

MAGIC YEAST LIGHTNING BREAD RECIPE

ONE BARREL OF FLOUR WITH THIS RECIPE **MAKES 312 ONE POUND LOAVES OF BREAD**

312 Loaves at 5c each is.....\$15.60

1 bbl. flour costs say..... 8.00

Difference saved by home baking....\$ 7.60

Bake at home and save 50% of your bread money.

This recipe makes splendid bread in 3½ hours after ferment is ready to use.

TRY IT

MAGIC YEAST LIGHTNING BREAD RECIPE FOR FOUR ONE-POUND LOAVES OF BREAD

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 teaspoon salt and enough potato water to make a total solution of one quart. (If there is not enough potato water add sufficient cold water to make one quart.)

Mix well and cool to lukewarm temperature.

Place in 1 quart Mason jar. Leave top off.

Break and add 1 cake MAGIC YEAST, 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. Warm (not hot) flour before mixing. Use about 12 cups (3 lbs.) flour. Add and mix all of the above to 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.

DIRECTIONS and REMARKS on MAGIC YEAST LIGHTNING BREAD RECIPE

TIME REQUIRED

Make Ferment30 minutes
Ferment Develops12 hours

Make Bread:

Make Dough 10 minutes.
Knead Dough..... 5 "
1st Rising 45 "
Fold Over 2 "
2nd Rising 15 "
Make Loaves 5 "
Loaves Rise 80 "
In oven 40 "

Total time to make bread, not including time to make and develop ferment..... 202 mins. equals **3 hrs. 22 mins.**

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.

Dr. H. W. Wiley, formerly head chemist of the Department of Agriculture, said:

"There is a popular fallacy in favor of meat. Meat contains 60% water and costs 25c a pound. Bread is only 40% water and costs 5c a pound. There is more energy in a pound of bread than in a pound of meat. Hard workers need bread more than they need meat. If the cost of flour makes bread rise, cut down on the meat."

Bake at home.

Use MAGIC YEAST.

Save money, time, nerves, and have the best home-made bread and rolls.

NORTHWESTERN YEAST CO.
CHICAGO, ILL.

ADD ONE TABLESPOON SUGAR
TO THE POTATO WATER

MAGIC YEAST

Bake at home— Use MAGIC YEAST

Good bread made with MAGIC YEAST is one of the best producers of energy—(muscle and strength giving qualities). The United States Department of Agriculture Farmers' Bulletin No. 142 gives the following test to prove Wheat Flour to be the cheapest and best food:

Energy 10c will buy

ARTICLES	
Eggs.....	385 calories
Beef, Sirloin.....	410 "
Mutton, Leg.....	445 "
Milk.....	1030 "
Pork Loin.....	1035 "
Cheese.....	1185 "
Butter.....	1365 "
Breakfast Foods.....	1489 "
Rice.....	2025 "
Potatoes.....	2950 "
Beans, dried.....	3040 "
Wheat Flour	6540 "

Real economy requires the use of more bread. Home made bread with MAGIC YEAST will spell economy. Examine the following figures:

Meat contains.....	60% water
Potatoes contain.....	75% water
Milk contains	80% to 90% water
Flour contains.....	13½% water

A pound of meat costs 15 to 30 cents

A pound of flour costs 3 to 4 cents

The energy in a pound loaf of bread made with MAGIC YEAST is several times that of a pound of meat and costs very much less.

Remember, bread made with MAGIC YEAST is the cheapest and most healthful article of food. MAGIC YEAST bread is cheaper than meat, even if flour were selling at \$12.00 and over a barrel. Therefore, eat more MAGIC YEAST bread and less meat.