Its Many Uses
Cinnamon Rolls

All Measurements are Level

SPONGE: 1 cup lukewarm water; 2 cups sifted flour; ½ cake Yeast Foam

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

DOUGH: Sponge as above; 1 cup lukewarm water or milk scalded and cooled; 2 teaspoons salt; 4 tablespoons sugar; 4 tablespoons shortening; about 4 cups sifted flour

In the morning mix sponge with water or milk, salt, sugar and shortening. Add flour, mix and knead to medium dough. Let rise until doubled, about 2½ hours. Turn onto lightly floured molding board. Roll out ½-inch thick. Brush with melted butter, sprinkle with sugar and cinnamon. Roll as for jelly roll. Cut into 18 pieces. Set close together, cut side down, in buttered pan. Let rise until fully doubled. Butter tops, sprinkle with cinnamon and sugar. Bake in quick oven about 20 minutes.

Note:—Plain bread dough may be used. Take 4 cups (2 lbs.) dough when ready for molding. Roll out and continue from there on as directed above.
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 warm place overnight.

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 Baking Bread" containing many additional bake day suggestions."
ANIMAL-POULTRY YEAST FOAM

for

Your Pets, Dogs, Rabbits, Poultry and other livestock

WHAT Yeast Foam means to good bread, this product means to feeds for birds and animals. It breaks down the starches, opens up the feed so the digestive juices can get thru to give a better digestion. It releases more of the vitamins and proteins—enables the bird or animal to assimilate and store up more energy and vitality. It helps birds grow new feathers quicker—promotes greater egg production in poultry—puts a fine coat of hair on the dog or rabbit, and also gives greater growth and resistance to disease. It helps the cow produce more milk and gives the horse a better digestion. Thousands of users testify to its merits.

A 4-lb. Box Costs but $1.00
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Dr. Philip B. Hawk, noted nutrition authority, who made a thorough test to determine the therapeutic value of yeast, found that Yeast Foam was a remarkable corrective in certain disorders. His investigation proved that Yeast Foam gave positive results in cases of constipation, boils, pimples, indigestion, rundown conditions, rheumatism and general debility. For such conditions eat two or three cakes of Yeast Foam daily. Eat the cake plain, buttered like a cracker or with water, milk or fruit juices.

for CHILDREN

Yeast Foam is a splendid addition to the diet of children; it stimulates their appetite, promotes their growth and vigor and aids in the assimilation of their regular food. Crumble a cake or two into their cereal 5 or 10 minutes before it has finished cooking.
Delicious

ROOT BEER

All Measurements are Level

Dissolve 3 to 5 cakes Yeast Foam and 3 tablespoons sugar in 1 pint lukewarm water. Keep in warm place 12 hours. Stir well, strain through cheese-cloth. Rinse yeast left on cloth several times with water and throw away solid particles.

To dissolved Yeast Foam and rinsing water add bottle of Root Beer Extract, 4 pounds sugar and 5 gallons lukewarm water. Mix thoroughly and bottle at once. (Tie or fasten in corks.)

Keep in a warm place 48 to 72 hours. Cool for use. Keep in cellar or other cool place.