

**OXO**  
CUBES

Keep the warmth IN and the cold OUT. Have a cup of hot Oxo every day. It will warm you through and through—fortify against fatigue—ward off colds and chills—and keep you A.L.



**Our Corner of the Earth**  
is charming in a thousand ways, but it has the dampest winters of all Canada and the winds are cold and "raw". Coughs and colds are prevalent.

**HAWKER'S TOLU AND CHERRY BALSAM**

will protect you and your family from coughs and colds. Keep a bottle always in the house. Colds demand prompt treatment.  
Read what Thos. McAvity, of St. John, N. B., has to say about Hawker's Tolu and Cherry Balsam:  
"I take great pleasure in stating that I have used Hawker's Tolu and Wild Cherry Balsam in my family for years and find it an excellent remedy for coughs and colds."  
Sold by all druggists and general stores. The same price everywhere—25c. & 50c. None genuine without Company's name.  
**THE CANADIAN DRUG CO., Limited, ST. JOHN, N. B.**

**MUSICAL TALKS**

By C. C. Laughler, Mus. Bac. Bowmanville.

The scantiness of the early musical example, the crude notation and gaps in the records make the study of the early phases of mediaeval music so difficult. Even the best of modern writers do not always follow the same lines or emphasize the same facts. In the early church all the music was vocal, choral; and devoid of any rhythm, quality or expression. After the adoption of music in the Christian Church, it began to assert itself as the basis of certain new principles of design; but the first steps were slow and laboriously achieved under the influence of the ancient church. The singing was done by men; the simple fact that the men's voices were of different calibres, some being deep basses, some high tenors, others between the two. It was therefore difficult to sing their plain song at the same pitch. Some could sing it low, in extreme cases low basses and high tenors could sing it an octave apart. To make it easier to sing together it was arranged that some sing a 5th below, this combination producing the least form of discordance after the octave, and after that the fourth below was arranged. It was many years before they were comfortable to this form of singing. Then for a few centuries they experimented with the 3rd and 6th that are now so common with us; but they were a long time before they felt free with it. All these years when men sang anything but pure melody in one line at a time, they doubled the melody at a 5th above or a 4th below. This result at the present time would seem hideous to our ears.  
When men began to move to real effects of harmony, which means in place of the voices going in strict parallel at some definite interval apart, they began to mix up different intervals together. The first attempts were made by interchanging fifths, fourths, octaves and unisons, sometimes hanging on one note as a stationary note. It will take too much space to follow out the progress of these early centuries in detail; but composers developed their skill in adapting voice parts to one another, in course of time they began to write in four parts with some facility, which was considered a wonderful feat of almost super-

**GUARD AGAINST THE 'FLU'**

Serious Outbreaks of Influenza all over Canada

**GOOD HEALTH IS THE SUREST SAFEGUARD**

"FRUIT-A-TIVES" Brings Vigor and Vitality and Thus Protects Against Disease

There can be no doubt that the situation regarding the spread of Influenza throughout Canada is one of grave concern. It is quite true that the number of cases does not constitute an epidemic such as occurred the suffering and sorrow during the terrible days of 1918. Yet there is no disguising the fact that everyone should be on their guard against the disease.  
In Montreal alone, from January 20th to February 21st, three thousand, one hundred and twenty-two cases of Influenza and 189 deaths from the disease were reported to the Health Department.  
If the outbreak had come at the beginning of the winter instead of the end, we might reasonably feel that the very cold weather would check the spread of the disease. But coming as it has, at the end of the winter, there is grave fear that an epidemic may occur. For spring, with its slush and rain under foot, its dampness and chill, its constant changing from cold to warm and back again, is a prolific source of coughs and colds, pleurisy and pneumonia.  
The best protection, in fact, the only safeguard against the 'Flu', is GOOD HEALTH.  
Those who are not as well and strong as they should be; those who are underweight; those who are "run-down" through overwork or sickness; should build up at once. What they need is a Blood-purifier, a body-builder, a strength-giver, like "Fruit-a-tives", the wonderful fruit medicine.  
"Fruit-a-tives" regulates the kidneys and bowels, causing these organs to eliminate waste regularly and naturally as nature intended. "Fruit-a-tives" keeps the skin active, and insures an abundant supply of pure, rich blood. "Fruit-a-tives" builds up and strengthens the organs of digestion, sharpens the appetite, brings restful sleep and renews the vitality of the nervous system. "Fruit-a-tives" contains everything that an ideal tonic should have; to purify the blood, to build up strength and vigor, and to regulate the eliminating organs, so that the whole system would be in the best possible condition to resist disease.  
Now is the time to build up your health and strength, not only as a precaution against the ravages of Influenza, but also to protect you against "spring fever" and the inevitable reaction which comes with the appearance of warmer weather. Get a box of "Fruit-a-tives" today and let this fruit medicine keep you well!  
"Fruit-a-tives" is sold by all dealers at 50c a box, 3 boxes for \$2.50, trial at 50c, or sent postpaid on receipt of price by Fruit-a-tives Limited, Ottawa.

nephew's musical progress, became very jealous. Hucbaldus left him at the age of 20, and established a music school. There is more known of his works than his life. He wrote an important work on harmony giving several examples, yet his harmony was chiefly an added part to a given melody of consecutive 4th and 5ths which would be simply horrible to our ears.  
Guide of Arezzo.  
Guido was born in 990 and is supposed to be the inventor of the four lined staff. He is regarded as the reformer of musical notation. He greatly simplified music, inventing the F and C clef. Before Guido the notes for singing were represented by the letters of the alphabet on a single line. Guido also invented a system not unlike the Solfa, consisting of 6 syllables in a fixed order that could be applied to any key.  
Franco of Cologne  
Franco was born in the 11th century. To Franco is credited the system of measures, notes and rests of various shape to denote the length. His writings are the earliest known in which the subject of notation is treated. Franco was a Monk, and was next after Guido to improve this rough kind of harmony.  
Walter Odington  
Odington was a Monk of Evesham Abbey, England, born during the reign of Henry III about 1216. Odington wrote a treatise on music. He was also a great scholar in astronomy and science. His treatise deals with the study of music and harmony, monochords and intervals, the science of stretched strings, organ pipes and bells, also dealing with special musical notation and plain songs introducing definitions and rules for writing certain forms.  
Adam de la Hale  
Adam de la Hale is the best known of the French Troubadours or Wandering Minstrels. Born in 1240 He was afterward known as the Hunch back of Arras. His works are the greatest value of his time and many are preserved and published as late as 1872. He is the author of the earliest known Comic Opera. He was a gifted poet and composer.  
Guillaume Dufay  
Dufay was the great leader of the first Flemish school. He was born in the year 1397 and was a chorister in the cathedral of Cambrai. Dufay made many more changes in notation and invented the white or open notes. One writer states that in the various famous libraries in Rome may be found 150 compositions of Dufay's including Masses, Motets, Magnificat chansons, and other church music. With Dufay the Ecclesiastical music first took definite shape. Up to this period music had been developing and had now acquired the modern form of music notation. Thus we see the various stages of development from the crudest method of singing and signs of notation to the modern method having a sign for every requirement.

"Suits me", says the man who tries his first chew of BLACK WATCH.

"Suits me", says the man who has been enjoying the rich, satisfying flavor of BLACK WATCH for years.

BLACK WATCH wins friends on every side.

**Black Watch CHEWING TOBACCO**

The young leaves—the tender leaves—those full of flavor and richness—are selected for Red Rose Tea. The strength, flavor and freshness of these choice, delicate leaves is fully preserved for your enjoyment by the sealed Red Rose package which keeps out odors, dust and moisture.

The Red Rose name guarantees satisfaction.

**RED ROSE TEA**  
TEA is good tea

Plumbers are not the only pipe fitters. He has no force with men who has no faith in himself.

Red Rose Coffee is as generously good as Red Rose Tea

**Flour! Flour!**  
I keep in stock and offer for sale the most reliable brands of Canadian Flour—A few of the brands in stock

**Five Roses Purity**  
**Beaver Snow Drift**  
**C of the West Star**

A Full Stock of  
**FEEDS for Horses, Cows, Hogs and Poultry.**  
**Molasses in Puncheons and Barrels**  
Sold Wholesale and Retail at bottom prices

**P. HENNESSY**

**Reduced to Clear**  
—We have a limited quantity of—  
**Ladies Coats**  
**Mens and Boys**  
**Mackinaws**

which we have greatly reduced in price to clear. These are of exceptional good quality, and the price which we ask for them will insure their quick sale

**A. J. BELL & CO.**  
Newcastle, N. B.

human concentration. Yet in these forms almost every elementary rule of art which a modern musician holds is broken incessantly.  
There are very few pieces by the most learned and intelligent musicians up to the 14th century that would not produce bewilderment and often irresistible laughter of the modern musician. All this development naturally proceeded under the wing of the church. The early period from the 9th to the 15th century was, as it were, the babyhood of music. In the 11th, 12th and 13th centuries, ornamental notes were found and used, they also learned to like the sound of the interval of the 3rd. The church was like a careful mother watching over and regulating all that was done. From the 15th to the 17th century was the youth of modern music—a period most pure, serene and innocent. The first singing schools were founded during the 13th century. It was also necessary to transfer the office of song from the laity to the clericals on account of the sanctity of the service. The music of the Christian Church passed through three great typical divisions, each complete in itself. First the Plain Song (unharmonized) up to the 11th century. Second the Contrapuntal unaccompanied chorus from the 12th to the 16th centuries. Third, the mixed solo and chorus music with free instrumental accompaniment (Modern Method).  
Polyphonic singing consists of 2 or more voice parts enabling 2 choirs each to sing different themes yet producing a harmonious effect. Antiphonal singing is a system of singing the psalms by 2 alternating choirs, the one choir men, the other women or boys.  
Just a few words regarding some of the eminent theorists of this early epoch to the 14th century.  
Hucbaldus  
Hucbaldus was a Benedictine monk at Sithon and Moulins. He wrote a treatise on Hucbaldus is called the "Art of Organum" and full of times Hucbaldus studied the art of music because of his

**REGAL**

The Big Value in  
**FLOUR**

IN THE HOMES of the people, far and near, "REGAL FLOUR" is known for its high and uniform quality; it is known as the most important factor in bread-baking success.

**LAWRENCE FLOUR MILLS**  
MONTREAL