The action of whey is slightly aperient, and diuretic, so that it forms a cooling beverage in fever cases, and as it contains a certain amount of nourishment in the form of milk sugar, with traces of fat and proteid, it is not without a true food value of its own. It makes a useful addition to the diet in cases of nephritis, accompanied by constipation, and in uric acid gravel trouble when jaundice is present. It is of great use in those cases where the body is so reduced by disease that no nourishment seems light enough to be tolerated. In infant feeding it is also invaluable. The trouble with weakly infants brought up by hand is that they cannot digest the heavy curd which is thrown down by the coagulation of the casein of cow's milk during the process of digestion. Whey is essentially milk minus the casein and cream, and as cream can be added to whey, the mixture is really milk minus the casein. Even when a child is brought up at the breast the whey preparation is useful when the milk is slow in establishing itself, or when the quantity drawn is insufficient to supply the wants of the infant. Dr. Eustace Smith recommends the following preparation for a healthy child, from birth to six months:

1 tablespoonful of fresh cream.
2 tablespoonfuls of whey.
2 tablespoonfuls of hot water.
½ teaspoonful of sugar of milk.

With children suffering from diarrhœa or sickness, the whey preparation should be used instead of milk, as the coagulated casein of milk acts as a mechanical irritant of the stomach and intestines, and increases the irritation by the freedom with which it ferments. Fresh whey is non-fermentable, but stale whey is sure to disagree. When an infant is much weakened, either by the length of its illness or by the violence of the attack, white wine whey, for which directions for making are given below, should be resorted to at once. It should be given perfectly cold, and in small quantities, such as a teaspoonful at a time, and when the vomiting has ceased, or the diarrhœa has subsided, the whey should be given in larger quantities through a feeding bottle.

Whey is by no means a modern discovery. The separation of the coagulated curd from the water part of the milk is an essential part of cheese-making. The formation of curd is brought about by a kind of fermentative action which changes the milk sugar or lactin into lactic acid, which coagulates the casein. If milk is simply stored for a certain length of time, lactic acid is formed by bacterial agencies, and the milk becomes sour and curdled. In practice, the change should be hastened, and this is done by the addition of one or other of certain substances, the chief being rennet, hydrochloric acid, tartaric acid, vinegar, cream of tartar, decoctions of thistle tops, artichoke flowers, butter-wort, and other plants.

Rennet is the ferment most commonly employed. It is obtained from the fourth or digesting stomach of the suckling calf. The inner membrane of the stomach is cut into strips, salted, smoked, and dried, and sometimes treated with spices and herbs. When required for use, a piece of the skin is soaked in water, and the solution added to milk at the temperature of 104 degrees Fahr. It is important that the milk be not raised to a much higher temperature than that named, because the active principle of rennet is destroyed by heat. The milk should be set in a warm place until coagulation takes place, which will be in about an hour's time. As time goes on, the clot shrinks and becomes more dense, and is surrounded by the whey, which is of a slightly greenish-yellow tinge. If the curd is beaten with a fork, a large quantity of whey is given forth, and it is then only necessary to strain the liquid part through muslin, and the whey is ready for use.

Some of the largest dairies supply fresh whey to order, but it is so easily prepared at home that the extra expense might be spared. Fresh rennet is not easily procurable, but essence of rennet is prepared by Messrs. Crosse and Blackwell and other makers, and answers the purpose equally well. The great draw-back to essence of rennet is that it does not keep good for any great length of time. This may be overcome by the use of junket tablets, such as those prepared by Charles Hansen, and sold in tubes containing twenty-four tablets at a cost of sixpence. Each tablet is sufficient for a quart of milk, and is used by dissolving it in a teaspoonful of water before adding it to the warm milk.

Whey played an important part in invalid feeding in a past age. Few old cookery books take up the subject of invalid feeding, but when they do, they devote part of the section to the making of whey, and the oldest cookery books, written in an age when the housewife was physician and nurse, as well as cook to the family, always give directions for making wheys and possets.

The method of making whey with rennet has already been described, and the following recipes show other methods of preparing it.

White wine whey.—Boil half a pint of new milk, and while still boiling, stir in a wine-

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