

Coca-Cola

TRADE MARK REG.

world-famous drink..
delicious and refreshing..
COMES TO BLANTYRE

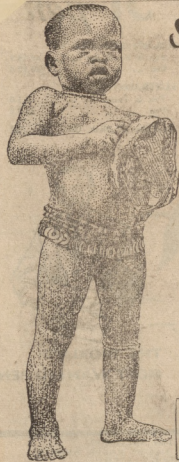
Nyasaland Bottling Company Limited proudly announce that they have been appointed authorised bottlers of Coca-Cola, the world's most popular refreshing drink, in Blantyre and vicinity.

For a long time now, people all over the world have been enjoying the incomparable flavour, the life and zest of Coca-Cola. From now on you will be able to buy Coca-Cola in your town — at restaurants, at cafes, food stores and many other places. If Coca-Cola is new to you, try it soon. A wonderful new taste delight awaits you. It's so delicious, so refreshing — so different from anything you have ever tasted. It's truly the finest refreshment you can buy. Yet Coca-Cola is popularly priced, so you can enjoy it often.



BOTTLED UNDER AUTHORITY OF THE COCA-COLA COMPANY BY
NYASALAND BOTTLING COMPANY LIMITED
BLANTYRE

BWALO LA NYASALAND 14-2-56



Sturdy and Straight on Cow & Gate

Cow & Gate babies look like this—straight backs and strong limbs; and firm flesh covering well formed bones.

Why was Cow & Gate chosen for fourteen Royal Babies during recent years—Because only the best in the world is good enough for a Royal Baby—and the very same Food is available at ordinary Milk Food prices at your local Store. Give YOUR baby Cow & Gate and a right royal constitution. Insist on Cow & Gate as nothing less good is good enough for your baby.



COW & GATE MILK FOOD
The FOOD OF ROYAL BABIES

For straight backs and sturdy limbs



give your baby this pure milk



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

AGENT: GEDDES LTD.
P.O. BOX 877, BULAWAYO, AND P.O. BOX 169, SALISBURY
GLAXO LABORATORIES LIMITED, GREENFORD, ENGLAND

The Bantu Monitor 21-4-56

I-Lactogen
vakha amandla
kubantwana



Lactogen ukudla kokunikwa ingane yakho nxa ibele ingenabisi olwaneloyo. Lactogen ifana kakhulu nobisi lukanina futhi yenza ingane yakho ibe nkulu, naman-dla nokuthokoza. Luxube na manzi abilisiwe.

u nga thembela kwi

Lactogen



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 sump 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



FREE BOOKLET of many Stork recipes and cooking hints, write to Stork Margarine, Dept. I.Z., Box 909, DURBAN.

STORK POTATO CAKES

INGREDIENTS
2 tablespoons Stork,
1 cup cold mashed potatoes,
2 tablespoons or 1/4 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 1/2" thick, cut into pieces and place on pan over open fire or on griddle iron and brown on one side. Turn over and brown on other side. Eat warm, spread with Stork.

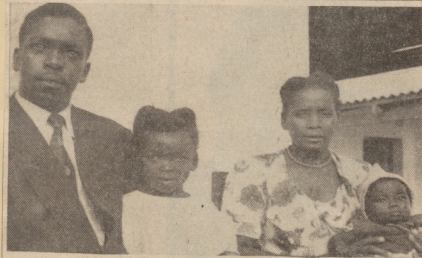
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POCKET'S

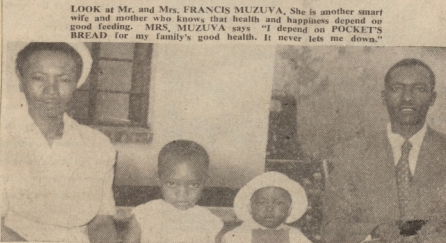
BREAD AND CAKES ARE ENJOYED BY THESE HEALTHY, HAPPY, HARARE FAMILIES. THEY ARE PEOPLE YOU MAY KNOW.

SENIOR Captain and Mrs. J. M. NHARI with their eldest son, Mr. K. J. C. NHARI and daughter MARVIS NHARI, a bright student.

ALL the family says "The best bread is best for health, so we like Pocket's best of all."



HERE you see Mr. and Mrs. SIMON MAKARAU with their two bonny daughters. Mr. Makarau used to be employed at the Wonder Bakery so it is not surprising that his family prefer POCKET'S Bread, THEY KNOW GOOD BREAD SO THEY EAT POCKET'S BREAD WHICH COSTS NO MORE THAN OTHER BREAD.



LOOK at Mr. and Mrs. FRANCIS MUZUYA. She is another smart wife and mother who knows that health and happiness depend on good feeding. MRS. MUZUYA says "I depend on POCKET'S BREAD for my family's good health. It never lets me down."

FOR BREAD, clean wholesome bread is the STAFF OF LIFE and POCKET'S BREAD IS THE BEST BREAD for health and happiness. THERE IS STRENGTH AND GOODNESS IN EVERY LOAF, IN EVERY CAKE AND BUN and BISCUIT BAKED BY POCKET'S.

POCKET'S BREAD MAKES EACH MEAL COMPLETE AND A PLEASURE TO EAT.

Pocket's

BREAD COSTS NO MORE THAN OTHER BREADS

The African Weekly 28-4-56

The Best Herrings come from BRITAIN



in COASTAL BRAND
flavour-sealed containers

COASTAL Herrings should be bought. They're the plumpest, finest ever caught from Britain's misty, cold North Sea. Come COASTAL herrings for you and me.



MACPHERSON, TRAIN & CO. LTD.
87, RHODES STREET, BULAWAYO

The Bantu Monitor 19-8-56

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