

A cup of cocoa is a cup of food
so drink it twice a day



Cocoa is a FOOD DRINK that strengthens you and gives you new energy and you will enjoy it at any time of the day or night.

Cadbury's
**BOURNVILLE
COCOA**

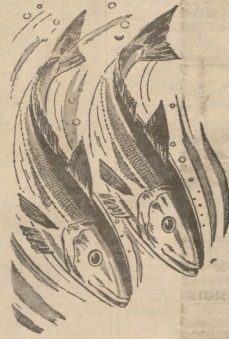


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Page 24

ZONK, December, 1955

UFISHI WUKUDLA OKU
NOMSOCO OKUNGABIZI
KAKHULU KOMUZI
WONKE....



ZISAPHUMA OLWANDLE UOQO
ZIQONDE EMBIZENI YAZO....



THENGA MANJE KWA:
IRVIN & JOHNSON
MAYDON WHARF, DURBAN
NEW FISH JETTY (CANAL ROAD)

THENGA AMAFUTHA AKHO
OKUPHEKA NGEMALI YE
WULUSELI UMA UTHENGA
UFISHI. AMAKHASAMUZI ETU
SIWASHIBHISELA NGEMPELA.
WOZANI MANJE.

Messrs.



**IRVIN &
JOHNSON**

(NATAL) LIMITED
Wholesale Fish Merchants
NEW FISH JETTY (CANAL ROAD)
MAYDON WHARF, DURBAN
TELEPHONE 28153.

LANGA LASE NATAL January 19, 1956.

It's FREE!

WHAT'S
COOKING?

Recipes
by
OLIVINE
GOLDEN PRIZE 19 CHICHESTER

Recipe book
by
OLIVINE

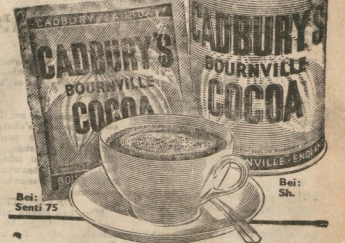
The Super Refined Vegetable Oil
For a FREE Recipe Book write to OLIVINE
P.O. Box 797, Salisbury

THE AFRICAN PARADE FEBR. 1956.

EMPIRE Thursday 19, January 1956

CADBURY'S COCOA

KIOMBE CHA
COCOA YA
CADBURYS
BOURNVILLE
KIOMBE CHA
CHAKULA
KAMILI



Beit: Senti 75

Beit: Sh.

DRUM FEBRUARY 1956.

Here it is at last...

**Africa's
Own Cookbook**

"How to Bake the Royal Way"

Over 70 delicious Royal recipes; all easy to make, economical and very tasty!

"How to Bake the ROYAL Way" answers all your baking problems. It tells you everything you need to know—how to make meat go further, how to bake bread, or wonderfully good cakes and pastry. It tells you how to weigh and measure ingredients without scales, how to test the heat of your oven—and many, many other useful things.

COSTS
ONLY 1/-

"How to Bake the ROYAL Way"—full of beautiful photographs and recipes for good, nourishing food—costs you only 1/-! Send now for your copy of Africa's own cookbook! It will be thrilled with it and you'll use it every day!



HOW TO GET YOUR COPY Print your name and address (in BIG CLEAR LETTERS) on a plain piece of paper, then send it with these words: I enclose a Postal Order for 1/- to pay for my copy of "How to Bake the ROYAL Way."

Send this with a Postal Order for 1/-, in an envelope addressed to Royal Baking Powder, Dept. 000, Box 211, Paarl, C.P., and your copy of Africa's own cookbook will be sent to you.

Royal
IS THE DOUBLE-ACTING BAKING POWDER



"NUTRINE
MADE HIM
GROW BIG
STRONG
AND
HEALTHY"

says Mrs. C.E. Luthful

"My baby, Psychology Thandinkosi, who was born on 1st April, 1953 weighed 7 lbs. 10 ozs. at birth. I put him on Nutrine, and this has made him grow strong and healthy. He is now 7 months 3 weeks old, and has gained very well.

I recommend Nutrine to all mothers who wish to have good healthy babies."

FEED YOUR BABIES ON
NUTRINE — WATCH THEM
GROW BIG, STRONG & HEALTHY
NUTRINE
BABY FOOD



NUTRINE MAKES A WONDERFUL PORRIDGE TOO
ZONK FEBRUARY 1956.

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 4d. in stamps. Address your letters to Free Advice Bureau, Dept. 233N, Highland Bros. & Co. Ltd., Umlambo, Natal.

Mrs. MIRIAM MLAMBO says ...

"GLORIA FLOUR
is GOOD for you"



(Photo: African Studio, Harare) Mrs. MIRIAM MLAMBO, a widely known and respected resident of Harare, Mrs. Mlambo is the mother of six fine healthy children who would be a credit to any country. She pays great attention to correct feeding and weavers by GLORIA FLOUR. She will use no other WHEN YOU MAKE YOUR OWN CAKES AND PUDDINGS

ASK FOR THIS BAG AT YOUR STORE ...

**GLORIA
FLOUR**
Famous for over
30 Years!



Baruti Marcor 5-3-66

KLIM IS MILK



Your family needs milk. Milk makes you strong and keeps you healthy. KLIM IS PURE MILK
KLIM is milk powder that keeps fresh in a tin and DOES NOT GO BAD. If you buy KLIM, you can ALWAYS have pure, strong milk.

A tin of KLIM lasts a long time and will make over 6 bottles of wonderful, sweet-tasting, safe milk

1. Pour cold water into a jug or basin. Use as much water as you want to have milk.
2. To make KLIM POWDER into milk, you must use four "measures" of cold water to one "measure" of Klim Powder. You can use a spoon, cup or any other receptacle as a "measure". Put the right amount of Klim Powder on top of the water.
3. Mix well. A fork is a good thing to use. Stir the KLIM powder and water together until they are completely mixed.
4. See how creamy and good it looks, how it foams like milk straight from the cow.
5. Taste it—KLIM is the nicest, strongest milk you ever tasted.



Babies fed on KLIM grow big and strong. So give YOUR baby KLIM. Ask the nurse at your clinic about KLIM.



GOLDEN CITY POST 2-26-66.

Collection Number: A427

Collection Name: African newspaper advertisements, 1953-1957

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