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From THE DAILY COLONIST, March 30. SPORTS AND PASTIMES.

Yachting Prospects and Preparations -The Golf Tournament Opened.

To day's Events.

the managing committee: Messrs. H. R. Foot, F. C. Holden, W. L. Challoner, K. Finlayson, W. Croft and D. H. Anderson. The managing committee will at once begin McMillan of this city last night was won by preparing for Queen's Birthday celebration Whatcom, Tacoma, Port Townsend, Port Angeles and Everett clubs are all making preparations for the event. Great interest is being centred in yachting circles this season, owing to the addition to the Victoria fleet of the two fast yachts brought out from the Old Country by Commodore
G. A. Kirk, and also from the fact that among the new competitors at the Queen's

ceiving so much favorable comment and this summer in England, with the combined criticism as the 'White Sar,' the new North Seattle sloop, designed and built by Neil versities. Dennee. The White Star is of an entirely different type from anything heretofore seen in these waters, but of a style which is rapidly gaining favor on the Atlantic coast. She was primarily intended for a roomy, comfortable cruiser, speed being a secondary consideration, but by a glance at her easy, graceful lines it will be easily seen that Mr. Dennee never intended her to adorn the tail end of the procession. The White Star is a keel boat, 35½ feet in length over all, 11 has not yet commenced loading her cargo, as feet beam, 6 feet deep, and will have a she was only listed for the trip the day bedraught of about 7 feet. Her mast will measure 45 feet from deck to truck : main boom, 34 feet; gaff, 22 feet; bowsprit, 17 feet, and she will spread 2,250 square feet of canvas.

Victoria on May 24. Mr. R. W. Spencer, of the Victoria club,

has extended an invitation to the members to accompany him on his yacht Ariel this afternoon, leaving Jones' boathouse at one o'clock for a trip to Esquimalt, when an opportunity will be afforded to inspect Com-Seattle will send a fleet of twelve or fif-

teen yachts to the Queen's birthday regatta. "AILSA" WINS FROM "BRITANNIA."

NICE, March 29 -The Ailsa and Britannia raced to-day for the James Gordon Bennett cup and five hundred sovereigns. There was a whole sail breeze and plenty of sea for the race and they went over the entire course with sails reefed. The Britannia got the best of the start, but she was soon over hauled by the Ailsa. The race was close, however, and the Ailsa won by two minutes. AILSA AGAIN A WINNER.

-The Britannia was heaten to day over a triangular course of thirty miles, with eight turns, by the Ailsa, in a piping breeze, through white-capped The Britannia had bad luck, otherwise the result might have been different.
The race was for prizes offered by James
Gordon Bennett, a cup valued at \$500 and a purse of 500 sovereigns.

THE OAR. OXFORD AND CAMBRIDGE TO-DAY, LONDON, March 29 .- The Oxford-Cambridge boat race, which will be rowed on the Thames to-morrow, is the only topic this evening among university men and others interested in aquatic sports. The prospects seem even more favorable than usual to Oxford. Both the general public and boating experts have been for weeks of opinion that Cambridge's defeat is certain, and to night the betting is 9 to 2 against Cambridge. This gives some idea of the confidence felt in the Oxonians.

THE WHEEL.

THE "OLYMPIC'S" AMBASSADORS. The members of the Victoria Wheelmen's Club meet at the city hall at 2 o'clock this afternoon fer the first run of the season, which will be to E-quimalt by the direct road and back by way of Craigflower and the Gorge. There should be a good turn out, if the weather is favorable, and a good Percy H. Donglass and Charles W. Conger.
They are all members of the Imperial 'Cycle Club, of San Francisco, and arrived here by the last direct steamer—on a tour in the interest of 'The Olympic.' From Victoria they are stated that Tarminal City from which they are stated as the Tarminal City from which they are stat point they take wheel for home, intending to pedal the entire distance, torming the acquain tance of the brethren along the lin

light wheel on take-chances roads. The trio mount No. 19 "Imperials" and feel confident that they will stand the hard work.

The route includes calls at the Bellingham Bay cities, Seattle, Tacoma, Portland and lympia, from which latter point the order Olympia, from which latter point the order is "Frisco direct." The Olympic, in whose interest the trip has been profits the lessees made out of the sealing business, which by the aid of

THE TUBE.

THE SEFTON PARK PLATE. Section Park plate was won by Juggler; Benders second; Rugby Cement third.

Life tirm had missione of deposit, acquired by the capture of seals. Sloss bought some of the shares from Wasserman for \$60 each."

THE OVER-WEIGHT NAME WON. Liverpoon, March 29—The grand national steeplechase was run to-day at Aintree and won by Wild Man from Borneo; Cathol second; Vanderborg third. Never was there such heavy wagering on a steeple-chase and the victory of the Wild Man brought with consternation to the majority of backers. Although one of the earliest fancies in the night of the 19th inst. Through on panion, Waterford, after the latter's recent victory, and as a result the astute coterie behind Garrisford's stable won over \$50,000 and the Wild Man at an average odds of 16 to 1. The scratching of Cloister left Assop and Cathol's running proves how great were his stable companion's, Cloister's, chances had LIVERPOOL, March 29 -The grand na-

all gone well with him. The Irish division pinned their faith on Cook of the Heath, who ran very disappointingly.

GOLF.

THE VICTORIA CLUB MEETING. The first annual spring meeting of the Viotoria Golf Club was opened yesterday, when the Ladies' Open Handicap was decided. The scores will be published to-morrow with "Wild Man From Borneo" Takes the those of other events. These take place today, commencing at 10:30 a.m. The Tacoma gentlemen whose names appeared the other day in the list of entries arrived on the

Sound steamer last evening.

There will be a lunch for all golf players,

WRESTLING.

THE "STRANGLER" A WINNER. DECORAH, Ia., March 29 .- A wrestling Lewis in three out of five falls. Time-7

HERE AND THERE.

The Vigilant is to sail for New York or Mr. H. D. Helmcken, M.P.P., has been elected honorary president of the James Bay lacrosse club.

Mr. A. Hancock, a champion all round Birthday regatta will be a yacht of novel design now being specially built in Seattle. willing to walk four men four miles,—a pedestrian, is in the city and is anxious to

"Among the many new candidates for aquatic honors that are being built for the coming season on the Sound, none are re-

THE CITY.

MESSES. A. D. McRae, Milton Gillanders Messes. A. D. McRae, Milton Gillanders papers, and engage in amusements, receive and George Good have been appointed their mail and write their letters. The condrainage commissioners for the township of THE British ship Ardmore has been placed

fore yesterday. ALTHOUGH the additional sentence of imprisonment in the John Simpson case has

been remitted, the petition of the Y. W.C.A. AT a meeting of St. Paul's congregation, Victoria West, on Thursday evening, the

following were elected elders of the church : opportunity will be afforded to inspect Com-modore Kirk's two new yachts on board the ship Algharth Assembly Company is to be held at the offices here on Monda

April 8, for the adoption of by-laws and the alection of three directors to fill vacancies. Notice is given in the last issue of the B C. Gazette of the cancellation of the reserve of the lands extending back for one mile on either side of the line of the Nakuep and

Lieux. Col. E. G. Prior, M.P., was last evening the guest of the officers of his bat-talion at a dinner given at the Driard. The Marines and Engineers were also present by invitation. Needless to say, the affair passed

off in the most enjoyable manner. W. G. Fraser and J. L. McKay, for themselves and numerous other residents, have given notice that application will be made on May 1 for the incorporation of

THE "Cariboo Gold Fields, Limited," is the title of the company, with head offices in England and a capital of £100,000, that which requires my attention, though no Ltd., and Mr. William Wigzell Ellwood. Yesterday's issue of the Gazette notes the registration of the new company.

The second annual convention of the Young People's Societies of Christian Endeavor in the province will be held in this deavor in the province will be held in this city on May 14 16. An interesting programme has been prepared, in which a chief part will be taken by Rev. Dr. Clark, of Boston, Mass., founder of the organization. Special rates will be granted by the transportation companies and all delegates will be billeted free. be billeted free.

Ar yesterday's meeting of the sewerage quain tance of the brethren along the lin and i neidentally making known the merit of "The Olympic." It is expect that about one month will be taken on the taken that about one month will be taken on the tour, which will also serve be taken on the tour, which will also serve to demonstrate the practicability or otherwise of a careful rider trusting himself to a purpose, and requested that the matter be left in abeyance. No decision was reached

A DISPATCH from San Francisco gives some interest the trip has been arranged, is a neat ten page fortnightly paper devoted to general sporting news—the official organ of the page for the sealing business, which by the aim of the U.S. government they were determined to keep to themselves. It says: "The trial of the Wasserman Sloss suit to day retrial of the Wasserman-Sloss suit to-day revealed the enormous dividends made by the Alaska Commercial Company out of its sealing contract. Dividends amounting to \$800 on every \$100 share were paid for five years. On every \$100 share were paid for five years.

It is assult, 1; doing grievous bodily harm, 1; using threatening language. 5; perjury, 2; in possession of stolen property, 2; and using obscene language. LIVERPOON, March 29.— The race for the efton Park plats was won by Incole? The firm had millions on deposit, acquired of the shares from Wasserman for \$60 each."

was admitted and also the fact that no license had been procured; it was, however, contended that the trading was done at sea, 200 yards from shore, and therefore not within the province. Upon this ground a non suit was asked for; the magistrate reserved his ruling until Tuesday next.

THE Montreal Hydraulic Gold Mining Company of Cariboo, Ltd., is the somewhat formidable name adopted by a new mining corporation with capital of \$250,000 that has been formed to take over the mineral properties, claims and business of the Montreal and British Columbia Prospecting and Pro-moting Co., Ltd., Cariboo being the chief The Victoria Yacht Club had a well attended general meeting last night in the J. B. A. A. club house, when some of the J. B. A. A. club house, when some of the served. At the latter function the prizes and John Kennedy of Montreal, and F. C. The Recogning and S. O. Richards Innes, J. M. Browning and S. O. Richards

A WELL attended concert was held at the Central church, James Bay, yesterday evening when a good programme was rendered by the choir ably assisted by Prof. Wickens' orchestra, to an appreciative audience. The object of the entertainment was to provide gacht races. It is expected that a much larger number of yachts will take part than third fall in 22 minutes. The match was object of the entertainment was to provide funds to pay for the new anthem books in the choir. A pleasant feature of the use by the choir. A pleasant feature of the evening's programme was the presentation of a well-filled purse to Mrs. McLane, who is leaving Victoria to reside at Fort Steele.

Mrs. McLane was one of the most energetic workers in connection with the church, of which she has been a member from its start. She was also a member of the choir and a teacher in the Sunday school, in both of which her services will be much missed. The best wishes of the church and congregation will follow her to her new home.

> THE Sir Wm. Wallace Society last night reopened their hall by giving a concert.
>
> This society have found it necessary in order to allow of a proper prosecution of their work to have the hall enlarged, a gallery added, and a rearrangement of the ante rooms made, and they have added also a toilet room, kitchen, library and reading room. The intention is to have the reading room and library open daily for the use of the members, where they may see home cert given on the reopening was a very successful and entertaining one, and seemed to be very much enjoyed by the audience. The pipes, of course, occupied a prominent place, though other instrumental music place, though other instrumental much figured largely in the programme. The Masters Fisher played very creditably their selections on the violin. Professor Tweedie gave selections on the banjo in a masterly manner. Miss Brown gave a fine selection on the violin, which was much enjoyed. Wm. Muir, Miss Robertson, Chief Russell and Mr. Jamieson sang. All of these received well merited encores. Mr. Burnett played an excellent selection on the piano, Wm. Veitch, W. D. McIntosh, John Park, in fact the concert throughout was one of the best ever given by this society.

PREMIER TURNER'S TRIP.

He Goes by Invitation of the Financial Agents to Give All Required Information.

Rate-Illness of the Agent General.

Hon, J. H. Turner, Premier and Minister oers and those of the Royal of Finance, accompanied by Mrs. Turner, was a passenger to the Mainland

"I expect to spend a daylor two in Obtawa," he said, "on my way to England, to made on May I for the incorporation of Wellington as a town municipality. The district proposed to be included in the limits arrange there about several matters of provincial concern, and I will visit Ottawa on March 29 amounted to \$93.45, made up of low the usual course and employ Mr. G. E.

Since the Salvation Army rood anciver opened on January 29, the income up to March 29 amounted to \$93.45, made up of low the usual course and employ Mr. G. E.

Jorgenson to superintend the construction with any material proposed to be included in the limits of the said, "on my way to England, to a proposed to be included in the limits of the said, "on my way to England, to a proposed to be included in the limits of the said, "on my way to England, to a proposed to be included in the limits of the said, "on my way to England, to a proposed to be included in the limits of the said, "on my way to England, to a proposed to be included in the limits of the said, "on my way to England, to a proposed to be included in the limits of the said, "on my way to England, to a proposed to be included in the limits of the said, "on my way to England, to a proposed to be included in the limits of the said, "on my way to England, to a proposed to be included in the limits of the said, "on my way to England, to a proposed to be included in the limits of the said, "on my way to England, to a proposed to be included in the limits of the said, "on my way to England, to a proposed to be included in the limits of the said, "on my way to England, to a proposed to be included in the limits of the said, "on my way to England, to a proposed to be included in the limits of the said, "on my way to England, to a proposed to be included in the limits of the said, "on my way to England, to a proposed to be included in the limits of the said th

agreement made on the 21st of November ance will come up. I am going at the express request of the financial agents in London, who have written that they wish to talk to me face to face about the loan, and about the financial position

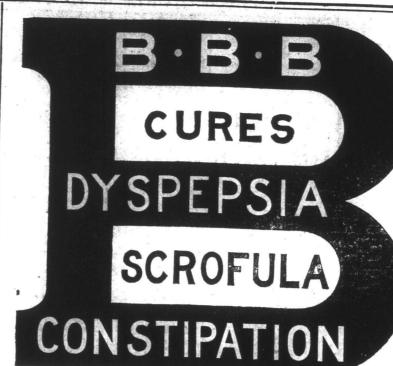
our Agent-General, as Mr. Vernon has unfortunately been laid up with a severe attack of la grippe. He has, I believe, been in bed for about three weeks, time for all. On this run, as well as on a special Sunday ramble, the Victoria boys will have the pleasure of the company of three California cracks—Walter C. Howe,

"The new loan, as the public have heard so often, is to be £420,000. It will bear interest, as the last did, at the rate of three per cent. and will be repayable in fifty years. It is true we got authority from the legislature to pay interest not exceeding three and a half per cent., but it is not intended to raise the rate above that at which the last inscribed stock was issued—three per cent. I have every reason to believe that at this figure we shall be able to again obtain a very good price for our stock. At all events there is nothing in connection with the position and prospects of the pre-vince—as I shall be able to make clear to intending investors-which would lead one

to have any doubt on this point. "It will probably be well on towards the end of May before the loan is floated; and

the summer before I return.

"The acting Premier during my absence will be Hon. Col. Baker—the senior in the cabinet except Hon. Mr. Pooley, who being largely attended concert was given by the senior in the cabinet except Hon. Mr. Pooley, who being largely attended concert was given by the "Scottish Wanderers." The opening selection of the senior in the cabinet except Hon. Mr. Pooley, who being largely attended concert was given by the "Scottish Wanderers." The opening selection of the senior in the cabinet except Hon. Mr. Pooley, who being largely attended concert was given by the "Scottish Wanderers."



From THE DAILY COLONIST, March 31. THE CITY.

Monday, Tuesday and Wednesday for the from Sidney. usual spring clean up.

THE vital statistics for the month just

last evening's concert in the Y.M.C.A. hall, and the programme presented was a most

A PLEASANT dance was enjoyed at the Elk hotel at Comox on Thursday evening, a great many of the surrounding settlers and farmers being present.

THE choir of St. Saviour's church, Victoria West, are preparing for an evening of sacred song on Wednesday, April 10, when several special anthems and a number of olos, duets, etc., will be rendered.

THE customs returns for the month of March are as follows: Imports, dutlable, March are as follows: Impores, outstate, \$150,437; free, \$41,031; sotal, \$191,468

Duties collected, \$48,452 70; other revenues, \$4,879 77; total, \$53,332 47. Exports, produce of Canada, \$26,536; other exports, \$2,825; total, \$29,361.

a gambling den, clearing it out and destroy. very shortly.

THE funeral of the late A. C. Billings, who died at the Jubilee hospital on Tuesday of the lands extending back for one mile on either side of the line of the Nakusp and Slocan railway. These lands will now be thrown open to pre-emption in three Rate—Illness of the Again the Borrowing Spring island. The funeral was delayed till orrow to enable his brother, who is on his way from England, to arrive.

DONATIONS to the food depot of the Salva-

my way back in connection with any matters which may be then still unsettled.

"In England my chief business will be making arrangements for the new local department of t 2,789 meals were supplied, besides a considerable amount of outdoor relief being given. Temporary employment was found doubt others of more or less import- for 31 men and five men were placed in permanent situations.

As ALD. HUMPHREY philosophically remarked yesterday, "the present is a great city council for notices of motion." The last notice pested on the bulletin board yesthink, and I am disposed to agree with them, that the fact of my being on the spot and ready to answer authoritatively any questions which may be raised will have a cost of collecting revenue and road taxes, being to the following effect: "That applications be invited for the position of collecting road taxes, on a basis cations be invited for the position of collector of revenue and road taxes, on a basis than three per cent. of his own estimate, of 5 per cent. per annum.

ALD. CAMERON'S resolution directing the attention of the police to the sidewalk ob struction nuisance—the string of boxes and bales in front of not a few business premises bore fruit yesterday in the city police court, W. T. Williams and Yuen Lung being severally fined \$5 and costs upon conviction under the provisions of the streets by law. The Chinaman had deposited a onsiderable quantity of building material on the street of which he is a resident.

THE funeral of Joseph Merrill took place yesterday afternoon from Hayward's undertaking parlors and was attended by a large number of sympathizing friends, including the Spiritualists' society, of which the deceased was a member. The services were conducted by Mr. O. C. Hastings. At the grave in Ross Bay an address on spiritual life was given and several melodies sung. The following gentlemen were pall bearers: Messrs. Turner? Caven, Cohen, Maynard, Burts and Rendall.

THE great majority of offenders dealt with by the city police during March were guilty only of the simplest misdemeanors, as the following abstract from the charge book evidences: For lodgings, 13; vagrancy, 16; violation of city by laws, 14; drunkenness, 18; violation of the Indian reservations act,

Scotch reel. After the concert the "Scottish Wanderers" were banqueted and other-wise hospitably treated at the Sidney hotel The provincial museum will be closed on conveyed the visitors from Victoria to and

ALD. BRAGG is desirous of seeing the city's electric light plant completed without delay closed show a total of 53 births in Victoria, with 24 deaths and 22 marriages.

There was the usual good attendance at the evening's concert in the Y.M.C.A. hall. No. 6 copper wire. Though the public may possibly have been unaware of the fact, the present nice illumination of the city hall clock is due to the efforts of Ald Bragg, who is chairman of the electric light committee, and who, as soon as the clock lights were extinguished by the Langley street fire, made arrangements for replacing them, temporarily at all events, with Auer lights.

Some months ago as a result of a conference between lumber mill men and loggers, the government were asked to make a change in the rule for measuring logs, as the system in use was not satisfactory. The government consented to a change on lines which millmen and loggers considered satisfactory, and Messrs. M. King, H. H. Alex ander and A. Haslam, M.P., were appointed commissioners representing the loggers and millmen in the matter. After much labor Since Chief of Police Hutcheson's apat the department of Lands and Works a Since Chief of Police Hutcheson's appointment, the gamblers at Union who make a business of fleecing the miners on pay day, have not had a happy time. He has been waging active warfare against them, and a day or two ago made a raid on the manufacture of the same sale and expressed their approval of it. The book will therefore be issued

CHIEF of Police Sheppard had a visitor Friday evening in the person of Chief Day, of Tacoma, who came here to recover possession of the sealskin coat pawned during his brief stay in Victoria by Tommy Con-nors, O'Conners, Healey, Egan et al. It had, as suspected, been stolen, and Conners is now in the teils again at the City of Destiny. He has had a varied and checkered career on the Coast under many names, and has served time in California, Tacoma, in town with Mary, a kloochman, and the received from the following friends: Mr. Westminster and Victoria. The police here result was that Mary was picked up in a Parker, Mr. Sivertz, Mrs. Mitchell, Ideal more than suspect him of the recent series Parker, Mr. Sivertz, Mrs. Mitchell, Ideal Provision Store, J. Eccles, Marshall & Co., ator McInnes' residence, and are in hope of

of the new Elk lake filter beds upon his accepted plans. Ald. Macmillan moved in this direction yesterday, when he bulletined notice of a formal resolution "that Mr. G. E. Jorgenson be employed to make detail drawings for, and superintend construction of the new filter beds at Elk lake on such terms and subject to such conditions as the council may approve. Five per cent, was suggested at the private council meeting as the amount of remuneration to be received by Mr. Jorgenson for his services. If, howver, there is a resolution to this effect at to-morrow's meeting it is probable that there will also be an amendment—that the superintendent of filter bed construction, if \$60,000.

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A FORMIDABLE RESOLUTION.

THE SECRET

Of the marvelous success of Burdock

Blood Bitters lies in its specific curative

power over every organ of the body.

The Liver, the Blood, the Bowels, the

Stomach, the Kidneys, the Skin, the

Bladder, in fact, all parts of the human

system are regulated, purified, and

restored to perfect natural action by

this medicine. Thus it CURES all diseases affecting these or other parts of the system, Dyspepsia, Constipa-

tion, Bad Blood, Biliousness, Head-

ache, Kidney and Liver Complaint,

Obstinate Humors, Old Sores, Scrofula,

Rheumatism, Nervous or General

Debility, and all irregularities of the

system, caused by Bad Blood or disordered action of the Stomach, Bowels,

Liver or Kidneys. Thousands of testi-

monials warrant the assertion that

B.B.B. is the BEST SPRING

MEDICINE FOR YOUNG OR

OLD.

Ald. John Macmillan yesterday posted the following notice of motion on the bulletin board at the city hall, his object being to dispense as soon as possible with the ser-

vices of the sewerage commissioners : "I hereby give notice that at the next meeting of the council I shall move to amend by-law 231, entitled the sewerage commissioners appointment and sewerage assess-

ment by-law, as follows: "Whereas that in the expenditure of moneys borrowed under by law 227 for sewerage purposes, the sum of \$2,323 35 has been paid for inspection of work in addition

to the engineer's inspection;
"And whereas under by law 231 a further sum of \$740 has been paid to commissioners on the same work :

"And whereas this council having a due regard to economy are of the opinion that the expenditure provided for in the following provisions should be discontinued;
"Therefere be it enacted that all that part of by law 231, from section 1 to section 9 inclusive, and section 13—that is to say, section 1, section 2, (sub-sections a, b, c, d, e and f), section 4, section 5, section 6, section 7, section 8, sub section a, section 9 and secsion 13—be and hereby is repealed, and all appointments made under these provisions sease and determine on the 10th day of April next."

The provisions quoted simply give power for the appointment of the sewerage com-missioners, and define their duties and remuneration.

Mayor Teague looks upon the resolution as an unnecessary one, holding that as soon as the special work entrusted to them is performed the employment of the commi ers would cease as a matter of course.

A SIWASH EPISODE.

"Jimmy Chickens is murdered-strangled to death by Cowichan Indians." That is the gist of a story told to constables Smith and Gilchrist early yesterday morning by an excited kloochman, named Julia. cance off the mouth of the barbor next by the Charmer this morning on his way to Ottawa and London. The Premier yester-day spoke with the Colonist on the subject of his trip.

Provision Store, J. Eccles, Marshall & Co., London Bakery, F. Carne, jr., ator Molnnes' residence, and are in hope of discovering the place in which the booty is stowed away. Connors is too old a bird to be caught with any oriminating property in his possession. -though there is not a particle of evider of cause for suspicion.

Jimmy Chickens gave Mary shelter in his cabin at Oak Bay after she came ashore, and Julia said that the Cowichans were mad with Jimmy for harboring Mary, and for that reason had strangled him. The provincial police were at once notified and a trip to Oak Bay disclosed that Jimmy

Chickens was alive and well, and in fact was Some of Cowichan Jim's friends, however, did not entertain very amicable feelings to-wards Mary, for she it was who purchased the liquor that made him drunk the night he disappeared. A night or two after that and before Mary was arrested and sent to jail for supplying the liquor, an Indian living on the Songhees reserve says he saved Mary's life. He was passing the vacant lot beatly the Albien head when he are Mary beside the Albion hotel when he saw Mary surrounded by half a dozen angry Indians, one of whom had her by the throat and was strangling her. The Songhees Indian went to Mary's rescue and got her away from her

Pure blood is absolutely necessary in order to enjoy perfect health. Head's Sarsaparilla purifies the blood and strengthens the system.

CHEW TUCKETTS

T. & B.

" Mahogany"

and "Black"

CHEWING TOBACCO. Mannfactured by The George E. Tuckett & Son Co., Ltd., Hamilton, Ont.

GRATEFUL-COMFORTING. EPPS'S COCOA

BREAKFAST-SUPPER. "By a thorough knowledge of the natural laws which govern the operations of digestion and nutrition, and by a careful application of the fine properties of well-selected cocoa, Mr. Epps has provided for our breakfast and supper a delicately flavoured beverage which may save us many heavy doctors' bills. It is by the judicious use of such articles of diet that a constitution may be gradually built up until strong enough to resist every tendeney to disease. Hundreds of subtle maladies are floating around us ready to attack wherever there is a weak point. We may escape many a fatal shaft by keeping ourselves well fortified with pure blood and a properly nourished frame."—Civil Service Gazette:

Make simply with bolling water or milks

JAMES EPPS & CO., Ltd., Homosopathic Chemist London, England.