

**THE TORRENS SYSTEM**  
Hon. Mr. Thompson introduced at Ottawa the act to regulate the transfer of land in the Northwest Territories. This bill, the honorable gentleman explained, was substantially the same as that introduced last session by Sir Alexander Campbell. Various features of the measure were dwelt upon. Provision been made for the appointment of four registrars for land—one in the Assiniboia district, one in Alberta, and two in the Saskatchewan region. It shall be optional with owners of existing titles whether to bring their land upon the registry or not; but, as regards future operations in regard to all titles emanating from the Crown hereafter, the provisions of the bill shall be compulsory. Another clause provided for the abolition of the distinction between real and personal property. It is proposed that the land shall be in a position of chattels real, thereby at once sweeping away the doctrines relating to real property which have created a good deal of trouble in the acquisition and transfer of property in the older provinces. It is proposed that on the transmission of land by ordinary course such as by bankruptcy or otherwise the transfer and identification shall be verified by the registrar and the transfer be completed in much the same way as is done now. In the first place the object of the bill is to give security of title equal to that which is now provided in the other province; secondly, cheapness and care of transfer as to provide for a system of land laws which will obviate for all time the inconvenience and difficulties in relation to the holding and transfer of land.

**POPULAR SCIENCE NOTES**  
A chemist has discovered an extract from coal tar 230 times sweeter than sugar.

It is thought that a dozen shots from the new German bomb, charged with dynamite shells would destroy the strongest fortifications in the world.

Astronomers promise that a bright comet will be visible just before sunrise during the latter part of May. It is the comet "1886," discovered lately by Prof. Barnard.

A German chemist concludes that, on account of its great digestibility, cheese is the most nourishing of all foods, meat and eggs excepted. Of eighteen varieties of cheese tried, Cheddar is most readily digested.

Naturalists now count no less than 1,870 different kinds of fishes in North American waters, of which 590 live in the rivers and lakes, and 550 kinds belong to the Pacific. Of the remainder 105 dwell only in the deep waters of the Atlantic and Gulf of Mexico, never approaching the shore or the surface.

In the construction of a tunnel at Stockholm, cold air has been applied in a novel manner. In passing under a hill of light wet gravel it was found practically impossible to underpin the houses overhead. It was therefore decided to freeze the gravel by means of cold air, and put in the lining while the material was solid, the undertaking having now been successfully carried out by the use of cold air machines. None of the houses passed under have been injured.

By the new process of toughening timber, it is claimed that the effect produced upon whitewood is such that a cold chisel is required to split it. This result is accomplished by a special method of steaming the timber and submitting it to end pressure, technically "upsetting" it. By this means the cells and fibres are compressed into one compact mass; and it is the opinion of those who have experimented with the process that wood can be compressed to the extent of seventy-five per cent., and that some of the timber now considered unfit for use in such work as carriage building, for instance, can be made valuable by this means as a substitute for ash hickory, etc.

#### THE BODY AND ITS HEALTH.

**Causes of Consumption.**—After a study of nearly 12,000 cases, Dr. Brehmer, an able German physician, rejects the theory of the contagiousness of pulmonary consumption. He finds the disease to be due to deficient nutrition of the lungs, which may result from various antecedent causes, such as inherited defects of constitution, and vital organs impaired by disease, injury, or mode of living. He believes that the operation of all these causes may produce such changes that it may be possible—years even decades, in advance—to predict with great probability which members of a given family will be afflicted with pulmonary consumption, and which will remain healthy.

Stimulants on retiring to Rest.—Dr.

Richardson, the eminent London physician, warning a patient against his pernicious habit of taking a hot toddy before retiring to rest, said: "When you lie down at night, that is the way nature gives your heart rest. You know nothing about it, but that beating organ is resting to that extent; and if you reckon it up it is a great deal of rest, because in lying down the heart is doing ten strokes less a minute. Multiply that by 60 and it is 600; multiply it by eight hours and within a fraction it is 5,000 strokes difference; and as the heart is throwing six ounces of blood at every stroke, it makes a difference of 30,000 ounces of lifting during the night. When I lie down at night without any alcohol that is the rest my heart gets. But when you take your wine or grog, you do not allow that rest for the influence of alcohol is to increase the number of strokes and instead of getting this rest you put on something like 15,000 extra strokes, and the result is you rise up very seedy and unfit for the next day's work."

#### RELIABLE RECIPES.

**Eggs**—when you are tired of plain boiled or fried eggs try this way of serving them for breakfast: Butter a pie plate and cover the bottom with fine bread crumbs, then break enough eggs for your family, and drop them on the plate and cover them with a layer of bread crumbs; sprinkle pepper and salt over this and put some lumps of butter over it. Bake in a quick oven for five minutes.

**Tomato Omelet.**—Put a pint of canned or stewed tomatoes into an open stew pan and let it simmer for half an hour. Season with salt and pepper and a tablespoonful of butter. Beat six eggs well and add to them a level teaspoonful of salt and three tablespoonful of water. Put a generous tablespoonful of butter in a large omelet pan or frying pan and when it becomes white and frothy pour the eggs into it. Shake over a very hot fire until the eggs begin to thicken and look creamy; then pour in the hot tomatoes, spreading them over the middle of the omelet. Roll up quickly, and after browning for an instant turn out on a warm dish and serve immediately. Care should be taken to have a hot fire, for without great heat an omelet will be hard and heavy. Oysters, cheese, chicken, ham and indeed nearly all kinds of meat and fish may be used in the same way as tomatoes. When meat or fish is used it should first be heated in a little sauce. Cheese is simply grated and sprinkled over the omelet just before the rolling.

**Favorite Pudding.**—Make a custard with one quart of milk, and yolks of four eggs and the white of two; sweeten with two tablespoonful of sugar, flavor with a little vanilla; cut up a part of a stale loaf into slices; butter the bread before cutting, as each slice must be very thin, wash and dry a cup of currants (dried currants), peel six tart apples and cut them into thin slices; take a deep dish or tin, and after greasing it well with butter, put a layer of bread and butter, then a layer of the sliced apple, and sprinkle currants over the apples; repeat; use a small pinch of salt in custard unless the butter is salty until your dish is full; pour your custard over the whole and bake in a moderately warm oven. When nearly cooked head the whites of two eggs with about two tablespoonful of white sugar, until it becomes stiff; remove your pudding from the oven and put the frosting over the top; return to the oven until it becomes a delicate brown.

We use milk and sugar for a sauce, but sweet sauce can be used; a sauce of jelly would be the nicest of the two. In cooking the pudding let the layer of bread and butter be the last layer, because the currants are apt to burn. Half the quantities would be large enough for a small pudding.

#### SMALL CIVILITIES.

Optional civilities, such as saying to one's inferior, "Do not stand without your hat," to one's equal, "Do not rise, I beg of you," "Do not come out in the rain to put me in my carriage," naturally occur to the kind-hearted, but they may be cultivated. It is used to be enumerated among the uses of foreign travel, that a man went a way a bear and came home a gentleman. It is not natural to the Anglo-Saxon race to be over polite. A husband in France moves out an easy chair for his wife, and sets a foot-stool for every lady. He hands her the morning paper, he brings a shawl if there is danger of a draught, he kisses her hand when he comes in, and tries to make himself agreeable to her in the matter of those little optional civilities. It has the most charming effect upon all domestic life.

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