

...stage young folks, as well as brothers and sisters, like their vegetables in soups. Make them thicker if you would for yourself—"many a you know."

...peel the skin before cooking tomatoes raw. I like tomatoes myself: don't you?

...you haven't always done so, remove the little pointed scales from asparagus and use only the tender part. Asparagus stalks where they snap. If you cut them, you may be some of the tough fibry portion.

...cabbage. Getting youngsters the stronger-flavored vegetable the hardest stile to get over. They don't like them at first. They like mild and bland, and the thing to soft-pedal the flavor and odor of vegetables as much as possible. School experts say that children usually grow to like cabbage, and cauliflower if you cook them in amounts of water, even though and about vegetables says "cook in water as possible to save vitamins and minerals." You just can't have it. By keeping these vegetables unflavored and not overcooking them they lose their natural color, they are able to add these to his diet—then it's time enough gradually get the water question and vi-

...back to normal. Children will even eat onions after a while, the experts say, if you cook them in three waters—well, anyway, might give it a whirl. You don't want him to be one of those people who refuse any food seasoned with salt. And heaven knows—a good cook hardly get along without using an onion now and then.

...vegetables just won't go over at all. You may want to grind them and add to soups and meat loaves.

...The over-two-year-olds adore eat-vegetables raw, particularly carrots. Their repertoire may even go beyond that. Remember how you used to like raw potato when your own mother was peeling a painful for supper?

...raw vegetables into eatable pieces for children. Serve them relish-tray fashion and salads little fingers handle.



A good introduction to the first "raws": grate a little carrot or chop some celery and put it between slices of buttered bread—that is, if he's old enough to chew.

**AN APPLE A DAY?**

Fruits are not the stumbling block that vegetables are, for children usually like fruit. They've been used to orange juice, puréed prunes, apricots and apple-sauce from their baby days. A first meeting with raw fruits other than orange juice should begin with the bland fruits like ripe peaches and bananas and, later, apples. Isn't it wonderful to have bananas again? Children love them so.

If by any chance your young pride and joy hasn't taken to these fruits, it might possibly be that the peach wasn't ripe, the apple too tart. Continue cooking these two and he'll come around to them in his own way.

Some mothers add a little raw fruit to orange juice, a stewed fruit or canned one. This makes the acquaintance of a new food less of a shock.

Chopped apple can make its debut in this way—later the apple itself can do the same honors. And don't forget about apple snow. They'll love it if you haven't yet slipped it in on the bill of fare.

Custard sauce is a favorite with most youngsters, and most fruits do taste wonderful with it. It's still one of my favorite desserts.

Just how much sugar to use in sweetening fruits is up to you, but about half as much sweetening as you would like yourself seems to appeal to most young palates.

A soda-fountain sundae concoction of fruit and ice cream or sherbet intrigues a child. His first strawberry? Now's the season to try it.

Already friendly toward cereals, children might relish more fruits even more if you were to combine them with this good stand-by of their menus.

**CLEAN PLATES**

Children are really pretty co-operative little human beings. If you play fair with them—not scorch their soup, oversalt their vegetables, serve them fruits that are puckery sour, or serve too much of a food too new to them too soon, or in too large amounts for a first taste—you'll never have to worry about pushed-away plates. And that reminds me—don't mention it to a soul in his hearing if your child should pass up food you've fixed to perfection. He might get the idea he really doesn't like it, and then you might as well forget it for a while. Try again when you think he's forgotten all about it. Change the form of serving this bugaboo food so that it will look new and special. Some fine day his curiosity will get the best of him. You never can tell. It might turn out to be a favorite.

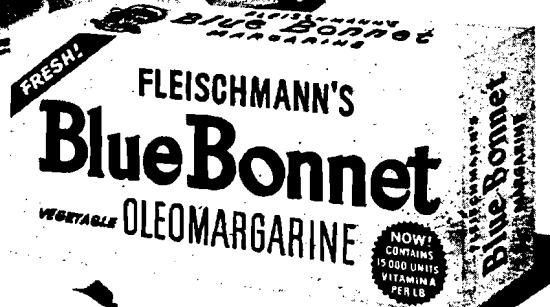
*Guess what little Petey's favorite food is? French fried potatoes! "Horrors!" you might say. But this sturdy little fellow eats everything—has never been sick a day of his life—has never had a tummy ache.*

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