

Feeding the Family

By ZOLA VINCENT
Food Editor

Food Editor Talks About Feeding Little Folks

In case you hadn't heard, 1954 was a year of a year! Or to put it another way, 1954 was a howling success, baby-wise. Once again the tireless stork outdid his own best record, filling well over 4,000,000 cradles of the nation. The big family trend continues to stump the experts. That's what Lucille Shearwood, women's news editor for a big baby food company, told us and documented her statements with fascinating statistics.

A scant 10 years ago, a steady population decline was being deplored. Instead of which, we've a baby boom that continues to daze Uncle Sam (and grandparents) and to dazzle purveyors of baby food, clothing and other essential equipment.

All of these babies arrive ready to eat! And their individual development depends much upon the foods fed the infant and growing child to the end that he build a sturdy body in which a good mind can develop. Our job as parents is to let children grow up with natural enjoyment of food. And that's our theme for today as this newspaper helps celebrate Child Health Day, May 1, which launches National Baby Week.

Feeding Little Folks

We as parents may know what foods are good for children but unless we know what to expect

in children, we're likely to have food fights on our hands. Experts tell us (1) No two children are exactly alike. Children differ in body build, in food habits, in food requirements both as to kinds and quantity. (2) Children go through similar stages of development. Each needs to grow in his own time and his own way. (3) Every child needs to do for himself whatever he is able to do. First efforts will be awkward but should be encouraged because they are steps toward health and growth.

Parents find comfort when they understand that children's disturbing eating behavior often is a natural part of their development. It still may be difficult to endure, but between one and five years you can expect: great activity, some contrariness, much imitation, a need for routine, some dawdling. After all, baby has no sense of time. Why should he rush when the first keen edge is taken off his hunger? Then again, he's likely to go on food "jags." If his menu is not too impractical, you can be casual about it since he's not apt to stay on the "jag" very long.

Give child the security of a simple rule agreed upon by both parents. Too many confuse him. He needs to know what to expect from both parents. We don't insist upon a clean plate before dessert but small portions



CITRUS BIOFLAVONOIDS—Jimmy may not know how to spell "citrus bioflavonoids" but his smart young mother knows that top ranking scientists recently discovered them working right alongside vitamin C and other valuable nutrients found abundantly in whole oranges. For buoyant health, include whole fresh oranges in the family's daily diet.

are very important.

The time to teach a child to do things is when he shows he wants to learn. If he is pushed too early, failure frightens him. If he is held back when he is ready, it may be hard to interest him in learning later. Let him feed himself when he wants to try, however devastating to surroundings.

Tossed Cereal

We westerners favor the tossing of salad greens, blending good flavors, so why not give the family a treat by tossing or mixing together two, three or even more kinds of ready-to-eat cereals in a large bowl. The usual sugar and cream, maybe with fruit or strawberries.

Apple Oatmeal. Top generous bowl of hot oatmeal with cinnamon apple sauce made like this: Make a syrup of one-fourth cup sugar, one-half cup red cinnamon drops and one cup water. Add thin unpeeled apple slices and cook until tender. Serve with generous pitcher of hot or cold milk.

A good Lunch. A good lunch for children and the whole family is creamed tuna on ready-to-eat corn soya cereal which is increasing in popularity right along; offers fine nutrition.

New Health Values Found in Oranges

Don't be frightened away by the scientific verbiage but we think you should know as a point of information while you're feeding the family, that new vital health values are found in fresh whole oranges; certain values, called bioflavonoids, that seem to get lost in processing.

So we want to give you this good advice. In addition to drinking your orange juice, include whole fresh oranges daily for your family's buoyant growing health.

The health value of the orange has been recognized for generations. Long famed for vitamin C which is essential daily to proper body functioning, research continues to reveal other vital uses of vitamin C with nutrients called provitamin A, the B vitamins and calcium and iron along with

the protopectins which are found in the solids of fresh oranges, in the walls of the segments and in the juice sacs.

Exciting thing about bioflavonoids is that, working with vitamin C, they strengthen the walls of the tiny blood vessels or capillaries (and there are 62,000 miles of capillaries in the body), help in the treatment of rheumatic fever, vascular disease, habitual involuntary abortion and infantile paralysis . . . besides doing as everyday job of helping maintain good health through proper diet.

Keep a supply of fresh oranges on hand for peeling and eating as is. Let the children "reach for an orange" whenever they like. Sliced, halved or sectioned, they're wonderfully good as well as being "good for you."

Ways with Oranges
Orange Dessert. Pour one-half cup warm honey over sections from six oranges. Chill, sprinkle with chopped toasted almonds or toasted coconut and serve with angel food cake.

Orange Salad. Remove pulp from orange shells with grapefruit knife. Dice pulp and add to stew with a little chopped onion and watercress. Heap in orange shells to serve.

Orange with Lamb. Dot orange with butter, sprinkle lightly with brown sugar and dust with curry powder. Broil and serve around lamb roast or chops.

Children's Food Preferences
Make Interesting Parent Reading. Research has revealed these interesting and important discoveries about the food preferences of children.

Small children are actually sensitive to the flavors of foods, their odors and temperatures. They dislike both ice-cold and very hot foods and beverages. Lukewarm is the trick.

Young children prefer starchy foods soft, very soft. The experts prepare puddings and custards with just half the usual amount of cornstarch. And mashed potatoes are served moist to the point of slushiness. But children also enjoy finger foods and should be permitted to eat whenever pos-

sible with their fingers. Don't fret over their table manners at this early age.

Keep portions small. A sandwich for instance has more appeal if cut into four or more portions. A small glass of milk looks better to Junior than a big one. Let him "re-order" at his pleasure. Also youngsters seem to prefer milk with lower cream content than they do milk with high butterfat content; prefer milk rather than half and half on cereal. Given very rich milk, some children will fill up on it and neglect other necessary foods.

Canned vegetables that come in large chunks such as tomatoes or spinach, should be cut into small pieces before heating. Go easy on thin soups. They take up room; may not provide adequate nutrition. A thick soup or a stew is much better.

The two-year old. It is natural for a child's appetite to diminish somewhat at age two. It does so because his growing awareness of the fascinating world around him draws his attention away from food. Way to overcome this and step up his interest is to offer him as wide a choice of foods as possible.

Increasingly it is understood that small children will eat what is good for them and enjoy it . . . when it is prepared and served in the special ways that appeal to them.

Broiled Peaches. Honey broiled peaches add a festive note to dress-up any breakfast or brunch particularly if bacon, ham or sausages are on the menu. Brush

As We Live

Difficult For A Mother To Work and Keep House

No one will deny that it is a hard job for a man to earn enough to support a wife and children. However, it is not so easy for a woman to work to help her husband as this man suggests.

(Q) "I do not agree with the advice you gave the woman whose husband puts his pleasures before his family's support. A wife should get out and get a job, too. She can't expect a man to pull the load alone. We have three children, but that doesn't stop my wife from helping out. A woman can't expect security for herself and her children if she expects the man to do all the work. Some women just marry so they will have a meal ticket. I'm not the only one who feels this way. I have talked to lots of men and women and they felt the same way."

(A) I realize that it is hard for a man to earn enough to support a family and at the same time, build up a nest egg for future security. However, to be practical, how can a woman go out to

well-drained canned cling peach halves with honey and broil until lightly tinged with brown and heated through.

work when there are children to be cared for?

When the children are old enough to take care of themselves and assist in the running of the home, then a wife can go out and get a job. However, unless she has help from every member of the family in running the home she could easily crack under the strain.

Expecting a woman with children young enough to need a mother's care to go out and work

is expecting too much. It is fair neither to the children nor to the mother. Turning over the care of the children to someone else is hard on the children and makes extra work for the mother as no two people handle children in the same way.

When a man marries, he should do so with the anticipation of shouldering the burden of supporting his wife and any children they may have. Later, he can expect some help from his wife, but certainly not while she is needed in the home.

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