

into copper condensing pans from which the air is exhausted, and which contain a series of copper coils heated by steam, by which means the milk is raised to boiling point. But, it must be realised, for it is very important, that in a vacuum the milk boils at about half the temperature at which it would do so if treated in the ordinary way, and, therefore, is not heated sufficiently to destroy the vitamins which are so essential if it is to be relied upon as the sole food of the growing infant. In the condensing pans a considerable proportion of the water in the milk is converted into steam and removed in this form, to be later cooled and reconverted into water. It will be thus realised that Nestlé's Milk is simply pure milk, sweetened and condensed, and that its thickness is due solely to the extraction of water, and not to the addition of any thickening.

When the milk has been condensed it is transferred from the condensing pans to large cans, and cooled down in large tanks of cold water, by a method which ensures that the cooling shall be uniform. The process is now complete, and it is put up in tins by deft-handed girls.

The tins are made on the premises, and the process is an interesting one. First the sheets of tin are cut the required length by machinery, and each strip soldered to form the body of the can. The top and the bottom—with a small hole for filling the tin later—are also stamped out. These are then soldered together and the can is ready for filling, but first it is tested to see if it is airtight, and any defect in the soldering is remedied by hand. The tins are then filled and soldered, labelled, wrapped in paper, and packed in wooden boxes, also made on the premises.

Nurses travelling with patients by sea would be well advised to take with them a supply of Nestlé's Milk, as it is often a very great difficulty to obtain fresh milk for invalids.

In addition to Nestlé's Milk, their Milkmaid Brand Café au Lait is made at the Aylesbury Factory, and we see the green coffee berries roasted to a deep brown over the glowing embers in a great furnace by girls who carefully watch and turn them. They are then ground, and the strong coffee, when made, added in proper proportions to the milk, which is then condensed. Cocoa and milk is another "Milkmaid Brand."

Is it now clear to our readers that Nestlé's Milk is pure, rich milk from which nothing has been eliminated but water—so that it may be the more easily transported—under the most hygienic conditions, and to which nothing has been added except pure sugar? It follows that it must be a boon indeed to those mothers who are unable to nurse their own children, and whose milk supply is of uncertain purity.

If we consider the average milk supply of London, for instance, the method of its transportation for long distances in cans of uncertain cleanliness, in hot trains, and its subsequent exposure on the counters of shops and elsewhere, we must realise that Nestlé's milk, prepared under such conditions as I have described, is an infinitely safer and

more reliable preparation to use than a large proportion of the milk supply of the metropolis.\*

The firm, in "Nestlé's Baby Book," issues annually some very valuable information on the subject, with the testimony of thousands of mothers who have used Nestlé's Milk for their children. In eight years 3,572 children were thus reported on. Investigation showed that of this number 73 had died from disease, 7 from accidents, 25 were unwell at the time the report was made, and 3,467 children were in perfect health. To accurately appraise this most remarkable record is must be remembered that in a considerable proportion of these cases the children were given Nestlé's Milk practically as a last resort, when no other food could be tolerated, and that the average mortality of town-born children, between the ages of one and five years, is one in six. The pictures of the children with which the book is abundantly illustrated, also show how bonnie are many of the children brought up on Nestlé's Milk.

A particularly interesting book at the present time published by the firm is "Heroes All." It must be remembered that Nestlé's Milk has now been on the market for over fifty years, therefore many babies brought up upon it have long since grown to man's estate. "Heroes All" is a selection of voluntary testimony from mothers of men fighting for their country in the Great War. In addition to its valuable testimony to the virtue of Nestlé's Milk, the collection of so many portraits of our gallant soldiers and sailors must, in years to come, form a valuable historical record.

A word of caution is necessary. When I speak of Nestlé's Milk as a valuable and reliable substitute for breast feeding when this is impossible, I mean Nestlé's, and not any other brand of condensed milk. Nestlé's, as I have shown, is a full-cream milk scientifically condensed. But from some brands of condensed milk placed on the market the cream, or a large proportion of it, has been extracted before it has been condensed. A baby brought up on such milk would not thrive, any more than it would if fed with uncondensed skim milk.

Of course, Nestlé's Milk has a much wider sphere of usefulness than the feeding of infants, witness the fact that the "Ideal Milk" is supplied to the Services in large quantities, besides being greatly in demand by the general public. Lastly, I must mention that the Nestlé's Anglo-Swiss Condensed Milk Company were eight or nine years ago granted the Royal Warrant of Appointment, an honourable recognition which its services to the community have certainly merited. M. B.

Mrs. Hayes Fisher opened Parkside Orthopædic Hospital for Wounded Officers, Ravenscourt Park, Hammersmith, on July 25th.

\* According to *The Times* of July 31st, the Hammersmith Public Health Committee states that "there is evidence to prove that milk is deliberately and scientifically reduced to the lowest possible standard so far as fatty substances are concerned."

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