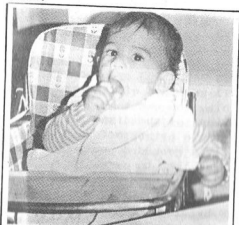


DESTROY EVEN MORE VITAMINS from the food, once it's already been frozen, so it's best to take the individual serving out a few hours before mealtime to bring it to room temperature and avoid the harsh treatment of reheating.

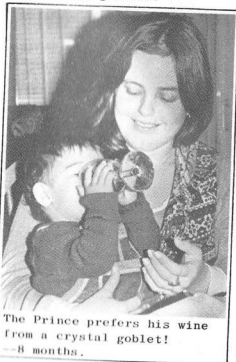
26. THIS FREEZING METHOD IS ESPECIALLY CONVENIENT FOR "LITNESSING MOMMIES" or in the case that you must be out for baby's meal. The little bag of frozen babyfood will be ready for use or only need slight reheating in a cup of warm water if you take it out in the morning and feed it to your baby for lunch in a restaurant or public place. If you have to be out with your child at mealtime, it can save both time and complicated preparation of food just before the meal.



--Finger-food meal!--7 months

27. FOR HIS DAILY SERVING OF FRUIT, we preferred to serve Baby David raw grated or blended apples and pears or a banana. Of course we've always preferred freshly squeezed orange juice if possible, to the frozen or canned kinds which are usually lower in vitamin content, and cod liver

oil is the best vitamin supplement for growing children from their earliest weeks in life throughout the growing period, from one to two teaspoons daily, or when older a few capsules along with meals. Keep the liquid refrigerated.



The Prince prefers his wine from a crystal goblet!  
--8 months.

28. WE ARE SO THANKFUL THAT DAVIDITO LIKES TO EAT and knows that his food is good for him. Once again it was for Davidito's sake that we began to consider better and more economical ways of eating right.

29. THROUGH RESEARCH ON THE VALUE OF NUTRITIONALLY SUPERIOR FOODS we have found that it is neither too expensive nor difficult to buy most health foods or vitamin supplements. Once we all became aware of the beneficial value of health foods in our daily diet, then we very willing-

ly gave up the refined and processed system foods for the much more nutritionally valuable and superior ones.

30. WE FEEL IT IS DEFINITELY IMPORTANT THAT OUR CHILDREN EAT ONLY FOODS THAT ARE VERY GOOD FOR THEM as well as that they learn why they are beneficial to their health, and which foods are harmful to their health, such as white sugar, white bread or pasta, sweets and candies.

31. BUT NEITHER NEED WE GET SO SELF-RIGHTEOUS ABOUT OUR DIETS that we absolutely refuse to ever touch any of these foods, as there are occasions when we may have to "eat what is set before us, giving thanks" and not being critical, especially at times when we may be invited guests in a friend's home or eating in a restaurant where honey and brown bread, for example, is not available. The main point is not to make a practice of eating these nutritionally inferior foods or offering them to our children.

32. SUGARY CARBONATED SOFT DRINKS ARE ONE OF THE MOST MALNUTRITIOUS AND DESTRUCTIVE ELEMENTS to the teeth and stomach. Dad used to give a demonstration on it when he taught school. When a student lost a tooth he would place it in a glass of carbonated bubbly mineral water, and over a period of a few hours the students could observe how the carbonation had actually eaten the dentine out of the tooth! Then Dad would leave the tooth overnight in a glass of Coca Cola and find the dentine totally eaten out and the tooth decayed by the next morning's

class! You could see it constantly bubbling as the chemical reaction took place that was eating away the dentine.

33. WE ARE CONVINCED THAT MONEY SPENT ON THIS TYPE OF UNNUTRITIOUS SNACKFOOD IS MONEY WASTED, including thick sugary fruit nectar, potato chips, soft drinks and many others. It seems a shame to give the children the impression that such carbonated drinks, ice cream and starchy foods are a special sweet tooth treat or reward, when they are not only nutritionally deficient, but ruin the child's concept of what is good food as well as being a rather cheap, perishable "reward" for a job well done for the Lord's work.

34. FOR THE SAME SMALL PRICE YOU CAN BUY SNACKFOODS WHICH ARE VERY HEALTHY, such as peanuts,



--He'd climb up in this chair and wait for his daily orange and cod liver oil at snack-time!--13 months.