

THE CARE AND FEEDING OF INFANTS AND DIET AFTER FIRST YEAR

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The Care and feeding of infants and diet after first year by Various

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**THE CARE AND FEEDING
OF INFANTS AND DIET
AFTER FIRST YEAR**

**The Care and
Feeding of Infants
and
Diet After the First Year**

Also
Directions for Preparing
Mellin's Food for Adults

Copyrighted by
Mellin's Food Company
Boston, Mass.

1914

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"We are Advertised by Our Loving Friends."



WALTER SCOTT GRANT, JR., Providence, R. I.

Mellin's Food—Its Importance and Advantages



THE best food for a baby is mother's milk. But if for any reason the baby cannot be nursed, fresh milk should always form the basis of his diet. Breast milk, like fresh cow's milk, contains a certain element of vitality that every baby needs in order to thrive properly, and the continued deprivation of which is likely to impair the baby's health. A baby can obtain this vital, life-giving element only by nursing at the breast, or in a food prepared with fresh milk.

Life-giving
element

Cow's milk differs from mother's milk, not only in the proportions of its food elements, but also in their character. Nature intended cow's milk for the slow and peculiar digestive process of the calf, with its series of four stomachs, while mother's milk, on the other hand, was intended for the more delicate organism of the infant, with its single stomach. When mother's milk enters the stomach of the infant it forms in soft, fine masses, readily permeated by the digestive juices and capable of easy digestion and assimilation. When cow's milk enters the infant's stomach it is coagulated into tough, curdy masses, upon which the digestive juices act with difficulty, and which are, therefore, harder to digest and assimilate. Furthermore, cow's milk contains a much larger proportion of curd than

Why milk
must be
modified

MELLIN'S FOOD FOR THE BABY

mother's milk. These are the principal reasons why a baby cannot readily digest cow's milk alone.

Cow's milk, therefore, must be changed or modified in such a way that it will resemble mother's milk, not only in composition but in digestibility, before it can be a proper food for an infant. First, the cow's milk must be diluted with water to reduce the proportion of curd. Even then the diluted cow's milk is not like mother's milk, because it is lacking in certain important food elements, and furthermore, the tough curd must be softened. Mellin's Food softens this curd of the milk and thus makes the milk easily digestible and more nourishing.

curd Mellin's Food also supplies the right elements needed to make the diluted milk a complete food for the baby. Therefore, Mellin's Food properly modifies milk and makes it a suitable diet for the infant.

Mellin's Food also possesses further advantages as a modifier of milk:

Mellin's Food is made from the choicest wheat and malted barley, the starch of the grains being wholly converted into carbohydrates that are ready for immediate digestion by the youngest infant. The carbohydrates are the important food element which creates bodily heat and energy, and are deficient in cow's milk as compared with mother's milk. Mellin's Food, when added to cow's milk, supplies this deficiency and, what is equally important, these carbohydrates are in a form entirely free from starch. As mother's milk does not contain starch, and as the function of digesting starch is not properly developed until the baby is about a year old, starch should not form any part of an infant's diet during the earlier months.

MELLIN'S FOOD FOR THE BABY

Mellin's Food also supplies proper bone and teeth-forming material. In order for a baby to develop good bones and teeth, there must be proper salts in the diet. The salt which predominates in mother's milk is potassium. Potassium is also the predominating salt in Mellin's Food. Cow's milk, however, is deficient in potassium salts, but when Mellin's Food is added to the milk this deficiency is supplied, and the salts then resemble those in mother's milk.

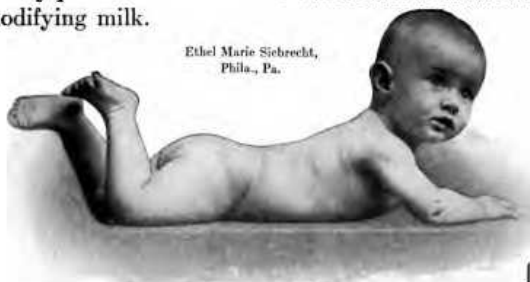
**The bones
and teeth**

Mellin's Food is easy of preparation. Simply dissolve the Mellin's Food in water, and then add the milk. No cooking is required.

Mellin's Food may be readily adapted to suit the needs of the individual baby by simply changing the proportions of Mellin's Food, milk and water, as explained in this book.

**Mellin's Food
easily
adapted**

The first year of a baby's life is the most important, for it is the foundation-time. Health, strength, vigorous mentality for the future, all are then being developed and nourished. The baby's diet, therefore, is a most important factor. Mellin's Food fulfills every requisite, and has for nearly half a century proved to be a scientific and most successful method of modifying milk.



Ethel Marie Siebrecht,
Phila., Pa.