

## Beef Juice for Babies

Make enough for only one meal at a time. Use about  $\frac{1}{4}$  lb. of round steak, salt it very slightly, and cut it in all directions. Place in double boiler, over boiling water, and extract the juice. Feed 1 teaspoonful of this once a week at the beginning of the 9th month on 1 tablespoon of mashed potato. Increase the amount during the month until at the beginning of the 10th month 1 tablespoon is being given. Beef broth with vegetables, strained, may be given in quantities of one cupful at a time. Use this at the 2 o'clock feeding.