BREAD MIXER

Any of the bread recipes may be used with a bread mixer, and with straight dough recipe the bread could stay in the mixer until ready to mould into loaves.
TRY OUR LIGHTNING BREAD RECIPE
SEE PAGE 2

Northwestern Yeast Co. CHICAGO, ILL.