

BABY FOODS.

Modified milk powder and sweet whey powder are products which have been manufactured since the spray process was first introduced. By making sweet whey in liquid form, then drying it by the regular spray process, the pure dry sweet whey powder is obtained. Sweet whey is chiefly albumen and milk sugar and on that account is an exceedingly rare and valuable food for serious cases of stomach trouble in case of infants and invalids.

Being able to produce whey powder makes it possible to take ordinary whole milk powder produced from especially selected high-grade milk, dry it by the spray process and combine the whole milk powder so made with the sweet whey powder giving a modified milk powder that has the milk solids in proportions close to those in the ordinary mother's milk. In other words this product comes nearest to the natural milk for baby feeding. It might be said that modified milk powder is the only all milk absolutely soluble baby-food produced. The nearest product to this is an all-milk food that does not contain any malt or cereal, is a dry milk baby food which is produced today in England by the chi roller process, described earlier in this paper. Naturally a baby food dried by such a process is not anything like as superior for baby feeding as a whole-milk soluble milk powder. All other infant foods or patent baby foods are compositions of cereals, malt, milk powder, etc.

POWDERMILK HOUSEHOLD USE.

There is more body-building food in a quart of skim milk than in a quart of milk with the fat in it. Referring to the analyses, difference between liquid whole milk and skim milk or separated milk, is that the separated milk powder contains little or no fat and that the whole milk powder contains over 28 per cent. of fat. One is produced from the whole liquid milk without any fat being removed and the other is produced by drying skim milk or separated milk. It is common for the house wife and the user of milk to shy at the words "skimmed milk," simply because it is the common impression that when fat is removed from the milk in the form of cream all of the good is taken away. It is not true to say that all of the good of the milk is gone from the milk when the fat is removed, but referring to the fat as the most valuable part of the milk is a different matter.

Fat in the form of butter has a market value so that the amount of fat taken from 100 lbs. of milk would have a certain value. Referring to the analysis again it will be seen that in a quart of milk there is a little less than $1\frac{1}{2}$ ounces of butterfat. Far the largest part of the money value of liquid milk is in the butterfat. The other part is the solids of the milk. Yet for body building food this less valuable part from the cost point of view has more value than the fat. As butterfat and meat fats are common to every home, it can be realized why food experts state that skim milk is better **food** than whole milk. The only difference between the two is that a quart of whole milk has $1\frac{1}{2}$ ounces of fat in it and a quart of skim milk has not this fat in it but has the other milk solids in a slightly larger proportion. Comparing milk powder which is the solids of separated milk with whole milk for household use, therefore, you must consider the food value of milk powder as compared with liquid milk. Looking at the analysis of whole milk powder and separated milk powder it will be seen that nearly one-third of whole milk powder is butterfat. In the separated milk powder this large proportion of butterfat is replaced by the increased proportions of the other ingredients of the milk, albumen, casein, milk sugar and the salts of the milk which are the body building food value of the milk. Fat is the energy or heat producing element and this element is obtained regularly in other forms such as in butter, meat fats, lard, shortening and cereals. The use of milk powder, therefore, gives a 100 per cent. body-building food.