



I was
just
thinking...[®]

THE HEART remembers what
the mind forgets.

Why does a sudden scent take me back to a summer morning by a lake, and I am a child again? Though it is autumn, my heart tells me the scent is wet bathing caps in the hot sun.

Why does a tall pine stir my heart before my memory gives me bluebells in my hands on a spring night?

Why does a song return to me an old love, long forgotten?

My mind rejects a mystic chamber of the heart which holds emotion. My brain claims all such reactions. I know my heart is not heart-shaped, that it is a lumpish muscle without which I die.

I could live without a mind and be denied the poet's bequest of the heart's independence. Yet when my heart is touched, there is an ache which is physical pain. When I am stirred by violets, by moonlight, by a child's smile, I cannot credit a scientific process of the mind.

PERHAPS I am more dreamer than doer, more moved by romance than reality, though reality is breathing and seeing and walking and talking.

Yet all these actions also belong to the soulless, the living things which do so in instinctive need for preservation. Some of these have only microscopic minds. Must I sacrifice the instinct of my heart to this?

Allow me my souvenirs, the little things which rouse remembrance of more than compartments in my head. Grant me my lavender and faded fan. Let me cherish a sonnet on a bluff, strawberries in champagne, an ivory rose at the throat of a woman I restore in heart's delight, a star caught forever in a boy's shining eyes, a kitten in the summer grass.

I do not hold these things in my mind. It is designed for living today and planning for tomorrow. My mind has long since given all these memories to the empty air.

But in my heart they live forever.

Betty Johnson



BRINGING UP BABY,[®]
HINTS COLLECTED
BY MRS. DAN GERBER,
MOTHER OF FIVE

**Someone's
going
steady
with daddy**

And why not? A daddy is all fun and fanfare... all chortles and chin-chucking. A daddy can turn into a horse at the drop of a dimpled smile. He's a whiz at games and a master builder with blocks. He's the hero who comes home with a surprise in his pocket... a toss in the air in his arms. Who wouldn't want to go steady with a gay blade like that?

Memo from a popular dad in his own right, Dan Gerber. "It may interest you to know that here at Gerber your baby's foods are 'custom-cooked' to insure digestibility and better nourishment. For example, some foods require longer cooking than others... some higher temperatures. Fruits are flash-cooked... sweet-potatoes are slow-cooked (to break down starches into easily digested sugars). Egg yolks are treated differently from meats. Whatever the method, cooking time and temperatures are scientifically controlled to preserve the utmost in precious food values."

A bit about blocks. There's something about blocks that absolutely captivates toddlers. With or without dad's inspirational help, they're great fun to stack up and topple down. Interestingly enough, they have educational value, too. Every time your toddler succeeds in getting one block to stay on top of another, his hands and eyes advance in skill. Every time he hits upon a new arrangement, he develops his creative imagination.



More about blocks... the "building blocks" of the body, namely proteins. Gerber High Protein Cereal has a 35% protein content, to say nothing of added iron, calcium and B-vitamins. Add a toasty, nut-like flavor and you've nutrition in the nicest form imaginable.

Toddler tactics. From time to time toddlers go on a milk strike. You can often encourage a reluctant one to drink his milk if you let him sip it through a brightly colored plastic straw. Other ways you can get milk into a toddler: offer extra servings of cereal. Or Gerber Custard Puddings. Or treat him to a nog, using Gerber Egg Yolks as a base and Gerber Orange Juice and sugar for flavoring.

For your baby's well-being: Gerber prepares over 100 baby foods—infant formulas, cereals, strained and junior foods—to meet your baby's nutritional needs. We're proud to say:

"Babies are our business
...our only business!"[®]

