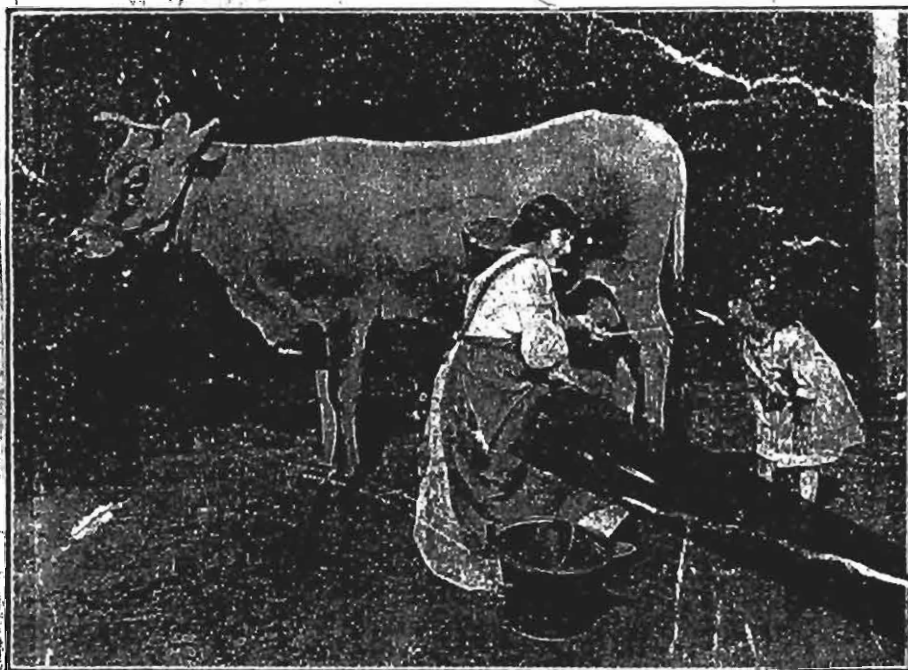


WITH COMPLIMENTS FROM

1924

AMSCOL

1924



From Cow to Consumer.

Adelaide Milk Supply Co-operative
Limited

198 Carrington Street, Adelaide

Phone : Central 3543--3544

NOTES FOR THE HOUSEWIFE.

Be sure you get AMSCOL Milk. See that the Bottles are sealed with the Company's Bottle Caps. Rinse and Return all Milk Bottles, they are the property of the Company. Milk Bottles are not to be used for any other purpose whatsoever, persons doing so will be liable to prosecution. Always keep your Milk in a cool place.



PRIZES WON BY AMSCOL DAIRY PRODUCE.

Adelaide, March, 1922	2	5	—
Mt. Barker, March, 1923	5	4	1
Mt. Pleasant, 1922	4	2	—
Murray Bridge, 1922	2	2	2
Adelaide, September, 1922	3	4	—
Woodside, November, 1922	4	5	—
Mt. Barker, 1923	5	4	1
Mt. Pleasant, 1923	4	4	—
Murray Bridge, 1923	2	2	—
	30	27	4

London Dairy Show—Highly Commended.

Total Exhibits shown 65. Total Prizes Taken 62.

MILK

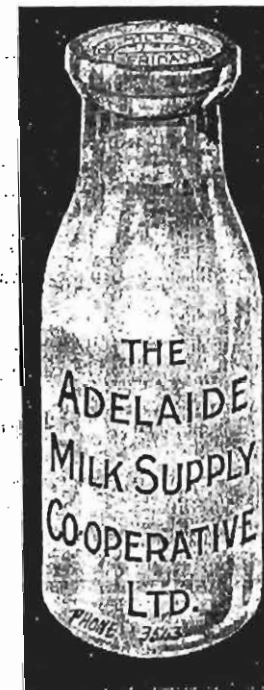
The Cheapest and Best of Foods

The following Diagram shows the Equivalent Value of
ONE QUART "AMSCOL" MILK.

1 lb. Lean
Beef

2 lb. Fish

4/5 lb. Pork
Chops



10 new laid
Eggs

2 lb. Chicken

3/4 lb. Beef
Steak

AMSCOL MILK will bring Children Health, Strength,
Growth and Laughter, and should be the Diet of Every Adult.

Adelaide Milk Supply Co-operative Limited

MILK PURVEYORS.

By Special Appointment to His Excellency The Governor, Lieut.-
General Sir Tom Bridges, G.C.M.G., C.B., D.S.O.

VICEREGAL APPROBATION.

Government House, Adelaide.
13th April, 1922.

The Chairman of Directors,
Adelaide Milk Supply, Co-operative, Limited,
Adelaide.

Dear Sir,—

I want to tell you how very interested and delighted I was with everything I saw at the Mile End Milk Depot this morning. One of the last public duties I was engaged in before leaving England, was the Acting Chairmanship of the British Government's Committee on Production and Distribution of Milk in England. Several of our recommendations in relation to public health matters I saw in actual operation to-day.

The value of detailed co-operation of the actual producer of milk cannot be over-estimated, whilst the system of paying for supplies on the basis of quality and cleanliness, coupled with the systematic sampling and testing of every consignment daily, in addition to laboratory tests, is, in fact, the most complete and efficient administration of public Health Acts. The value of the establishment of Herd-testing Societies has been proved to the hilt by the first year's experience of the only one fully working in the State at Murray Bridge.

Your daily records of output and quality will, I hope, be a practical incentive to the increase of these societies, and teach producers that cows which cannot produce quality and quantity standards, are not worth keeping.

The opportunity which is now open to consumers to purchase a properly pasteurised milk in sealed bottles every day is giving an advantage to infantile life in the city, which must commend itself to those who are interested in child welfare of South Australia.

I am extremely grateful to you for giving me the opportunity of enjoying an extremely interesting and instructive morning.—Yours very truly,

(Signed) ARCHIBALD WEIGALL.

TEN REASONS WHY

AMSCOL MILK

IS THE BEST FOOD WE HAVE.

1. Milk strengthens the body to **resist disease**.
 2. Milk contains lime which helps build **healthy teeth**.
 3. Milk helps keep the **digestive tract** in a proper condition.
 4. Milk contains the **vitamines** needed for growth and health.
 5. Milk supplies the **fuel** the body needs to perform its work.
 6. Milk helps **repair** the wear and tear of the body.
 7. Milk builds **strong bones**.
 8. Milk **prevents malnutrition** among children.
 9. Milk gives proper **balance to a diet** and insures the greatest efficiency.
 10. Milk gives **more food value for less cost** than any other food.
-

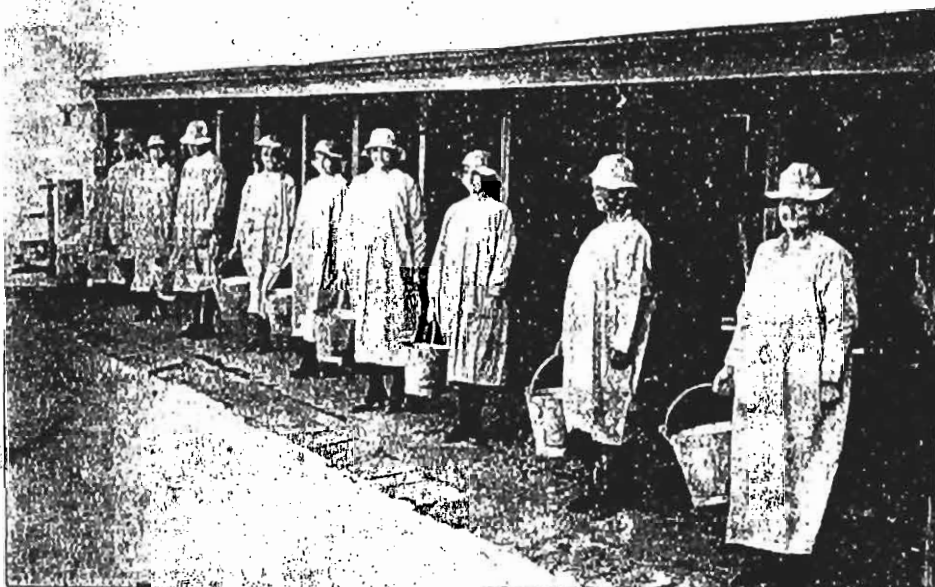
Milk is the best food for growing children. It contains all the food material needed for growing bones and muscles. Every child should have at least two big cups of milk a day. Milk combined with bread, cereals and vegetables should be the main part of the diet of boys and girls.

Clean Milk

Mr. F. K. Nieass, General Secretary of the Australian Government Workers' Association, in an article on Pure Milk, appearing in their official organ, writes:—

"We cannot pay too much attention to the purity of our milk supply, for more lives are lost every year through impure milk, or the lack of milk, than were killed in any year of the Great War! That is not an exaggeration, but an indisputable fact. If people only realise that, then it is certain that great attention would be given to our milk supply."

Cleanliness in the Dairy Counts in Your Milk Supply.



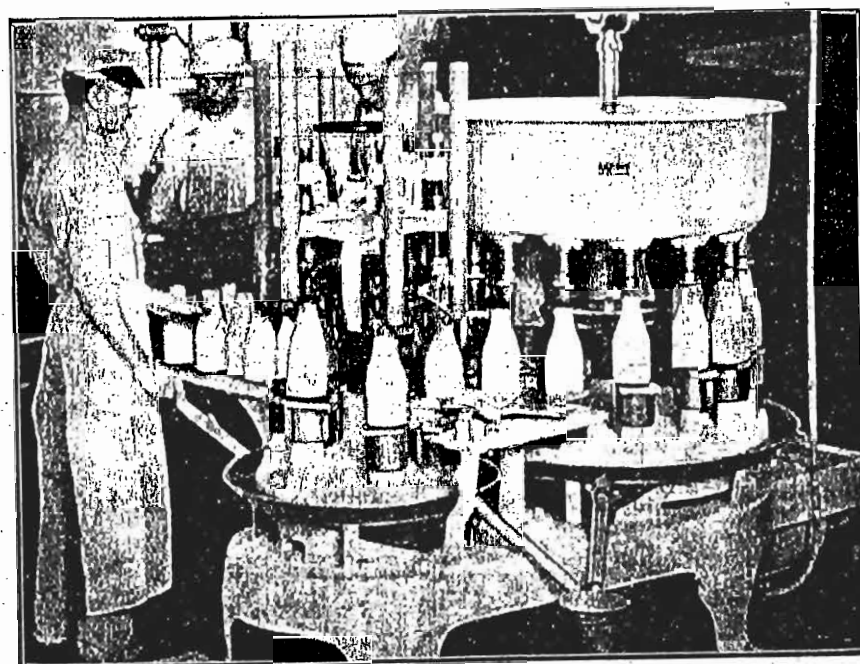
Milk Supplied by AMSCOL Produced on this Dairy.

"You cannot give too much pure milk to your growing children. A few shillings spent in this direction means pounds saved in other ways, but the milk must be pure."

"While at Murray Bridge, recently, I had an opportunity of visiting one of the Amscol model dairies, and it was a revelation. The long line of bails in the milking sheds was the essence of cleanliness. Each cow answered to its number and came to its proper place as the previous animal was released and sent forward and out of the back door. The 10 or 12 milkmaids and boys were dressed in a pure white uniform. Everything was spotlessly clean. The general handling of the milk, right to the door of the City consumer, is carried out in similar up-to-date model lines, which ensure purity and cleanliness. The public of Adelaide need have no fear of drinking all the Amscol milk they can possibly secure. In fact, more such pure milk would ensure better health and longer life."

Dr. H. Sir. on Newland said Amscol, in the course of a few years, had become a great public utility, and was destined to become greater still. They had aimed at and had succeeded in providing Adelaide with a pure milk of a high and uniform quality. The success of the company would be greater still when the public had been enlightened on the vital importance of consuming pure milk. Only a proportion of babies could be breast fed, and the only true substitute for the mothers' milk was cow's milk. Ignorance prompted many a mother in Adelaide to feed her baby on Patent foods instead of Cow's Milk. It was obvious that education was necessary so that mothers might realise that there were sound and scientific reasons for preference being given to cow's milk."

Bottling Milk for Distribution.



Sanitary and Hygienic methods of Bottling Milk adopted by "AMSCOL."

Dr. R. F. Matters, M.B., on board T.S.S. "Ulysses," writes:—

"Re the bottled milk—my child greatly appreciated this and would not touch the artificial milk when she knew that the Amscol milk was obtainable."

"The milk kept perfectly, but in the tropics, once opened, it is sweet only for about fifteen hours, i.e., milk opened one morning, was not good for the following day."

"However, if the bottle was opened at 7.30 a.m. for the children's breakfast, it was still sweet at 5.30 p.m. for their dinner. In fact, we used to open a bottle each morning for the children's breakfast and use a little for afternoon tea ourselves."

"We were able to distribute the milk for afternoon tea and people, who would rather go without milk than use 'Ship's' milk, were very

Milk-fed Folks are Healthy and Happy

Boys and girls and adults, too, find a heritage of health, strength, and vitality in the daily use of more Fresh Milk.

Nothing is missing from this perfect food. There are three known kinds of vitamins, and Fresh Milk contains them all.



AMSCOL Bottled Milk for Lunch at School, brings the Children Health, Energy and Happiness.

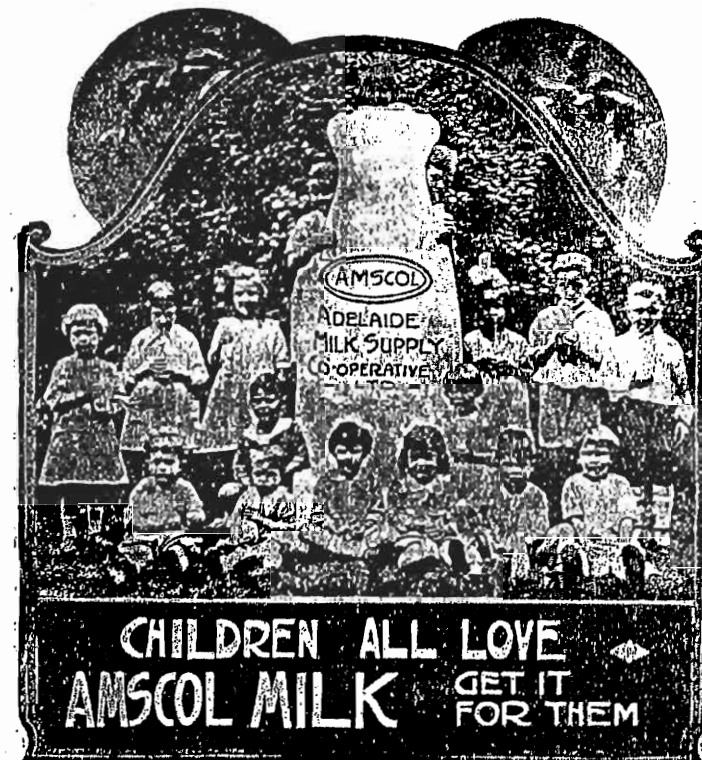
Ruddy cheeks, sparkling eyes, clear skin, good teeth, snap, pep, and joy of life belongs to all who drink plenty of Amscol Milk.

Nothing is a matter of more direct concern to the health of any community than the purity of its Milk Supply. Amscol Milk and Cream is always reliable.

What Milk does for Children attending School

The experiment which has been conducted at Birmingham, England, on the nutritional value of an extra milk ration has had gratifying results. Dr. George A. Audeh, the School Medical Officer for that City, presented a summarized report to the Education Committee in which he gives the following ascertained facts:—

- (1) A notable and rapid improvement in mental and bodily vigour and alertness.
- (2) Improvement in the haemoglobin content of the blood.
- (3) Improvement in the rate of increase in weight and in nutrition, as calculated by the different methods of investigation.



The head teachers and teaching staff generally entered into the experiment with enthusiasm, and kept close observation on the children. They were soon able to report a perceptible improvement in those receiving the ration, the children being notably brighter and more lively. Their school work was better, they were less easily fatigued and their concentration was greater. The mothers also reported a general improvement in the spirits of the children; and in some cases a better appetite and freedom from headaches.

Parents, if you wish your children to grow healthy, see that they get plenty of AMSCOL MILK.

Interesting Facts in Other Cities

WHAT MILK HAS DONE FOR SCHOOL CHILDREN.

A survey of 55,000 children in 150 schools in Los Angeles, California, conducted by Dr. Everett C. Beach, Supervisor of the Department of Physical Education, showed that children who drink milk liberally complete the eight grades of school work two years younger than children who do not drink milk.

Dr. Beach also found the milk-using children far superior in athletic contests to those not using Milk.

The true significance of the Los Angeles school survey is to be found in the heavy financial burden upon tax payers caused by the large number of retarded children.

Mr. S. H. Greene, Secretary-Manager of the California Dairy Council, says that the burden is heavy in many ways:

To begin with, the survey shows that 20% or approximately 20,000 of the children in the elementary schools in Los Angeles are retarded approximately two years in their school work. It costs about 75.00 dollars of the public money to keep a child in elementary school each year, or 150.00 dollars for two years. 20,000 retarded children therefore cost the tax payers of Los Angeles 3,000,000 dollars more than necessary. Hence this vast amount is virtually wasted.

If the city were to buy a pint of milk for every one of these retarded children for the entire eight years of the elementary course, and if children made normal progress as a result, there would be a considerable sum left out of the present cost of keeping them in school two years longer than the normal child.

There is another angle to it 20,000 children occupy 20,000 seats in the school buildings for a little over two years longer than necessary. This means additional expense.

Furthermore, the two extra years which the 20,000 retarded children now spend in grade school, could be spent to a decided advantage, financially and otherwise, in high school or in commercial activities, at home, on the farm, or in the city producing.

All of this is aside from, and in addition to, the detrimental effect of these retarded children upon their classmates.

All told, the loss is appalling.

Mr. Greene says: "We are now working in California under the slogan, 'Free Milk in the Schools is as Necessary and Beneficial as Free Text Books.' We are also taking up the slogans of the American Child Hygiene Association, two of which are: 'A Scale in Every School,' and 'Drink at Least a Pint of Milk a Day.'"

In Columbus, Indiana, Dr. Bertha A. Clouse, School Physician, found that one hundred children in the first four grades, when given milk in the school room over a period of eight months, made average gains in weight of twelve ounces each month, which is exactly twice the ordinary and expected gain, for children of this age.

They also showed an improvement in the school work, standing an average of ten per cent. (10%) higher than children not taking milk. Milk is a Vital Human Food—It is Food for both Young and Old.

NEWSPAPER EXTRACT.

Dr. F. S. Hone, speaking at a deputation of a special Sub-Committee of the South Australian Branch of the British Science Guild that waited on the Minister of Education, said: "Investigation of recent years had shown by observation that to get at the cause of diseased teeth they wanted to go right back to the first few months or years of a child's life. Experiments had shown that the lack of certain vitamins in the first few months of the life led to a more rapid decay of the first teeth, retarded the eruption of and created the defects in the permanent teeth. The great necessity was to provide these vitamins in the early years of a child's life. The best way to do that was to provide an abundant supply of fresh milk."



Donald Robertson.

"Donald has been reared on Amscol Milk since the age of three and a half months. For a start we gave him a third of milk and two thirds of water, and at six months we gave him half and half, at ten months all milk. He was then having two pints of milk a day, and now, besides having other foods, he still has one and a half pints. He has always been above the average weight. The average weight at 18 months is 22 pounds and Donald was 30 pounds. We found that Amscol Milk suited him, and he has never had any prepared food of any description. You may use his photo as you see fit."

—D.R., Croydon.

We were waiting for a train the other day and overheard the following conversation between two pretty young women. Said one: "Honey, I do not see what makes your cheeks so round and rosy." The reply came instantly, "Well, I don't know, unless it's the milk I drink. I drink a quart every day and a cup of hot milk just before I go to bed."

The answer struck us as being succinct, logical, and to the point. In that reply there is a world of reason, for exuberant health, poise and beauty. It is a lesson every mother should drive home to her daughters. Go into any crowd of people, and with little or no experience you can pick out those whose food is balanced, that is, if you are a student of men and women and their whims, and balanced food means milk. During the summer months, when vitality is lower than usual, milk is the redeeming factor in tissue and energy conservation. Don't forget it—when in doubt drink milk and make it a practice as does this young lady.



Douglas Tregar.

"It gives me great pleasure to forward you these few lines with photo of our baby boy Douglas you may use in any manner you wish as a recommendation and reference to Amscol Milk. The enclosed photo is at the age of 7 months, up to the age of three months he made very little progress, as all of the different foods that were tried disagreed with him. When put on Amscol he immediately started to improve, and now at the age of 7 months he weighs 24 lbs. He is in perfect condition and has been fed exclusively on Amscol since he was first started on it at 3 months of age. I can confidently recommend it. I shall be glad to give any personal reference to Amscol."

Use Pasteurised Milk

In ordering milk, do you specify "Pasteurized Milk?" Milk pasteurization insures the safety and quality of your daily supply.

Pasteurization is now just as much a common requirement of the milk supply of a great city as is a well guarded water supply. Smaller cities are beginning to insist upon both these forms of health protection. Pasteurization is now a compulsory measure in a great many large cities.

Pasteurization is one of the important, painstaking steps involved in the handling of your daily milk supply. Pasteurization enables the milk man to put on your doorstep each morning a quart of milk of good flavor, splendid keeping qualities and with every essential of nourishment retained.



The growth promoting Vitamine which occurs so abundantly in the butterfat in milk is not impaired by pasteurization.

The muscle-building elements and the energy-giving elements of milk are likewise unchanged by proper pasteurization. The lime and other minerals plentiful in milk, so important for bone and tooth development, are all available in pasteurized milk.

Pasteurized milk is not boiled milk. Properly pasteurized milk is that which has been heated to a temperature of 142 to 145 degrees F. and held at that temperature for 30 minutes.

For health's sake it is important that Milk should be fresh, clean, and wholesome, and this may be had by communicating with Amscol. Phone 3543 and 3544.

Amscol Milk for Sound Teeth

Sound teeth are essential to proper mastication of food. Imperfectly masticated food impairs the digestive organs, prevents the proper assimilation of food and thus directly interferes with both growth and health.

These facts prove that milk makes for sound teeth, and sound teeth have a very direct bearing on health.

Everybody wants sound teeth—because they are indispensable to good health and add materially to one's appearance. Sound teeth must be developed during childhood, so it is all important that parents should understand the vital relationship between sound, well-placed teeth and good health.

Dr. Percy C. Howe, at the head of research work in the Forsythe Dental Infirmary, Boston, Mass., where the teeth of more than 10,000 children are examined and treated annually, states: "The Mineral Salts and Vitamines found in Milk and certain leafy vegetables are indis-



pensable to sound teeth in children." Dr. Howe has proven the above statement by showing that children who consume liberal amounts of milk have sound teeth and are far more healthy than children not drinking milk.

Furthermore, these children are more likely to maintain good teeth throughout life if they continue to use milk. The reason for this is that the mineral matter found in milk, together with the vitamin elements which nature has placed there, form the most perfect food combination for building teeth and bone known to science.

All leading dietary scientists and food authorities now agree that no single food is as valuable as milk in developing and maintaining sound teeth.

A world-wide investigation by Dr. McCollum of racial development, corroborated by actual laboratory experimental work, conclusively shows that races of the world who have been liberal users of milk invariably are possessed of strong bones and sound teeth. Research and experimental work further show that, without milk and leafy vegetables, the jaw bones, which are the frame work supporting the teeth, do not develop properly. The teeth that follow are imperfect in character, irregular in shape, soft and porous and begin to decay in life.

*Sunset Glow
(Benley Crise)
Pink Flake
Zetta
Scarlet King
Gillance
Sunlight*

RECIPES

AMSCOL MILK DRINKS.

To make attractive and nutritious milk drinks, shake thoroughly chilled milk with strawberry, vanilla or chocolate syrup. A straw will make the drink more attractive.

Egg Milk Shake.

1 egg
1 cup milk
Vanilla or nutmeg
Beat egg, add milk and flavoring, chill and serve.

Chocolate Milk Shake.

1 tablespoonful cocoa paste
1 cup milk
(See cocoa paste)
Mix milk and cocoa paste, chill and serve.

Cocoa.

Few grains salt
2 cups water

Mix cocoa, sugar, salt, add water and cook until a smooth, thick paste is formed. Allow to cook a long time, (1 hour or more, if convenient, in a double boiler) to improve the flavor. Use a tablespoonful of this paste for making a cup of cocoa by putting it in one cup of hot milk. Do not boil the milk and cocoa together! This paste can be put in the refrigerator or a cold place and kept for a week or more. Making a large quantity saves time and gas. It insures cocoa of a better flavor and a food more easily digested than when made hurriedly.

SOUPS.

MILK SOUP.

1 pint water
1½ pints milk
1½ lbs. potatoes
2 onions

1 carrot
1 bay leaf
Stick of celery
Salt and pepper

Wash and peel the vegetables, cut in slices, and cook all together with bay leaf in water and ½ pint milk. When the potatoes and celery are soft, remove the carrot and the bay leaf, which are only used for flavouring, and rub the other vegetables through a sieve. Add the rest of the milk and boil up. This is a nourishing and delicious summer soup.

Potato Soup.

1 lb. potatoes
2 onions
1-oz. butter
1 pint milk

½ pint water
Salt and pepper
1 tablespoonful sago

Melt the fat in a large saucepan, peel and slice the potatoes and onions and cook them gently in the fat for ten minutes, covering the saucepan and shaking from time to time. Pour in the water and cook until the vegetables are tender. Rub through a sieve or colander, return the purée to a clean saucepan, add milk, seasoning, and sago, and cook until the latter is clear (about fifteen minutes).

TOMATO SOUP.

2 lbs. fresh tomatoes
1 onion
1-oz. butter
1 dessertspoonful corn flour
½ pint water

1 pint milk
Stick of celery and a little parsley to flavour
Salt and pepper

Peel and slice the onion, cut the tomato in quarters, and put into a large pan with fat, celery cut in small pieces, and parsley. Put the lid on and cook the vegetables a few minutes in the fat. Then take off the fire and add the water and seasonings. Cook gently for half-an-hour, then remove parsley and celery and rub through a sieve. Return to the fire and bring to the boil. Blend the corn flour with the cold milk, then mix with a little of the hot soup. (This prevents the corn flour forming into lumps when poured into the soup). Pour this mixture into the soup, add the rest of the cold milk, and bring to the boil. Cook gently for ten minutes, stirring all the time, and serve very hot.

Milk can be used with many vegetables and leftovers to make nourishing soups. For example: Peas, beans, potatoes, celery, spinach, carrots, asparagus, onions and tomatoes. Make the same way as split pea soup.

PURE MILK AND PUBLIC WELFARE

Do you realize the extreme importance of Clean Pure Milk in the City, not only for Infantile Health, but also to your own Welfare and Comfort?

If so, you can greatly benefit yourself, your children, and the General Community, by assisting Amscol in the great work it is doing in the Municipal Milk Supply.

Many thousands of pounds have been spent on the City Meat and Water supply. A Pure Milk supply is of even greater importance to the Community as the life and proper development of every child is dependant upon it.

Amscol has already achieved much—the Public Health Authorities will vouch for that—and it has worked on financially sound lines, as demonstrated by the Balance Sheet.

Amscol suppliers work under a practical set of Dairy Regulations, designed to ensure the Cleanliness and Purity of their Milk.

Amscol initiated the system of paying Producers on a Quality basis.

Amscol's methods undoubtedly improved the Quality of Milk reaching the City.

Amscol takes samples of every Can of Milk put on to the Delivery Carts.

Amscol introduced the Sealed Bottle delivery of Milk, absolutely guaranteeing the Cleanliness and Purity of Contents.

Amscol has encouraged the drinking of Milk as a luncheon Beverage by delivering Bottled Milk to Employees in City Offices, Warehouses, Factories, and Shops.

Amscol introduced the hygienic distribution of Cream in sanitary containers.

Amscol has raised the Standard of Distribution throughout the City and Suburbs.

A recent visitor from Dunedin, N.Z., after visiting and enquiring into Municipal Milk systems in New Zealand, New South Wales, Victoria, and Adelaide, stated "Amscol is doing more to uplift the dairying industry and provide a guaranteed City supply at a reasonable cost than any other system I have inspected."

Amscol has shown its ability to give the Public a vastly improved service.

The Milk-producers have mainly financed the movement to date, will you now help? If so, you can materially assist this sound business in its undeniable benefit to the Community by taking up even 10 or more shares.

Read our present list of City Shareholders and let us include you among our helpers.

CITY SHAREHOLDERS IN "AMSCOL."

Acraman, G. S.	LeMessurier, J. C.
Angas, C. H.	Loutit, Mrs.
Axford, L. F.	Lucas, Mrs.
Ayers, J. M.	Lloyd, H. W.
Ayers, Miss L. L.	Morphett, J. C.
Ayers, Mrs. H. L.	Morphett, Miss
Atkinson, W. A.	McEwin, Geo.
Bagot, W. H.	McEwin, R.
Bagot, Miss	McRae, F.
Bagot, Mrs. Jno.	Newland, Simpson
Baker, J. R.	Newland, Dr. H. S.
Barker, Jno.	Parkhouse, Dr. D.
Barr Smith, T. E.	Phillips, W. Herbert
Bischof, M. H.	Place, T.
Brown, Dr. Gilbert	Plumer, Dr. Violet
Brown, Dr. Marie	Potter, S. L.
Carr, J.	Prescott, S.
Cheary, Mrs.	Rischbieth, C. F.
Clark, E. S.	Robinson, P.
Cowan, H. A.	Ruddle, H. J.
Crawford, R. H.	Ruddle, Mrs.
Davenport, Howard	Rymill, Henry
Davis, J. R.	Rymill, H. E.
Dobbie, A. W. & Co.	Rymill, A. G.
Downer, F. H.	Rymill, E. S.
Edquist, A. G.	Rymill, Mrs. Frank
Edquist, Mrs.	Sabine, E.
Flanagan, E. K.	Saunders, E. G.
Fotheringham, Max	Scammell, L. R.
Gill Williams, H.	Simonette, F.
Goode, M. A.	Simpson, F. N.
Gosse, J. H.	Soward, G. K.
Gunson, Mrs.	Steele, R. M.
Hayward, F. E.	Tolley, E. A.
Hudd, Capt. H. S.	Turner, D. C.
Hughes, J. B.	Vidale, L.
Hughes, Mrs.	Walkley, A. J.
Hutchings, Mrs.	Walkley, Mrs.
Jacobs, S. J.	Waterhouse, A.
Johnson, A. L.	Whelan, M. L.
Landon, F.	Wills, Mrs. B. A.
Law Smith, Harold	Young, W. J.
Leader, T. M.	

Why YOU should drink more

MILK

Because it is THE MOST "COMPLETE" and "PROTECTIVE" FOOD Produced.

DRINK MILK when you are WELL, don't wait until you are ILL and your Doctor prescribes it.

FOR CHILDREN.

(Actual results of recent tests in Birmingham).

Improved Physique, Quickened Intellects, Increased zest for school work.

Thousands of babies die every year owing to attempts at improving nature by milk substitutes.

The man or woman who consumes milk has a resistance to disease not possessed by non-milk consumers.

The consumption of milk brings roses to your cheeks.
Milk, plus fresh air and sunshine, cures tuberculosis.
Milk is recognized as the greatest "protective" food known to man.
The lime in milk builds strong bones.

"Milk is the only article of diet which we consume which was intended by Nature to serve as a food—every other substance has a different biological function—and Nature's work is the nearest approach to perfection with which humans are acquainted. Pure, fresh milk is the best, the perfect food, the foods of foods."

—Dr. S. G. Moore.

"We need, too, to educate the people to drink more milk."—Dr. John Robertson, Medical Officer of Health, City of Birmingham (in report to Public Health Committee, July, 1922).

"Do not grudge a fair price for good milk . . . be prepared to pay a decent price for it, and then be thankful."—Dr. Gerald Leighton, Scottish Board of Health (Food Department).

"The community have to be encouraged to drink more milk . . . there is too little milk consumed at present."—Dr. Thomas Orr, Medical Officer of Health, Leaning (at Royal Sanitary Institute Meeting 1st January, 1923).

DRINK ONLY THE BEST MILK

As Delivered in Your District by—

ADELAIDE MILK SUPPLY CO-OPERATIVE LIMITED,

198 Carrington Street, Adelaide.

Phone 3543.

ONE OF THE MANY AMSCOL SHOPS MAIN NORTH ROAD, PROSPECT.



Nailsworth Depot—School Lunch Hour.

RECEIVING DEPOTS:

Carrington Street, Adelaide.
Woodside.

Murray Bridge.
Blakiston.

Gumeracha.

CITY AND SUBURBAN DELIVERY DEPOTS.

198 Carrington Street.
16-18 Halifax Street
218 Franklin Street.
207a Parade, Norwood.
84 Parade, Norwood.
Kensington Road, Norwood.
Stuart Road, Dulwich.

Goodwood Road, Goodwood.
170 Wright Street.
Gilbert Street, City.
84 Jetty Road, Glenelg.
Prospect Road, Prospect.
Main North Road, Prospect.
Lincoln Street, Corryton.
William Road, Hyde Park.

REGISTERED OFFICE:

194-8 Carrington Street, Adelaide.

AN "AMSCOL" BABY.



Maude Day, reared on Amscol.

"It gives me great pleasure to write thanking you for the wonderful good your Amscol milk has done my baby. She is one of the Bonniest babies around this district, and I put it down to your milk. It is both rich and pure, and in sending you this photo of her, I think you will quite agree with me that she is a bonny girl. She has been taking it ever since she was two months old, and she is now a year and five months old, and still on it.—J. D., Adelaide



Adelaide