

SUFFERED TERRIBLE AGONY

"Fruit-a-tives" Alone Gave Him Quick Relief

Buckingham, Que., May 3rd, 1915.
 "For seven years, I suffered terribly from Severe Headaches and Indigestion. I had belching gas from the stomach, and I had chronic Constipation. I tried many remedies but nothing did me good. Finally, a friend advised 'Fruit-a-tives'. I took this grand fruit medicine and it made me well. To everyone who has miserable health with Constipation and Indigestion and Bad Stomach, I say take 'Fruit-a-tives', and you will get well."
ALBERT VARNER.
 80c. a box, 6 for \$2.50, trial size 25c. At Dealers or sent postpaid by Fruit-a-tives Limited, Ottawa, Ont.

Music in the Home

EDUCATION AND MUSIC
 Art is the world speaking to itself. It comes from the great font and belongs to the people. We must break through the barriers which prevent them from receiving it. No education worthy the name is possible without music, which should take second place only to rudiments, reading, writing and arithmetic.

WHY NOT SMALLER ORCHESTRAS AND MORE OF THEM?
 One of a group of music lovers, who was chatting over musical subjects at luncheon recently, raised the question how it is we have certain famous big orchestras on one hand and on the other, trios or quartets or sextettes with practically nothing in between? This was his way of drawing attention to what he considered a dearth of real excellent small orchestras. And there is a good deal of food for thought in the suggestion.
 The craze for bigness, numbers, volume, has been at last to some extent dispelled. A writer in the London Musical Times has been hold-

ing forth on this very same thing. Let the Germans, if they have a mind to," he says, continue to pile up instrument upon instrument write symphonies with eight or twelve horns and three or four tubas, give free course to the monomania for the gigantic, while we following the precepts of Purcell and Rameau, and especially of Mozart the unsurpassable endeavor to multiply these rarer ensembles wherein perfection moderation and taste are ruling factors and which are so easily managed and so intimate in character."

Backing up his contention with a concrete example, this party says elsewhere "I had the privilege shortly before the war of hearing one of Haydn's Symphonies given with the same number of instruments as were used at its first performance under Haydn himself. I was agreeably surprised to find how the charm, the colour, the imperceptible gradations in each one of the movements of this Symphony struck me. They seemed to stand out more clearly, effectively, subtly, than I deemed possible."

WHAT THE PHONOGRAPH DID
 The problem of the convalescent soldier is one that is closely associated with music in the minds of man;

AVOID COUGHS and COUGHERS!
 Coughing Spreads Disease
SHILOH
 30 DEEP-STEPS COUGHS HALF THIS FOR CHILDREN

GROWING DEAF WITH HEAD NOISES! TRY THIS!

If you are growing hard of hearing and fear Catarhal Deafness or if you have roaring rumbling, hissing noises in your ears ago to your druggist and get 1 ounce of Parvinal (double strength), and add to it 1 pint of hot water and a little granulated sugar. Take 1 tablespoonful four times a day. This will often bring quick relief from the distressing head noises. Clogged nostrils should open, breathing becoming easy and the mucus stop dropping into the throat. It is easy to prepare, costs little and is pleasant to take. Anyone who is threatened with Catarhal Deafness or who has head noises should give this prescription a trial.

thoughtful student of reconstruction problems. Again and again from the hospitals of France and England come stories of the use of music for shell-shocked minds and nerves. One army nurse recently recounted the story of a fine young French officer who was brought into the hospital where she was stationed, suffering from the loss of both speech and hearing. He could not hear the roar of the big guns nor the loudest shout. Finally some one suggested trying him with music, and a record of the "Marsellaise" was put on the phonograph in his ward. To the astonishment of everyone present he began to sing as soon as the opening bars of the song had been played. speech and hearing returned simultaneously. The medical explanation was that the music set in vibration certain nerves that louder noises were powerless to stir.

GIRLS' DRUM CORPS TO THE RESCUE

The employees of a large store, who were desirous of doing something to promote patriotic work, had several schemes in mind. Along came someone with the proposal "Why not form a girls' drum corps? This could participate in parades, open air meetings and the like. The suggestion caught on at once.
 In a few days applications began coming in to the organizers for the scheme for membership in the corps. Soon eighty-five girls were equipped with drum and bugle outfits and the band became reasonably proficient. It paraded in the government loan drive and won widespread and favorable commend. Not content with their accomplishments to date these young ladies are organizing themselves into a xylophone band. They will start with twenty xylophones ranging from the big bass fellows to the highest trebles. The twenty girls selected to start the band are those who have had sufficient piano training to enable them to begin intelligently on the xylophone. Again it is "hats off to the women."

JUST GOSSIP.

Music in the home means children off the street.

Remember piano playing is a matter of brains, not muscle.

The Czech-Slovak races became our allies. The Czech National Anthem is "Kde domov mój?" or "where is our Home?"

Paolo Tosti, whose song "Good-bye" everyone is familiar with, was appointed singing master to the British Royal Family in 1880.



War to Peace



Article No. 13 Cut out for Reference

Creating Opportunities for Employment

BESIDES helping to distribute employment through a chain of Employment Offices, the Government has developed plans to create opportunities for employment.

Briefly, these plans cover the following phases:—

1. Public Works

During the war, many important Public Works have been held up. The Minister of Public Works, has his plans and preparations made to proceed with the more necessary of these in the near future. This Committee has also been in touch with Provincial Governments and Municipalities, with a view to impressing upon them the necessity for similar action. The building and public works programme now in sight will provide employment for many returned soldiers and war-workers.

2. Railways

During the past four years, a great deal of work necessary to keep our railways up to standard has been postponed. Some millions of dollars must be expended on improving road-bed, constructing bridges, buildings and other improvements. Vast quantities of ties are being got out this winter. Equipment of various kinds must be secured. The Minister of Railways states that as soon as weather conditions will permit, some thousands of men will be absorbed in various railway undertakings. The supplies and materials required will also provide employment.

3. Shipbuilding

The shipbuilding programme arranged for by the Government will provide employment for many men during 1919. It is expected that arrangements will be completed to keep the shipbuilding yards in active operation throughout the year. The Government recognises that this ship construction is one of the best means of providing suitable employment for many skilled and other workers.

4. Export Trade

The Government has established a Canadian Trade Commission. This Commission has an office in Canada and a "trade mission" overseas. Through this trade mission it is anticipated that Canada will secure an important share in the business of providing materials and manufactured products required for reconstruction work in Europe. A short time may be required before final details are completed and definite results are announced. The business so secured will be distributed through the regular channels of trade and thus afford extra opportunities for employment.

5. Housing

The Government has set aside the large sum of \$25,000,000 to be loaned through the Provinces in order to encourage the building of workmen's houses. When the season for building arrives, this work should give employment to many hundreds of men both in construction work and in the supply of materials.

6. Land Settlement

The Government, as already explained in a former announcement, has developed plans to help soldiers to become farmers, providing land, granting loans and giving training and supervision where necessary. It is expected that a large number of returning soldiers will take advantage of these opportunities. The scheme will involve the expenditure of some millions of dollars, a good deal of which will find its way into building materials, supplies, machinery, etc., all of which will assist in providing employment.

7. Road Building

The Government now has under consideration the question of joining the provincial governments in financing the construction of public highways. Should a favorable decision be reached, a large field for employment opportunities will be opened up. Regardless of Federal action, provincial governments are preparing their own road-making programmes.

The Government is alive to the necessity for providing employment opportunities, and stands prepared to assist in every way possible. If corporations and private citizens will join in this feature of Repatriation Work, Canada should have little difficulty with the employment problem.

W. J. G. G. G.
 Director of Repatriation

The Repatriation Committee

OTTAWA



Friday, February 6, 1919.

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103

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en killed in the bombardment Spartacus from Eisenach and re on their way to Bremen to the Spartacans there.
 g the bombardment of Bremen cathedral the house and the ll. were damaged and many partly destroyed.
 stration held.
 Feb 5—Spartacans in Breve decided to deliver their) Hamburg and Bremschaven instead of the Government forces (net them from Berlin, accord- dices received here to) men at Hamburg held a con- in sympathy with the Spartacans. Armed workmen have d the Vulkan shipyard in g and work is at a standstill.

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J. J. BENSON, Manager, Kitchener Branch.

The old idea that composers go abroad and study that a sonata should be constructed so-in-so, is getting out of date. As someone said "they get wound up on the hobbin of their own over-refinement." The composer today must have originality and be in close touch with his fellow-men and current events.
 "I have seen a bad leader give the most popular music imaginable to a crowd and awaken no response whatever; while a good leader would give a wholly unknown composition to the same people and you would see them strongly responsive. So one can put it down as an axiom, that we cannot know, it is impossible to know, whether people will like a given composition until it is given to them by a thoroughly competent conductor." This was the observation of the supervisor of municipal concerts in New York city.

That Bungalow

you've dreamed of, the suburban home you've planned or the house you thought would be a good investment I have for you. On my Real Estate lists right now are many desirable properties that can be bought right. Among them.

Solid brick home on Queen Street, North. Has reception hall, living room, dining room, kitchen and pantry downstairs. Three nice bedrooms, large hall and bath-room upstairs. Hot water heating, three piece bath, and electric lights. Fine large verandah facing east.
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