

**Marmite : the great yeast 'Vitamin B' food : approved by science / The Marmite Food Extract Co. Ltd.**

**Contributors**

Marmite Food Extract Co.

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**M**ARMITE is a concentrated food made from yeast and vegetables. It is one of the richest known sources of Vitamin B—the all-important Vitamin without which life cannot be maintained. Marmite contains no fat or animal matter whatsoever, yet its content of body building material is remarkably high.

Marmite has a positive nutritive value in itself. One of its chief functions is to aid the normal digestive processes and enable the maximum amount of benefit to be derived from other foods.

Most of the ordinary foodstuffs need the presence of certain accessory substances if there is to be perfect assimilation and digestion. Marmite provides these substances and is also a delicious addition to the daily menu and a welcome aid to good cookery.

**I**T is now generally agreed by members of the medical profession that, in addition to its food value, Marmite possesses marked medicinal properties. Marmite is therefore widely prescribed by doctors for the prevention and cure of many common complaints. The daily ration of Marmite is said to contribute to the general physical and mental fitness of people of all ages and is specially useful as a tonic in anæmic and run down conditions and during convalescence.

Marmite is highly recommended for children and the opinion has been expressed by scientific people that every child should have a little Marmite regularly every day. For babies the Marmite may be added to the ordinary feeds; for older children it may be given as soup or spread on rusks or toast, or bread and butter.

### WHY MARMITE IS GOOD FOR YOU

The ordinary diet of civilised people tends to be deficient in Vitamin B—that vitamin which controls growth and development in children and influences the proper functioning of nerves, brain and digestion in adults. Marmite makes good this deficiency. Add a small portion of Marmite to your daily diet, and make sure that you and your family are getting enough Vitamin B to keep nerves, brain and digestion in proper working order.

#### PRICES

	s.	d.
1 oz. jar - - - -	0	6
2 " " - - - -	0	10
4 " " - - - -	1	6
8 " " - - - -	2	6
16 " " - - - -	4	6

MARMITE keeps indefinitely in any climate. Neither time nor exposure affects its flavour or its food value in the smallest degree.

*Printed in Great Britain.*

# MARMITE

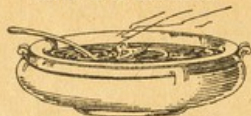
*The Great Yeast*  
**'Vitamin B' Food**  
APPROVED BY SCIENCE



**THE MARMITE FOOD EXTRACT CO. LTD.**  
WALSINGHAM HOUSE, SEETHING LANE  
LONDON, E.C.3.

### WHAT YOU CAN DO WITH MARMITE

Marmite may be served in innumerable ways and in every form it is delicious.



**MARMITE CUP**, made by just stirring a small teaspoonful of Marmite into a breakfast cup of boiling water, forms a very stimulating and refreshing beverage. No seasoning is needed except a pinch of pepper or a small grate of nutmeg if liked.



To every kind of casserole, stew, soup and gravy, the addition of Marmite imparts improved zest and flavour. The Marmite Free

Recipe Book gives 60 easy recipes for making attractive dishes with Marmite.

### MARMITE SANDWICHES

Tasty and nourishing, make a splendid "snack" at any time. Spread the Marmite very sparingly on the bread and butter or, better still, mix the Marmite with the butter,  $\frac{1}{2}$  Marmite,  $\frac{1}{2}$  Butter. Marmite being very highly concentrated, only a little of it need be used.



### SEND FOR THE FREE MARMITE RECIPE BOOK

The Marmite Recipe Book contains many delicious ways of using Marmite in the kitchen to produce dishes of savoury piquancy and great nutritious value. Here are novel and attractive soup-recipes, such as Carrot Soup and French Rice Soup, savoury methods of dealing with white fish and "doing up" cold meat; eggs and cheese dishes that are made "different" with Marmite, fascinating sauces and gravies, and a series of nourishing and easily digestible Marmite dishes for invalids.

### COUPON

Just send this coupon filled in to the MARMITE FOOD EXTRACT CO. LTD., WALSINGHAM HOUSE, SEETHING LANE, LONDON, E.C.3, and we will send you free the complete MARMITE Recipe Book.

If you care to give the name and address of a friend, and enclose three penny stamps to pay postage and packing, we will forward to the friend named a sample of Marmite and a recipe book—absolutely Free.

Your Name \_\_\_\_\_

Address \_\_\_\_\_

Friend's Name \_\_\_\_\_

Address \_\_\_\_\_

(Please write in block letters for greater legibility.)