

NEWS IN A NUTSHELL.

FIVE MINUTES SELECT READING.

Foreign, Domestic, and War News.—Concise, Fithy, and Pointed.

The past year 10,806 persons visited the geological museum at Ottawa.

The 14th Prince of Wales' Own Rifles decided to visit Brockville on Dominion Day.

The banquet given to Sir Charles Tupper at the Halifax Hotel was most successful.

The whole grain and provision merchants of Winnipeg are taking steps to form a union and provision exchange.

A brick of gold weighing 163 ounces was brought to Halifax from the Gallagher mines.

Johns, charged with receiving stolen goods, was at Ottawa sentenced to three years at the Kingston penitentiary.

The staff of carpenters at Government House are working day and night in packing up the furniture for the departure early next week of their Excellencies.

For the canvass for contributions to the Women's Medical College at Kingston the total of \$1,200 of the \$1,500 required for five years have been guaranteed.

The Conference of the Methodist Church in Canada, in session at St. Catharines, after a protracted debate proceeded to vote in favor of the union, and the result declared against it.

At the meeting of the High Court, Canada Order of Foresters, the action of the Executive Committee in admitting a large number of seceders from the Independent Order of Foresters was sustained.

There is a financial hitch in the peace arrangements between Peru and Chili.

Lord Granville has, it is stated, offered to mediate between France and Madagascar.

The rumour that Earl Spencer intends to resign from the Lord Lieutenantcy of Ireland is denied.

There is a feeling at the Vatican that the missions offered by Germany should be rejected.

Mr. John Bright has been tendered a complimentary banquet at the Town Hall at Birmingham.

The French Chamber of Deputies has passed a new literary and artistic copyright convention with Germany.

Arrangements are about to be made for the exportation of American whiskey in bulk to Bremen and Hamburg.

The French Minister states that Chinese soldiers captured in Tonquin will be condemned to death by summary shot.

The sentences of three other nihilists were commuted to imprisonment for an indefinite period.

General Chang, Chinese commander, has informed the French Minister that China has no intention of declaring war against France.

The French Minister of Marine has informed the Cabinet that reports that extensive war preparations are making in China are without foundation.

The German Government has resolved to purchase six railways, including the Silesian and Berlin and Hamburg lines. The estimated cost is 325,000,000 marks.

They have been permitted to go out of Birmingham jail occasionally of late, but they have now been stopped, the police demanding to hold themselves responsible for their safety.

In reply to a question of O'Donnell's in the House of Commons recently, Mr. O'Donnell stated that the Canadian people were not consulted before the Marquis of Londonderry was appointed Governor-General.

Twenty-three thousand acres of land were sold with timber in Kansas last year.

The fever, which is carrying off large numbers of people at Vera Cruz, is considered to be not akin to yellow fever.

The Wiman-Dwight coaching trip by a number of New Yorkers and some Canadian friends terminated at Burlington, Vt., recently.

Miss Eastman, one of the foremost names in the agitation for the abolition of slavery and publisher of the Western Citizen, died.

The United States Indian Bureau has received official notification of preparations by the Canadian Cree Indians for a raid upon the American soil.

Mr. M. Farrow has addressed a letter to the National Rifle Association asking for an investigation of the charges made against his character by John Bodine.

The Chicago Board of Trade Committee, investigating the alleged adulteration of flour by Fowler Bros.

A meeting of Irish citizens was held recently at New York, at which an appeal was issued to their co-nationalists for assistance for the relatives of those who lately died in Ireland's cause.

DIET FOR INVALIDS.

BY JULIET COBURN.

Meat.

Meat for the use of invalids should be chosen for three qualities—digestibility, nutriment, and suitability to the case in hand; the last consideration is the most important.

Beef is the most used in health; it is the most stimulating and nutritious of all flesh when the system is able to digest it, and its flavor does not offend the most fastidious palate; it is always in season.

There is no reason why underdone meat should be considered more nutritious than that which is moderately and properly cooked, with all its juices preserved.

Of course pork should not be eaten by any one who has not the strongest of digestive organs. Salt pork with lean flesh is difficult to digest; fat salt pork cut very thin and broiled is sometimes given to invalids as an "appetizer" in New England.

PORTABLE BEEF TEA (a stimulating nutrient, useful in general illness, and during travelling).—Chop two pounds of lean beef very fine, put it into an earthen bowl with one ounce of gelatine and one pint of cold water, and soak it for an hour; then put it into a saucepan and gradually heat it to the boiling point; then strain it through a fine wire sieve, and put it in a saucepan, and let the beef tea heat again; while the water boils cork the jar tight, and seal it.

CHOPPED BEEFSTEAK (a nutritious, stimulating food, more digestible than unchopped steak, and valuable in all sickness caused by malnutrition).—Trim the fat from a pound of round or sirloin steak, cut the meat in inch pieces, put it into a meat chopper or mincing machine, and chop it for five minutes; then take from the top of the meat the fine pulp which rises during the operation of chopping; continue to chop and to remove the pulp until only the fibrous part remains. Press the pulp into a round flat cake, and broil it over a very hot fire for about five minutes on each side; season it lightly with salt and Cayenne pepper, and serve it hot.

In selecting beefsteak for invalids, some persons choose the file, or tenderloin, because it seems most tender; it is hardly more digestible on that account, for its looseness of fibre does not favor complete mastication; and it is less nutritious than sirloin or round steaks, because its muscular tissue is not so well nourished as that of the last-named cuts.

MUTTON BROTH WITH BARLEY (a nutritious digestible food, less stimulating than that of beef tea, and more suitable for use in any disorder of the digestive organs).—Cut the mutton meat from two pounds of the neck of mutton, free it from all fat, and put it into a saucepan with two quarts of cold water; add a few small bits of the bone which may have been broken in chopping it, and put the bone with the meat; set the saucepan over the fire, and let its contents slowly approach the boiling-point; if any scum arises, remove it. Meantime pick over half a cupful of pearl-barley, wash it thoroughly in cold water, put it in a bowl, and cover it with warm water; after the mutton broth boils, drain the barley and add it to the broth, together with two level teaspoonfuls of salt and a small red pepper, or a dust of Cayenne; cover the saucepan, and let the broth simmer very gently for two hours; then remove the bone, and serve the broth with the mutton and barley in it.

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MUTTON-CHOPS, BROILED (a nutritious dish, less stimulating than beef, and more digestible; useful in general convalescence, and more suitable than beef for delicate invalids, women, and children).—Use chops cut from the shoulder or loin of full-grown tender mutton; to insure having the chops juicy let them be about an inch thick; trim off nearly all fat, put them between the bars of a double gridiron, and broil them quickly over a very hot fire—five minutes on each side; serve them on a hot dish, with a very little salt, pepper and butter, and a slice of dry toast or a plain boiled potato, as the patient's condition will permit.—Harper's Bazar.

The Egg-Dance in India.

The Indian egg dance is not, as one might expect from the name given to it, a dance upon these fragile objects. It is executed in this wise. The dancer, dressed in a corse and very short skirt, carries a willow wheel of moderate diameter fastened horizontally upon the top of her head. Around this wheel threads are fastened, equally distant from each other, and at the end of each of these threads is a slip noose, which is kept open by a glass bead. Thus equipped, the young girl comes towards the spectators with a basket full of eggs, which she passes around for inspection, to prove that they are real, not imitations. The music strikes up a jerky monotonous strain, and the dancer begins to whirl around with great rapidity. Then, seizing an egg, she puts it in one of the slip nooses, and, with a quick motion throws it from her in such a way as to draw the knot tight. The swift turning of the dancer produces a centrifugal force which stretches the thread out straight like a ray shooting from the circumference of the circle. One after another, the eggs are thrown out in these slip nooses until they make a horizontal aureole or halo above the dancer's head. Then the dance becomes more rapid—so rapid, in fact, that it is difficult to distinguish the features of the girl. The moment is critical; the least false step, the least irregularity, of time, and the eggs dash against each other. But how can the dance be stopped? There is but one way—this is to remove the eggs in the way in which they have been put in place. This operation is by far the most delicate of the two. It is necessary that the dancer, by a single motion, exact and unerring, should take hold of the egg and remove it from the noose. A single false motion of the hand, the least interference with one of the threads and the general arrangement is suddenly broken, and the whole performance disastrously ended. At last all the eggs are successfully removed, and then the dancer stops, and without seeming in the least dizzied by the dance of twenty-five or thirty minutes, advances with a firm step to the spectators and presents them with the eggs, which are immediately broken in a fist clish to prove that there is no trick in the performance.

The Art of Singing.

It must have struck every intelligent frequenter of the concert-rooms to what hopeless straits an enthusiastic admirer of any particular singer is put when asked to give reasons for appreciating the merits of his favorite. The answer, if one is given, is often couched in vague generalities, and in some cases may be said to amount to literally nothing at all. The artist has a good voice, one is told, a clear enunciation, has performed certain tours de force with success, and even (for such reasons have ere this been given) his general appearance and deportment are pleasing. Why should this incantation give a reason for liking a thing except to those who have turned their attention to the fact that an audience taken collectively knows little or nothing of the art of singing and even were the very executant, who is the object of applause, interrogated as to the cause of his or her success, in but few cases, probably, would a satisfactory explanation be forthcoming, for although he or she may have received such education in the art as is usually afforded, that education does not take into account the fact that explanation may sometimes be required. There exists, indeed, no complete and intelligent system of vocal training. Pupils are not required to reason; suffice it if, after years of toil, by hook or crook, rightly or wrongly, they acquire the power to produce certain effects. It may be pointed out as an extraordinary fact that while singing is the most widely diffused of all arts, no art is more in its infancy with regard to the principles on which it is taught. I will not stop to offer an explanation of the anomaly. A fine voice may go a long way with an uncritical audience, and there are many singers, I fear, who set a higher value on the apparent satisfaction of others than on the absolute consciousness of having satisfied themselves.—The Nineteenth Century.

BEEF JUICE ON TOAST (a stimulating, nutritious, digestible food, useful in general illness where the system requires concentrated nutriment; in disorders of the alimentary canal this food is of especial use, as it can be digested and assimilated with ease).—Broil a slice of lean round steak for six minutes on each side, taking care not to burn it; meantime make a slice of delicate toast; when the beef is broiled, put it on a plate and cut it in very small pieces; sprinkle it lightly with salt, set another plate on it, and squeeze the beef between the two, letting the juice run out on the toast; serve the toast hot.

The work of freeing the slaves still goes on in Brazil. The Condessa de Barral e Pedra Branca gave liberty, on her birthday, to forty slaves, the last she possessed, raising to about one hundred in all the number she has emancipated gratuitously. In Cearas the headquarters of the movement, the Quixeramobim Society commenced its existence on March 25th with the emancipation of thirty-two slaves. On the 11th of the same month a society was established at Clato, when twenty slaves were freed; on the 18th the town of Pereira formed a society which is preparing to make a number of liberations. Several emancipations since last mail are also reported from Pernambuco. In Amazonas a bill has been brought in to free 10,000 miles to the Emancipation Society of Manaus, and at the opening of the library two slaves were freed.

A Fertile Rebuke.

A good story is going about the clubs concerning a New York millionaire who owns a big stock farm in New Jersey. He has put in force strict rules about the admittance of curiosity-seekers, and if one happens to get in, he is soon hustled off. The other day a neighboring farmer called on business. He had never been on the place before, and entering at a gate he found open was strolling around looking for the superintendent, when the owner, who happened to be there, encountered him. Supposing him to be merely an idler or prying person, he asked him what he was doing there. The farmer, taken aback by such an address, replied: "Nothing." The owner said: "Do you know at which gate you came in?" "I do," said the farmer. "Well, then," said the owner, "get out there as soon as you can;" and the farmer walked out. Shortly after the superintendent came up and inquired if neighbor so-and-so had been there. He was the only one anywhere about who had timber they wanted very much, and they wanted it immediately. He had promised to come that morning and see about the sale of it. "Well," said the owner of the farm, "I shouldn't wonder if I had just sent him off with a flea in his ear. I found a man strolling about here, and supposing him to be one of these stragglers I cleared him out. Where does he live? I will drive over and see him." Off he started at once. Reaching the farm-house he drove in, and seeing him began an apology, but was cut short by the farmer, who inquired if he knew at which gate he came in. He said he did. "Then," says the farmer, "I want you to get out as quick as you can;" and the owner of the stock farm was obliged to depart.—New York Tribune.

An Advertising Swindle.

The Manchester police are trying to arrest a man who has swindled a number of people in that city in an ingenious manner. The man advertised in one of the evening papers that he wanted to borrow £30, by which he could realise £100, offering to give the best security for the return of the money within a month, together with a bonus of £7. In one case a widow lady answered the advertisement, and a gentlemanly-looking man, a foreigner, called upon her, giving the name of John Christian. He offered her as security for the advance a number of pawn tickets, purporting to relate to a quantity of valuable jewellery. She lent him £30, and in a few days he called upon her again, and obtained another £20, giving her at the same time a promissory note for £56, 10s., the £6, 10s. being the interest he promised for the loan. As the lady did not hear from him within the time promised she sent some one to an address he had given, and it was then found that it was a fictitious address, and that several letters addressed to it had been returned to the senders by the post office authorities. In a number of cases the man had been successful in obtaining money in this manner. The police have communicated with the pawnbrokers whose names were on the tickets, but in most instances the tickets were found to be valueless.

The English Robin.

The English robin is a better songster than I expected to find him. The poets and writers have not done him justice. He is of the royal line of the nightingale, and inherits some of the qualities of that famous bird. His favorite hour for singing is the gloaming, and I used to hear him the last of all. His song is peculiar, jerky, and spasmodic, but abounds in the purest and most piercing tones to be heard—piercing from their smoothness, intensity, and fullness of articulation; rapid and crowded at one moment, as if something had suddenly given way, then as suddenly pausing, and scintillating at intervals, bright, tapering shafts of sound. It stops and hesitates, and blurs out its notes like a stammerer; but when they do come they are marvellously clear and pure. I have heard green hickory branches thrown into a fierce blaze jet out of the same fine, intense musical sounds on the escape of the imprisoned vapors in the hard wood as characterize the robin's song.—Longman's for May.

A Bathing Costume.

One of the earliest of this season's seashore bathers to fall under careful observation wore a garment of loosely woven but rather thick blue flannel, dark navy blue, with very short sleeves that fitted the arm closely and a loose collar that showed her brown throat. From her neck to just below the knee it was one garment. Over this she wore a short skirt of the same material, the belt of which was a broad piece of blue webbing fastening with a strong buckle. "Moderate pressure on the waist does not inconvenience the swimmer," the writer says, "and if the belt should happen to give out, she could easily kick off the skirt and come to spallow water, where a cloak could be given to her in which she could walk to her bathing house. She was barefooted, and was one of the comparatively few girls who haven't combs that render their feet unfit for publication."

A little girl stopped in the midst of her play one day, clasping her hands to her neck as she felt a sharp pain there, exclaiming, "Oh! oh!" "What is it, dear?" said grandma, "a stitch in your neck?" "Why, gran'ma," she asked, with a terrified look, "are our heads sewed on?"

Lord Rokeby, just deceased, was the last surviving Guardsman who had served with the brigade at Quatre Bras and Waterloo, and the last of those British officers who were present at the Duchess of Richmond's historic ball at Brussels on the night of June 15, 1815, when he listened to the sounds of revelry by night and danced in company with Charles O'Malley, the Irish dragoon; Fred. Power and his dark-eyed Senora, George Osborn, Capt. Dobbin, and the ever-fascinating Mrs. Rawdon Crawley. Lord Rokeby, in those days Ensign Henry Montague, and junior officer of his regiment, was also the last survivor of the British officers who were present at the defence of Hougomont, and had many tales to tell of that famous episode of the 18th of June, when the Coldstreams and Third Foot Guards suffered so heavily, the latter losing no less than thirteen of its officers.

THEIR HEAVY YOKES.

Women of New York Who Labor to Screen Their Poverty from Fashion's Eye.

"One half the people in New York live," said a philosopher the other day, "and the other half pretend to live." This is truer than most people suspect. The number of persons who give their lives to making an appearance is astonishing, and the devices to which they resort to be thought genteel and to avoid working for a living would astonish the world if fully exposed. One of the most interesting cases of shabby genteel will be found at the Family Hotel. Every one of these establishments has one or more lodgers who live in the top of the house in the cheapest apartments, next to the servants; who take their meals at cheap restaurants or beer saloons, but who dress well, and use monogram note paper, and receive their company in the hotel parlor, and generally assume the style and airs of retired well-to-do people. In one case recently brought to the attention of the writer, a lady and her two daughters occupied rooms at one of the most fashionable hotels in the city for two years. Her daughters furnished the income, by very hard work, one of them as a copyist, and the other in a large telegraphic house. But no one in the hotel ever suspected that they depended upon their labor for their income. The young ladies made together about \$25 or \$30 a week, and on this sum they managed by the most pinching economy in eating, to dress well and move in a certain circle. But the air of disdain with which they spoke of people who were compelled to work and the poetic references they constantly made to their blood and ancestry produced the most respectful treatment from all who came in contact with them. A young lady and her father, who lived at the Westminster for some time and passed as a belle in certain sets, worked in a book-binder's establishment in Nassau street, and actually supported her father in his genteel airs. In this case it came to the knowledge of the writer that this young lady, on more than one occasion, went sleepless to bed because she had to pay for a couple.

Another form of pretentious gentility is found in those families that hire houses, and then sub-let all but a couple of rooms, retaining the use of the parlor to make a show, and always turning up their noses at people who are compelled to live in flats. "O, we," they always say, "couldn't be restricted to a flat, you know. It may do for people who have never had the freedom of a whole house, but we must have our own establishment." If they live in a basement house they have to put up sometimes with a doctor or a dentist, but they compromise by calling his room the library when they have a party. There are hundreds of genteel people living on Lexington Avenue, who for the sake of making it appear that they occupy a whole house to themselves, are content to bunk in the garret and cook with the oil stove. But they make enough off their wages to dress well and have a coach and livery take them to the park in the afternoon. It is said, by those who know, that the gay cavalcade to be seen on a pleasant afternoon on the avenue is made up in the unequal proportions of millionaires and beggars, who, so far as dress is concerned, can not be distinguished from each other.

In the ranks of the operatives who live on the East Side it is curious to know that a coach is the sign of gentility. To be able to hire a coach is the weakness of hundreds of girls who work by the week down town, and it is for this reason, perhaps, that in the poor classes funerals have become a sort of evidence of gentility, the condition of the family being rated by the number of coaches. There are scores of girls who give music lessons who spend nearly all they make at the livery stable. They are driven to their pupils' houses in coupes, and they are very particular about the livery. The superintendent of a large envelope factory in this city said that some years ago a fainting epidemic broke out among his girls. Without any premonition whatever, an operator would suddenly fall over as if dead, and he was in the habit sometimes of calling a carriage and sending the invalid home. But when the thing grew to affect the whole factory, he turned one of his rooms into a hospital, from which moment no girl fainted. It was not till some time after that he discovered by accident that it was the ride home in the coach that had brought on the epidemic.—New York Journal.

"I have no wealth," she said; "I can give you only my hand and heart." And then he thought that if her heart was as big as her hand, she was indeed wealthy. Music-teacher—"You see that note with an open space? That's a whole note? Can you remember that? Scholar—"Yes'em; a whole note is a note that has a hole in it." "I don't love you, and I won't marry you," she said to him in a pet. "Two negatives make an affirmative; my dear, let's go and see the parson," he answered, quietly. She went.

When the railway is completed across the whole length of Newfoundland, corresponding with fast steamers on either side, the ocean voyage to the United States will be shortened to four days, and the distance between New York and London lessened by forty-eight hours. Physical courage which despises all danger will make a man brave in one way, and moral courage which despises all opinion will make a man brave in another. The former would seem most necessary for the camp, the latter for council; but to constitute a great man both are necessary.

It may be set down as a rule that no one can ever afford not to be a gentleman. It is best to learn this rule early and practice it late. It is not well to say mean things of another, because in most cases you will have to take it all back in bitterness of heart when he does you an unexpected favor. It is not wise to treat any one brusquely, because you can not always judge a bird by the feathers he has on. It is not well to look down on any body because the time may come when he will look down upon you. There is a certain selfhood in every one which should be respected. We have no right to infringe upon it. It is not morality, it is not mere conventional rule, it is not simply a social regulation; it is something in the nature of things that you should always show a delicate regard for others. One who did not fail here was never known utterly to fail elsewhere.

United States... Debility... Michigan, U.S... A. P. 130... Should Know... Remedies... A Chinese Bed-Spread... The Chicago Board of Trade Committee... A. P. 130... Remedies... A Chinese Bed-Spread... The Chicago Board of Trade Committee...