

GOLDEN CITY POST 9-9-35



Phyllis Magubane

Mrs. Ethel Magubane, mother of Phyllis, says: "I was worried about my baby because she was not making progress. So when she was 4 months old I put her on Nutrine. Since then she has gained weight healthily and now at 9 months she is a lovely healthy baby."

if you cannot breast feed your baby, feed it on

NUTRINE BABY FOOD

GIVE NUTRINE AS A BOTTLE FEED

Follow the directions on the tin and your baby will be happy and contented because he is being well fed. Nutrine makes babies grow big, strong and healthy.

GIVE NUTRINE AS A PORRIDGE

Nutrime makes a sweetener porridge for baby when he is 2 months old. Babies like Nutrime porridge. Feed them regularly with Nutrime you will have no feeding troubles.

NUTRINE FREE ADVICE BUREAU

If you are worried about feeding problems, write for expert advice, giving baby's birthweight, present weight, age and present feeding methods. If you would like a set of strong aluminium measuring spoons send 4/- in stamps. Address your letters to Free Advice Bureau, Dept. 102N, Hind Bros. & Co. Ltd., Umbilo, Natal.



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The bottle that's NEVER empty!



Once—only once—mother ran out of Heinz Tomato Ketchup. Goodness, what a fuss! But then it is rather special—loaded with tomatoes mellowed and sweetened by the sun, blended with vinegar, sugar and spices to the tastiest ketchup imaginable. Never again will mother forget the Heinz Tomato Ketchup!

HEINZ—YOU KNOW IT'S GOOD!

HEINZ TOMATO KETCHUP

THE TYNSDALD FORUM 11-9-35

NOTHING to EQUAL IT!

JOHN WRIGHT'S (Brewed) GINGER BEER



THE BENICAN WEEKLY, SEP 12, 1935



THIS IS THE MILK which gives rich sweetness to your tea and coffee

Nestlé's Milk is good food, it gives energy and strength for hard work and sport. Always ask for Nestlé's—the safe, pure milk to use at work and in your home.



ALWAYS ASK FOR NESTLÉ'S MILK

5056

THE BANYAN MIRROR, SEPT 16, 1936



Incumbe Baby Food makes babies grow big, strong and healthy like Lungile Mafriwa

Mrs. Mafriwa says: "When Lungile was 4 months old I started to give him Incumbe, and he has been gaining weight ever since. Now, at 6 months, he is a lovely big baby, and a picture of health."

INCUMBE

is the complete baby food because it contains milk and sugar

Doctors and nurses say Incumbe is best for baby because it is a complete food. It gives your baby all the nourishment he needs to make him strong and healthy.

If your baby is very young, give him Incumbe as a bottle feed. When he gets older, mix Incumbe as a porridge for him. The milk and sugar are already mixed into Incumbe powder, so all you have to do is add water and boil it up.



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. 343 J, Umbilo, Natal. Please say whether you want your leaflet in English, Zulu, Xhosa, Siselele, Shona or Sesotho language.

THE HARVESTER, SEPT 12, 1936

My Mother says... I must get LAUREL PARAFFIN



It's CHEAPER & CLEANER FOR COOKING AND LIGHTING LOOK FOR THE RED HORSE

THE WORLD, OCTOBER 13, 1936

PAGE 48



Dickson Makube of Klein Letaba, P.O. Louisa Trichard, Transvaal, 4937

"Royal Baking Powder makes light work of all my baking. Cakes, pies, biscuits, bread and puddings—everything. I bake with Royal it sure to be really good to eat."

Try my favourite Royal Peanut Butter Biscuits!

HOW TO MAKE TASTY ROYAL PEANUT BUTTER BISCUITS

- Have ready
- 1/2 cup peanut butter
 - 1/2 lb margarine
 - 1 cup sugar
 - 1 egg
 - 1 1/2 cups flour
 - 1/4 teaspoon salt
 - 1 level teaspoon Royal Baking Powder
 - 1 teaspoon vanilla essence

- #### HOW TO MIX
- Step 1. Beat half a cup of peanut butter with quarter pound of margarine, and add a little at a time—1 cup sugar.
 - Step 2. Add 1 egg and beat it in well. Add 1 teaspoon vanilla essence.
 - Step 3. Mix—well—together, 1 1/2 cups flour, 1/4 teaspoon salt, 1 level teaspoon Royal Baking Powder, then add this to the peanut butter mixture—mixing into a soft dough.
 - Step 4. Take small pieces of dough—about a good teaspoon—and roll into small balls. Place them on a greased baking tin. Dip a fork into flour then press with this on each ball to flatten them.
 - Step 5. Bake the biscuits in a moderate oven 400° F or Gas 5 for about 12 minutes—until lightly browned and cooked.

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



AMERICAN PARADE Oct 3/36

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