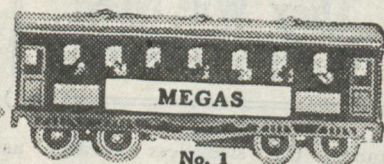
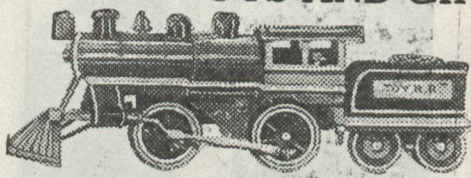


Contest Closes Soon—LAST CHANCE to Receive

\$100 in Christmas Prizes

WHAT PRESENTS ARE IN THE CARS
FOR BOYS AND GIRLS \$100 IN CASH PRIZES FOR
THE BEST REPLIES



No. 1



No. 2



No. 3



No. 4



No. 5



No. 6



No. 7

SO that we may become acquainted with more young people this Christmas, we are giving you this train loaded down with Christmas presents. Each car contains one kind of present and the name is on each car but the man who painted the name got the letters all jumbled. Worse still, the man who coupled the cars got them in the wrong order. Now, can you straighten things out and re-arrange the letters in the names of the presents in each car and put the cars in their right order behind the locomotive?

Car No. 6, DOES ILL, contains "Dollies." The other cars may contain gloves, candy, baseballs, animals, bicycles, building blocks, skipping ropes, nine pins, engines, skates, Noah's Ark, perfume, lanterns, tools, footballs, games, or something else. It is for you to find out.

Should you get the cars behind the locomotive in their right order, you will find that the first letter of the correct name of each Christmas present in each car when these first letters are all put together will spell out the name of a great Nation in Europe, one of the Allies—a Nation whose Navy controls the Oceans.

On Christmas Day, Uncle Peter, who edits the Bunny Page in EVERYWOMAN'S WORLD, will judge the answers and award the following big cash prizes to young people under seventeen years of age complying with the conditions of the contest, whose answers are all correct or nearest correct, neatest and best written. So get busy and send in an answer to-day, and this Christmas Season may be the happiest you have ever had.

The Big Cash Prizes

\$25.00 Cash to the Boy or Girl who sends us the best reply. \$15.00 Cash to the Boy or Girl sending the second best reply. \$10.00 Cash to the Boy or Girl sending the third best reply. DOLLAR BILLS. Fifty bright, new, crisp \$1.00 bills to the fifty next Boys and Girls with the 50 next best replies.

If you are bright and quick you will also have the opportunity of winning a Shetland Pony and Cart or Bicycle and many other fine prizes in a pleasant contest even more interesting than this one.

Write your answers in pen and ink, using only one side of the paper. Put your name, address and age, in the upper right hand corner of each sheet.

Send Your Answer This Very Evening!

THERE are 53 Cash Prizes and in addition other fine awards for every young person who qualifies his or her entry in this fascinating contest. Each boy or girl desiring his or her entry to compete for one of the fine prizes will be required to perform a small service for Everywoman's World for which additional Reward or Cash Payment will be given. Wouldn't you like \$25.00 Cash? Wouldn't you like a Shetland Pony and Cart or Bicycle? These fine prizes will go to our young friends and we would like you to get the best of them. Address your answers as follows:

Uncle Peter, c/o Everywoman's World, 2 Continental Building, Toronto.

WHETHER you want durable LONGCLOTHS, sheer NAINSOOKS, fine MADAPOLAMS the very best FLANNELETES, SHEETINGS, made-up PILLOWCASES and SHEETS,

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John E. Ritchie, 591 St. Catherine St. West, Montreal

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\$5.00 costs 3 cents.



Concerning Myself

BABY WAITS FOR CHRISTMAS

WELL, here I am again, a whole month older than I was when you heard from me last, and a month is such a long time in my history that I have lots of things to tell you.

Just lately Mother has started feeding me from a bottle. At first I did not like it very much, but now that I have got used to it I do. Before Mother started feeding me in this way she had quite a number of talks with Father and with doctor, and together they discussed all the different kinds of foods that are made specially for baby's meals, and said what they thought of each one.

Doctor says that the principal thing to bear in mind is, that while baby's natural food is milk, it is a special milk designed by nature specially for baby, and one which baby is able to digest easily. He says that cow's milk in its natural state is not the best food for baby, because it was intended for baby cows instead of for babies like me. Doctor says that baby cows have much stronger digestions than I have, and that it is foolish to expect a little baby like me to digest the milk at all well.

My mother asked Doctor whether adding water to the milk would make it all right for me, and he said that it would not, as the proportions of cream in the cows' milk are always changing, and the addition of water only makes these proportions worse than ever, unless great care is taken to make this modification in the milk in an absolutely correct way. Mother asked whether she would be able to do this herself and Doctor said that he did not think that it would be wise for her to try.

He thought that it would be better for her to give me a food especially prepared for babies so that it would be the same for each meal and not continually changing, and he told Mother to look out for a food which contained a full supply of cream, and which was made entirely of milk.

"A young baby needs nothing but milk," said Doctor.

He also told her to be sure not to give me any other food at all until I was older. He thinks it is a very bad thing for young babies to be fed with little bits of food intended for older people.

Real Good Food

SO Mother got me some very nice food. I did not hear the name of it, but I do know that she said it was just the kind doctor told her to get. In the day time she mixes it up fresh for each meal (it only takes a few moments to get it ready) and for my night meal she has it all ready for me in a Thermos Bottle, nice and warm.

The bottle that my mother fed me from at first was a bottle with a narrow neck and a very small rubber nipple. I did not like it a bit. The top was so small that my mouth got very tired by the time I had finished my meal, and doctor told Mother that it would put my mouth out of shape.

So, the other day, when she was down town she bought me a new kind of bottle which I like very much. The new bottle is the same size at the top as it is at the bottom, so that the rubber nipple is very much bigger than it was on the other bottle, and it does not tire my mouth at all. Mother says that she likes it just as much as I do, because it is so easy to keep it clean. It only takes a moment to wash it perfectly, as the mouth of it is so wide, but with the narrow necked bottle she used to have a lot of trouble.

When Doctor was talking to Mother and Father about foods, he said that he had many reasons for recommending them to use a prepared food instead of ordinary milk. One of these reasons

was, that it is so difficult to know just where the milk comes from and whether it is perfectly clean. Doctor says that sterilizing dirty milk never made it clean, and that pasteurizing milk never was able to add any cream to it. Another reason was that the solids of cow's milk are very difficult to digest, and particularly for a little baby like me. In drying the milk these solids are in some way broken up, and when hot water is added to it later on, the solids are much more easy to digest than they would have been if the milk had been taken raw.

Doctor is a very nice man and he seems to know a great deal about the kind of food babies should have. I am glad that Mother was able to get so much good advice from Doctor.

Doctor told her that in his opinion the responsibility of a mother to her baby was a very big one, because so much of a baby's later life depends upon the way he is fed during the first few months of his life.

"There are lots of people about to-day," said Doctor, "who are suffering from indigestion and other troubles that started when they were babies. Nowadays it is so easy to find out the right way of doing things that there is not the same excuse for mothers making mistakes in feeding as there used to be."

The only variety that I have in my feeding is an occasional drink of water out of my bottle. I am quite sure that all babies should have drinks of plain water. All people, both big and little, need plenty of water to keep them well. Taking drinks of plain water is quite a different thing to taking the water which is mixed with my food, and I always enjoy them. Mother gives me one or two drinks of plain water every day.

Christmas Presents

MOTHER and Father were talking about Christmas the other evening, and I heard them say that they expected that I will be getting quite a lot of nice presents.

I heard about little pairs of knitted booties, and little caps and crocheted jackets, and sets of babies' furs for going out in the cold weather. Then they talked about little silver baby spoons which would be useful to some of them, and also about baby-sleighs, mother and Father know are some of them older than I am, and they will be interested in rubber dolls and little rubber animals, and I think that I would be quite interested in the same things myself. I wonder whether I shall get some of these things for Christmas, I think the whole list sounds very nice, don't you?

Naturally I am looking forward very much to this time they call Christmas. The other night Mother and Father came and sat down by my bed and talked about Christmas to each other. They talked about another little Baby who was born hundreds and hundreds of years ago at Christmas time. Al-nice cot like I have, and had to sleep in a manger full of hay, yet they said that He changed the whole world, and showed everybody, children and big people too, when He grew up, how to live better lives. And they said that Christmas time was named after this wonderful little Baby, and that people had kept Christmas ever since in memory of the day that He was born. Mother said to Father, that some day, when I grew older, she would teach me about the life of that little Baby of long ago.

I wish all little babies, and all big people, too, just as nice a Christmas as my mother and father will give me. Next month I will be able to tell you all about it.