

Hamilton, May S.—It leaked out at the meeting of the Board of Educa-tion to-night that the business in con-nection with the proposed new school on Mary-street was not in accordance with the general practice. It was

with the general practice. It was stated that the tender of Willam Han-cock, which was \$2000 lower than the day. 5

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A Benefit

If it teaches you that Better health Greater strength Keener brain come from Grape=Nuts

Try the change and "cut out" meat for breakfast. Our word for it, you will feel "Fit as a Lord" in a week's time by breakfasting on Grape-Nuts and cream, a little fruit and perhaps one or two soft eggs.

If you ever try this experiment, you will always bless the day of high beef that waked you up.

There's a reason why Grape-Nuts furnish power to the body and brain. The food contains selected parts of the field grains that furnish phosphate of potash in a natural state that can be assimilated by the human body, this joins with the albumen of food and forms the soft filling of the brain and nerve centres.

Feed skilfully and you can "do things."

The greatest brain workers in America eat Grape-Nuts.

Ask one or two, they'll tell you.

You meat eaters who are ailing in any sort of way might take a valuable hint from the following statement of Chief Chemist Wiley of the Agricultural Department, in the Daily Press, from which we give the following extracts:

There is no doubt of the fact that meat-eating is not essential to human life and that men can be well

"There is no doubt of the fact that meat-eating is not essential to human life and that men can be well nourished without resorting to a flesh diet. "I think the statement may be accepted without question that, as a rule, we eat too much, not only of ment, but of all forms of food. The question of limiting the diet is based primarily not on the principle of economy, but on the requirements of brgiene. "At the early breakfasts which Americans are wont to indulge in, that is, a hearty meal before going to their daily work, the omission of meat is to be earnestly advised. "It is well known that men who are nourished very extensively on certain cereals are capable of the hardest and most enduring labor. Meats are quickly digested, furnish an abundance of energy soon after con-sumption, but are not retained in the digestive organism long enough to sustain permanent muscular exertion."

You will feel the Energy of Grape. Nuts longer than any meal of meat.

Remember Grape-Nuts food costs about one cent per meal for each person and all grocers sell it.

Made at pure food factories of Postum Cereal Co., Limited, Battle Creek, Mich. and the same

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bids fair to help make it a city in a S. MARA, ISSUER OF MARRIAGE short time. short time. The first consignment for cattle for sale reached the market in the even-

MONEY TO LOAN. ing. The officers of the company are to be

The officers of the company are to be congratulated upon the success a ready achieved in so short a time. Stouffville. In the death of their youngest daugh-ter, Laura, from scarlet fever, Mr. and Mrs. Renfrew have sustained a great loss. On Christmas last Mr. and Mrs. Renfrew lost a bright little boy from the same cause.

Todmorden.

ANNIVERSARY OF BATOCHE.

ed the entrenchments of the Halfbreed

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the same cause. Phoenix, Barkey & Nelles, who recent: ly engaged in general machinery work here, are meeting with the most grati-try victoria, Toronto. ly engaged in general machinery work here, are meeting with the most grati-fying success, and find difficulty in sup-

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Recent to show should mering cate the be, as us and Sea out here crico st on Map Oneiros, may run game s Cardis lowers cardis ca

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Markham.

The report is again current that the C.P.R. will build their short line between Claremont and Brown's Corners, via Markham, during the coming season.
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Markham.

Plans are prepared for the enlargement of the Maple Leaf Voollen Mills.
Nominations for the Village Council, made necessary by Mr. Speight's resignation, will be held on Monday evening next.
Monter Council Council

A ta special meeting of the Town Council, the solicitors won the ditors for leave to appeal to the Supreme Court. Jocust Hill Clippers won the first game of baseball of the series from Markham by 3 to 0. In the absence of the pastor, Rev. Mr. Leech of Port Perry will occupy the pulpit of Markham Methodist and Box Grove in the afternoon.

COBB & BAIRD, BARRISTERS, SO-licitors, Patent Attodneys, etc., 9 Quebec Bank Chambers, King-street East, corner Toronto.street, Toronto. Money to loan. Arthur F. Lobb, James Baird.

Todmorden. One of the lady teächers of Dufferin school, in the city, brought about 20 of her pupils to the woods east of Thomp-son's paper mill, on the Don River, and gathered a large quantity of wild flow-ers yesterday after school was dis-missed. Two weeks are the market gardeners around here had the seeds blown out of a large area of their lands from the very high winds. Many of these gard-eners, especially on flat lands, cannot get on the soil to re-sow, as so much rain has fallen that the ground is sat-urated.

EDUCATIONAL.

Seventeen years ago this morning the G ERMAN AND FRENCH WITHOUT right division of the Northwest Field trial lessons free: references. Frau White-Force, under immediate command of law, 96 McCaul-street. the late Gen. Sir Fred Middleton, enter-

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the late Gen. Sir Fred Middleton, enter ed the entrenchments of the Halfbreich village of Batoche on the South Sas katchewan River. After a long and hot day's fighting with the rebel forci-tion. They were fired upon all inlight by the rebels. Just before retiring a reculiar occurrence took place. The royal Grenadiers, with A Field Battery, Boulton's and French's scouts had borne the brunt of the day's engage ment. All the corps had retired except No. 3 Company of the Grenadiers, withed three days after, when Batoche willed three days after, when Batoche field Battery covered the retire entities of 17 years ago to day willed three days after, when Batoche field Battery covered the retire entities of 17 years ago to day will de three days after, when Batoche field Battery covered the retire entities of 17 years ago to day will de three days after, when Batoche field Battery covered the retire entities of 17 years ago to day will de three days after, when Batoche field Battery covered the retire entities of 17 years ago to day will chreat was then fired hitting three the ball glanced of this had and went thru the arm of Yoleys were finds and went thru the arm of Yoleys

