

**'Marmite' the great yeast food : definitely does you good ... / The Marmite Food Extract Co. Ltd.**

**Contributors**

Marmite Food Extract Co.

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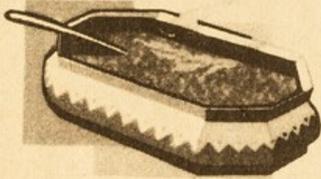
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## WHAT YOU CAN DO WITH MARMITE

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



To every kind of casserole, stew, soup and gravy, the addition of Marmite imparts improved zest and flavour. Marmite is extremely popular for picnics, and amongst campers and hikers.

A small teaspoonful of Marmite or a Marmite Cube in a cup of hot water or a glass of hot milk makes

a beverage to be appreciated at any time. It is particularly welcome

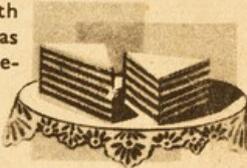
in the middle of the morning and when taken at bedtime assists in promoting refreshing sleep. No seasoning is needed except a pinch of pepper or a small grate of nutmeg if liked.



## MARMITE SANDWICHES

Tasty and nourishing, make a splendid "snack" at any time. Quickly prepared by spreading Marmite very sparingly on thin bread and butter or, better still, mix the Marmite

into a paste with three times as much butter before spreading. For variety add cucumber, tomato, lettuce, chopped cress, fish paste, cream cheese, chopped nuts, etc.



The **MARMITE RECIPE BOOK**—see coupon—contains many recipes for economical and attractive dishes of great nutritive value, including novel and nourishing soup recipes such as French Rice Soup, Julienne Soup, and Vegetable Soup. There are savoury methods of dealing with white fish and "doing up" cold meats; egg and cheese dishes are made "different" with Marmite; piquant sauces and gravies and also appetising invalid dishes are shewn in the book.

# MARMITE

REGISTERED

## THE GREAT YEAST FOOD



DEFINITELY DOES YOU GOOD

PRICES :

s. d.		s. d.	
<b>JARS</b>		<b>JARS</b>	
1-oz. -	0 6	8-oz. -	2 6
2-oz. -	0 10	16-oz. -	4 6
4-oz. -	1 6		

### CUBES

Tins of Six, 6d. and loose, 1d. each.

**THE MARMITE FOOD EXTRACT CO. LTD.**

WALSINGHAM HOUSE, SEETHING LANE  
LONDON, E.C.3

The MARMITE RECIPE BOOK will be sent free, and if 3d. in stamps is enclosed, a sample of MARMITE and a Recipe Book will be sent to a friend.

Your Name .....

Address .....

Friend's Name .....

Address .....

MARMITE; 35 SEETHING LANE, LONDON, E.C.3

**M**ARMITE is a concentrated yeast extract with a small addition of vegetable flavouring. It is particularly rich in all the known B Vitamins—factors which play a rôle of the utmost importance in the maintenance of health.

As the average modern diet tends to be deficient in the vitamins of the B group, it is essential to reinforce the ordinary meals with a good source of these valuable food constituents.

Marmite is used extensively because it provides the necessary vitamins, and also because it serves as a delicious addition to the daily menu and a welcome aid to good cookery. It is invaluable as a food for health, entirely vegetable in origin, and is ideal for inclusion in invalid and other special diets.

**O**N account of its proved medicinal and dietetic value Marmite is widely prescribed by doctors for many purposes. It helps the body to absorb nourishment from other food, tones up the system and assists in keeping the digestion in order.

The daily ration of Marmite is said to contribute to the general physical and mental fitness of people of all ages, and is especially useful as a tonic in anaemic and run-down conditions and during convalescence.

Marmite is highly recommended for children and the opinion has been expressed by scientific authorities 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, toast or bread and butter.