

To change this...



to this... you'll have to change to

# OVALTINE

**INSTANT FOOD ENERGY**  
 Contains malt, milk, eggs and minerals, plus EXTRA vitamins  
 Provides ample, easily assimilated nourishment  
 Builds up vigorous health, all-day vitality  
 Ensures deep, sound, refreshing sleep  
 Promotes perfect physical and mental fitness  
 Makes a truly delicious hot or cold drink  
 Malt or chocolate flavoured



DRUM AUGUST 1955.



## Spread STORK margarine on bread—it tastes so good!

Spread Stork Margarine thickly on fresh bread or toast. You couldn't give your children any better food. With jam as well it's a special treat! Stork is full of vitamins which build strong healthy children. It tastes good — it is good — good for building healthy bodies. Stork is rich and creamy... use it always for spreading, baking and cooking and make every meal extra tasty — extra health-giving.

**Stork makes all food taste good.** Stir a tablespoonful of Stork into your pot of porridge! Try Stork in soups — stews — soup — beans and meat dishes, and just taste the difference!

# STORK MARGARINE

makes people strong and healthy — Healthy people are happy people



**FREE BOOKLET** For free booklet of many Stork recipes and cooking hints, write to Stork Margarine, Dept. Z, Box 909, Durban.

Start collecting Stork Recipes now. Cut this one out and keep it.

### How to make delicious STORK SAVOURY DISH



#### INGREDIENTS

- 1/4 cup Rice.
- 1 1/2 cups boiling salt water.
- 1 cup chopped tomatoes.
- 2 tablespoons chopped onions.
- 2 tablespoons Stork.
- 1 tablespoon sugar.
- 1/2 teaspoon salt.
- 6d. grated Cheddar cheese.

- 1** Boil rice in boiling salt water for 5 minutes.
- 2** Add tomatoes, onion, Stork, salt and sugar and leave to boil until soft, but do not stir.
- 3** Add grated cheese and as soon as cheese is melted stir and serve hot.

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ZONK, November, 1955

# GOLD CROSS EXTRA RICHNESS

keeps you happy in your work



There are all sorts of ways of enjoying GOLD CROSS MILK's extra richness: on porridge, bread, or just by itself. Always keep a tin of GOLD CROSS MILK on the table.

If the fellows at work want to know why you're always so full of bounce, tell them: you can remember how much you enjoyed GOLD CROSS Milk with your morning tea; you can feel its extra richness keeping you fit; and you're looking forward to having lots more of its extra strong goodness during the day!

Yes, GOLD CROSS Milk is always good for you!

# GOLD CROSS FULL CREAM SWEETENED CONDENSED MILK

gives you more strength and energy

GC 10/52

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HI-NOTE, October, 1955



## STORK kudya kwakanaka



### Stork inoravidzika zwakanaka kwazwo

Stork inoravidzika zwakanaka kwazwo kana yapambandzwa pachingwa chako zwe hapana chimwe zwe chinokunda mukubikisa. Unozofadzwa kuwona kuti vana vako vanotarisisika zwakanaka seyi kana uchinge wavapa Stork yakawanda.

... inokonda kuti vanhu sine vakasimba zwe vathebupenyu — vanhu vapenyu ndivo vanhu vanofara

# STORK MARGARINE

876 192/94/11

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