



## Test your knowledge of your newborn

### Reassuring answers to parents' questions

#### Tip on introducing baby to new foods

**T**he way new babies look and act worries many parents needlessly! This quiz answers common questions with reassuring facts. Try it.

- ?
1. All newborns' heads lopsided?
  2. Why do baby's eyes often cross?
  3. Is a receding chin normal?
  4. Are all blotches birthmarks?
  5. Why does baby sneeze so much?
- ?
- (You'll find answers on this page.)

● **When you introduce new foods**, here's a tip: Offer just a taste at first. Let baby look around for more, instead of wishing you'd given him less!

● **Monotonous menus can bore babies**, too, remember. So give your cherub's meals a lift by introducing the grown-up flavors of Heinz' gently seasoned High Meat Dinners. Heinz offers a full line, including Beef, Chicken, Ham, Veal. Each has *three times* as much meat as ordinary meat-vegetable combinations. Strained and Junior styles, in new wide-mouth jars—extra easy to serve from.



● **Eye to eye** is one good way to find out what's what. But before baby's curiosity is satisfied, he'll probably *taste* his new friend, too! A little baby learns mostly with his mouth. A creeper—like this athletic fellow—uses his eyes, mouth, hands, nose and ears to explore his exciting world.

#### ● Facts about newborns:

1. Many babies' heads get a bit lopsided or pointed during birth. But the "egg head" returns to its natural rounded shape in a few days.
2. Little babies often look cross-eyed (but rarely are!) simply because they can't control eye muscles just yet.
3. It's normal for baby to have a receding chin. He's born that way so he can suck better; but his lower jaw develops fast.
4. Reddish blotches on the back of baby's neck or between eyebrows are seldom true birthmarks. They are quite common and usually disappear before very long.
5. Little babies sneeze to get rid of mucus or lint that tickles. Babies under two weeks hardly ever catch cold.



● **Good thing Heinz High Protein Cereal** can be fixed in seconds—it's *hard* for baby to wait when he's hungry! This new cereal contains *twice* the protein of ordinary kinds. Rich in iron, too—like all our cereals.

● **What goes on** as easily as it comes off? Heinz Baby Foods' *exclusive* new screw-on jar caps. Just one turn opens or reseals these new time-savers. Screw-on caps are already available on many Heinz Baby Foods. More coming soon.

First with screw-on caps



**HEINZ**  
**Baby Foods**

Over 100 strained and junior varieties . . . including meats, cereals, juices



Bob credits wife with most help during adjustment.

## Bob Hope (Continued)

My first rehearsal at NBC for a TV show to which I was committed quickly showed me what I was up against. Everything went fine the first few minutes, then I started to feel dizzy again. There was a slight pain in my eye and a great wave of drowsiness engulfed me.

Remembering the doctor's warning, I excused myself and headed for my dressing room where I lay down. After a few minutes and a glass of cold water, I felt better.

Somehow I got through the rehearsal and the show, but I was limp.

I knew then I'd have to cut out all appearances for a while—like it or not.

I've always accepted whatever benefit shows I could possibly squeeze into my schedule. Now I've declined all but a few I had accepted before my illness. Among them was a policemen's ball in Palm Springs.

There were no television cameras, no scripts, no time limits. When I walked off stage after twenty minutes, I felt great. Obviously, it was not the work that hurt me, but the tension of timing, of being on schedule while trying to sound casual. I kept that in mind and cut out all live TV except the Academy Awards show.

Since I was scheduled for only a six-minute appearance, I didn't think it could do me any harm. But I was wrong.

As I stood behind the curtain, ready to go on, tension built up again. I got another dizzy spell and became panicky.

There was no time to lie down, but someone brought me a glass of water and it steadied me through the show.

Ordinarily I would have hung around the Pantages Theater till the affair was over. This time I rushed home, took off my shoes, loosened my collar, stretched out on the living-room couch—and watched the rest of the show on TV.

Gradually I learned other ways to conserve my strength. Like sitting down during TV rehearsals, and letting my stand-in substitute for me. I also take cat naps, and leave more of the detail work to others.

My wife Dolores has been a great help. She screens my calls, makes sure I get at least eight hours sleep at night, and has cut our social engagements to a minimum. And at the slightest hint that I'm tired, she insists we go home.

In fact, my illness has brought us closer together. Last year she sent me a birthday telegram which read: "Congratulations wherever you are." Due to my hectic schedule, we had rarely spent a quiet evening at home. Now we do, and it's wonderful.

One of the most important lessons I've learned from my illness is to be neither too conscious of it nor to ignore it. The doctors were frank with me from the very beginning. I saw no reason why I shouldn't be just as frank with my friends. Skirting the issue would have made them and myself uneasy.

Thanks to my doctors, to Dolores, and to my own ability to readjust, I already feel a lot better. The vision in my left eye has improved. My dizzy spells are less frequent. I don't tire as easily as I did.

I had planned to make another film immediately after "Alias Jesse James." Now I've decided in favor of a long vacation with my family in Canada this August. It will be the first vacation we've had together in years. From now on, we'll be taking them regularly.

But I don't plan to retire, now or ever. I have plans for other films, for several TV shows, for personal appearances. But I don't intend to push myself into the same mad schedule that nearly finished me off.

I've learned my lesson.