

characteristic opacity. The casein may be called the tissue-forming element of milk, and there is one peculiarity about it that it contains, in a state of mechanical admixture, the fatty or oleaginous elements of milk; and it is to these particles, which also include a considerable amount of casein, together with the salt and sugar of milk, we owe the *cream* that rises to the surface of the milk, when it has remained at rest a certain period of time, and this substance is perhaps the most delicate form in which albuminoid nourishment can be conveyed to the infantile system. There is another point of *first* interest to my mind about casein, as it exists in the maternal and infantile systems respectively. As it flows from the breast it exists in the soluble form—the familiar milk; but when it passes into the infantile system it almost *immediately* assumes a *solid* form, commonly called *curd*, and in so doing carries down the *oleaginous globules* of the milk with it. You all know *cream* is not to be seen on the surface of whey, and in this solidification of the solid constituents of milk, combined with the fatty particles, Nature has to her hand plastic material for *cell-growth* or *tissue-food*.

And here I must call your attention to the casein, or "curd," when it is ejected from the stomach of the infant, soon after it has been swallowed. We observe that it is white, soft, flocculent and friable. Nature does not require all the solid matter contained in milk, hence a large portion of it, after it has been subjected to the digestive processes, is passed off as fœcal waste. And here I must point out to you that except for a *change in colour* from white to orange, due to the admixture of bile during the passage of the food through the intestinal canal, there should be next to no difference in *substance* between the *curd* as ejected from the stomach of the infant, and that passed as fœcal waste, the soft, flocculent characteristics being especially preserved; and this is just what we find in healthy *breast-fed* infants under normal conditions, and I am almost prepared to say *persistently* in none other. Of course these observations do not apply to that peculiar condition of the newly-born when the meconium is passing through the lower intestine. I shall not dwell on this subject now, as it will form part of a future paper on "Hand Feeding."

•We have now traced the course of the solid portion of the milk from first to last. We have dwelt upon the various component parts of

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human milk—the aqueous, the saccharine, the albuminous, and the oleaginous; and there now remain the saline and mineral elements. The saline matters contained in milk nearly resemble those of the blood, chloride of sodium (common salt) and potassium being present. The mineral substances—principally phosphate of lime and magnesia—which exist in the small proportion of two to two-and-a-half in the thousand parts are, nevertheless, of infinite importance for the consolidation of the bony structures of the infant frame. They are held in solution principally by the casein, which has a remarkable power of combining with them.

(To be continued.)

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

Compiled specially for "The Nursing Record"

BY
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FRIED POTATO DICE.

Cut some cold boiled potatoes into large or small dice, according to taste; fry them a light golden colour in plenty of boiling lard in the frying-basket, shaking them occasionally. When done, take the frying-basket out of the lard. Have ready a plate with a piece of kitchen paper on it; stand the basket on it to drain; then turn the potatoes on to a second piece of paper until they are quite dry; dust a little salt over them, and serve. If carefully cooked in this way they will be perfectly free from all grease.

CHICKEN IN BATTER A L'ITALIENNE.

Take the wing bones, merrythought, and breast of the chicken (which thus makes three dishes); dip the pieces in batter, with which is mixed chopped tomatoes, one onion, thyme, parsley, pepper and salt; fry brown in plenty of butter. Serve with tomato sauce, in a boat, and broiled mushrooms round the chicken.

GERMAN SAUCE.

Put the yolk of two eggs into a stewpan, with one wine-glassful of sherry, and one dessertspoonful of castor sugar. Whisk this mixture over the fire until it comes to a thick froth, taking care that it does not curdle. Serve in a sauce-boat.

PIG'S FRY A LA BOURGEOISE.

Get $\frac{1}{2}$ lb. of pig's fry, lean and fat. Have ready a pie dish, and place the lean part of the fry at the bottom; dust with salt and pepper, and onions and sage chopped finely; put cold sliced potatoes next; then the fat part of the fry; more salt, pepper, onions, and sage, and finally another layer of potatoes. Fill the dish with boiling water, and bake about one and a-half hours.

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