

so hard to get, did not gain in weight as they should. Eventually the lungs of one of these babies became affected and to-day he is a hollow-chested little fellow who has had to go through two operations for adenoids and has had every children's disease that could possibly come his way. Beside the bright, healthy baby girl who received same treatment, the physical condition of these children shows up to great disadvantage.

Proper elimination of waste must go hand in hand with proper feeding; one without the other cannot make a good baby. The results of constipation are much the same as those of lack of nourishment; restless and fitful sleep, colic and peevishness during waking hours. A sensible mother of a cross baby, one who knows that the child has had enough to eat, will immediately ask herself when the bowels were last emptied. If it was over ten hours before in all probability she will remove the cause of the trouble if she gives an enema or a suppository. After such treatment the child will fall into a restful sleep only to awaken happy and contented because it feels as a healthy little animal should.

Troubled with Croup

Attacks of croup may be induced by exposure to cold or indiscretions in diet. The treatment must aim to produce relaxation of the laryngeal spasm. Such relaxation is best accomplished by the inhalation of steam, the application of heat over the larynx and the administration of an emetic.

As soon as the sharp, brassy bark or the quick, laboring breathing gives warning, wring a piece of flannel out of very warm water and place upon the child's throat, protecting the surface of the flannel and the clothing with a dry towel. Use as hot as can be borne, being careful of course, not to burn the child. Change as often as necessary.

In the meantime induce vomiting by giving half a teaspoonful of syrup of ipecac every half hour until the child vomits. Sometimes the finger may be used or a little warm water and mustard if the ipecac is not at hand. Prepare a steam tent by throwing a sheet over a raised umbrella, the back of a high chair, or anything which will hold it up. Pour boiling water into a container, holding one tablespoonful of compound tincture of benzoin or spirits of turpentine to a quart of water. Cover the bowl with a piece of pasteboard. Make a hole in the pasteboard cover and insert a paper funnel in this. Let the child breathe the steam.

If relief is not gained, give an injection of warm soapy water and apply to the throat a flaxseed poultice, to the surface of which has been added a generous sprinkling of camphorated oil. If the attack does not show prompt signs of yielding, do not delay in calling a physician, for membranous croup is very serious, being of a diphtheritic nature.

After an attack of catarrhal croup, give a laxative and keep the little fellow in for a day or two. Remove the tendency to attacks by giving plenty of fresh air and by cool sponging with salt and water about the chest and neck. See that there are no adenoid tissues or diseased tonsils. Sometimes an alarming attack may be quickly relieved by placing the little patient in a very warm bath which comes up to the chin. Wrap carefully afterwards to avoid a chill. In an older child of strong vitality the use of cold compresses is sometimes satisfactory. A child subject to croup is frequently anæmic and is benefited by a good tonic.

Recipes

Old-Fashioned Desserts (From My Scrap Book)

The person who has never tasted Indian pudding boiled in a bag and literally stuffed with plums—the real ones, dried, not raisins and currants or prunes, which



Shooting days are here. Can't you feel it in your bones? Just as sure as the sportsman in the picture has an excellent opportunity to secure a good bag, you have a chance to win \$250.00 in this our

BIG PRIZE CONTEST

The subscription price of Motor and Sport is the one royal road to securing \$250.00 worth of sporting goods, or anything else you may select from Ashdown's Catalogue FREE. If you are not the fortunate one, you have still more than the dollar's worth in a year's course of the finest out-door literature published in Canada. If you seek entertainment through stories of hunting, outdoors with an automobile, fishing, etc., Motor and Sport will give you the spirit of the real thing—in short, everything the outdoor man wants to read. This contest is open to everyone, provided they comply with the rules.

Contest Opens 1st November, 1916

Closes 1st April, 1917

HOW TO WIN THE PRIZE

We will present \$250.00 worth of sporting goods, auto accessories, or any other articles you may select from the J. H. Ashdown Company's catalogue, to the first reader of Motor and Sport who estimates nearest to the number of whole kernels in 5 pounds and 7 ounces of No. 1 Northern wheat, between the 1st of November, 1916, and the 1st of April, 1917. The wheat is a fair clean sample of No. 1 Northern, grown in Saskatchewan, and weighs 64 pounds to the bushel. It was obtained from the Dominion Grain Inspector of Winnipeg. The wheat and bottle were taken to the Dominion Weights and Measures office, and exactly 5 pounds and 7 ounces were weighed out and poured into same. The bottle was then immediately sealed up in the presence of two witnesses, photographed, and deposited with the Union Trust Company of Winnipeg. It will remain in their vaults until the contest closes, 1st April, 1917, when it will be taken out and counted by a board of 3 judges, none of whom are in any way connected with Motor and Sport.

HOW TO SEND YOUR ESTIMATES

Everyone who sends a subscription direct to this office between the dates mentioned, for Motor and Sport, either new or renewal, is entitled to estimates as explained below. These estimates may be credited in whatever way you desire, and you may send in as many estimates as you wish in accordance with the schedule below. Remember, every additional estimate increases your chance to win the prize. Estimate now and increase your chance of winning, because it is the first one who estimates nearest to the number of whole kernels that wins the \$250.00. Estimates will be accepted as follows:

1 year's subscription at \$1.03 gives you 3 estimates
2 years' subscription at \$1.50 gives you 7 estimates
3 years' subscription at \$2.00 gives you 11 estimates
5 years' subscription at \$3.00 gives you 19 estimates

ADDRESS ALL COMMUNICATIONS TO E. H. HEATH CO. LTD., WINNIPEG



This Bottle Contains

Five Pounds and Seven Ounces of No. 1 Northern Wheat.

The wheat is a fair clean sample grown in Saskatchewan and weighs 64 pounds to the bushel. The photograph shows the actual bottle after it had been weighed and sealed by the Dominion Weights and Measures Inspector.

Can you estimate how many whole grains of wheat there are in the bottle?

Frank B. Snyder, Elkhorn, Man., won the last competition. On that occasion there were 34 pounds of wheat in the bottle, which counted 47,037 kernels. Mr. Snyder's estimate was 47,038 kernels.

The wheat used in this competition is drawn from the same sample as the wheat used in our last competition.

Any person handling grain will supply you with wheat from which to make your estimate.

Coupon

E. H. HEATH CO. LIMITED, Winnipeg.

C. T. & F.

Please find enclosed \$.....for.....years' subscription for Motor and Sport, to be sent to:

Name.....
Address.....Prov.....

My estimates as to the number of whole kernels in 5 lbs. 7 ozs. of No. 1 Northern Wheat are.....

If more space is required for names and estimates, use a blank sheet and attach securely to this coupon.

are the main ingredients of those our foreign cousins have sent across to us—has something in store. Cut in inch slices and almost hidden in a lemon sauce it is the delightful finishing touch to a cold day dinner.

There is the old Colonial formula for baked Indian pudding, that comes to the table a rich yellow brown, its interior creamy, almost jellied, and its odors tempting the appetite that is jaded

beyond repair by anything else in the culinary line.

The old-time baked lemon rice pudding is another favorite that should appear on the table more often than it does, and it should appeal to the careful housewife on account of its eggless condition, a thing to be reckoned with during the winter, when eggs are scarce and high-priced.

The experienced housekeeper does not

need instructions in boiling and baking, although there are exceptions even to this rule, and I have found some experienced ones who can learn new ideas each day. But the young housekeeper is most likely to run foul the culinary rock when she attempts to serve boiled puddings, and for the only reason that she does not take precaution to have a teakettle of absolutely boiling water at hand constantly while the pudding is cooking.

RED ROSE TEA "is good tea"