



**Microwaving For Baby:
Warming Bottles**

This is the first of a two part series on microwaving for the baby in your house. If you don't have a baby, share this with someone who does! A microwave can be a big help to a new mother. Not only will it make family meals easier, a microwave does wonders for baby's needs.

You can take the chill off a bottle of refrigerated formula or warm most solid baby food in about a minute. With a microwave, you can prepare your own solid baby foods in just a few minutes.

Today, we'll start at the beginning with the bottles of milk or formula your baby needs at first. Next week, we'll cover solid babyfoods, both commercial and homemade.

Is It Safe?

Yes, all glass and plastic baby bottles and the disposable nursing bags are safe for warming in a microwave, as long as they have no metal parts. However, these products can cause problems if they are overheated. The bags and plastic bottles may burst or melt

and the glass bottles may crack or shatter if overheated. These problems are caused by liquids at high temperatures, not microwaves.

Since these products are safe in a microwave, you may wonder, as I did, why most of the nipple, bag, and bottle packages say "Do not put in a microwave." I checked with several baby product manufacturers, and they said that these products are safe for microwaving, in spite of the labels.

The companies are not putting microwave directions on their products because the microwave time varies so greatly between different models and brands of microwave ovens. In the space on their labels they do not have room for accurate times for all ovens.

The Playtex Company said that microwaves present "absolutely no danger to either the milk, the baby, or the plastic components." The Evenflo company said, "our products are perfectly safe for microwave use."

The warnings not to use the products in a microwave are for people inexperienced with

microwave ovens. The company doesn't want a "dummy" injured by heating a bottle for 5-10 minutes!

Do not try to sterilize equipment or prepare formula in your microwave. Use conventional directions. Use your microwave for safely and quickly warming bottles after they are prepared.

Bottle Nipples

Baby bottle nipples are safe in a microwave too, but constant microwaving will shorten their life. The microwaves cause the rubber in the nipple to deteriorate. A nipple that would last three to four months may wear out after one month of microwaving.

Because of this deterioration, it is recommended that you remove the nipples before warming a bottle in the microwave. Occasionally exposing the nipples to microwave energy will not significantly shorten their life. If nipples are soft, sticky or grow larger with use, they should be replaced.

If you choose to leave nipples on in the microwave, make sure that the nipple hoods and caps are off, and the rings are loosened. If the bottle is sealed tightly when warmed, it may burst from steam pressure.

Warming Baby Bottles

When warming milk or formula in a microwave, be very careful not to overheat it. Liquids at 100-110°F. feel just slightly warm and are a good temperature for babies. A temperature probe will give you an accurate warming time, regardless of bottle size and starting temperature.

If you're not sure how long it will

take to warm a bottle, try using your temperature probe. If your oven doesn't have a probe, the accompanying chart will give you an estimate of the time.

From my own experience, I found two problems in using a microwave to warm bottles. The first is that if the liquids are overheated, they will quickly bubble over the rim of the bottle and end up all over the bottom of the oven. Microwaves heat small quantities very quickly so warm bottles carefully.

The second problem is that some formulas and stored breast milk, especially, may curdle or coagulate if heated too much or too quickly. I recommend using a very low power level when warming these liquids. This will help prevent overheating, curdling, and boiling over.

Low power (30%, 30, 3, defrost) is good for defrosting and warming stored breast milk without curdling. Stir or shake the bottle frequently. When breast milk curdles, it gets tiny little solid flecks in it that you might not notice...until the nipple clogs during feeding (and your baby gets screaming mad!).

A medium power, (50%, 50, 5) can be used for formula or plain milk. The accompanying chart shows some average times for warming baby bottles on medium power.

After microwaving baby bottles, always shake the bottle and test the temperature of the liquid. Since a microwave heats small quantities so quickly, the liquid might be hotter than you think. Shaking the bottle before testing the temperature will even out the temperature in the bottle.

Warm Bottles On Medium Power (50%, 50, 5):

Amount Liquid	Time If Room Temp.	Time If Refrigerated
4 oz.	30-40 sec.	60-80 sec.
6 oz.	40-60 sec.	70-90 sec.
8 oz.	1-1½ min.	1½-2 min.

Note: The times above are for microwaves with 600-700 watts of power. For 500-600 W, add 10 seconds to each minute; for 400-500 W, add 20 seconds.

Copyright 1985, Lani Bloomer.

Dauphin Co. 4-H'ers get set for Fair

Dauphin County 4-H'ers are preparing for their Fifth Annual 4-

H Fair, at the Farm Show Complex, Aug. 1, 2, and 3 for judging, fashion show, auctions, awards and much more.

The Fair will be open Thursday from 7 p.m. to 11 p.m.

Friday, the fair will open to the public at 8 a.m. Throughout the morning, there will be judging in general, family living, beef and sheep projects. The afternoon will include dairy goat judging as well as a fashion show.

Evening activities will include an auction school and cake sale. The auction school, using cakes donated by local 4-H clubs, will give the public an opportunity to learn the auction process. Following the school, visitors will have an opportunity to use these skills and buy a hog or sheep.

On Saturday, the fair will open at 8 a.m. with horse and pony projects in the large arena and dairy in the small arena throughout the day.

At 11 a.m., noon and 1:30 p.m. respectively, general, family living and livestock Clover Award competitions will take place. This is the highest award given by Dauphin County 4-H to a member of one of these clubs. To win this award, previously selected project champions must show their skill in other project areas. For example, with the livestock Clover Award, the 4-H'er must be able to show proficiently all six species (hog, sheep, beef, horse, dairy goats and cows) of livestock.

The fair will close at 3 p.m., Saturday.

COMING AUGUST 17th

LANCASTER FARMING ISSUE

Featuring

1985 AG PROGRESS DAYS

To Be Held Aug. 20, 21, 22 at Rock Springs Research Farms Near State College, Pa.

We'll have the information our readers will need to make their visit to 1985 AG PROGRESS DAYS more enjoyable... maps, lists of exhibitors, schedules of events and related stories.



Over 40,000 Paid Subscribers. Invest Your Dollars Wisely By Reserving Your Space Now In This Special Issue.

PUT YOUR MESSAGE TO WORK IN THE AUGUST 17th ISSUE OF LANCASTER FARMING!

Normal advertising rates apply...deadline is Friday, August 9. Call (717) 626-1164 or (717) 394-3047 to reserve your advertising space!

**HAY, STRAW,
EAR CORN,
PEANUT HULLS**
At farm or delivered in any quantity as you require.
**Ebenshade
Turkey Farm**
(America's Oldest)
Paradise, Pa.
(717) 687-7631