

EVERY KIDDIE LOVES ROYALS BAKED

Apple Pudding



ROYAL BAKED APPLE PUDDING IS MADE THIS EASY WAY:

HAVE READY ON THE TABLE:

- | | |
|--|---|
| 4 tablespoons shortening (butter, margarine or good cooking fat) | 1 1/2 cups flour |
| 1 cup sugar | 1 egg |
| 2 1/2 teaspoons Royal Baking Powder | 1/2 teaspoon salt |
| 1/2 cup milk (or milk and water mixed) | 2 large apples |
| | 1/2 cup sugar and 1 teaspoon ground cinnamon mixed together |

HOW TO MIX:

- Grease a deep pie plate or sandwich cake tin.
- Beat the shortening in a mixing bowl until soft. Add the sugar, a little at a time, and beat well together.
- Break in the egg and beat very well.
- Measure flour, salt and Royal Baking Powder into sifter and sift on to a piece of paper.
- Add half the dry mixture and half the milk to the first beaten mixture and beat well.
- Add the remaining half of the dry mixture, stir in, then add the rest of the milk and beat well for one minute.
- Peel and cut the apples into quarters, remove the core, then slice the apples into long, thin slices.
- Spread the pudding mixture evenly onto the greased pie plate or cake tin. Press the apple slices onto the top of the mixture so that they touch each other and cover the whole of the pudding.
- Sprinkle the sugar and cinnamon mixture over the top of the apples. Put a few small dots of shortening over the top.

Bake in a hot oven 425° F. or Gas Stove No. 6 for 20 to 25 minutes. Serve hot with custard.



says Lilly Nersal of Cape Town
"Good food keeps children in their parents' strong and healthy. I always use Royal Baking Powder so that I can be sure the things I bake are really nourishing and tasty."

A.W. 3 **Royal**

IS THE DOUBLE-ACTING BAKING POWDER
Africo. Weekly 9. 1. 57



Unokuba usebenzisa

iLAUREL
PARAFFIN

IBIZA KANCINANE
KWAYE IGOCEKILE
Nasekuphekeni ngokunjalo

LIMTHUNYA 19. 1. 57



Prudence Langa
Mrs. Ivy Langa, mother of Prudence, says: "When my baby was 3 months old I could no longer breast feed her so I put her on to Nutrine. She has progressed beautifully ever since and has put on weight every week. Here she is at 6 months."

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

Nutrine makes a wonderful porridge for baby when he is 2 months old. Babies like Nutrine porridge. Feed them regularly with Nutrine 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 6d. in stamps. Address your letters to Free Advice Bureau, Dept. 54 N, Hind Bros. & Co. Ltd., Umhlo, Natal.

WORLD 26. 1. 57

WORLD 2. 2. 57



Jabulani Kati
Mrs. Juliet Kati of Chesterville, mother of Jabulani, says: "When Jabulani was 2 months old my own supply of milk began to fail and she was not progressing as she should, so I put her on to Nutrine. Straightaway she began gaining weight, and now, at 4 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

Nutrine makes a wonderful porridge for baby when he is 2 months old. Babies like Nutrine porridge. Feed them regularly with Nutrine 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 6d. in stamps. Address your letters to Free Advice Bureau, Dept. 54 N, Hind Bros. & Co. Ltd., Umhlo, Natal.

African Eagle 15. 4. 57



Incumbe Baby Food made by Mhlombongo strong and healthy



Mrs. Diana Mhlombongo of Umhlo.

Mrs. Mhlombongo says: "I gave Ivy other baby foods but she made no progress. Then when she was 4 months old I started her on Incumbe. Since then she has gained weight each week and now at 8 months she is a picture of health."

INCUMBE
is the complete baby food because it
CONTAINS MILK AND SUGAR

Incumbe is a very special baby food. 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. 544 I, Umhlo, Natal. Please say whether you want your leaflet in English, Zulu, Xhosa, Shishele, Shona or Sotho language.



World 12. 1. 57
YOU'LL FIND
Royal Bread
REALLY EASY TO
BAKE!



MAKE TASTY ROYAL BREAD THIS WAY

HAVE READY ON THE TABLE:

- | |
|---|
| 4 cups flour |
| 1 teaspoon salt |
| 6 teaspoons Royal Baking Powder |
| 4 tablespoons melted margarine |
| 1 1/2 cups fresh milk (or milk and water mixed) |

HOW TO MIX:

- Put flour sifter into empty mixing bowl and carefully measure into it the flour, salt and Royal Baking Powder.
- Sift these dry ingredients into the bowl.
- Melt the margarine and measure out 4 tablespoons. Add this to the milk or milk and water mixed.
- Stir the milk and margarine into the dry flour and mix together into a heavy batter, beating well.
- Divide the batter into 2 well greased loaf tins and bake for 30 to 40 minutes in a moderate oven (not too hot). Put a double piece of brown paper over the top of the loaves for the first ten minutes of baking to give the loaves time to rise nicely before browning. Remove the paper and continue baking, 400° F. or No. 5 in a gas stove.

FRUIT BREAD

Add 1 cup mixed dried fruits (currants, raisins, peel etc.), 1/2 cup sugar to the dry mixture for plain bread. Mix together. Use 1 1/2 cups milk for milk and water mixed, stir in the 4 tablespoons melted margarine and one beaten egg. Mix this into the dry mixture and bake as usual. Bake the same as plain bread.



"Royal baking is always tasty and delicious. You save money, too, because you don't waste good food. I've never had a failure with Royal!"

Winnie Johnson of Cape Town
Royal
IS THE DOUBLE-ACTING BAKING POWDER



Collection Number: A427

Collection Name: African newspaper advertisements, 1953-1957

PUBLISHER:

Publisher: Historical Papers Research Archive

Location: Johannesburg

©2014

LEGAL NOTICES:

Copyright Notice: All materials on the Historical Papers website are protected by South African copyright law and may not be reproduced, distributed, transmitted, displayed, or otherwise published in any format, without the prior written permission of the copyright owner.

Disclaimer and Terms of Use: Provided that you maintain all copyright and other notices contained therein, you may download material (one machine readable copy and one print copy per page) for your personal and/or educational non-commercial use only.

People using these records relating to the archives of Historical Papers, The Library, University of the Witwatersrand, Johannesburg, are reminded that such records sometimes contain material which is uncorroborated, inaccurate, distorted or untrue. While these digital records are true facsimiles of paper documents and the information contained herein is obtained from sources believed to be accurate and reliable, Historical Papers, University of the Witwatersrand has not independently verified their content. Consequently, the University is not responsible for any errors or omissions and excludes any and all liability for any errors in or omissions from the information on the website or any related information on third party websites accessible from this website.

This document is part of a private collection held at the Historical Papers Research Archive, University of the Witwatersrand, Johannesburg, South Africa.