



TURKEY TIME

Last year the Butterball Turkey Talk-Line received more than 15,000 calls about roasting and safe handling of holiday birds, and other turkey topics. You can call the Talk-Line at 800-323-4848 (hearing and speech impaired, 800-TDD-3848), beginning at 8:00 A.M. (CST) on November 1. Of course the line is open Thanksgiving Day, and continues through December 23 as well. Another food-safety resource is the USDA Meat and Poultry hot line: 800-535-4555, 10:00 A.M. to 4:00 P.M. (ET).

BABY'S THANKSGIVING

Here's a recipe that will let baby share your Thanksgiving meal. It's from a new cookbook called *The Well-Fed Baby* by O. Robin Sweet and Thomas A. Bloom, PhD (Macmillan). This "meat dinner" is recommended for babies ages eight months and up:

½ cup cubed cooked meat (remove fat, skin, bones, cartilage)

2 tbsp. cooked vegetables (carrots, squash, spinach, peas)

¼ cup cooked rice, potatoes, or noodles

½ cup milk, formula, or broth

Combine ingredients, and blend in food processor, food mill, or blender until smooth. Makes one serving.

Coming Contractions

Coming Contractions is an audio-tape of guided visualizations for pregnancy relaxation and pain management during labor. Julie Tupler, a New York City-based prenatal fitness expert, created the tape after her students began asking her for a take-home version of the relaxation exercises done at the end of each session.



The two sides of the tape are similar, but Tupler cautions moms-to-be not to listen to side two until labor has begun, in case its guided visualizations of successful contractions work too well and cause contractions. Tupler's calm voice and her selection of background music combine to take you on a journey through your body. You discover not only how to relax but also how to locate and use the muscles that bring baby into the world.

For more information call 212-213-6949, or to order send a check for \$17 (includes shipping and handling) to Maternal Fitness, 4 Park Avenue, Suite 18J, New York, NY 10016.

A BANNER WEEK FOR KIDS' BOOKS

be on the lookout for children's book authors and illustrators and extra activities for kids at your local bookstores or library November 14–20. It's the seventy-fifth anniversary of Children's Book Week, which is coordinated by the Children's Book Council (CBC). A nonprofit association of book publishers, the CBC encourages efforts in local communities to bring kids and books together.

The CBC offers a free packet of materials that includes a mini version of the poster shown here, and a brochure listing 75 authors and illustrators everyone—from preschoolers to eight-year-olds (and their parents)—should know. For a packet write to the Children's Book Council, Attn: 75BW, 568 Broadway, Suite 404, New York, NY 10012.

