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# LACTOGEN

The  
NATURAL-MILK  
FOOD



The  
Problem  
of  
Infant Feeding  
Solved.

With General  
Information  
Regarding the care  
of  
Children of all Ages.

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EIGHTH EDITION

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## CONTENTS

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	Page
A Typical "Lactogen" Baby ... ..	2
Principles of Infant Feeding ... ..	3
Comparison of "Lactogen" with Human Milk ... ..	5
Properties of "Lactogen" Explained ...	6-7
Direction for Mixing, and Feeding Table	8-9
Baby's Welfare—	
Useful Hints ... ..	11-12
Weaning ... ..	13
Sleep ... ..	15
Baby's Bath ... ..	16
Baby's Clothing ... ..	17
Fresh Air ... ..	18
Teething ... ..	18
Table of Average Weights ... ..	19
Infantile Ailments and their Treatment...	21-29
Letters from Mothers who have used "Lactogen" ... ..	30-37
Recipes for Infant and Invalid Feeding	38

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THE PROBLEM *of*  
INFANT FEEDING  
SOLVED

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WITH GENERAL INFORMATION  
REGARDING THE CARE OF  
CHILDREN OF ALL AGES

EIGHTH EDITION



PUBLISHED BY  
NESTLÉ AND ANGLO-SWISS CONDENSED  
MILK COMPANY (AUSTRALASIA) LIMITED  
HEAD OFFICE 347 KENT STREET, SYDNEY

*Happy and  
Contented*



JACKIE GREEN, North Brighton, Vic.  
(See page 33.)

*A Typical  
Lactogen Baby*

**B**REAST-FEEDING is the ideal method of nourishing infants. It is nature's way, which, in most cases, cannot be improved on. But, unfortunately, there are many things which may prevent the mother from feeding her baby in the natural manner. Her milk flow may be lacking in quantity, poor in quality, or entirely absent. In any of these cases it is imperative that resort be made to artificial means of nourishment.

But what food effectively takes the place of human milk?

This is a very big question, and on its answer not only depends the well-being—often the life—of the baby; but also whether it will grow into a healthy and robust man or woman. Sweet, uncontaminated cow's milk *seems* to be the rational substitute; but is it? Let us investigate.

The pamphlet for mothers, entitled "Baby's First Twelve Months," issued by the *N.S.W. Government*, under the supervision of the Director-General of Public Health, in consultation with specialists, says: "In the hot weather, in large towns, it is not safe to give the baby cow's milk." And, again, "In the cold weather cow's milk may be used if it is obtained from a reliable dairy. Never buy milk for the baby from a shop. You may lose him if you do."

This surely sufficiently indicates the risk of giving ordinary milk to an infant. Besides this, cow's milk is not suitable in composition as a food for babies, for though it contains the same ingredients as mother's milk, these are present in quite different proportions.

The principal constituents of milk are proteids, fat, and milk sugar, and it is the proper adjustment of the various quantities of these that renders an infant's food right or wrong.

Diluting with water renders cow's milk a more suitable food for babies, but though the quantity of some of the constituents is thus made about right, others are reduced to too great an extent, and the food value is consequently lowered. So we find that mere dilution is unsatisfactory as a method of modifying cow's milk for an infant's consumption.

And, even if it were satisfactory from a proportion point of view, its great indigestibility would call for other special treatment. All milk on reaching the stomach curdles. Cow's milk gives a hard and leathery curd, whilst human milk curds are fine and flocculent. Here is just the reason why human milk is easily digested by a baby whilst raw or diluted cow's milk causes indigestion and mal-nutrition.

Of course, there are many "Infant Foods" on the market to which the average uninstructed mother may turn in her anxiety to give her baby the best that can be had. But right here let

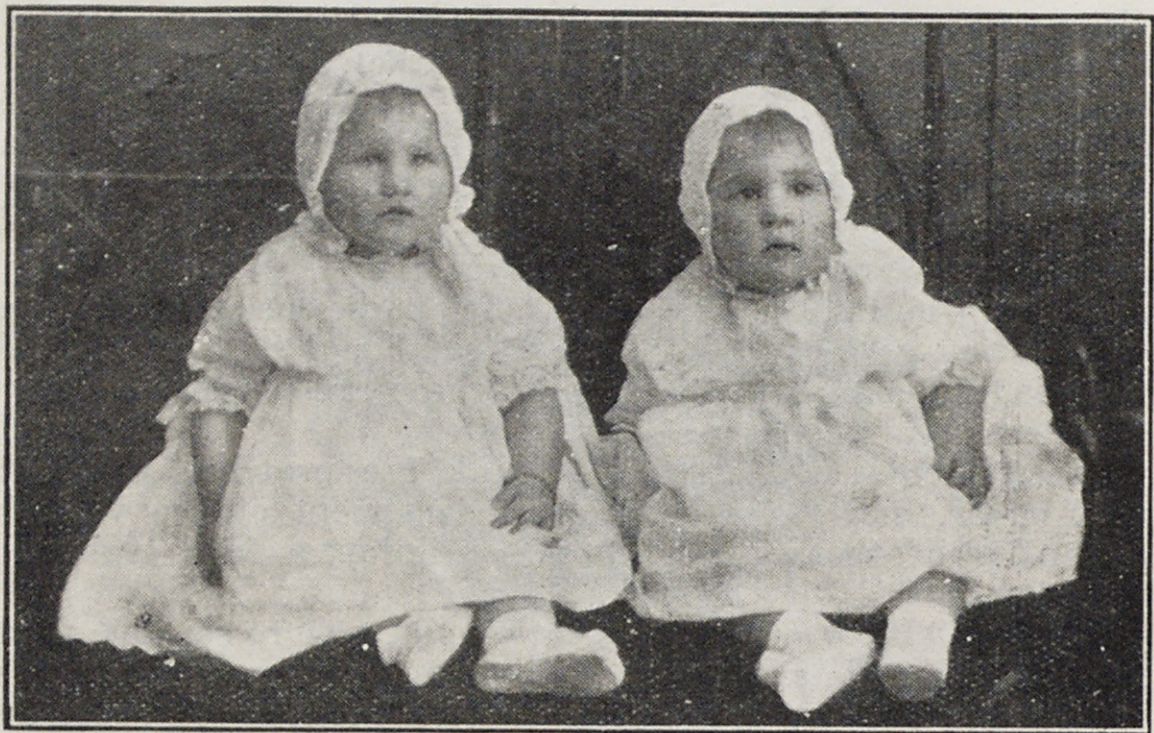
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## THE PROBLEM OF INFANT FEEDING SOLVED

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us sound a warning. *Never—by any chance—purchase an Infant's Food of which the composition is not known—or cannot be ascertained.* Many of these foods contain starch—practically a poison to babies before they have cut their first teeth. So you must keep a strict watch that no starchy foods reach your baby's mouth until it has the saliva which enables him to digest them. This is never before the first teeth are just about to appear.

If it were possible for cow's milk to be broken up in the home into constituents resembling human milk, the ideal artificial food would result. But this is not a thing which can be done in the home. First of all, it is practically impossible for the average householder to secure absolutely pure milk such as infants should have. Secondly, the work of properly adjusting the milk ingredients is purely a laboratory task. It is for this reason that "Lactogen" is unique.



JOAN and HAZEL LAWLOR, age 1 year, weight 20½ and 21 lbs. respectively.

"LACTOGEN" is the most perfect substitute for mother's milk that can be made. It is prepared from perfectly fresh, pure, country milk, modified in composition to make it similar to human milk in nutritive properties and easy digestibility, so as to be exactly suitable to the needs of the most delicate infants.

Anything more convenient or more easily prepared than "Lactogen" can scarcely be imagined. There is no milk to buy or keep—the food is complete in itself, requiring but the addition of hot boiled water to be immediately ready for use. Its advantages over those foods requiring the use of milk

## THE PROBLEM OF INFANT FEEDING SOLVED

will be readily appreciated in the summer, when milk is hard to keep and often bad in quality.

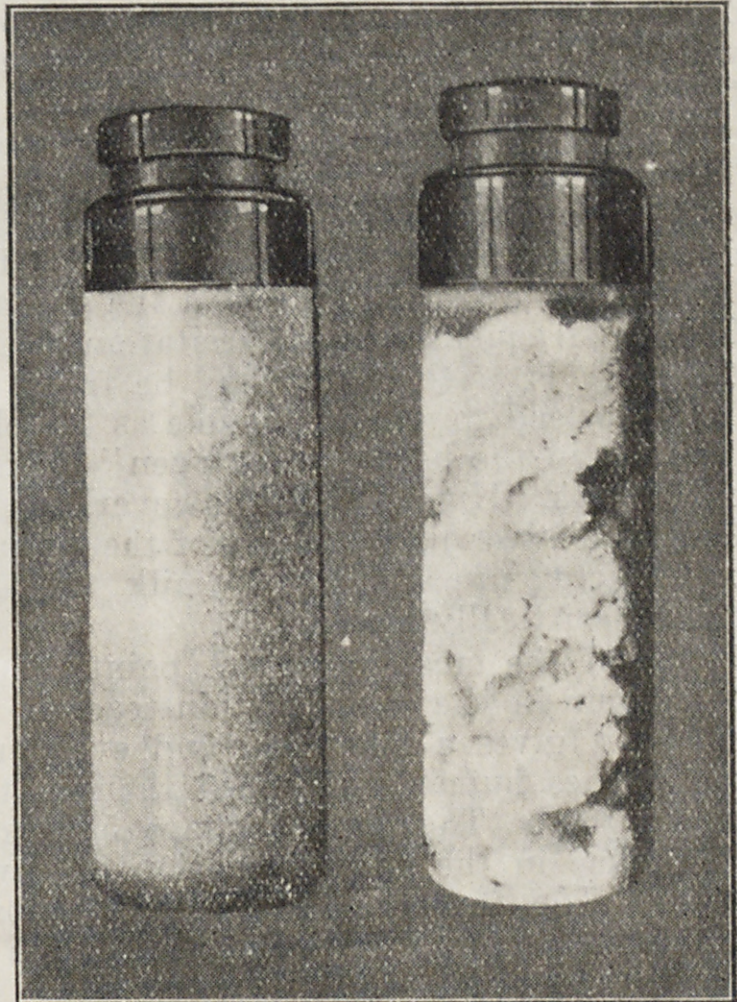
The following analyses show the composition of "Lactogen" compared with human and cow's milk:—

	"Lactogen" (dry powder)	Human Milk	Cow's Milk	"Lactogen" (mixed ready for use). Full strength mixture.
Water	3.0	88.1	87.4	87.4
Fat	24.5	3.1	3.8	3.2
Proteids	23.7	2.0	3.4	3.1
Milk Sugar	43.6	6.6	4.7	5.7
Mineral Ash	5.2	.2	.7	.6

A comparison of these analyses will show that "Lactogen" contains the natural constituents of human milk in suitable proportions; and, what is important, that nothing foreign to human milk is present.

Being manufactured in Australia—from pure, fresh milk, the treatment of which is commenced almost immediately after milking — "Lactogen" cannot become infected by the germs which are so common a source of digestive troubles in infants fed on ordinary cow's milk—especially during hot weather. The pasteurization process which it undergoes effectively removes all risk of Consumption and Infantile Diarrhoea — those scourges which are responsible for such an enormous number of infants' deaths.

There is absolutely no handling of the powder. Automatic machines do all the work, and "Lactogen" is absolutely free from germ infection when delivered to you. This freedom from injurious germ life makes "Lactogen" greatly superior to any foods to which ordinary cow's milk has to be added,



"LACTOGEN"  
CURD.

COW'S MILK  
CURD.

and which is hardly ever procurable in uncontaminated form.

Till the advent of "Lactogen" there has never been a preparation in similar form that would mix satisfactorily in water. The fat in the milk, which naturally occurs in the form of very tiny globules, only visible under a microscope, would run together in manufacture. These made large, buttery particles that frequently caused what is known as fat indigestion. In addition, the emulsion was so imperfect that before baby finished feeding, the fat had risen in big yellow drops. It formed a coating on the side of the bottle, and baby did not get the proper quantity of fat in his food. The baby also was often put off his feed by having the bottle taken from him frequently while feeding in order to shake up the contents. Do not be tempted to risk using milk powders that will not give a perfect emulsion. "Lactogen" contains the correct amount of milk fat in the proper condition to be readily digested by a young infant, and gives perfect emulsion in hot water. The baby gets all the fat without any risk of indigestion. The illustrations on the following page show the appearance of cow's milk, human milk, ordinary milk food, and "Lactogen" under a powerful microscope, and clearly demonstrates the finely divided condition and consequent ready digestibility of the fat globules in "Lactogen." When in large globules as illustrated in the specimen of Ordinary Milk Foods it frequently causes irritation of the bowels, and though the motions of the baby may be freer, this effect is bad and liable to lead to serious trouble as the child grows older.

When in the bottle, "Lactogen" looks a little weaker than cow's milk. Human milk, however, has quite the same bluish look, and it is solely because of the likeness in the composition of "Lactogen" and breast milk that the appearance is so characteristically similar.

One of the most important points about "Lactogen" is its behaviour in the stomach. Instead of forming dense, heavy curds, it gives a fine, soft, and even curd that more closely approaches human milk curd than in the case of any other infant food. The plate on page 5 illustrates the remarkable difference in the curd formation of cow's milk and "Lactogen." The former shows heavy lumps, whilst "Lactogen" yields a flocculent and easily digestible curd.

*One of our nurses writes:—"During the time that I have been visiting "Lactogen" babies I have had ample opportunity of seeing its value, not only as a food for infants, but for mothers who have the baby on the breast—it makes breast milk. One instance of this was where the baby was losing weight on the breast—the mother then took "Lactogen" twice a day herself, and after the first week the baby gained weight and continued to do so.*



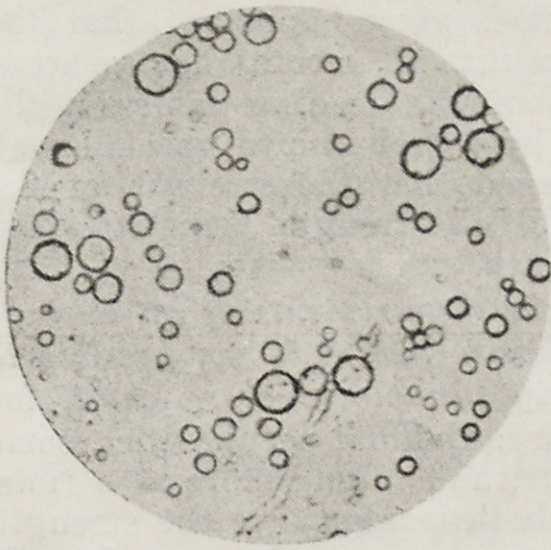
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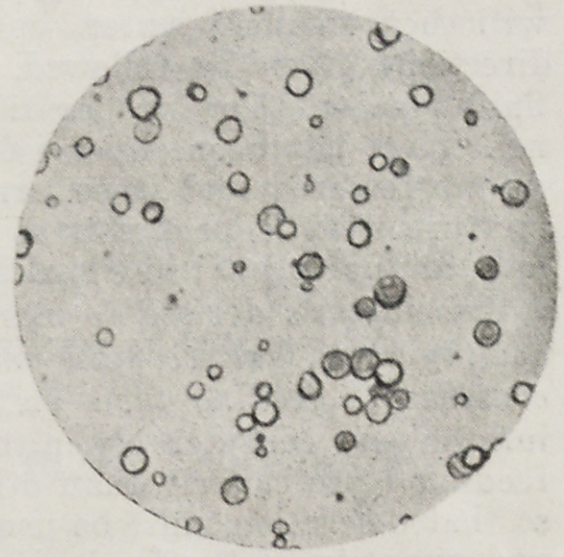
THE PROBLEM OF INFANT FEEDING SOLVED

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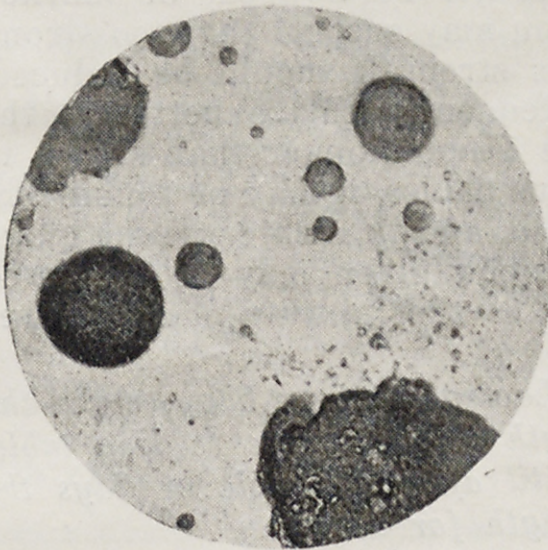
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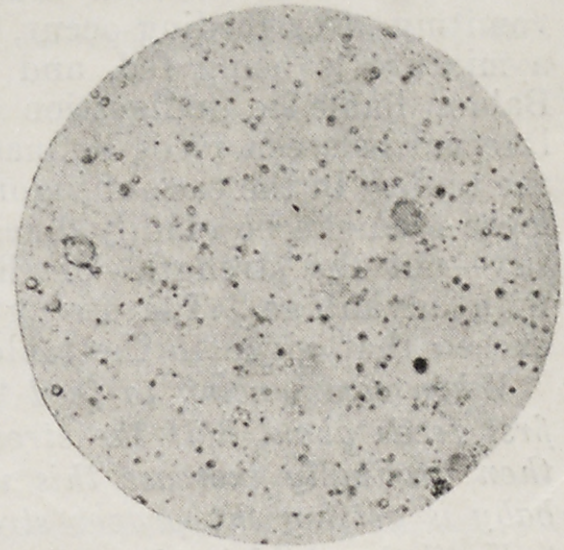
COW'S MILK.



HUMAN MILK.



ORDINARY DRIED MILK.



LACTOGEN.

*Mothers who breast feed their children will find "Lactogen" of great service as an aid in keeping up their own strength. When taken for this purpose, it should be prepared in the ordinary way (full strength), and two or three cupfuls taken daily. To further increase the nutritive properties of the mixture and impart a pleasant flavour, a couple of teaspoonfuls of "Maltogen" may be advantageously mixed in with the "Lactogen." Either way it will not only help to keep up the mother's strength, but will also supplement her milk in whatever it may be lacking. The best time to take "Lactogen" is about half an hour before nursing.*

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## DIRECTIONS FOR FEEDING LACTOGEN

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“LACTOGEN” is readily prepared for use by simply mixing with hot (boiled) water, but it is very important that the directions given be followed, so that a smooth, homogeneous fluid results. The preparation of the feeding table on the next page has been supervised by a well-known specialist on infant feeding, and is so arranged that the strength of the mixture used is progressive, the full strength being attained only at the end of the third month.

*This table is devised to meet the requirements of an average healthy baby, but we must emphasise that it is not possible to construct a feeding table entirely suitable to every child, for infants vary considerably in their individual peculiarities, some feeding more eagerly than others, and taking more at a time, so that discretion must be used both in regard to the strength and quantity of the food given to secure the best results. If baby is delicate, the strength of the mixture, but not the quantity of liquid feed, should be lessened. By this we mean that less of the powder should be dissolved in the full amount of water directed. Should indigestion be noticed, or marked vomiting after feeding occur, you may suspect that too strong a mixture is being fed, and its strength should be reduced. Babies liable to indigestion frequently thrive better if the interval between feeds be made 1 hour longer than shown in the table. In the case of vigorous babies, it may be found that more food can be readily digested, and in such cases the quantity—not the strength—of the food given may be increased with advantage. The strength of the mixture should never exceed that given in the table.*

*When commencing to feed “Lactogen” to a baby, make the first feeds about half the strength shown in the feeding table, then gradually increase this until after a couple of days the baby is getting the proper strength for its age.*

Until the child is 10 weeks old half a teaspoon of milk sugar dissolved in each feed is a beneficial addition to the diet.

*When three months old, it is necessary to daily give baby a small quantity of ripe orange, pineapple, or other sweet, fresh fruit juice in addition to the regular food. Half a teaspoonful twice or three times daily is usually sufficient, but more may be given as the child grows older. This will entirely prevent any tendency to scurvy—a tendency which is always present except when mother’s milk is used. Do not neglect this precaution, as serious trouble may result from its neglect. The fruit juice should be strained and given about an hour before feeding. (See Recipes, p. 38.)*

**After six months increase the quantity, but not the strength, of the mixture, and give as much as baby can digest, but do not feed during the night.**

## DIRECTIONS FOR FEEDING LACTOGEN

TO DISSOLVE LACTOGEN.—Place the required quantity in a cup—add a little hot boiled water and mix to a smooth paste with a spoon—thin with a little more hot boiled water, then add the remainder of the boiled water, hot or warm, as desired, and stir thoroughly. It ensures smoothness if the mixture be poured from one cup to another a few times.

“Lactogen” can also be prepared for use by first putting the measured amount of hot water in a cup or other receptacle, and then adding the “Lactogen.” By so doing it is easy to avoid forming any lumps of undissolved powder.

### FEEDING TABLE FOR INFANTS.

(Medicinal measures are to be used).

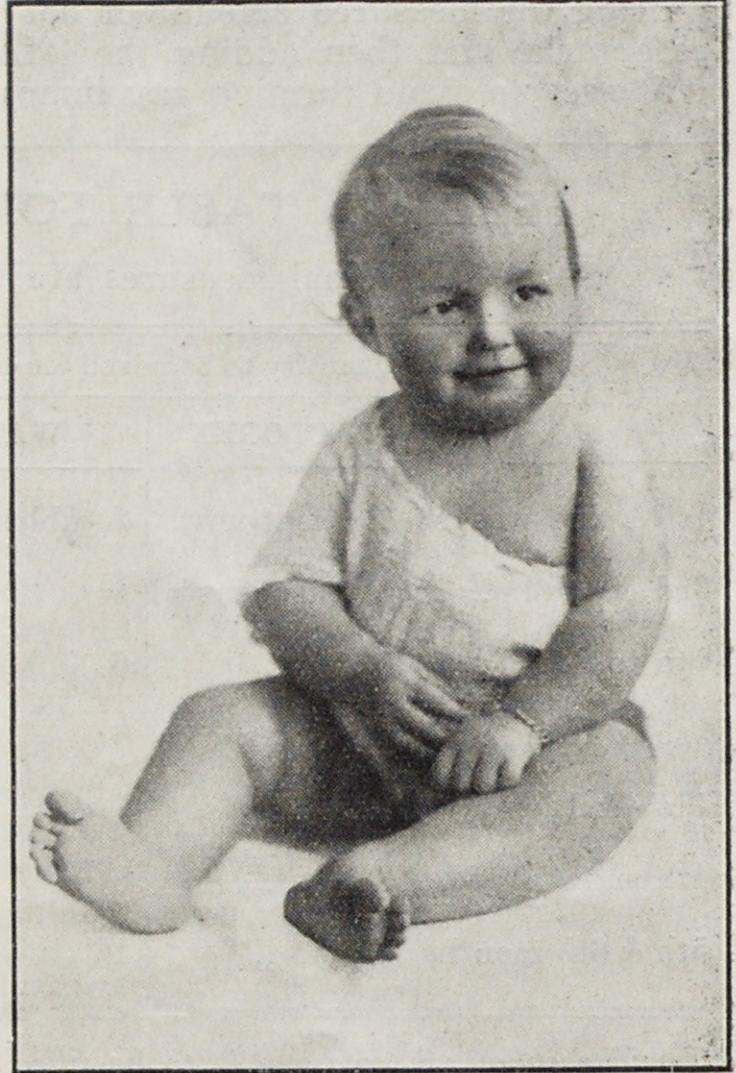
AGE	Quantity to be mixed for each feed.		Interval between feeds.	Number of Night feeds.
	LACTOGEN	WATER		
1st & 2nd weeks	1 teaspoonful	2 tablespoonsful	2 hours	Two
3rd & 4th „	3 teaspoonsful	4 „	2 „	„
5th to 8th „	5 „	6 „	2 „	„
9th & 10th „	1½ tablespoons	6 „	2½ „	One
11th & 12th „	2 „	7 „	3 „	„
4th month	3 „	8 „	3 „	„
5th & 6th months	4½ „	12 „	3 „	„

*The spoon or measure is to be filled level to the top—not heaped.*

**It is very important that correct quantities both of “Lactogen” and water be taken.** Ordinary household spoons vary greatly in capacity, and should never be used as measures unless this has first been tested by means of a medicine glass or “Lactogen” measure. A medicine measure marked in tea and tablespoonsful may be used, but for the convenience of mothers we supply a special “LACTOGEN” MEASURE showing a correct medicinal tea and tablespoonful. These measures are obtainable free on request from your chemist or storekeeper, or may be procured by writing to any of our branches. (See inside back cover for addresses).

### MIXED FEEDING.

In cases of deficiency of the natural milk supply, alternate feeding at the breast and on "Lactogen" may be resorted to, giving a few feeds from the bottle during the day, and feeding baby on the breast at night. "Lactogen" suits most babies far better than any other food you can use, and its employment permits the mother to prolong her nursing period longer than would otherwise be the case. One or more bottles of "Lactogen" should be given during the day-time, and the child put to the breast at night. In commencing "mixed feeding," it is advisable to make the first few feeds of "Lactogen" rather weak, about half the strength shown in the feeding table on page 9 to begin with, and to gradually increase the strength so that, after a couple of days, the baby is getting the full strength mixture for its age.



BABY MAY PENDREIGH, Cottesloe, W.A.  
Age 12 months.

### LACTOGEN NURSING SERVICE.

*All mothers are invited to freely avail themselves of the services of our experienced staff of fully qualified nurses, who are specially retained to furnish advice both on the feeding and ailments of infants. The advice of our "Lactogen" nurses may be obtained either by personal consultation or by reply to a letter forwarded to any of our Branch Offices, the addresses of which appear on the inside back cover of this book.*

### HINTS FOR BABY'S WELFARE.

**Use a bottle of the modern type**—one in which the teat is attached directly to the end of the glass bottle. Nestle's special "Lactogen" feeding bottle is recommended. It is a good plan to have two bottles always in the house, so that if one gets broken, the baby does not have to put up with the inconvenience. Wash the teat, stopper, and bottle regularly, first under the tap, then in *hot* water in which a little washing soda or borax has been dissolved. When not in use it is a good plan to keep the bottle in a basin of water which has been boiled, and allowed to cool. Prepare this water once a day at least, and keep the basin in which it is contained covered with a piece of clean muslin to keep out flies and dust. It is advisable to sterilise the bottle once every day, which is easily done by wrapping it in a piece of clean flannel, placing in water, and bringing to boiling point for a few minutes.

A *special cup and spoon* should be retained for mixing the food. These should be kept very clean, and always scalded before use.

Enamel and aluminium cups are very suitable.

**Blood heat** (100 deg. Fahr.) is the correct temperature at which to give the baby his "Lactogen." And

in testing the temperature use a thermometer, and do not rely on your own sense of taste, for adults are so used to drinking hot liquids that this method is not only unreliable and likely to result in scalding baby's tender mouth, but it is also very insanitary.

**Feed your baby at regular hours.**—This promotes digestion and general good health. At first it may be necessary to awaken baby when his meal-times come round during the day, but after a little training in this respect he will wake at the proper hour. Irregular feeding is one of the most active agents that makes cross, restless babies. Remember that regular feeding is the golden rule. The time occupied in each



MERVIN JOHN FRASER, Magnet,  
Tasmania.

feed should be about a quarter of an hour. If less time be taken, get a teat with a smaller hole. If longer be taken, enlarge the hole with a needle. On inverting the bottle, the milk should issue in drops—not in a steady stream.

After feeding, sit the child up for a minute, taking care to support the back firmly with one hand. This will prevent flatulence, and the baby will probably go to sleep as soon as it is laid down in the cot. Avoid any sudden movement after feeding, as this may make the baby sick. Sucking at an empty bottle should never be allowed.

**The baby's mouth should be washed after feeding**, in order to remove any particles of milk. A weak solution of boracic acid should be used—being conveniently prepared by dissolving a teaspoonful of powdered boracic acid in a breakfast cupful of hot water. Soak a clean piece of cotton wool in the cold solution, squeeze out most of the liquid, and then use to wipe baby's lips and gums. Fresh wadding must be employed each time. Care in this matter prevents "thrush," and even more serious digestive troubles.

**Night Feeds.**—For conveniently preparing night feeds, place the measured amount of "Lactogen" in a covered cup or cups before retiring. Boiling water put into a food warmer can be kept hot with a night light, or the use of a Thermos flask will obviate even such necessity, but this must be kept scrupulously clean.

When ready to give the feed, just pour out the hot water and mix. *Never prepare enough to last the night.* The directions are that the food must be freshly prepared, and this is the way in which it must be made to give the best results. Be careful not to give the food too hot.

**A baby is not necessarily hungry every time he cries.** Remember that the stomach of a new-born child holds only about an ounce, and even at the end of two months the capacity is only about three ounces of fluid. Yet one frequently sees young mothers feeding the baby every time he cries out with pain that is really caused by indigestion, which overfeeding has induced. **Don't overfeed**, and your baby will avoid many of the ills of infantile life.

**Babies often get thirsty** in hot weather—this does not necessarily mean that they are hungry—and a few sips of cold boiled water should be given if baby cries from this cause. The water should not be stale.

Should baby at any time show disinclination to feed, without appearing in any way ill, make sure that the teat on the bottle used is in good order. If the teat be faulty and the hole not big enough, carefully enlarge this with a red hot needle. If there be nothing wrong with this, he probably has

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## THE PROBLEM OF INFANT FEEDING SOLVED

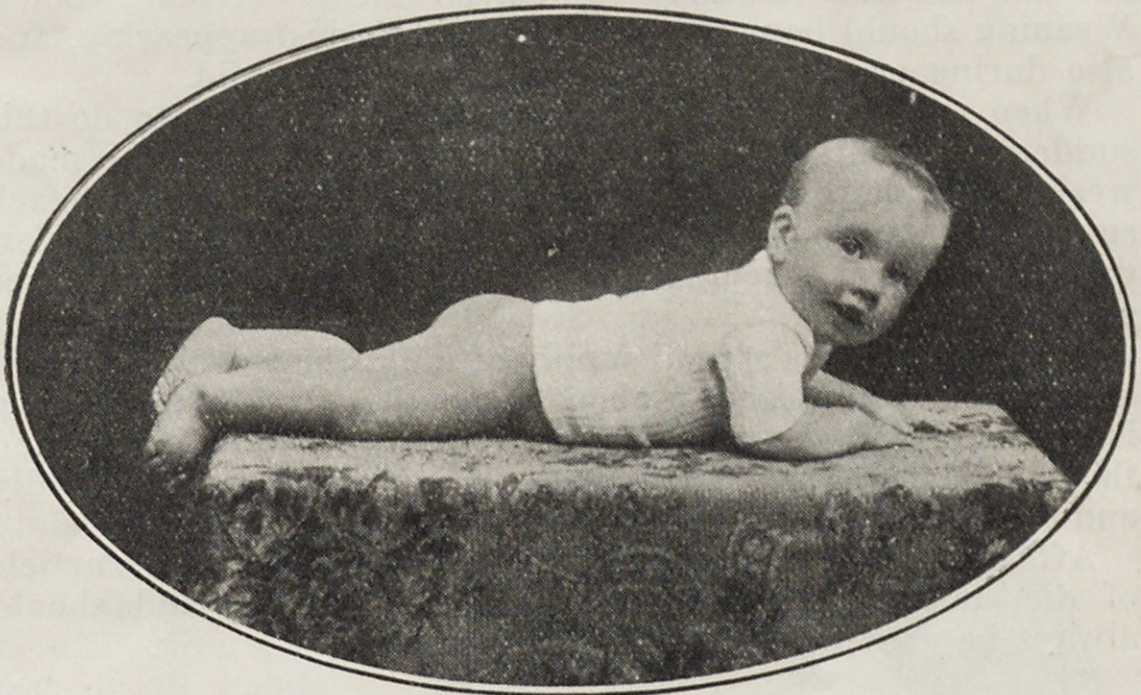
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slight indigestion, in which case weaken the mixture given to nearly half strength, and gradually increase again so that in a couple of days he is taking the full-strength mixture.

**Do not nurse baby too much.** An infant which, early in life, becomes accustomed to being left alone will learn to amuse itself, and be happier and healthier than one that continually cries to be picked up and nursed.

Until the child is three months old it is an advantage to somewhat increase the milk sugar content of "Lactogen" by adding half a teaspoonful of powdered milk sugar to each feed. It can be obtained from any chemist. While not essential, this is advisable in cases of very delicate or prematurely born children, and can be recommended in all cases.



BOBBY STEPHENS, Kingston, Tasmania. Age 7 months, weight 20½ lbs.

After baby has reached the age of six or seven months it may be necessary to supplement the purely milk diet with a little extra nourishment. For this purpose the manufacturers of Lactogen have introduced a special food known as "Maltogen."

This is a preparation of malt sugar, which provides a valuable food element in a very digestible form, and, since it possesses laxative properties, "Maltogen" will be found especially beneficial where a tendency to constipation is noticed.

"Maltogen" may be added to Lactogen in the proportion of from  $\frac{1}{4}$  to one teaspoonful in each feed.

### WEANING.

The proper time to wean a breast-fed baby is between the ninth and tenth months of infancy, as, though mother's milk

is the perfect food for the infant, it is only naturally designed to supply baby's entire needs for about this period, and a more varied diet then becomes necessary.

In cases where the mother's health is unable to stand the strain of nursing for so long a period, earlier weaning must be carried out, and sometimes, owing to ill-health or other cause, it is necessary to wean baby quite suddenly. In all cases, "Lactogen" is the best food to employ, and is far better than cow's milk, being more digestible and much more closely resembling mother's milk, so that digestive troubles due to change of diet are avoided.

If the mother's supply of milk be abundant, and the child thriving, it is not advisable to commence weaning during very hot weather, and this may be delayed until it becomes cooler. Weaning should be postponed if a tooth is just appearing, and also during or after any acute illness of the child.

When weaning, and especially if it be necessary to do this suddenly, the first few feeds of "Lactogen" should be made weak, little more than half-strength to start with, and each subsequent bottle made a little stronger, until, after a few days, the proper strength for the child's age is reached (see page 9).

If the mother has a good supply of milk, the weaning process should preferably occupy about a month. One bottle feeding is sufficient for the first few days, then two are given, and the number gradually increased so that baby will gradually and insensibly become quite accustomed to the bottle.

After weaning, "Lactogen" should form the chief article of diet until the child is eighteen months old, and should always be used in preference to ordinary cow's milk.

### DIET AFTER WEANING.

At nine months of age, or when the child is weaned, barley water or oatmeal water may be used to dissolve the "Lactogen," starting with one bottle so prepared per day. Baked bread crumbs or rusks, or milk arrowroot biscuits, crushed with a rolling pin, may now be mixed with "Lactogen," and thin arrowroot and sago given as a change. Dry biscuits can be sparingly given when the teeth are developed, but the baby must not be allowed to cram his mouth. Mutton broth, or jelly made of shank, knuckles or rabbit may be given in place of a bottle once daily as the child approaches a year in age. The meals should not number more than five.

The use of the bottle should be gradually discontinued, and the child fed with a spoon, or habituated to drink out of a cup.

After twelve months a more mixed diet should be given.



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## THE PROBLEM OF INFANT FEEDING SOLVED

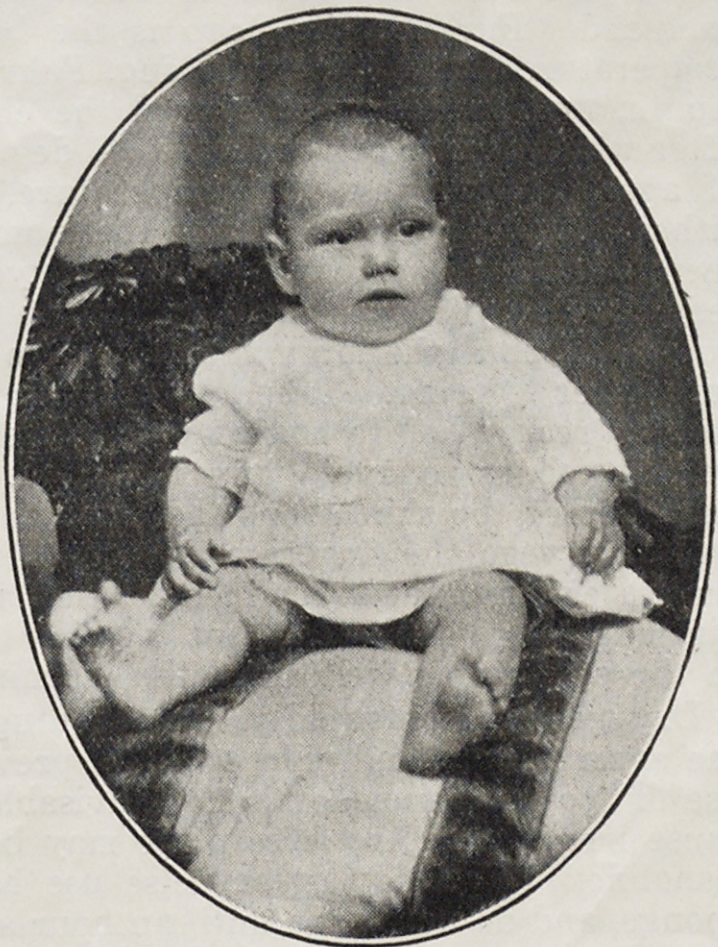
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Besides adding stale bread, baked bread crumbs, or rusks to the milk for two feedings, another meal may consist of broth and baked bread crumbs, another may be thickened by the addition of such foods as sago, maizena, or custard; but the last feed should consist only of "Lactogen," with, perhaps, a biscuit. At fifteen months a *lightly* boiled (see Recipes, p. 39), or poached egg, with bread crumbs, may be given, and at eighteen months finely scraped pulped meat may be given once a day in gradually increasing quantities; and baked apple, also milk puddings, may be added to the diet. At this age green vegetables and potatoes may be sparingly given. Children require plenty of water to drink, but tea and coffee should never be given. Meals should be regular, and no "snacks" allowed between these.

### SLEEP.

Until the baby is three or four months old you will find it sleeps at almost any time. Whether it afterwards learns to sleep at night depends upon the training that is given at this period. Do not walk the floor with baby, or rock it to sleep. If accustomed to being placed down whilst awake, and going to sleep quickly of its own accord, it will acquire the best of all habits—that of sleeping long intervals during the night, and waking during the daytime at the regular feeding hours. Provided the baby is healthy, such training is worth while, even though the child cries somewhat at first.

From six months to one year, baby should be put to sleep for about two hours in the morn-



KEITH TRINNE, age 7 months, weight 23 lbs.

ing, and again in the afternoon. Remember, it is as wrong to starve a child of sleep as it is to starve him of food.

### BABY'S BED.

*A young baby should never be allowed to sleep in the same bed with an older child or an adult.* A shallow basket trimmed with washable material makes a convenient and comfortable cot during the first few months. Later, a cot should be procured. The bedclothes should be warm, but light. Protect the mattress from becoming wet by using waterproof sheeting under the ordinary sheet. In cold weather a hot water bottle laid in the cot before baby is put in will prevent colds and chills. Plenty of fresh air will not harm any baby, but never place the cot in a direct draught. Ensure ventilation by keeping the top of the bedroom window open.

### BABY'S BATH.

*Unless the baby is ill, bathe regularly every morning after it is ten days old.* A basin may be used at first, but a galvanised iron or enamelled bath is requisite once the child begins to grow. Be sure the room is warm and that draughts are excluded. Pure Castile Soap is the best to use. Have the temperature of the water 100 deg. Fahrenheit during the first month, and 98 deg. thence until the child is six months old, after which it may be reduced to 95 deg. until eighteen months of age. Don't guess the temperature. Use a thermometer, either a floating bath or dairy thermometer. If you have no thermometer, use your elbow and not your hand to judge the temperature. First put cold water into the bath, and then add hot water until the mixture is found to be the right temperature after stirring. Prepare the bath and have the child's clothes ready before undressing. Then soap and wash off quickly, so as to avoid any irritation. Carefully clean out the folds of the skin about the armpits, neck and groins, and bathe between the fingers and toes. Don't keep the child in the water long, but if inclined to kick and enjoy his bath, let him exercise a little. In hot weather give the baby a bath in the evening as well as in the morning.

Dry gently and rapidly, but thoroughly, especially under the arms, thighs, and chin, so as to prevent any chafing. The use of too much powder is not advisable, as it may cake and cause irritation. Any sore place may be treated with a little Lanoline. Never let anyone else use baby's soap, towels, or sponge, and do not bathe until an hour after feeding. Remove any dirt from under the nails, and keep them short.

Clean the nostrils thrice daily by means of a small plug of

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## THE PROBLEM OF INFANT FEEDING SOLVED

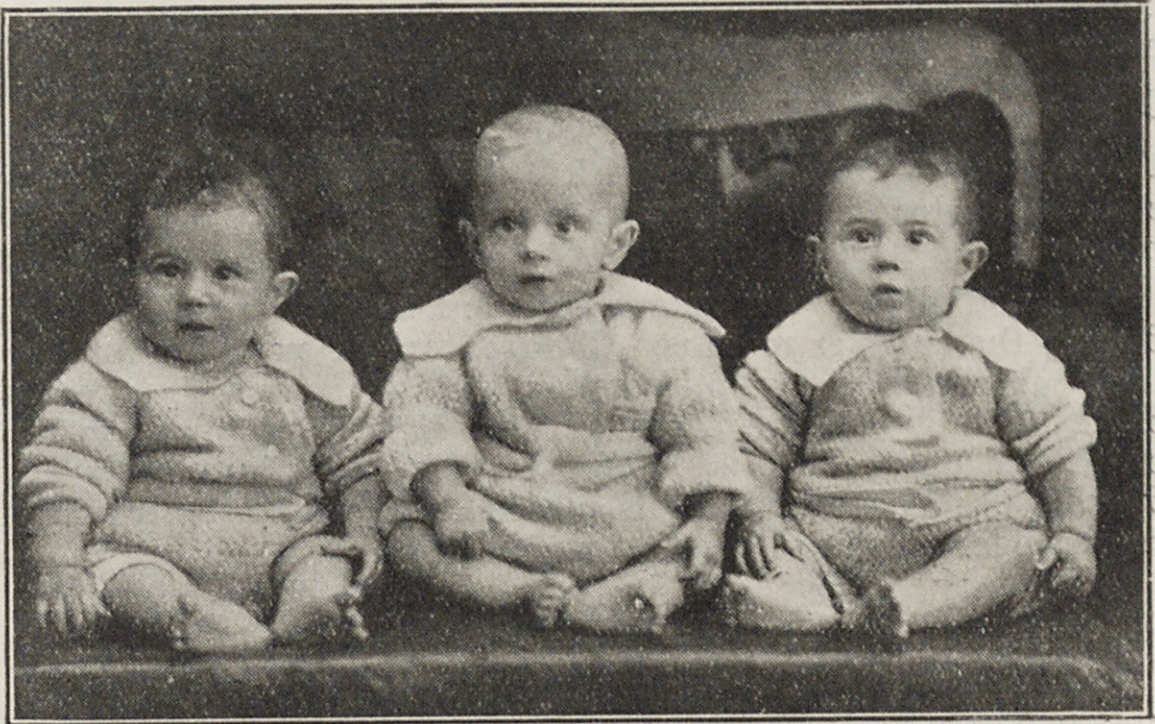
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cotton wool, moistened with clean warm water, using the wool but once. This will prevent the baby acquiring the very injurious habit of breathing through the mouth.

### CLOTHING.

*Baby's clothing should be warm, but light.* Nothing should be tight enough to prevent the free use of the limbs. Freedom of limb is essential to healthy development. A binder or flannel five or six inches wide and about a yard in length should be used to support the child's stomach, and though this must be sufficiently tight so as not to shift, it should not be so tight as to interfere at all with the child's breathing. Fasten with a few stitches—never with safety pins. After the navel has completely healed, the binder may be discarded.



HARRY, FRANK, and JACK, aged 1 year. Mrs. D. Ritzau's triplets

The napkins used at first should be of soft towelling, and a sufficient number must be supplied, so that clean and dry ones are always at hand. They must always be changed when wet, and never just re-dried and used again. Wash first in cold water, and then in boiling water, and do not use any soda or blue, because these tends to make them hard. Soiled napkins may be cleansed with soap, followed by thorough rinsing. Attention to these details will largely prevent chafing.

The other articles of clothing required consist of a small woollen vest, and a sleeveless flannel made so as to wrap well over the chest and long enough to fold well over the child's feet. A gown just long enough to cover the feet, and made

of soft, light, woollen material, completes the necessary attire. Long clothes are absolutely unnecessary, and the sooner they are discarded the better for healthy development.

Undress baby completely every night, sponge in warm water, powder and clothe with a binder (at first), woollen vest, and flannel nightgown prior to placing in bed for the night.

Every time baby's bowels move the parts should be well washed and gently, but well dried. If the buttock becomes red apply olive oil after washing and dry well.

### FRESH AIR.

*Give baby all the fresh air possible*, but do not administer it in the form of a strong draught. A couple of weeks after birth baby should be taken out of doors to sleep in a protected spot every fine morning and afternoon. The perambulator hood should be lined with olive green material, and no bright sunlight allowed to shine directly on the child's face or head. Do not cover baby's face with a handkerchief or anything else. If protection from insects is necessary, throw a mosquito net over the hood.

It is not advisable to take infants out in the heat of the day during the summer months. Children are often taken out by their mothers in very hot weather, and as soon as they reach home their clothes are taken off, and they are allowed to lie on the floor. This is liable to cause gastric trouble or diarrhœa. Whenever baby is placed on the floor, be mindful to arrange a clean blanket or rug beneath him.

### TEETHING.

During teething many children are restless and fretful and sometimes diarrhœa may occur. As a rule no medicine is required, careful and sympathetic management being all that is necessary. When the gums are painful *small* quantities of cold water may frequently be given to cool the gums. When the child is obviously upset from teething, do not force it to take as much food as usual. Change the bibs frequently, as dribbling is sure to be copious at this time. The bowels should be kept working regularly, and if out of order, castor oil may be given. Avoid all teething powders, unless specifically ordered by the doctor, and if the child is evidently ill get his advice promptly, because many ills are wrongly attributed to teething, which, as a rule, upsets children only slightly.

The teeth gradually appear in the following order, though no hard and fast rule can be laid down:—

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THE PROBLEM OF INFANT FEEDING SOLVED

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*The two lower middle teeth* when from 5 to 8 months old.

*The four upper middle teeth* between 7 and 10 months old.

*The two lower side middle teeth and upper and lower front double teeth* appear between the 12th and 14th month.

*The eye teeth* between the 16th and 20th month.

*The back teeth* between the age of 2 and 2½ years.

Some children are very late with their teething, but this need not worry you if the child is otherwise in good health. If thin and weak, however, be certain there is something radically wrong, and a doctor should be consulted.

### WEIGHT.

*A healthy baby gains steadily in weight after it is a week old.* The usual increase is from five to eight ounces per week up to five months of age, after which the increase is slower, averaging from half a pound a month until a year old. The following table shows the average measurement and weight of an average healthy child at different ages up to twelve months:—

AGE	WEIGHT	HEIGHT	AGE	WEIGHT	HEIGHT
At birth	7 lbs.	19 inches	7 months old	16½ lbs.	25½ inches
1 month old	8 „	20 „	8 „	17 „	27½ „
2 months old	9½ „	20 „	9 „	17½ „	27½ „
3 „ „	11 „	23 „	10 „	18 „	29 „
4 „ „	13 „	23 „	11 „	19 „	29 „
5 „ „	14½ „	23 „	12 „	20 „	30 „
6 „ „	15½ „	25½ „			

This table assumes that the child weighs 7 lbs. when born, and must only be regarded as representing the regular increase exhibited by a normally healthy child. A large-boned infant, of course, will show a more rapid increase than one which is naturally lightly framed. The important thing is that a regular increase should take place, and when this is not observed, obtain medical advice. Remember, too, that fat babies are not necessarily the healthiest. A muscular infant, though lighter, may really be far more resistant to disease. The use of farinaceous infant foods undoubtedly tends to make a baby fat, but it is unhealthy fat, and liable to result in the production of rickets or other troubles.

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## THE PROBLEM OF INFANT FEEDING SOLVED

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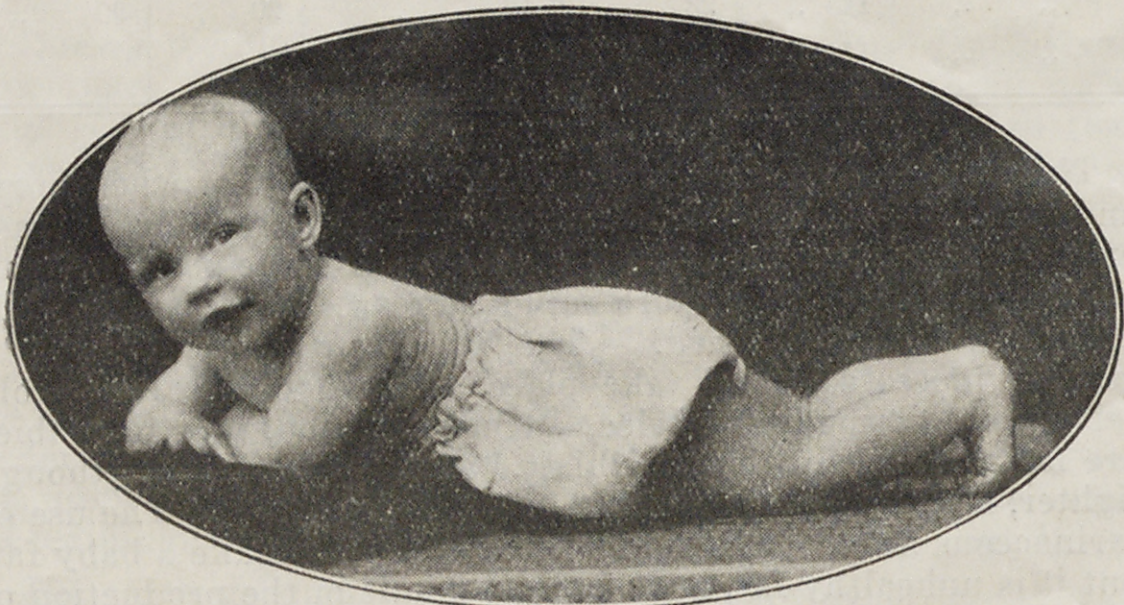
It is advisable to weigh the baby regularly once a week, clothed or merely wapped in a blanket—the weight of which is ascertained once and for all, and which can be used whenever the child is weighed. A spring scales, such as that used in nearly every household, will serve if a large pan scale is unavailable. The ordinary pan is removed, and a basket (or even the perambulator hood) is hung from the hook by means of a cord or strap. The weight of this is noted (together with the blanket), and the child is then laid in it, and the increased weight observed. The difference between the two weighings is, of course, the correct weight of the child.

After weighing, always take a note of the baby's weight in a note book or on the "Lactogen" weight chart. If trusted to memory, mistakes may be made. As

a rule, babies do not show much gain in weight when being weaned, during very hot weather, or whilst teething.



GLADYS RICHTER, Warrnambool, Vic.  
Age 7 months.



LESLIE GORDON WALLACE, Mayfield, N.S.W., age 7½ months.

## INFANTILE AILMENTS.

As a rule there is little difficulty in recognising when a baby is unwell. He cries without apparent reason, loses liveliness, seems tired and fretful, or is thirsty, excited, or feverish.

A great deal of infantile illness is caused through improper food, unsuitable food, or food not properly prepared.

**Do not take risks** in using ordinary cow's milk of doubtful purity to feed your child, but use "Lactogen," the pure, natural milk food.

"LACTOGEN" is absolutely pure, easily prepared, and so similar in composition and digestibility to human milk, that it is a perfect substitute for this. Its use is a safeguard against much trouble and illness when mother's milk cannot be given.

No matter what food is used, the importance of **absolute cleanliness** cannot be over-estimated. A drop of ordinary milk, such as may be daily bought anywhere, usually contains thousands of germs or bacteria. Bacteria multiply very rapidly in milk, and while "LACTOGEN" is quite free from undesirable microbes, yet, unless everything used in feeding is kept quite clean and free from all milkiness, they may become infected by bacteria, and digestive disturbance result.

Keep everything used for baby's feeding where no **flies** can gain access.

**Regularity in feeding** is another essential. An infant's digestion can readily be upset by inattention to this, and too short an interval between feeds is very liable to produce colic. A baby should not be fed simply because it happens to be crying, but if evidently thirsty a little warm water may be given. Actual food should only be given at the proper interval.

**Wind or flatulence** is often caused by giving baby his bottle hurriedly. Take at least fifteen minutes to give him his drink.

**A somewhat frequent cause of indigestion** and constipation is the giving of too strong a food mixture, which the baby cannot properly digest. When any signs of indigestion occur, as evidenced by colic or constipation, the food should be made weaker than the correct strength by the feeding table for the time being.

**Never give baby biscuits until he can digest them.** No baby up to three months can digest them in any form, because of the starch they contain, and it is advisable not to give them at all until he is six months old at least. Even at this age the biscuits should be specially prepared as follows:—Place an arrowroot biscuit in a saucepan and cover well with cold water, and boil for one minute. Then strain off the water and beat well with a fork. Then add freshly-prepared "Lactogen."

**Do not give medicine unless necessary.** The digestion

of children can easily be damaged by the habitual administration of purgatives. **Do not feed olive or other oils to children** with the idea of strengthening them except under medical direction. You may do far more harm than good.

**Teach the baby regular habits**, and give him frequent opportunity to kick and exercise his limbs unhampered by tight napkins. This will not only assist the development of muscle, but may prevent a good deal of trouble in the form of indigestion or colic.

Provided care be exercised in feeding, a great many childish complaints will be avoided, but even then baby is liable to a variety of minor ailments, many of which can be set right by a little special attention. The mother should be able to recognise the most common of these complaints, and to commence simple treatment for their relief. It is for this purpose that the following notes have been compiled.

They are not intended, however, to take the place of proper medical advice, and should symptoms of any serious disorder or illness appear, the advice of a doctor should always immediately be sought. "Delays are Dangerous" is an exceedingly true maxim when dealing with an ailing child.

#### **BLEEDING NOSE.**

Apply a cold sponge or cold wet lint to the bridge of the nose. Keep the child very quiet.

#### **BURNS AND SCALDS.**

Apply some boracic ointment on a piece of lint, cover this with some cotton wool and a soft bandage. If the scald be at all severe, keep the child warm and quiet, and send for the doctor, for trifling burns and scalds which would hardly trouble an adult may be very dangerous and cause serious trouble to an infant through the effects of shock to the system. Never leave children alone with a lighted candle or lamp within their reach.

#### **CHAFING.**

This is caused chiefly through carelessness. Always wash the buttocks well after a child has had a motion. If red or sore, wash well with olive oil, then dry thoroughly with a piece of wool, and apply a little zinc or boracic ointment.

#### **CHICKEN POX.**

Keep in bed for a few days, and do not allow the child to touch the sore places.

#### **CHOKING.**

Turn the child *head downwards*, and slap smartly upon the shoulders. If this fails to overcome the trouble, open the mouth



with one hand and push the first finger of the other hand down into the throat so as to try and remove the obstruction. If the child has swallowed anything that cannot immediately be extracted, send for a doctor without any delay.

### COLIC.

Mild attacks are termed wind or flatulence. This complaint is very frequently caused by improper foods, but may also easily be produced by giving food too frequently, too cold, or in too large quantities. The use of improperly cleaned bottles or dirty comforters may also cause this trouble.

The symptoms of colic are hardness and distention of the stomach. The baby cries sharply and intermittently, and draws its feet up. To relieve the baby, hold up and rub its stomach vigorously. For a young infant give half a teaspoonful of dill water in a tablespoonful of hot water, to which a little sugar may be added. Hot water alone, five or six teaspoonsful, not too hot for yourself, is often efficacious. Change the infant's position frequently, letting him be a minute or two on his stomach, then on his back, then sitting, and so on, to assist the removal of wind. If the pain is severe, the application of flannels, wrung out of hot water, to the stomach, will remove it; or a whisky compress may be used to keep the stomach warm. An enema often gives relief.

### CONSTIPATION.

There are many causes for this complaint, and if persistent a doctor should be consulted.

The motions, which should be semi-solid and yellow, are usually hard, pale, and show mucus and undigested curd. If the constipation is only slight, a small dose of castor oil (see p. 26) will give relief, but the frequent use of aperients, except by medical direction, should be avoided, because they really encourage constipation.

With regard to constipation, it must be borne in mind that prevention is very much better than cure, so the habit of regular bowel action should be encouraged in even a young baby. The child should be held out regularly at the same time every morning, and the use of a smooth, tapered piece of soap, softened in olive oil, a small glycerine enema (two parts of glycerine to one of water) may give relief if there be difficulty in passing the motion. Sluggish action of the bowels in children may be helped by gentle abdominal massage, performed by gently moving the palm of the hand upwards on the right side of the stomach, then well down on the left, into the groin. This should be done for a few minutes just before the child is going to use the chamber.

A few teaspoonsful of tepid water given daily is often of service, and the use of fruit juice, as directed on page 38, also helps to maintain a regular action of the bowels. One tablespoonful of orange or pineapple juice may be given every morning with benefit.

Babies artificially fed are rather liable to become constipated, and if persistent,  $\frac{1}{2}$  to 1 teaspoonful of "Maltogen," given once daily, mixed in "Lactogen" (made slightly weaker than usual), will usually overcome the trouble. Barley or oatmeal water (page 38) may be used instead of plain water in preparing the "Lactogen" with frequently good effect, and these are specially useful if any curds show in the motions, or there be vomiting. If baby is constipated when taking "Lactogen" at its full strength, then make the mixture a little weaker, and add half a teaspoonful of "Maltogen" to the feed. This often makes him right without other treatment. Babies with a tendency to constipation should be given plenty of opportunity to exercise their limbs.

### CONVULSIONS.

Convulsions may be due to overfeeding, indigestion, teething troubles, or even to more serious causes. The face becomes pale, and there are twitchings of the face and limbs. The head is thrown back, the breath held, and the body becomes rigid.

Immediately prepare a hot bath, the temperature of which must not be over 105 deg. Take care that in the excitement this is not made scalding, or the baby may be seriously injured. Undress and place the child in the bath, and apply a cold, wet rag to the head. Meanwhile send for the doctor if possible.

The warm bath has a soothing effect, and the baby will lose its rigidity and become limp. Roll up in a warm blanket, give either an enema or a dose of castor oil, and put to bed. The child will usually wake up well, except for a slight weakness.

Should convulsions succeed one another very rapidly, medical aid is imperative, and in all cases advice should be sought so that the cause can be removed.

### COUGHS AND COLDS.

If sore throat is present and the breathing in any way difficult, the doctor should be called in at once. For an ordinary cough keep the child warmly clothed, and *out of doors as much as possible*. If the cough be persistent, rub the back, chest, and under the arms with camphorated oil. If the child has snuffles in the nose, clean and wipe round the inside of the nostrils with a little vaseline on a soft rag, and also rub the bridge of the nose with vaseline. To prevent colds, avoid

too many clothes, especially in summer, as these weaken the child's resistance to catching cold.

### **CROUP.**

This complaint frequently starts with a slight cold. During the night the child wakes with a hoarse, brassy cough, and breathes with a loud, whistling noise. Sometimes it gets blue in the face, and has to struggle for breath. The doctor should always be sent for when breathing becomes difficult. The treatment meanwhile is to let the child breathe a moist atmosphere. A kettle, to which a teaspoonful of Friar's Balsam or Eucalyptus oil may be added, must be kept steaming in the room by the cot, by means of a spirit lamp (if a bronchitis kettle is not available), and a blanket should be placed over the cot so that the child inhales the moist vapour. Care must be taken that the steam does not scald the child.

Should a kettle be unavailable, a cloth or sponge wrung out of hot water may be placed over the windpipe to give relief.

Give a teaspoonful of ipecacuanha wine, to which a little sugar is added, and if the child does not vomit, give 20 drops every half-hour until this takes place. This removes the spasm of the throat muscle, and breathing then becomes easier.

A hot bath at bed time, followed by a little hot "Lactogen," will help to induce perspiration.

### **CURDS IN THE MOTION.**

Make the "Lactogen" with barley water in place of water (page 38), and add one-half teaspoonful of lime water three times daily to the feeds. If the motions are too frequent it is better to use rice water instead of barley water.

### **DRY CRUSTS OR SCALES ON HEAD.**

Anoint the head with olive oil or vaseline, and after several hours wash off with warm water and soap, or wash in warm water with a little carbonate of soda added, and dry thoroughly.

### **DIARRHOEA (see also Summer Diarrhoea).**

Being a symptom of many troubles, this must not be regarded lightly, and if not amenable to simple treatment, a doctor should invariably be consulted without delay, for no other complaint is responsible for so many deaths during infancy as Diarrhoea.

A simple Diarrhoea, manifested by an increased number of daily motions, many occur during teething or weaning, and in such cases the addition of a little lime water to the food is beneficial.

If the stools are slimy and contain mucus, this may be due

to teething, indigestion, or chill. A small dose of castor oil should be given to remove irritation. Also give one or two feeds of barley water. (The dose of castor oil for infants is half a teaspoonful up to six weeks of age, and a teaspoonful from then until six months old.) The cause must be treated by giving careful attention to the general health. The nature of the food is most important, and to prevent indigestion "Lactogen" should be used, starting with a rather weak mixture.

### DISCHARGING EARS.

Frequently syringe the ears with weak, warm carbolic lotion (a teaspoonful to a pint of water). Be careful not to hurt the ear with the nozzle of the syringe. Afterwards place a piece of cotton wool in the ear to avoid taking cold.

### DISCHARGING EYES.

Bathe the eye frequently with weak boracic solution, or salt and water (half a teaspoonful to a cup of water). Most eye diseases can be conveyed by inoculation, and it is very necessary that care should be taken in the use of towels.

### MEASLES.

The first symptoms resemble a "cold," there being running from the nose and coughing, and the child's eyes are red. A few days after the rash appears in the form of red spots, which show first behind the ears, and later spread over the face and body.

The child should be kept in bed, in a separate room, until a week after the rash has gone. Plenty of fresh air is essential, but while the eyes are affected the light should not be strong, and the child should not face this directly. During the first few days only liquid foods are required, but after the rash has gone plenty of nourishing food should be given.

Measles is most infectious in the early stages, when the child seems only to have a severe cold. It is far more dangerous to young children than is generally known, and it is highly advisable to procure medical advice on the subject of treatment.

### MUMPS.

Mumps are characterised by swelling and tenderness in front of and below the ears, which become swollen and very tender.

Keep the child warm in bed and out of all draughts. Warm flannel is to be kept over the swelling. The bowels must be kept working regularly. It is very infectious, and may attack adults as well as children.

### SKIN IRRITATION.

If any irritation is caused from powdering to excess, an alkaline bath is very soothing and healing to the skin. This bath is prepared by adding one tablespoonful of Carbonate of Soda to four gallons of water.

### STYES.

Styes are disfiguring. They are miniature boils, appearing on the margins of the eyelids and between the lashes, or an eyelash may be observed protruding from the centre. Pull out the lash with a fine pair of tweezers, and apply hot boracic acid fomentations.

### SUMMER DIARRHOEA.

Epidemic Diarrhœa is the cause of heavy mortality amongst children in warm weather, especially those fed on ordinary cow's milk. It is caused by germs which are present in the milk during the warmer months, but will never be found to occur when "Lactogen" is fed, if attention be paid to the directions given regarding its preparation and the cleanliness of the feeding bottle. Flies frequently convey the germs, so it is important that these should be kept away, as far as possible, from baby, and entirely so from baby's food.

Usually there is violent vomiting, the motions are very numerous, greenish, slimy, and offensive, becoming watery in the later stages. Visible mucus and blood may be present. The child is irritable, has a burning thirst, and rapidly loses strength.

The first thing to do in the treatment of summer diarrhœa is to stop all nourishment. Give a dose of castor oil, then *nothing* but plain boiled water for twelve hours, then barley water for the following twelve hours. Plenty of pure boiled water may be given, as this helps to remove the poisons causing the trouble, and the child will not suffer from hunger.

If the motions are normal at the end of twenty-four hours, start giving weak "Lactogen" (about one teaspoonful of powder to a cup of water), and gradually increase the strength every day. If the motions do not improve, it is imperative that the doctor's advice be obtained.

Disinfect and boil all soiled napkins, and remember that this complaint is easily communicated to other young children. Disinfection of napkins may be performed by carbolic acid—1 in 40 solution. Procure from your chemist a Winchester quart of carbolic acid solution, 1 in 20, and by using equal quantities of acid solution and water you will have the strength required.

### THRUSH.

This complaint, which is caused by a fungus growth, only occurs from lack of attention to cleanliness, and if the bottle and teat be always carefully cleansed, and the baby's mouth washed with a weak boracic acid solution daily, it will never appear. Thrush manifests itself by the appearance of small, white flakes inside the lips and on the gums; and if unchecked may spread over the whole mouth, causing a rise in temperature and diarrhœa, due to digestive disturbances.

Boracic acid is used to cure as well as to prevent the occurrence of thrush. After every feed, natural or otherwise, baby's mouth should be gently wiped out with a piece of cotton wool moistened in a solution made by dissolving a teaspoonful of boracic acid in boiling water, and allowed to cool. This should be made up every day, and the cup containing it kept covered with a clean saucer to prevent dust falling in. Borax and glycerine applied on a clean piece of lint is also useful.

A child's mouth is liable to become infected by giving dummy teats and comforters to suck. If used at all these should be kept very clean, and boiled daily.

If the tonsils become affected, give hot fluid food, such as "Lactogen" and barley water. Put the child to bed, and apply hot fomentations every two hours.

### VOMITING.

If an infant is overfed, it will always rid itself of the excess by vomiting. If the baby is constantly sick after meals he is most likely being given too much food at a time, and maybe the quantity should be reduced a little. If due to indigestion, the addition of a teaspoonful of lime water to each bottle may be curative. Vomiting may be caused by feeding too quickly, and the remedy is obviously to feed more slowly. Examine the nose to see that it is clean, so that the child breathes freely while feeding. Nearly all young babies are liable to throw up a little food soon after feeding, and unless this be regularly done in some quantity no uneasiness need be felt. Severe and repeated vomiting, where the child cannot retain foods, needs prompt medical treatment; especially when diarrhœa is also present.

Vomiting frequently occurs through the use of foods containing too much indigestible fat, and when this is the cause, feeding the child on diluted "LACTOGEN" will remove it.

A children's nurse writes to us as follows:—"One case, where baby could only digest milk well diluted with water, was not thriving, and every time the milk was increased the

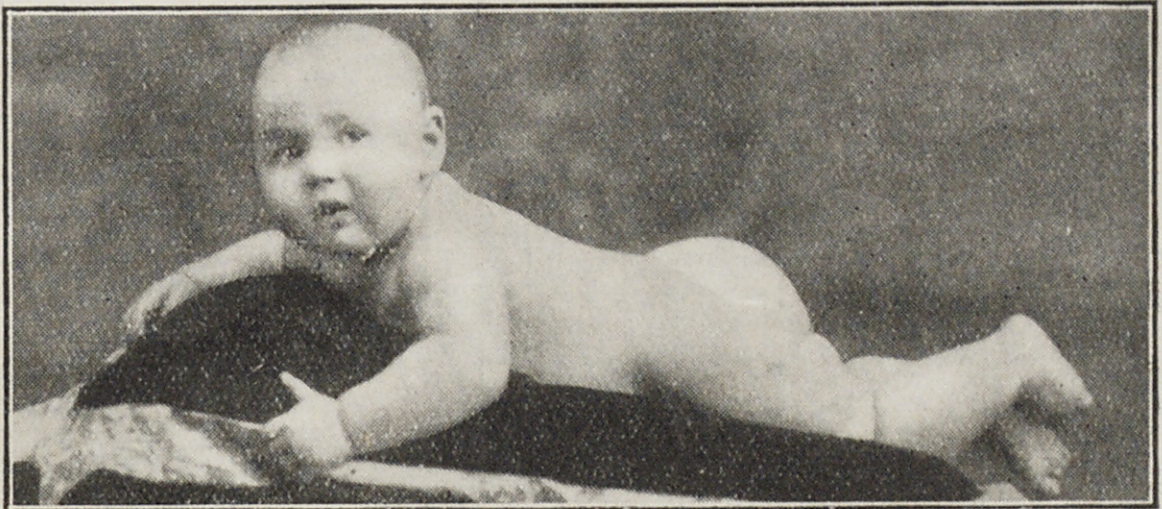
baby vomited; so instead of increasing the milk, 'Lactogen' was added—after that the baby began to thrive and do well."

### WHOOPIING COUGH.

This complaint, though not serious as a rule to children over four years of age, is most fatal to infants, especially during the first year of life, hence great care should be taken to protect them from infection when whooping cough is prevalent. Children with whooping cough should always be isolated. Young infants should never be taken into a house where there is whooping cough.

Keep the patient in fresh air as much as possible, both day and night. The bedroom must be well ventilated. If the attack is prolonged, a change of air to the seaside or country, as the case may be, will frequently bring the attack to an end.

Diet is very important. Give plenty of nourishing food, chiefly "Lactogen," and guard against indigestion. Where vomiting is frequent, small quantities of "Lactogen" should be given at frequent intervals. In severe cases a little brandy and white of egg may be necessary to maintain the child's strength, but a doctor should be consulted before this is given.



JOAN STRONG, age 9½ months, weight 28¼ lbs.

"Glenris," Fifteenth Street, Bowden,  
20th August, 1922.

Dear Sirs,—I am sending you a photo of my little daughter, who has been fed on "Lactogen" since three days old. She was born at Parella Private Hospital, Hindmarsh, on November 1st, 1921, and weighed 8½ lbs. at birth. She has thrived well ever since put on "Lactogen," and has had no illness yet. At nine and a half months her weight was 28¼ lbs.

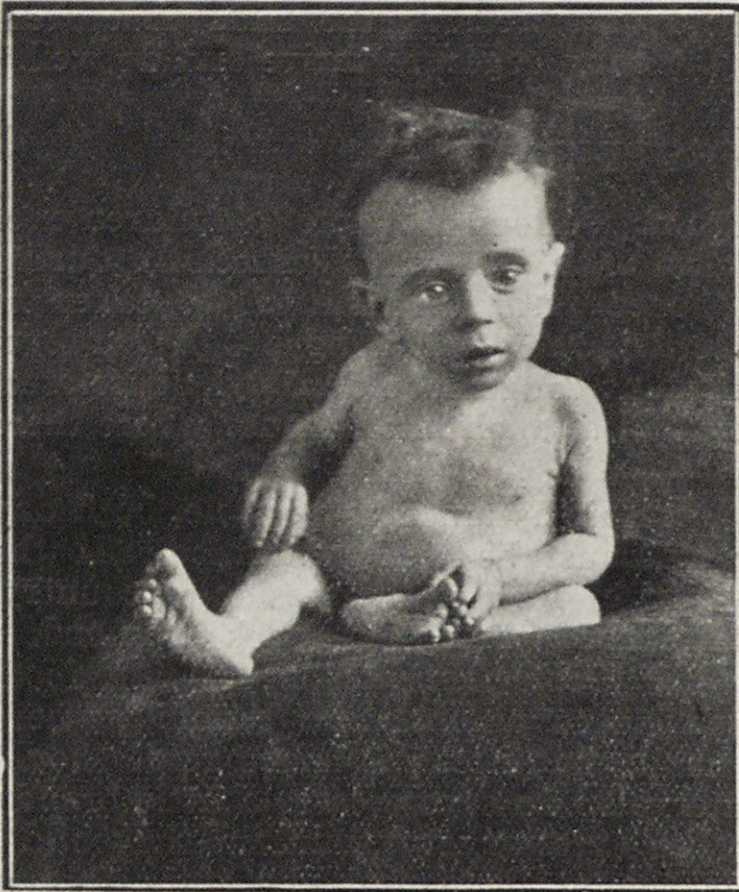
Yours faithfully,

(Mrs.) G. STRONG.

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THE PROBLEM OF INFANT FEEDING SOLVED

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LESLIE LEMIN, Collingwood, Vic. Age 12 months, weight 11 lbs.



LESLIE LEMIN, Collingwood, Vic. Aged 1 year 10 months, weight 2 stone.

144 Sackville St.,  
Collingwood,  
1.5.22.

Dear Sir,—

It is with great pleasure I send you this testimonial. My little son, a fine baby born, weighed 11 lbs., wasted away to a mere skeleton. No one ever thought he would live. He was given up by 5 doctors, and at the age of 11 months went into the Fairfield Hospital, and only weighed 10½ lbs., and they gave him "Lactogen," and I can honestly say it saved his life. He put on a lb. a week, and in three months weighed 23 lb., and everybody that sees him says he is a credit to "Lactogen."

Trusting your wonderful food will do another baby as much good as it has done mine.

Yours truly,

MRS. ETHEL  
LEMIN.



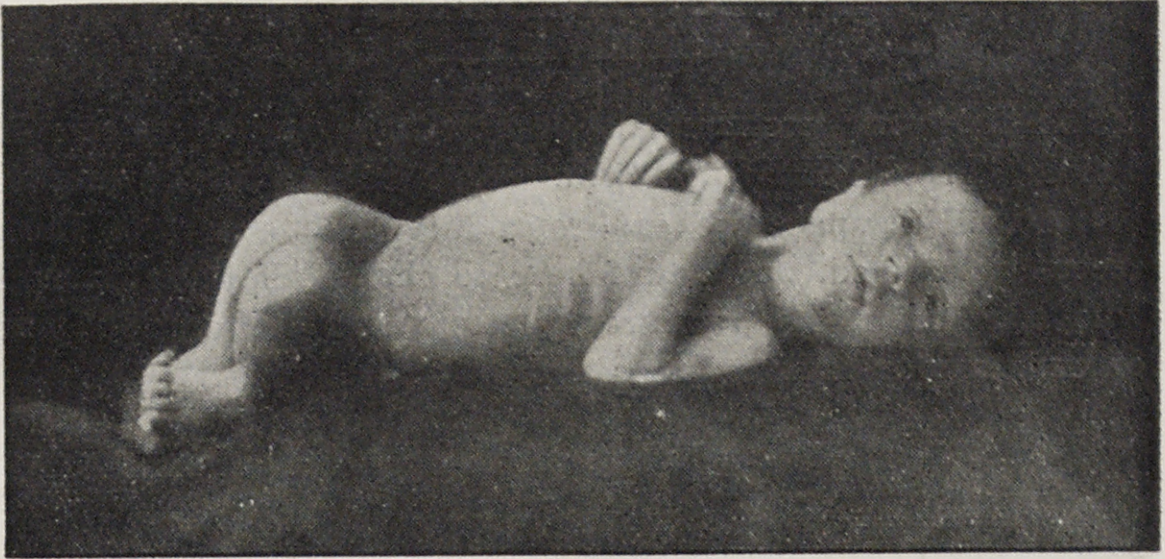
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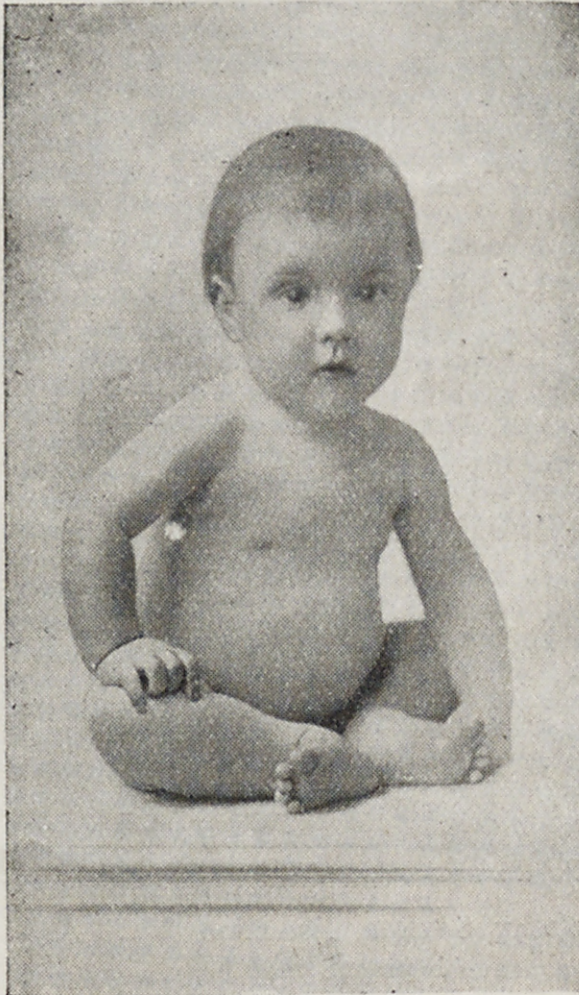
THE PROBLEM OF INFANT FEEDING SOLVED

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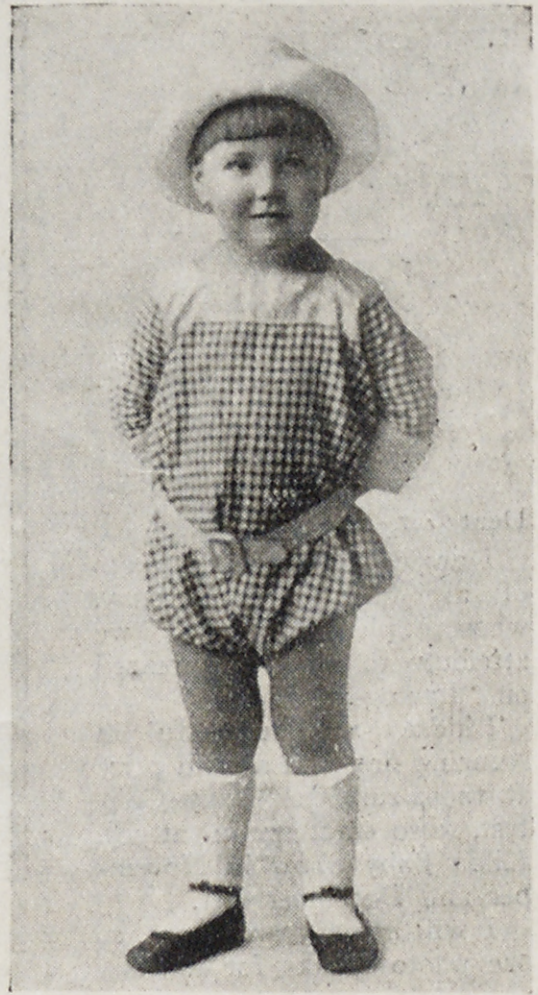
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BABY KENNETH JOHNSTON, East Perth, at the age of 7 weeks suffered so severely from the effects of Marasmus as to be considered beyond medical aid. "Lactogen" was resorted to with the remarkable result shown below.



BABY JOHNSTON at the age of 8 months. Weight  $20\frac{1}{2}$  lbs.



MASTER KENNETH JOHNSTON,  
From a recent photo.

## TESTIMONIALS.

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The following testimonials bear witness to the esteem in which "LACTOGEN" is held. We regret that owing to limitations of space we can reproduce only a few of those recently received, but desire here to thank all those parents who have so kindly forwarded letters and photographs and to express our high appreciation of the same.

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The inset photograph appearing on the front cover of this Book is that of Baby Lois Bodkin, Ingham, Queensland.

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Primrose Street,  
Essendon,  
11th July, 1922.

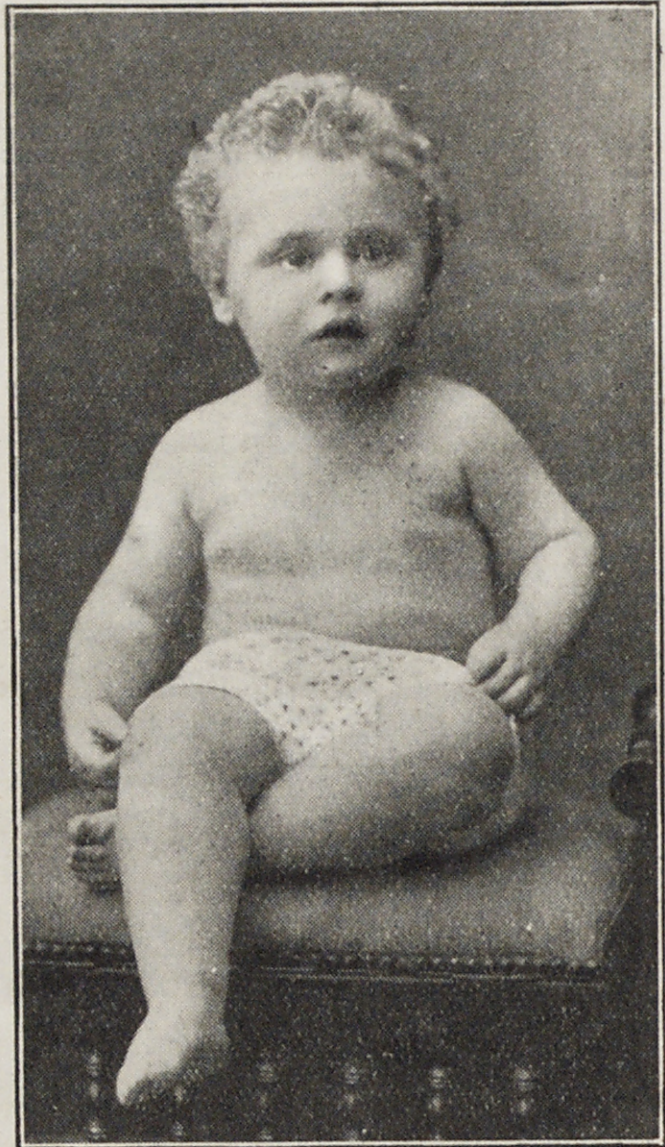
Dear Sir,—

I am enclosing you a photo of my baby boy, Lindsay, whose splendid health we attribute to his being reared on "Lactogen."

Lindsay was successful in securing first and second prize at the Brunswick Baby Contest, also first prize at St. Kilda Baby Show in November and December last.

I will not say any more, as the photo speaks for itself.

Yours faithfully,  
(Mrs.) L. SAYNOR.



LINDSAY SAYNOR, Essendon, Vic. Age  
1 year 8 months.

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## THE PROBLEM OF INFANT FEEDING SOLVED

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Brewer Road, North Brighton,  
29th August, 1922.

Dear Sirs,—I am sending a photo of my little son Jackie, who has been brought up on "Lactogen" since he was ten weeks old. It has made such a bonny boy of him that I felt I must write you my heartfelt thanks.

He was a premature born baby, and at birth only weighed 5½ lbs. I was able to breast feed him until he was ten weeks old, and at that age his weight was 13½ lbs. Then I put him on "Lactogen," and when I had his photo taken he was eight months old and weighed 23½ lbs., so you can see for yourself the good it has done him. My friends will hardly believe he is the same baby, because when he was born the doctor did not think I would rear him at all.

This testimonial is absolutely at your disposal.

I remain, yours gratefully,

(Mrs.) E. M. GREEN.

7 Bray Street, Newtown,  
28th September, 1922.

Dear Sirs,—I am forwarding you a photo of my baby, Joyce, a "Lactogen" baby, and winner of a prize in the recent "Sunday Times" competition.

I think I can claim to have had a lot of experience with "Lactogen," having previously reared four children on it, and am now rearing the fifth, a baby girl six weeks old.

I might mention that we have not had occasion to seek the services of a doctor for any of them, a result, I think, due in a large measure to your splendid food.

I have recommended "Lactogen" to several of my friends with very gratifying results.

I am, yours truly,

(Mrs.) M. A. GILLMER.

Geraldine Street, Cottesloe,  
5th July, 1922.

"Lactogen" Co.,  
609 Wellington Street,  
Perth.

Dear Sirs,—

I am enclosing a photo of my little daughter May, aged 12 months (see p. 10).

At two months old we had great trouble with her, and never expected to rear her, but fortunately were advised to try "Lactogen," and I can truthfully say from that day onwards she has never looked back nor caused us a day's anxiety.

In gratitude to "Lactogen" I am enclosing her photo, which I think will speak for itself. You may use it as you wish.

Yours faithfully,

(Mrs.) J. PENDREIGH.



JOYCE GILLMER, Newtown.

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## THE PROBLEM OF INFANT FEEDING SOLVED

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Thornhill Street, North Bundaberg, 19th June, 1922.

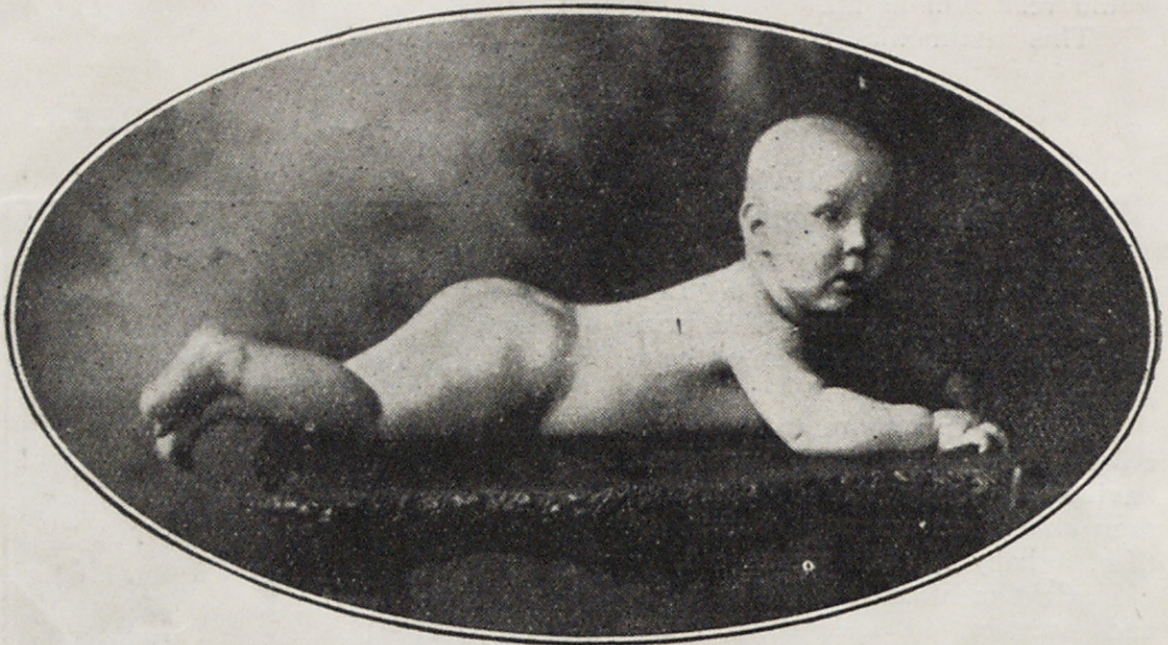
Dear Sirs,—I am sending you a photo of my little boy. He was four months old the time the photo was taken.

He won first prize at a baby show in Maryborough as best baby under six months of age. He had "Lactogen" from when he was a fortnight old until he turned a year.

I had hardly any breast milk for him from the first, and "Lactogen" just worked wonders with him. I cannot speak too highly of it, as he is a strong, healthy boy now.

With good wishes,

(Mrs.) EVELYN GROTH.



BABY GROTH, aged 4 months.

162 Margaret Street, North Adelaide,  
27th June, 1922.

Dear Sirs,—With pleasure I am sending you a photo of our baby boy Keith (photo on page 15), aged seven months, weight 23 lbs. Though 10 lbs. when born, at the age of six weeks he only weighed 8 lbs., through want of proper food. I then commenced giving him "Lactogen," and found it wonderful, as he gained 1 lb. a week at once. He is now a lovely, fat, healthy baby, and has had no sickness whatever. I have every confidence in recommending "Lactogen" as being an excellent food for babies.

You may use this as you may think fit.

Thanking you, I am, yours sincerely,

(Mrs.) A. E. TRINNE.

Niangala, N.S.W., 23rd April, 1922.

Dear Sirs,—I am forwarding you a photo of our twin girls (page 4), who have been reared on "Lactogen" since a month old.

They were just twelve months old on the day their photo was taken, and have never had a day's sickness since we started to give your food. This is, I think, good proof of its value.

I cannot speak too highly of "Lactogen," and can recommend it to any mother.

Wishing you every success.

Yours faithfully,

(Mrs.) BESSIE LAWLOR.

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## THE PROBLEM OF INFANT FEEDING SOLVED

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DOROTHY E. MARDEN, age 1 year.

"Grenstede," Bertie Street,  
Rockdale,

18th September, 1922.

Dear Sirs,—

Enclosed you will find a photo of my little daughter Dorothy, aged one year. I am pleased to say she is a very healthy, fine big girl, who still loves "Lactogen," which I am sure is responsible for her being such a bonny girl.

Dorothy was a prize winner at the recent Rockdale Baby Competition.

I may also say that I am feeding my baby boy, aged ten weeks, on "Lactogen." It agrees with him very well, and he is improving wonderfully.

Wishing your splendid food every success.

I remain, yours truly,

(Mrs.) ADA MARDEN.

Magnet, Tasmania,

19th June, 1922.

Dear Sirs,—

Please find enclosed photo of my baby, Mervin John Fraser (page 11), age seven months. He is a "Lactogen" baby. He was put on "Lactogen" when he was only a few days old. I find that "Lactogen" is a splendid food for our baby, and highly recommend mothers to give their babies "Lactogen."

You may use this photo and recommendation as you wish.

Yours faithfully,

(Mrs.) W. A. FRASER.

Newcastle,

11th July, 1922.

Dear Sirs,—

I have much pleasure in writing to thank you for the great value we have found in "Lactogen."

Our little daughter was only seven pounds when two weeks old, and was reared from birth on "Lactogen."

At seven months she weighed twenty-two pounds, which we thought was just marvellous.

I cannot speak too highly of the food, and will recommend it to my friends.

Yours faithfully,

(Mrs.) A. J. LARKIN.

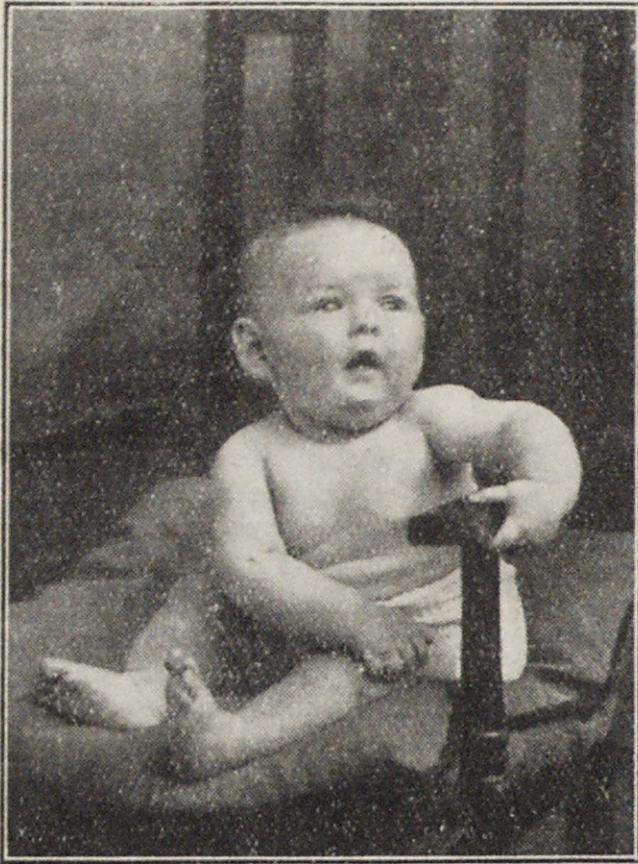
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THE PROBLEM OF INFANT FEEDING SOLVED

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LEILA THELMA WAGSTAFF, age 7½ months;  
weight 23 lbs.

Brookvale, via Manly,  
3rd April, 1922.

Dear Sirs,—

Enclosed find photo of my little girl Leila, who has been fed entirely on "Lactogen" since she was six weeks old. At that age she only weighed seven and a half pounds, having gastritis so badly that she nearly died. The doctor advised me to try "Lactogen," and ever since she has been a different baby. When her photo was taken she was seven and a half months old and weighed twenty-three pounds.

Yours faithfully,

(Mrs.) M. A. WAGSTAFF.

"Bayville," Campbell Street, Abbotsford,

6th June, 1922.

Dear Sirs,—

Having been a constant user of "Lactogen," "the baby food," I am writing to let you know the results. In my opinion "Lactogen" is the ideal food for babies. Three of my children have gained weight and improved wonderfully since taking same. My boy Kenneth was so bad we thought the little chap could not live long. He wasted almost to a shadow. My wife was induced to try "Lactogen" and it seemed like a miracle to see the effect it had. He is now one of the bonniest looking boys in the neighbourhood although the Doctor had despaired of saving his life. Now our last baby is getting the benefit of the food and has it entirely. My wife also found it extremely beneficial during nursing.

If you can use this letter to induce others to benefit as we have you are at liberty to do so.

Yours faithfully,

H. BALCHER.

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THE PROBLEM OF INFANT FEEDING SOLVED

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GEORGE HENRY KROME, age 16 months, weight  
30 lbs.

Vulture Street,  
West End, Brisbane,  
7th July, 1922.

Dear Sirs,—

I feel it my duty to write and tell you what I think of your wonderful food, "Lactogen." When first advised to do so I was afraid to try "Lactogen" for my little son, George, since he could not digest any of the numerous foods we had already tried and was simply wasting away. I am thankful to say I gave "Lactogen" a trial, for now people ask me if he is the same baby and what a lovely boy he is.

He is now 16 months old, and weighs 30-lbs., is thoroughly contented, and as happy as the day is long. I am enclosing baby's photo so that you can judge for yourself.

No trouble was too great for Nurse Hartell-Law, and it is only owing to her skill and your wonderful food, "Lactogen," that my baby is alive.

Yours faithfully,  
(Mrs.) M. KROME.

Kingston, Tasmania,  
15th October, 1922.

Dear Sirs,—I am sending you a photo of my little baby (page 13), age seven months (when taken), to show you and other mothers, if you care to use it, what a wonderful food "Lactogen" is.

He has been fed on "Lactogen" since he was a few months old, and is now the picture of health. If other mothers take my advice they will give baby a fresh air tonic every day and feed on "Lactogen."

Yours faithfully,  
(Mrs.) L. A. STEPHENS.

84 Liebig Street, Warrnambool,  
December 12, 1922.

Dear Sir,—

I am sending you a photo of my little girl, Gladys (page 20), taken when seven months' old. She was fed on "Lactogen" since she was six weeks of age, and is now eighteen months, and a lovely, healthy little girl.

I have never had a day's trouble with her since I gave her "Lactogen," and she is still taking it and loves it.

I remain, Yours sincerely,  
(Mrs.) A. RICHTER.

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# THE PROBLEM OF INFANT FEEDING SOLVED

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## HINTS AND RECIPES FOR INFANT AND INVALID FEEDING.

**Fruit Juice.**— The fruit juice given to babies should always be strained, and it must be the juice of fresh, ripe fruit—not tinned or cooked fruit juice. Wash the fruit before preparing juice. Give from half a teaspoonful to two tablespoonsful three times a day, according to age, about an hour before meals. When fruit juice is given for constipation, give from two teaspoonsful to one tablespoonful in the early morning. When giving fruit juice to very young babies, it is wise to add boiled water to the juice to dilute it so that half fruit juice and half water is given to begin with. A very little sugar may, if necessary, be added to sweeten.

**Gruel.**— This may be made in two ways:—(1) Take two dessertspoonsful of oatmeal, place in a basin, and cover with two cups of water. Leave to stand all night, then strain and boil for 15 to 20 minutes.

(2) Take one teaspoonful of oatmeal, and sprinkle into a cup of water, and boil 20 minutes to half an hour. (If for a baby under 9 months this must be strained.) Add prepared "Lactogen" to suit taste.

**Groats.**— Take one teaspoonful of groats, and boil in one cup of prepared "Lactogen" (page 39) for 10 minutes.

**Albumen Water.**— Take the white of a fresh raw egg. Cut up well on a plate with two knives (to break up thoroughly), then add 10 tablespoonsful of cold boiled water, a pinch of salt and sugar, and mix well. Put in a cup and pour from one cup to another till well mixed, then strain for use.

**Beef Juice.**— Take two ounces of best fresh steak, free it from fat, and cut up into small pieces. Place in a cup or basin, and add half a cupful (four tablespoons) of cold boiled water. Let this stand three hours, then strain and add a pinch of salt. Half a teaspoonful three times a day may be given to a baby from two months old, then gradually increase the quantity. Make this twice in the twenty-hours.

**Broth.**— Cover a shank with water. Add 1 tablespoon of barley and a pinch of salt. Boil about four hours till meat comes easily from the bone. Strain and set. When cold, remove all fat, and warm up for baby. This is best made the day before using.

**Whey.**— Warm a pint of milk (skim milk will do as well) to 100 degrees Fahrenheit (blood heat). Dissolve a rennet tablet in a little cold water, and add to the milk. Stir and mix well. Allow to stand for a couple of hours in a cool place. It will then be curdled. Beat up the curd with a fork, and strain the whey through several layers of muslin. This must now be heated (scalded) to destroy the rennet and prevent further curdling.

**Barley Water.**— One tablespoonful of pearl barley to a pint of water. Boil gently 20 minutes, then strain. Barley water ferments readily, so must be freshly made—three times a day at least.

**Oatmeal Water.**— Take one teaspoonful of oatmeal, and drop it, while stirring, into a pint of boiling water. Boil one hour, then strain. If the water boils away quickly, add more to make up. Usually about a third of the water boils off.

Use barley or oatmeal water in place of water in preparing "Lactogen." Heat up and use to dissolve the powder. Useful in cases of constipation.

**Rice Water.**— Take one teaspoonful of rice, wash it well, then put it in 3 cups of water and boil 20 minutes. Strain and give as a drink.

This may be used instead of barley water for a few feeds to stop diarrhoea.

**Custards, Cocoa, Arrowroot.**— When making these with "Lactogen," three tablespoonsful of the powder to half a pint of water gives a mixture of suitable strength.

**Junket.**— "Lactogen" cannot be used to make junkets, because the proteids are so treated that they will not form the necessary heavy curd. You could not make junket with human milk.

**Blanc Mange.**— Four tablespoonsful of cornflour, one pint of prepared "Lactogen," and sugar to taste. Mix the cornflour with enough "Lactogen"



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## THE PROBLEM OF INFANT FEEDING SOLVED

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(prepared) to form a thick paste. Bring the rest of the "Lactogen" to the boil, then add the mixed cornflour, stirring well. Boil a few minutes, then add a little sugar, and pour into a moistened mould, and stand in a cool place to set. Turn out when cold. A few drops of essence of vanilla may be added just before pouring the mixture into the mould.

**Boiled Eggs** (Coddled Egg).— Put a fresh egg in boiling water (do not break). Remove saucepan to one side of stove, where the water will keep hot but not boil. Leave egg in the water 6-8 min.

**To Prepare "Lactogen" for Cooking.**— Take four small level table-spoonsful of "Lactogen" powder, add a little hot water, and mix to a smooth paste, and to this add slowly while stirring, one cup of boiling water.

**Boiled Custard.**— One egg, one cup of prepared "Lactogen," and a little sugar. Beat up the egg, add the "Lactogen" when cool, to the egg, stirring all the time. Place in a saucepan and bring almost to the boil, simmering till thickened. Pour into a moistened mould to cool. This mixture may be put in a buttered basin and boiled, or in a pot if preferred.

**Baked Custard.**— One egg, half a pint of prepared "Lactogen," sugar to taste. Beat up the egg, add the "Lactogen," stirring well, pour into a buttered pie dish, and bake in a slow oven. A few drops of vanilla or essence of lemon may be added.

**Ground Rice Custard.**— Ground rice, one egg, half a pint of prepared "Lactogen." Mix one large teaspoonful of ground rice with the "Lactogen," Beat up the egg, and add this to the mixture with a little sugar. Bake in a pie dish in a slow oven.

**Biscuits or Rusks and "Lactogen."**— (1) Take two or three biscuits or rusks, place in a dish and pour over them the "Lactogen" (prepared); while hot, cover down till thoroughly soft, then eat with a little sugar.

(2) Take two or three biscuits, or rusks, place in a soup plate, and pour "Lactogen" (prepared) over them till fairly soft, then put in a saucepan and simmer gently. Then beat with a fork till cool.

**Cereal Puddings with "Lactogen."**— (1) Two table-spoonsful of rice to one and a half pints of "Lactogen" (prepared), one table-spoonful of sugar, and a pinch of salt. Wash the rice, then place in a pie dish with salt and sugar. Pour over this the "Lactogen," and bake for one and a half hours in a slow oven.

(2) Take three table-spoonsful of cornflour and mix with one pint of "Lactogen" (prepared) in a pie dish, adding the "Lactogen" slowly. Add one and a half table-spoonsful of sugar, and place all in the oven till well set.

(3) Take four table-spoonsful of ground rice, and mix with a little of the "Lactogen" (prepared), then add the rest of the "Lactogen" (one pint), a little sugar, and pinch of salt. Bake till set in a moderate oven.



PATRICIA MALONEY, Holtham, W.A., age 6 months, weight 21½ lbs.

# THE LACTOGEN

## WEIGHT CHART

Name .....

Date of Birth .....

Weight when Born .....

Week	Lbs.	Ozs.	Week	Lbs.	Ozs.	Week	Lbs.	Ozs.
1			19			37		
2			20			38		
3			21			39		
4			22			40		
5			23			41		
6			24			42		
7			25			43		
8			26			44		
9			27			45		
10			28			46		
11			29			47		
12			30			48		
13			31			49		
14			32			50		
15			33			51		
16			34			1 Year		
17			35					
18			36					

*For Table of Average Weights and Heights, see page 19*

# LACTOGEN

The NATURAL-MILK Food

IS MADE IN AUSTRALIA BY

NESTLÉ AND ANGLO-SWISS  
CONDENSED MILK CO.

(AUSTRALASIA) LTD.

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*Branches:*

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NEWCASTLE: - - - 53 King Street

MELBOURNE: 591-599 Little Collins Street

HOBART: King's Hall, 133 Bathurst Street

ADELAIDE: - - - 63 Grenfell Street

PERTH: . . - 609 Wellington Street



2/1  
2/8  
3/6  
3/6  
70-5

# Nestlé and Anglo-Swiss Condensed Milk Co.

(Australasia) Limited

## Milk Food Products

are of the highest standard of quality. They are made by the most improved methods, under strict hygienic conditions, which ensure absolute purity and maximum nutritive value.

NESTLÉ'S CONDENSED MILK

NESTLÉ'S CONCENTRATED MILK

NESTLÉ'S SUGAR OF MILK

NESTLÉ'S MALTOGEN

NESTLÉ'S MALTED MILK

(A nourishing food and a delicate beverage, especially suitable for invalids and those of weak digestion).

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STOREKEEPERS EVERYWHERE