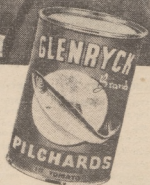
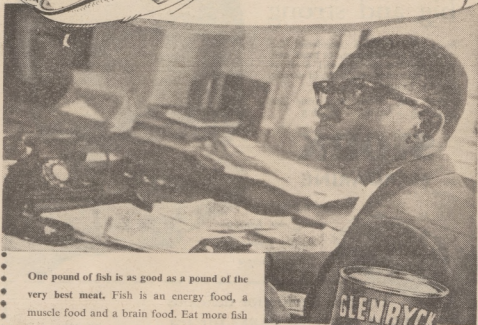


Fish is the food that makes good heads think better!

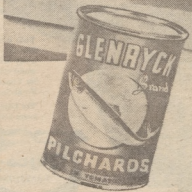


GLENRYCK
The most popular canned fish in Africa

One pound of fish is as good as a pound of the very best meat. Fish is an energy food, a muscle food and a brain food. Eat more fish and you'll feel better, work better, think better. Buy your fish in the Glenryck tin. It's real good food—tasty and juicy. There's no cooking to do. Glenryck fish are ready to eat and one tin makes a meal for the whole family. Be sure to try Glenryck fish in tomato sauce—it's really tops! Always look for the Glenryck name on the tin. It's the most popular canned fish in Africa—at the most popular price. You can enjoy it often!

Golden City Post 27.1.57

Fish is the food that makes good workers work better!



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C.C.P. 3.2.57

Golden C. Post 10.2.57

Fish is the food that makes good players play better!



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Men who work need Milk

Why?

MILK is a food and gives you energy. Working men must be full of energy. Milk makes you strong, keeps you healthy.

WHAT IS THE BEST MILK?

Klim

KLIM is pure, strong milk kept safe and clean in a tin. KLIM powder stays fresh in a tin a long time—AND DOES NOT GO BAD.

KLIM IS THE BEST MILK YOU CAN BUY
A tin of KLIM lasts a long time and will make over 6 bottles of wonderful, sweet-tasting, safe milk. To make KLIM powder into milk this is what you must do.



- 1 Pour as many cups of water into a jug or basin as you want to make into milk.
 - 2 Add to the top of the water, 4 level table-spoonfuls of KLIM powder for each cup of water you put into the jug or basin.
 - 3 Mix well. A fork is a good thing to use. Stir the KLIM powder and water together until they are completely mixed.
 - 4 See how creamy and good it looks, how it foams like milk straight from the cow.
 - 5 Taste it—KLIM is the nicest, strongest milk you ever tasted.
- Babies fed on KLIM grow big and strong. So give your baby KLIM. Ask the doctor about KLIM.



ZONK, February, 1957

Mrs. E. T. Chigoma, wife of the Social Welfare Worker of Harari, says:

"Being the mother of four children, I know how essential good baking is for family health, and use Gloria Flour."

GLORIA FLOUR

G.C.P. 28.1.57

Collection Number: A427

Collection Name: African newspaper advertisements, 1953-1957

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