

points of *mechanical* hand-feeding, and must now discuss the *food* of our infant, assuming, of course, that we have to feed him from birth.

I mentioned, in the early part of my subject, that, by the general consensus of medical opinion, cow's milk is regarded as the *best*, if not the only, substitute for breast milk for the newly-born, and to that we will first direct our attention. In order to bring before the minds of my young readers more clearly what I shall have to say to them, we will copy from our text-books, and carefully compare with each other a table of the constituent parts of woman's and cow's milk respectively, viz. :—

	WOMAN.		COW.	
Water ... ..	890	...	860	...
Solid Matters ... ..	110	...	140	...
Butter ... ..	25	...	38	...
Casein ... ..	35	...	68	...
Sugar (with extractives) ... ..	48	...	30	...
Salts ... ..	2	...	6	...

These tables are full of interest, for we see by them that, although Nature uses a similar *material*, and precisely the same number of elements—*six*—the proportions of each differ most remarkably, and are supremely adapted to the infant needs of calf or baby, as the case may be, and our task will be to adapt the *food* of the former to the wants of the latter. We will begin with the albuminous constituent, *casein*, for it is in this substance that nearly all the interest and quite all the difficulty of hand-feeding centres. We notice at a glance that it is nearly twice as abundant in cow's as in woman's milk, and also that the proportion of *water* is considerably larger in *human* than cow's milk—the quantity of fat (butter) much less; hence it is said that cow's milk is too strong and too rich for our baby, and amongst other measures we must *dilute*—with water. As bearing upon our subject, we will put the matter in another way—namely, that the milk corpuscles, containing of course the fatty and oleaginous particles, float in a larger amount of fluid (whey) in human than cow's milk; and we will also bear in mind an important physical fact, that *casein* is *not* soluble in water in the way that salt and sugar are, for instance (or "Mr. Chalk" would *not* "flourish like a green bay tree,") but is *insoluble*, and that it retains its *special characteristics* however much we may *dilute* or *adulterate* with water.

(To be continued.)

Several letters, re "Home Hospitals," are unavoidably held over.

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TASTY TIT-BITS AND DISHES DAINTY,  
FOR INVALIDS AND CONVALESCENTS.

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COTELETTES D'AGNEAU PANEE.



Trim some cutlets from a neck of lamb, flatten them with a cutlet bat; season with salt and pepper; dip them into bread-crumbs, then in good oil, and grill them. Serve plain, or with French beans, peas, asparagus points, potatoes, or a *macedoine* of mixed vegetables. Clear gravy in a boat. Mutton can be similarly cooked.

POTAGE RIZINE AU LAIT.

Four ounces of rizine, salt, cayenne and sauce to taste; two quarts of milk (white stock may be used if you prefer it); boil ten minutes and pass through a hair sieve. If artichokes are added, boil six or eight for half-an-hour, and add to the soup before passing through the sieve. Pour into the tureen with crusts of French roll or bread.

CROUTES AUX ROGNONS A LA STELLA.

Get two sheeps' kidneys, cut them in halves and remove the outer skin and sinews; mince very finely. Put into a saucepan a little butter, with some chopped shallot and parsley; fry all lightly together. When cooked add a little flour and one dessertspoonful of Worcester sauce; boil again for a few minutes to cook the flour. While boiling stir in the minced kidneys, adding salt and pepper to taste. Have ready some crisp fresh-made toast, butter it, cut into rounds, spread the mixture over them, dust bread-crumbs mixed with finely-grated parmesan over the mince. Put in a quick oven ten minutes; if this does not brown them enough use a salamander. Serve as hot as possible with Julienne potatoes.

TARTINES AUX CONFITURE DE FRAMLOISE.

Mix the yolks of two eggs with one and a-half dessertspoonfuls of fine flour, and the same of rice. The ingredients must be mixed quite smooth. Add one dessertspoonful of castor sugar, one coffee-cupful of new milk, a small pinch of salt, and a quarter of a pint of cream. Whisk the whites of the eggs until they are a stiff froth, and add them last; beat altogether for five minutes, and then put the mixture on to two flat plates, previously well buttered. Bake in a quick oven until set and just browned. Spread some raspberry jam (or other jam—marmalade or honey) over the cakes, placing the second cake on the top, with the side that is brown uppermost. When the cakes are cold, cut them into sandwiches, and sift castor sugar over them. Pile them on the dish cross-bar fashion and serve on a napkin or dessert-paper.

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