

Mother... they depend on you : you can depend on Marmite / Marmite Limited.

Contributors

Marmite Limited.

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Mother... they depend on You...



You can depend on **MARMITE**

For your Friends...



When you have friends in for drinks or bridge or just for a chat round the fire, the evening is often made or lost by the refreshment you provide.

When making snacks or sandwiches always use:—

MARMITE SPREAD

Prepare the spread by mixing a little MARMITE with softened butter or margarine (1 part MARMITE, 2 or 3 parts butter according to taste).

MOCK CRAB

INGREDIENTS:

2 ozs. grated Cheddar cheese
1 hard-boiled egg
 $\frac{1}{2}$ teaspoonful mustard
 $\frac{1}{2}$ teaspoonful MARMITE
2 skinned tomatoes

METHOD:

Chop the tomatoes finely and mix in the finely chopped egg and the grated cheese, working all to a smooth paste. Add the mustard and the MARMITE and mix all well together. Have prepared some thin slices of brown and white bread and butter very thinly spread with MARMITE. Spread the filling on every other slice, place together, trim, or cut in desired shapes. This filling can also be used as an addition to green salad.

Some delicious Sandwiches!

Use MARMITE spread with . . .

Lettuce Tomato Cress Cucumber
Watercress Spring Onions
Chopped Celery Banana Raw Carrot
Hard Boiled Egg Creamed Cheese
Grated Cheese Chopped Walnuts
Sliced Cold Sausage



Keep the COLD at bay!

MARMITE SOUP . . .

INGREDIENTS:

1 pt. milk
1 dessertspoonful flour
1 teaspoonful MARMITE
 $\frac{1}{2}$ oz margarine or dripping
Salt and pepper

METHOD:

Melt the fat, add flour and cook together for a few minutes. Add milk, bring to boil. Add MARMITE, cook slowly for five minutes, season and serve.



When you've been ill—

SAVOURY EGG JUNKET . . .

INGREDIENTS:

- 1 egg
- ½ pt. milk
- 1 small teaspoonful MARMITE
- 1 teaspoonful rennet

METHOD:

Beat egg slightly, add half the milk. Heat the remaining milk and dissolve the MARMITE in it, pour over the egg and milk, stir in the rennet. Pour into a glass to set.

MARMITE MILK JELLY . . .

INGREDIENTS:

- ½ pt. milk
- ½ oz. gelatine
- 1 teaspoonful MARMITE
- Lemon rind

METHOD:

Put milk, gelatine, MARMITE and lemon rind in pan; heat gently, stirring all the time until the gelatine is dissolved, remove lemon rind; pour into mould. When set, dip in warm water and turn out. The jelly can be made to look more attractive if a little chopped parsley is added before pouring into the mould.

*For Goodness and
Flavour in Cooking—*

COTTAGE PIE

INGREDIENTS:

- | | |
|---|----------------------------------|
| ½ oz. dripping | Pinch of herbs |
| 1 lb. fresh minced
meat or minced
cooked meat | 1 tablespoonful
blended flour |
| 1 small onion
minced | 1 large teaspoonful
MARMITE |
| 1 carrot minced | Seasoning |
| ½ pt. water | Browning |
| | Sufficient for 4
persons |

METHOD:

Melt dripping in saucepan. Add minced meat and vegetables and fry lightly for 5 minutes. Add the water and herbs and simmer gently for 35 minutes. Add the blended flour, MARMITE and seasoning. Simmer gently for 2 or 3 minutes. Colour with browning if necessary. Put the mince in a pie dish and cover with mashed potatoes. Brush over with melted fat, sprinkle with breadcrumbs and bake till golden brown.

For Savouries—

Hot buttered toast, spread lightly with MARMITE, is so simple—and so delicious! One teaspoonful is ample for 4 slices of toast, sandwich-loaf size. Cut off crusts, and serve hot—cut into fingers.

TASTY FOR TEA (breakfast and supper, too!). Try MARMITE with

Scrambled Egg (on the toast) . . . with Welsh Rarebit . . . or a savoury slice of Fried Bread, spread with a little MARMITE before frying, to make one rasher do the work of two!

*First Steps to
HEALTH...*

MARMITE is highly recommended for children of all ages, and the opinion has been expressed by doctors and other scientific people that every child should have a little MARMITE daily.



Infants who are backward in growth and do not put on weight, often improve rapidly if MARMITE is added to their daily diet. Babies take MARMITE eagerly in milk, and its addition is very beneficial in counteracting the tendency to internal sluggishness which an exclusive milk diet so often produces. MARMITE is often ordered for babies from birth, about ¼ teaspoonful being added to the bottle.



MARMITE does you good

MARMITE is a concentrated extract of yeast containing important B₂ vitamins which are essential for good health. It is a valuable addition to the diet of the whole family but it is particularly good for children, invalids and the aged.



MARMITE makes the Ideal Gravy for goodness and flavour—just add a small teaspoonful to the juice of the meat . . . mm!!



*and Marmite
(of course)....*

