Bettering Your Best

You CAN make the year 1923 a red-letter year.

You can do many of the things you have always left undone —many of the things you have always intended to do some day, some time, at some more convenient season.

You can make yourself more like the ideal man or woman you have secretly hoped to become.

You can put the giant within you to work, instead of the insignificant pigmy who has always done your tasks.

You can make yourself more agreeable, more companionable, more cheerful, more attractive by developing a pleasing, magnetic personality so that you may draw new friends to you and delight your old acquaintances.

You can make a larger place for yourself in the business world, in your social circle, in your community, in whatever sphere of endeavor you choose.

You can, during 1923, realize many of your ambitions, many of your heart desires.

You can enjoy real triumphs, real victories, real conquests, over your old self of last year, and thus advance yourself greatly in personal power, in personal esteem, in self-confidence, in determination, in courage, and in all the success qualities.

You can do these things and more.

But will you? Will you have the backbone to keep all your good resolves?—O. S. Marden.

RUNNING IT OUT INTO THE OPEN

—New Orleans Times-Picayune.

Thrift means wise management of what you have—money, time, energies, opportunities.

He who is content to rest upon his laurels will soon have laurels resting upon him.

Still a further addition was made to British Columbia's fur farming industry during the week when a fox farm was established at Nelson, by E. W. Somers.

Some little boys were overheard talking of their fathers. "My father belongs to the Odd Fellows," said Charles. "And mine is a Mason," boasted George. "And what does your father belong to, Bobby?" asked one. "He belongs to mamma," was the prompt reply.

To gain the "team grade" a girl well might be required to have a "saving" her credits a record of service in the home of some overworked young mother. To act as a "mother's helper" is one of the most useful and wholesome things that a [illegible] girl can do.

The Halifax, N.S., Philharmonic Society [illegible] this year conducting musical contests between choirs of boy scouts, girl guides, public school pupils and church choir members. The aim of the contests is to stimulate choral and community singing in Halifax.

New Year's Eve in the Resolution Shop

By ANNIE GRAY BUTCHER.

[illegible] Old Meanwell, the Resolution Maker and Mender, roused himself from his [illegible] chimney corner, [illegible] shook his long grey [illegible] his grizzled brow, [illegible] eyes, and [illegible] his apron.

He knew [illegible] would be a great [illegible] when the striking of [illegible] sound of bells and [illegible] the dawning of Another Year.

[illegible] glanced around his [illegible] sadly and sighed. [illegible] the floor were resolutions [illegible] disorder and in all [illegible]

[illegible]

"This is my night off," said Forgetit as he stumbled his way across the littered floor until he reached a seat. "I met Old Memory down the street rushing around like mad."

"Old Memory is rounding up my customers," said Meanwell. "They'll soon be here, and just look at the place. It's a disgrace with broken resolutions. It's the same every year at this time, only I think it's getting worse. Most of the resolutions are too far gone to do anything with—they've been broken too often. I wish I could do business only in new resolutions."

"Do you [illegible] the new resolutions you [illegible]?" asked Forgetit.

[illegible]

[illegible] from a tangled heap a rusty looking affair.

"Here is a Language Resolution," he said. "You see it has gone quite to the bad. It was probably used for a week or two and then thrown in some dark corner while the owner went off with careless company and forgot all about it. The man that owns this wants another made from the same pattern only a little broader. He comes here every year and his order is always the same."

"He is a good customer. I know him well," said Forgetit.

"Yes, buyers of Language Resolutions are steady customers," said Meanwell.

Forgetit picked up a dilapidated and badly twisted object.

"What is this disjointed thing supposed to be?" he said, curiously.

"That," said the old workman, sadly, "is a Truth Resolution. You see how it's all bent and twisted. The trouble is it's been stretched too much. I don't know any resolution that shows the wear and tear of everyday life as quickly as that one. I remember well when I made that. The man I made it for was a big business man and a fine fellow, but his order called for an adjustable resolution and that kind is never very strong."

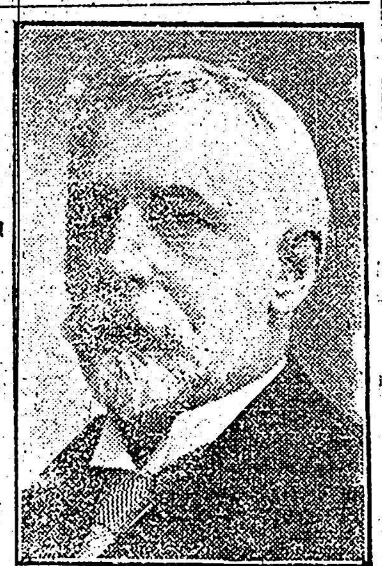
"And what is this crumbling ashy thing?" asked Forgetit, indicating another strange-looking object.

"That's a Temper Resolution," said Meanwell. "It was as sweet and bright a looking resolution as I ever saw when it went out of here last New Year's morning. But the woman that owned it allowed it to get hot too often and all the sweetness and [illegible] and beauty has been burned out of it. She wants it patched [illegible] I don't think I can do a single thing with it. Besides I'm afraid it might explode if I start tinkering with it."

"[illegible] if I were you I'd dig a big hole [illegible] and dump all this junk [illegible] and hereafter I'd deal only in new resolutions," advised Forgetit. "Make them strong as you can, keep a good stock on hand and your shop open all year, so that if any of the resolutions break people can get new ones at any time without waiting for the New Year rush. I think it would be much better if people get their resolutions fresh every morning, like their milk, instead of once a year, anyway."

"I believe you're right," agreed Old Meanwell.

"Hark, the old clock is striking twelve and, listen, there are the bells and whistles announcing the arrival of the New Year. And hear that sound of tramping feet? That sound is made by the army of men and women who are on their way to my shop. I must get busy."

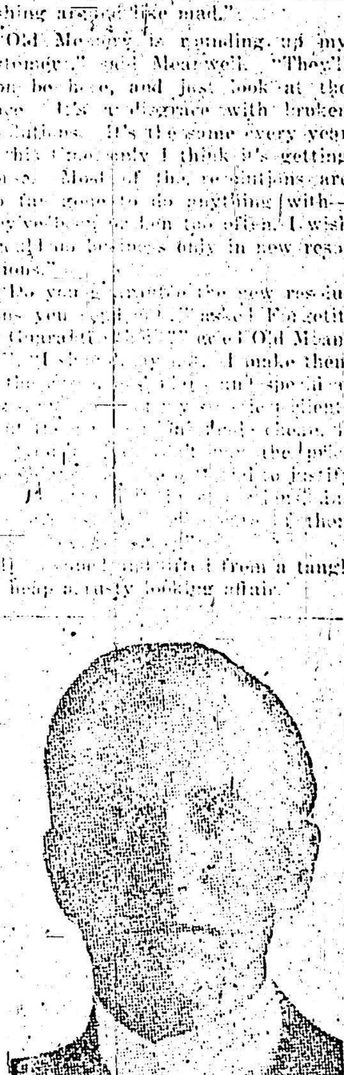


An Ambassador of Trade.

Hon. W. S. Fielding, Minister of Finance, who is returning shortly to Canada after completing an important trade treaty with France which grants mutual customs privileges.

New Chief of U.F.O.

W. A. Amos, elected president of the United Farmers of Ontario, to succeed R. W. E. Burnaby.



Sir John Simon

Elected leader of the Independent Liberal Party in Great Britain, who is also likely to be elected the leader of a united Liberal party which may be a result of the present political situation in the old land.

Accord[illegible] from Washington, Canada is the principal source of the United States imported raw furs, which now annually accounts for between 20 and 25 per cent. of the total import value.

A NEW YEAR'S WISH

The Old Year is gone, with his pleasure and pain,
We hasten to welcome the New Year again;
We hail him our friend and we cannot refrain
From giving a cheer.
For the gift of Old Time is a gift to us all.
May his woes never kill, may his joys never pall,
And may we ne'er spoil him, whatever befall—
Our gladsome New Year.

May all of his paths lead to plenty and peace,
May all from grief's bonds find a joyous release,
And may all the discords of enmity cease
In every sphere.
May goodwill o'er all the earth brood like a dove,
May we speak words and do actions prompted by love,
And may every blessing from Heaven above
Come with our New Year.

May each one act kindly, forgetful of self;
May hatred and malice be placed on the shelf;
And may he bring plenty of pleasure and pelf
To all we hold dear.
May each of his days, as they come to an end,
Be filled with the will, help to others to lend;
And may each new day prove to each a new friend—
This gladsome New Year.

DID THIS HAPPEN TO YOUR CHRISTMAS PARCEL?

Last Christmas 60,000 parcels in Canada could not be delivered at their destination because of poor wrappings and insufficient addresses. The postal authorities urge care in the despatch of parcels. The picture shows some of the contents of parcels at Ottawa.

Every School Should Encourage Music Study.

Few people realize the great value of music study as mind training, yet many eminent educators have declared that music drills the mind as very few other studies can.

Schools do not nowadays confine their music training to the more or less mechanical teaching of sight reading. The modern school teaches the pupils not only to read simple music readily and accurately, but to take down music from dictation and, most delightful of all, to write original melodies. Such training as this both develops the memory and power of perseverance and fosters the imagination and artistic sense. If a student has musical talent this training will discover and develop it. If not, he will at least have been given invaluable mental training and a capacity for the intelligent enjoyment of music, which will be a life-long pleasure.

The value of music study in improving the speaking voice is in itself a sufficient reason for vocal lessons in the school. A fine musical voice is a valuable asset in every day life. It helps to win friends, to make one's environment pleasanter, and to increase one's influence with both friend and stranger. Important as these factors are in the development of personality, training in singing has perhaps even a greater value in its physical exercise in strengthening the lungs and in its generally tonic effect on the health.

In [illegible] instrumental music, school orchestras and bands should also be encouraged. No school should be without its vocal and orchestral music.

Our Best for a Day.

It ought to be possible to live our days in such fashion that we will find much pleasure and satisfaction in looking back over the journey we have come. Too great self-satisfaction is not good, and yet if we have filled the days as they have come to us with sincerity and earnestness and unselfish effort, and have tried to make them count for the best things, the memory of them ought to be measurably satisfactory and comforting. If, by the grace of God, we can live each day that it will have no deed or thought of ours in it of which we would have reason to feel ashamed, that will be a good start. And then if we can add this, that each day will have some act or thought of real unselfishness and service, we will have gone a long way toward laying up a pleasant memory for the days to come. And even though it might be that the past record has not been quite satisfactory, can we not begin from to-day to make everything better? And there can be few thoughts in life more uplifting than that one, that it does climb up to better things with the progress of the years.
—Christian Guardian.

Ernest Blythe, Minister of Local Government in the Cosgrove Cabinet of the Irish Free State.

Canada from Coast to Coast

Charlottetown, P.E.I.—It is estimated that about 5,000 barrels of oysters will be packed on Prince Edward Island before the season closes, an increase of 1,300 barrels over 1921. The demand is good this year, the price ranging from $6 to $8 per barrel. Some fishermen have already landed fifty barrels each.

Montreal, Que.—It is estimated, by the Montreal Grain Clearance Board that about 155,000,000 bushels were sent out in ocean bottoms from this port before the close of navigation. This compares very favorably with the previous season when approximately 138,000,000 bushels were shipped from this port, and a record was created.

Toronto, Ont.—A new hydro-electric power company has been organized to furnish Northern Ontario gold mining industries with power and assist in the development of that rich territory. It is known as the Great Northern Power Co., Ltd. The company is now building the initial unit of a plant on the Montreal River near Indian Chutes, and it is expected that the first power unit of 2,150 horsepower will be ready for distribution early in 1923.

Port Arthur, Ont.—With the construction of two new elevators during the coming year, storage capacity at the head of the lakes will be brought up to 61,000,000 bushels for the 1923 season. The Hawk Grain Company announces that it will erect a terminal elevator with a storage capacity of 1,500,000 bushels at Port Arthur.

Winnipeg, Man.—Nearly [illegible] coal mines were in active operation in Canada in 1921 working over an area of 712,000 acres, according to a report issued by the Bureau of Statistics. Approximately 2[illegible],000 men were given employment and the wage bill in 1921 amounted to $[illegible]2,758,471. The total capital invested in the industry at the close of the last year was $[illegible], of which $17,000,000 was invested in Nova Scotia, $53,000,000 in the mines of Alberta, $41,000,000 in British Columbia; more than [illegible] in Saskatchewan, and, over $[illegible] in New Brunswick.

Regina, Sask.—Great activity prevails in the mining district of Saskatchewan, all the larger coal mines running full time, while the smaller ones appear to be quite satisfied with the volume of business they are handling. From present indications the output from the province's coal mines in 1922 will be larger than for some time past.

Edmonton, Alta.—It is reported that gold bearing quartz has been found some 60 miles on the South Nahanni River, a tributary of the Mackenzie River, and already claims have been staked. A find of gold is also reported on a small creek 30 miles [illegible] of Wrigley.

Victoria, B.C.—[illegible]

The New Year.

Ring out, wild bells, to the wild sky,
The flying cloud, the frosty light:
The year is dying in the night;
Ring out, wild bells, and let him die.

Ring out the old, ring in the new,
Ring, happy bells, across the snow:
The year is going, let him go;
Ring out the false, ring in the true.

Ring out the grief that saps the mind,
For those that here we see no more;
Ring out the feud of rich and poor,
Ring in redress to all mankind.

Ring out a slowly dying cause,
And ancient forms of party strife;
Ring in the nobler modes of life,
With sweeter manners, purer laws.

Ring out the want, the care, the sin,
The faithless coldness of the times;
Ring out, ring out my mournful rhymes,
But ring the fuller minstrel in.

Ring out false pride in place and blood,
The civic slander and the spite;
Ring in the love of truth and right,
Ring in the common love of good.

Ring out old shapes of foul disease;
Ring out the narrowing lust of gold;
Ring out the thousand wars of old,
Ring in the thousand years of peace.

Ring in the valiant men and free,
The larger heart, the kindlier hand;
Ring out the darkness of the land,
Ring in the Christ that is to be.
—Alfred Tennyson.

Rich Smith, of East Kelowna, B.C., was acclaimed as the best Canadian apple grower at the Winter Fair held in Toronto. He captured the sweepstakes for the best box of apples of any variety on exhibition in any section. So far as the other results in the fruit judging are concerned, Ontario growers held up well and even shaded the British Columbia men.

The Natural Resources Intelligence Service of the Department of the Interior [illegible]

The [illegible] at the mouth of the M[illegible] river are very prosperous [illegible] Mr. A. H. Perry [illegible] who returned to Ottawa from [illegible] survey [illegible] part of the river. Many of them [illegible] own [illegible] auxiliary [illegible] over the [illegible] for [illegible] have [illegible] their [illegible] repair. [illegible] others [illegible] even [illegible] watches.

"Some of [illegible] the Arctic [illegible] country [illegible] world. A number of them visited Vancouver recently in order to arrange for direct trading with the city over the ocean [illegible] of their own [illegible]

Prince George III.

The youngest son of Their Majesties King George and Queen Mary, who has been successfully operated upon for appendicitis. He is [illegible]

Color in Life.

A man's days are bright or dark as his own mind compels. If he will resolutely find the sun, he can, but if he insists on seeing the [illegible] black as the nether pit and full of doom, there they are.

The cheerfulness of life is not a drab, depressing, [illegible] things—it is in ourselves. The joy of living is for us to choose. We may have dreary adventures in a world of [illegible] we have the sympathy [illegible] imagination to lift to the [illegible]

[illegible]

In the tragic fastnesses [illegible] man may ever come, there is the [illegible] riot of the orchid [illegible] The wild, wheel often in the undecorated, unvisited places, color is at work like tides of the sea, though no man is aware. Even so, in the secret quiet places of our hearts, which none has seen and known, there may be color, or the sound of music, for the peace and comfort of the soul.

The output of Canadian mines in the West can be trebled as soon as the necessary market has been established, according to Dr. Charles Camsell, Deputy Minister of Mines, who returned to Calgary from an inspection of the western coal fields.

A New York and London wholesale drug firm is seeking supplies of cascara bark in British Columbia and recently secured three carloads on the Pacific Coast. There is indication of the utilization of cascara bark for drug manufacture developing into a profitable industry in British Columbia.

IN RABBITBORO