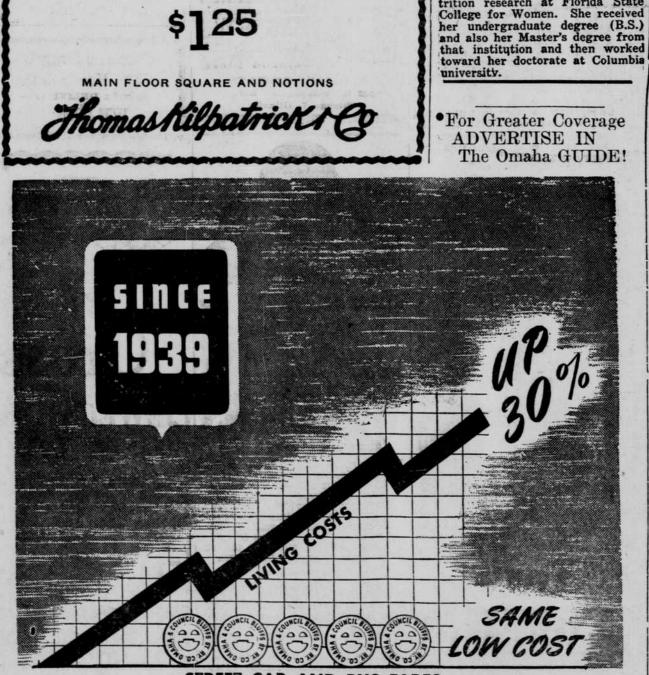
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THE OMAHA GUIDE

"Published Continuously for 18 Years"



to comb her hair and put on makeup after she is dressed. These capes are made of a water-repellent fabric in a ring pattern on pastel grounds.



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ucceeds Lillian B. Storms as writer of the "Your Baby" column By Edna Mae McIntosh which appears regularly in this paper. Miss McIntosh formerly

This column now is being written by Miss Edna Mae McIntosh, formerly taught nutrition and conducted nu-trition research at Florida State assistant professor of foods and nutri-tion at the Florida State College for She succeeds Dr. Lillian B. Women.

The foods introduced into your baby's diet during the first year are given for several reasons. Milk is almost perfect as an infant food but lacks several nutritive factors in sufficient amounts for rapidly growing little bodies.

Vitamin D is one necessary fac-tor. If irradiated milk is used in the ing and from all indications shows promises of going places in the formula, your physician may con-sider enough vitamin D is supplied, or he may prescribe additional amounts in the form of cod liver dramatic field if she decides to so continue Mr. Eddie Wright who entered

year Milk

Another substance needed is vitamin C, which is the reason orange juice is started before the end of the first month. Milk has very little iron. Anemia

winner of the Purple Heart and once was a common disease at five or six months of age. Modern babies are given special baby cer-eals which have added iron to sup-Scotland, Luxembourg, will play plement the small amount in milk. the part of Donald Blair who has Present day babies seldom show just returned from College to any signs of anemia. The baby cereals also have add- startle his family with the ann-

ed thaimine or vitamin B, because milk has far less than needed. The richest source of thiamine is dried yeast which also has the other nembers of the vitamin B complex Freedom. Before entering servicand some valuable protein. The baby cereals have added dried yeast to supply these factors. All of these are needed for growing healthy bodies. The strained vegetables and

fruits furnish additional vitamins and minerals.

Another important reason the colid foods are given much earlier the University of Omaha taking than they were a few years ago, is to teach babies to eat a variety of foods. If milk is the only food in the part of Regis, rival for the for five or six months babies become accustomed to a liquid diet and are apt to resist solid foods.

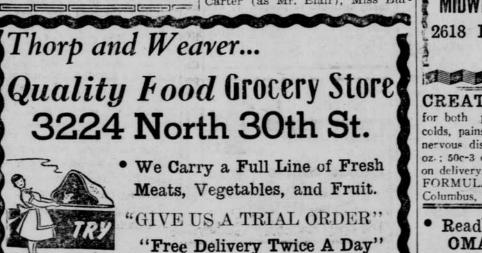
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dian is entitled to all privileges as the Muse Drama Guild Production to step on the gas for new and acany law-abiding citizen. 'Convention Go Hang!" Thursday, tive members as we should be Friday, December 20, and 21st

Read the Omaha Guide for all 1945 at 8:00 pm. in the Urban the news of the race! League Auditorium. She is a new

omer to the Drama Guild Stage Three persons were shot in Kanbringing along abundance of exsas City, Mo., in a family misun perience gained acting in church dramas and high school dramatics derstanding on Sunday afternoon, December 2nd She is an ardent participant in

community activities and is past President of Tomorrow's World. Ford Motor Co., to get release She likes the stage especially act of their building on Dec. 17 and it

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to the Drama Guild Stage well 1 a. m. JA. 9411 qualified for his role in this prod-WE CARRY A FULL LINE OF BONDED LIQUORS up his pre-medical work will star

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of my knees. But now those pains are relieved. I can go like a race horse now," Mort Shepard of Ohio. very near the 2,000 member mark

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