THE WEEK'S NEWS

CANADA.

Mrs. Maria Norton, St. Thomas, is dead, aged 92.

Mrs. Mary Tansley, of South Yarmouth, Ont., is dead, aged 89.

Mr. Joseph Minks, for 50 years a resident of Kingston, is dead, aged 86.

Mr. William Allin, the oldest resident of Newcastle, Ont., died Tuesday, aged 90 years.

Reports indicate that Sir John Abbott, who is now in Italy, is not improving in health.

The Manitoba Government officially announces that 20,000 settlers took up land in that province last year.

Mr. Robert Lang, an old and highly respected resident, died in Peterboro' on Saturday, aged 71.

During last year the C. P. R. land agency n Winnipeg sold to actual settlers 390,000 acres of land, realizing $1,300,000.

Herbert Clarke, twenty-two years of age, committed suicide by hanging at Thedford, Ont. To despondency is attributed the deed.

Two brothers named Zimmerman and a man named Samuel Johnson have been arrested at Fort Erie charged with stealing hay, which they were taking to Buffalo.

The customs receipts at Toronto for the year ending December 31, 1892, showed an increase of $260,313, as compared with last year.

Many people living in the outskirts of St. John's, Nfld., have been compelled to kill all their cattle, last summer's fire having destroyed the grass.

A rumour prevails at Quebec that the C.P.R. Company will this year transfer its three Empresses, now on the Pacific route, to the Atlantic, and that the Guion line steamers will take the Pacific route.

An elderly man named Theodore Dorman, living at Wolfville, Nova Scotia, jumped into a well the other morning and was drowned. It is said that he was temporarily insane, but he had frequently threatened to take his own life.

A meeting was held in Montreal the other night for the formation of a Canadian National League. The objects of the society are to disseminate patriotism irrespective of party, to emphasize the importance to each citizen of his citizenship, to advance national unity, and to spread a knowledge of Canadian history and resources.

BRITAIN.

Both Mr. Gladstone and Home Secretary Asquith are under police protection.

The Queen was among the earliest to congratulate Mr. Gladstone on the arrival of his eighty-third birthday.

Mrs. Maybrick is said to be recovering, and rumors are abroad that her recent illness was self-inflicted, and not due to consumption.

It is reported that Sir Edward Reed is forming a Liberal cave to vote against Mr. Gladstone's Home Rule bill if its concessions to the Irish party are dangerous.

The London Times says authentic news has been received of a serious state of affairs in Africa. The Khalifa is sending a strong force from Omdurman to attack Kerckhoven's force established at Lado, north of Wadelal.

The Imperial authorities have directed Scotland Yard to take the spy Major LeCaron into its employ for the purpose of tracing out the guilty parties connected with the Dublin explosion.

Among the private bills to be submitted to Imperial Parliament next session is one for the construction of a bridge across the English channel from Cape Grisnez to a point near Dover. The promoters estimate that the bridge can be constructed for thirty-three million pounds.

Mr. Gladstone has been asked to recieve two farmers' delegations. One desires to urge upon him a policy of "fair trade," which means protection, reciprocity, and bi-metallism. The other wishes land courts to fix reductions in rents and special legislation in the interest of tenants.

UNITED STATES.

Typhus fever continues to spread in New York.

Mrs. Anson Phelps-Stokes, of New York, is worth $10,000,000.

Last year 24,861 horses were sold on the East Buffalo market for $2,791,259.

The latest report is that Tascott, the Snell murderer, is prospecting in Alaska.

Hayti was the first foreign nationality to complete its building at the Chicago World's Fair.

During the past three days 40 cases of typhus fever have been reported to the health authorities in New York.

Mr. George W. Vanderbilt has given a cheque for $100,000 to aid the Vanderbilt Fine Art Gallery in New York.

Dr. Eugene White, of Boston, who went abroad for his health, is said to have suicided by shooting in Regent's park, London.

Six prisoners, including Asbury Gentry, a noted murderer and desperado, escaped from jail at Atlanta, Ga., on Monday night.

Mrs. Bath, wife of a Minneapolis doctor, was divorced at 9.30 a. m. on Saturday and two hours later married Dr. Amer, ex-mayor of the same city.

The entire force of boiler makers employed in the Brooks Locomotive Works at Dunkirk, N. Y., about 300 in number, have struck for higher wages.

A report from Washington is to the effect that President Harrison will give Canada a parting kick by prohibiting the shipping of goods through the United States in bond.

Bishop W. H. Hare, of South Dakota, has astounded his congregation and caused considerable commotion in the divorce colony by attacking the divorce laws of the state.

A number of convicts in the penitentiary at Little Rock, Ark., have died from a disease which baffled the physicians, and a genuine scare has succeeded owing to suspicions of cholera.

On Saturday night Fred Foote, formerly of Toronto, and his brother George got into a warm debate on the question of annexation in Saginaw, Mich., when George drew his revolver and fired, inflicting a wound that caused death the following night.

GENERAL.

A despatch from Montevideo says it is believed there that Paraguay will join the Chili-Brazil alliance.

Mexican troops and revolutionists have had a hot fight near the Texas border in which the revolutionists were worsted.

It is said that 15 Republican and 15 Democratic members of the U. S. Congress will go to Hawaii in order to counteract British influence on the islands.

Grand Chief Clark, of the Order of Railway Conductors does not anticipate any trouble with the railways during the World's Fair and is not preparing for any.

It is stated in St. Petersburg that 2,500,000 distressed agriculturists in Central Russia will be offered inducements to migrate to thinly populated Russian provinces.

The Infanta Isabella will sail for America on the cruiser Conde Vendarratio, and among her suite will be the Duke of Veragua and several Spanish grandees.

The municipal government of Vienna is taking extraordinary precautions against the possibility of rioting by the 25,000 unemployed persons in the city.

The Municipal Council of Paris has, by a vote of fifty-four to twelve, resolved to erect a monument to commemorate the execution of Louis XVI. and to demolish the Expiatory chapel erected in 1820-26 to the memory of Louis XVI. and Marie Antoinette.

The Moscow papers have been informed that Count Leon Tolstoi, having disposed of large sums of money in favour of the famishing peasants, has distributed his vast estates among the members of his family and practically beggared himself.

The latest advices from St. Petersburg and other parts of Russia show that the persecution of the Jews, and the inhumanity of the Czar's officials towards that unhappy race, are greater than ever before.

It is reported that the Russian Minister of Justice has decided to exempt female convicts in Siberia from flogging and from wearing manacles, and to substitute punishment by restricted diet and isolation.

War-Ships on the Lakes.

Referring to the bugaboo which the New York Times has just discovered in the launching of a couple of revenue cutters for use on the lakes, the Montreal Witness says:—The Times is one of the very best of American newspapers. It has an efficient and reliable telegraphic news service, and it is generally found supporting all that is moral and righteous in political and social life. Sometimes, however, it publishes sensational letters of the most illogical and grotesque character, and these are generally found to be about "the foreign policy" of the United States. The *Times* seems to be like the old-fashioned English Liberal, sound on domestic questions, but hopelessly jingo in regard to foreign affairs which have not been made party issues. Its latest freak is the publication of a long obviously nonsensical letter, trumpeting danger to the American cities on the great lakes in consequence of the construction of "war vessels" under the title of "revenue cutters" at Owen Sound. According to the Times, these formidable vessels, with powerful armaments, anyone of which is capable of dealing singly with the single war vessel and the three revenue cutters of the United States on the lakes have been secretly built and two will be in commission all winter and ready for active service any moment. The *Times* is shivering in its shoes as it thinks of Buffalo, Cleveland, Detroit, Toledo, Sandusky, Milwaukee and Chicago all "exposed" to bombardment like Alexandria at any moment by these formidable war vessels. It seems the building of these monsters was being kept a profound secret by the British Government, and one of the methods of secrecy observed was, it appears, the employment upon them of American workingmen who loyally furnished the Government at Washington with accurate descriptions of every detail of each vessel. In view of these facts the wonder is that President Harrison had the temerity or the recklessness to charge tolls on Canadian vessels passing through the Sault Ste. Marie Canal. He, and all his Cabinet, should have hastened to Ottawa, fallen on their knees, and bumping their foreheads on the floor, unconditionally surrendered up the United States to the haughty despots at Ottawa, that peradventure they might find mercy in the eyes of their lords. Doubtless, the prolonged ministerial crisis at Ottawa only prevented our Lord High Admiral from embarking on one of these war vessels, nailing his pennon to the mast, descending upon Chicago, Milwaukee, and the rest, and annexing them forthwith to the British Empire. It appears that the purpose of these three marine monsters is to prevent the people of Canada from annexing themselves incontinently to the United States. It is the British not the Canadian Government's scheme, to hold Canada. And moreover, these three war vessels are necessary to Britain's predominance over Vladivostock on the Pacific coast of Asia. Little wonder they are armed to the teeth when the fate of two continents and a couple or three oceans and a half dozen seas depend upon them. Great Britain has, however, it appears, a plan of reinforcing them with a fleet of about forty or fifty men-of-war at present scattered over the seas of the world, by pontooning the seagoing vessels through the canals. It is very plain that it is all up with the United States. Nothing but the good nature of John Bull has preserved the American union from utter pulverization by such forces. Just what the United States is going to do about it is not clear. The *Times* declares that in building their revenue cutters the Canadian Government has broken the treaty of 1817, which it at the same time points out, the treaty allows Canada to do. The *Times* says that Canada never has had revenue cutters on the lakes before, why should she have them now. The British are empowered by the treaty to keep one war vessel and three revenue cutters on the lakes, but they have never done so, says the *Times* (though mistakenly), and it evidently thinks they should not be allowed ever to do so. The *Times* is evidently in favor of the United States which already maintains the full complement of armed vessels on the lakes allowed by the treaty, namely, one war vessel and three revenue cutters, breaking the treaty and constructing a whole fleet. This would be fine for the great iron vessel yards which have sprung up at different points on the great lakes, but it would be an extravagant policy. The *Times* has conjured up, out of nothing, a bugaboo for the amusement of the children among its readers.

Tell me with whom thou art found, and I will tell thee who thou art.

HOUSEHOLD.

The Little Life.

O lost delight! How chill and gray
The breath and bloom of summer day,
In robin's song there lurks a moan.
The breeze takes on a sobbing tone,
Since baby died.

O vanished joy! The hours thrice blessed
When closely to my bosom pressed
The flaxen head. And now the smart
Of lightened arms and weighted heart.
Since baby died.

Oh mother love! To dream, to wait,
To hope, to bear, to bless my fate,
Then death. Of what avail to rave?
There still remains the little grave,
Since baby died.

O pure sweet life! Thy fragrance rare
Still lingers in the silent air,
Like a voiceless prayer it lulls my pain,
And frozen grief drops down in rain
Since baby died.

Long Engagements.

Young woman, beware of the man who seeks to bind you to a long engagement.

No matter what the pretext may be, his motive is almost always a selfish one.

He is either too lazy to work for a family and too fond of his bachelor indulgences to be willing to renounce them for the purer and calmer joys of married life, or is a base scoundrel, seeking only to win your affections and your confidence by fraud of a promise which he never intends to make good.

Somebody will ask us what we consider a long engagement. We reply a year is quite long enough for all purposes and if it runs beyond that time it is too long.

Long engagements are galling, like any other chain. There may be circumstances which justify them, but they are exceptional circumstances, and we are only dealing with things as they generally exist.

The woman almost always is the chief sufferer. Her wrong is immeasurably greater.

She struggles along the weary years of waiting in a false position, and by and by her bloom fades and her temper sours, and then Tom sees somebody younger and fresher and more attractive and he is weary of Mary; and the engagement is broken and he marries his new love; and Mary either marries out of pique some one old enough to be her grandfather, or else she subsides into an old maid, and so her life is wrecked, and all because of a long engagement.

Hot Water Bottle.

One of woman's best friends is the rubber hot water bottle. To every pain save a head-ache she promptly applies it. She regards it in many cases as a quick and sure remedy. In consideration of its many good qualities it is now decorated with a cover. This gives it a better appearance when hung up. When in use the soft flannel feels very comforting. The covers are made principally of eiderdown. The more elaborate ones are made of silk. The wadding consists of a thin layer of cotton batting covered on both sides with hops. The odor of the hops adds much to the soothing power of the bag.

The small rubber pillow is another convenient article which the average woman does not like to be without. She may blow it up at will and it fits into any place with a certain adaptability she admires. This also may be covered with silk. One woman used a small pillow of this description all summer, especially when she rode in the open cars. She said it might be eccentric, but it saved her many a back-ache.

A Receipt for Beauty.

"What a beautiful girl!"

The exclamation was involuntary, and as the lovely creature, a woman in the plentitude of her early charm, with the clear eyes, the bright bloom, the elastic step, and the gracious air of youth and health and happiness, passed on the promenade, all eyes followed her. The tribute of admiration was paid alike by wizened age, crabbed care, and smiling ease. By right of her beauty the girl was, for the moment, a princess. Beauty is in itself a dower, a distinction, a divine right to reign. A woman who is fair to look upon fulfils, in a way, one of woman's chief ends in the world—to adorn, to gratify, to please the eye, as the eye is always pleased by harmonious and graceful combinations.

But beauty has many types and phases, has disadvantage as well as the opposite. One sees every day women who are confessedly adorable, so exquisitely symmetrical are their outlines, so soft their curves, so rich their coloring. And yet?—something is lacking. One cannot tell what it is, or why there is a sense of disappointment, a feeling that the beauty just misses its coronation. The very handsome woman is sometimes wearisome. Another, less correctly beautiful woman, with irregular features, hair and eyes that apparently do not match, a mouth too large, a nose tip-tilted, a face defying analysis and inviting criticism, still possesses that matchless quality which distinguished Helen of Troy, and Mary Queen of Scots, and Marie Antoinette, and Josephine, and which immortalized many a heroine of song and story.

There are thoughtless people who say that beauty of soul signifies invariably beauty of body, that the spiritual and intellectual must of necessity shine through the corporeal vestiture as a lamp through a transparency.

Granting that a certain dignity and nobility do inhere in the personality, and that education refines the features and informs the countenance with expression, the admission must be made that beautiful souls are not invariably resident in beautiful bodies. A very plain face, a rough skin, unsightly lineaments, have often been the outward accompaniments of rarely pure and exquisite beings, whose angelhood was compelled to await its wings on the other side of this sphere.

An excellent man was wont to observe that when he chose a wife he should look for mental rather that physical graces. "Favor is deceitful and beauty is vain," he quoted gradually, "but a woman that feareth the Lord, shall be praised." His sisters, finding him slow to designate the future companion of his travels through the world, kindly indicated to him a certain irreproachable Miss Ursula, as devoutly good as she was unfortunately angular and plain. And very malicious was their satisfaction when the bachelor brother exclaimed, "Great Scott! There is reason in all things! A man wants *something* besides piety in a wife!"

A receipt for beauty! Who shall compound it? It is easy to say that we must have good health, good temper, good breeding, happiness. Ruskin says, pithily, "You can never make a girl lovely unless you make her happy." Tranquillity of life, ability to rest, freedom from heavy burdens, luxury, these help; but, after all, beauty; like glory, is the untranslatable word.—[Harper's Bazar.

Ginger Goodies.

Hard gingerbread, soft gingerbread, drop cakes and gingersnaps can be made with perfect success without eggs. Gingersnaps may be considered costly in time, as it is a labor requiring patience to roll them out until they are of paper thinness, as they should be, and then to cut and bake with due care. But the actual expense is very small, and the jar of crisp gingersnaps is something to be surveyed with no small satisfaction. Almost everybody likes them, and they will keep indefinitely if the supply is large enough. Here are some good plain rules for them.

GINGERSNAPS.—One cupful of sugar, one cupful of molasses, one cupful of butter (lard will answer; mixed lard and suet from the frying-kettle is better), one teaspoonful of ginger, one teaspoonful of soda dissolved in two teaspoonfuls of hot water. Make a stiff dough with flour, and knead thoroughly. Roll as thin as possible, cut in small rounds, and bake in a moderate oven.

HARD GINGERBREAD.—Add another cupful of molasses and a cupful of sour cream to the same mixture, make stiff enough to knead well, and roll into cards (thin flat loaves), and you have an excellent hard gingerbread. Some prefer these cards glazed with a little brown sugar dissolved in milk.

SOFT GINGERBREAD.—For a very nice, melting, soft gingerbead, made without eggs butter, or milk, use half a cupful of fat from the frying-kettle, a large cupful of dark molasses, a teaspoonful of ginger, one of soda, half a cupful of hot water, and flour enough to make a stiff batter. The only difficulty is in getting the batter stiff enough, yet not too stiff, and in good baking. The oven must be hot, but not so furiously hot as to scorch. All cakes made without eggs require to be somewhat stiffer than when eggs are used. It is difficult to give exact quantity, as both molasses and flour vary somewhat in this respect. Good ginger cockies are made after the same recipe. Of course they must be made stiff enough to roll out without sticking.

For drop cakes substitute cloves and cinnamon for the ginger, and make soft enough to drop from the spoon and hold shape without running together in the pan. Bake in a quick oven. Three or four raisins or currants stuck in the top of each will please the children, for whom these are all good, wholesome cakes.

Household Recipes.

RYE MUFFINS.—One pint of rye flour, half a pint of graham flour, half a pint of wheat flour, a tablespoon of sugar, one egg, three teaspoons of baking powder, two spoons of salt, and a pint of milk. Mix in a smooth batter and bake in hot muffin molds.

SOUR MILK GRIDDLES.—Two cups sour milk, one egg, one teaspoon soda, salt, flour to make batter.

RYE BREAD.—Make a sponge of one quart of warm water, one teacup of yeast thickened with rye flour. Put in a warm place to rise over night. Scald one pint of corn meal; when cool add to the sponge. Add rye flour until thick enough to knead, but knead it but little. Let rise, mould into loaves, place in deep tins; let rise and bake.

CURRANT BREAKFAST CAKES.—Put a half teacup of dried currants into a colander and set in a dish so the water will rise above the currants. Then rub well and drain. Take an equal quantity of Avena or the best fine "A" oatmeal, and mix with water. Bake in a buttered tin about halt an hour, but do not brown. Eat with butter. Makes a delicious cake, nutritious and wholesome.

BREAKFAST PUFFS.—One cup milk, one cup water, two cups flour. Pour the milk and water slowly on the flour, a very little at a time, so that there may be no lumps in the mixture. Heat gem-pans hissing hot on the top of the stove, and drop into each one a piece of butter the size of a small nutmeg. Pour the mixture, which is quite thin, into the gem-pans, and bake them about twenty-five minutes in a hot oven. The gem-pans must be hissing hot, and the oven hot or the puffs will not rise. When baked, they should be more than double the size they were when put into the pans.

VEGETABLE HASH.—Any kind of cold meat and any cold vegetables,—carrots potatoes, turnips, etc.,—chopped fine and cooked like other "hash," makes a good common dish. Be careful to season well.

PAN-DOWDY.—This is a homely but palatable breakfast dish. Pare and quarter enough sour apples to nearly fill a deep earthen baking-pan dish, and add to the apples half a cup of hot water, and nearly a cup of molasses. Make a crust of two cups of flour, two teaspoons of baking powder, one-half teaspoon of salt, one-fourth cup butter, and enough milk to make a soft dough; roll out an inch thick and fit closely over the apples, bake in a moderate oven as long as the crust will allow. When done, while warm, break the crust in pieces, which mix through the apple. For breakfast, this must be baked the day previous. Serve with cream or milk. Delicious.

A Good Showing.

A summary of the Dominion's trade with the Motherland—according to British figures—for the eleven months of 1892 appears in The London Canadian Gazette. The exports to Canada in the eleven months were valued at £4,552,300, compared with £4,591,837 last year, the slight decrease being chiefly due to a diminished business in iron and steel products. What is more interesting to us is the side of the account showing Great Britain's purchases from Canada, which were £10,281,696 against only £8,988,353, an increase of £1,293,343, or about $6,000,000, equal to 14.38 per cent. Some of the increases are instructive enough:

For 11 months	1891	1892
Flour.....	£602,459	£646,739
Butter.....	174,043	238,685
Cheese.....	1,880,680	2,325,871
Wood, hewn.....	657,957	897,464
Wood, sawn.....	1,886,634	2,655,651

What a heavy burden is a name that has too soon become famous.

The flighty purpose never is o'ertook unless the dead go with it.

Cheerfulness is health; its opposite, melancholy, is disease.

Drunkeness and Crime.

A medical doctor contributes to the National Popular Review a suggestive article on the relation of drunkenness to crime. He takes the ground that there are two classes of criminals, those who take to anti-social ways by instinct or nature, and those who steal, cheat or murder, from passion and poverty. To the former class, the writer says, belongs fully two thirds of the criminal population, including offenders of all grades, from the murderer down to the petty thief. To this class also belongs a still larger proportion of prostitutes and habitual drunkards, who, although not criminal in the eye of the law, are anti-social in their instincts. The prostitute ranks with the petty offender of the male six; she bears all the well-marked signs of degeneration found in male thieves, swindlers and vagabonds, and her existence accounts to a certain extent, for the large excess of male over female criminals. It is common in degenerate families to find that while the sons take to crime the daughters take to prostitution. The instinctive criminal is, in every case, a more or less degenerate specimen of humanity: the representative of a decaying race. Primarily, it is his moral nature that is at fault and leads him to offend against society; but if we examine more closely we shall find that his whole economy, moral, physical, and intellectual, is more or less degenerate. He is scrofulous not seldom deformed, predisposed to insanity in the ratio of forty to one of the ordinary population, and to suicide in the proportion of twenty to one.

The criminal is very closely related to the insane, especially the congenital insane, and personally he bears points of resemblance to the idiot. Now, if we inquire into the family history of these criminals, it will at once become evident that there is a most intimate relationship existing between the instinctive criminal and such other markedly degenerate conditions as idiocy, epilepsy, suicide, insanity, prostitution, tubercular disease, and habitual drunkenness. All these and other degenerate states are met with in the parents and brothers and sisters of the criminal, and so generally as to prove beyond all possibility of doubt that the moral decay, of which instinctive crime is the outcome, is but one of the many forms in which family degeneration shows itself. Occasionally a whole generation of criminals appears in a decaying family; but in the majority of cases crime appears only in one, two, or three members of the family, the brothers and sisters showing the taint in various other ways. One will be scrofulous or a deaf-mute, another insane, idiotic, epileptic, a prostitute, or habitual drunkard as the case may be. And now a word as to the sources of this degeneration of the human animal. Of course all the deteriorating influences of modern civilized life tend towards the reduction of vital energy, and the degeneration of the race; still there are some which are especially prone to terminate in instinctive crime, and first in this list stands drunkenness. Carefully drawn statistics of 4,000 criminals who have passed through Elmira Reformatory, New York, show drunkenness clearly existing in the parents of 38.7 per cent., and probably in 11.1 per cent. more. Out of 71 criminals, whose ancestry Rossi was able to trace, the father was a drunkard in 20, and the mother in 11 cases (43.6 per cent.). Masco found that on an average 41 per cent. of the criminals he examined had a drunken parent. Dr. Laurent, in his valuable work on the *habitues* of the Paris prisons, asserts that drunkenness alone, or combined with some other nuerotic condition, is to be found almost constantly in the parents of criminals; and Dr. Tarnowski, who has made careful inquiry into the mental and physical condition of the prostitutes in her native land, found an alcoholic parentage in no less than 82.66 per cent. of the 150 women of this class whose family histories she was able to follow. Of course here, as elsewhere, environment plays a certain part in the formation of character, but as it cannot acount for the scrofula, so, also, it cannot account for the crime and prostitution. As Lucas has said: "In these heritages of crime example and education are only secondary and auxiliary causes, the true first cause is hereditary influence."

The writer closes with the following as to the treatment of the instinctive criminal: "Upon the criminal from passion or poverty, and upon the designing person who, after thinking the matter out, elects to run the risks of his action, primitive imprisonment has a deterrent effect; but upon the criminal from instinct and the habitual drunkard it has no more effect than had the whip and the chain upon the raving maniac of a hundred years ago. The system I propose is a prolonged incarceration upon an indefinite sentence, in an industrial penitentiary where every humane effort would be made to improve the criminal, morally, physically, and intellectually. The crippled in mind and body we succor without question as to cause or origin. Why should the crippled in moral nature be the only one in all humanity to be scoffed at and punished because of his affliction?"

A Jewish junk dealer in Winnipeg imposed an old muzzle-loading musket on a green English immigrant a few days ago, along with thrilling anecdotes about Injun incidents. The greenhorn found the barrel plugged up with what seemed to be wads. He took it to a gunsmith to be cleaned, and the smith poked out of the barrel $705 in good Canadian bank notes. At latest accounts the junkman was being closely watched by his friends.

Mrs. Sutherland.

I Had Goitre

Or swellings in the neck since I was 10 years old; am now 52. I used Hood's Sarsaparilla recently and the swelling has entirely disappeared It has been very troublesome. When I began I was feeling so discouraged with the goitre and rheumatism I felt that I would as soon be dead as alive. Whenever I caught cold I could not walk two blocks without fainting. Now I am free from it all and I can truly recommend Hood's Sarsaparilla. I received a letter from Mrs. Jennie Bigelow, now of Fremont, Mich., asking if my testimonial in behalf of Hood's Sarsaparilla was true; I replied it was, and sent particulars. I have another letter from her thanking me very much for recommending

Hood's Sarsaparilla

and stating that she also has been cured." MRS. ANNA SUTHERLAND, Kalamazoo, Mich.

HOOD'S PILLS are the best after-dinner Pills. They assist digestion and cure headache.