My Baking Secret
is my Beauty Secret

Eat Yeast Foam for Health
White Bread—Sponge Method

All Measurements are Level

SPONGE: 1 pint lukewarm water; 1 quart (1 lb.) sifted flour; 1 cake Yeast Foam.

In the evening soak yeast 20 minutes in lukewarm water. Mix with flour to medium sponge. Cover. Let rise in moderately warm place over night.

DOUGH: Sponge as above; 1 pint lukewarm water or milk scalded and cooled; 4 teaspoons salt; 4 tablespoons sugar; 4 tablespoons shortening; 2 quarts (or more) sifted flour.

Early in the morning mix sponge with water or milk, salt, sugar and shortening. Add flour and mix to medium dough. Knead about 10 minutes. Let rise until doubled, about 2½ hours. Knead down. Let rise until doubled again, about 1 hour. Mold into 4 or 5 loaves. Let rise to double size, bake 45 to 60 minutes in moderate oven. In cool weather warm flour before mixing. Avoid materials being chilled. Rolls and coffee cake may be made by adding sugar and shortening to part of the bread dough.

Note—Plain or Parker House Rolls may be made from this bread dough. For richer rolls add somewhat more sugar and shortening to part of dough and shape as desired.

Write for free book “The Art of Making Bread” containing many additional bake day suggestions.

NORTHWESTERN YEAST CO.  CHICAGO, ILL.
Delicious Root Beer

Soak 1 to 3 cakes Yeast Foam ½ hour in 1 quart lukewarm water. Place in crock 4 pounds sugar, one 3-oz. bottle Root Beer Extract and 4½ gallons of lukewarm water. Strain soaked yeast through cheese-cloth. Rinse yeast left on cloth thoroughly with 1 quart of water. 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 6 days, depending on amount of yeast used. 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.

"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 Yeast Foam. 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
Eat Yeast Foam for Health for Good Digestion

Eat three cakes daily — one before each meal

Yeast Foam 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 Yeast Foam or eat it dry like a cracker.
2. Break and soak cake of Yeast Foam 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 Yeast Foam. 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 Yeast Foam. 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 Yeast Foam. Its rich flavor is incomparable—the ideal food for young and old.
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 Yeast Foam.