

THE HOME MODIFICATION OF COW'S MILK

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The Home modification of cow's milk by Various

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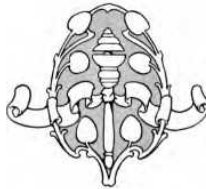
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VARIOUS

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BOSTON MASS
MELLIN'S FOOD COMPANY

1905

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THE HOME MODIFICATION of COW'S MILK



IT IS agreed by all authorities that fresh cow's milk must furnish the basis of operations in preparing a substitute for human milk. Cow's milk, however, even when

fresh and pure, is, in its undiluted state, of such a nature that the infant cannot digest it, the difficulties arising from the large amount and peculiar properties of the casein. Casein being present in too large a proportion in cow's milk to be digested by the infant's stomach, the proportion of casein must be reduced by dilution with water.

There is a wide difference, moreover, between the properties of and the results pro-

*Necessity
for
Modification*

THE HOME MODIFICA-

*Properties
of
Casein*

duced by the casein of human milk, on the one hand, and the casein of cow's milk, on the other. The casein of mother's milk, when coagulated by the acids of the stomach forms a soft, flocculent clot, readily disintegrated, easily digested. The casein

of unmodified cow's milk, on the contrary, is digested with difficulty, and, when coagulated in the infant's stomach, forms tough, coherent curds which cause constipation and indigestion.

*Mother's
Milk
Alkaline*

Mother's milk when received by the infant is alkaline in reaction. Cow's milk, on the other hand, though it may be neutral in reaction or, at the best, only slightly alkaline when drawn from the udder, soon, from exposure to the air, loses its alkalinity and



TION of COW'S MILK



MAUREEN D. BOOKWALTER

shows an acid reaction.

As a result of reducing the amount of casein in cow's milk by dilution with water, the carbohydrates, originally less in amount than in mother's milk, become still further reduced and the deficiency

*Effects of
Dilution*

must be made up by the addition of a suitable sugar.

Dilution of cow's milk with water also decreases the proportion of fat, a deficiency which must be overcome by the use of top milk or cream, in amounts to be determined by the needs of individual cases.

These differences suggest the following:—

THE HOME MODIFICA-



*"Smoothly and lightly the golden
Seed by the sower is scattered."*

MODIFICATION of COW'S MILK

RULES FOR THE MODIFICATION OF COW'S MILK

1. Reduce the proportion of casein.
2. Soften the casein in order to make it more easily digestible and to arrest its tendency to form tough and tenacious curds. *Fundamental Rules for Modification*
3. Make the milk alkaline.
4. Increase the carbohydrates, originally insufficient in amount and made still more so by the necessary dilution.
5. Adapt the quantity of fat to the individual case.