

So full of Health and vitamins

MAZOE

IS THE DRINK FOR YOU

THE BANTU MIRROR, AUG. 11, 1956.

An important message for all readers of 'Post'

STEROVITA

STERILISED MILK

MILK THAT KEEPS FRESH INDEFINITELY



Modern science brings us a new miracle—bottled milk that keeps fresh indefinitely, anywhere in your house. Milk is the most valuable food known to mankind. It is essential for babies and children, and for adults as well. But it is extremely perishable. Even in a refrigerator fresh milk does not last for more than a day or two.

In addition, milk may be a carrier of disease; in the past dry and infected milk caused thousands of deaths and illnesses, especially to children.

Then scientists found that by heating milk to a certain temperature, dangerous microbes in it could be destroyed. This system, known as Pasteurisation, has until recently been used almost universally. It is a satisfactory method of treating fresh milk if the milk is kept in a refrigerator and used within a limited period. But it soon goes sour. That is why many people in the past preferred dried or tinned milk.

Now a perfect method of treating fresh milk

has been evolved, to overcome ordinary milk's greatest disadvantage—that it quickly goes sour. This new method, now in use in Europe and America, is Sterilisation; it gives you fresh milk that is absolutely safe and can be kept indefinitely without refrigeration, however hot the weather. You can keep it on your pantry shelf, in a cupboard—anywhere except directly in strong sunlight (long exposure to the sun's ultra-violet rays spoils the flavour). Now you can keep milk in your home all the time without waste from souring. Now your children can have the full benefits of fresh milk at any time. Just buy and keep STEROVITA as you would canned foods.

STEROVITA COSTS LESS THAN CARTONED MILK!

Get STEROVITA Sterilised Milk at Cafés and Grocers everywhere at 7½d. a pint. A deposit of 2½d. per bottle in charge, refundable when you return the empty.

The STEROVITA in exactly the same way as ordinary milk, for your children, in your tea and coffee, for travelling, for picnics, for cooking.

MOTHERS—THIS IS IMPORTANT

STEROVITA is more digestible for babies and young children than ordinary milk. It is safer. You don't have to boil it or mix it before using. It is the safest, best milk in the world, with all the value of full cream milk.

STEROVITA

STERILISED MILK

is fresh milk at its safest!

Sole sale by ROBINSON DAIRIES JOHANNESBURG AND PRETORIA UNITED DAIRIES 1956

GOLDEN CITY POST 2-9-56.

STORK margarine

makes sandwiches delicious!

I ALWAYS ENJOY MY SANDWICHES SPREAD WITH STORK!

Sandwiches spread with Stork taste good and are very nourishing because Stork is full of vitamins which make you strong and healthy.

Add Stork to samps and beans for a rich satisfying meal. Try it in your cakes and puddings and you'll be so pleased with the extra-creamy richness.

STORK MARGARINE

makes food taste good

FOR FREE LEAFLET

of many Stork recipes and cooking hints, write to Stork Margarine, Dept. C, Box 309, Darban.

STORK POTATO CAKES

INGREDIENTS
3 tablespoons Stork
1 cup cold mashed potatoes
3 tablespoons or 2 cup flour
1 teaspoon salt.

Method
Step 1: Mix Stork and potatoes well to form a paste.
Step 2: Add sifted flour and salt and mix well.

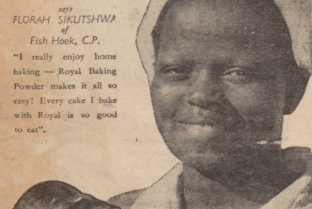
Roll out on board about 1" thick, cut into pieces and place on pan over open fire or on griddle iron until brown on one side. Turn over and brown on other side. Eat warm, spread with Stork.

Get our Stork MARGARINE recipe and keep it.

GOLDEN CITY POST 2-9-56.

My Family just love these Royal

Sausage Rolls



THIS IS HOW YOU MAKE THE BEST SAUSAGE ROLLS EVER

HAVE READY

- 1 flour
- 1 teaspoon salt
- 4 tablespoons shortening
- 4 tablespoons butter, margarine or a good cooking fat
- 1 teaspoon Royal Baking Powder
- 1 little very cold water to mix
- 1 lb. pork or beef sausages

HOW TO MIX

Step 1. Sift the flour, salt and Royal Baking Powder into a bowl and mix all together. Add the shortening and rub it in finely with finger tips until the mixture looks like fine breadcrumbs.

Step 2. Add the cold water a little at a time—just enough to mix into a firm dough. Use a handle for mixing; do not handle the pastry much, but knead just lightly into a smooth dough.

Step 3. Roll out into an oblong about ¼ inch thick and cut into long strips 3 inches wide.

Step 4. Remove the skins from the sausages and divide them lengthwise to make thinner pieces. Place a layer of this sausage along centre of pastry and begin rolling up. Wet edge with cold water and press all along to fasten roll. Cut into lengths 3 inches long.

Step 5. Bake in very hot oven, 475°F or Gas 8 for 12 to 15 minutes.

Royal

IS THE DOUBLE-ACTING BAKING POWDER

New Cookbook!
"HOW TO BAKE THE ROYAL WAY"

Over 70 delicious money-saving Royal recipes for 1/-! To get your copy, send a Postal Order for 1/- to ROYAL BAKING POWDER, Dept. 121, Box 321, Paarl, C.P.

DRUM SEPT. 1956.

FAMOUS FOOTBALLER SAYS

"Mmmm!... Marigold for me!..."



"... playing football regularly as I do", says Stephens Mokone, "means keeping myself fit and full of energy, that's why I like my meals cooked with Marigold. Marigold makes my food taste good and it does me more good!"

MARIGOLD

100% PURE COOKING FAT

An Amaro Product.

Trade Enquiries: Box 7074, Johannesburg.

DRUM SEPT. 1956.

Ask for

SCHWEPPE'S

Cool Drinks

Everybody knows that the name

SCHWEPPE'S

on the bottle means the best

500-124
ZANE FEB 1957

£10 FIRST PRIZE

and 20 consolation prizes

and a special prize for everyone who enters this

FREE COMPETITION

WHAT SORT OF CAKE IS THIS?

Just one look at this lovely rich cake with its delicious filling should give you the answer to this Royal Competition! It's a real party treat and as tasty and good as every Royal cake should be. Just put a cross (like this X) next to what you think is the right name of the cake in the coupon below. Write your name and address clearly in the space provided. Then post the coupon to Royal Baking Powder, P.O. Box 321, Paarl, C.P.

The sender of the first correct answer opened at Paarl on September 15, 1956 will receive £10 in cash. A large consolation prize of Royal products will be sent to the senders of the next 20 correct answers opened. And everyone who enters will get a prize, as well as the recipe for this delicious cake.

It is one of these three!

CHOCOLATE CAKE

FAIRY CAKE

SPONGE CAKE

Name: _____ (PRINT CLEARLY)

Address: _____

Post to: ROYAL BAKING POWDER (PTY.) LTD., DEPT. 14-2 P.O. BOX 321, PAARL, C.P.

Royal

THE DOUBLE-ACTING BAKING POWDER

1956 (180)

LLANGA LASE MOTAL AUG 11 1956.

Be sure you ask for

'TYNE BRAND'

DELICIOUS BRITISH HERRINGS WITH TOMATO SAUCE

Look for the Famous "TYNE BRAND" LABEL

"TYNE BRAND" British Herrings are prepared by Tyne Brand Products of England... makers of the world-renowned "TINYBEST" MEAT AND FISH PASTES.

Buy the Best... Buy "TYNE BRAND"

A. P. COOKS, Feb 57

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.