

HARLAND. (M.)

OUR BABY'S
FIRST & SECOND YEARS

BY

Marion Harland



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OUR BABY'S FIRST AND SECOND YEARS

By MARION HARLAND.

*Editor of "BABYHOOD," and Author of "COMMON SENSE IN
THE HOUSEHOLD," "EVE'S DAUGHTERS,"*

Etc., Etc.



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
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 *SEE INDEX ON LAST PAGE OF BOOK*



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Our Baby's First Year.

THE phrase "a cold world" is not a mere figure of speech when taken in connection with a new-born child. The birth-cry is his protest against the ungenial atmosphere which inflates his lungs and envelops his body.

Heat is Life ; Cold is Death. The percentage of infants born in winter who do not outlive the day that gave them breath furnishes annual iterations of this truth. If a sleeping man were snatched from a warm bed and aroused by being tossed into a snow-drift, he would not suffer more than does the tiny creature whose senses all awake at once with the cuticular recoil from the dry, harsh air. Should the mother's exhaustion or the nurse's rules banish him from the natural covert of young animals—the maternal arms and bosom—let the flannels which are the poor substitute be warmed, when he is washed and dressed, and a rubber bag of hot water be introduced beneath them to diffuse gentle warmth that may ward off fast-nearing congestion. The earliest imperative need of the human youngling is to be *cuddled*, until the extremities are as warm as the trunk, and all kept at a uniform temperature.

A Parisian doctor has invented a brooding-case with especial reference to prematurely-born infants. The heat is even and high, and food introduced by means of tubes fitted in the sides of the glass box. While it is not practicable to provide private families with this miniature conservatory for the preservation of infant immortals, similar results may be obtained by the use of the means I have indicated. Animal heat must be maintained until Nature, wearied by the throes of the birth, can make a stand. Reinforcement of vital agencies must come from without.

If the mother be moderately comfortable, the baby should, when but a few hours old, be laid beside her and his lips applied to the breast.

"The child needs no nourishment yet," says the trained nurse.

"The mother has nothing for it," objects the old-fashioned "granny," and, lest the little one should starve through this oversight of Nature, she lays the train for the initiatory colic by pouring down milk-and-water, then sweet oil thick with sugar "to clear the bowels."

Both women are as right as both are wrong. The child is not hungry, nor is there milk in the mother's breast. There is a secretion known as *colostrum*—"a nutritious fluid, eminently appropriate to the necessities of the babe until the 'milk comes.' It is a bland, yellowish emulsion that dilates the stomach and purges the bowels." This is of itself sufficient to keep the child alive and in good case until, having prepared the system for that which is to be the staff of infant-life for months to come, the "yellowish emulsion" gives place to *white* milk.

If there be a natural law without exception it is that the healthy mother ought to nurse her child. Every deviation from it is, when considered most favorably, only an attempt to make the best of an unavoidable evil, skillful navigation of a crippled craft into harbor. No question of convenience, of vanity, of selfish ease should be admitted into the discussion of the matter. The case comes under the solemn statute,—“What God hath joined together let not man (or woman) put asunder.” The woman who is denied the privilege of nursing her offspring is afflicted and an object of pity. Her unfortunate child is defrauded.

As soon as the flow of milk becomes steady, and the baby can take enough to satisfy hunger, a plan of regular meals should be established. These may be, for the first month, an hour and a half apart, and the intervals gradually increased until, by the time a quarter-year has gone by, the child is fed every three hours by day, and twice during the night. The latter regulation is less easily enforced than the former. With the precision of clock-work the small stomach is apt to assert the determination to be replenished at day-rates and seasons, and the mother's rest becomes a nominal quantity. Persistence and much patience are required to rectify the difficulty. Sometimes the clamor for food may be soothed by a few teaspoonfuls of water, boiled and cooled. If thirst induced the outcry, the child will often lapse into slumber without further complaint. Should the experiment fail, let the guardian assure herself that he is comfortable externally, and if his last meal was abundant, stay her sympathies with the knowledge that he is not really in need of food, then let him cry till he falls asleep or the appointed time for feeding

him arrives. A little firmness in carrying out her purpose will effect a reform, until the half-year-old will sleep from early bedtime till morning.

Few mothers, however healthy, supply enough milk for the entire nourishment of a hearty, growing infant of six or eight months old. With many the yield is so small that within a few weeks after birth it is necessary to supplement it by the feeding-bottle. Even when the natural head of milk, as it is called in technical phrase, is full and strong, the need of a supplementary supply becomes manifest when the saliva begins to flow freely in baby's mouth, causing him to drivel, as the old English classics put it—"to drool," in common nursery parlance. This begins usually when a healthy child is between four and five months old, although in some cases there are no indications of it up to six months. Infants who prior to this period have seemed abundantly satisfied with the mother's milk, often then grow puny, or seem to be continually hungry. Old wives soothe young parents' anxieties with talk of the teeth which are "starting far down in the gum," when, in perhaps seven cases out of ten, the child is in a state of mild but chronic starvation. The milk, his sole dependence, is no longer as rich as when the flow began, and depreciates daily in quality as the mother becomes weaker under the demands of the growing child. More substantial elements should be added to or substituted for the natural food.

What shall be this addition or substitute is a subject than which none more important will be presented for the parent's decision while her charge remains the baby of the home. If it be a matter

of interest to one above whose heart the sweet springs of white nourishment are ready to second Nature's effort in behalf of a sick or fragile baby, the question is freighted with agony of desire to her who has no such resource; who, from the first day or month of the new life, depends upon artificial foods to sustain it. The list of these is so long, the claims of each pressed with such pertinacity, and backed by names of such weight, that she is tempted to catch at the suggestion of the nearest or most officious neighbor whose child has pulled through a sickly infancy on this or that much-advertised compound, warranted to be superior in quality and effect to mother's milk. Said "pulling through"—had we time to discuss it—would generally stand revealed as a notable example of the "survival of the toughest" among that phenomenally tough class, misfed and otherwise misused infants.

That there are foods *and* foods the tyro in nursing dietetics admits groaningly. The conscientious mother who seeks that which will meet the increasing needs of her little one—give through the marvelous alembic of the stomach what will enrich the blood, strengthen brain and bone with phosphates, cover the growing framework with pure, firm flesh, and keep the digestive apparatus in perfect working order—should bring to the task of selection her best powers. Quackery riots here in a field as wide as that of the so-called curative profession, and with as much power for evil. Suffer a word of caution. Variety of diet may be essential to the well-being of baby's elders. Abjure mixtures and experiments for him. Find one really excellent thing that agrees with him, and while he continues to thrive upon it, turn a deaf ear to

recommendations of rival preparations. "Let well enough alone" is your best watchword.

Let her classify and give the preference to foods that contain the proper proportions of fat-forming, bone-forming, and muscle-forming elements; to ascertain this, observe the analyses made by trustworthy chemists, and then *judge for herself*. The duty is plain. If it is not easy, it is, nevertheless, duty—and hers.

Next in importance to the selection of a dietary, and regularity in administering food, come the time and manner of baby's sleep. Be he of ever so phlegmatic a temperament, he lives hard and fast. He never intermits the prodigal waste of cellular tissue, except when his senses are absolutely sealed to impressions from without.

To deprive him of abundant opportunities of recuperating his energies is cruel, yet, in most households, the fact that a "broken nap" prefaces annoyance to his custodians, has more to do with respect for his siesta than has thought of the real harm done to growth and nerve. He should sleep always in a well-aired and shaded room and never be aroused even to take food. His web of life is all a "raveled sleeve" by the time he succumbs to somnolence. Let it be "knit up" to the outermost edge and turned off leisurely. A stitch rudely or carelessly dropped runs all the way down.

Baby's clothing must be simple, fit loosely, and be clean. "Plenty of flannel" is an article of the nursery code that defies amendment, but the woolen fabric that touches the skin should not be rough. Friction and irritation do not mean the same thing or subserve the same ends. Where soft worsted stuffs cannot be

afforded, substitute canton flannel, made up with the nap inward.

The bath, as facilitating the action of the skin, is a factor without which the sum of baby-life cannot be made to "come out right." That given at bed-time is yet more useful than that which goes with the morning toilet. The child is always tired out by sundown; his mind is a trampled field; his nerves are tense, muscles and bones sore.

The warm bath (at a temperature of ninety degrees) draws the the blood from the brain, equalizes the circulation, and induces a delicious languor which is the sure precursor of sound sleep. If it is judged inexpedient to give two plunge-baths in one day, sponge him well in the morning and reserve the "tubbing" for even-tide. Make both ablutions thorough. Leave no effete or foreign matter in the pores to be absorbed and wrought over and again by the vital juices. Keep him *clean*, inside and out, watching not only what enters in, but that which is cast out. Habits easily formed now may last him all his life.

Modern science has robbed the dentition-period of many terrors by showing that since it is a normal process, the complications attendant upon it—particularly in hot weather—are to be governed by natural laws.

Dr. Ripley, of the New York Polyclinic College, says: "Young turkeys and chickens suffer with the same symptoms during the summer, and are successfully treated by keeping them in a cooler atmosphere and looking carefully after their diet. As these fowls do not cut teeth, we may safely assert that teething cannot be held accountable for *their* 'troubles.'"

If it were possible to ascertain the truth on this head, I doubt not it would be found that twice as many babies die from what may be called "false dentition," as from the irregularities directly incident to real teething. Indispositions of all kinds are passed over as "only teething," which demand prompt treatment. Dentition is rarely a primary cause of illness. Heat, undue excitement, *change of food*, or perseverance in the use of an improper diet, sudden check of perspiration—any one of a dozen imprudences—may derange digestion or bring on fever, and the teeth get the full blame.

As in health so in sickness, reject drugs as long as external applications and diet will relieve irregularities, temper fever-heat, and restore tone to the system.

These, then, are the cardinal principles by the observance of which our sub-yearling baby may, with the blessing of Heaven, be tided over the first stage of life.

1. Exceeding care in the protection of lungs and surface immediately after birth and until he becomes acclimated in the new and strange zone.

2. Choice, *from the beginning* of the feeding-period, of that aliment which will be most easily assimilated by the digestive organs; and the regular administration of this

3. Sound sleep, and plenty of it, taken at stated seasons.

4. Cleanliness, combined with loose and comfortable garments.

5. Heedful attention to the secretions and excretions of the body, and the management of these by nursing rather than medical care. A judicious dietary is susceptible of modifications that should supersede the need of medicines.

SECOND YEAR.

If Our Baby is fairly healthy and has had no serious drawbacks of sickness or accident, we may reasonably expect him to creep, perhaps stand, to utter a few words, and to have several teeth when he enters upon his thirteenth month.

The number of mothers who rise superior to the temptation to push forward the firstborn in the acquisition of such accomplishments as are possible at this early age, is lamentably small. It is tedious waiting from day to day and week to week for the growth of the nursling into "interesting" individuality. That a neighbor's yearling child walks and runs and ties his words into sentences, while ours, albeit as well and strong, is content to roll on the floor, to pull himself, inch-worm fashion, from spot to spot, and can just articulate "Mamma" and "Papa," is not an affliction. It ought not to be a mortification. Sound sense and philosophy reassure us in the reflection that what is normal growth in one constitution would be premature, therefore exhaustive progress in another.

Cultivate your little one as you do your flowers, removing all noxious influences, and preparing the soil to receive the full benefit of the good, then let Nature work at her wise will. Your business at this date, solicitous mother, is to lay foundation stones. Dressing and carving add nothing to their strength. The attempt to force baby into a prodigy subserves no good end, unless ministration to maternal vanity be a worthy purpose and aim.

In close attendance upon the rejoicings over the first anniversary of the infant's birth, like the black shadow that dogs the sunshine,

comes the thought of the baneful second summer. Medical science is mercifully trying to strip this of some of the horrors cast about it by tradition. Dr. Jacobi, president of the New York Academy of Medicine, in a few strong utterances, reduces these to a minimum :

“With each additional day that separates it from its birth, the child becomes stronger and better fitted to survive. The mortality decreases with each week, each month, and each year. *The second summer demands fewer victims than the first.*”

We have spoken of the choice of diet as the most important question that confronts the parent while her child is still an infant. However irrational the disposition may appear to an impartial observer, it cannot be denied that most people who have charge of babies are possessed with the desire to incite them to gastronomic adventure. With somewhat of the prankish humor that prompts boys to toss peanuts to monkeys, parents want to see baby at the table, and when there, please themselves and him by trying the effect of various viands on the unsophisticated palate. He sucks chicken bones when teething, and smacks his lips over the salt savoriness with gusto mamma and aunties extol as “*too cunning!*” I once saw a mother give her fourth child, aged ten months, a pickled cucumber, “just to see how he would take it.” He grimaced drolly for a moment, then, making up his mind that it was an agreeable variety in his bill of fare, closed his gums greedily upon it, and screamed when it was wrested from him. The parent showed, with actual pride, how the acid of the green horror had whitened the skin on the inside of his mouth.

“Yet how he held on to it, the plucky little darling!” The she-ostrich may feel the same kind of gratification in her fledgling’s first meal of gravel stones.

A common practice among the poor is to wean babies from the bottle on fat salt pork. The oleaginous bit is tied to a string, then thrust into the child’s mouth. At the risk of straining the credulity of some readers, I affirm from personal observation, that the loose end of the cord is sometimes attached to the infant’s great toe, a prudential contrivance suggested by the probability that in a paroxysm of strangulation, the victim will kick violently, and the cause act as cure!

These are, it may be said, extreme cases of ignorance and folly, on which calculations should not be based. But in many families where sanitary laws are understood and respected, the question, “On what shall baby be weaned?” when settled, is like the letting in of a flood. With the removal of the bottle from the list of household properties, everything like food regimen is dismissed. The second summer finds baby in his high chair at the table with the rest, his plate supplied with potatoes, gravy, meat, puddings, and more hurtful sweets, all of which he washes down with ice-water.

“He still drinks milk,” the mother remarks, with a conscience at peace with Dietetics, and except upon occasions, he is not allowed to eat plum cake and mince pie. The long forenoon nap, for the right benefit of which he used to be undressed and laid down in a quiet, darkened room, is, as a positive regulation, demitted. When he is tired of play, and seems drowsy, he is “dumped,” with his

clothes on, upon a lounge, or in warm weather, left to lie on the matting in the corner to which he has crept.

When a child has passed milestone No. 1 on the turnpike of human life, there is an unacknowledged sense of security in the belief that he has mastered the art of existence, which engenders carelessness. He can begin now to look out for himself. That he gnaws knowingly at bread crusts is accepted as a warrant of his ability to digest pastry. A lump of sugar is offered as a bribe for "a pretty kiss," and works no appreciable harm on the stomach-coat. Ripe fresh fruit is surely an innocent indulgence. Why, then, withhold preserves when he frets for them? This same fretting is a mighty lever in the overthrow of prudence. "It hurts him more to cry for a thing than it would were he to eat it," is an excuse that, like Christiana's death-arrow, "being sharpened with love, is let easily into the heart."

Most children are weaned—as they should be—from breast or bottle before they are a year old. In such a vast number of instances that the rule may be accepted as stringent, the substitute for the mother's milk should be some really excellent artificial food containing the same elements, but more substantial in form. With the bottle-baby, the only change should be to teach the infant to take nourishment from a cup instead of a nipple; to give larger quantities of food and in stronger proportions. This is of course, and always *provided* nutriment continues to deserve its name, and the baby to thrive thereupon.

"My boy is a year old," wrote a mother to her physician. "I have brought him up thus far on the food recommended by you.

It agrees with him perfectly, but he is so large and strong that I suppose I ought to begin soon with something more substantial. What shall it be?"

The sensible doctor replied in two-and-a-half lines: "That your boy *is* large and strong on his present diet shows that you should make no change as yet. Wait at least until the second summer is over."

Babies *have* grown up to be valuable and robust members of society who, prior to the celebration of the second birthday anniversary, ate nothing more "substantial" than bread and milk, porridge, and *after* the heat of the "fatal summer" had passed, broth, well made and well skimmed.

Imitate Nature's methods in simplicity. For the major part of the second year of your child's life, the Great Mother has an important task on hand. The early stages of dentition passed in the latter half of the first twelvemonth, were mere child's play compared with what follows. Baby nibbles that which stands, by courtesy, for his birthday cake, with eight teeth, four "incisors" in the lower jaw, and four in the upper. There is also ominous enlargement of the gums further back, the forerunner of the first "molars" or grinders. This is only the "blocking out" of serious work. The "canine," or eye and stomach teeth succeed these, usually, after an interval of some months, and, as the old wives put it, "come hard."

"While there are probably few derangements of which teething is the prime cause, it is often an auxiliary, or predisposing cause." Thus writes Dr. Yale, too well known as a wise and kindly master of children's diseases to need introduction here.

He continues: "A peculiar liability to diarrhoea exists during the period of teething, owing to developmental changes in the intestines which are going on at the same time. Take these two considerations together, and it will be at once seen that but little of the danger of the dreaded "second summer" can be fairly charged to the teeth. The predisposition to bowel trouble lies in the bowels themselves. The heat adds its help in the same direction."

The affectionate mother or devoted nurse complicates the evils of the crucial season by teaching baby to "eat like a man." Nature, true to her principle of doing one thing at a time, and doing this well, resents the injudicious interference.

Give, therefore, the digestive organs few new tasks to learn while "developmental changes are going on." If variation of diet is necessary, let it be as little radical as is consistent with the child's well-being. If he cannot come to the table without crying for what he ought not to have, keep him away. It is, however, more than probable that he will not covet what he has never tasted, unless he belongs to the class of children who proverbially cry for the moon, because you are one of the mothers who foster lunar ambitions.

Let moderation gauge your desire to have your child stand and walk, and do not discourage him when he would creep. He learns confidence in his own powers, straightens his legs and spine, and strengthens joint tissues by going like the nondescript animal of the Sphinx's enigma, "on all fours in the morning." A well made infant who is not very obese or nervously timid, will, if healthy, walk quite as soon as is good for him.

A year-old baby should have formed the habit of good-humored

obedience to the mother's command. At two years this should be confirmed into second nature. The influence of it upon his health and happiness cannot be overrated. A child who would be entirely comfortable if he did not persist in whining and teasing for what is denied him, is not likely to remain sane, bodily, unless cured of the disagreeable practice. Passionate crying, induced by bad temper, raises the temperature of the body and retards digestion in health. It is better to have two or three sharp contests of will, to measure your strength deliberately with his, and let him know you as his superior, than to temporize weakly until you find yourself at his mercy in a crisis when a battle might cause mortal injury. The will that would in the six month-old bend like a willow wand, hardens into iron-wood with lapse of time and neglected opportunities. For his physical, if not his moral good, "Baby must mind."

In preparing, at the publisher's request, this familiar talk with my sister-women, all over the country, I have spoken with simplicity and directness, yet, perforce, left out much that my heart prompts me to say.

"Call no woman busy until she has a baby!" parodied a merry young mother in my hearing.

More seriously I quote her, with a difference: "Call no woman *happy* until she has a baby!"

That the gift involves need of wisdom, of faith, of self-denial, of the eternal patience declared by the sculptor-painter to be the synonym of genius, is but proof of its value.

If it be a "queendom to be a simple wife," THE MOTHER is a Lady of Kingdoms, the bane or blessing of whose dominion will outlast the stars.

CARNRICK'S SOLUBLE FOOD.

A BRIEF HISTORY OF ITS ORIGIN.

It is often remarked that "necessity is the mother of invention," and it was literally true in the production of SOLUBLE FOOD.

A few months after the birth of my child I was compelled to engage a wet nurse. The child thrived for a short time, but was attacked so frequently with stomach and bowel ailments that I was compelled to predigest the milk from the cow, and in some instances the milk from the breast of the wet nurse, to keep him alive.

At intervals, I tried all of the most popular foods prepared for infants and children in the market, without success. During this time he had two attacks of well-defined cholera infantum, which were fully relieved by giving Beef Peptonoids, using beef tea as a vehicle, with occasionally a little brandy. But as Beef Peptonoids was too highly nutritive, for a child so young, to continue as a regular food, I commenced (with the view of obtaining a proper food for him) the analysis of the various foods in use for children and found that not one of them resembled, to any great extent, human milk. A perfect food for infants and children must contain the same proportion of constituents and be as easily digested as a good quality of mother's milk.

The analyses proved that none of the foods contained much more than half, and some of them much less than half, the necessary amount of muscle or flesh forming material required to thoroughly nourish a child. They all contained too little lime (some of them scarcely any at all) for the formation of the bones and teeth, and too little fat or heat producers, and some of them only a trace. The above three principles are essential, in their proper proportions, to a perfect food. The result of these analyses, and the practical trial of most of the "artificial foods," induced me to prepare a food for

infants and children that would, without any addition or mixture, resemble human milk in composition and digestibility.

Nature has supplied these constituents in human milk in quantities requisite to construct and support every tissue of the child's body, and the only food in the market that supplies them, in the same proportions as in human milk, is SOLUBLE FOOD.

SOLUBLE FOOD is composed, in equal proportions, of the solid constituents of milk and the finest quality of wheat. The starch in the wheat is converted into dextrine and soluble starch by being kept for eight hours at a temperature of about 350 deg. Fahrenheit. It is well known that starch when converted into dextrine, not only stimulates digestion, but removes all danger of acid fermentation. Nearly all infants' foods in the market are made entirely from the cereals, and are, consequently, not sufficiently nutritive in muscle and bone-forming material to nourish a child. The starch in these foods is either in a raw state, which a child under ten months old cannot digest, or is converted into malt sugar, in which form it is liable to produce acid fermentation in the child's stomach.

The next important feature to be considered was the *easy digestibility* of human milk. The casein or cheesy part of human milk is partially digested in its natural form, so much so that the infant will digest it and assimilate it every half hour. To make the casein or cheesy part of the cow's milk in SOLUBLE FOOD possess the same characteristics as the casein in human milk, it was sufficiently pre-digested with pancreatine to render it impossible to be formed into curds in the child's stomach.

During the past twenty-two years I have devoted my whole time to the production and manufacture of pharmaceutical and food products, many of which are used by the medical profession largely in every part of the world, and I believe I have never yet offered a new product to the profession that has not been a great advancement upon those in use for similar purposes.

My practical experience with this Food, and hundreds of cases coming within my immediate knowledge, convince me that if SOLUBLE FOOD is used *alone* there need be no fear of cholera infantum, or stomach or bowel complaints in children.

I have only to add that my child, whose digestive functions were naturally feeble, has lived almost entirely upon SOLUBLE FOOD for the past twenty months without a single return of his former ailments, and has been thoroughly and perfectly nourished.

JOHN CARRICK.

THE INTRODUCTION AND SALE OF INFANTS' FOODS.

In the introduction of an infant's food, certain prominent channels are generally followed by those who wish to convince the medical profession or the public that their product is the most worthy of attention. Prominent practitioners must be interviewed, hospitals should be sampled, and a mass of testimonials accumulated, all showing that *this* product is far superior to any ever yet produced. Without the least intention to depreciate the value of such evidence, we submit that there are certain incontrovertible tests which must prove without argument, whether the claim set forth by the manufacturer has a firm foundation or not.

1. A careful analysis by competent and unquestioned authority.
2. A comparison of the finished product with the article for which it is intended as a substitute, and this *without the admixture* of any substance calculated to increase its value; as, for instance, in the case of an infant's food, the addition of cow's milk before analysis, when it is not found mixed with the food as you purchase it in the shops.
3. An actual test by yourself, without prejudice.

With reference to artificial infants' foods, if you will examine the pamphlets published by the manufacturers of the most promi-

nent artificial foods, you will observe that they generally publish an analysis showing the great similarity of the food with human milk. We give an illustration. They usually run about as follows:

Analysis of mother's milk and the prepared food is based upon the following mixture—Prepared food, 5.90; water, 24.90; milk, 69.20; or a trifle over 5 per cent. of this food is added to the milk and water, and then an analysis shows an approximation to human milk. You can take ordinary wheat flour instead of the prepared food and make quite as satisfactory analysis.

The best authorities have long claimed that the addition of 5.8 per cent. of warm water and 3.32 of sugar to cow's milk would make a mixture closely resembling human milk.

The great need is not an article which can be added to cow's milk, but a *perfect food* which can be taken ALONE, and which comprises all the elements necessary to sustain infantile life in itself, and which does not depend upon the admixture of 95 per cent. cow's milk, as shown in the instance above stated.

Cow's milk is a difficult article to obtain in a perfect condition, especially in the large cities, and an infant's food that contains all the constituents of human milk in proper proportion, without the necessity of combining it with cow's milk in the condition which it is usually offered for sale, must be the most satisfactory in every respect.

A gallon of a good quality of cow's milk contains seven pints of water and about one pound of solid matter. One step in the preparation of CARNEICK'S SOLUBLE FOOD is to take the milk before any change can possibly take place and eliminate the water in vacuo, leaving all the nutritive constituents of the milk in powder form.

CARNEICK'S SOLUBLE FOOD, mixed with *water*, requires no milk—requires no cooking or heating to the boiling point, unless to destroy any germs that might exist in the water; alone, without the addition of cow's milk, it shows an almost perfect resemblance to human milk; and is the cheapest artificial food, because it obviates the necessity of purchasing cow's milk. (See directions.)

CARRICK'S SOLUBLE FOOD is always uniform in its composition, and maintains the same symmetrical proportion in each instance—containing nearly double the amount of flesh and blood and bone-forming material found in other food preparations, and proportioned the same as human milk.

There is unquestionably great danger in using cow's milk, and condensed milk, for the casein or curd is too difficult for a child to perfectly digest and assimilate. Soluble Food contains a large proportion of the solid constituents of cow's milk, the casein or curd of which is partially predigested, thus rendering it as easily digested by the child as mother's milk.

“ WHICH IS THE BEST INFANTS' FOOD? ”

Is a question that has been, and is to-day, repeatedly asked by the parent of the physician and the druggist.

What qualities go to make up a perfect infant's food ?

The answer is, a food that contains the same constituents and is as easily digested as mother's milk.

A food that contains the requisite quantity of muscle-forming elements.

A food that contains the necessary quantity of bone-forming elements.

A food that contains the desired quantity of fat-producing elements

A food that is quickly and easily digested.

A food that is easily prepared for use.

We can truthfully state, and without fear of contradiction, that the only perfect food that meets these requirements is *Soluble Food*, and to verify our statement we offer the opinion of Prof. Stutzer, who analyzed all the principal prepared foods for children, and published same in the *Pharmaceut. Central Halle*, Berlin, 1886, No. 8.

Republished in the *Pharmaceutische Rundschau*, New York, 1886, page 89.

Prof. Stutzer is admittedly one of the most reliable and experienced food analysts in the world, being the food analyst for the Prussian Government. We give below his tabular statement and his remarks in reference to Soluble Food. We would add that his analyses included every food that is used to any extent in this country or Europe.

ANALYSES OF ENGLISH AND AMERICAN INFANTS' FOODS.

BY DR. STUTZER, OF BONN, GERMANY, *Food Analyst for Rhenish Prussia.*

The various kinds of artificially prepared Infants' Foods vary much in their composition, in the proportion of their component parts and as regards to their digestibility and nutritive value. Inasmuch as the use of artificial Infants' Foods has steadily increased, and, therefore, become of much importance to all classes, the true value of such foods should be better known, their manufacture more strictly controlled, and from time to time they should be analyzed and reported through the press.

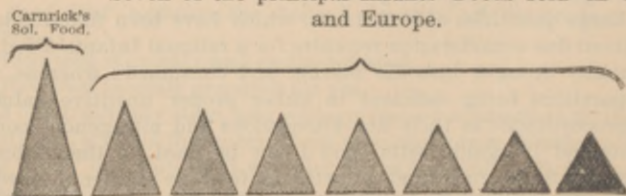
Large quantities of such foods, which have been manufactured without due consideration requisite for a rational Infants' Food, are annually brought into the market and consumed; whereas, such preparations being deficient in either proper nutritive value or disproportionate in their non-nitrogenous and nitrogenous components and inorganic salts, should not be used for the feeding of infants. Such crude kinds of artificial food are neither adapted for ready digestion nor for healthy nutrition, and can cause more harm to the infantile system than, for instance, adulterated wine or spices to an adult.

In order to bring this matter to a practical issue, I have made an analysis of the more popular English and American Infants' Foods and have arranged the results for ready and comparative reference in the following table :

		Carrick's Soluble Food.						
Fat.....	4.66	5.00	0.50	2.19	0.60	1.27	2.37	0.80
Protein substances (albuminoids).....	11.46	18.22	8.34	9.05	11.30	8.76	12.38	10.73
Carbohydrates.....	76.69	67.74	79.29	78.44	79.04	80.45	76.03	78.88
Cellulose.....	0.10	0.58	1.54	0.55	0.73	1.09	0.97
Water.....	5.34	6.14	7.76	6.52	5.75	8.31	6.18	8.25
Salts and inorganic constituents.....	1.75	2.99	3.53	2.26	2.76	0.48	1.95	0.37
Amount of Nitrogen in protein substances.....	1.533	2.915	1.335	1.448	1.809	1.403	1.981	1.717
Amount of protein substances readily digestible.....	11.09	16.45	7.38	8.35	10.85	7.97	11.20	9.55
Proportion of nitrogenous alimentary substances (prot'n=1).....	1:7.7	1:4.4	1:9.6	1:9.2	1:7.1	1:9.3	1:6.6	1:7.5
Inorganic constituents contain								
Lime.....	0.390	0.645	0.155	0.390	0.060	0.060	0.520	0.001
Phosphoric acid.....	0.630	0.847	0.583	0.688	0.421	0.260	0.800	0.167

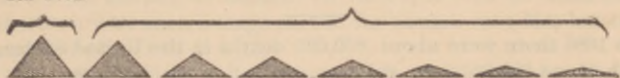
The foregoing table is illustrated by the following diagrams :

Seven of the principal Infants' Foods sold in U. S. and Europe.



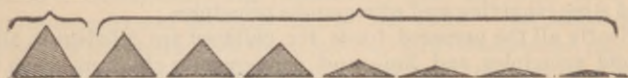
Comparative Table showing superiority of Carrick's Soluble Food in *flesh-forming properties* over other foods.

Carnrick's
Sol. Food.



Comparative table showing superiority of Carnrick's Soluble Food
in *fat-forming* elements.

Carnrick's
Sol. Food.



Comparative table showing superiority of Carnrick's Soluble Food
in *bone-forming properties*.

Prof. STUTZER, after pointing out the defects in the various foods, remarks as follows in reference to Soluble Food :

"CARNRICK'S SOLUBLE FOOD is the best of all foods examined and mentioned in the table. It excels the other foods by its greater amount of nitrogenous substances (18.22 per cent.), and by a greater rationally relative proportion (1:4.4) of its essential constituents. It also contains a larger quantity of the bone-forming inorganic substances and of the solid constituents of milk.

"According to the statements of the manufacturer, the milk entering into this food is previously treated with pancreatine, thus rendering the casein more easy of digestion. This certainly is a very rational method, and, as far as I know, is applied by no other manufacturer of Infants' Food. It is also very pleasant to the taste."—From *Pharmaceut. Central Halle*, Berlin, 1886, No. 8, and *Pharmac. Rundschau*, New York, 1886, page 89.

WHY DO BABIES DIE?

In 1886 there were about 800,000 deaths in the United States, of which about 500,000 were children under five years of age.

A very large proportion of this mortality among young children, we believe, is caused by imperfect nourishment. Children in many instances are allowed, when but a few months old, to eat the same food as older members of the family. In other instances they are fed with prepared foods containing too much starch, and not sufficient strengthgiving and nitrogenous principles.

Nearly all the prepared foods for children are deficient in albuminoid principles and lime, and consequently children, when fed wholly upon these foods, are imperfectly nourished.

If these foods are combined with milk or condensed milk, there is always danger of overtaxing the digestive functions of the child, in its efforts to dissolve the tough casein of cow's milk. It is often remarked that one child will thrive upon one food and another upon some other; this may appear to be so. A child will fatten upon a food containing but little albuminoid or nitrogenous principle, and but a trace of lime, but it will be found in such cases that the flesh is flabby, and when disease attacks the child it quickly succumbs from lack of muscular strength. If a food contains but a trace of lime, how are the bones to be formed? If it contains too little nitrogenous matter, how are the muscular tissues to be created? It must be admitted, that all children of the same age require about the same elements and in the same proportions to properly nourish their organisms.

The appetite of the adult will indicate what is needed to supply any deficiency in the constructive elements, but this will not apply to the child. How important then that we should properly decide for them and give them food that contains the constituents that will fully nourish every tissue of the body.

Is not the feeding of infants on improper food the most important reason why such a large part of the human race dies before the age of five years?

The writer has given the subject of foods and dietetics the most careful attention for the past twenty years, with a full belief that great advancements could be made in this direction, and one of the results has been the production of CARRICK'S SOLUBLE FOOD.

1.—SOLUBLE FOOD resembles more closely human milk in its proportion of constituents and digestibility than any other food, and will thoroughly and perfectly nourish the child. (See comparative analyses of children's foods, from *Berliner Med. Wochenschr.*, page 24.)

2.—It is more easily digested than any food that can be given to a child, except human milk, and in many instances it will be readily digested where human milk will not.

3.—The casein in SOLUBLE FOOD is rendered, by partial predigestion with pancreatine, as easily digestible as the casein of human milk.

4.—If children are fed on this food we are confident there will be but few cases of cholera infantum.

5.—It is always ready for use, and those who use it will avoid the uncertainty and inconvenience of digesting cow's milk with pancreatine or preparations prepared for that purpose. This operation of digestion is performed in our laboratory, and not left to the inexperienced nurse or mother. Every practitioner knows that the process of digesting milk is attended with much care. How very difficult to keep the heat at 100° Fahrenheit, even with careful watching. If it should run up to 110° or 120°, the pancreatic ferment is injured. Can a nurse or mother, occupied with the constant care of a child, perform this delicate operation perfectly in one case in twenty?

6.—It is less expensive than any prepared food, because it is from 50 to 100 per cent. more nourishing, and does not necessitate the addition of cow's milk or any other food.

7.—SOLUBLE FOOD requires no cooking, but we advise that, after being mixed, the whole should be boiled a minute or two so as to destroy any germs that may exist in the water.

Nursing bottles with tubes should never be used, for in one case in twenty they are not thoroughly cleaned. Food taken through an improperly cleaned tube would alone be sufficient to endanger the life of the child. We will furnish the best artificial nipple that can be used, without charge, to any one using CARNRICK'S SOLUBLE FOOD. It can be applied to any bottle with a lip.

WHY IS CARNRICK'S SOLUBLE FOOD SUPERIOR TO THE VARIOUS PREPARED FOODS FOR CHILDREN?

It is the only food which contains sufficient albuminoid matter (18.22 per cent.) and mineral substances (3 per cent.) to thoroughly nourish a child. It is not necessary, as with other preparations, to combine it with *milk* or other *nutritive elements*, as it contains from *fifty to one hundred per cent. more nitrogenous substances* than any other food prepared for children.

The casein in this preparation is rendered, by means of pancreatine, as *soluble* and as *easily digested* as the casein in human milk, and consequently cannot be *coagulated* or be *formed* into curds in the stomach of the child. The necessity is therefore removed for digesting or peptonizing cow's milk in cases of cholera infantum, marasmus, etc.

The starch in Soluble Food is converted into dextrine and soluble starch, which is far preferable to the malt sugar foods, because dextrine cannot ferment in the child's stomach.

It is not designed, in the partial digestion of Soluble Food, to supplement the action of the child's digestive functions, but simply to render it as easily digested as mother's milk.

NOTES DESCRIBING CARNRICK'S SOLUBLE FOOD
IN BRIEF.

Always ready for instant use.

Will keep for any length of time.

Necessitates neither the addition of milk nor cream.

Saves the cost of fresh milk.

Addition of water, only warming to blood heat or boiling for a few minutes, all that is necessary. See full directions, page 35.

SOLUBLE FOOD perfectly resembles mother's milk, by the simple addition of water.

An infant can be successfully reared on this Food from birth.

SOLUBLE FOOD will not form curds in the stomach of the child, as the casein has been partially predigested.

Unlike many prepared Infants' Foods *it contains no raw starch.*

SOLUBLE FOOD contains the necessary flesh, fat, bone and brain-forming elements in their requisite proportions as required by nature.

The flesh of a child fed largely upon a starchy diet will be soft, white, and flabby, and the bones and teeth will show evidence of imperfect development.

Cholera infantum and the various infantile disorders are usually caused by improper nourishment or over-feeding.

For nursing mothers SOLUBLE FOOD will be found invaluable. It is highly nutritious and strengthening, and will have a direct tendency to increase and promote the mother's supply of milk.

It is to be recommended for the above purpose as being far superior to spirits or malt liquors of any kind containing alcohol and other deleterious ingredients.

A cup of SOLUBLE FOOD taken by the mother at night on retiring will prove very grateful, and will tend to produce sound, refreshing sleep.

It is so easily and rapidly digested that it cannot produce any disturbance of the stomach.

It can be administered freely during confinement, and will be found far more acceptable and nutritious than the oatmeal gruels, broths, and other preparations usually administered at that time.

For invalids and aged persons, either alone or combined with BEEF PEPTONIDS, it is the most perfect food that can be used.

There is great danger in giving cow's milk to children, especially in summer, in consequence of the formation of indigestible curds in the stomach.

Canned condensed milk contains about fifty per cent. of cane sugar. Cane sugar is apt to produce acid fermentation and cause stomach and bowel ailments.

AILMENTS OF THE CHILD.

We are confident that SOLUBLE FOOD will keep a child in as healthy a condition as would a good quality of human milk, but it must not be supposed that it will not be subject to the ailments of childhood which may be occasioned by a cold, teething, allowing the use of sweetmeats, candy and other food not suitable to its age, etc.

When there is any serious ailment of your children, always consult your physician at once, for their powers of endurance are feeble, compared with adults.

CHOLERA INFANTUM.

If infants are fed alone upon SOLUBLE FOOD, we feel certain that Cholera Infantum will seldom or ever occur. This disease is usually preceded by vomiting and watery discharges from the bowels, and when it occurs do not fail to send for your physician as delays are dangerous. In the beginning of the disease, mothers

and nurses often make the mistake of giving too much food and too often. The stomach requires rest, and food should be given in small quantities and not too often, for, if the food is not digested the trouble is aggravated. If the food vomited is acid, add one or two teaspoonfuls of lime water to the food. A pinch of Lactopeptine added to the Food, when ready for the bottle, will aid in its digestion.

SOLUBLE FOOD WITH COW'S MILK.

REASONS FOR NOT USING COW'S MILK.

Soluble Food is composed of a large portion of cow's milk, with the casein or cheesy part of the milk rendered as easily digestible as human milk, and contains all the elements necessary to perfectly nourish the child, and consequently there is no necessity of combining our Food with milk from the cow as with all the other prepared foods in the market. It can, however, be combined in any proportion with cow's milk, but it is much better not to do so for the following reasons: It is very safe to say that a large portion of the milk sold in cities, especially in the summer season, is not suitable for infants. There is no food substance that undergoes change so rapidly as milk, acid fermentation often commencing some time before it can be told by the taste. It is also a fact that much of the milk sold in cities comes from cows fed with sour brewers' grains and other substances that produce inferior milk, which is unsuited for the delicate organism of a child. It is also well known that much filth gets into milk from the uncleanness of those who perform the labor of milking. A knowledge of these facts has compelled us to require the fulfillment of a contract with each person that furnishes us milk, a copy of which contract may be found on page 34.

DANGER OF EMPLOYING WET-NURSES.

A wet-nurse should be in perfect health, and there should be no appearance of consumption, scrofula or blood disorder either in herself or parents. When engaging a wet-nurse it is *almost impossible to positively assure yourself of the above.*

How necessary it is that she should be free from any of the above disorders is demonstrated by the fact that an otherwise perfectly healthy infant can contract, *through the milk of a wet-nurse*, consumption and hereditary blood disorders.

The disposition of a wet-nurse should be cheerful, and her mind be contented and at rest. Her own child, which she puts aside, in the majority of cases dies from want of care, and if she be possessed of the proper natural instincts, she must, whilst nursing another, continually worry after the welfare of her own offspring. This must exert a prejudicial effect upon the infant she is nursing, making it peevish and fretful. Further, a child is not only likely to contract serious blood disorders from a wet-nurse, but it has been shown that the very traits of character of the nurse are frequently transmitted to the child, only to disagreeably appear in after years.

By bringing your child up on SOLUBLE FOOD he will be perfectly nourished, and the expense, annoyance and danger of a wet-nurse avoided.

CONSTIPATION.

The tendency of Soluble Food, above all other foods in the market, is to keep the bowels of a child regular. If, however, it should become constipated, the bowels can in most instances be quickly regulated, by adding to the water, before it is used in preparing the Food, from a teaspoonful to a table-spoonful to each meal of cooked oatmeal, strained through a cloth or a very fine sieve to remove any bran or irritating substance. Then use this oatmeal water in the same way and in the place of the plain water in preparing the Food. Cold water should be frequently given to the child when constipated.

DIGESTING MILK A FAILURE IN THE HOUSEHOLD, UNLESS PERFORMED BY A PHYSICIAN OR CHEMIST.

Digesting cow's milk is a delicate operation and cannot be done successfully and properly except in the laboratory or by a physician or pharmacist of experience. Explicit directions may be given to a mother or nurse, but as the heat must be kept about 100° F., lest the digestive agent be injured or destroyed, it will be found impossible to accomplish this result with any degree of certainty. At one time the milk will be partially digested, at another wholly digested, and still another not at all digested. The only way it can be done properly and uniformly is in the laboratory, by experienced chemists, as is done in the preparation of SOLUBLE FOOD.

NURSING BOTTLES.

The use of nursing bottles with long tubes is not advised, for the reason that there is more or less danger of some particle of the food remaining in the tube, which will turn sour, in which case it will permeate the whole mass of food taken at the next meal, and cause stomach and bowel troubles. The plain black rubber nipple is the best, and can be used upon any bottle having a heavy lip or rim. Perfect cleanliness should always be observed in thoroughly washing bottle, nipple, bowl or other utensil used in feeding. The utensils should be finally immersed, until the next meal, in water to which a tablespoonful of lime water or a teaspoonful of bicarbonate of soda has been added.

THE MILK WE USE.

Our investigations have satisfied us that if the people of large cities knew the amount of filth that is mixed with a large part of

the milk they use, the consumption would be much less. Our knowledge of this subject has shown us the importance of the following, and we rigidly enforce it.

The following is the form of agreement required to be entered into by those who furnish us milk :

This Agreement, made and entered into this day of 188 , by and between Reed & Carnrick, of the City of New York, County of New York, and State of New York, parties of the first part, and Town of County of State of New York, parties of the second part.

Witnesseth: That the said parties of the second part for and in consideration of the covenants and agreements hereinafter contained and to be kept and performed by the said parties of the first part, agrees with the said parties of the first part as follows:

First.—To sell and deliver unto the parties of the first part for the period of one year (beginning on the day of 188 , and ending on the day of 188), all the milk produced from the dairy of said parties of the second part, the same to be delivered daily, morning and evening, or at such other time or times as the said parties of the first part shall direct.

Second.—The milk so produced and sold to the parties of the first part is to be delivered pure and unadulterated at the factory of the first parties, and the temperature of such milk not to exceed 52° Fahrenheit, when kept at home.

Third.—Milk so delivered not to be produced from Glucose, Starch Feed, Brewers' Grains, Sprouts, Slop Feed, or any feed hereafter named and prohibited by parties of first part.

Fourth.—The udder and teats of the cow shall be thoroughly washed before milking, especially in winter when stabling and stables shall be cleaned twice a day. The cows to be bedded with clean straw when stabled.

Fifth.—All milk so delivered to contain an equal amount of fat; all strainers, pails and other vessels used in the handling of milk must be

thoroughly cleaned immediately after milking, and parties of the first part are hereby granted the right and privilege of entering the premises of said second parties and examining the manner of handling said milk, and the right to test the same.

Sixth.—All night's milk delivered the following morning must be cooled, immediately after milking, in water, and to remain therein over night, with lids off, also not to be left in the stables after milking.

Seventh.—The parties of the first part reserve the right at any and all times during the year to reject and refuse any and all milk delivered, if found to be below the standard required by the terms of this agreement.

Eighth.—And it is mutually agreed between the parties hereto, and for a valuable consideration received by parties of the second part, that owing to the impossibility of obtaining sufficient evidence on which to base the measure of damages for a violation of this agreement by the parties of the second part, said second party agrees to forfeit and pay the sum of two hundred dollars to the said first parties, which payment of forfeiture is not to be regarded as a penalty for such violation, but as a measure of liquidated damages agreed on between the parties hereto.

Ninth.—And it is further agreed, that said first parties shall have the right to retain any moneys in their possession due the said second parties, and apply the same to the payment of said forfeiture.

DIRECTIONS FOR PREPARING CARNRICK'S SOLUBLE FOOD.

SOLUBLE FOOD is always ready for use, and only requires mixing with water to resemble a good quality of human milk as to its constituents and digestibility.

GENERAL DIRECTIONS.—Take a pint of water and put *half of it* in a stew-pan over the lamp or gas burner, and let it remain until it begins to simmer. During this time, put one heaping tablespoonful of SOLUBLE FOOD in a tumbler or bowl, add a small portion of cold

water and stir with a spoon until a smooth paste is formed, then gradually mix it with the other half pint of cold water, after which add the mixture to the water in the stew-pan and continue to stir it for one or two minutes. When it begins to boil, the cream will, at first, rise on the top, but by continuing to stir for two minutes it will become thoroughly incorporated. If the child is very young, use about half the quantity of FOOD.

The quantity of water to be used with the SOLUBLE FOOD must depend upon the age of the child. The quantity of food to be given an infant at each meal must be decided in a great measure by the mother. What would prove a hearty meal for one infant, would fail to satisfy the requirements of another. Begin with a little less Food than the amount stated, and gradually increase in accordance with the requirements of the child.

Salt or sugar may be added to suit the palate. Milk-sugar is far preferable to cane-sugar. If the child likes the Food as well without it, do not add the sugar.

No definite quantity of food can be directed for a child of any given age. From one to two heaping teaspoonsful of Food to half pint of water, or a heaping tablespoonful to a pint of water in accordance with the age and requirements of a child. As a rule give the child all that is necessary to satisfy hunger at stated periods. A child should be fed the first three months, every two hours. From three to six months, every two and one-half hours. From six to nine months, every three hours. From nine to twelve months, every three and one-half hours. From twelve to eighteen months, every four hours. The above hours may vary in accordance with the peculiarities of the child.

Sufficient can be made to last twenty-four hours, but it must be kept in a refrigerator in warm weather. Before giving the Food so prepared to an infant what is used at each meal should always be boiled again for a minute or two before using, especially when placed in a refrigerator where there is other food.

DIRECTIONS FOR USING CARNRICK'S SOLUBLE FOOD.

This Food requires neither the addition of milk or any other food substance, as it contains all the elements required to thoroughly nourish the child until it reaches the age of twelve or fifteen months.

At this age commence by adding a half to a teaspoonful of BEEF PEPTONIDS (see page 54) to each tablespoonful of SOLUBLE FOOD. Should the child be very hearty and its appetite not entirely satisfied, a larger quantity of BEEF PEPTONIDS may be added.

At the age of ten months you may commence giving the child a small amount of buttered toast, milk or cream toast, rice, well boiled, with butter and a little salt (sugar may be added, but it is better without it), chicken broth or beef soup, to which bread crumbs may be added, also a little dry baked potato mixed with cream or butter. Commence with these somewhat sparingly and gradually increase.

It is not necessary to give any other food substance but SOLUBLE FOOD and BEEF PEPTONIDS until the child reaches two years of age, but giving toast, rice, broth, etc., after the child reaches the age of ten months, is left to the discretion of the nurse or parents, always remembering that it is best to ask the advice of your physician when you do not wish to take the responsibility.

We would advise that, during the summer season especially, you adhere quite strictly to our Food, for if you do, we believe that your child will be safe from stomach and bowel troubles, and cholera infantum, for it is the only Food known that digests as easily as human milk.

SOLUBLE FOOD, being so easily digested, is perfectly adapted to the sedentary dyspeptic, and to those engaged in brain work; and in all cases where ordinary food does not agree with the stomach. It is rich in flesh, muscle and brain-forming elements.

COMBINATIONS OF SOLUBLE FOOD

FOR CHILDREN OF A LARGER GROWTH, FOR NURSERY DESSERTS,
INVALIDS, AGED PEOPLE WHOSE DIGESTIVE ORGANS
ARE WEAK, AND NURSING MOTHERS.

PREPARED

By MARION HARLAND.

PORRIDGE.

One heaping tablespoonful of Soluble Food.

One cup of cold water.

Pinch of salt.

Wet the Food gradually with the salted cold water, rubbing out the lumps as you mix it. Put into a farina-kettle surrounded by boiling water and stir until hot, after which, stir and beat for five minutes. Pour through a hot colander into a bowl, and eat with cream.

MILK PORRIDGE.

One heaping tablespoonful of Soluble Food.

One scant cup of warm milk.

Four tablespoonfuls of cold water.

A very little salt.

Wet the Food first to a paste with the cold water salted, then gradually with the milk, not quite scalding hot. Beat and rub in doing this, that it may not lump, and cook as above. Eat with milk or cream, or without either, as may seem best.

BLANC MANGE.

Two heaping tablespoonfuls of Soluble Food.

A pint of warm milk.

Four tablespoonfuls of cold water.

Two tablespoonfuls of white sugar.

Half-teaspoonful of Durkee's Extract of Orange.

Wet the Food with the water, then with the milk in which the sugar should have been well dissolved. Cook in a farina-kettle, stirring well until scalding hot. Boil and stir three minutes, take from the fire, flavor, and pour into a mould wet with cold water. Set in a cold place for five or six hours. When firm, turn out and eat with cream. It is nutritious and palatable.

HASTY PUDDING.

One quart of hot milk.

Five tablespoonfuls of Soluble Food.

Half-cup of cold water.

Quarter teaspoonful of salt.

Two teaspoonfuls of butter.

Wet the Food with the cold water salted, then with the hot milk, working it in by degrees. Cook in a farina-kettle, stirring faithfully for ten minutes, beat in the butter, and, as soon as it is dissolved, pour into an open deep dish. Eat with

CUSTARD SAUCE, TO BE USED WITH THE ABOVE.

Two eggs.

Half-cup of powdered sugar.

Cup of boiling milk.

Half-teaspoonful of Durkee's Extract of Vanilla.

Beat the eggs light, add the sugar, whip one minute, and pour the milk upon the mixture gradually. Cook and stir for three or four minutes and set in hot water until needed. Flavor just before using it.

BAKED PUDDING.

- One quart of milk—scalding.
- Four tablespoonfuls of Soluble Food.
- Six tablespoonfuls of cold water.
- Half-cup of white sugar.
- Four eggs.
- One tablespoonful of butter.
- Quarter-teaspoonful of salt.

A very little nutmeg, if spice is desired, or a bit of lemon-peel boiled in the milk, then taken out.

Mix the Food to a paste with the cold water salted, then add the hot milk gradually, beating out the lumps. Stir in the butter and cook five minutes, or until it begins to thicken. Turn out and let it get perfectly cold. Now, beat eggs and sugar light and whip in the stiffened paste, a few spoonfuls at a time. When you have a lumpless mush, pour into a buttered dish and bake for half-an-hour, or until the pudding is well "set." Eat warm, with powdered sugar strewed over each saucerful. The little ones—and some larger ones—will like it.

RICE AND SOLUBLE FOOD PUDDING.

- Three tablespoonfuls of raw rice.
- Three pints of milk.
- Three heaping tablespoonfuls of Soluble Food.
- Five tablespoonfuls of cold water.
- One tablespoonful of butter.
- A good half-cupful of sugar.
- One-half teaspoonful of salt.
- A pinch of cinnamon.

Soak the rice two hours in cold water, drain, and cook tender, but not until broken, in the salted milk. Then, add the Soluble Food, wet with cold water to a smooth paste, beat in the butter and

sugar which should have been rubbed to a cream; stir all well together, add the spice and bake, *covered*, in a buttered pudding-dish, until firm, uncover and brown slightly. Eat warm or cold.

ROBBY'S MUFFINS.

Two teaspoonfuls of Soluble Food.
 Two eggs.
 One cup of cold water.
 One tablespoonful of butter.
 Half-teaspoonful of salt.
 Two cups of warm milk.
 Even cupful of prepared flour, sifted.

Wet the Soluble Food with the cold water; stir in the warm milk, and cook to a smooth batter—say about ten minutes. Rub through a colander into a bowl, beat in the butter and salt, and let it cool somewhat. While still lukewarm, add the eggs beaten light; whip all together hard for one minute, and stir in prepared flour until you have a muffin-batter. Bake in *pâté-pans* or muffin-rings, set in a quick, steady oven. Eat as soon as you take them from the oven.

A SIMPLE DESSERT.

Two tablespoonfuls of Soluble Food rubbed to a paste in half-a-cup of cold water.
 A pinch of salt in the water.
 A cup-and-a-half of hot milk.
 White of an egg, whipped to a standing froth.

Stir the hot milk into the Food-paste; cook five minutes after the water in the outer vessel reaches the boil; beat smooth in the kettle, and just before taking it from the fire, whip in the frothed egg. Eat warm with sugar and cream. It is very light and delicate.

NOTE.—You can avoid “lumping” in such preparations of Soluble Food as are eaten cold by stirring from time to time as the mixture cools.

ORDER CARNRICK'S FOOD IN FIVE POUND CANS, FOR IT
KEEPS PERFECTLY AND IS LESS EXPENSIVE.

SOLUBLE FOOD is the least expensive of any prepared food in the market. It is necessary to combine all other prepared foods with cow's milk or the child would not be nourished. SOLUBLE FOOD, combined simply with water, thoroughly nourishes the child, and the expense of milk is saved.

CARNRICK'S SOLUBLE FOOD is so highly nutritious and so easily digested, that it will be found perfectly adapted for Dyspeptics, Invalids and Aged People.—See Marion Harland's formulæ, page 38-41.

THE ONLY FOOD that removes from infancy all necessity, danger and annoyance of a wet-nurse.—(See Dr. Baruch's article below.)

IF TAKEN BY MOTHERS once or twice a day the quantity of milk will be increased and quality at once improved.

IF THE CHILD IS RESTLESS, a change from nursing to SOLUBLE FOOD is better than quieting mixtures.

THE DISCUSSION OF MATERNAL AND WET-NURSING AT
THE MEETING OF THE NEW YORK ACADEMY OF
MEDICINE, OCTOBER 18, 1886.

BY DR. SIMON BARUCH, ATTENDING PHYSICIAN NEW YORK
JUVENILE ASYLUM.

In the discussion of Dr. Winter's paper on maternal nursing and wet-nursing, before the obstetrical section of the New York Academy of Medicine, October 18th, 1886, Dr. Simon Baruch said that "I

regard wet-nurses as an evil and avoid them as much as possible. These people are frequently capricious, exacting, mercenary, and altogether unreliable; they rule the household with an iron rod when they discover that they are indispensable. Fortunately, the subject of infantile digestion has received much study, the preparation of foods steadily occupying the attention of our chemists; I believe we already have a good artificial food that will render us independent of the pest of the household—the wet-nurse. I have recently had some happy experience with this preparation, called ‘Carnrick’s Soluble Food,’ composed of partially pre-digested dessicated milk in combination with wheat, the starch of which is converted into the unfermentable and easily soluble form of dextrine, which I propose to detail to you briefly. It is my custom, when a child is born in the spring, and the mother is unable to nurse it, to obtain a wet-nurse and keep her until the more favorable temperature of autumn brings exemption from summer diarrhoeas; then dismiss the wet-nurse if she is not altogether agreeable to the family, and place the child on artificial food, which until recently has been simply cow’s milk, diluted or not, as the case required. If the child is born in autumn or winter, I have not hesitated at once to resort to the bottle, if there is much difficulty in procuring and retaining a good wet-nurse. In conclusion I would refer to the infant of Mrs. K—, born March 24th, 1886. I advised against maternal nursing, on account of the mother’s health. A bottle was used for three weeks, one-third milk, during which time the babe was thriving. An anxious grandmother insisted on a wet-nurse, who was procured after much trouble, and under whose care the child did well, with the exception of an exzema capitis and fasces, which yielded to treatment. Owing to unbearable exactions of the wet-nurse, which distressed the mother so that her health and happiness became jeopardized, I advised the discharge of the wet-nurse, and removal of the family to Long Branch, on July 1st. The

child was now fed on milk, but very soon a summer diarrhœa developed, with chopped spinach, mucous and undigested stools. This refused to yield to various modifications of the diet and medicinal treatment. It occurred to me to resort to 'Carnrick's Soluble Food,' which had been recommended by Dr. J. Lewis Smith for another child which he had seen with me recently. All medication was stopped, with the result of a complete subsidence of all diarrhœal symptoms. 'Soluble Food' has been his exclusive diet up to the present time, and he is now in perfect health.

"*Number 2.*—Infant of Mrs. W——, born July 26th, 1886, at Long Branch. Small mother, but healthy. Supply insufficient. It was supplemented by diluted cow's milk. Chopped spinach and mucous diarrhœa began in the fifth week. The wet-nurse was deprecated by the family, as the mother's home is in Mississippi. She apprehended great difficulty in obtaining the consent of a wet-nurse to remove to that distant section. The mother's supply having entirely ceased, 'Carnrick's Soluble Food' was advised; all medication stopped; digestion gradually improved, curds first disappearing from the stools, and, after a teaspoonful of ol. ricini, mucous and green stools also disappeared. The infant continued to thrive. I saw her two weeks ago, when I was gratified by her plump and healthy appearance.

"*Number 3.*—Child of Mrs. G——, born January 27th, 1886. Nursed by his healthy mother with extraordinary care. In July he began to suffer from excessive crops of boils, which annoyed and depreciated him considerably. The Soluble Food was substituted as the greater portion of his nutriment. After two weeks' use the boils ceased to appear, and constipation, from which he had formerly suffered, ceased. I believe if the food is maintained at its present standard, that we have an important factor in the solution of the wet-nurse problem."

EXTRACT FROM AN ARTICLE ON
 THE FEEDING OF INFANTS DEPRIVED OF THE
 BREAST MILK.

From "Journal of Reconstructives and Dietetics."

BY J. LEWIS SMITH, M.D.,

Clinical Professor of Diseases of Children, Bellevue Hospital Medical College.

No physician should recommend a food as he would not a medicine without knowing its composition, and the composition of most of the recent dietetic preparations, ending with Carnrick's, has been announced. Carnrick's Food contains a large percentage of the solid constituents of milk, the casein of which has been partially digested so as to resemble the casein of human milk in its behavior under the digestive ferments. The other ingredient is stated to be wheat flour subjected to a prolonged baking, so that its starch is to a considerable extent converted into dextrine. This Food has the advantage of easy preparation in the nursery, and easy digestion. Used alone it is sufficiently nutritious for the infant. It will probably supersede some of the older foods of the shops. Poor families, who cannot afford to use it as the sole food, will according to my observations find it useful made into a thin gruel, and employed in diluting the cow's milk with which their infants are fed.

THREE CASES OF INANITION.

By THEO. L. HATCH, M. D., Owatonna, Minn.

I have recently had an interesting experience with three cases of inanition in infants, and as weak stomachs in babies are so often the subject of the medical man's attention, have concluded to give my experience to the profession.

CASE I. C. S., male, aged ten weeks. Was present at the birth of this child, and at the birth it was a strong, hearty child; but the mother, having no milk, commenced rearing the child on cow's milk. For a time the child thrived, but the extreme hot weather of last summer was too great a tax upon its digestive powers.

At the age of ten weeks I was called to see it. The mother told me that it had had a similar attack to the one I am about to describe three or four days previously, but had partially recovered from it. Upon visiting the little patient, I found it constantly crying. It presented a shrivelled, pinched, mummified appearance, such as one never forgets after having seen it once.

I sat and studied this child carefully, and concluded that the child was not crying from pain, but from hunger, and that the entire trouble was inanition from lack of assimilation. I told the mother I did not think the child would live till I could get to town, a distance of five miles, and get some food out to it. I left a placebo to appease the anxious mother, and returned to the city. I had in my office a sample package of CARNRICK'S SOLUBLE FOOD, which had been sent me a short time previously; I also had samples from several other manufacturers, but chose Carnrick's, not because I had any more confidence in it, but because it could be prepared without using any milk.

The father took it home and some of it was quickly prepared and given. From the first dose, the child ceased crying, and commenced thriving at once, very much to my surprise and that of all who saw it.

CASES II and III. These may be considered as one case, being a pair of twins, born at the seventh month; I will designate them as babies Nos. 1 and 2.

When these children were born I did not expect them to live, as they were very puny and feeble. When they were six weeks old I was called to visit them, and I found them in precisely the condition of the one previously described, except that there was not the continual crying.

One of them, which I will designate as No. 1, seemed much weaker than the other; in fact, it lay in a condition of stupor most of the time.

I had a small portion of the sample package of SOLUBLE FOOD left, and ordered them to be fed with it at once. They commenced recovering at once, and continued to thrive as long as the food lasted. In the meantime I had ordered the food from both St. Paul and Milwaukee, but could not obtain it in either city.

When the food I had left them was gone, and as no more of it was to be obtained, they were placed upon the use of another food, which is in very popular use for infants, but it failed to meet the requirements, and, though the greatest of care was used in its preparation, it was but two or three days before they commenced showing signs of inanition; but this time the one designated as No. 2, failed first dying about a week after we had suspended the use of CARNRICK'S SOLUBLE FOOD. The other died four days later.

In the case of these two infants the changes for better and for worse were so decidedly marked that there could be no question as to the effect of the foods, and the parents, as well as myself, are convinced that could we have had the SOLUBLE FOOD to continue with, both children would be alive to-day.

About a month ago, C. S., Case I, commenced showing all of the evidences of a return of the old condition of inanition, though what caused it I could not learn. Not having yet obtained a supply of Carnrick's Food, I prescribed the food that was substituted for it in the case of the other infants, but the child still failed.

In the meantime I had written a brother of mine in Chicago, who succeeded in obtaining some of CARNRICK'S FOOD of a wholesale druggist.

As soon as it arrived the child was fed with it, and the patient is now (two weeks later) nearly restored to its former plump, healthy condition.

If my fellow practitioners will try this preparation, I can assure them that they will not only be pleased with it, but will save the life of many a little patient that would otherwise be sacrificed.—*Northwestern Lancet*, St. Paul, May 15, 1886.

TESTIMONIALS.

IMPORTANT LETTER FROM MARION HARLAND.

HER GRANDCHILD RESTORED BY THE USE OF CARNRICK'S SOLUBLE FOOD.

August 4th, 1886.

Messrs. Reed & Carnrick, Mercantile Exchange Building, New York.

DEAR SIR: My little granddaughter was seriously ill when but a week old, and remained so feeble for a fortnight that she could not draw the mother's milk. Then began a trial of "substitutes," the recollection of which is distressing. Milk and water induced colic; peptonized milk, constipation that became obstinate; more than one celebrated "artificial food" was used, with similar and worse results. She was three months old, a fragile sufferer who required continual care, when Dr. Wood suggested "CARNRICK'S SOLUBLE FOOD," and gave me the analysis of the preparation. She has now been fed on this for five weeks. It agrees with her perfectly, and has regulated bowels as well as stomach.

She is a plump, merry, and well baby, so unlike the pain-racked morsel of humanity of a month ago that I am, in sheer justice, constrained to subscribe myself, gratefully yours,

MARION HARLAND.

MESSRS. REED & CARNRICK.

OWATONNA, MINN., July 6th, 1886.

Gentlemen: To-day I am using the Food in the cases of six different infants—three of them triplets—and they are all doing splendidly. I often take babies from their birth and rear them on this Food. I have one case on hand now of a babe ten days old. The mother has been desperately sick with puerperal fever, which precluded her nursing the infant. Baby thriving on Carnrick's Soluble Food.

In giving Soluble Food to a child with feeble digestion, and until the physician acquires confidence in its nutrient properties, he will be tempted to give a little of some other nutrient, probably milk. The temptation will be augmented by the importunities of the nurse, who has not yet acquired confidence in it; and she is also likely to give a little milk on the sly and contrary to orders; but all other foods and nutrients should be firmly and positively interdicted and eliminated from the child's diet. The feeble digestive apparatus is too weak to digest milk, and the consequence is they do harm, besides bringing a reproach upon the Food.

In your circulars to the profession I would suggest that you mention this fact, and make it prominent.

Am also using your Cod Liver Oil and Milk in a case of tuberculosis, with great benefit. This is my thorough test of it, having always been rather set against cod liver oil, on account of its tendency to disagree with weak stomachs.

Yours truly,

T. L. HATCH, M.D.

Read the following letter :

YONKERS, January 11th, 1887.

Messrs. REED & CARNRICK,
New York City.

Gentlemen—I desire to tell you of the great value your Food has been to my child. When she was born she weighed but six pounds, and I was unable to nurse her. I made patient trial for the first three months of several prepared foods, all of which were to be taken combined with cow's milk. During this time she did not gain in weight more than a pound, and much of this time she vomited acid curds, and her bowels were almost constantly out of order. I saw a notice of your Food, and through the advice of my physician (who has visited your laboratory and investigated the process of manufacture) I commenced its use, and I am happy to state that since that time I have not had a moment's anxiety about her. She is now about eight months old, and weighs nineteen pounds. She has taken no other Food whatever; her flesh is hard and rosy. She sleeps all night, has cut eight teeth without any trouble and is always bright and happy.

There are five families (my neighbors) to whom I have introduced your Food, and who are using it in every instance with the same happy results. One of these cases was most interesting. The family were strangers to me and lived directly opposite. For several nights my husband and myself were kept awake by the pitiful, weak and moaning cry of an infant, and I concluded I would call and learn the cause. The child was really starving, as it could not retain any of the various foods given it. They had been through about the same experience as myself in trying cow's milk and other prepared foods. I immediately returned home, and carried over half the Soluble Food in the house, and at once prepared some of it for the child. It retained it, and digested it perfectly from the beginning, and it was the last night that I was kept awake. The child is thriving perfectly and lives upon the Food.

In the case of my own child, I began with the Food even weaker than your directions, and gradually increased it, and now at eight months I dissolve four tablespoonfuls of the Food in a quart of warm water, letting it boil a few minutes. This quantity lasts a day, feeding her every three hours half a pint. I intend to gradually increase it month after month, for she shall have none other than Soluble Food until she reaches her second year.

Yours truly,

Mrs. M. A. HAMILTON.

233 Woodworth Ave., Yonkers, N.Y.

CONTINUOUS DIARRHŒA.

SENORA, GA., Nov. 23d, 1886.

Messrs. REED & CARNRICK.

Gentlemen—Several months ago my own child, 18 months old, became very much emaciated on account of poor digestion. A continuous diarrhœa seemed likely to end the faint struggle for existence. His appetite was voracious, but his food gained him but little strength, passing from him at times almost wholly undigested. About this time, I began the use of your Soluble Food, and a steady improvement from the beginning was the result, and in a few weeks my boy was well. The following are the indications for your Infants' Food:

1st—Great emaciation.

2d—Diarrhœa, with fetid discharges.

3d—Features, pale and pinched.

4th—Child extremely fretful, due to hunger.

These are the main indications. This Food I consider a boon to the sick and ill-nourished infants. Very respectfully, R. T. HILLMAN, M.D.

ITS EFFECT IN CHOLERA INFANTUM SIMPLY WONDERFUL.

MARINE, ILL., Jan. 3d, 1887.

Messrs. REED & CARNRICK, New York.

Gents—I have used the Soluble Food with the best results in convalescences of Typho-malarial, Catarrhal and other fevers. Find it very acceptable to patients in every case. This is more than I can say of the other preparations of a similar nature. Its effect in Cholera Infantum is simply wonderful. I will give it a further trial through the hot season.

Yours truly, P. S. WEIDMAN, Physician and Surgeon.

USED IN INFANTILE DIGESTION WITH THE VERY BEST OF RESULTS.

LEESBURGH, KY., Dec. 13th, 1886.

REED & CARNRICK, New York City.

Gentlemen—I have used Carnrick's Soluble Food in several very bad cases of infantile indigestion, and with the very best results in every case. I believe it to be the best baby food in existence. Respectfully, F. L. POWELL, M.D.,

SUPERIOR TO ALL OTHER FOODS IN THE MARKET

PHILADELPHIA, Sept. 8th, 1886.

Messrs. REED & CARNRICK.

Gentlemen—It gives me pleasure to state, that in cases of "Inanition" among children, I have found your Soluble Food superior to all other foods in the market. Where other foods have failed I generally succeed with your Soluble Food.

RESTED VERY MUCH BETTER.

329 WEST 58TH STREET, N. Y., Oct. 13th, 1886.

Dear Sirs—My baby is just nine months old and has had *nothing* but breast milk since its birth, but he rested very poorly at night, so my doctor advised me to give him some of your Soluble Food, which I did, and I found he rested very much better.

I saw an infant fed on your valuable food this summer and the progress it made was something *wonderful*; in fact, it seemed like *magic*. I only hope my darling boy will do so well.

I remain, yours, etc. MRS. RAY GOODMAN.

SAVED THE LIFE OF AN INFANT.

BERNARD, IOWA, Nov. 2nd, 1886.

Messrs. REED & CARNRICK.

Gentlemen—Of your baby food I can but speak in terms of highest praise. It has saved the life of an infant for me, which would, undoubtedly, have died had I not used the Food. Everything failed but the Food, and when I commenced giving that there was immediate and steady improvement. I declare the results are remarkable. I tried to get it of my jobbers in Dubuque, but they were not supplied. Will you kindly send me one or two sample bottles, that I may continue its use in this case, and another recent one in which I am extremely anxious to try it. Of this and your other preparations I shall speak more at length at some future time.

Very truly, E. G. LEFFLER, M.D.

HE LIES BACK CONTENTED AND GOES TO SLEEP.

SAN FRANCISCO, CAL., Dec. 13th, 1886.

Messrs. REED & CARNRICK.

Gents—My boy, two weeks old, lives wholly upon Carnrick's Soluble Food. It was the first food he got after birth. It agrees with him perfectly, and when fed he lies back contented and goes to sleep.

C. C. BLAKESLEE.

NEVER LOST A CASE WHERE I USED SOLUBLE FOOD.

DUBLIN, KY., Jan. 3d, 1887.

REED & CARNRICK.

Gentlemen—I found your Soluble Food to be all you claim for it. Babies take it well, and I never lost a case where I used it. You can use this communication in any way you may see proper.

Yours truly, DR. A. A. DAVIDSON.

HER FLESH IS FIRM AND SOLID.

435 QUINCY STREET, BROOKLYN, Dec. 4th, 1886.

Mr. J. CARNRICK.

Dear Sir—I desire to thank you for the great benefit derived from your Soluble Food. Our little babe always seemed weak in her digestive organs, and last spring was taken very ill with stomach trouble. We put her upon your Food entirely, and she has safely passed through her second summer, and cut nearly all her teeth. Her flesh is firm and solid, and, although now nearly two years old, your Soluble Food, sweetened with loaf sugar, and a little Beef Peptonoids added, is still her principal article of diet. With much gratitude, I remain,

Yours respectfully, Mrs. E. A. STAFFORD.

I REGARD YOUR SOLUBLE FOOD AS OF INCALCULABLE BENEFIT.

DARLINGTON, HARFORD Co., IND., Oct. 19th, 1886.

Messrs. REED & CARNRICK.

Gentlemen—I had a patient, a little fellow filled with "Scrofula," passing through his second summer. I had grave doubts regarding him, but on the appearance of looseness of bowels, I had all the water he used *boiled*, and placed him at once on your preparation. At this writing he is as fine and healthy an infant as is in the neighborhood. I regard your Soluble Food as of incalculable benefit, and shall use it constantly. Accept my thanks for placing such a valuable remedy in my hands.

Yours truly, JAS. WARD SCOTT, M.D.

GAINED SEVEN POUNDS IN THREE WEEKS.

ROYALTON, BERRIN Co., MICH.

REED & CARNRICK.

I have used several pounds of Carnrick's Soluble Food with the most gratifying results. I think it the best of all the food preparations, and have given all of them a fair trial in my large and extensive practice. One infant having gained seven pounds in less than three weeks on Soluble Food has been free from colic and is the best natured baby you would wish to see, whilst before using your Food it required constant attention. Several other foods were tried without result, previous to yours. In haste, I remain, Very truly yours, M. S. WINTER, M.D.

BEST I EVER USED.

BREMEN, IND., Nov. 14th, 1886.

REED & CARNRICK, New York.

Sirs—Your Soluble Food is the best I have ever used; have recommended it in nearly one dozen cases, in all of which it proved successful.

Yours very truly, N. A. HEMMING M.D.

WILL LARGELY LESSEN THE MORTALITY OF CHILDREN.

PLUM CREEK, NEB., Aug. 30th, 1886.

REED & CARRICK, New York City.

Fortunately for my little *cholera infantum* patient, I succeeded in obtaining a supply of Beef Peptonoids and Soluble Food from Omaha, just in "the nick of time." All medication, except a little whiskey, was withdrawn. He was placed on the Soluble Food, with a small mixture of Beef Peptonoids, *alone*, and made a nice recovery. This recovery was made in spite of very bad hygienic surroundings which could not be obviated.

Before I was aware, the supply of Soluble Food gave out and the parents began to use another "infants' food," which is to be added to cow's milk. The patient's digestion was at once deranged and I had them discontinue it and use Beef Peptonoids exclusively until another supply of Soluble Food was procurable. The wise use of your Peptonoids and Soluble Food will largely lessen the mortality of children.

FOUND THE MOST DESIRABLE CHANGE IN TWENTY-FOUR HOURS.

No. 465 WEST 47TH STREET, N. Y., Oct. 13th, 1886.

Messrs. REED & CARRICK.

Your Soluble Food I used in Cholera Infantum and Malnutrition, according to directions. In the former, I used it in conjunction with Bismuth, and found the most desirable change in 24 hours.

Case 1.—Child, six months o'd, came to me at the North-western Dispensary suffering from Cholera Infantum; had continuous vomiting and as many as 12 or 15 passages daily; was now (after three days' suffering), quite anemic, fontanelles quite sunken and considerable prostration. Your Soluble Food was given as per directions, in conjunction with brandy and Bismuth. Next day eight passages, vomiting only occasionally. Continued treatment and was discharged well in one week.

J. NOTT, Physician N. W. Dispensary.

IMMEDIATE AND PERMANENT BENEFIT.

From the Cashier of the LINCOLN NATIONAL BANK, New York City.

Messrs. REED & CARRICK.

Dear Sirs—After a trial of at least six different prepared foods for infants, none of which agreed with our child, and upon recommendation of Dr. Mary Putnam Jacobi, we tried your Soluble Food with immediate and permanent benefit. From the beginning the Food was perfectly digested, and the child was soon in the best of health.

Yours very truly,

W. T. CORNELL, Mamaroneck, N. Y.

ACTED LIKE A CHARM.

PALMER, ILL., Aug. 17th, 1886.

REED & CARNRICK, New York.

Gentlemen—I have used your Soluble Food during the past week in the case of an infant of about seven or eight months of age,—“bottle-fed,” and who was taken with that dreadful scourge of infantile life—diarrhœa, or “Summer Complaint.” Well, to make it short, I put it on Soluble Food and *withdrew all other food*, and prescribed appropriate other *medicines* and the result was, in the father’s own words: “I never saw anything act so like a charm before in my life.” The father has raised a large family, so his judgment is entitled to respect.

Yours truly,

J. J. CONNER, M. D.

DEARBORN, MICH., January 10th, 1887.

MESSRS. REED & CARNRICK.

Dear Sirs—I have used all the different foods in the market, but have fallen back upon your Beef Peptonoids and Soluble Food as a “reserve corps” in desperate struggles of a feeble vitality for life. As long as I can get them I want nothing else. I order quantities of them during the summer and fall months. Often the Soluble Food will control cholera infantum if the bowels are emptied from the indigested fermenting casein of the cow’s milk the child has been taking, and then fed upon your Soluble Food. I have had several babies, given up to die by Detroit Physicians, come out into the country *for the air*, and the doctor has given them orders to “continue the lime water and milk,” and I find them stuffed with fermentable casein. I order the mother to throw away the child’s bottle as the worst article she can have around her child; I empty the bowels with castor oil and feed with Carnrick’s Soluble Food, and the children get well. I did not lose a case, and I had some desperate ones last summer. In July and August *I prohibit cow’s milk* in any form.

Yours truly,

SAMUEL P. DUFFIELD, A. M., M. D., Ph. D.

SOLUBLE FOOD is so emollient and soothing, that it will agree with an irritable stomach when human milk will not.

DIETETIC PREPARATIONS MORE ESPECIALLY FOR
OLDER CHILDREN AND ADULTS.

BEEF PEPTONIDS.

(Concentrated Beef and Milk with Gluten.)

- A Nitrogenous Food composed of equal proportions of the Nutritive Constituents of *Beef* (partially peptonized), *Milk*, and *Gluten* from *Wheat*, presented in a powdered and liquid form.



GOLD MEDALS,
CALCUTTA EXHIBITION, 1884.
INTERNATIONAL HEALTH EXHIBITION, LONDON, 1884.



We beg to announce to the medical profession that we have made a very important improvement in *Beef Peptonoids*, and we are thereby enabled to offer a preparation, pleasant in *odor* and *taste* to the most delicate patient.

We should not have added another to the long list of *food preparations* had we not been positive that the necessity existed for such a product, and one that could be justly called a *concentrated nutriment*. In the *beef preparations*, such as those approximating to or following the Liebig formula, the nutritious properties have been made entirely subservient to the stimulating principles of the beef, so much so as to place such productions almost wholly among the class of stimulants.

In the preparation of *Beef Peptonoids*, the flesh-forming elements of *Beef*, *Wheat* and *Milk* are used, constituting a nitrogenous and nutritive food of the highest value, and showing a presence of 95 per cent. of nutritive matter.

Beef Peptonoids is the only beef preparation rich in nutritive and nitrogenous matter.

Careful tests of the various preparations of beef in the market, having the flavor of *Liebig's Beef Extract* and *Beef Tea*, show that they possess but little else than the stimulating and flavoring properties of the beef.

The use of *Beef Peptonoids* is indicated as follows :

Convalescence from all diseases, Pulmonary Affections, Fevers, Pneumonia, Weak Digestion, Gastritis, and all Stomach Ailments; Dyspepsia, Diarrhoea, Dysentery, and all Intestinal Diseases; Phthisis, Cholera Infantum, Marasmus, Vomiting in Pregnancy, Sea Sickness, Diabetes, Excessive use of Alcoholic Stimulants, per rectum in all cases where the stomach cannot digest the food, and in Debility resulting from any cause. It is a valuable adjunct in voyages and camp life.

WHAT CAN BE OF MORE IMPORTANCE THAN KEEPING
UP THE STRENGTH OF THE PATIENT DURING THE
RAVAGES OF DISEASE?

WHY IS BEEF PEPTONIDS SUPERIOR TO OTHER BEEF PREPARATIONS?

It is shown by Profs. STUTZER, ATTFIELD, MACADAM, TICHBORNE, and many other food analysts, to be the most concentrated nutrient ever produced. It requires but a small amount to sustain life in cases of extreme debility, and is so easily digested that the worst dyspeptic, with a most delicate stomach, can readily retain it. *No preparation can be prepared in the sick room that contains more than one-twentieth the nutritive properties found in Beef Peptonoids.*

Extracts of beef, juice pressed from beef, beef tea, soups, etc., are known to be comparatively useless except as stimulants. As BEEF PEPTONIDS is composed of the nutritive portion of the three

great varieties of food, BEEF, WHEAT and MILK, patients seldom tire of it; whereas they will soon tire in the use of any one of the above.

If you give it a trial we are confident that you will find it superior to all other nutrients.

If you will compare its nutritive value with other dietetic foods, you will observe that it is much less expensive to use.

It is the best dietetic preparation in all kinds of *Fevers, Pneumonia, Phthisis, every form of Dyspepsia, Diabetes, Cholera Infantum, Marasmus, Diarrhoea, Intestinal Diseases, Excessive use of Alcoholic Stimulants, Sea Sickness, Vomiting in Pregnancy, per rectum in all cases where the stomach cannot digest food, and in Debility resulting from any cause.*

Dr. A. STUTZER, *Director of the Chemical Test Laboratory and the Food Testing Office for Rhenish Prussia*, in reporting to the *Berlin Med. Wochenschr.*, April, 5th, 1885, the comparative results of analyses of nine of the principal European and American Food Preparations, states as follows:

"If a medical man desires to give an invalid or convalescent a preparation by the use of which the formation of flesh and blood is to be promoted and vigor infused into a patient, Beef Peptonoids for this purpose stands first and foremost amongst all the preparations I have examined."

The following is extracted from Prof. Austin Flint's address before the New York State Medical Association, Nov. 20th, 1884, on Diet, etc. These statements of Prof. Flint are supported by the best food analysts in the world:

"With regard to meats, a common error, both popular and professional, and one productive of a vast deal of harm, is to consider their nutritive value as fairly represented by either infusions or decoctions, or by the juices obtained by pressure. The valuation by most persons outside of the medical profession, and by many within it, of beef tea or its analogues, the various solutions, most of the extract

and the expressed juices of meat, is a delusion and a snare which has led to the loss of many lives by starvation. The quantity of nutritive material in these preparations is insignificant or nil, and it is vastly important that they should be reckoned as of little or no value, except as conducive indirectly to nutrition by acting as stimulants for the secretion of the digestive fluids or as vehicles for the introduction of nutritive substances. Furthermore, it is to be considered that water and pressure not only fail to extract the alimentary principles from meat, but the excrementitious principles, or the products of destructive assimilation, are thereby extracted; hence, not very inaptly, beef tea has been compared to urine. A few years ago a German experimenter, whose name I cannot recall, declared that he produced fatal toxæmia in dogs by feeding them with this popular article of diet."

DIRECTIONS FOR USING BEEF PEPTONIDS.

FOR AN ADULT.—*A Dessertspoonful to a Tablespoonful three to six times a day—Children in proportion.*

Taken with *Milk*, it forms a pleasant drink, and will be found palatable by those to whom milk, when taken alone, is distasteful.

Beef Peptonoids will be relished if eaten with a spoon in a dry state.

Hot water renders *Beef Peptonoids* unpalatable.

Added to *beef tea, broth, soups, etc.*, it supplies the nitrogenous principle primarily found wanting in these preparations.

Mixed with *milk punch, egg-nogg, etc.*, it makes an invaluable drink, nourishing as well as stimulating.

The nutritive value of *bread, biscuit, etc.*, may be greatly increased by the addition, before baking, of one or more ounces of *Beef Peptonoids* per loaf.

It may be added to *jellies, oatmeal, arrowroot, rice, etc.*

By adding a small quantity of milk or water it may be made into a paste, flavored, and eaten with a spoon, like cream.

Spread upon *buttered bread*, it makes a most palatable and nourishing sandwich.

Persons traveling will find it very convenient to carry Beef Peptonoids in capsules.

In combining *Beef Peptonoids* with milk or other liquids, first add a little of the liquid to the Beef Peptonoids, and form a paste; then add the remainder of the liquid gradually, constantly stirring.

LIQUID PEPTONOIDS.

(Beef, Gluten and Milk, Digested.)

The above preparation represents Beef Peptonoids (beef, gluten, and milk) entirely digested and ready for assimilation.

Although not possessing the advantage of as high nutritive power as the powdered Beef Peptonoids, it nevertheless represents a highly nourishing liquid stimulant. It contains albuminoids, in the form of fibrin, gluten, and casein in a digested, soluble state, with sufficient spirits added to preserve it.

This preparation will keep indefinitely, which cannot be said of many of the liquid foods in the market; some of them actually decomposing and emitting a most disgusting odor on opening the bottle.

The flavor and palatability is such that many who have taken it liken it to a delicate wine or cordial.

LIQUID PEPTONOIDS WITH COCA.

(Digested Beef, Milk, and Gluten with Coca.)

Each fluid ounce contains the nitrogenous properties of the medium quantity usually taken of powdered Beef Peptonoids, rendered wholly soluble by digestion, combined with thirty grains of Coca.

There is no question of the great value of Coca as a stimulant in many diseases, but whenever it is used alone there must be a corresponding reaction. If the brain and muscles are stimulated, there must be a waste of tissue, and this waste must be repaired by assimilation and reconstruction, which can only take place by rest and nutrients.

Acting upon this theory, we combined *Coca* with our *Liquid Peptonoids*, and placed it in the hands of a number of leading practitioners, for careful trial, believing that the Beef, Gluten and Milk in *Liquid Peptonoids*, being perfectly digested and ready for immediate absorption, would supply the waste so quickly that no reaction from the stimulating properties would occur.

The results of these repeated trials have confirmed our belief in every instance, and we have, therefore, prepared *Liquid Peptonoids* with *Coca* for the use of the medical profession.

Our experiments convince us that *Coca* should seldom be used, to get its best effect, except when combined with some nutritive elements ready for assimilation.

The depressing effects of the reaction from the use of *Coca* or any stimulant, go very far towards neutralizing the benefits derived, and we are confident the administration of peptonized food at the same time, as in *Liquid Peptonoids* and *Coca*, is the only way to prevent it.

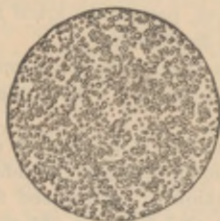
PEPTONIDS, IRON AND WINE.

There is much misapprehension regarding the nutritive value of the preparations known as "Beef, Iron and Wine." The basis of these productions is invariably beef-extract made in accordance with the Liebig formula, which extract is well known to possess very little reconstructive properties. Where such preparations are administered as a food the results must be disappointing. *Pepto-*

noids, Iron and Wine has for its base digested beef, gluten and milk, and therefore must prove far superior to the ordinary Beef, Iron and Wine preparations.

PEPTONIZED COD LIVER OIL AND MILK.

All preparations of Cod Liver Oil in the market but the plain are Emulsions in some form, regardless of the name given them. *Their value and easy digestibility over the plain oil must depend upon the fineness of the division of the oil globules.* Any physician who



**Peptonized
Cod Liver Oil and Milk**
200 Diameters.

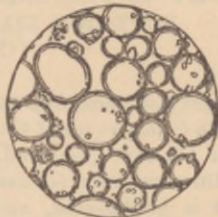


Cow's Milk.
200 Diameters.

has a microscope of any power can compare COD LIVER OIL AND MILK with the various preparations of Cod Liver Oil, and he will find that the oil globules of COD LIVER OIL AND MILK are from 10 to 100 times finer than any preparation of Cod Liver Oil in the market, and 25 per cent. finer than in nature's Emulsion, milk. This should be the guide, in the use of Cod Liver Oil, with every practitioner.



* No. 2.
200 Diameters.



* No. 1.
200 Diameters.

Messrs. REED & CARRICK, New York City:

Dear Sirs—I have examined your PEPTONIZED COD LIVER OIL AND MILK microscopically, with the following results:

Your preparation shows extremely minute oil globules suspended in a clear solution. The mean diameter of these globules is rather less than 0.003 m.m. (about $\frac{1}{3000}$ inch), and the largest are not over 0.006 m.m. (about $\frac{1}{4000}$ inch.) For comparison it may be stated that their average diameter is from one-third to one-half that of the red blood corpuscles. *These photomicrographs show their size as compared to milk and Emulsions of Cod Liver Oil in the market. They have all been photographed under exactly the same conditions. In some of the specimens the globules, when spread out in a very thin layer, gather in clusters, giving an uneven field, but not affecting their size.*

Very truly yours,

JAMES R. DUGGAN, M.D., Ph.D.,

*Fellow in the Johns Hopkins University,
Secretary Baltimore Microscopical Society.*

February 26th, 1885.

Samples of the preparations were purchased of the wholesale trade in Baltimore.

* Of the preparations of oil in the market, No. 1 contained the largest oil globules, and No. 2 the smallest, next to PEPTONIZED COD LIVER OIL AND MILK, in comparison with all the principal preparations of Cod Liver Oil in the market.

WHY IS PEPTONIZED COD LIVER OIL AND MILK
SUPERIOR TO OTHER PREPARATIONS OF
COD LIVER OIL?

First (and most important)—the *division of the oil globules is from twenty to one hundred times finer than any other preparation of Cod Liver Oil ever produced, and is consequently brought nearer the condition required for assimilation.*

It is predigested, and is, therefore, more easily retained by weak and enfeebled stomachs, and eructations are less likely to follow.

It is combined with condensed milk and is consequently more nutritive as compared with similar preparations.

In most cases patients can best take the dose of Peptonized Cod Liver Oil and Milk mixed with two or three ounces of water.

Peptonized Cod Liver Oil and Milk combined with equal proportions of *Liquid Peptonoids*, makes a most elegant and highly nutritious mixture, and one that can be taken by any patient.

ANALYSIS OF PEPTONIZED COD LIVER OIL AND MILK, by Prof. ATTFIELD, Ph.D., F.C.S., Etc., author of a *Manual of General Medicine and Pharmaceutical Chemistry*.

I have analyzed PEPTONIZED COD LIVER OIL AND MILK, and find that it is exactly what the makers state it to be. The sample submitted to me has all the properties of a specimen prepared by myself, except that their machinery has produced a more perfect emulsion than my hand labor can effect. Indeed, I find by aid of the microscope, that as regards perfection of emulsion—that is, admixture of a fatty with a non-fatty fluid—the oil in PEPTONIZED COD LIVER OIL AND MILK is in a finer state of division than the butter is in ordinary milk.

(Signed)

JOHN ATTFIELD.

RETAIL PRICES

AT WHICH OUR PREPARATIONS MAY BE OBTAINED OF
ANY DRUGGIST.

Jarnrick's Soluble Food (small),	-	-	-	-	\$.50
" " " (large),	-	-	-	-	1.00
* " " " (5 lb. tins),	-	-	-	-	4.00
Beef Peptonoids, 6 oz. (Powdered),	-	-	-	-	1.00
" " 16 " "	-	-	-	-	2.25
Liquid " 16 " - - - -	-	-	-	-	1.00
" " with Coca, 16 oz.,	-	-	-	-	1.00
Peptonoids, Iron and Wine, 16 oz.,	-	-	-	-	1.00
Peptonized Cod Liver Oil and Milk, 16 oz.,	-	-	-	-	1.00
" " " " (with Hypophosphates of Lime and Soda),	-	-	-	-	1.00

Our preparations are used by the Medical Profession in every civilized country, and can be obtained of any druggist throughout the world.

* We would advise those using Soluble Food, on the score of economy to purchase it in five pound tins, as it keeps perfectly.

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ADDRESS TO MOTHERS:

When you are deprived of the pleasure of nursing your child, and look around for the best substitute for human milk, you are undoubtedly bewildered by the statements of manufacturers, all claiming that their preparation is the *ONLY PERFECT SUBSTITUTE, &c., &c., &c.*

Not one of the manufacturers of prepared foods in the market, except **CARNRICK'S SOLUBLE FOOD**, can show you by analysis or mode of preparation that their food is a good substitute for human milk. A **MERE ASSERTION SHOULD NOT INFLUENCE YOU IN THE LEAST**. If they could appeal to your judgment and knowledge they would do so.

If you will take the time to read this pamphlet, you certainly will be convinced that **CARNRICK'S SOLUBLE FOOD IS THE ONLY FOOD** that will thoroughly nourish your child, and the only food that will digest as easily as human milk.

Faithfully yours,

REED & CARNRICK.

5 ㊦
CAN.



1 ㊦ CAN.



½ ㊦ CAN.

