

Marmite for meatless meals / Marmite Food Extract Co. Ltd.

Contributors

Marmite Food Extract Co.

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Wellcome Collection
183 Euston Road
London NW1 2BE UK
T +44 (0)20 7611 8722
E library@wellcomecollection.org
<https://wellcomecollection.org>

MARMITE
FOR

MEATLESS

MEALS



How MARMITE SOLVES the problems of the meatless menus



The problem of providing nourishing and savoury meatless menus for certain times and seasons is of extreme interest, both to Catholics and also to all those who realise that occasional abstinence from animal food is a salutary discipline for the human body. Doctors and cookery experts unite in recommending MARMITE, the great yeast and vegetable extract, as one of the most valuable aids to Meatless Cooking produced by modern dietetic science.

The Problem of Meatless Cooking is a threefold one



(1). To provide a sufficient variety of savoury and appetising dishes without the help of meat.



(2). To supply sufficient nourishment in vegetable form to keep the body healthy and energetic.



(3). To keep down the high cost of living in the winter season when fish and eggs are dear.

Marmite Solves the Problem



WHAT MARMITE IS

MARMITE is a highly concentrated extract, made from Yeast and fresh vegetable only. No meat or substance of animal origin of any kind is used in preparing MARMITE. It may therefore be used freely throughout Lent and Advent, on Fridays and on all days of fast and abstinence.

Savoury and Delicious

Whether taken by itself in the form of a hot drink or bouillon, or as a spread for toast or sandwiches or added to sauces, gravies, casseroles, fish and vegetable dishes, MARMITE is deliciously tasty and appetising. A small spoonful of MARMITE lends richness and zest to any savoury dish, bringing out the flavour of the other ingredients and preventing the monotony which is otherwise inseparable from a nut and pulse dietary.

MARMITE FOR FLAVOUR



MARMITE

the great Yeast and Vegetable extract is supplied in handy-sized jars, conveniently-shaped for the spoon, with air-tight patent screw-cap.

SIZES:

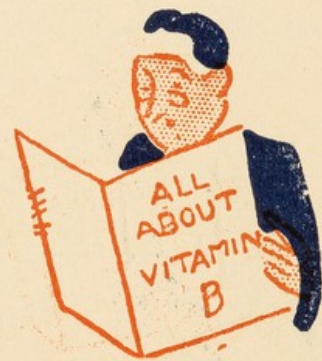
1 oz. 6d.	2 oz. 10d.
4 oz. 1/6	8 oz. 2/6
16 oz. 4/6	

The Nourishment in Marmite

The marvellous nourishing and health-building properties of MARMITE are recognised by the whole medical profession. MARMITE is a rich source of the valuable yeast Vitamin B, the Vitamin which children need for growth and development, and which grown people need to promote sound nerves and good digestion.

Particularly during the spring and winter (Lent and Advent), when the system needs strengthening to combat chills and epidemics, the Yeast Vitamin in MARMITE affords exactly the protection and nourishment that are most needed.

A very minute quality of MARMITE every day will supply sufficient Vitamin B to keep the body in sound and vigorous health.



MARMITE FOR HEALTH

The Economy of Marmite

MARMITE is so very highly concentrated that it goes a long way in use. A single 1/6 jar of MARMITE will make 96 tasty savoury sandwiches or 36 cups of delicious bouillon, or can be used in the kitchen to improve 72 helpings of savoury stew, pie, or similar family dishes.

It is indeed inadvisable to use MARMITE too lavishly, as this makes the flavour too strong. A small spoonful added each day to the cooking supplies enough Vitamin B to keep a family of six in good health. It will thus be seen that MARMITE is not only the most savoury and most health-giving, but also the most economical aid to cookery that you can possibly have.

MARMITE FOR ECONOMY.



Some Marmite Meatless Recipes

Here are just a few suggestions for
savoury meatless dishes made with MAR-
MITE:—



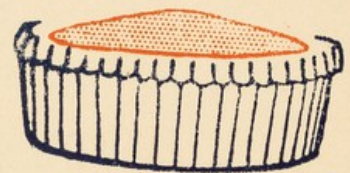
Lentil Puree

Baked Cod Steak

Nut Roast

Vegetable Hot Pot

Stuffed Tomatoes
with Rice



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AND POST

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Please send immediately
**FREE MARMITE RECIPE
BOOK**

Send for the FREE Marmite Recipe Book, containing a great variety of other Marmite Recipes, both with and without meat.

TO

THE MARMITE FOOD EXTRACT CO., LTD.,
Mincing Lane House,
EASTCHEAP, LONDON, E.C. 3.

