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will appear in

Canadian Courier

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Author of "The Psychic Treatment of Nervous Disorders," "The Influence of the Mind on the Body," etc.

(Translated from the French by Harry Hutcheson Boyd.)

This volume by this eminent specialist of Berne makes a valuable addition to the flood of light which Prof. Dubois has already shed upon the subject of self-control, and especially upon want of it as contributing to the production of nervous disorders as set forth in his "The Psychic Treatment of Nervous Disorders," and "The Influence of the Mind on the Body."

CONTENTS.

Introduction—The Conquest of Happiness—Thought—The Act—Conscience—Education—Moral Clear-Sightedness—Egoism and Altruism—Meditation—Tolerance—Indulgence—Humility—Moderation—Patience—Courage—Chastity—Sincerity—Kindness—Idealism.

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NORMAN RICHARDSON, TORONTO,

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The Canadian Women's Press Club

FOR many years Miss Florence Lediard, of Winnipeg, wrote under the name of "Dame Durden" in The Farmer's Advocate, and numbers of the prairie women counted her as a warm friend. It will be sad news to these women of the West, as well as to the members of the C.W.P.C., to hear of Miss Lediard's death in November. In July last Miss Lediard became Mrs. Ernest Clutton, and removed with her husband to a beautiful farm home on the shores of Lake Erie, on Pelee Island, Ontario. Mrs. Clutton was a charter member of the Winnipeg Branch of the C.W.P.C., and was for many years the Treasurer of the C.W.P.C. At the time of her death she was its Auditor. In addition to her work on The Farmer's Advocate, Mrs. Clutton did a considerable amount of general writing, characterized by a discriminating and kindly humour. Indeed, among her press friends she was often referred to as "the girl who sells jokes." Mrs. Clutton was a woman of warm, generous nature, and will be greatly missed.

MRS. H. R. SHARMAN (Abby Lyon Sharman) is the new President of the Winnipeg Branch of the C.W.P.C.



MRS. H. B. SHARMAN,
(Abbie Lyon Sharman, Ph. D.)
President of the Winnipeg Branch of the
C. W. P. C.

Mrs. Sharman is a doctor of philosophy from the University of Chicago in the departments of English literature and history, and for three years held a fellowship in English in the same university. Mrs. Sharman has met with conspicuous success in book reviewing.

CANADA, published in London, England, calls attention to the fact that Miss Mary E. Durham, who has been doing such splendid work for The Daily Chronicle, as war correspondent in the Balkans, is not the "first lady war correspondent," as has been stated. That honour, says Canada, may be claimed by "Kit," Mrs. Kathleen Blake Coleman, of Hamilton, Ontario, who served as war correspondent for the Mail and Empire in the Spanish-American war. "Kit's" brilliant letters from Cuba are still remembered with admiration.

LORD NORTHCLIFFE was the chief guest and principal speaker at the annual dinner of the Society of British Women Journalists, held on November 2nd at the Criterion Restaurant, London. Mrs. Charles Perrin, the President of the Society, presided. The Society, which has its own rooms in St. Bride's Avenue, Fleet Street, has now a membership of over four hundred. Lord Northcliffe said that he considered women to be ideal journalists. This, because of their quick observation, their sympathy, and their persistence. Lord Northcliffe also expressed the opinion that women's work in journalism had been a strong influence in creating the clean and independent press of to-day.

He pictured the situation if women's work were suddenly removed from newspapers and magazines, making the statement that, if this should happen, the output would be reduced by 50 or 60 per cent.

THE Women's Canadian Club of Winnipeg reserves a special table for the press women at its luncheons.

THE Winnipeg Branch of the C.W.P.C. is now having weekly At Home days in its pretty club room, which, as readers of The Courier will recall, was the first club room to be opened by any C.W.P.C. branch in Canada, the club room in Toronto being the second.

MRS. WATT, of William Head, B.C., one of the Victoria members of the C.W.P.C., known through her writing as "Madge Robertson," has been in Toronto as a delegate from the Women's Institutes of British Columbia to the meeting of the Women's Institutes of Ontario. Mrs. Watt is the official representative of the Women's Institutes of British Columbia in the British Columbia Department of Agriculture, and is also a member of the Senate of the new University of British Columbia. During her stay in Toronto, the Toronto members of the Executive Committee of the C.W.P.C. entertained Mrs. Watt at luncheon. Mrs. Watt was also the guest of honor at one of the weekly teas of the Toronto Branch, when she spoke on "Opportunities for Women in British Columbia." Mrs. Watt also addressed the University Women's Club.

MISS MARSHALL SAUNDERS writes from Halifax of the visit to that city of Mrs. Wyckoff Rogers, of Amherst, N.S., the author of "Stories of the Land of Evangeline," and other books. Senator Dennis, of the Halifax Herald, invited a group of the literary women of Halifax to meet Mrs. Rogers. Selections from Mrs. Rogers' stories are used as supplementary reading in the schools of Scotland, England, and the United States.

AT the November meeting of the Toronto Branch of the C.W.P.C., an address was given by Mr. John A. Cooper, of The Canadian Courier, on "The Making of National Periodicals." Mr. Cooper spoke of some of the things Canadian papers need from women writers, and emphasized the value of specialization. If a woman is known as an authority on any one subject an editor can then turn to her for material on that subject. Mr. Cooper suggested almost a score of subjects, ranging from Domestic Science and Suffrage to Astronomy and Music, on which women might readily specialize.

MRS. WILLIAM G. BALE, of Winnipeg, who is an expert with the camera, has compiled a Kodak Calendar of Canada, containing fourteen illustrations, eleven of which are from her own pictures. The calendar contains, also, appropriate quotations. Copies may be had from Mrs. Bale, at 69 Maryland Street, Winnipeg.

MRS. ETHEL CODY STODDARD (Lady Van), of Vancouver, is vice-president of the Local Women's Council, literary secretary of the Women's Canadian Club, and secretary of the organization which has for its object the erection in Vancouver of a suitable women's building.

THE new members of the C.W.P.C. are: Miss Florence B. Steiner, writer of the "Style Letters" for the Winnipeg Free Press; Miss Frances C. Boardman, press agent of the Orpheus Theatre, Winnipeg; Miss Maud McKenney, who is "Penelope" of the Edmonton Bulletin; Mrs. Ambrose (Jessie E.) Dickens, social editor of the Edmonton Journal; Miss May L. Armitage, also on the staff of the Edmonton Journal, as is also Miss Anne Merrill, who edits the Woman's Page.

Cooking Through Canada

(Concluded from page 16.)

My exchequer now beginning to get low I hurried on to Nelson, where I secured a post at once as cook in a first-class boarding-house, the proprietress of which indulged in a much-needed rest. Remuneration was fifty dollars a month. Then followed a period of unwilling idleness. For in the small towns steady work is precarious in winter, even where it is plentiful in summer. Having invested some money in lots in Fort George and urged by the tales I had heard long since of the daring of trappers and Indians on the old Cariboo trail, I decided to take a trip up there in the spring.

The venture was made in April, the journey being via Sloe Lake, Revelstoke, Ashcroft and Quesnel. The former part of the travelling was by coach; but at Quesnel I stuck ten days before essaying the trip up the Fraser as the boat was as yet in its winter stays on the bank. Finally it was launched and we steamed up the river through the two exciting canyons of Cottonwood and Fort George. South Fort George is a little, hustling, typical pioneer town; but I pitched my tent, a home-made one, at Fort George proper—one of a group of twenty-six women among three hundred men. The journey had been, and living was, expensive; and work, as I quickly discovered, was very uncertain. Luckily, I got temporary posts, cook in two different restaurants, both at sixty dollars a month. The hours were long and the work was hard, but the wages were sufficient to take me to Vancouver—enriched with the knowledge of how pre-emptors live.

At the present time I am busy in Vancouver and am looking out for a post as cook in a lumber camp till spring.

Yours very sincerely,

VIOLET BERTRAM.

Recent Events

THE recent mass meeting of Calgary women electors was better attended than any other municipal campaign meeting of the year. So declares "The Morning Albertan." The audience consisted of persons well-posted and thoroughly up-to-date. They asked pertinent questions, promptly and clearly, and insisted on securing real answers. The city fathers who inserted



MISS PAULINE E. JOHNSON.

in the constitution a clause providing that in municipal affairs women should have the same rights of voting as men were wise.

AN ardent interest is, at present, being revived in the authorship of Miss Pauline E. Johnson. This Canadian of Canadians—because she is Indian partly—is living in Vancouver in an enfeebled condition of health. This, no doubt, accounts for the general sympathy toward her and the present renewal of interest in her work. The Duke of Connaught called on Miss Johnson, recently.