

For **BETTER LIGHT EVERY NIGHT**

USE **ATLANTIC ILLUMINATING PARAFFIN**

- \* No soot
- \* No smoke
- \* No smell

It's water white!

**SMART PEOPLE ALWAYS ASK FOR ATLANTIC ILLUMINATING PARAFFIN**

Bake this delicious Royal **Sausage and Egg Pie**

says **GLADYS NKUNGU** of Camps Bay, Cape Town

"I always use Royal Baking Powder when I bake at home - it makes such delicious pastry and cakes. I know I am sure of wonderful tasty baking with Royal!"

**HOW TO BAKE ROYAL SAUSAGE AND EGG PIE**

Have ready - for the pastry: 2 cups flour (sifted), 8 tablespoons shortening (butter, margarine or good cooking fat), 1 1/2 teaspoons Royal Baking Powder, 1/2 teaspoon salt.

About 1/2 cup very cold water to mix.

Have ready - for the filling: 3 lb. Vienna sausage - boil these and then cool them, 2 eggs, 1 1/2 cups milk, Pinch of pepper and salt.

**HOW TO MIX**

Step 1. Sift the flour, baking powder and 1/2 teaspoon salt into a bowl and mix. Add shortening and rub in with fingertips until mixture looks like fine breadcrumbs.

Step 2. Add cold water slowly, a little at a time, just enough to make a firm dough. Knead a little until smooth.

Step 3. Divide pastry in two, roll out one half to 1/4 inch thick and line a deep greased pie dish or pie plate.

Step 4. Cut the sausages into rings and put them in the pie.

Step 5. Beat the eggs, mix in the milk, add pepper and salt and pour this mixture over the sausage rings.

Step 6. Roll out remaining pastry, wet round edges of pie and put the top pastry over, pressing edges to seal. Make a hole in top with the point of a knife. Bake the pie in a hot oven, 425°F, Gas 6, for 25 to 30 minutes, until egg mixture is set and pastry cooked.

BUY THE PARAFFIN WITH THE NAME BEHIND IT

**SHELL PENNANT PARAFFIN**

IN THE NEW 4 GALLON DRUM...

...and 4 gallon tin. Single tins now available on the Reef and Pretoria.

Shell Pennant Paraffin is the best for all makes of paraffin stoves, lamps, refrigerators and incubators. And when you have finished your Shell Pennant Paraffin, you will find many uses for the empty 4 gallon drum. The tin too can be used for household washing, carrying water, and as a general container.

Shell Pennant Illuminating Paraffin - Suitable for Every Household Need - ON SALE AT YOUR LOCAL STORE

THE WORLD JULY 28, 1956.

Drum May, 1956.

**Fish is the food for BRAINWORK**

Glenryck is the fish for brain power. More study, like a good work, takes strength, wit, of you - Glenryck gives it back. Make a regular meal of Glenryck canned fish.

**ONE POUND OF FISH IS AS GOOD AS A POUND OF THE VERY BEST MEAT**

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IS THE DOUBLE-ACTING BAKING POWDER

AFRICA'S OWN COOKBOOK

Over 70 delicious money-saving Royal recipes for 1/-! To get your copy, send a Postal Order for 1/- to **ROYAL BAKING POWDER**, Dept. A1 Box 321, Durban, C.P.

RBN 1792

THE AFRICAN WEEKLY 1-7-56.

**AT WORK**

or **AT HOME**

**"DUSTY KING"** the famous

Rhodesian Footballer, says...

for **HEALTH AND ENERGY**

ALWAYS EAT THE NEW **'VITABAKE'**

**HEALTH BROWN BREAD**

... the Brown Bread that is so good for you!"

PRICE ONLY 1/1d!

● DUSTY KING plays Inside Right for the Civil Service Football Team. He has also played for Mashonaland Province, and for Rhodesia against Transvaal and Natal.

When buying Brown Bread, insist on the NEW **'VITABAKE'**

Brown Bread in the special wrapper. By buying **'VITABAKE'** you are buying the best. Made only by **RHOUBUCK BAKERS (PVT) LTD. SALISBURY.** Storekeepers phone: 23095. AND ASK OUR DELIVERY VAN TO CALL!

THE AFRICAN WEEKLY 11-7-56.

Glenryck is the best canned fish you can buy. The fish you get in the Glenryck tin is always fresh, because it is *canned fresh*. All the flavour, all the goodness is kept fresh for you to enjoy. That's why six times more people ask for Glenryck than for any other brand of canned fish.

You'll save with Glenryck. A one pound tin is enough for the whole family. And remember, your shop always has a fresh supply.

The most popular canned fish in Africa

You and your children need the goodness of fish as a food. Fish builds health and strength and brain power. Eat more fish and you'll feel better, work better, think better.

You can't beat **FISH** for **ENERGY**

it's the cheapest tastiest meal you ever had!

ISSUED BY **IRVIN & JOHNSON LIMITED**

THE WORLD JULY 28, 1956.

**GLENRYCK**

Ilango, Iona Natal, 12.1.57

**'How do you get your stove so bright Mrs. Houseproud?'**

"Why, that's as easy as A.B.C. I clean it with Zebo Liquid Stove Polish. That's the quickest and easiest way to give it a really brilliant black shine."

**ZEBO** Liquid **STOVE POLISH** OUTSHINES THEM ALL

World 12.1.57.

**'That's a smart stove of yours, Mrs. Houseproud'**

"Yes, I'm always proud of my stove now I clean it with Zebo. There's nothing like Zebo Liquid Stove Polish to give it a brilliant black shine. And so quickly and easily too."

**ZEBO** Liquid **STOVE POLISH** OUTSHINES THEM ALL

Bread spread with **STORK** margarine is good food!

Bread and sandwiches spread with Stork are extra-tasty... extra rich! Children love the taste of Stork Margarine. Add Stork to your Sopp and Beans and to all your meat dishes - whether stew, hot or fry! Stork makes all food taste good!

**STORK MARGARINE** makes people strong and healthy - healthy people are happy people

AND **STORK MARGARINE** MAKES PORRIDGE DELICIOUS!

FREE BOOKLET of many Stork Recipes and cooking instructions for Stork Margarine. Dept. G, Box 90, Durban.

How to make delicious **CABBAGE AND POTATO SOUP**

Ingredients: 1 medium sized cabbage, 4 pint water, 1 desiccated spoon of salt, 1 large potato, 1 clove of garlic, 2 tablespoons Stork Margarine.

Method: Chop the cabbage but not too finely. Put water in saucepan. Add salt and bring to boil. Mash potatoes with a fork, add Stork, stir well and serve.

ADD cabbage, potatoes and garlic and leave to boil for 1/2 an hour.

Put water in saucepan. Add salt and bring to boil.

Mash potatoes with a fork, add Stork, stir well and serve.

Get out the **STORK MARGARINE** recipe and keep it!

GOLDEN CITY POST Aug. 6, 1956.

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