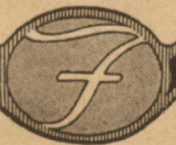
A decorative border with a central crest. The border is a thick, black, double-lined frame with a wavy, scalloped top and bottom. The central crest is a circular emblem containing a stylized, cursive letter 'F'.

FLEISCHMANN'S
RECIPES



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Excellent Recipes For Baking With Fleischmann's Yeast

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FLEISCHMANN'S

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Introduction

BREAD has always been the most important of all foods, and as the cost of living has risen, its importance has advanced with equal strides until it is true—

*Bread is your only
Food of Economy today.*

This book is addressed to housewives, who bake at home, as a help in meeting the High Cost of Living, through the understanding that "Eat more Bread" is their best weapon against soaring costs.

No matter how young and untried a housekeeper, you need not hesitate to attempt the most elaborate of these recipes.

It is a mistaken idea that it requires "a born knack" to bake.

The recipes here presented have been tried and found perfect. If carefully followed, they must produce good results.

In using them you will have the satisfaction of knowing that the food you produce is the closest approach to a perfect ration without waste—every bit of it being transformed into strength and energy.

Keep up the health of your family—give them Bread.
Save money on your table—eat more Bread.

Avoid disappointment—use these recipes.

Yeast Wisdom

IN baking Bread, the most important point to consider is the yeast. This should be both pure and complete.

Fleischmann's Yeast is the one yeast possessing both these virtues. You can depend not only upon its goodness but it needs nothing added to it. You do not have to bother with either potatoes or scalded flour to render it effective.

Keep your yeast with care. Wherever possible, keep it in an ice-box, where it will be dry as well as cold. Where ice is not obtainable, and yeast cannot be procured fresh for each baking, it may be kept in good condition for a week or ten days in a cellar or other cool place. Wrap any unused portion carefully in tin-foil.

Yeast is a plant requiring warmth, air and moisture for its growth. An excess of either heat or cold kills it. In adding liquids to it, always see that they are lukewarm. The flour should also be warmed in cold weather.

When time counts in the preparation of any of these Breads, use additional yeast: you will save precious minutes in the "hurrying" of a meal, and also add to the quality of the Bread.

Though Fleischmann's Yeast may discolor at times, this in no way impairs its quality. So long as it is firm it is good to use.

When it becomes too soft to handle, do not use it.

Remember the name—Fleischmann's Yeast.

Standard of Yeast Excellence for 53 years.

The Mixing

MEASURE the liquid into a bowl and add the sugar. Sugar assists the fermentation. Next crumble in the required quantity of yeast. Allow to stand six or eight minutes, add the shortening and sift in slowly about one-half of the flour, or enough to form a smooth, light batter. Beat this thoroughly, so that the yeast may be well distributed, adding balance of flour.

The salt may be dissolved separately in a little water before being added, or it may be used dry as described in the recipes. The latter method is simpler, but has no other advantage.

The Kneading

THE dough must not be chilled, therefore, knead quickly and lightly until it is smooth and elastic and does not stick to the fingers or to the board. In kneading, the dough should be pushed with the palms of the hands, fingers curved to prevent dough from flattening out too much. With every push it should be turned one-quarter way round and folded over. To be sure that all parts of the dough are kneaded, cut half through the center, turn inside out and knead again.

Dough may be "thrown and rolled" instead of kneaded as shown by picture on page 16. This is simple and the results are very satisfactory.

The Rising

AFTER kneading or "throwing and rolling", place dough in greased bowl and set in a warm place, free from draught. Cover bowl to prevent crust forming on dough which would cause a streak in the Bread. Let dough rise until double in bulk.

The Moulding

NEXT, mould dough into loaves about half size of Bread pans, handling as little as possible and using no flour. Put each loaf in a well greased pan and let rise again in warm place, free from draught, till double in size. To test if loaf is ready for oven, flour the finger and make an impression in loaf. If impression disappears, give loaf a little more time; if it remains, Bread will rise no more and should go in oven.

The Baking

PLACE in a quick oven where the loaf should brown in from fifteen to twenty minutes. Then reduce the heat and finish the baking more slowly. Bread is done when it leaves the sides of the pan.

An ordinary sized loaf will bake in from forty to fifty minutes. A large loaf should bake one hour. Biscuits and rolls require a hotter oven than Bread and should be baked in fifteen or twenty minutes.

Accurate Measurements

CCAREFUL measurements are necessary in order to obtain good results. The cup in which the flour is measured should be used for measuring the other ingredients. A standard cup contains one-half pint. 16 tablespoonfuls = 1 cup; 3 teaspoonfuls = 1 tablespoonful.

All measurements should be level. Dry ingredients should be leveled off with a knife. A cupful of liquid is as much as the cup will hold without running over.

Little Helpful Hints

IT will repay any young housekeeper to make a careful study of the foregoing information on the art of making good Bread.

After the loaf is baked, remove from pan and let it stand out of a draught until cold.

Sponges should not be permitted to get too light. They are ready when bubbles gather on surface and break occasionally.

Use only the best of flour—it is the most economical. In cold weather warm it slightly.

Lard, butter, fat, oil, Crisco or other prepared shortening may be used.

A bread mixer is a very convenient kitchen utensil.

To freshen stale bread, dip it for a second in cold water or cold milk and then re-bake it in rather a cool oven. One of the best ways to heat rolls is to put them in a paper bag in the oven for a few minutes.

White Bread

Quick Method

- 2 cakes
FLEISCHMANN'S
YEAST
- 1 quart lukewarm water
- 2 tablespoonfuls sugar
- 2 tablespoonfuls melted
shortening
- 3 quarts sifted flour
- 1 tablespoonful salt

THE best Bread-makers use *quick methods*. One cake of yeast will suffice, but two cakes produce quicker, stronger fermentation and better Bread. Dissolve yeast and sugar in lukewarm water, add shortening, and half the flour. Beat until smooth, then add salt and balance of the flour, or enough to make dough that can be handled. Knead until smooth and elastic, or "throw and roll" as shown on page 16. Place in greased bowl, cover and set aside in a moderately warm place, free from draught, until light—about one and one-half hours.

Mould into loaves. Place in well-greased Bread pans, filling them half full. Cover and let rise one hour, or until double in bulk. Bake forty-five to sixty minutes.

If a richer loaf is desired, use milk in place of part or all of the water.

This recipe makes three large loaves.



*Bread makes every
day a feast day.*

White Bread

Sponge Method

THE sponge dough method given herewith requires from five and a half to six hours. If followed closely, it will give excellent Bread having a delightful keep-fresh quality. Where a richer loaf is desired, milk may be substituted in whole or part for the water.

Dissolve the yeast and sugar in one quart of the lukewarm water, and add one and one-half quarts of sifted flour, or sufficient to make an ordinary sponge. Beat well. Cover and set aside to rise for about one and one-half hours in a warm place.

When well-risen add the pint of lukewarm water, shortening, the remainder of the flour, or enough to make a moderately firm dough, and the salt. Knead thoroughly; place in greased bowl. Cover and let rise from one and one-half to two hours.

When light, mould into loaves and place in well-greased baking pans, cover and let rise again for about one hour. When light, bake forty-five to sixty minutes, reducing the heat of oven after first ten minutes. This recipe makes four large loaves.

1 cake
FLEISCHMANN'S
YEAST

1½ quarts lukewarm
water

2 tablespoonfuls sugar

4½ quarts sifted flour

2 tablespoonfuls melted
shortening

1-tablespoonful salt



*Make Bread the basis of every meal.
It means food-bills cut one-third.*

1 cake
FLEISCHMANN'S
YEAST

2 quarts water
2 tablespoonfuls sugar
2 tablespoonfuls melted
shortening
6 quarts sifted flour
2 tablespoonfuls salt

White Bread

Over-night Method

THE over-night straight dough method has one special advantage—the process is largely completed during the night and the baking may be done while the day is still young.

The ingredients specified will make six large loaves. If this amount of Bread is not needed, take just half the quantities called for. In that case the remaining half cake of yeast can be kept in good condition several days by re-wrapping in tinfoil and keeping in a cool, dry place. Substitute milk for water if a richer Bread is desired.

Dissolve yeast and sugar in the water, which should be lukewarm in winter and cool in summer, add shortening, and half the flour. Beat until smooth, then add balance of the flour, or enough to make moderately firm dough, and the salt. Knead until smooth and elastic. Place in well-greased bowl and cover. Set aside to rise over night, or about nine hours.

In the morning mould into loaves. Fill well-greased pans half full, cover and let rise until light, or until loaves have doubled in bulk, which will be in about one and one-half hours. Bake forty-five to sixty minutes.

*Bread for economy,
health, food-satisfaction.*

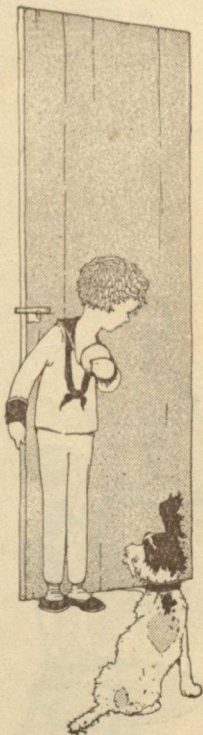


Cocoa Bread

COCOA Bread is a delightful Bread-delicacy. If desired, nuts and fruit may be added for greater richness. Tempting buns may also be made from this dough mixture and decorated with chocolate frosting. For particularly delicious sandwiches, use Cocoa Bread.

Dissolve yeast and one tablespoonful sugar in lukewarm milk; add three cups of flour and beat until smooth. Cover and set aside to rise in warm place until light—about one and one-half hours, then add butter and sugar creamed, eggs well beaten, cocoa, remainder of flour, or enough to make soft dough, and salt. Knead lightly, place in greased bowl. Cover and set aside in warm place, free from draught, until double in bulk—about two hours. Mould into loaves; place in well-greased Bread pans, filling them half full. Cover and let rise again until light—about one hour. Bake forty to forty-five minutes. This recipe makes two loaves.

1 cake
**FLEISCHMANN'S
 YEAST**
 2 cups milk, scalded
 and cooled
 1 tablespoonful sugar
 5½ cups sifted flour
 ½ cup sugar
 ½ cup cocoa
 ¼ cup butter
 2 eggs
 ½ teaspoonful salt



*The food equally good for work
 or play—BREAD.*

1 cake

FLEISCHMANN'S
YEAST

1 cup of milk, scalded
and cooled

2 cups lukewarm water

5 cups rye flour

1½ cups sifted white
flour

1 tablespoonful melted
shortening

1 tablespoonful salt

Rye Bread

American

RYE Bread is particularly rich in protein—that most valuable body-building element. Its zest and piquant flavor make it a welcome change, served “just so” or made into sandwiches with a variety of fillings.

Dissolve yeast in lukewarm liquid, add two and one-half cups rye flour, or enough to make sponge. Beat well. Cover and set aside in a warm place, free from draught to rise about two hours.

When light, add white flour, shortening, rest of rye flour, or enough to make a soft dough, and the salt. Turn on a board and knead, or pound it five minutes. Place in greased bowl, cover and let rise until double in bulk—about two hours.

Turn on board and shape into long loaves. Place in shallow pans, cover and let rise again until light—about one hour. Brush with white of egg and water, to glaze. With sharp knife cut lightly three strokes diagonally across top, and place in oven. Bake in slower oven than for white Bread. One tablespoonful Caraway seed may be used if desired. This recipe makes two loaves.

NOTE:—By adding one-half cup of sour dough, left from previous baking, an acid flavor is obtained, which is considered by many a great improvement. This should be added to the sponge.

*The food that puts pep into
the game—BREAD.*



Graham or Whole-Wheat Bread

THIS recipe gives Bread of an excellent flavor and richness, which may well be served occasionally to give variety to the diet. Both Graham and entire wheat are highly valuable in the dietary since they stimulate the process of digestion and give the digestive tract needed exercise.

Dissolve yeast and sugar, or molasses, in lukewarm liquid. Add shortening, then flour gradually, or enough to make a dough that can be handled, and the salt. Knead thoroughly, or "throw and roll" as shown on page 16, being sure to keep dough soft. Cover and set aside in a warm place to rise for about two hours.

When double in bulk, turn out on kneading board, mould into loaves, and place in well-greased pans, cover and set to rise again—about one hour, or until light. Bake one hour, in a slower oven than for white Bread.

This recipe makes two loaves.

- 1 cake
**FLEISCHMANN'S
YEAST**
- 1 cup milk, scalded and
cooled
- 4 tablespoonfuls light
brown sugar or
molasses
- 1 cup lukewarm water
- 2 tablespoonfuls melted
shortening
- 4 cups Graham flour
- 1 cup sifted white flour
- 1 teaspoonful salt



The big food value—BREAD.

Bran Bread

2 cakes

FLEISCHMANN'S
YEAST

2 cups milk, scalded
and cooled

1 cup lukewarm water

$\frac{1}{2}$ cup molasses

7 cups flour

5 cups bran

4 tablespoonfuls
shortening

2 tablespoonfuls salt

BRAN Bread made after this recipe is tasty and brimful of Bread-goodness—just the loaf to appeal to an epicure. The addition of one cup of raisins imparts richness and affords a pleasant change.

Dissolve the yeast in the lukewarm liquid. Add molasses and four cups sifted flour. Beat well. Then add the bran, shortening, balance of flour, or enough to make a dough that can be handled, and the salt.

Knead well, cover, let rise until double in bulk—about two hours. Divide into three loaves. Place in well-greased pans. Cover and let rise about forty-five minutes or until double in bulk. Bake forty-five minutes in a moderate oven.



*For between-meals hunger—
BREAD.*

Oatmeal Bread

OATMEAL Bread provides a remarkable amount of nourishment at slight expense. Chopped nuts (one-half cup) give this Bread an even more tempting flavor. It is best when cut the day after baking; use a very sharp knife.

Pour two cups of boiling water over oatmeal, cover and let stand until lukewarm; or oatmeal left from breakfast may be used. Dissolve yeast and sugar in one-half cup lukewarm water, add shortening and add this to the oatmeal and water. Add one cup of flour, or enough to make an ordinary sponge. Beat well. Cover and set aside in a moderately warm place to rise for one hour, or until light.

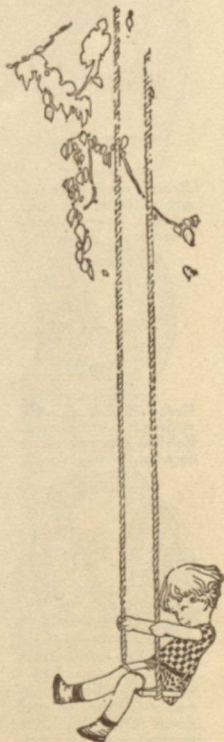
Add enough flour to make a dough—about three cups, and the salt. Knead well, or “throw and roll” as shown on following page. Place in greased bowl, cover and let rise in a moderately warm place, until double in bulk—about one and one-half hours.

Mould into loaves, fill well-greased pans half full, cover and let rise again about one hour. Bake forty-five minutes in a hot oven.

This recipe makes two loaves.

*Bread never “quarrels”
with other foods.*

- 1 cake
FLEISCHMANN'S
YEAST
- $\frac{1}{2}$ cup lukewarm water
- 2 cups boiling water
- 2 cups rolled oats
- $\frac{1}{4}$ cup brown sugar
- 2 tablespoonfuls melted
shortening
- 4 cups sifted flour
- 1 teaspoonful salt



Gluten Bread



Mix dough by stirring with hand (fingers spread) until particles cling.



Remove dough from bowl and strike it with force against board (lightly floured).



Keep hold of dough while striking it down on board. Roll like jelly roll, taking care not to tear dough.



Pick up the roll of dough at one end, repeat throwing and rolling about twelve times, or until dough is smooth. This method takes five minutes.

GLU TEN Bread is particularly desirable for use in the case of persons suffering from diabetes and other diseases where starch must be eliminated from the diet. Gluten is a body-builder, and is to wheat what lean is to meat—the big food value.

Dissolve yeast and sugar in lukewarm liquid. Add shortening, then flour gradually, and salt. Knead thoroughly until smooth and elastic, or "throw and roll" as shown on this page. Place in well-greased bowl. Cover and set aside in a warm place, free from draught, to rise until light, which should be in about two hours.

Mould into loaves, place in greased pans, filling them half full. Cover, let rise again, and when double in bulk, which should be in about one hour, bake in moderate oven for forty-five minutes.

This will make two one-pound loaves.

1 cake

FLEISCHMANN'S YEAST

1 cup milk, scalded and cooled

1 cup lukewarm water

1 tablespoonful sugar

1 tablespoonful melted shortening

3 cups gluten flour

1 teaspoonful salt

IMPORTANT: — For diet, double the amount of water and omit milk, shortening and sugar.

Raisin Bread

RAISIN Bread stands for "queen quality" among Breads. Made after this recipe it will give you Bread-enjoyment that you never knew before. Raisin Bread makes delicious toast. Whole wheat or Graham flour used in place of white flour affords a pleasing variety.

Dissolve yeast and one tablespoonful sugar in lukewarm liquid, add two cups of flour, the shortening and sugar well-creamed, and beat until smooth. Cover and set aside to rise in a warm place, free from draught, until light—about one and one-half hours.

When well-risen, add raisins well-floured, the rest of the flour, or enough to make a moderately soft dough, and the salt.

Knead lightly, or "throw and roll" as shown on page 16. Place in a well-greased bowl, cover and let rise again until double in bulk—about one and one-half hours.

Mould into loaves, fill well-greased pans half full, cover and let rise until light—about one hour. Glaze with egg diluted with water, and bake forty-five minutes.

This recipe makes two loaves.

- 1 cake
FLEISCHMANN'S
YEAST
- 1 cup lukewarm water
- 1 cup milk, scalded and cooled
- 1 tablespoonful sugar
- 6 cups sifted flour
- 4 tablespoonfuls shortening
- $\frac{3}{4}$ cup sugar
- 1 cup raisins
- 1 teaspoonful salt



Bread is rich in every substance needed to maintain health, promote vigor.

Nut Bread

1 cake

FLEISCHMANN'S
YEAST

1 cup milk, scalded and
cooled

1 tablespoonful sugar

3 cups sifted flour

$\frac{1}{3}$ cup sugar

2 tablespoonfuls
shortening

White of one egg

$\frac{3}{4}$ cup chopped walnuts

$\frac{1}{3}$ teaspoonful salt

WHEN you want Bread-goodness *plus*, make a loaf of Nut Bread after this recipe. It is a treat that combines deliciousness and big food value. The ingredients specified will make one medium-sized loaf or one dozen rolls.

Dissolve yeast and one tablespoonful sugar in lukewarm milk, add one and one-fourth cups flour and beat thoroughly. Cover and set aside in warm place fifty minutes, or until light.

Add sugar and shortening, creamed, white of egg beaten stiff, nuts, remainder of flour, or enough to make a dough, and the salt. Knead well, or "throw and roll" as shown on page 16. Place in greased bowl. Cover and set aside for about two and one-half hours to rise, or until double in bulk.

Mould into a loaf or small finger rolls, and place in well-greased pans. Protect from draught and let rise again until light—about one hour. Loaf should bake forty-five minutes; finger rolls six to eight minutes.



Bread is your child's best friend.

Parker House Rolls

THESE delightful little "individual Breads" are among the most popular of rolls. The name denotes the shape into which you mould them before the last lightening.

Dissolve yeast and sugar in lukewarm milk, add shortening and one and one-half pints of flour. Beat until perfectly smooth. Cover and let rise in a warm place one hour, or until light.

Then add remainder of flour, or enough to make a dough, and the salt. Knead well, or "throw and roll" as shown on page 16. Place in greased bowl. Cover and let rise in a warm place for about one and one-half hours, or until double in bulk.

Roll out one-fourth inch thick. Brush over lightly with melted butter, cut with two-inch biscuit cutter, crease through center heavily with dull edge of knife, and fold over in pocket-book shape.

Place in well-greased, shallow pans one inch apart. Cover and let rise until light—about three-quarters of an hour. Bake ten minutes in hot oven.

- 1 cake
FLEISCHMANN'S
YEAST
- 1 pint milk, scalded
and cooled
- 2 tablespoonfuls sugar
- 4 tablespoonfuls melted
shortening
- 3 pints sifted flour
- 1 teaspoonful salt

*The crowning touch to a
good dinner.*



1 cake

**FLEISCHMANN'S
YEAST**

$\frac{3}{8}$ cup milk, scalded
and cooled

$\frac{1}{2}$ cup lukewarm water

1 tablespoonful sugar

$3\frac{1}{2}$ cups sifted flour

1 scant teaspoonful salt

2 tablespoonfuls melted
shortening

Tea Biscuit

THESE Tea Biscuits make an ideal accompaniment for your salads, preserves and marmalades. Follow directions closely and you'll vote them fit to set before a king. They're particularly delicious served hot.

Dissolve the yeast and sugar in lukewarm liquid. Add shortening and half the flour. Beat until smooth. Add salt and then the rest of flour, or enough to make a moderately firm dough. Knead thoroughly, or "throw and roll" as shown on page 16. Roll out and cut with a biscuit-cutter. Place in well-greased, shallow pans, slight distance apart. Cover and set to rise about two hours or until double in bulk. When light, bake in a hot oven ten minutes.

Tea Rolls

USE the same recipe as for Tea Biscuit, but after rolling out dough and cutting it, fold it over into shape of rolls. Place in pans, set to rise and bake as in recipe given above.



They lend zest to afternoon tea.

Dinner Rolls

THESE are rolls that assure you out-and-out Bread-enjoyment with every course. You won't need to "trust to luck" if you follow this recipe.

Dissolve yeast and sugar in lukewarm milk. Add one and one-half cups flour and beat until smooth, then add white of egg well beaten, shortening, remainder of flour, or enough to make a moderately firm dough, and the salt.

Knead lightly, using as little flour in kneading as possible, or "throw and roll" as shown on page 16. Place in well-greased bowl. Cover and set to rise in a warm place, free from draught, until double in bulk—about two hours.

Mould into rolls the size of walnuts. Place in well-greased pans, protect from draught, and let rise one-half hour, or until light. Glaze with white of egg, diluted with water. Bake ten minutes in a hot oven.

- 1 cake
**FLEISCHMANN'S
YEAST**
- 1 cup milk, scalded and cooled
- 1 tablespoonful sugar
- 3 cups sifted flour
- White of one egg
- 2 tablespoonfuls melted shortening
- ½ teaspoonful salt



Enjoy the crisp all-goodness of these dainty "individual Breads."

Lunch Rolls

1 cake

FLEISCHMANN'S
YEAST

1¼ cups milk, scalded
and cooled

1 tablespoonful sugar

2 tablespoonfuls melted
shortening

4 cups sifted flour

1 egg

1 teaspoonful salt

NOTHING goes better with luncheon than a generous plateful of fresh, crusty rolls. This recipe will enable you to start your rolls as late as 9:30 a.m. and serve them warm and crisp at noon.

Dissolve yeast and sugar in luke-warm milk. Add shortening, and two cups of flour. Beat thoroughly, then add egg well beaten, balance of flour gradually, and salt.

When all of the flour is added, or enough to make a dough that can be handled, turn on board and knead lightly and thoroughly, using as little flour in the kneading as possible, or "throw and roll" as shown on page 16. Place in well-greased bowl. Cover and set aside in a warm place, free from draught, to rise about two hours.

When light, form into small biscuits the size of a walnut. Place one inch apart, in well-greased shallow pans. Let rise until double in bulk—about half an hour. Brush with egg and milk, and bake ten minutes in hot oven.



Ideal "side partners" to the other foods you serve.

Wheat Muffins

MUFFINS made by this recipe stand for a treat whether served at breakfast, luncheon or tea.

Dissolve yeast and sugar in lukewarm liquid. Add the shortening, eggs beaten until light, and flour to make a moderately stiff batter, then add the salt, and beat until smooth. Cover and set aside in warm place for about one hour. When risen, fill well-greased muffin tins half full. Cover and let rise again for about half an hour. Bake twenty minutes in a hot oven.

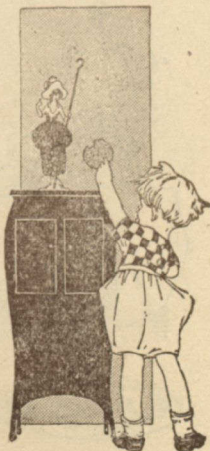
- 1 cake
- FLEISCHMANN'S YEAST**
- 1 cup milk, scalded and cooled
- $\frac{1}{4}$ cup lukewarm water
- 2 tablespoonfuls sugar
- 2 tablespoonfuls melted shortening
- 2 eggs
- 2 cups sifted flour
- $\frac{1}{2}$ teaspoonful salt

Graham Muffins

GRAHAM Muffins made the Fleischmann-way are unusually tasty and full of flavor. Once served, your family will insist on having them often.

Dissolve yeast and sugar, or molasses, in lukewarm milk, add shortening and egg well-beaten, then the Graham and white flour, gradually, enough to make a batter that drops heavily from the spoon. If necessary add a little more of each, then the salt and nuts, beating all the while. Beat until perfectly smooth, cover and set to rise in warm place until light—about one and one-half hours. Have muffin pans well greased and fill about two-thirds full. Cover and let rise to top of pans—about half an hour, and bake twenty minutes in hot oven.

- 1 cake
- FLEISCHMANN'S YEAST**
- 2 cups milk, scalded and cooled
- 4 tablespoonfuls molasses or brown sugar
- $\frac{3}{4}$ cup chopped nuts
- 4 tablespoonfuls melted shortening
- 1 egg
- $1\frac{1}{2}$ cups Graham flour
- 1 cup sifted white flour
- 1 teaspoonful salt



Any time is muffin-time.

1 cake

FLEISCHMANN'S YEAST

1 cup milk, scalded and cooled

1 cup lukewarm water

2 tablespoonfuls sugar

4 tablespoonfuls melted shortening

6 cups sifted flour

1 teaspoonful salt

English Muffins

MAKE your afternoon tea or Sunday supper "events" by serving these tempting muffins with marmalade or rich golden honey. They are the acme of deliciousness when split and toasted on a griddle.

Dissolve yeast and sugar in lukewarm liquid, add shortening and three cups of flour. Beat until smooth, add rest of flour, or enough to make a soft dough, and the salt. Knead until smooth and elastic or "throw and roll" as shown on page 16. Place in well-greased bowl, cover and set aside in warm place to rise. When double in bulk, which should be in about two hours, form with hand into twelve, large, round biscuits. Cover and set aside for about one-half hour.

Then, with rolling-pin, roll to about one-fourth inch in thickness, keeping them round. Have ungreased griddle hot and bake ten minutes. Brown on both sides. As they brown, move to cooler part of stove, where they will bake more slowly, keeping them warm in the oven until all are baked.



*The highwater mark of
Muffin-goodness.*

Oatmeal Muffins

OATMEAL Muffins are rich in nutrition, hence make splendid "growing food".

Boil the rolled oats and butter in milk one minute. Let stand until lukewarm. Dissolve yeast and sugar in lukewarm water, and combine the two mixtures. Add flour and salt, and beat well. The batter should be thick enough to drop heavily from the spoon. Cover and let rise until light, about one hour, in a moderately warm place. Fill well-greased muffin pans two-thirds full. Let rise about forty minutes, bake twenty-five minutes in a moderately hot oven.

Cornmeal Muffins

HERE'S an excellent breakfast or supper dish, especially suited to cool weather.

Dissolve yeast and sugar in lukewarm milk. Add shortening, cornmeal, flour, eggs and salt. Beat well. Fill well-greased muffin pans two-thirds full. Set to rise in warm place, free from draught, until light—about one hour. Bake in hot oven twenty minutes. This recipe makes a dozen muffins.

For over night, use one-fourth cake of yeast and an extra half teaspoonful salt. Cover and keep in cool place.

CORN BREAD: Use same recipe. Bake twenty minutes in well-greased, shallow pan.

1 cake
FLEISCHMANN'S YEAST
 ¼ cup lukewarm water
 3 tablespoonfuls sugar
 2 tablespoonfuls butter
 1 cup hot milk
 1 cup rolled oats
 ½ cup whole wheat flour
 ½ cup sifted white flour
 1 teaspoonful salt

1 cake
FLEISCHMANN'S YEAST
 2 cups milk, scalded and cooled
 2 tablespoonfuls light brown sugar
 4 tablespoonfuls melted shortening
 2 eggs well beaten
 2½ cups cornmeal
 1 cup sifted white flour
 1 teaspoonful salt



1 cake
FLEISCHMANN'S
YEAST

1 pint milk

1 quart flour

1 egg

1 tablespoonful granu-
lated sugar

1 quart mashed potatoes

$\frac{1}{2}$ teaspoonful salt

Butter (size of an egg)

Potato Biscuit

POATATO Biscuits that are light and tender, with a delicious melt-in-your-mouth goodness, are assured you if you follow these directions. These ingredients will make 45 Biscuits.

Bake and mash six large potatoes, enough to make one quart, place in bowl, add salt, sugar and butter. Take a cupful of the milk, heat till lukewarm, dissolve yeast cake in it, and add enough flour to make a sponge—about one cup. Set sponge aside in warm place, free from draught, to rise.

Bring balance of the milk to boiling point and then add it to bowl containing the potatoes, salt, sugar and butter.

When sponge has risen and dropped back, add it to bowl containing the other materials, also add the egg well beaten, remainder of flour and mix all together thoroughly.

Let rise in a warm place. Butter a baking sheet and drop the mixture from a tablespoon, as the dough should not be handled. Let rise again and bake from fifteen to twenty minutes.



*One of the greatest Bread-
delicacies.*

Potato Buns

THESE Buns are very good and tasty and afford a zestful variation. The potato gives them a moist, keep-fresh quality.

Dissolve yeast and tablespoonful sugar in the lukewarm liquid, add potatoes and two cups sifted flour. Stir well, let rise about a half hour.

Then add shortening, the sugar and egg creamed and about two and a half cups sifted flour, or enough to make dough that can be handled. Cover, let rise two hours, or until dough has doubled in bulk. Form into buns, place in well-greased pans and let rise about one and one-half hours.

When light, bake twenty-five minutes. If lard is used instead of butter, add a half teaspoonful salt.

Place in pan, brush over with butter and sprinkle with cinnamon and pulverized sugar. Let rise again and bake thirty minutes.

An excellent cinnamon cake can be made from this dough. Take a small quantity of it, add enough flour to stiffen and roll out about half-inch thick.

1 cake
FLEISCHMANN'S
YEAST

1 tablespoonful sugar
1 cup milk, scalded and cooled
1 cup sugar
 $\frac{1}{2}$ cup mashed potatoes
 $4\frac{1}{2}$ cups sifted flour
 $\frac{1}{2}$ cup shortening
1 egg



Goodness explains why these Buns disappear as by magic.

Sally Lunn

1 cake

FLEISCHMANN'S
YEAST

2 cups milk, scalded and
cooled

1 tablespoonful sugar

4 tablespoonfuls butter,
melted

4 cups sifted flour

2 eggs

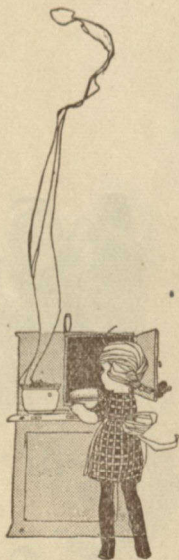
1 teaspoonful salt

SALLY LUNN is one of the most popular of the fancy Breads, and makes a delicious accompaniment to tea. It should be broken apart with a fork; never cut with a knife. Serve hot.

Dissolve yeast and sugar in luke-warm milk. Add butter, then flour, eggs well beaten, and the salt. Beat until perfectly smooth. Pour into well-greased pans.

Cover and let rise in a warm place, free from draught, until double in bulk—about one and one-half hours.

Sprinkle one tablespoonful granulated sugar over top and bake twenty minutes in hot oven. This recipe will fill two medium cake pans.



*Vary your menu by serving Sally Lunn.
Good at any meal, any season.*

Waffles

WAFFLES make a most tempting breakfast dish. Served crisp and piping hot, with plenty of fresh butter and thick golden honey or maple syrup, they're food for an epicure.

Dissolve yeast and sugar in lukewarm milk. Add shortening flour, salt, and eggs well beaten. Beat thoroughly until batter is smooth. Cover and set aside to rise in a warm place, free from draught, for about one hour

When light, stir well. Have both sides of waffle iron hot and well greased. Fill the cooler side. Brown on one side, turn the iron and brown on the other side. If batter is too thick, the waffles will be tough.

If wanted for over night, use one-fourth cake of yeast and an extra half teaspoonful salt. Cover and keep in a cool place.

- 1 cake
**FLEISCHMANN'S
YEAST**
- 2 cups milk, scalded
and cooled
- 1 tablespoonful sugar
- 1 tablespoonful melted
shortening
- 2½ cups sifted flour
- 1 teaspoonful salt
- 2 eggs



*The ting-a-ling of the bell sounds
sweetest when waffles are waiting.*

1 cake

FLEISCHMANN'S YEAST

1 cup of milk, scalded and cooled

2 tablespoonfuls light brown sugar

2 tablespoonfuls melted shortening

1 cup lukewarm water

2 cups sifted flour

2 eggs

1 teaspoonful salt

1 cake

FLEISCHMANN'S YEAST

2 cups milk, scalded and cooled

2 tablespoonfuls brown sugar or molasses

1½ cups cornmeal

1 cup sifted flour

1 teaspoonful salt

2 eggs



Wheat Griddle Cakes

A PLATE of "wheats" is a breakfast treat any season of the year.

Dissolve yeast and sugar in lukewarm liquid. Add shortening, then flour gradually, the eggs well beaten, and salt. Beat thoroughly until batter is smooth.

Cover and set aside for about one hour, in a warm place, free from draught, to rise. When light, stir well and bake on hot griddle. If wanted for over night, use one-fourth cake of yeast and an extra half teaspoonful salt. Cover and keep in a cool place.

Cornmeal Griddle Cakes

DISSOLVE yeast in lukewarm milk, add sugar or molasses, then flour, eggs well beaten, salt and cornmeal and beat three minutes. Cover and set aside to rise in a warm place for about one hour or until light. Stir well. Bake on hot griddle. If wanted over night, use one-fourth cake yeast and an extra one-half teaspoonful salt. Cover and keep in cool place.

Buckwheat Cakes

BUCKWHEAT Cakes, prime favorites in years gone by, are still liked by many people. Made light as a feather and served at breakfast with tasty sausage or chops, they have a savory richness all their own.

Dissolve yeast and sugar in lukewarm liquid, add buckwheat and white flour gradually, and salt. Beat until smooth. Cover and set aside in warm place, free from draught, to rise—about one hour. When light, stir well and bake on hot griddle.

If wanted for over night, use one-fourth cake of yeast and an extra half teaspoonful of salt. Cover and keep in a cool place.

Plain Frosting

THIS frosting is appropriate for plain cakes, coffee cakes, buns, ginger cakes, etc. It may be varied by using different flavors such as lemon juice, almond, rose or melted chocolate.

Rub the sugar free of all lumps, and add slowly just enough liquid to make a moderately thick paste. Water will make a more transparent frosting than milk.

Better than Big Ben to shake you from your morning slumbers—a plateful of buckwheat cakes for breakfast.

- 1 cake
- FLEISCHMANN'S YEAST**
- 2 cups lukewarm water
- 1 cup milk, scalded and cooled
- 2 tablespoonfuls light brown sugar
- 2 cups buckwheat flour
- 1 cup sifted white flour
- 1½ teaspoonfuls salt

- 1 cup fine powdered or confectioners, sugar
- 2 tablespoonfuls milk or warm water
- ¼ teaspoonful vanilla



2 cakes

FLEISCHMANN'S
YEAST

1 cup milk, scalded and
cooled

1 cup lukewarm water

1 tablespoonful sugar

7 cups sifted flour

6 tablespoonfuls
shortening

$\frac{1}{2}$ cup sugar

3 eggs

$\frac{1}{2}$ teaspoonful salt

Currant Tea Ring

SIMPLY delicious! This recipe makes two large or three small rings.

Dissolve yeast and one table-spoonful sugar in lukewarm liquid. Add three cups of flour and beat until smooth. Add shortening and sugar, thoroughly creamed, and eggs beaten until light, the remainder of the flour gradually, or enough to make a moderately soft dough, and the salt. Turn on board, knead lightly. Place in greased bowl. Cover and set aside in a warm place to rise, for about two hours.

Roll out in oblong piece, one-fourth-inch thick. Brush with melted butter. Sprinkle with brown sugar, currants and cinnamon. Roll up lengthwise and place in a circle on a large, shallow greased pan or baking sheet. With scissors cut three-fourth-inch slices, almost through. Turn each slice partly on its side, pointing away from center. This should give the effect of a many-pointed star, and show the different layers with the filling.

Cover and let rise one hour, or until light, and bake twenty-five minutes. Just before putting in oven, glaze with egg, diluted with milk. Ice while hot with plain frosting. (See recipe for frosting on page 31.)

Cinnamon Rolls

CINNAMON Rolls may be made by cutting entirely through and laying side by side in a pan.



Children's Buns

THIS goody is a big favorite with the children. They love to find such a treat in their school lunch-box.

Dissolve the yeast and one tablespoonful sugar in lukewarm milk, and add to it three cups of flour to make an ordinary sponge. Beat well. Cover and set aside in a warm place to rise, for about an hour.

When light, add to it the butter and sugar creamed, egg well beaten, the currants, which have previously been floured, and the remainder of the flour, or sufficient to make a moderately soft dough, and salt with the last of the flour.

Knead lightly, or "throw and roll" as shown on page 16. Place in greased bowl, cover and set aside in a warm place, free from draught, to rise for about two to two and one-half hours. When well-risen, turn out on a kneading board and mould into rolls. Place in well-greased pans, cover and let rise again for about one hour, or until double in bulk.

Brush with egg diluted with milk. Bake in a hot oven for about fifteen or twenty minutes. Upon removing from oven, sprinkle with powdered sugar.

- 1 cake
**FLEISCHMANN'S
YEAST**
- 2 cups milk, scalded and cooled
- 1 tablespoonful sugar
- 6 cups sifted flour
- $\frac{1}{2}$ cup butter
- 1 cup sugar
- 1 egg
- 1 cup currants
- $\frac{1}{2}$ teaspoonful salt



So satisfying that the children forget to tease for harmful sweets and pastries.

1 cake
FLEISCHMANN'S
YEAST

1 cup milk, scalded and
cooled

$\frac{3}{4}$ cup lukewarm water

1 tablespoonful sugar

4 cups sifted flour

$\frac{3}{4}$ cup sugar

3 tablespoonfuls butter

1 egg

$\frac{1}{2}$ teaspoonful lemon
extract

1 teaspoonful salt

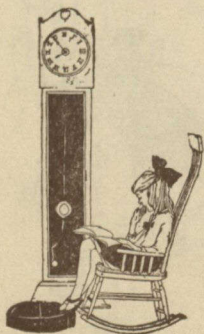
Sweet French Buns

BUNS made after this recipe are just as pleasing to the eye as they are delicious and appetizing.

Dissolve yeast and one table-
spoonful sugar in the lukewarm
liquid. Add enough flour to
make an ordinary sponge—about
one and one-half cups. Beat un-
til perfectly smooth. Cover and
set aside in a warm place to rise
for fifty minutes, or until light.

Add sugar and butter creamed,
egg beaten, lemon extract and
about two and one-half cups of
flour, or enough to make a mod-
erately soft dough, and the salt
with the last of the flour.

Knead until smooth and elastic,
or "throw and roll" as shown
on page 16. Place in greased
bowl, cover and set aside in
a warm place to rise until
double in bulk—about one hour.
Turn out on board and shape
as cloverleaf rolls, or any fancy
twist. Let rise until light, about
one hour. Bake in hot oven fif-
teen minutes.



*Serve them with hot chocolate and
assure yourself a real treat.*

Hot Cross Buns

THE quaint old-world custom of serving Hot Cross Buns on Good Friday has been widely adopted in "the States." You'll like them made by these directions.

Dissolve yeast and two tablespoonfuls sugar in lukewarm milk. Add three and one-quarter cups flour, to make sponge. Beat until smooth, cover and let rise until light, in warm place, free from draught—about one hour. Add butter and sugar creamed, eggs well beaten, raisins or currants, which have been floured, rest of flour, or enough to make a moderately soft dough, and salt. Turn on board, knead lightly, place in greased bowl.

Cover and set aside in warm place, until double in bulk, which should be in about two hours. Shape with hand into medium-sized round buns, place in well-greased shallow pans about two inches apart. Cover and let rise again—about one hour, or until light.

Glaze with egg diluted with water. With sharp knife cut a cross on top of each. Bake twenty minutes. Just before removing from oven, brush with sugar moistened with water. While hot, fill cross with plain frosting.

- 2 cakes
**FLEISCHMANN'S
YEAST**
- 2 cups milk, scalded and cooled
- 2 tablespoonfuls sugar
- 7½ cups sifted flour
- ½ cup butter
- ⅔ cup sugar
- 2 eggs
- ½ cup raisins or currants
- ½ teaspoonful salt



What would the Easter season be without Hot Cross Buns?

English Bath Buns

2 cakes

FLEISCHMANN'S
YEAST

$\frac{1}{2}$ cup milk scalded and
cooled

1 tablespoonful sugar

$\frac{1}{2}$ cup butter, melted

4 eggs

4 cups sifted flour

$\frac{1}{2}$ teaspoonful salt

5 tablespoonfuls sugar

1 cup almonds,
chopped

NEXT time you plan to give your family a genuine treat, make some English Bath Buns, using this recipe. They have the rich nutty flavor that stands for Bread-enjoyment.

Dissolve yeast and one table-
spoonful sugar in lukewarm
milk. Add butter, eggs, un-
beaten, flour gradually, and the
salt, beating thoroughly. This
mixture should be thick, but not
stiff enough to handle. Cover
and let rise in warm place one
and one-half hours, or until light.

Sprinkle balance of sugar and
almonds over top, mix very
lightly and drop into well-
greased muffin pans. Cover and
let rise until light, which should
be in about one-half hour.

Bake fifteen to twenty minutes
in a moderately hot oven. These
buns should be rough in appear-
ance.



The very acme of Bun-goodness.

Oven Scones

THESSE Scones—buttered while piping hot and served with preserves or fresh honey—are the top-notch of deliciousness.

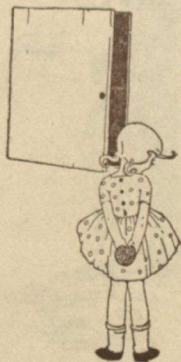
Dissolve yeast and one tablespoonful sugar in lukewarm milk, add three cups flour and beat well. Cover and let rise in warm place, free from draught, until light—about one hour.

Then add butter and sugar creamed, the egg well beaten, fruit well-floured, balance of flour, or enough to make a moderately soft dough, and the salt. Turn on board, knead lightly. Form into twelve round cakes. Cover and allow them to rise fifteen minutes.

Then roll one-fourth inch thick, cut across each way nearly through, making an impression of four cakes. Place in well-greased pans.

Let rise about one hour, or until double in size. Then brush with egg diluted with water. Bake fifteen minutes in moderately hot oven.

- 2 cakes
- FLEISCHMANN'S YEAST**
- 2 cups milk, scalded and cooled
- 1 tablespoonful sugar
- 1 cup sugar
- $\frac{1}{8}$ cup lard or butter
- 1 egg
- 1 cup raisins
- $\frac{1}{2}$ cup citron
- $6\frac{1}{2}$ cups sifted flour
- 1 teaspoonful salt



Scones provide the sort of satisfying goodness that makes you feel friendly to the whole world.

Zwieback

1 cake
**FLEISCHMANN'S
 YEAST**
 ½ cup milk, scalded and
 cooled
 2 tablespoonfuls sugar
 ¼ cup melted
 shortening
 2 eggs
 2¾ cups sifted flour
 ½ teaspoonful salt

ZWIEBACK (twice-baked Bread) is toast par excellence and enjoys a wide popularity. The second baking changes some of the starch to dextrine, which promotes ease of digestion.

Dissolve yeast and sugar in lukewarm milk. Add three-fourths cup of flour and beat thoroughly. Cover and set aside, in a moderately warm place, to rise for fifty minutes.

Add shortening, eggs well beaten, enough flour to make a dough—about two cups—and salt. Knead, shape into two rolls one and one-half inches thick, and fifteen inches long. Protect from draught and let rise until light, which should be in about one and one-half hours.

Bake twelve minutes in a hot oven. When cool cut diagonally into one-half inch slices. Place on baking sheet and brown in a moderately hot oven. It is better when the second baking is done twenty-four hours after the first, though it may be done sooner if desired.



*Here is Bread delicacy in ideal form.
 Serve with piping hot milk
 or rich chocolate.*

Cinnamon Cake

- 1 cake
**FLEISCHMANN'S
YEAST**
- $\frac{1}{2}$ cup milk, scalded and
cooled
- 1 tablespoonful sugar
- 2 cups sifted flour
- $\frac{1}{2}$ cup light brown sugar
- 2 tablespoonfuls butter
- 1 egg
- $\frac{1}{4}$ teaspoonful salt

CINNAMON Cake, always satisfying and delicious, is one of the most popular of the raised cakes. Surprise your family with one made by this recipe.

Dissolve yeast and one tablespoonful sugar in the lukewarm milk. Add three-fourths cup flour to make sponge. Beat well, cover and let rise forty-five minutes in a moderately warm place.

Add butter and sugar creamed, egg well beaten, about one and one-fourth cups flour, or sufficient to make a soft dough, and the salt. Knead lightly, place in greased bowl. Cover and let rise in a warm place about two hours, or until double in bulk.

Roll one-half inch thick and place in well-greased pan and let rise until light—about an hour and a half. Cut across top with sharp knife, brush with egg, sprinkle liberally with sugar and cinnamon. Bake twenty minutes in a moderately hot oven.



A cake you can bank on for wholesome deliciousness.

Apple Cake

1½ cakes
FLEISCHMANN'S
YEAST

1 cup milk, scalded and
cooled

1 tablespoonful sugar

3½ cups sifted flour

¼ cup butter

½ cup sugar

2 eggs

¼ teaspoonful salt

5 apples

MAKING good Apple Cake is an art. This recipe will assure you Apple Cake in which the rich, tender apple-flavor mingles with blended sugar and cinnamon to produce a most tempting goody.

Dissolve yeast and one tablespoonful sugar in lukewarm milk, add one and one-half cups flour to make a sponge and beat until smooth. Cover and set aside in warm place until light—about three-quarters of an hour.

Have sugar and butter well creamed, add to sponge. Then add eggs well beaten, rest of flour or enough to make a soft dough, and salt. Knead lightly. Place in well-greased bowl. Cover and set aside to rise—about two hours.

Roll half an inch thick. Place in two well-greased, shallow pans. Brush with butter, sprinkle with sugar. Cut apples in eighths and press into dough, sharp edge downward. Sprinkle with cinnamon. Cover and let rise about one-half hour.

Bake twenty minutes. Keep covered with pan for first ten minutes, in order that the apples may be thoroughly cooked.



*A dessert goody, rich and
full-flavored.*

Doughnuts

YOU can bank on these directions to give you Doughnuts that are light, tender and crispy-crustled. They do not absorb the grease because they rise before being immersed in it.

Dissolve yeast and one tablespoonful sugar in lukewarm liquid, add one and one-half cups of flour and beat well. Cover and set aside to rise in warm place for about one hour or until bubbles burst on top.

Add to this the butter and sugar creamed, mace, egg well beaten, the remainder of the flour to make a moderately soft dough, and the salt. Knead lightly. Place in well-greased bowl. Cover and allow to rise again in warm place for about one and one-half hours. When light, turn on floured board, roll to about one-third inch in thickness. Cut with small doughnut cutter, cover and let rise again, in warm place until light—about forty-five minutes.

Drop into deep, hot fat with side uppermost which has been next to board. When a film of smoke begins to rise from fat, it will be found a good temperature to fry the doughnuts; or when the fat is hot enough to brown a one-inch square of Bread in 40 seconds the temperature is correct. Fry to a golden brown, drain and roll at once in powdered sugar.

*Doughnuts are real food
for real people.*

- 1 cake
FLEISCHMANN'S
YEAST
- 1 $\frac{1}{4}$ cups milk, scalded
and cooled
- 1 tablespoonful sugar
- 4 $\frac{1}{2}$ cups sifted flour
- $\frac{1}{2}$ cup sugar
- 3 tablespoonfuls butter
- $\frac{1}{4}$ teaspoonful mace
- 1 egg
- $\frac{1}{4}$ teaspoonful salt



Coffee Cake

1½ cakes
FLEISCHMANN'S
YEAST

1 cup milk, scalded and
cooled

1 tablespoonful sugar

3 cups sifted flour

½ cup butter

1 cup sugar

⅙ teaspoonful mace

1½ cups mixed fruit—
citron, raisins,
currants, in equal
parts

¼ teaspoonful salt

3 eggs

TEST the goodness of this Coffee Cake for yourself. It's delightful any time—for luncheon, afternoon tea or Sunday supper. With hot chocolate or rich creamy milk, it makes a tasty and nutritious meal.

Dissolve yeast and one tablespoonful sugar in the lukewarm milk, add one and one-half cups of flour. Beat well. Cover and set aside, in a warm place, to rise one hour, or until light.

Add to this the butter and sugar creamed, the mace, the fruit which has been floured, the balance of the flour, or enough to make a good cake batter, the salt, and eggs well beaten. Beat for ten minutes.

Pour into well-buttered molds, filling them about half full, cover and let rise until molds are nearly full, then bake in a moderate oven. If made into two cakes, they should bake forty-five minutes; one large cake should bake one hour.



*Serve with your morning cup—it
brings a smile that won't come
off all day.*

Bohemian Hoska

TO beaten egg, add sugar and butter creamed. Beat until light. Add milk which has been scalded and cooled, stir well, then add yeast which has been previously dissolved in lukewarm water, and two cups of sifted flour, to make a thin batter. Beat until smooth. Cover and let rise until light—about one hour. Add almonds, citron and raisins well-floured, the rest of the flour, or enough to make a soft dough, and lastly, the salt. Knead well. Cover and set aside in warm place, free from draught, to rise until double in bulk—about one and one-half hours. Divide into three parts. Make three braids, place in well-greased pan, one on top of the other. Let rise thirty minutes. Brush with egg, diluted with water. Bake in moderate oven forty-five to fifty minutes. While hot, ice with plain frosting.

See recipe for plain frosting, page 31.

- 1 cake
- FLEISCHMANN'S YEAST
- $\frac{1}{4}$ cup lukewarm water
- 2 cups milk, scalded and cooled
- $\frac{1}{2}$ cup sugar
- $\frac{1}{2}$ cup citron cut fine
- $\frac{1}{3}$ cup butter
- 1 egg
- $\frac{1}{2}$ teaspoonful salt
- $\frac{1}{2}$ cup raisins
- $\frac{1}{2}$ cup almonds chopped



Only sweet dreams after a Bread-and-Milk supper.

Savarins

1 cake

FLEISCHMANN'S
YEAST

$\frac{1}{2}$ cup milk, scalded and
cooled

2 tablespoonfuls sugar

2 cups sifted flour

$\frac{3}{4}$ cup almonds, blan-
ched and shredded

$\frac{1}{2}$ cup butter, melted

4 eggs

$\frac{1}{4}$ teaspoonful salt

WHEN you want a dessert that is "different"—something for special occasions—serve Savarins made after this recipe. It is a dessert highly esteemed in France.

Dissolve yeast and sugar in luke-warm milk. Add one-half cup flour. Beat well. Cover and set aside in warm place, free from draught, for fifteen minutes.

Then add rest of flour, almonds, butter, eggs unbeaten, one at a time, and the salt. Beat ten minutes. Pour into small well-buttered molds, cover and set aside to rise in warm place, free from draught, until double in bulk—about forty-five minutes.

Bake forty-five minutes in moderate oven. Fill center with whipped cream and serve with a hot sauce made as follows:

Sauce

BOIL to syrup—about three minutes—and flavor with orange or lemon juice.



The dessert par excellence—well suited to company occasions.

Brioche

YOU will find Brioche delightful to serve at your afternoon teas and coffees. It also answers as a tasty dessert. Brioche may be shaped in other ways than the twist described—for instance, in small balls or baked in little well-greased tins with ribbed edges.

Dissolve yeast and one tablespoonful sugar in lukewarm milk, add one cup of flour to make sponge. Beat well. Cover and set to rise in warm place, free from draught, until light—about three-quarters of an hour.

To the rest of the flour add one tablespoonful sugar, butter softened, four eggs and salt. Beat all in well. Add sponge and beat again thoroughly; then the other four eggs, unbeaten, one at a time, beating thoroughly. Cover and let rise until light—about four hours—and beat again.

Chill in refrigerator over night. In the morning shape by rolling under hand into long strips about twenty-seven inches long and three-fourths inch thick; bring ends together and twist like a rope. Form into rings, place on well-buttered pans to rise.

When double in size, glaze with white of egg diluted with water. Bake in a moderately hot oven fifteen minutes. Ice, while hot, with plain frosting. Spread with almonds.

Brioche—a goody that finds favor with home folks and guests.

- 1 cake
**FLEISCHMANN'S
YEAST**
- $\frac{1}{2}$ cup milk, scalded and cooled
- 2 tablespoonfuls sugar
- 4 cups sifted flour
- 1 cup butter
- 8 eggs
- 1 teaspoonful salt



Yeast and the Family's Health

YEAST today is being eaten by an ever-growing number of people for their health—since conditions of modern life have brought about an enormous increase in certain human ailments.

Physicians will tell you that practically every family includes at least one sufferer from constipation.

If vitality is low, if the digestive organs are out of order, if pimples and boils have begun to tell their tale—then, all too often, the poisons of constipation are flooding the whole system.

Concentrated in every yeast-cake are millions of tiny yeast-plants, alive and active, which act upon the body-tissues in a variety of ways:

- toning up and strengthening the intestinal muscles, so that the body is kept free of poisonous waste.
- freshening the complexion, clearing the skin of boils and skin eruptions.
- restoring the digestive organs to normal action—helping proper assimilation of nourishment from the food eaten and building new stores of healthy vitality.

Dissolve one cake in a glass of water, just hot enough to drink—before breakfast and at bed-time. Yeast when taken this way is especially effective in overcoming or preventing constipation. Or eat 2 or 3 cakes a day before or between meals just plain from the cake (some like to add a sprinkle of salt). Spread them on bread or crackers, or dissolve them in milk or fruit juices.



Write for free booklet explaining in detail the value of Yeast for Health.