
20110

THE PREPARATION *of* ARTIFICIAL FOOD



U.S. DEPARTMENT OF LABOR
BUREAU OF CHILD LABOR
N

MCH Collection

Document Number 252

THE PREPARATION OF ARTIFICIAL FOOD

HOW YOU FEED IS AS IMPORTANT AS WHAT YOU FEED

EQUIPMENT

1. Nursing bottles (6 or 8) holding at least eight ounces. Large-necked bottles and nipples are more easily cleaned.
2. Nipples (6 or 8). Enlarge holes with hot cambric needle. A good supply of nipples saves time and steps.
3. Rubber nipple covers or cotton (if small-mouthed bottles are used).
4. Bottle brush.
5. Bottle rack or container. May be home-made out of any small pail with wires fitted in to separate bottles.
6. Two-quart pitcher (for mixing).
7. Glass graduate, holding at least eight ounces, graduated in one-half ounces.
8. Measuring spoons (table, tea and half-tea sizes).
9. Mixing spoons (table and tea sizes).
10. Double boiler, holding one quart.
11. Saucepan, to boil water or scald milk.
12. Flat-bottomed soup kettle, fitted with false bottom, for sterilizing utensils.

PRELIMINARY PREPARATION

1. Bottles, nipples, mixing pitcher, measuring graduates and spoons should be washed in hot suds, rinsed in clear hot water, and sterilized five minutes by steaming or by boiling in hot water before using.
2. Milk, if not certified or pasteurized, should be scalded. Wipe the mouth of the milk bottle carefully before pouring out.
3. Boiled water, cereal water or gruel should be prepared.

Clean milk can be spoiled by dirty handling.

MIXING THE FOOD

The hands should be carefully washed, the utensils removed from the sterilizer without touching the top or the inside, and placed on a clean towel. Measure the sugar in a measuring spoon and dissolve it in hot water in the graduate. Measure the boiled water or cereal water in the glass graduate. Empty the sugar and water into the mixing pitcher. Measure the milk in the graduate. Add it to the water in the mixing pitcher. Stir it with the mixing spoon. Fill the bottles with the desired amount for each feeding, *measuring it only in the glass graduate.*

CARE OF FILLED BOTTLES

Cool the contents quickly by standing the bottles in iced or running water. Keep cold by placing the bottles on ice, in iceless refrigerator, or in running water. At feeding time warm the individual bottles by standing them in hot water till the milk is comfortably warm (test it by dropping some on the wrist). Rinse the used bottles and nipples, letting them stand full of water until washed and sterilized.

THE HEALTH OF YOUR BABY DEPENDS ON ATTENTION TO DETAILS
