His Majesty

THE

BABY

BULLETIN No. 503

SCIENTIFIC
BABY DIET
breast feeding. 6 P.M., 1 to 2 tablespoons cereal, followed by breast feeding. Omit 10 P.M. feeding.

8th month 6 A.M., breast feeding. 8 A.M., orange juice. 10 A.M., breast feeding and piece of hard toast. 2 P.M., 1 to 3 tablespoons broth and vegetables or vegetable puree; follow by breast feeding. 6 P.M., 2 to 4 ounces cow’s milk, warmed and taken from a cup; follow by breast feeding.

10th month 6 A.M., breast feeding. 8 A.M., orange juice. 10 A.M., 1 to 3 tablespoons cereal, 2 to 4 ounces milk, follow by breast feeding. 2 P.M., broth with vegetables or milk with pureed vegetable, or twice each week yolk of soft egg, beginning with 1 teaspoon and slowly increasing; 2 to 3 ounces milk to drink from a cup, piece of hard toast. 6 P.M., 1 to 3 ounces milk to drink, 1 to 2 ounces cereal, follow by breast feeding.

BABY SHOULD BE WEANED BY THE END OF THIS MONTH. A CHILD YOUNGER THAN 10 MONTHS SHOULD BE WEANED ONLY ON THE ADVICE OF YOUR PHYSICIAN.

11th and 6 P.M., 8 ounces milk to drink and pieces of hard toast.
12th months 8 A.M., orange juice. 10 A.M., 2 to 4 tablespoons cereal, milk to drink. 2 P.M., broth or egg yolk with pureed vegetable and toast crumbs, milk to drink. 6 P.M., milk to drink, cereal or milk toast or rice, 1 to 2 tablespoons pureed fruit. During this time the white of an egg may be slowly added to the yolk until the child is taking 1 whole egg two or three times weekly.

General Directions

The Formula for the bottle-fed child should be prescribed by the physician, taking into account weight as well as age. Take your weight record with you.

The Schedule for the bottle-fed baby is the same as the breast-fed baby. With the bottle-fed baby begin orange juice or tomato juice by the end of the first month and increase the quantity slowly until 1 to 2 ounces are taken daily.

Note: The above diet is taken from one scientifically prepared by the Health Department of one of our leading states. While it is not claimed to be suitable for every infant, because in certain instances babies require special diets, it can, however, be used generally with the utmost safety and assurance. For special diets consult your family physician.

Cereals

Farina, cream of wheat, rolled oats, barley flour. Cook in slightly salted water in a double boiler at least one hour. (Barley flour should be mixed to a paste with cold water and boiling water added slowly while stirring well.) Strain through coarse sieve and serve with an equal quantity of milk which has been brought to the boiling point and kept there two minutes. The mixture of cereal and milk should be like a fairly thick gruel and should be fed from a spoon.

Toast

Slice whole wheat bread one inch thick and cut each slice in four strips—bake very hard in a slow oven and keep in covered jar. One piece may be rolled fine and added to broth or egg.
Vegetable Puree

Asparagus tips, Artichokes (hearts of), Beets, Carrots, Chard, Green Peas, Lettuce (hearts of), Spinach, Tomatoes and Wax Beans are the best suited and most readily digested members of the vegetable line, when planning the diet for the little folks.

Make absolutely certain that the vegetables used for purees are strictly fresh, preferably just out of the garden.

Cook the desired vegetable in a small amount of slightly salted water (salt may be omitted) in a covered vessel only long enough to make tender. Push through a sieve—fill in KERR Jars to within ½ inch from top of jar, process according to directions in time table on pages 24 and 25 in the Kerr Home Canning Book for that particular product.

When using these canned purees for the baby—after opening and emptying jar, always boil product ten minutes at least, serve with a very small amount of butter or add a little milk or broth.

Meat Broths

Use lean beef, mutton or chicken (including bones). Liver may also be used. Cook slowly until tender, strain, skim fat off. Pour in KERR Jars taking care to fill jars no higher than one-half inch from top of jar. Process according to time table on pages 24 and 25 of Kerr Home Canning Book. These meat broths will probably jell because of their rich nourishing qualities.

Before using any meat broth to feed the baby always heat to boiling point. A small amount of well cooked cereal or vegetable puree may be added to the meat broth for variety.

Fruit Purees

Dried prunes, apples, dried apricots are best suited for this purpose. Cook slowly with little sugar until soft, put through sieve, fill in KERR Jars, to within ½ inch from top, process according to directions in time table.

KERR HALF PINT MASON JARS are the ideal containers for canning baby’s meat broths, vegetable and fruit purees, being absolutely sanitary as well as air-tight, both of which requisites are vitally essential for the protection and health of every babe.

ATTENTION

Of interest to every home canner are the booklets and leaflets listed below all of which are published by the Kerr Glass Manufacturing Corporation. A Mother interested in the welfare of not only her little ones but the health of the entire family will find that she may lighten her labors and yet provide thoroughly nourishing food of the finest quality for her loved ones by using KERR Jars, Caps and Lids for all of her home canning. These jars come in four styles and all sizes. Write today for a catalogue.

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Kerr Glass Manufacturing Corporation
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