MAGIC YEAST
FOR HEALTH
FOR BAKING
FOR HOME BEVERAGES
PARKERHOUSE ROLLS

QUICK METHOD

All Measurements are level

YEAST FERMENT: ½ cake Magic Yeast; 1 pint water; 1 medium sized potato; ½ tablespoon sugar; ½ teaspoon salt (omit if salted potato water is used).

About noon soak yeast in ¼ cup lukewarm water. Wash, pare and boil potato. Drain off and save potato water. Mash potato, add potato water, sugar and salt. Cool until lukewarm. Add soaked yeast. If necessary add plain water to make total of 1 pint. Keep in moderately warm place (80°) 12 hours before using.

DOUGH: 1 pint yeast ferment (lukewarm); about 3 pints sifted flour; 1 ½ teaspoons salt; 2 to 4 tablespoons sugar; 4 tablespoons shortening.


NOTE: For cinnamon buns roll out dough when light ¼ inch thick and 18 inches long. Brush with melted butter, sprinkle with sugar and cinnamon. Roll up as for jelly roll, cut into inch slices and place, cut side down, in buttered pan. Let rise until doubled. Brush tops with butter, sprinkle with sugar and cinnamon and bake about 20 minutes in moderately hot oven.
MAGIC YEAST

is a corrective food which helps keep you fit. Relieves constipation and removes the causes of boils, pimples, auto-intoxication, etc.

Eat three cakes daily — one before each meal

HOW TO TAKE

(1) Spread butter on a cake of Magic Yeast or eat it dry like a cracker.

(2) Soak cake of Magic Yeast in glass of water. Stir, and drink off milky water before complete settlement has occurred.

Use milk if you prefer, instead of water.

"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 Magic Yeast. We can and will recommend it to all who have the trouble she had."

Miss G. Loretto Steiner

"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 Magic Yeast. 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
WHITE BREAD
SPONGE METHOD

All Measurements are level.

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

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

Magic Yeast 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!

ROOT BEER

Soak 3 cakes Magic Yeast 1/2 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.

GINGER ALE

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.
Keep fit

Eat MAGIC YEAST
FOR HEALTH AND GOOD DIGESTION