

njurious to the male National schools of our country.

## A HAPPY CHANGE.

### Alt of Change to a Good Food.

Often we spend pounds in money and in-ble time seeking a restoration of health from hospital or seaside, when at our very hand, procured in a moment, is a simple in- expen- hing, which will give us the relief we seek. refer to Grape Nuts, a scientific food, pre- with skill and care. Its inventor had in the fact that the digestive organs rendered by illness are often unable to properly ilate ordinary food, and must have

ance. t of this work of digestion, that is, the part a seems to be the most difficult, viz., the ring of the starch, is best done before the is eaten.

ousands, even those apparently in good a, find this work of digestion of the starch in , potatoes, etc., etc, difficult, and to these, ill as invalids; the food, Grape-Nuts, is most me.

this food the starch of the wheat and barley hich it is made) is changed, in the manufac into a form of sugar, and this is just the e that all starch must go through in the n system in order to make it a food. Besides e-Nuts holds some important phosphates, a are the food for the delicate tissues of the and nerves, and also materials for the bones, , etc.

e writer of the following letter, who lives in ceester, Glos., found relief, by the use of this which hospitals and change of scene could not her:—

t gives me pleasure to tell of the marvellous it I have derived from the use of your Grape . Last February I was suffering from an sive weakness, which compelled me to get cal advice. My doctor urged me to go into ospital where I was a patient for six weeks. e end of that time, being no better, he sug- id a change by the seaside. I was there a ight at a convalescent home, which certainly a little improvement on my health, but ng permanent.

came home, and a friend of mine persuaded y try Grape-Nuts. This I have done for up- s of five weeks, and am perfectly satisfied the result they have given me, for I often t to digest my food, had sleepless nights, and I not walk very far without feeling tired.

Now I can thoroughly enjoy my food, get d sleep, and walk with ease and comfort.

My friends attribute these improvements to constant use of your valuable food, and I have every confidence and pleasure in re- pending it to others.?

ere's a reason.

me given by Grape-Nuts Co., 86 Shoe Lane, on, E.C.

RRIS'S MACHINE-MADE BREAD.

a problem such as the one stated above:

Photographic notes will be continued next Tuesday.]

TELEPHONE

## CRUELTY TO A WAIF.

### Terrible Case, but Poor Punish- ment.

At Ipswich a married woman named Cann was sent to prison for a month in the second division for cruelty to a three year old child, one of Dr. Bernardo's waifs. Evidence was given to the effect that the woman on one occa- sion thrashed the child for an hour, rendering it black and blue while on another occasion she burned its body with a hot flat-iron. The magistrate characterised it as a terrible case.

## DEATH IN LIMERICK COUNTY PRISON.

An inquest was held at Limerick District Male Prison yesterday by Dr. M. R. Clery, Coroner for East Limerick, with a jury, on the body of Wm. Ryan, a prisoner aged 63, and said to be a native of Kilrush, Co. Clare, who died in the goal on Saturday. It appeared from the evience that the deceased was admitted to the gaol on the 22nd February on a Magisterial warrant from Ennis- tymon, County Clare, he having been sentenced to one month's imprisonment under the Vagrancy Act. The Governor of the Prison, Mr. O'Sullivan, saw him on the night of his admission, and he appeared to be in his ordinary state of health—he had previously completed a sentence. He was seen next morning by the Prison Surgeon, Dr. M'Grath, who exempted him from all labour on account of partial blindness, and the debilitated state of his health, and he was given a better class of diet than that to which he was entitled. Deceased made no complaint till the 14th March, when doing exercise, and the Governor found him sitting down and looking faint. He brought him in and gave him a stimulant of hot milk. He sent for the R.C. chaplain and the doctor. The doctor sent the patient to the hospital, where he got the best attendance and nourish- ment. He, however, grew gradually weaker, and died at 1.15 on the 18th instant, death being due to the failure of the heart's action. The jury returned the following verdict:—"That Wm. Ryan died in the Male Prison at Limerick on the 18th March, 1905; that death was due to failure of the heart, and that he was treated most humanely and with great care by the governor and doctor since his admission and during his illness."

District Inspector O'Hara and Head Constable Moore appeared for the police.

appears only anxious that by what he considers has c

## WARDERS ASSAULTED

At the Police Court yesterday, Thomas Mc Hickson, R. M., Thomas Mc newsboy, was charged with assaulting St. Patrick's Day, and again. The accused was sentenced to imprisonment in default of penalty of £4. McMahon, with John Hannan, with evening, assaulted Thomas in the Limerick District Male Prison, and two other warders were also charged. McMahon was sentenced to 14 days in gaol, and McMahon tried stick from the complainant with him, Hannan, as alleged on the back of the head hand. The accused was sentenced to 14 days in Sessions.

## ENGINE IN A

On Saturday an extraor- dinary accident hap- pened on the London and North Western Railway, near Crewe. A heavy passenger train was shunting in what is known as the "stop block" when through some means it over- crashed into a stop block. The result was a terrific crash. The stop block engine rolled down the embankment and struck the street. The fireman and jumping. Great damage was done.

## WIN FOR AUSTRALIA

A Reuter's special ser- vice from Wellington (New Zealand) says that the Australian cricketers for England have won the Test match in New Zealand by an innings and 100 runs. The Australian team declared the match closed at 11.15 on Saturday. The Australian team made 593 for nine (Trumper 141, and England made 94 and 141.

## FARROW'S REAL MUSH KETCHUP

Makes Delicious Soups, ( If your grocer does not name and address and write to J. FARROW & CO., De- nton, England. SAMPLE FREE, or a re- 10d., or a reputed pint 1

The Jersey State, by adopted the principle for p- tion in all public elemen- island.