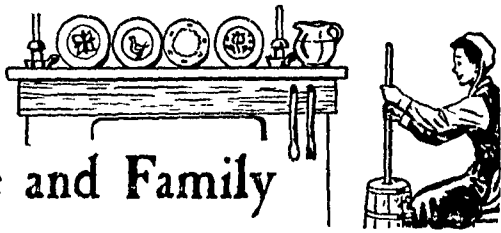


## For the Farm Wife and Family



### The Baby and His Diet

by Mrs. Richard C. Spence

Feeding your baby a nutritious as well as a well-balanced diet is as easy as removing a lid from a jar or can in this modern age. Almost everything that is included in a baby's diet can be found on your grocer's shelf, conveniently packed, all ready to heat and serve. One of the leading baby food manufacturers is now offering baby food in a glass jar with a screw-on top.

"Pre-planned, pre-packaged nutrition" is another service which baby food manufacturers can now offer you. Today a mother has at her fingertips baby foods that are more complete nutritionally than any have been before.

These foods—like the High Meat Dinners, the Vitamin C enriched fruit juices and Pre Cooked-High Protein Cereal—are designed to simplify mother's task of providing her infant and toddler with a well-balanced diet.

They virtually eliminate the hit-and-miss nutrition that might result because of vagaries of climate and geography—because of baby's acceptance of certain flavors or his allergies to some food—or because of mother's bypassing or emphasizing particular varieties because of personal taste-preference.


While you certainly do not want to eliminate variety from a baby's diet, if the child is between four and 12 months of age, you can give him all he needs nutritionally with the following daily menu pattern.

This is the total menu for

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Feeding can sometimes become a problem with the older children and we have to occasionally camouflage the familiar foods so that they will maintain a well-balanced diet.

Here are a few suggestions that might make a hit with the finicky eater in your house.

Breakfast in a glass is a new early morning treat, combining cereal, milk and fruit. It's cool, quick and nourishing. What could be faster than to drink your breakfast and still know that you were getting the essential food elements?

It takes less than five minutes to mix and there is just time enough to toast a slice of cinnamon bread to serve with it.

#### Breakfast-In-A-Glass

¾ cup cooked oatmeal, chilled  
1 cup cooked apricots, drained  
2 to 4 teaspoons sugar  
1 teaspoon vanilla  
2½ cups milk  
Place all ingredients in a bowl. Beat with a rotary beater or electric mixer until smooth (If blender is used, blend for 1 minute). Makes 2 servings.

#### Oatmeal With Cherry Preserves

2 cups oatmeal (quick or old-fashioned)  
4 cups water  
1 teaspoon salt  
Cherry preserves  
Stir oatmeal into briskly boiling salted water. Cook one minute for quick oats (five minutes or longer for old

fashioned oats.) Stir occasionally.

Cover pan; remove from heat and let stand a few minutes. Top each serving with a spoonful of cherry preserves. Makes four to six servings.

Custards are an easy way to get milk into the child who will not drink his quota every day. Especially easy are the rennet-custards. Try this one with a tasty cranberry flavor added.

**Cranberry Rennet-Custard**  
½ cup cranberry sauce  
2 cups milk (not canned)  
1 package Raspberry rennet powder  
Chopped nuts (optional)

Divide cranberry sauce among four or five individual dessert dishes. Warm milk slowly, stirring constantly. Test a drop on inside of wrist frequently.

When comfortably warm, (not hot) remove at once from heat. Add rennet powder and stir briskly until dissolved—not over one minute. Pour at once, while still liquid into dessert dishes over cranberry sauce.

Let stand at room temperature until "set"—about 10 minutes. Chill. Top with chopped nuts. Makes four to five

A delicious nutritious milk for children.

**Cranberry Banana**  
1 banana  
1 cup cold cranberry sauce  
2 tablespoons vanilla cream

Peel banana. Slice in bowl and beat with egg beater, electric mixer or liquefier blender until smooth and creamy. Add cranberry juice and ice cream. Well. Serve immediately. Makes one large or two medium-sized drinks.

With the wide variety of read-to-eat cereals on the market today, there should be no problem in getting your child to get his proper allotment of food value. These ready-to-eat cereals are good with milk, honey, or fruit.

These ready-to-eat cereals are good with milk, honey, or fruit. These Pink Party cereals are good with milk, honey, or fruit. For instance, 6 cups of Pink Party cereal is equal to 1 cup of whole milk.

**Pink Party Cereal**  
1 cup chopped graham cracker  
½ pound fresh milk  
low (about 32)  
¼ cup butter or margarine  
One ¾ ounce package of strawberry or pink powder

## Can You Afford The Disadvantages of Hard Water

Hard water is rain water which has—in its travels through the air and over the land—absorbed calcium, magnesium, iron and many other substances. Hard water has no advantages. It simply makes life harder all around—harder to wash dishes and launder clothes, to bathe, shave, shampoo, cook and clean. If you've lived with hard water all your life the difference soft water makes will surprise you.

Soft water is better everywhere. In the bathroom soft water flushes pores, soothes skin, leaves no ring or scum.

No where is the influence of soft water upon the family health stronger than in the kitchen. For it is here that water affects us internally—water for cooking and for washing dishes containing the food we eat. Soft water is wonderful for washing foods.

It is much more efficient in removing the residue of insect sprays. Helps out the rich full flavor and natural color of fresh vegetables.

Soft water washes brighter, saves soap, fabrics last longer.

For a fraction of the present washing cost, soft water is kind to your eyes. Remember, it would cost you to remove clogged pipes, walls, or tear up floors.

There are many advantages to hard water, including cash savings of up to a year for the average family.

For the answer to your water problems please contact Cliff Lehman at Co., 15 West Chestnut, Lancaster. There is no charge for this service.

## Income Tax-Deductible A Retirement Plan for The Self-Employed Business or Professional Man

Recently, the House of Representatives of the United States passed by a substantial majority the Simpson-Keogh Bill to permit you, if you are a self-employed man or woman, to set aside funds with an income-tax deduction in order to provide retirement income for your future.

This Bill is now before the United States Senate. When it is passed, whether at this session or at some future time, it will mark the dawn of a new era for all business and professional people who work for themselves and who, up to now, have been unable to enjoy the same type of tax benefit with respect to pension and profit-sharing plans, as people who work for corporations or other employers.

When this legislation becomes effective, The Fulton National Bank of Lancaster will be ready with a new type of retirement trust account for self-employed persons. It will permit you to deposit each year such tax-deductible amounts as you may wish from \$100 to \$2500 a year or more in accordance with the provisions of the law. Your individual account may be invested entirely in stocks or in fixed-income securities, or partly in each in whatever proportions you may desire. The Bank's charge will be low—perhaps no more than 50 cents a year for each \$100 in your account.

When you retire, your personal trust account will then be available to provide a retirement income for you or your family in accordance with the terms of the Act.

Of course, the Bank will not know exactly what the detailed provisions of the law will be until it is finally passed. However, we will be glad to keep in touch with this important matter as it develops in the months ahead. Just send us your name and mailing address on the coupon below... addressed to our Trust Department.

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