

When should you expect your baby to eat less?

New Instant Baby Cereal

How to get baby a spillproof tumbler



For warning that can save you worry: your baby's appetite will probably decrease during two periods—around the middle of his first year, and the beginning of the second. His little body has been growing bigger so fast you can hardly believe it, but about midyear and first birthday the growth rates slow down—and less food is needed.

● **Not-hungry times** may also be caused by teething, fatigue, too much excitement, an illness coming or going. When a toddler turns against food, perhaps a new baby in the family is getting too much attention. If appetite doesn't pick up, check with your doctor.

● **What's your cue** when your healthy baby's appetite lags? Try serving smaller portions—a heaping helping is a discouraging sight to an unhungry person. Serve baby's favorite foods often, and if he spurns favorites (sometimes he will!) it's easy to offer substitutes—you can choose from over 100 nutritious Heinz Baby Foods. It's a reassuring fact—if he hasn't been coaxed and urged, your little one will eat more when his body needs more.

● **Thank you, mothers,** for the thousands of letters you've written thanking Heinz for bringing screw-on caps to baby food jars! Our convenient new caps open with one turn and reseal airtight just as easily. Heinz was first, now all Heinz Strained Baby Food jars come with screw-on caps.



● **A creeper has to concentrate hard** to get ahead in the world! Look at this earnest little fellow's tongue in a point, toes dug in, and arms stiff for shoving. Isn't it fun to watch how diligently and patiently your baby practices to learn every new skill?

● **Know what else** besides high-quality protein your baby gets from Heinz 100% Meats? They're rich in iron, minerals and many vitamins—especially B. There are 6 Junior, 8 Strained varieties.

First with screw-on caps

HEINZ Baby Foods

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



Lenten VARIETY

■ Lent is at hand again to challenge you to create something different in flavorsome, meatless main dishes. After trying these appetite-satisfying suggestions during the Lenten season, they should become year-round favorites.



Skillet Tuna Supreme, with its delightfully subtle sweet-sour flavor, is complemented by exotic Spiced Lemon Tea.