POOR DOCUMENT

THE STAR, ST. JOHN N B. MONDAY, JANUARY 31 1910

TORONTO, Ont. Jan. 31.—The Candida Narthern Rallway station at Sprague, Manitoba, was burned on Sareging in mains and sender provided for this production and with the magnific at Hamilton, when his train loaded will pig iron, impure the rains of the T. H. and B., near the Grand Truje crossing. A big flee of Iron all forward and struck him on the head. The rest of the crew scapes but the engine and sender wow burned head. The rest of the crew scapes but the engine and sender wow burned on all forward and struck him on the head. The rest of the crew scapes but the engine and sender wow burned fall to prove an unusual treat to the eye flowes that the origin and sender wow burned.

A very large number of children at tight the magnific to the company and the crew scapes but the engine and sender wow burned.

A very large number of children at tight the tight the magnific to the company and the programme, thoroughly depend to the source of the crew scapes of the source of t

FRIDAY'S MUSICAL EVENT.

The sale of seats for Mark Hambourg's plano recital at the Operathis morning and many patrons secured seats. The unsold portion of the securities is being offered in todays newspapers by a long seather of the crowned heads of Europe.

G. W. Marshill-Hal, composer, professor and director of the University and Conservations of the crowned heads of Europe.

G. W. Marshill-Hal, composer, professor and director of the University and Conservations of the Company in lat's recitals given recently in that city, says, in the course of a very eloquent article:—"If do not know the Hambourg, to surpass hillege to hear of the Candada Car and Foundry the Hambourg, to surpass hilling to the Call on the Section of the Candada Car and Foundry Company, Mr. A. E. Ames & Co., Limited, Vice-President, Mr. A. E. Ames Toronto, of A. E. Ames & Co., Limited, Vice-President, Mr. A. E. Ames Toronto, of A. E. Ames & Co., Limited, Vice-President, Mr. A. E. Ames Toronto, of A. E. Ames & Co., Limited, Vice-President, Mr. A. E. Ames Toronto, of A. E. Ames & Co., Limited, Vice-President, Mr. A. E. Ames Toronto, of A. E. Ames & Co., Limited, Vice-President, Mr. A. E. Ames Toronto, of A. E. Ames & Co., Limited, Vice-President, Mr. A. E. Ames Toronto, of A. E. Ames Ames Toronto,

Chamberlain's Cough Remedy

WILL CURE

Your Cold. Try It

The uniform success that has attended the use of this remedy in the cure of bad colds has made it one of the most popular medicines in use. It can always be depended upon to effect a quick cure and is pleasant to take. It contains no opium or other narcotic, and may be given as confidently to a

A Fine Time to Work Out the Food Problem

The wide spread "shriek" about 'high prices for meat will induce people to plan meals with more reason and better judgement of food strength and cost.

Many of our strong men. College Athletes and others, learned from actual experience that a vegetarian diet produced better results than a diet including meat

Many famous names appear in the vegetarian list. Names whose owners are champions and prize winners in their chosen field of athletics.

After all the argument for and against any particular kind of diet, the question can best be solved for the individual by personal experiment.

Certain it is that those who have never tried it, have some facts to learn by breaktasting this way:

> A LITTLE FRUIT either fresh or stewed

A dish of GRAPE-NUTS

and cream A cup of some hot beverage Postum-Tea-Cocoa

> or Hot Milk Some bread and butter

and there you are-Plenty!

Plenty!

Plenty:

for a strong

man, day worker or Brain Worker.

Look "thin" you say. Our word for it you will reach lunch time fully sustained food well digested — head clear and ready for the noon day meal.

Where is the sustaining power? You ask. In Grape-Nuts which we believe to be the strongest, most digestable food known.

Five important points should guide the wise selection of food.

Must be made of nourishing ingredients. -Grape-Nuts

Must be easily digested—Grape-Nuts Must taste good-Grape-Nuts. Must be economical—Grape-Nuts. Must be guaranteed under the Pure Food Laws-Grape-Nuts.

As TO PRICE:—One 15c package of GRAPE-NUTS contains 14 portions, practically ONE CENT each. Sold use same today as this food has always sold. No rise in price. There's a pathway to reasonable economy in food and that's not all--

"There's a Reason" for Grape-Nuts

Postum Cereal Company, Ltd. Battle Creek, Michigan.