

**Robinson's "patent" barley : the safest & best diluent for cows' milk :
directions for making barley water for infants / Keen, Robinson & Co., Ltd.**

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THINGS TO REMEMBER.

1. Barley Water should be made fresh at least twice a day.
2. That it should be kept in a cool place when made.
3. That jugs or vessels into which it is put must be perfectly clean, and that both it and the vessel containing the milk which it is to be added, should be covered with a clean piece of muslin dampened to keep it down, or a hooded cover used to prevent flies and dust getting in.

It is well known that flies carry disease. They settle on decayed refuse, and so carry illness, Diarrhoea, etc. If allowed to get into the food.

4. Barley Water should on no account be brought to the boil after being once made. If this occurs accidentally it should not be used, as rapid fermentation is induced, or, in other words, it becomes sour and unfit for baby's food.
5. It is a mistake to make baby's food once only for the 24 hours. It tends to be very fresh, and remains in large towns the milk is generally 24 hours old when it is delivered, and has had to travel by train, and in the summer to be carried through hot streets.

6. Barley Water has long been recognized by Doctors as the best diluent of a baby's milk, the percentage of starch per feed is infinitesimal.
7. Barley Water is not a food, but must be added in place of water to good fresh cow's milk in the right proportions.

8. If baby does not thrive and is sick, or has curdled lumpy motions, part of the milk should be replaced by whey, keeping to the usual quantity and strength of Barley Water, gradually adding a little milk.

9. Do not give baby so-called teething powders. In hot weather baby may be given a little Epsom's once or twice weekly.

10. Constipation is often due to difficulty in digesting the curd of cow's milk—which is tougher than that of breast milk. This can be dealt with by adding two grains of Citrate of Soda to the feed when it contains one ounce (two tablespoons) of milk.

Rather than give medicine, use a small rounded piece of soap as a suppository when baby's bowels have not been opened for 36 hours.

11. Castor Oil should be given in cases of acute diarrhoea, not constipation, as it has a binding effect afterwards.
12. Always use a boat-shaped feeding bottle with a wide opening at each end so that a brush can be inserted for cleaning and water from a tap flushed through.

13. Teats and valves should be boiled once or twice weekly in weak soda water, then washed in plain water, after which they should be kept in water ready for use; bottles should be treated in the same way.

Baby should sleep out of doors as much as possible. The bedroom window should be kept open day and night, a safe method being to have window boards placed at the bottom of the window for seas

to rest upon it, the board should be a foot wide; the fresh air can then come up between the sashes, and if the upper portion of the window is pulled down a few inches the impure air can easily pass out.

14. Never allow a child to sleep with older people; he might be suffocated, but apart from this he will not thrive; a bed can be made by means of a pillow and cushion and a blanket, placed in a clothes basket, or a large drawer placed on two chairs.

15. If baby is fretful at night give him a little warm water slightly sweetened, raise him to expel the wind, then wrap a light shawl firmly round both shoulders, cross in front and tuck behind; you will find that he thinks he is being nursed and will drop into a sound slumber.

16. Do not forget that babies often cry from thirst; give a teaspoonful of warm water which has been boiled, it will aid digestion and help constipation.

17. The correct powder to use for a baby's skin should be composed of equal parts of starch, boracic and zinc oxide; if baby becomes chafed apply zinc ointment softened with a few drops of castor oil. Keep the buttocks washed throughout the day, drying thoroughly each time.

18. Never use soda for naphin washing, only the best yellow soap, and rinse the naphins, and if possible hang up outside (even on a wet day) for an hour.

19. Babies often take cold over their bath—through dawdling being allowed. Baby should not be more than 2 minutes in the water, and rolled in a hose warm towel when taken out, and quickly dressed.

20. This is often the first and only cause of digestive troubles arising. Baby should always wear a diaper or knitted belt round its stomach to keep it warm.

21. It should not be tightly put on but pinned down to the nappie to keep it in place.

22. It should be continued until baby is old enough to wear combinations or warm drawers.

23. Cotton nappies should not be worn. They are not a support to the back but hinder freedom and growth, and are a cause of discomfort and lessen baby's power to digest food.

24. In India and hot countries Barley Water should be made every four to six hours to ensure success.

25. If the above precautions are carried out, and baby's feet and hands are kept warm, and sunshine and fresh air (without draught) are let into the room, he should be a bright, healthy, and happy child.

For weaned infants on a mixed diet give Robinson's "Patent" Groats made with milk and water according to recipe (see Robinson's "Patent" Groats Handbills).

Other uses for Robinson's "Patent Barley."

BARLEY WATER FOR SUMMER DRINK.

Mix one dessert-spoonful of Robinson's "Patent" Barley with a wine-glassful of cold water into a smooth paste. Pour this into a sievepan containing one quart of boiling water and stir over the fire for five minutes. Flavour with lemon and sugar, either or both, according to taste, allow the mixture to cool, and strain off the Barley sediment.

Another recipe by Mr. H. HAMMOND, M.C.A., Chef de Cuisine, Le "Star" Club—Put the outside peel of two lemons into two quarts of water, add eight heaped spoons of sugar and boil for ten minutes. To this add two dessert-spoonfuls of Robinson's "Patent" Barley, previously mixed to a smooth paste, with a little cold water. Continue to boil for five minutes and allow to cool. When cold strain off through fine muslin and add ice and lemon juice to taste.

CUSTARD PUDDING.

To two ounces of the "Patent" Barley add one ounce of sifted sugar, half an ounce of butter, a pinch of salt and nearly a pint of milk; mix thoroughly and stir it over the fire till it boils; then add two yolks of egg, and take the pudding in a buttered pie-dish.

"PATENT" BARLEY BISCUITS.

Two ounces of flour, 2 ozs. "Patent" Barley, 2 ozs. castor sugar, 2 ozs. butter, 1 egg, a pinch of baking powder. Cream the butter and sugar, add the yolk of egg, then by degrees the "Patent" Barley and flour mixed with the baking powder. Roll out thin, and cut with a round cutter. Bake in a moderate oven six minutes.

BLANC MANGE.

Three table-spoonfuls Robinson's "Patent" Barley, 1 oz. of Faux gelatine, one pint hot milk; sugar and flavouring to taste. Soak the gelatine in a little cold water for an hour; mix the "Patent" Barley smooth with water and add it and the gelatine to the milk and boil for two or three minutes. Add sugar and flavouring and pour into a wetted mould.

"PATENT" BARLEY GREL.

Take a good table-spoonful of the "Patent" Barley (Flour), add to it a pinch of salt, mix well with a little cold water into a very smooth paste, thick as cream. Add to this half-a-pint of boiling water (for milk, which is better), put into an enameled saucepan and simmer for ten minutes; keep stirring it all the time with a silver or wooden spoon. Sugar may be added to taste.

A DELICIOUS PORRIDGE.

Mix one dessert-spoonful of "Patent" Barley with the same quantity of Patent Groats, a good pinch of salt and sugar to taste, and make this into a smooth paste with a little cold milk. In the meantime heat a pint of milk and water (half a pint of each), and when boiling pour it on the mixture, stirring briskly. Return the whole to the saucepan, and bring once more to the boil, and then allow it to simmer gently for 20 minutes or longer.

(H.T.)

ROBINSON'S "PATENT" BARLEY

The Safest & Best Diluent for Cows' Milk.

Directions for Making Barley Water for Infants.

Mix $\frac{1}{4}$ teaspoonfuls of Robinson's "Patent" Barley to a smooth paste with 2 or 3 tablespoonfuls of cold water. Make up to about 1 pint by adding boiling water gradually, stirring all the time. Pour into a saucepan, bring to the boil, simmer slowly for 20 minutes and strain through muslin. If less than 1 pint make up with boiled water; or the "Patent" Barley can be made into a paste with cold water, boiling water added as suggested above, cooked in a double saucepan for 4-hour and made up to 1 pint with boiled water. When cool the Barley Water is ready for use and should be kept in a clean jug and covered with muslin or other suitable material to keep out dust, flies, &c.

Fresh cow's milk is always best. If dried or condensed milk is used, necessitating the addition of plain water, the specified quantity of Barley Water (see Table of Recipes, page 2) should be substituted for an equal quantity of the plain water. In other words the total quantity of fluid in the dried milk recipe will not be increased.

Table of Recipes.

Age of Infant.	Normal Infant's weight in lbs.	Tablespoonfuls.		Feeding Times.
		Milk.	Barley Water.	
1st week	7½	1	1	Every 3 hours from 6 a.m. to 9 p.m.
2nd "	7½	1½	1½	
3rd "	8	2	2	Every 4 hours from 6 a.m. to 10 p.m.
4th "	8½	2½	2½	
2nd month	8½	3	3	Every 4 hours from 6 a.m. to 10 p.m.
3rd "	10½	4	4	
4th "	12	5	4	Every 4 hours from 6 a.m. to 10 p.m.
5th "	13½	6	4	
6th "	15	6½	4½	Every 4 hours from 6 a.m. to 10 p.m.
7th "	16	7	5	
8th "	17	8	5	Every 4 hours from 6 a.m. to 10 p.m.
9th "	18½	10	4	
10th "	20	12	5	

Except on instructions from a Doctor, an infant should not be fed between 10 p.m. and 6 a.m.

Regular feeding is absolutely essential, and only in exceptional circumstances is it wise to feed infants under 4 months more than once every 3 hours during the daytime, and infants from 4 months onwards more than once every 4 hours during the daytime.

If an infant's weight is either more or less than that indicated in the Table of Recipes, the quantities of fluid should be increased or decreased accordingly, but the proportion of Milk to Barley Water must not be altered.

Add the Barley Water to the milk (which has previously been boiled according to instructions on page 4). WARM TO BLOOD HEAT (about 100 deg.). Transfer to feeding bottle if necessary.

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How to use Whey along with Milk and Barley Water.

For very young babies it might be desirable to use Whey along with the milk and Barley Water.

Directions for making Whey.

To 1 pint of fresh new milk warmed to blood heat (about 100 deg.) add 60 drops (one small teaspoonful) of Essence of Rennet. Stand it aside until it has turned to a firm substance (generally known as junket). Then break this up with a fork, bring to the boil and strain through fine muslin or linen. Keep in a cool place covered. Make fresh twice daily. The Essence of Rennet should be yellow in colour. The White Rennet generally sold by Grocers is not suitable for making Whey for infants—being acid.

Table of Recipes.

Using Whey along with Milk and Barley Water.

Age of Infant.	Normal Infant's Weight in lbs.	Tablespoonfuls.			Feeds.
		Milk.	Barley Water.	Whey	
1st week	7½	1	½	½	Every 3 hours from 6 a.m. to 9 p.m.
2nd "	7½	1½	¾	¾	
3rd "	8	2	1	1	Every 4 hours from 6 a.m. to 10 p.m.
4th "	8½	2½	1½	1	
2nd month	8½	3	2	1	

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The following Instructions should be carefully noted:

Give baby a little fruit juice, orange for preference, once or twice daily, but if this is not available the raw juice of swede will serve the purpose.

Cow's milk should always be boiled before it is given to an infant, and therefore it is best treated thus:—

Heat the milk in a double saucepan or in a jar covered with a saucer in an ordinary saucepan, surrounded with water, by boiling the water in the pan about ten minutes.

Goat's milk is richer in fat than cow's milk and the curd is easier to digest. It is also less liable to contain harmful bacteria than cow's milk.

Malt Extract is not only an aid to digestion but it is an excellent laxative. It can be used for sweetening purposes for young babies, but for older children pure white sugar should do.

For Nursing Mothers.

Barley Water made as follows is a refreshing drink for Nursing Mothers:—

Take one level teaspoonful of Robinson's "Patent" Barley and mix to a smooth paste with cold water; while stirring add boiling water to make up to a pint. Flavour with the rind of a fresh lemon. This should be taken hot and when required.

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For Infants with Difficult Digestion.

For infants who are ill and for very delicate babies, or when the bowels are very loose, the Barley Water should simmer 30-40 minutes, instead of 20 minutes (see instructions on page 1). Barley Water made in this way, when given to infants, should have a very healing and binding effect. In cases of acute diarrhoea, mix the white of an egg with about ¼ pint of Barley Water and give two tablespoonfuls or more, according to the age of the infant. This is healing to the intestines and should prove effective. If, after repeated doses no improvement is noticed, call in a doctor.

A baby with weak digestive powers might with advantage be fed on Whey along with Milk and Barley Water (see page 3), the milk being increased in quantity as the infant's stomach shows the power of dealing with it.

By the time the infant is two months of age he should be dealing with three tablespoonfuls of milk. One grain of citrate of soda to every tablespoonful of milk, added after the milk has been boiled and allowed to cool, is often recommended for infants with delicate digestions.

A delicate baby for a time may need to be fed at periods of less than three hours; but as this depends upon the individual condition of each child, skilled advice should be sought, and is now easily obtained at Infant Welfare Centres.

A pamphlet "My Book," written by a Doctor and a Mother, can be had free on application to—

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