



ROYAL YEAST
BAKE
BOOK

E. W. GILLETT Co., LTD.
Royal.

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ROYAL YEAST CAKES

Concerning Bread as an Article of Food.

BREAD is admitted to be the most stable article of food known, and yet how few people really appreciate its importance. No meal in any day of the three hundred and sixty-five days of the year is complete without it. Its nourishing qualities have been known in all ages. Bread is spoken of in the first book of the Bible. Matthew Henry (about the year 1662) in his commentary on the 104th Psalm, says, "Here is bread which strengthens man's heart, and therefore called the Staff of Life." Dr. Harvey W. Wiley, former Chief of the U.S. Bureau of Chemistry, claims that there is more energy in a pound of good home-made bread than in a pound of meat. There is nothing more tempting to the appetite than good home-made bread.

Such an important food item should be given the consideration and care that it deserves, so that it may be made properly, and from ingredients that will insure its nutritive value and wholesomeness.

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No Experience Necessary.

Just follow the directions. Some women hold to the idea that bread-making is a long and difficult operation, but this is a mistake, as bread may now be included in the list of quickly prepared foods, for with Royal Yeast Cakes, light sweet bread can be made in a few hours with but little trouble. In fact it is no exaggeration to say that good bread can be made quicker, and with less trouble with Royal Yeast, than with any other yeast. All that is necessary is to use good flour, and follow directions carefully, and the result is bound to be satisfactory.

Bread made in the home with Royal Yeast possesses a greater degree of nourishment, and will keep fresh and moist longer than that made with any other. A full week's supply can easily be made at one baking, and the last loaf will be just as good as the first.

Economy.

Aside from the fact that home-made bread is preferred by most people, its consideration from an economic standpoint should not be lost sight of. Home-made bread helps to reduce the high cost of living by lessening the

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amount of expensive meats required to supply the necessary nourishment to the body.

A Word About Flour.

While as a rule it is advisable to follow directions, yet there are times when instructions might be altered somewhat on account of the variation in the action of different kinds of flour. It often happens that the yeast is blamed when the bread does not turn out first-class, while in reality the trouble is caused by not being familiar with the flour. Some kinds of flour will act quicker than others, so that instead of allowing bread to rise for a definite length of time regardless of its bulk, the better way is to let it rise until the bulk has about doubled regardless of the length of time it takes to get it into this condition. By treating the bread in this way variations in the flour will be overcome.

One of the most important points in bread making is to keep the sponge in a continuous even temperature, and never allow it to be in a draught. Heat the flour and mixing bowl to about 80 degrees Fahrenheit. Use tepid water, as over-heating the yeast is as fatal as chilling it. Never mix the sponge in a

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cold room, nor leave it in one over night. After the sponge has been set, wrap it carefully in a warm bread cloth and put it in a fairly warm place over night. If any difficulty is experienced on account of draughts, try getting a large corrugated paper box with a lid, and leave the bread in it over night.

The Making of Bread.

There are many different ways of making bread, but we believe that if the following directions are carefully adhered to, the results will be highly satisfactory, and the bread-maker's efforts will be rewarded with the finest and most appetizing bread that is possible to produce. Bread made with Royal Yeast always has a fine nutty flavor that cannot be obtained from the use of other yeasts.

To Make Liquid Yeast With Royal Yeast Cakes.

Use two cups of flour and blend with a little cold water until smooth, then pour over this four quarts of boiling water, and stir the flour and water together thoroughly. Add one quart finely mashed potatoes and one half cup of salt, and one half cup of sugar. Let this liquid cool until it is luke-

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warm, and add two Royal Yeast Cakes that have been soaked previously for a few minutes in tepid water. Then put this mixture in a warm (not hot) place, well covered, for a few hours. Use a vessel sufficiently large to allow the liquid to rise.

The liquid referred to above could be used four or five hours after making, but to get the best results it should be allowed to stand over-night, or about twelve hours, before using it. It will keep for two weeks in a moderately cool place.

Above quantity of liquid yeast is sufficient to make ten or twelve large loaves of delicious home-made bread.

To Make Two Loaves of Bread.

Warm two quarts of flour, and knead in two pints of liquid yeast. Mix well, and turn out on bake board, and knead again for a minute or two, or until smooth and even. Cover and set in a moderately warm place (away from draughts) until the bulk has about doubled. If the liquid yeast has stood over night, the bread sponge should rise enough in one hour and a half, or very little more. Then knead again and divide into two loaves. Put loaves into greased pans, and cover and set to rise

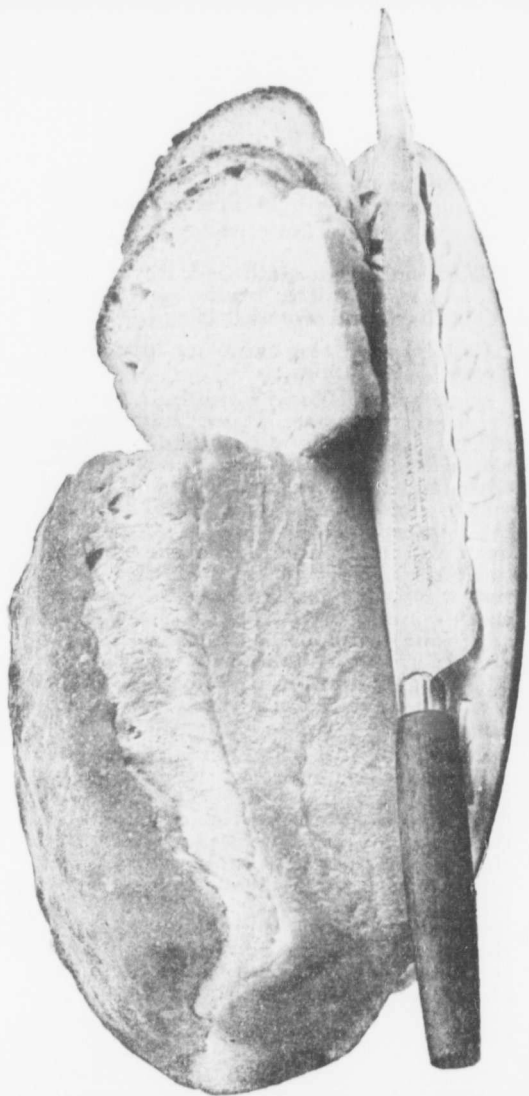
ROYAL YEAST CAKES

again until bulk is double in size, which will probably be in about one hour. Supposing the liquid yeast is made at noon, and it is desired to set bread at night, follow the same directions, except that the dough should not be divided into loaves until following morning, thus giving it more time to rise.

If liquid yeast is made the day before, the bread can be set in the morning and baked before noon. One quart of flour and one pint of liquid yeast will make a good sized loaf. If dough is too dry, add a little more liquid yeast, or if too moist, add a little more flour, so that it will not stick to pans or board.

To Bake.

Have the oven very hot for fifteen to twenty minutes at first, and then allow it to cool a little. Bake the bread one hour or a little longer. Take out of pans as soon as baked, and cover with a towel or napkin. If a soft crust is desired, rub with milk or melted butter, or if hard crust is desired, cool uncovered. Bread is liable to become sodden if put away while still warm. To insure even baking it is advisable to reverse the pan in oven after first half hour.



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The following Recipe is printed on each package of Royal Yeast Cakes.

Have flour warm:

IF directions are followed, Royal Yeast will never fail to make the lightest, whitest and sweetest bread.

Can be used the same as any other Yeast, or as follows:

Soak a Royal Yeast Cake half an hour in a pint of warm (not hot) water. Stir in enough flour to make a batter. Cover and set in a warm place to rise; when light, add salt, 3 pints of warm water (or scalded milk and water), $1\frac{1}{2}$ tablespoonfuls each of sugar and lard, and flour enough to make a batter. Beat all briskly for 15 minutes (beat, not stir); set again in a warm place to rise (usually over night). When light, add flour until it does not stick to the board; knead well; set in a warm place; when light, mould into loaves. Bake in a moderate oven from three-quarters to one hour.

Allow one pint of wetting to one loaf of bread. Use more wetting and flour if more bread is desired. In cold weather have your flour warm, and keep the sponge in a warm place whilst rising. A gentle, even warmth is necessary to make good bread. Don't let it get chilled. Two or three boiled potatoes, mashed finely and added to the sponge will improve the quality of the bread, and a little Magic Soda can always be used to advantage.

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Bread.

Lady Eaton, Toronto.

METHOD.—Put in a vessel 1 cup of flour, 1 cup of sugar, half cup of salt, a table-spoon of hops scalded with a cup of water and strained.

Boil and mash 2½ quarts of potatoes, pour the water in which they were boiled over the flour, stirring well while doing so to avoid lumps, add the potatoes to the mixture. Pour on this 2 quarts cold water, have 2 Royal Yeast Cakes dissolved in a little warm water and put them in. Stir occasionally. Keep in a warm place covered with a cloth. Above mixture will be thin and bubbly and will be ready for use next day.

METHOD FOR BREAD MIXER.—Use 1 quart of liquid to 3 of flour. For 4 or 5 small loaves take 1 pint of above liquid yeast, add 1 pint of water, not quite boiling to make blood heat. Put warm flour (3 quarts) in the mixer and mix for 10 minutes. Let rise for an hour or until quantity doubles, keeping warm. Turn the bread mixer two or three times, and knead into loaves. Let loaves rise to double original size. Bake for 45 minutes or an hour in not too hot an oven.

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The following method by Mrs. Jean Archibald, Lecturer and Demonstrator in House Economics, is a new and original short process for bread-making. Quantities named are sufficient for four loaves:

- 2 quarts of potato water.
- 1 Royal Yeast Cake dissolved in $\frac{1}{2}$ cup of lukewarm water.
- $\frac{1}{4}$ cup sugar.
- $\frac{1}{4}$ cup flour.

Preparation.

Drain water from potatoes at noon, let cool until lukewarm, add sugar, flour and yeast. Leave this in a warm place to rise until next morning, then add 1 tablespoon of salt and enough of flour to make a dough just stiff enough not to stick to hands or board, knead a few minutes on board, let rise in greased pan until $2\frac{1}{2}$ times its size, then put in pans and let rise again $2\frac{1}{2}$ times its size and bake in a moderate oven. Knead down once or twice if desired before putting into pans.

If double the amount or three times the amount is required, keep the potato water for two days, add twice the amount of sugar and yeast. If there is not sufficient potato water add plain

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water to make up the amount, but all must be added at noon the day before baking. Use 2 potatoes to each quart of plain water.

Buns or Rolls with Potato Water.

Prepare potato water same as for bread. In the morning put in a mixing dish 1 tablespoon salt, $\frac{1}{4}$ cup lard and butter, $\frac{1}{4}$ cup sugar, $\frac{1}{2}$ cup boiling water. Pour in potato water, then proceed the same as for bread; when light, shape into buns or rolls; let rise in pans until light and bake 45 minutes in a moderate oven.

ROYAL YEAST CAKES

Clover Leaf Rolls.

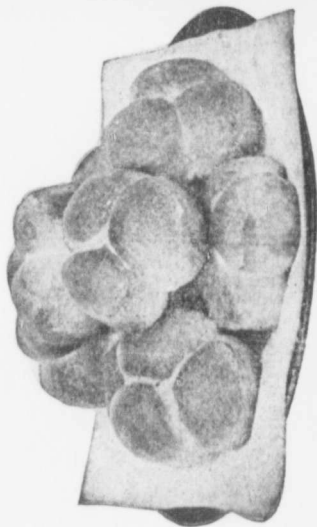
- 1 Royal Yeast Cake dissolved in one-half cup lukewarm water.
- 1½ cups scalded milk.
- ½ cup butter.
- 1 teaspoon salt.
- 1 tablespoon sugar.
- 1½ cups flour.

Pour the scalded milk over the sugar, salt and butter. When cooled to lukewarm add the dissolved yeast and one and one-half cups flour. Allow to stand well covered in moderately warm place over night, or, if sponge is set in morning, let stand until light. Add flour enough to knead. Let rise again until double in bulk, then cut down and knead slightly. Butter muffin rings and place three small balls of dough in each ring. Let rise until double in bulk, brush over with melted butter and bake in hot oven.



DINNER ROLLS
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CLOVER LEAF ROLLS
(SEE PAGE 14)





WARM TWO QUARTS OF FLOUR,
AND KNEAD IN TWO PINTS
LIQUID ROYAL YEAST



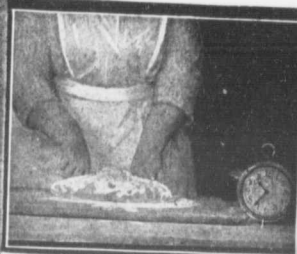
TURN OUT ON BAKE BOARD,
AND KNEAD FOR A
MINUTE OR TWO.



COVER AND SET IN A
MODERATELY WARM PLACE



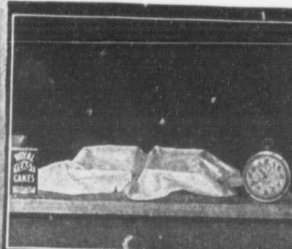
UNTIL BULK IS ABOUT DOUBLE,
WHICH SHOULD BE ABOUT
ONE HOUR AND A HALF



THEN KNEAD AGAIN.



DIVIDE INTO TWO LOAVES, AND
PUT INTO GREASED PANS.



COVER AND ALLOW IT TO
RISE AGAIN



UNTIL BULK IS DOUBLE IN SIZE,
WHICH SHOULD BE ABOUT
ONE HOUR.



PUT IN OVEN AND BAKE FOR
ONE HOUR OR A LITTLE
LONGER.



TAKE OUT OF OVEN.



REMOVE THE LOAVES FROM
THE PANS



COVER OVER AND ALLOW TO
COOL BEFORE PUTTING
IT AWAY

ROYAL YEAST CAKES

Sweet Rolls.

- 1 Royal Yeast Cake.
- 1 pint milk.
- 2 tablespoons butter.
- 2 tablespoons lard.
- 6 tablespoons sugar.
- 4 egg-yolks.
- 1 teaspoon salt.
- 1 teaspoon cinnamon.
- Bread-flour, about 8 cups.

In the evening dissolve the yeast in one-fourth cup of tepid water. Scald the milk, add the shortening, two tablespoons of sugar, and the salt, and when lukewarm beat in the yeast and three cups of the flour. Let rise over night and in the morning cream together the egg yolks, the remaining sugar, and the cinnamon, and beat into the sponge. Add more flour to make a firm dough—about five cups. Knead thoroughly, let rise until double in bulk, form into small Parker House rolls, Swedish rolls, finger rolls, or clover-leaf rolls, let rise till light and bake about twenty-five minutes in a moderate oven.

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Plain Rolls with Yeast Cake.

- 1 Royal Yeast Cake dissolved
in one-half cup luke-
warm water.
- 3 tablespoons lard.
- 1 tablespoon sugar.
- 1 teaspoon salt.
- 4 cups hot water.

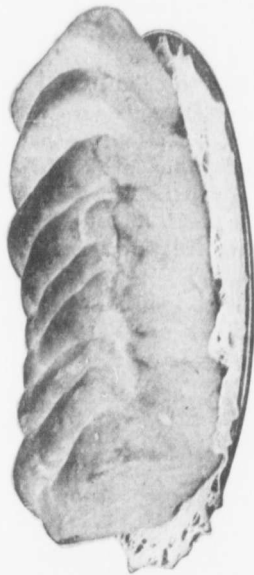
Put the salt, sugar and lard in mixing flour, then pour in the hot water. Allow it to cool until lukewarm, then add the dissolved yeast cake and enough flour to knead. Let stand well covered in moderately warm place over night. In the morning knead slightly, make into rolls or buns and place close together in greased pan. Let stand until double in bulk, then bake in moderate oven for half an hour, or a little longer if desired.

ROYAL YEAST CAKES

Parker House Rolls.

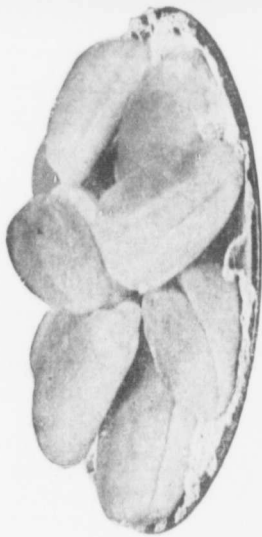
- 1 cup scalded milk.
- 2 tablespoons butter.
- 1 tablespoon sugar.
- 1 saltspoon salt.
- $\frac{1}{2}$ Royal Yeast Cake dissolved
in $\frac{1}{4}$ cup lukewarm water.

To the scalded milk add the butter, sugar and salt. Allow it to cool until lukewarm and then add dissolved yeast and $1\frac{1}{2}$ cups flour. Stir well and let stand in moderately warm place over night. In the morning add enough flour to knead, and let rise until about double in bulk, then roll out $\frac{1}{2}$ inch thick. Cut with biscuit cutter, and brush each piece with melted butter, crease through the centre and fold over. Let rise again until double in bulk and bake for about 25 minutes in moderate oven. Above is sufficient for about ten rolls.



TEA ROLLS
(SEE PAGE 27)

PARKER HOUSE ROLLS
(SEE PAGE 20)



ROYAL YEAST CAKES

Salad Rolls.

- 2 cups liquid Royal Yeast.
- 4 tablespoons melted butter.
- 2 eggs.
- 1 teaspoon salt.
- 1 tablespoon sugar.

Beat eggs light and add all ingredients to liquid yeast. Add flour enough to knead, cover and allow to stand in a warm place for two hours. Then roll out $\frac{1}{2}$ inch thick and cut into fingers $\frac{1}{2}$ inch wide, 5 inches long. Roll smooth between the hands and place an inch apart in pan, brush over with melted butter and let rise for half an hour. Bake about 20 minutes in moderate oven.

ROYAL YEAST CAKES

Snails.

- 1 pint scalded milk.
- 4 tablespoons shortening.
- 1 Royal Yeast Cake dissolved
in $\frac{1}{4}$ cup of lukewarm water.
- 3 tablespoons sugar.
- 1 teaspoon salt.
- 2 eggs.
- Cinnamon.

Pour the scalded milk over the sugar, salt and shortening. When lukewarm add the dissolved yeast. Beat in about $2\frac{1}{2}$ cups flour. Beat hard with a wooden spoon. Let this batter stand over night in a moderately warm place. In the morning stir in the eggs, which should be well beaten, and add enough flour to knead. Let rise until it doubles in bulk. Knead slightly and roll out to one-half inch in thickness. Spread with butter and sprinkle with sugar and cinnamon, then roll up as for jelly roll, making the roll as close and firm as possible. Cut off rounds about 1 inch in thickness and place cut side down in a well greased pan. Let rise until double in bulk, then bake in a hot oven for 20 minutes. A little melted butter brushed over the top before baking is an improvement.

ROYAL YEAST CAKES

Rusks.

- 1 cup scalded milk.
- 1 small teaspoon salt.
- 2 teaspoons sugar.
- 1 Royal Yeast Cake dissolved
in $\frac{1}{2}$ cup lukewarm water.
- 2 tablespoons melted lard or
butter.

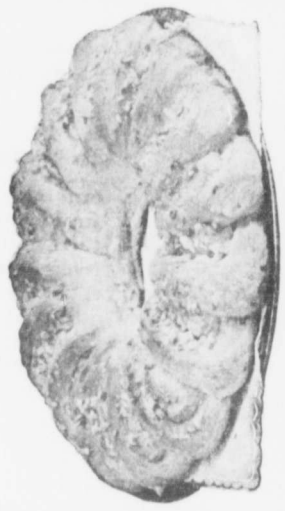
Add the sugar, salt and shortening to the scalded milk. Let stand until lukewarm, then add the dissolved yeast and flour enough to knead. Allow to stand well covered in moderately warm place over night. By morning it should have doubled in bulk. Knead a little and make into small buns and place close together on a greased pan. Let rise until double in bulk and bake 20 minutes in a moderately hot oven.

If wanted for tea, set sponge early in morning, and keep warm and well covered until double in bulk, and proceed as above.



RUSKS
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FRENCH TEA RING
(SEE PAGE 26)



ROYAL YEAST CAKES

Lemon Rolls.

- 1 cup scalded milk.
- 2 tablespoons sugar.
- 4 tablespoons melted butter.
- $\frac{1}{2}$ teaspoon salt.
- 2 eggs.
- Lemon extract — or grated
rind of 2 lemons.
- $\frac{1}{2}$ Royal Yeast Cake, dissolved
in $\frac{1}{2}$ cup lukewarm water.

To the scalded milk add the sugar and salt. Allow this to stand until lukewarm, then add the dissolved yeast and $1\frac{1}{2}$ cups flour. Stir well and let stand over night in moderately warm place. In morning add melted butter, well beaten eggs, lemon, and flour enough to knead. Let rise until double in bulk, turn on to floured bake board and form into buns or rolls. Let rise until double in bulk and bake for about 20 minutes in hot oven.

French Tea Ring.

Make dough as for Parker House rolls. Roll out thin, spread with melted butter, sprinkle with chopped nuts and brown sugar. Roll up like jelly roll, form a ring and cut with scissors nearly through one inch apart. Place on a greased tin sheet and allow to rise until double in bulk. Bake slowly in moderate oven. Set basin of hot water at bottom of oven.

ROYAL YEAST CAKES

Tea Rolls.

- 4 cups scalded milk.
- 3 tablespoons butter.
- 2 eggs.
- 1 tablespoon sugar.
- 1 teaspoon salt.
- 1 Royal Yeast Cake dissolved
in $\frac{1}{2}$ cup lukewarm water.

Pour scalded milk over the sugar, salt and butter. When lukewarm put in two cups flour and the dissolved yeast, and allow to stand over night. In the morning add two well beaten eggs and enough flour to knead. Allow to rise until double in bulk, then form into long, narrow rolls and place together in a well greased bread pan, brushing between each roll with melted butter. Allow this to rise until it doubles in bulk, then bake for 25 minutes in hot oven.

ROYAL YEAST CAKES

Dinner Rolls.

- 1 pint liquid Royal Yeast.
- 1 teaspoon salt.
- 1 tablespoon sugar.
- 4 tablespoons melted shortening.
- 1 egg well beaten.

To the liquid yeast add the salt, sugar, shortening and egg. Stir well and add flour enough to knead smooth. Cover well and allow to stand in warm place until double in bulk, which should be in about $1\frac{1}{2}$ hours. Knead slightly and form into rolls. Place slightly apart on well greased pan and allow to rise until double in bulk. Bake in hot oven for about 25 minutes.

ROYAL YEAST CAKES

Crumpets.

- 2 cups milk.
- 3 cups flour.
- 2 tablespoons butter (melted).
- 1 teaspoon salt.
- $\frac{1}{2}$ Royal Yeast Cake dissolved
in $\frac{1}{2}$ cup lukewarm water.

Warm the milk, beat in the salted flour, the melted butter and the dissolved yeast. Let the sponge stand in a warm place over night, or, if the sponge is set in the morning, allow it to stand until light. Bake in greased muffin rings on a hot griddle, or in patty pans in the oven. In either case, fill the pans or rings only half full, as the crumpets will rise in baking. It is important to have griddle or oven very hot, as crumpets should be baked quickly.

ROYAL YEAST CAKES

Cereal Muffins.

- $\frac{1}{2}$ Royal Yeast Cake dissolved
in $\frac{1}{4}$ cup lukewarm water.
- 2 small tablespoons butter.
- $\frac{1}{2}$ teaspoon salt.
- 2 tablespoons brown sugar.

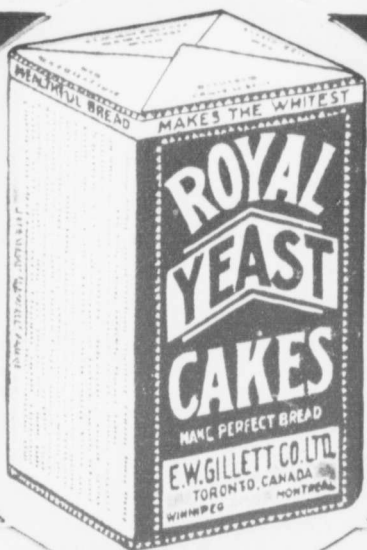
Mix the sugar, salt and butter with the porridge, beat well and then add the dissolved yeast and flour enough to knead. Allow this to stand over night in a moderately warm place. In the morning, cut down, but do not add any more flour. With large spoon put into buttered gem pans and bake for about 25 minutes in moderate oven. This is a fine way to use up the porridge left over from breakfast.

ROYAL YEAST CAKES

Royal Yeast Breakfast Waffles.

- 2 eggs.
- 1 $\frac{3}{4}$ cups flour.
- $\frac{1}{2}$ teaspoon salt.
- 1 small slice butter.
- $\frac{1}{2}$ Royal Yeast Cake dissolved
in $\frac{1}{3}$ cup lukewarm water.
- 1 $\frac{1}{2}$ cups scalded milk.

To the scalded milk add the sugar, salt and butter. When lukewarm add the dissolved yeast and the flour. Allow this to stand over night in a moderate temperature. In the morning beat the eggs separately and add to above, and beat well with wooden spoon. Cook in waffle iron or gem pans.



**ROYAL YEAST CAKES
MAKE PERFECT BREAD**

E.W. GILLETT COMPANY LIMITED

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