

3d
Per Bottle

Pepsi-Cola is here!

THE AFRICAN WEEKLY OCT. 17, 1956.

These Royal
DOUGHNUTS
are the Best
Ever!

By Beauty Zama of Durban

"Royal Baking Powder makes home baking easy and sure. Everything I bake with Royal is delicious and really tasty!"

MAKE RICH ROYAL DOUGHNUTS THIS EASY WAY

HAVE READY

2 beaten eggs	4 cups flour
1 cup sugar	4 teaspoons Royal Baking Powder
4 tablespoons shortening (Butter, margarine or a good cooking fat)	Half a teaspoon salt
1 cup sour milk or buttermilk	1/2 teaspoon bicarbonate of soda (baking soda)

Put a saucapan of cooking oil or cooking fat on the fire to get hot.

HOW TO MIX

Step 1. Mix the beaten egg, sugar, melted shortening and milk in the mixing bowl.

Step 2. Sift or mix lightly the flour, Royal Baking Powder, salt and baking soda, then add the dry mixture to the egg mixture. Mix into a very soft dough. If the dough is too soft for rolling then add a little more dry flour. Knead into a soft dough.

Step 3. Roll out the dough on a floured table to about half an inch thick, and cut with a doughnut cutter or cut into rounds with a small glass.

Step 4. Drop the doughnuts, a few at a time, into the hot cooking fat and cook until lightly browned. Turn them over once so that both sides are browned. Drain them on crumpled paper and then dip them into sugar, sugaring both sides.

Royal
IS THE DOUBLEACTING BAKING POWDER

New Cookbook!
"HOW TO BAKE THE ROYAL WAY"
Over 70 delicious money saving Royal recipes for 1/1. To get your copy send a Postal Order for 1/- to ROYAL BAKING POWDER, Dept. 221, Box 321, Pieter, C.P.

ZONK, November.

Mpatseni mwana wanu Incumbe Baby Food ndipo adzakula bwino ndiponso oyenera thupi lace ngati Tombikayise Nala

Mai akwaa Nala akuti: "Ndinayamba kumpatsa Tombikayise Incumbe pamene anali wa mizi inai ya msinkhu. Waoneka kukhala wokongola kayambura mihawi imenyoyi, ndiponso amajozeka kukenera milungu ndi mulungu. Tsopano ali wa mizi isanu ndi itatu ndipo aliynene akungoti cimwana kokulupala bwino cimwini!"

Mai stenetta Nala aka Chesterville.

INCUMBE
ndi cakudya cokwanira ca ana cifukwa ciri ndi mkaka ndi suga

Incumbe ndi cakudya cina capadera ca ana. Adotolo ndo Ananwino onse amati Incumbe ndi cakudya ceni-ceni ku ana. Cimpatasa ana cakudya cokwanira kati akule ndi mphanwini. Ngati mwana wanu ali wang'ono m'patseni Incumbe mu botolo ngati mkaka. Pamene ayojiza makishi mu pangirini ndiwa kale pamodzi ndi Incumbe, inu mudzangaoojiza madzi, ndi kuphika.

CAUTION: Mungatho kutandira kabaka kamene kamufokona cakubikidira ka zakudya zoyambura kuzama za Incumbe ziz ana ngati mizalambura kalata kwa Hind Bros. & Co. Ltd., Dept. 340 I, Umhlobo, Natal, Mianalophere kuzale cimenyo cimwini muhuma ca kabakako: Cleverly, Cleo, Cicoxa, Cichona, Kapasa Ciotho.

AFRICAN WEEKLY NOV. 28, 1956.

When you buy a new saucepan say

"I WANT A Hart aluminium SAUCEPAN"

DOUBLE BOILER. This strong saucepan will cook your boiled foods without burning them, or you can use it as two separate saucepans.

TRIPLE STEWPAKS. These saucepans, with long handles made from tinned steel will last you a lifetime. They can be used on either a pressure stove or an open fire, and you can cook 3 foods at the same time.

OVAL ROASTING PAN. Meat cooked in this roasting pan is always tender and tastes better.

Do what we have done for 20 years. Ask for HART saucepans and you will be right.

BUY ONLY SAUCEPANS WITH THE WORD Hart ON THE LABEL—they are better value for your money

Drum October 1956.

Biza Ipakete Ebonvu
ENKULU EBETELE
IPEPPERMINT

"THE BIGGER BETTER PEPPERMINT"

"Ask for the red packet"

IMVO YABANTSHINDU Nov. 2, 1956

CROSSE & BLACKWELL HERRING
finest for flavour
fresh from the sea

Agents: BELLETIER (S.A.) (PVT) LTD., P.O. Box 1270, Salisbury; P.O. Box 1221, Bulawayo; P.O. Box 47, Ndola; P.O. Box 200, Lombe

Bantu Mirror 22.12.56

NO COOKING

Royal INSTANT PUDDING
NO COOKING
8 FLAVOURS

Delicious Royal Instant Pudding is so easy a child can make it. No cooking, and what's more, no refrigerator is needed! Made in a minute and full of nourishment.

COCONUT CREAM
VANILLA CARAMEL
BUTTERS COTCH
CHOCOLATE
STRAWBERRY-LEMON
BANANA

Golden City Food 4-11-56.

That Cow & Gate Look!

Give YOUR Baby that COW & GATE LOOK—the Look of Health—of Happiness and Contentment—the Look that every Mother wants to see!

And it isn't a difficult matter. Sound advice on infant feeding, so easily obtainable nowadays, invariably concludes with a recommendation of COW & GATE. Yes, that's what Baby needs and what you should get—the Food of Choice—chosen in recent years for 14 Royal Babies.

All over the world today babies give their smiling message of Happiness and Progress—that COW & GATE LOOK!

COW & GATE MILK FOOD
The FOOD of ROYAL BABIES

THE AFRICAN EAGLE. DECEMBER 4, 1956.

NOVEMBER, 1956 RADIO POST Page 35

"I SHALL FEED ALL MY BABIES ON INCUMBE BABY FOOD"
Says Mrs. Phyllis Sikosana

"My baby is 5 months old, but she looks older because she is so big," watch them grow big, strong and healthy.

FREE! You can get a Free Leaflet that tells you how to use Incumbe baby food and how to cook other foods for your baby if you write to Hind Bros. & Co., Ltd., Dept. 340 I, Umhlobo, Natal. Please say whether you want your leaflet in English, Zulu, Xhosa, Sindebele, Shona or Swahili language.

Incumbe is a very special baby food. Doctors and Nurses recommend Incumbe baby food because Incumbe is a complete baby food and provides all the nourishment baby needs. Incumbe baby food contains milk powder and sugar, so all you have to do is to add water and boil the mixture for 5 minutes. Put your babies on Incumbe baby food and watch them grow big, strong and healthy.

INCUMBE BABY FOOD ALSO MAKES THE BEST PORRIDGE FOR YOUR BABY.

THIS IS HOW YOU MAKE INCUMBE BABY FOOD.

- 1 Measure the correct quantity of Incumbe baby food.
- 2 Mix it with the correct quantity of fresh water.
- 3 Pour the mixture into your cooking pan.
- 4 Boil it for 5 minutes, keeping it stirred.
- 5 Put it into your mug to cool.
- 6 Your Incumbe porridge or bottle feed is now ready.

INCUMBE
is the complete baby food because it contains milk and sugar.

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