THE ENGLISH VERSION

Sample Milk Mixture for Well Babies of Different Ages

Age of Baby	Weight of Baby	Formula for milk mixture made with whole milk, granulated sugar and water	Formula for milk mixture with evaporated milk, granulated sugar, and water	
		For 24 hours	For 24 hours	For single feeding
3 days	7 pounds	(Whole milk..... 8 ounces (Water..... 7 ounces (Granulated sugar.... 1 tablespoonful (6 feedings of 2½ ounces)	(Evaporated milk... 4 ounces.....	3/4 ounces 1 3/4 ounces 1/2 teaspoonful
2 weeks	7 1/4 pounds	(Whole milk.....12 ounces (Water..... 6 ounces (Granulated sugar.... 2 tablespoonfuls (6 feedings of 3 ounces)	(Evaporated milk... 6 ounces..... (Water.....12 ounces..... (Granulated sugar.. 2 tablespoonfuls..	1 ounce 2 ounces 1 teaspoonfu
1 month	7 3/4 pounds	(Whole milk..... 14 ounces (Water..... 6 ounces (Granulated sugar.... 2½ tablespoonfuls (5 feedings of 4 ounces)	(Evaporated milk... 7 ounces..... (Water.....13 ounces..... (Granulated sugar..2½ tablespoonful.	1½ ounces 2½ ounces 1½ teaspoonful
3 months	11 pounds	(Whole milk..... 19 ounces (Water..... 6 ounces (Granulated sugar.... 3 tablespoonful (5 feedings of 5 ounces)	(Evaporated milk... 9½ ounces..... (Water.....15½ ounces..... (Granulated sugar...3 tablespoonful.	2 ounces 3 ounces 1 3/4 teaspoon
5 months	14 pounds	(Whole milk..... 24 ounces (Water..... 8½ ounces (Granulated sugar.... 1 tablespoonful (5 feedings of 6½ ounces)	(Evaporated milk.... 12 ounces..... (Water.....20½ ounces..... (Granulated sugar... 3 tablespoonful.	2½ ounces 4 ounces 1 3/4 teaspoo
7 months	16½ pounds	(Whole milk..... 28 ounces (Water..... 4 ounces (Granulated sugar.... 1 tablespoonful (4 feedings of 7 or 8 ounces)	(Evaporated milk.... 12 ounces..... (Water..... 18 ounces..... (Granulated sugar... 1 tablespoon..	3½ ounces 4½ ounces 1 teaspoonful
9 months	18½ pounds	(Whole milk.....28 to 32 ounces (4 feedings of 7 to 8 ounces)	(Evaporated milk...13 to 16 ounces... (Water.....13 to 16 ounces...	3½ to 4 ounces 3½ to 4 ounces
			(4 feedings of 7 to 8 ounces)	

An equal amount of corn sirup may be used instead of granulated sugar.

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Average Normal Weight

		"Food in Addition to Milk"
Birth	7 1/2 pounds	
1 week	7 1/2 "	
2 weeks	7 3/4 "	1 teaspoonful orange juice; 1 teaspoonful Cod Liver Oil
3 weeks	8 "	1 " " " 1 " " " "
1 month	8 3/4 "	2 tablespoonful orange juice; 2 1/2 teaspoonful Cod Liver Oil
2 months	10 3/4 "	6 " " " 2 1/2 " " " "
3 months	12 1/4 "	6 " " " 2 1/2 " " " "
4 months	13 3/4 "	6 " " " 2 1/2 " " " "
		(Cereal and egg yolk)
5 months	15 "	6 " " " 2 1/2 teaspoonful Cod Liver Oil
6 months	16 1/4 "	6 " " " 2 1/2 " " " "
		(Also cereal, egg yolk and strained fresh vegetables)
7 months	17 1/4 "	
8 months	18 1/4 "	
9 months	18 3/4 "	
10 months	19 3/4 "	
11 months	20 1/2 "	
12 months	21 1/2 "	

Give orange juice diluted 1/2 with boiled water.
Use fresh vegetables and fruits unless canned baby foods are used.
Tomato juice may be used if orange juice is not available only double amount.
If Standard Cod Liver Oil is not used and other oils and substances are used for Vitamin A and D; amounts to supply 800 U.S.P. units should be given.

"Feeding 6 to 8 Months of Age"

6 A.M. Breast or bottle.
9 A.M. Orange juice, 6 tablespoonfuls; Cod Liver Oil, 2 1/2 teaspoonful.
10 A.M. Cooked cereal. Breast or bottle.
2 P.M. Egg yolk, toast or zwieback with small amount of butter. Green vegetables Breast or bottle.
5 P.M. Orange juice and Cod Liver Oil as at 9 A.M.
6 P.M. Cooked Cereal. Stewed fruit, Breast or bottle
10 P.M. Breast or bottle.

"Feeding 8 to 10 Months of Age"

6 A.M. Milk from bottle or cup.
9 A.M. Orange juice 6 tablespoons. Cod Liver Oil 2 1/2 teaspoonfuls.
10 A.M. Egg yolk or egg. Zwieback or toast with small amount of butter. Cooked cereal. Milk from cup.
2 P.M. Green vegetable. White vegetable (baked or mashed potatoes or rice.) Beef juice. Milk from cup.
5 P.M. Orange juice and Cod Liver Oil as at 9 A.M.
6 P.M. Stewed fruit. Zwieback or toast with small amount of butter.
10 P.M. Milk from cup.

"Feeding at One Year of Age"

6 A.M. Milk from cup
9 A.M. Orange juice 6 tablespoons. Cod Liver Oil 2 1/2 teaspoonfuls.
10 A.M. Egg. Zwieback or toast with small amount of butter. Cooked cereal. Milk from cup.
2 P.M. Beef juice or scraped meat. Green vegetable. White vegetable. Milk.
5 P.M. Orange juice and Cod Liver Oil as at 9 A.M.
6 P.M. Stewed fruit or occasionaly raw apple, or raw or baked banana. Zwieback or toast with small amount of butter. Cooked cereal. Milk from cup.