



I ADVISE ALL MOTHERS WHO CANNOT BREAST FEED THEIR BABIES TO FEED THEM ON NUTRINE

says Mrs. Elizabeth Diamini

Mrs. Elizabeth Diamini, 5, J. Smith's Street, Black Q, Kwa-Zulu, Durban, writes: "My son Edward, weighed 2 1/2 lbs. at birth. I started him on Nutrine when he was 3 months old and ever since he has made wonderful progress. He never troubled me even when he started teething."

"I advise all mothers and those who are expecting babies to feed their young ones on Nutrine. Nutrine babies are healthy and look lovely."

FEED YOUR BABIES ON NUTRINE—WATCH THEM GROW BIG, STRONG, HEALTHY



*Nutrine mixed with condensed, powdered or fresh milk, will give your babies all the nourishment they need.

*Nutrine is a recommended food—RECOMMENDED BY DOCTORS AND NURSES.

*Your babies will have healthy bodies with firm flesh, strong bones and sound teeth when you feed them on NUTRINE—the recommended food.

NUTRINE BABY FOOD



FREE ADVICE BUREAU
If you are worried about feeding problems, write for expert advice, giving baby's birth-weight, present weight, age and present feeding methods. If you would like a set of strong aluminium measuring spoons send 4d. in stamps. Address your letters to Free Advice Bureau, Dept. N13, Mind Brok. & Co. Ltd., Umbilo, Natal.

If you cannot breast feed your baby give him Nutrine, the food next best to Mother's Milk.

DRUM JULY, 1955

GOLD CROSS EXTRA RICHNESS

brings a sparkle to a child's eyes



A happy healthy child, eyes aglow at the treat in store—another slice of bread topped with GOLD CROSS MILK! Happy, because GOLD CROSS is delicious. Healthy, because GOLD CROSS MILK is extra-rich, helps him grow up fit and strong. Why not let him have a third helping?

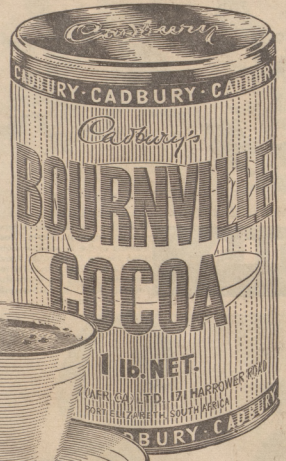


Let the whole family enjoy GOLD CROSS MILK's wonderful extra richness: keep a tin on the table and have GOLD CROSS MILK with your tea, on your porridge, bread, or just by itself.

GOLD CROSS

FULL CREAM SWEETENED CONDENSED MILK
gives you more strength and energy
ILANGA LASE NATAL GC-9-52

A cup of cocoa is a cup of food



To keep strong and healthy, everybody should drink two cups of Cocoa each day.

HI-NOTE SEPTEMBER 30.

A cup of cocoa is a cup of food



Cocoa is much more than a drink that you will enjoy at any time of the day. Cocoa is a FOOD DRINK that strengthens you and gives you new energy.



Cadbury's BOURNVILLE COCOA
THE FOOD DRINK THAT COSTS SO LITTLE
IZWA LAMA SWAZI August 20, 1954.

GOLD CROSS EXTRA RICHNESS BUILDS... STRONG HEALTHY BABIES



Like its big brothers and sisters, this happy baby will grow up to be healthy and strong, for its wise mother knows how good GOLD CROSS MILK is for it. GOLD CROSS is extra rich, extra strong... and baby, like everyone else, just loves that GOLD CROSS taste!

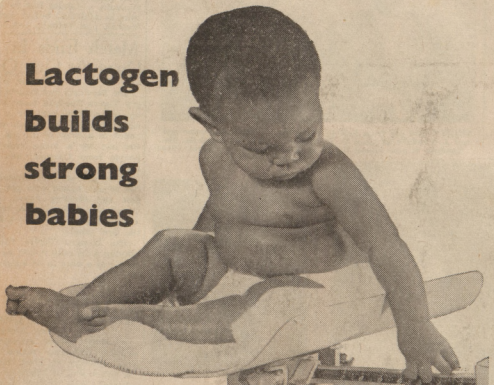


Let the whole family enjoy GOLD CROSS MILK's extra richness... have it on bread, porridge, with tea or just by itself. Always keep a tin of Gold Cross MILK on the table.

GOLD CROSS

FULL CREAM SWEETENED CONDENSED MILK
gives you more strength and energy
LITHUWANA AUG 20, 1955. GC-8-F

Lactogen builds strong babies



Lactogen is the food to give your baby when breast feeding is not providing enough milk. Lactogen is most like mother's milk and makes your baby grow big, strong and happy. Just mix it with water.

You can depend on **Lactogen**
A MILK FOOD FOR INFANT FEEDING

THE BANTU MIRROR AUGUST 13, 1955.

Spread STORK margarine on bread—it tastes so good!



Spread Stork Margarine thickly on fresh bread or toast. Stork is full of vitamins which build strong healthy children. It tastes good — it is good. Try Stork in soups — porridge — stews — samp — 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., B. Box 907, Durban.

STORK SAVOURY DISH

- 1 cup Rice
 - 1 cup boiling salt water
 - 1 cup chopped tomatoes
 - 1 cup chopped onions
 - 1 tablespoon Stork
 - 1 tablespoon sugar
 - 1 teaspoon salt
 - 6d. grated Cheddar cheese
1. Boil rice in boiling 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.

THE BANTU WORLD 27-8-55.

EAT MORE SUGAR*

African Eagle 18.12.56



*SUGAR revives energy

FASTER than any other food!

RHODESIA SUGAR REFINERY, LTD.
Trade Enquiries: FRANCIS & CO., LTD.,
P.O. Box 296, Bulawayo — P.O. Box 1330, Salisbury

FISH IS VERY GOOD FOR GROWING CHILDREN..... GOOD FOR YOU, TOO!

'FARNE BRAND'

BRITISH HERRINGS WITH TOMATO SAUCE



CUT THIS PICTURE OUT AND TAKE IT TO YOUR STORE... ASK FOR 'FARNE BRAND'

THIS IS THE BEST FISH IN TINS THAT MONEY CAN BUY.... IT'S 'FARNE BRAND'
Trade Enquiries: D.A. BLUMBERG (PVT) LTD., P.O. BOX 409, BULAWAYO.
EMCKAY HOUSE, 21, FORBES AVENUE, SALISBURY.
Trade Enquiries: Gillette Central Africa (Pvt) Ltd., P.O. Box 1200, Bulawayo.

THE AFRICAN WEEKLY SEPTEMBER 21, 1956.

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