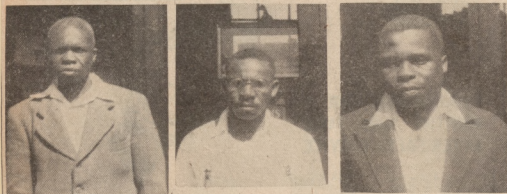


These Well Known MABVUKU Storekeepers Stock

Pocket's

BREAD, BUNS and CAKES



MR. SIMON MULUYANA reports: "Wonder Bakery is the BEST Bread as it does not get dry for a long time"

MR. S. TABVUMA, says: "Wonder Bakery Bread gives Strength to Every-body"

MR. W. DANGANA is sure that Wonder Bakery Bread is the BEST of all



MR. A. MACHOWH believes Wonder Bakery bread is the Best

For Energy and Vitality there is no other FOOD so good as our BREAD

* All Pocket's Products are Baked in WONDER BAKERY where only the Best Materials are used

THE AFRICAN EAGLE 2-11-55

Stork Margarine makes me grow big and strong



Stork Margarine is wonderful for spreading on fresh bread or toast, and with jam it's a special treat! Stork is full of vitamins which build strong healthy children.

Always use Stork Margarine for spreading — baking — cooking

STORK MARGARINE

makes people strong and healthy — healthy people are happy people



Try this Recipe for delicious STORK FEATHER CAKES for tea...

INGREDIENTS

- 1/2 cup Stork Margarine
- 1/2 cup sugar
- 1 egg
- 1/2 cup milk
- 2 cups flour
- 1 teaspoon salt
- 4 teaspoons Royal Baking Powder

METHOD

1. Mix the Stork Margarine and sugar thoroughly.
2. Add well-beaten egg slowly, mixing well.
3. Add half the milk and then fold in sifted flour, salt and Royal Baking Powder to mixture.
4. Add remainder of milk.



Bake in patty pans, greased with Stork Margarine, in moderate oven (350° F) for 20 minutes.

For FREE BOOKLET of many Stork recipes and cooking hints, write to Stork Margarine, Dept. II, Box 909, Durban.

LANGA LASH NATAL NOVEMBER 19, 1955

Bantu Mirror Dec. 22, 1956
EAT MORE SUGAR*



*SUGAR revives energy

FASTER than any other food!

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THENGA MANJE KWA:

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NEW FISH JETTY (CANAL ROAD)
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TELEPHONE 28153.

LANGA LASH NATAL 26/11/55

No meat today... but

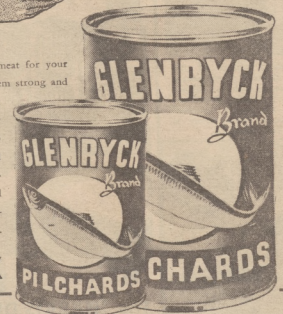


GLENRYCK Pilchards

make you strong and cost so much less!



When it is difficult to get meat for your family you can still keep them strong and healthy by giving them Glenryck Pilchards. For pilchards contain protein to keep them fit and well, and cost very little money. Shopkeepers say that they sell more tins of Glenryck Pilchards than any other brand.



GLENRYCK

20th DECEMBER 1955



Coca-Cola now in 2 Convenient Sizes!

New King-Size Coke is here!

The real thing in refreshment — bright, bracing Coca-Cola — is now in a BIG new size, King-Size Coca-Cola! You'll find Coke in this new size a real convenience — a treat for yourself or to serve family and friends. Enjoy Coca-Cola in the well-known Standard-Size or King-Size... either way there's nothing like a Coke.

NEW KING-SIZE IS SOLD ONLY BY RETAILERS IN JOHANNESBURG, PRETORIA, ON THE REEF, AND IN DURBAN

"Coca-Cola" and "Coke" are registered trade marks of The Coca-Cola Company

GLADEN CITY POST - November 1955



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World-famous Ostermilk is the nourishing milk food that babies need when breast feeding is not successful. Vitamin D is added to this pure milk to build strong bones and teeth; also iron to enrich the blood. Ostermilk is very easily digested and is especially suitable for babies in Rhodesia. You buy it in a red and silver tin, air-tight to keep the Ostermilk always in perfect condition.

OSTERMILK

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GLAXO LABORATORIES LIMITED, GREENFORD, ENGLAND
THE BANTU MIRROR 20/11/55



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