Keep fit

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 2 1/2 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.
Delicious Root Beer

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

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

"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
You'd be surprised!

YEAST FOAM makes better home beverages. It can be used for every purpose and does not produce a sticky sediment, so hard to get rid of. The slight sediment found is pure yeast, a most valuable and health-giving addition to the drink and will easily rinse out. Try it and be convinced!