

sick people well... A nurse must never get tired. I keep on the go with plenty of GOLD CROSS MILK. It really is wonderful. It has a rich, creamy taste which everyone will like. If you GOLD CROSS or cocoa. It's delicious!

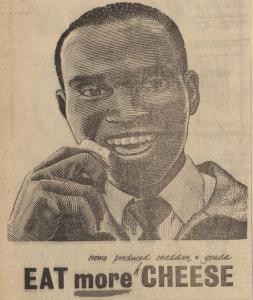
1 make

ZN CONDENSED MILK LL CREAM SWEETENED want strength and energy then get GOLD CROSS MILK. Try it in your tea, coffee GOLD CROSS

gives you more strength and energy

IT'S GOOD FOR YOU

CHEESE makes a lovely meal



this amo

BONA: FEBRUARY, 1957



IBHOTOLO yenza impilo ebantwaneni!

IBHOTOLO IKUKUTYA

Ibe xa uyiqabela abantwana esonkeni, ngokwenje njalo ubenza okokuba bomelele babe nempilo.

ABANTU ABATYA IBHOTOLO BAPHILILE, eza umzimba, kunjalo Kuba inamafutha ne oli kwanezint nje akulula okokuba ungenwe sisifo.

BUT

ABANTU ABAVUYAYO NGABANTU ABAPHILILEYO, Uyazi ukuhleka komntana owoi

ITYA IBHOTOLO UKUZE UPHILE WONWABE

ITYA IBHOTOLO YONKE IMIHLA!

BUTTER is good for you!

BUTTER IS MORE than something that tastes good. It is good for you. Butter contains fats and oils and vitamins-all things that build a fine, strong body.

EAT BUTTER AND KEEP WELL.

People who eat a lot of butter don't get sick easily, and because they are healthy they are happy, too. Haven't you noticed that a baby who is fed on the right food is the happiest baby. Butter is the right food for you.

BUTTER IS ONE OF THE BEST FOODS. When you spread it on your bread you are eating very well. You will be healthy and happy.

EAT BUTTER AND BE HEALTHY AND HAPPY

EAT BUTTER EVERY DAY!

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