

Here's what you get
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and only in
Coca-Cola



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Refreshing

There's nothing else like Coca-Cola
—no, nothing! For Coca-Cola has
its own flavour, its own quality,
its own purity. And you can get
this flavour, this quality and this
purity only in Coca-Cola. That is
why, every day, more people enjoy
Coca-Cola than any other soft
drink in the world.

Ad. Per Bottle
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Bottle No. 30-1154

first favourite
for
over 25
years
for
better baking



**Gloria
Flour**

Obtainable at your
local store
AFRICAN PARADE 11/2/54

The **best**
**FAIRY
CAKES**
you ever tasted!
... if you make them
this way with Royal.

Royal FAIRY CAKES:

4 tablespoons of Royal margarine, 1 cup of sugar,	1 1/2 cups of flour,
1 large egg or 2 medium eggs,	2 teaspoons of Royal Baking Powder,
1/2 teaspoon of vanilla essence or the ground skin of half an orange.	1/2 cup of milk or milk and water mixed.

How to make them:

Cream the margarine very well in a bowl, beating with
the back of the spoon. Add the sugar a little at a time, and beat
until the mixture is very creamy. Break in 1 large egg, or
2 medium eggs, and beat together very well. Add the vanilla
essence or the ground skin of half an orange. Sift together
the flour, salt and baking powder. Add a little at a time to
the egg mixture, then add a little milk. Continue adding a
little dry mixture, then a little milk, until all of the flour and
milk is used up. Beat well for two minutes. Grease small
putty tins and put a spoonful of the mixture in each one. Do
not fill the tins, as the cakes will rise a lot. Fill just over
half-full. Bake for about 12 to 15 minutes in a moderate
oven (oven temperature 400°). When the cakes are cold, cut
a slice from the top of each one. Drop a spoonful of jam in
the hole, cut the slice in half, and stick the halves into the
jam so that they stand up like wings as in the picture.



★ Your good name as a cook
will be made for ever when you
refer your friends, delicious
cakes made with Royal—the
Baking Powder that gives the
lightest, best results in the
world. Watch for more wonder-
ful Royal recipes in this
paper.

THE DOUBLE-ACTING
BAKING POWDER.

DRUM FEBRUARY 1955

Go. Lulu. Crity. Abst. 18. 1. 57



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Over 100
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per bottle

All children love Exa's
delicious, exciting fruit flavours...
strawberry...raspberry...orange...
lemon... etc. Mother likes Exa, too,
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than 1d. a drink, and because it's
good; it's made by Brookes, the
Oros people. Order a bottle from
your grocer today.

For easy,
perfect cooking
you MUST use
Holsum
the all-pure Cooking Fat!



★ **'COOKING-PERFECT'** Seals the goodness in — but
brings the flavour out!

★ **'ECONOMY-PERFECT'** For baking use less — for
frying and roasting use it over
and over again!

★ **'TASTE-PERFECT'** Blend
and who some — never a
fatty taste!

★ **'TEXTURE-PERFECT'** Easy to cream... easy to mix!

★ **'QUALITY-PERFECT'** Made under
the most hygienic conditions from only the
finest raw materials!

Holsum — a must in your kitchen!

Trade Exporters: Corona Soap Co. Ltd., Limbe, Nyasaland.

H88-82N NYASALAND Times 5/11/54

**"SEBENZISA NUTRINE EYAKHA UMZIMBA
UKUZE WONWABE SISONDLO"**

Uhala emilo uNkosi S. J. Ntama,
wase 131 Umfazi Native Township,
Durban. "Abantwana bam uku-
genge no Wimonze, bobabini babe-
sondlwa nge Nutrine zama kubone
nyanga eintathu ubusila. And-
zange ndibhupheta ngabo nding-
ezange ndabangana nazinzima.
"Ndiyilumisa ukuba Nutrine
yakha umzimba ndaye ndibacaba
bonke onozala ukuba boncwaba
yena ukuze bonwabe sisondlo."

**YONDLA INTSANA ZAKHO NGE
NUTRINE — ZIBUKELE ZIKHULA,
ZOMELELE ZINE MPIOLO.**

NUTRINE
UKUTYA KWENTSANA

ISEBE LAMAHALA LO
KUCIBISA

Xa ukhathazwe zindede zokupha
umntwana ukudla, bhala ufuna
icelibe kwabazali, ucela ubu-
zima bosana ngexesha lokuzal-
wa, nobuzima bangqubo ubusila-
usana. Xa ufuna amacaphu ane-
alumniumi, thumela istampu
ze 6d. Bhale inxweli zakho ku
Free Advice Bureau, Dept. N 55
Mind Bros. & Co. Ltd., Umbilo,
Natal.

Ukuba akunaka ukubanyisa usana lwakho lunike Nutrine,
okona kutya kusondeleyo, nokuphambili, elubini luka nina.

11/10 ZARA INTSUNDU 12-2-53

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POSTUM**



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delicious
hot drink
that saves
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a cup of Instant Postum after every meal
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to make a delicious cup of hot beverage. There's
no waste either with Instant Postum because you
make it in your cup.

THIS IS HOW YOU MAKE INSTANT POSTUM



1. PUT ONE SMALL LEVEL TEASPOONFUL OF INSTANT POSTUM IN YOUR CUP.
2. ADD HOT WATER TO NEARLY FILL YOUR CUP.
3. ADD CONDENSED MILK OR ORDINARY MILK AND SUGAR AND STIR.

A CUP OF INSTANT POSTUM
COSTS MUCH LESS THAN TEA OR COFFEE

3006-2 **DRUM FEBRUARY 1955**



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Canned
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Ask at the Clinic. The Doctor or nurse will tell you how good fish is for you. Then buy a big can of Quality brand pilchards.

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P.O. BOX 1007 — CAPE TOWN

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THE AFRICAN WEEKLY 13-4-1955

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