

THE NITRE LAKES OF EGYPT.—In the midst of this sandy waste, where uniformity is rarely interrupted by grass or shrubs, there are extensive districts where nitre springs from the earth like crystallised fruits. One thinks he sees a wild overgrown with moss, weeds, and shrubs, thickly covered with hoar frost. And to imagine this wintry scene beneath the fervent heat of an Egyptian sun, will give some idea of the strangeness of its aspect. The existence of this nitre upon the sandy surface is caused by the evaporation of the lakes. According to the quantity of nitre left behind by the lake do these fantastic shapes assume either a dazzling white colour, or are more or less tinted with the sober hue of the sand. The nitre lakes themselves, six in number, situated in a spacious valley, between two rows of low sandhills, presented—at least the three which we visited—a pleasing contrast, in their dark blue and red colours, to the dull hues of the sand. The nitre which forms a thick crystallised crust, upon these shallow lakes is broken off in large square plates, which are either of a dirty white, or of a flesh colour, or of a deep dark red. The Fellahs employed upon this labour stand quite naked in the water, furnished with iron rods. The part which is removed being speedily renewed, the riches of its produce are inexhaustible. It is hence that nearly the whole of Europe is exclusively supplied with nitre, and this has been the case for ages; for Sicard mentions, at the commencement of the last century, that then 36,000 cwts. of nitre were broken annually for the grand signior, to whom it yielded 36 purses. By the side of one of the lakes, piled in large layers, was heaped the produce of the last week's labours. My companion had occasion to find fault with the result of the work of one of the villagers—the sheikh of the village stood before us—i.e. sharply rebuked him, and to give greater effect to his words he crossed his naked shoulders two or three times with his whip of elephant's skin. The sheikh sprang as nimbly as a gazelle into the lake, and received his further instructions beyond arm's length. Such was the impressive discipline which even the Italian, who was a man of gentle manners, considered it necessary to adopt towards these Fellahs. The plates of nitre, after undergoing a preliminary cleansing upon the banks of the lake, are carried to the castle, where by various processes, they become a dazzling white powder, and in this state it is carried in large

quantities to Teranneh.—*Tischendorf's Travels.*

BRISKET OF BEEF—À LA GARRICK.—This dish will, I am sure, be as popular with the English public as the celebrated tragedian and comedian whose name I have borrowed, even if he were now alive. Procure a nice brisket of beef with as little fat as possible attached; if too much cut a little off, and detach the whole of the bones from it. Then make a pickle with 20lb. of salt, $\frac{3}{4}$ lb. of saltpetre, 4 cakes sal prunella, 2lb. of moist sugar, 2 cloves of garlick, with which rub the meat well, and leave it rather more than a week, rubbing and turning it every day; then drain and cut it into equal parts, placing one upon the other, mixing the fat and lean well; tie them together, and afterwards, in a clean cloth, put into a large stew-pan or stock-pot containing six gallons of water, and let simmer for eight hours. But, to ascertain correctly if done run a trussing-needle into it, and if tender it is quite done. Then take it out, and let it remain ten minutes upon a dish to drain; have ready a large tin-dish cover 18 inches long, 12 wide, and deep in proportion. Place it upon a trivet, and put the beef into it, opening the cloth to lie smoothly in the cover, and with a fork arranging the meat, fat and lean together, all over the bottom. You have a common piece of board, half an inch in thickness, made to fit into the cover, place it upon the meat with a half hundred weight upon it, and let it remain in a cold place until next morning. Then take off the weight and the board, pull the cloth gently at each angle, and when loose turn it over upon your dish. Take the cloth off gently. Garnish with sprigs of parsley, fresh-water cresses, and small radishes (if in season), cut in thin stripes crosswise. Nothing can be nicer than this for a breakfast or luncheon. It will keep a fortnight in winter; and as long as a week in the summer by putting it in a cold place. I have frequently made some in my kitchen at home, procuring a piece weighing 10 or 12 lbs. from the bones and trimmings of which I have also made very excellent soup, which last of course must be fresh. The pickling will answer to salt three or four other joints, as it will keep good nearly a month in summer, and much longer in winter.—*M. Soyer's Kitchen at Home.*

HOW TO CATCH PIGEONS.—A boy in Perth who had lost a favourite pigeon by its abscond-