



**OXO Cubes** are the greatest advance in food invention since men began to eat and women learnt to cook.

Each cube is measured exactly—the right size for a cupful—uniform in nutritious properties, in quality, taste and flavor.

To make a meal, simply drop an OXO Cube in a cup, pour on hot water and stir.

55



10 for 25c.  
4 for 10c.



### UPTON'S PURE ORANGE MARMALADE

with toast or rolls and coffee should be your Christmas breakfast.

Upton's Marmalade is such a delicious and nourishing preserve that once used it becomes a table necessity.

Upton's brands have passed the most rigid Government tests and have proven absolutely pure. The name "Upton" on the 1 lb. jar or the 5 lb. pail that you buy is a rock bottom guarantee of pure goods, produced in an absolutely sanitary factory under the most perfect conditions.

Your Grocer Recommends Upton's H37

### Modern Business Courses

The courses in commercial subjects offered by this school are strictly up-to-date and practical and produce the very best results. All instruction individual. A copy of our handsomely illustrated catalogue sent on request.

**British American Business College**  
Y. M. C. A. Building  
Yonge and McGill Streets - Toronto

### SHORT STORY WRITING

A complete, practical and thorough course of instruction prepared by and taught under the supervision of one of America's ablest Writers and Tutors.

**The Magazines go Begging** for bright interesting stories. This appeal is to YOU. Outright this ad and mail to-day for particulars.

Name.....  
Address.....

**THE SHAW CORRESPONDENCE SCHOOL**  
391-397 Yonge St., TORONTO

IF YOU CARRY A

**"SWAN"**

FOUNT-PEN

you are always ready to "jot it down." The "Swan" has no intricate or delicate parts—consequently it never gets out of order, and is always ready to write without adjusting or coaxing. Good for a lifetime. Sold by Stationers. \$2.50 upwards.

CATALOGUE FREE

**MABIE, TODD & CO.**  
124 York St., Toronto  
London New York Chicago



## THE LADY OF DAINTY LUNCHES

Continued from page 44

that than to lose the confidence of my patrons.

"Oh! I can tell you my brain was no place for cobwebs those days. I had plenty of planning to do. Sometimes I found it necessary to borrow money to tide me over till my ship got into port. But, on the whole, I don't suppose I had any more trouble than most people who deal with the public. Sometimes very ludicrous things happened, and, luckily, I could appreciate them. I could tell you a whole bookful of things that have made me laugh almost to tearfulness; but, of course, I daren't, for I'm still serving lunches. You see the people who got my lunches hadn't the ghost of an idea who I was or what I was like. They used to ask my delivery boys what I was like, and, according to their own report, the boys always told them I was old and ugly. The trade name which I adopted conveyed no definite idea of my personality. It was susceptible to interpretation according to the temperament of the interpreter. I've heard some amusing surmises. For instance, one thought I must be a very genteel spinster of the Miss Matty of Cranford variety. Another imagined that I was the daughter of a cook in the household of Queen Victoria, supposed to have emigrated to Canada. (Thanks for this tribute to my 'home made lunches'). Still another thought I might be a giddy young thing trying to capture a husband by feeding him. I wonder if he expected to find a perfumed *billet-doux* tucked away in a sandwich. And what do you think of this for a conjecture? Someone else thought I was a man trading under his wife's name, and being shielded from the public by her petticoats. My incognito was the subject of much speculation.

"But I must get back to my actual work. During the time my lunch department was developing my other departments were also growing satisfactorily. Cake patrons were being added almost daily. Every day I furnished small cakes for a down-town tea-room. This order had to be filled regularly, regardless of everything else. It had

to be delivered by a certain hour every morning, so I usually made the cakes it called for in the evening. Some of my patrons asked for home made bread, so I baked white bread twice a week and Boston brown bread once. Besides this I put up fruit and pickles, and at Christmas I made a specialty of Christmas cakes, plum puddings, and mince meat. Last year I made eighty-three pounds of Christmas cake, and I don't know how much plum pudding and mince meat. I did not keep count of them.

"You wonder how I did so much? Well, while I was doing it, it did not seem like such an enormous amount as it sounds now while I sit here telling it to you. I did it nearly all myself. Mother helped me butter bread for sandwiches and did other light work when she was able, and my boys helped also. I had to install a thorough system. There were certain hours after which no lunch orders could be accepted, and the same with cake and bread, otherwise I should not have known what to provide for. Sometimes I was asked to do things which I hadn't the least idea how to go about. But I always undertook it, if I could find the time, and some way the knowledge always came, and I usually got along nicely. It was often a problem, but a very interesting one.

"Naturally, I did not have much time for recreation, but I made the most of what I had, and now that I am in a position that my experience has made it possible for me to fill, and when I no longer have the menial work to perform, but the responsibility of planning for the success of a larger enterprise, I can look back over those three years of hard work with a great deal of pleasure. I did not grow wealthy, but I am confident that I made more money than I should have had I gone into an office, and then it was my own work, *my very own*. But, there, my half-hour's up. If you want to know more come in for lunch or afternoon tea some day. Good morning."

## TRUE SPIRIT OF CHRISTMAS

Continued from page 12

"We can't stay," Nancy replied, in an equally low tone, stepping inside the door and motioning to her companion to do the same. "This is Mr. Binney, Mrs. Wheeler. He is spending Christmas with us and helped me get these things for the children."

Binney deposited his basket and bundle on the table and put Nancy's beside them. The tired eyes of the woman brightened at the sight of all those packages with their hidden possibilities of comfort and pleasure, then suddenly they filled with tears.

"I can't thank you, Miss Nancy, you nor your mother, for your goodness to me and mine. Nor you neither, sir, as Miss Nancy says you had a hand in this too. We wouldn't think much of this Christmas goodwill talk, me and my young ones, if wasn't for you and your mother, Miss Nancy."

"I'm glad your faith wasn't destroyed, Mrs. Wheeler," and there was a queer little break in Nancy's voice. "I think we all owe Mr. Binney a great deal. Always remember, Mrs. Wheeler, that the goodwill spirit is real and true, but it hasn't always a chance to show itself. Now, good-night, and a happy Christmas to you and all the children."

Nancy and Binney in turn pressed the woman's hand kindly, and then, without their many budgets, and with full, light hearts they started on their homeward way.

Each was busy with his or her own thoughts and neither felt embarrassed by the silence—ample proof of the feeling of comradeship between them. The man was shaping his ideas, his words, but not his purpose—that was fixed and firm. The girl was thinking—but who could put into words the thoughts of a woman who is filled with happiness, happiness that is tinged with a vague touch of sadness, of loneliness, of sorrow for all those

less happy than herself? Nancy wanted to extend to every human soul the spirit of happiness and peace and goodwill, the spirit of joy and love, the spirit of Christmas Day and of this glorious Christmas Eve.

"Nancy," said the man's voice beside her, "you taught me many things to-day, but the most comforting truth was that at this particular season it is your especial delight to give where you know your gift will be welcome, where there is no other gift but yours to come. With that thought in your mind will you refuse me the only gift I want, the only thing which will make this Christmas Day a truly happy one?"

And Nancy knew she would not refuse to make his Christmas and hers a perfect one, and knew that without the money she had desired the joy had come, and with it a great abundance of that true spirit of the day without which she had truly felt she could not be happy.

### Worth Knowing

To clean and polish old copper coins which have become badly coated with dirt and oxide boil them in a strong aqueous solution of caustic soda, rinse in soft water, and polish with a little putty powder, rouge or tripoli.

When boiling milk for a custard powder, sprinkle the bottom of the saucepan with sugar; this dissolves and forms a layer, and so prevents the milk from burning, no matter how long it boils. It applies to any sweetened milk.

To prevent curtains from blowing against the screen take two tacks, nail one on either side of window, six inches above the window sill; take a piece of twine and fasten it to the tacks, stretching it firmly across the window.

The "British Medical Journal" says—"Benger's Food has, by its excellence, established a reputation of its own."



**Benger's Food** is soothing and satisfying. It contains all the elements of a natural food in a condition suitable for immediate absorption.

When milk alone is heavy and unsatisfying, Benger's Food, made with milk, is appetising and nutritive.

Benger's Food should be used

**For INFANTS, INVALIDS, AND THE AGED,**

for healthy development in infancy, for rebuilding strength in weakened systems, and for the preservation of old age in usefulness and vigour.

Readers can obtain a 48-page booklet, "Benger's Food and How to Use it," which contains a "Concise Guide to the Rearing of Infants," and practical information on the care of Invalids, etc., on application to Benger's Food Ltd. Otter Works, Manchester, England.

Benger's Food is sold in tins by Druggists, etc., everywhere. B20

## 83 CALLS

Were received last month for office help—37 were left unfilled. Demands for trained help are so great that we can afford to "guarantee a position to every graduate or refund tuition money." If you are anxious to succeed write for our beautiful catalogue to-day.

CENTRAL BUSINESS COLLEGE  
Toronto, W. H. Shaw, Principal

**ALMA Ladies' COLLEGE** ILLUSTRATED CATALOGUE FREE ON REQUEST  
St. Thomas, Ont.

### DO YOU COLLECT STAMPS?

If so, write for our 40-PAGE NOVELTY LIST of Sets, Packets, Albums, and everything a Stamp Collector requires. Every applicant for same, enclosing 4c postage and mentioning Gift No. B274 will receive a

**\$2 PACKET OF 100 STAMPS FREE** including rare JAPANESE, BELGIUM, AUSTRIA, SWISS, U. S. A., INDIA, NEW ZEALAND, etc. The catalogue value of this packet is \$2. Only one g. ft. to each applicant. BRIGHT & SON, 164 Strand, London, W. C., Eng.

## STAMMERERS

can be cured, not merely of the habit, but of its cause. The Arnott Institute has permanently restored natural speech to thousands—is doing it to-day. Write for full information and references to

THE ARNOTT INSTITUTE, BERLIN, ONT., Can.

### There's Money In Art

The greatest incomes of modern times are earned by Artists.

We teach you RIGHT AT HOME this very popular profession.

Our courses have been prepared by the strongest combination of Art Talent in America—by a staff of six specialists.

We offer the most authoritative and scientific instruction that can be obtained. We bring "The Art of Europe" to your home. Cut out this ad and mail to-day.

NAME.....

ADDRESS.....

**Shaw Correspondence School**  
391-397 Yonge Street, TORONTO

