HEALTH.

How to Eat Wiselv.

As a universal rule in health, and, with very rare exceptions, in disease, that is best to be eaten which the appetite craves or the taste relishes.

Persons rarely err in the quality of the food eaten; nature' instincts are the wisest regulators in this respect.

The great sources of mischief from eating are three: quantity, frequency, rapidity; and from these come the Lorrible dyspepsias which make human life a burden, a torture, a living death.

Rapidity.—By eating fast, the stomach is like a bottle being filled through a funnel, is full and overflowing before we know it. But the most important reason is, the food is swallowed before time has been allowed to divide it into sufficiently small pieces with the teeth; for like ice in a tumbler of water, the smaller the bits are, the sconer are they dissolved. It has been seen with the naked eye, that if solid food is cut up in pieces small as half a peo, it digests almost as soon, without being chewed at ali, as if it had been well masticated. The bost plan, therefore, is for all persons to thus comminute their food; for even if it is well chewed, the comminution is no injury, while it is of very great importance in case of hurry, forgetfulness, or bad teeth. Cheerful convertion reconstituted in the string.

ful conversation prevents rapid eating.

Frequency.—It requires about five hours for a common meal to pass out of the stomach during which time this organ is incessantly at work, when it must have repose, as any other muscle or set of muscles, after such a length of effort. Hence persons should not eat within less than five hours' interva'. The heart itself is at rest more than one third of its time. The brain perishes without repose. Never force food on the stomach.

All are tired when night comes; every muscle of the body is weary and looks to the bed; but just as we lay down to rest every other part of the body, if we, by a hearty meal, give the stomach five hours work, which in its weak state, requires a much longer time to perform than at an earlier hour of the day, it is like imposing upon a servant a full day's labor just at the close of a hard day's work; hence the unwisdom of eating heartily late in the day or evening; and no wonder it has cost many a man his life. Always breakfast before work

No laborers or active persons should eat an atom later than sundown, and then it should not be over half the midday meal. Persons of sedentary habits or who are at all ailing, should take absolutely nothing for supper beyond a single piece of cold stale bread and butter, or a ship biscuit, with a single cup of warm drink. Such a supper will always give better sleep and prepare for a heartier breakfast, with the advantage of having the exercise of the whole day to grind it up and extract its nutriment. Never eat without an inclination.

Quantity.—It is variety which tempts to excess; few will err as to quantity who will eat very slowly. Take no more than a quarter of a pint of warm drink, with a piece of cold stale bread and butter, one kind of meat and one vegetable, or one kind of fruit. This is the only safe rule of application, and allows all to eat as much as they want.

allows all to eat as much as they want.

Cold water at meals instantly arrests diSestion, and so will much warm drink;
hence, a single teacup of drink hot or said,
is sufficient for any meal.

For half an hour after eating sit erect, or walk in the open air. Avoid severe study or deep emotion, soon after tating. Do not sit down to a meal under great grief or surprise, or mental excitement.

How to Avoid Colds.

Physiologists have said that if a few drops of the blandess fluid in nature are injected into a blood-vessel against the current, death is an instantaneous result.

Millions of canals or tubes from the inner portions of the body, open their little mouths at the surface, and through those channels, as ceaseless as the flow of time, a fluid containing the wastes and impurities of the system is passing outwards, and is emptied out on the skin; ordinarily, it is so attenuated, so near like the air, that it cannot be seen with the naked eye, but extraordinarily, under the influence of increased natural or artificial heat as from exercise or fire, this fluid is more profuse, and is seen and known

as "the sweat of the brow" - perspiration. This fluid must have exit or we die in a few hours. If it does not have vent at the surface of the body, it must have some in-ternal outlet. Nature abhors shocks as she does vacuum. Heat distends the mouth of these ducts, and promotes a larger and more rapid flow of the contained fluid: on the other hand, cold contracts them, and the fluid is at first arrested, dams up and re-If the purest warm milk against the current of the blood, kills in a moment, not from any chemical quality, but from the force against the natural ourrent, there need be no surprise ats of miffects of suddenly closing the mouthus, a llions of tubes at the same instant, cathe a violence at every pin head surface of the body. If these mouths are gradually closed, nature has time to adant herself to the circumstances by opening her channels into the great inter-"water ways" of the body and no harm fol-lows. Hence the safety of cooling off slowly after exercise or being in a heated apartment, and the danger of cooling off rapidly, under the same circumstances, familiarly known by the expression "checking the perspiration."

The result of closing the pores of the skin is various according to the direction the shock takes, and this is always to the weakest part; in the little child it is to the throat, and thereis croup or diphtheria; to the adult it is to the head, giving catarrh in the head or running of the nose; to the lungs, giving a bad cold, or, if very violent, causing pneumonia or inflamation of the lungs themselves; or pleurisy, inflammation of the covering of the lungs; to the bowels causing profuse and sudden diarrhosa, or to the covering of the bowels. inducing that rapid and often fatal malady known as peritoneal inflammation; if the current is determined to the liver, there is obstinate constipation, or bilious fever, or sick headache. Hence a "cold" is known by a cough, when perspirais driven inward, and is directed to the lungs; by pleurisy, when to the lining of the lungs; by a sick headache or bilious fever, when to the liver, etc.; diarrhos or constipation when to the bowels and liver.

To avoid bad colds, then, it is only necessary to avoid closing the pores of the skin, either rapidly, by checking perspiration, or slowly, by remaining still until the body is green ones."

thoroughly chilled, that is until the pores are nearly or entirely closed by inaction in a cold atmosphere or room. In the matter of health, these suggestions are of incalculable importance.

Diet.

Sir Henry Thompson has contributed to a popular megazine an article on "Diet," which is calculated to upset some of the most cherished notions of the well-to-do Englishman The popular theory is that in youth a man should be frugal in his mode of living, but that when his frugality and industry have placed him in a comfortable position he can indulge himself more freely in the luxuries of the table, and that these luxuries are rather beneficial than otherwise. "Quite wrong," says Sir Henry Thompson. The man who is going down the hill of life should reduce hs intake. "If," says the great surgeon, "he continues to consume the same abundant breakfasts, substantial lunches, and heavy dinners, which at the summit of his power he could dispose of almost with impunity, he will in time certainly either accumulate fat or show signs of unhealthy deposit of some kind in some parts of the body - processes which must certainly empoison, undermine, or shorten his re-maining term of life." The loving wife who is concerned about the diminished appetite of her lord is altogether wrong; his diminappetite arises from natural causes, and if she manages to coax or force him to consume more food she is only doing him an injury. Even fresh milk, which is becoming so popular a drink in these days, comes in for a share of Sir Henry's condemnation. For those of us who have long achieved our full growth "it is altogether superfluous and mostly mischiev ous." To sum up, Sir Henry Thompson affirms that as regards the middle classes generally three-fourths of the nutrient matters consumed are from the ani mal kingdom, and that a reversal of these proportions—i.e, one-fourth only from this source and three-fourths from vegetable sources—would "tend to maintain a cleaner palate, increased zest for food, a lighter and more active brain, and a better state of health for most people not engaged on the most laborious employments of active

COOKERY FOR BEGINNERS.

onions (boiled).

Remove the outer layers until you reach the sleek, silvery, crisp skins. Cook in plenty of boiling, salted water, until tender. Forty minutes should be sufficient, unless the onions are very old and large. Turn off all the water; add a oupful from the tea kettle with one of warm milk and stew gently ten minutes.

Heat, meanwhile, in a sauce-pan, half a cupful of milk with a large tablespoonful of butter.

Drain the onions in a hot clean colander, turn them into a heated deep dish, salt and pepper lightly, and pour the boiling milk and butter over them.

Onions cooked thus are not nearly so rank of flavor as when boiled in but one water.

TOMATOES (stewed).

Put rips tomatoes into a pan, pour boiling water directly from the kittle, upon them, and cover closely for five minutes. The skins will then come off easily.

When all are peeled, cut them up, throwing away the unripe parts and the cores, and put them into a clean saucepan with half a tea-spoonful of salt.

Stew twenty minutes before adding a heaping table epochful of butter, one teaspoonful of white sugar (for a dozen large tomatoes) and a little pepper. Stew gently fifteen minutes, and serve.

SCALLOPED TOMATOES.

Scald, skin, and cut each crosswise, into two or three pieces. Just melt a teaspoon ful of butter in a pie-plate or pudding-dish, and put into this a lawyer of tomatoes. Lay a bit of butter on each slice, sprinkle lightly with salt, pepper, and white sugar, and cover with fine dry cracker, and bread crumbs. Fill the dish with alternate layers of tomato crumbs, having a thick coating of crumbs on the top, and sticking tiny "dabs" of butter all over it.

Bake, covered, half an hour. Take off the tin pan, or whatever you have used to keep in the steam, and brown nicely before sending to table.

BEETS.

Wash well, taking care not to scratch the skins, as they will "bleed" while in cooking if this cut or broken.

Cook in boiling water an hour and a half if young, three, four or five hours as their age increases.

Drain, scrape off the skins, slice quickly with a sharp knile: put into a vegetable dish, and pour over them half a cup of vinegar, with two tablespoonfuls of butter, heated to a boiling, and a little salt and pepper.

Let them stand three minutes covered in a warm place before s:rving.

GREEN PEAS.

Shell and leave in very cold water fifteen minutes. Cook in plenty of boiling, salted water. They should be done in half an hour. Shake gently in a hot colander to get rid of the water; turn into a heated deep dish, sprinkle with salt and pepper, and stir in fast and lightly with a fork, two tablespoonfuls of butter.

Eat while hot.

STRING BEANS.

Do not cook these at all unless you are willing to take the trouble of "stringing" them.

With a small sharp knife cut off the stem and blossom-tips, then trim away the tough fibres from the sides carefully, and cut each bean into inch-lengths.

Lay in cold water for half an hour. Cook one hour in salted boding water, or until the beans are tender.

Drain, butter and season as you would peas.

String beans half-trimmed and cut into slovenly, unequel lengths are a vulgar looking unpopular dish. Prepared as I have directed, they are comely, palatable and wholesome.

Lady caller—"I much prefer colored servants to white ones, don't you, Mrs. B.?"
Mrs. B.—"Well, really, Mrs. R., it depends upon the color, you know. I can't endure green ones,"

A REMARKABLE TRIAL.

Raised from the Dead ; or, The Resuscita-

ted Lover. Many years ago. a merchant residing in Paris, in the Rue St. Honore, had an only daughter, who possessed all the charms of her sex: indeed, persons of the most refined taste took pleasure in her society. Her parents, by giving her a liberal education, had done all in their power to enhance those advantages which nature had lavished upon She had no sooner reached the age when the heart is first susceptible of the tender flame, when she became aware that she loved a youth, a neighbor, some years her senior, who had already anticipated her sentiments. The fathers of the two young people were friends of long standing, they followed the same occupation, and their for-tunes were about equal. The couple, in short, seemed altogether well matched. had been agreed that they should be married in a few years; they met frequently, they seemed made for each other, and could no be too often together. Nothing appeared to stand in the way of the realization of their fond hopes. But the demon of selfinterest, who counts so many worshippers among the children of men, in an evil moment induceed the parents of the young lady listen to the proposals of a wealthy capitalist, who asked her hand in marriage, Neither his personal merits nor any eminent quality obtained for him the preference; he owed it entirely to his riches. We will not undertake to picture the despair of the two lovers: our readers will easily imagine how great it was. The maiden complained and stood out against the will of her father and mother, but she yielded at last. She gave her that was already disposed of. Her sense of duty obliged her to forbid her lover to see her, in such a peremptory tone that he had no other course than to obey her command. The husband soon discovered that her affections were not centred in him, but, as he was a man of no refinement, he did not seem to care much about it. The young wife spent her days in profound sadness, slowly consumed by the grief which gnawed at her heart. At length she broke down under her affliction. After an illness which lasted several days she fell into a state of complete lethargy, so that she was thought to be dead, and the last duties were paid to her.

The lover soon got to hear of the young lady's funeral; he did not, however, succumb under the full weight of his sorrow. Something seemed to say to him that she was not dead. He remembered that once, when a girl, she had fallen into a state of stupefaction, from which after some time she completely recovered. He went that same night to the sexton, whom he brihed, and with his help, he took out of the earth her who was to him as a valuable treasure, had her conveyed to his lodgings, where he employed all possible means to restore her to consciousness.

He soon discovered signs that life was not quite extinct, and after hours of continued eff rts his loved one awoke out of her deep sleep. What was her astonishment on opening her eyes to see her lover by her side! He did not enter into long explanations, but briefly told her how much she owed him and that he now had a right to claim her as his own. She consented without hesitation to live for a man who had saved her life, and whom she still dearly loved, as well a pleasard within her life, and whom she still dearly loved, as well a pleasard within her life.

They crossed over to England, where they lived several years together without a cloud arising to trouble the serenity of their happy union. After ten year thus passed away, they felt a strong desire to return to their nativeland and revisit the scenes of their youth. Accordingly they re-crossed the channel, and arrived in Paris. Here the first husband chanced to meet them as they were walking out together. The image of his wife was not yet effaced from memory, for, as chronicler observes: "It is not necessarily strong affection alone that stamps the

If the thought of his wife's death had not then occurred to him, he would not have hesitated for a moment to believe that she now stood before him. Of these conflicting thoughts the latter kept the upper hand, and he became convinced that the lady was his wife. On meeting her a second time he acted upon this conviction, and spoke to her; nor could the fencing and evasive replies of the lady avail to change his opinion. The strange adventure invested his wife with so many added charms that he now felt drawn toward her with a passionate love such as he had never experienced before. After this interview he made the greatest exertions to discover her place of abode, though she did her best to elude his pursuit. Having succeeded in this, he took legal action to claim her as his wife. A prolonged trial was the

The lover pleaded, but in vain, that the recovery of the young lady was due to his own effort, that but for him she would have died, and that he had thus acquired a right to possess her. Further, that the plaintiff, by consigning her to the grave, had forfeited all claim to her, and that he might even be accused of having buried her in undue haste, without giving her sufficient time to recover from her lethargy; that it might be said that he of set purpose contrived that she should pass from the lethargy into that of death. In short, every reason that Love could suggest was brought forward on behalf of a union that it intended to last for ever. We regret to say that Justice was deaf to all the arguments of Love; and the couple seeing plainly that the case was going against them, did not stay to hear the sentence of the Court, but took their departure to some foreign country, where they spent the rest of their lives.

For the opening season a dance teacher has devised what he calls the dervish. It consists of a few slow, measured, stately revolutions in ordinary waltz time, followed by a dezen rapid waltz ones, done so suddenly that the couples look like wild dervishes of the desert, who ought to howl as well as whirl.

whith.

There is a professional master of character in calligraphy at Aix-les-Bains, an abbe, dark, bearded, his priestly costume giving an air of clerical dignity. He is the hero of the hour, and there are interesting seances in the apartments of great ladies. Superstitious Italians have already declared him nearly allied to the evil one. It is said that taking a letter written by a person utterly unknown to him, he will draw an oral portrait of the writer, even to the color of the hair and eyes, and sketch the moral and mental characteristics of the individual with completeness.

HORRIBLE SCENE IN A BARN

Rats and Mice Destroying Each Other-

A correspondent of the Sootsman writes as follows: -As a farmer my enemies are legion, of course-from the weather downwares With the rat and mouse, having suffered much from their depredations, I am at chronic warfare. In one left, where through the winter months I have to keep a store of grain, besides various feeding stuffs for cattle, in spite of all my efforts to shut them out, they fattened and multiplied and wrought such havor that I deliberated special scheme of wholesale vengeance The month of June having come, I was able to clear out the loft, and floor and walls and corners were swept clean as brush might do. Thus it lay for 24 hours, and then, knowing that the appetites of my enemies would be sharpened, and fearing lest they might scat ter abroad and settle in the Manitoba of my dwelling house, I took a "fresh departure. At eventide I mixed as much strychnine as would lie on half the blade of a penknife in about a cupful of oatmeal, and laid out the treacherous banquet on the left floor, and as by this time the vermin were so hungry that they scarce k pt to their holes dur-ing my presence, instead of retiring I made myself a comfortable seat in a shaded corner and kept quiet. The last rays of the summer sun were striking into the silent loft, the little world of that community where brooded the gaunt spectre of famine, and where a destroying angel yet more terrible was to stalk ere midnight. In a very short time several mice were out, but where they were wont to roam over hills and valleys of corn and Elysian slopes of locust bean meal, the minion of luxury were reduced to scratch ing up from the seams of the floor such par ticles as yet remained. In their travels to and fro the supper I had set for them would have soon been "exploited," but I heard a soft "thud" to my right, and glancing there I saw a goodly rat seated on a window sill, on to which he had dropped from between the inner wooden lintels above. It had puzzled me to understand how the rate found an entrance, but this explained it; the window was low, so the opening between the lintels was not readily seen : from that they had carried a tunnel through the masonry to the outer wor.d. Where I sat I was screened from view save head and shoulders, and it was evident the rat was unconscious of my presence. With something of a royal air he sat and surveyed the bare expanse of floor, where here and there a mouse his quest along the seams. But he had a purpose on hand. Descending softly to the floor, he drew towards the nearest mouse in the fashion in which a cat approaches its prey, crouching with its belly on the floor. The mouse evidently knew its danger, for so soon as it sighted the rat it bolted, and the rat dashed after it. An exciting chase ensued. The rat had complete mastery in speed, and headed off the mouse from walls all around: but the latter doubled again and again before it was run down and killed by the rat, which was done apparently at once, the rat b i g through the small of the back as a hound kills a nare. He carried off his quarry at once, ascending the sides of the window with some little difficulty, and disappearing in his tunnel. The other mice had scurried at once, but I kept quiet in my ambush, and in a very short time sev eral were out again foraging, but ere any of them had come upon my supper the rat reapp ared, and, so be buter, the same suring was enacted four times, the rat not once allowing his selected vietim to escape. Some of the nunts were hard runs and highly diverting, but I had to restrain my enthusiasm and keep quiet as a statue. Once pursuer and pursued came close to my toes ere the mouse doubled. At last I sta ted a triangular war, and, watching my chance when the rat was well away from his den, I dashed out with a stick to intercept and smash him. He got past me, and though I knockel him back once and again as he clambered up his window, I failed to do him any great injury, and he made off to another window which had been left partly open, and getting out he flung himself to the ground, leaving me discomfited. However, if he returned during the night, as most plobably he did, I had my revenge. Again I took to my studio in the corner, and again the mice appeared, and with no rat to interfere with them now, they were soon abroad in scores, and my supper to them was discovered by one ther and they at once set nem. selves for a hearty repast. As more and more came forward, however, a good deal of quarreling took place-some built occas ionally driving offall and sundry, and mum bling away at the meal sordid and alone. But another factor came into play, admirab ly adapted for giving every mouse sooner or later a chance of partaking. In less than ten minutes from the first tasting of the meal, signs that "death was in the pot" began to show. The manner in which death struck the victims was various. With many the paign seemed to have an exhibitanting or the poison seemed to have an exhilarating or intoxicating effect at first. They would leave the meal and go off in lively capers across the floor, leaping high up and alighting on all fours in a half sidelong direction and with singular rapidity. Some would fall dead in the midst of this, others would reach their holes to die, and others would settle down again and even return to the meal; while others would suddenly leave it, and fall over quite rigid ere they had gained many feet. With all the end was sure, though many would gain their holes in their death caper. But the growing darkness compelled me to retire, which I did locking the door behind me, and returning at nine o'clock on the following morning. On opening the door, the first sight was a lusty lying stark and stiff, whom I hoped and be-lieved might be the Nimrod whose prowess I had witnessed and interrupted on the preceding evening. On the stair leading up to the loft every step almost had its dead; but when I reached the top I looked across the hetacomb that well might slake my thirst for vengeance. Altogether some 240 mice and about 20 rate littered the floor, and the ghastliest feature was that great numbers of them were torn open as if killed by discharges of shot; many of them were more than half devoured. It was evident that there had been an all-around cannibalistic saturnalia, rats and mice raging with hunger devouring one another's corpses indiscrim inately, and dying from the poison which had permeated all the flesh of their victims, to bequeath the same poison to their devourers in turn. That the shad been the manner of death with many or most was plain, for a remnant of the fatal meal yet lay on the floor and of itself could not have gone far among so many. To the death-roll must be added many that had gained back to their holes ere they sank in their "dance of death."

The rats must all have gained entrance from the sully-port t ld of, as it it was the only visible one possible for them many of them were but halt-grown. But I must hurry to a close with the moral or deduction from my tale; that while with plenty reigning around them the rat may be indifferent to or even on friendly terms with the mouse, in a season of rearcity the latter will become the supper of his stronger ally in plunder, and be exterminated.

ITEMS OF INTEREST.

Mankato, Minn., has had a shower of live

Salida, Col., has sixteen saloons and no church.

The Cherokee Nation have no laws for the collection of debts.

Liberia, Africa's colored republic, is on the verge of bankruptcy.

The great blast in Hell Gate, New York

harbor, will be fired about Ootober 1.

A learned physician says that a hydro-

phobic dog never froths at the morth.

"Globe trotters" is one of the terms for

the tourists who take the beaten track round the world.

The winters in Iceland are milder than those in Iowa. This modification is due to

the Gulf Stream.

Dr. Jaeger of Munich maintains that those people who wear wool, and nothing but wool, winter and summer, never catch cold.

The earliest cannon are said to have been breech-loaders, and hammerless guns were known long before the days of percussion locks.

The Red Sea is the hottest place on the

globe. Three of the passengers on the steamer Siguria died from the heat on her last trip.

Two companies are to be added to each infantry battalion and one squadron to each cavalry regiment in England's native English

Army.

A farmer without hands, and who does all the work on his land, is one of the successful cultivators of the soil living near Roswell, Ga.

An English authority states that unless swine lever is absolutely exterminated from the United Kingdom the disease will exterminate the pigs.

Sidewalk vendors in Chicago pay \$100,000 a year to property owners. Steps are to be taken to compel the payment of the revenues to the city.

A Venetian gondolier makes on an avorage four francs, about eighty cents, a day the year round. On this he will marry, rear the family, and put some money away.

The bark of the tree from which quinine is obtained is useless unless grown in a malarial region. Home pathists point to the fact as an example of their motto that like cures like.

There are no newspays in Munich. Some

of the papers are sold at round little houses or stands in the street others are carried about the cates and restaurants in baskets by old men and women.

The Lancet says that the pain of neuralgic

headache experienced by women is caused by hairping. The nerves of the scalp are irritated by the hair being drawn tightly back, and put on the strain.

Decenic drew a **,000 house in Chicag*, at fifty and seventy-five cents a head. He is the most profitable lecturer. Mark Cario

is the most profitable lecturer. Mark Twain cleared \$27,010 in sixteen weeks last season after playing Caple \$500 a week.

When the ropes with which oil wells are drilled are worn out they still have their uses. They are purchased by junk dealers, thoroughly cleansed of oil and reduced to a pulp, which forms the basis of the heavy paper of which four sacks and wrapping

paper are made.

A Brooklyn maiden lady has an a m chair which she ctaims came over in the May flower and she will not speak to a friend who asked her if she came over in it.

In the novels produced during the past year, it is estimated that three hundred and seventy-two of the heroines have been blondes, and only one hundred bru etter.

A plant which grows in dry upland soil in Arizona is said to be a valuable tanning agent. Its tanning quali ies a ethree times as great as oak bark, and it can be produce cheaper.

New York contains 25,000 more wome then men; Beston has a surplus of 18,000 women; in Baltimore there are 17,000 more women than men, and so on in several others of the large eastern cities.

In these hard times it is well enough for

In these hard times it is well enough for housekeepers to remember the remark of the great mustard maker, Colmun, who said he made his money not out of mustard eaten, but out of the mustard left on the plate.

Naval Sham Fight.

The programme of naval evolutions and target practise with macaine guns which was carried out at Whate I land under Captain Fisher by the blue jackets of the Ex cellent during the recent visit of the Lords of the Admiralty to Portsmouth was repeated the other morning. Some thou ands, including numbers of ladies, witnessed the operations. The sham fight between the boats crews, who landed under cover of the fire from the gunboats, and the defenders of the island was even more animated and realistic than on the previous occasion, though the various movements were exact repeti-tions. The rapidity and apparent case with which the 9 pounder field guns were disembarked and drawn up the steep gra-dient of the sea embankment by yokes of sailors and got into position and action upon the high ground was a marvel of skill. Addition declat was given to the grand final by the defenders and the armoured train re-treating along the viriduct and pouring a withering fire upon the flank of the enemy whose further pursuit they arrested by two simultaneous explosions which were supposel to have destroyed the head of the bridge. During the morning the method of rescuing a shipwrecked crew from the shore was exhibited. A rocket attached to a line was shot from the plateru over the sea front. and a connection having been made by means of a hawser, a bluejacket was drawn across the range suspended in a bag.

The souvenir which the Princess of Wales presented Emma Nevada in recognition of her sweet singing at Marlborough House is an exquisite lace pin set with diamond pansies with pearl hearts.