There is
No Nourishment in Tea or Coffee
But
PLENTY IN COCOA,
Especially in
Van Houten's
Which
Utilises in the highest possible degree
All the Flesh-Forming Elements
While
Developing the Flavor and Aroma.
Original Patentors.

This Cocoa solely used at the People's Palace.

Applications for Advertisements in the "Palace Journal" to be made to Smith & Woodgate, 6, Edon St, Finsbury, E.C.
NOTICE

By payment of an additional fee of onepenny per quarter, students will have the privilege of attending the Concerts and Entertainments arranged expressly for them in the Queen's Hall on Wednesday evening.

An Afternoon School is now available; Evening Lessons on Mondays, Thursdays, and Fridays: Day Lessons, Monday and Thursday afternoons. Full particulars at the School Office.

Coming Events.

THURSDAY, July 3.—Library open from 10 to 5 and from 6 to 8. Evening at 8.

FRIDAY, July 4.—Library open from 10 to 5 and from 6 to 8.

SATURDAY, July 5.—Library open from 10 to 5 and from 6.

SUNDAY, July 6.—Library open from 10 to 5 and from 6 to 8.

TUESDAY, July 7.—Library open from 10 to 5 and from 6 to 8.

WEDNESDAY, July 8.—Library open from 10 to 5 and from 6 to 8.

Thursday, Library open from 10 to 5 and from 6 to 8. Evening at 8.

FRIDAY, July 4.—Library open from 10 to 5 and from 6 to 8.

SATURDAY, July 5.—Library open from 10 to 5 and from 6.

SUNDAY, July 6.—Library open from 10 to 5 and from 6 to 8.

TUESDAY, July 7.—Library open from 10 to 5 and from 6 to 8.

WEDNESDAY, July 8.—Library open from 10 to 5 and from 6 to 8. Evening at 8.

Organ Recitals, on SUNDAY NEXT, JULY 6, 1890, in THE QUEEN'S HALL, at 12 and 1/2 O'CLOCK.

ORGANIST-MR. B. JACKSON, F.C.G.

Organ in the Peep's Palace.

At 4 O'clock, Organ Recital and Sacred Songs.

ADMISSION FREE.

THE PALACE JOURNAL will be sent free as soon as published to any student who will write for it, and to any society, temple, or society. Subscriptions must be prepaid. VOL. VI, is now ready, prepaid 6d. Adapted for binding, 6d.

NOTICE

On Saturday next, July 5th, the Old Boys Club and Junior Section intend carrying out their excursion to Southend-on-Sea. Tickets should be purchased at the Office. Total cost of one week will be one penny, including railway, board, lodging, etc.

Notes of the Week.

The Head of Major Paulina on Saturday, in the military cap Troops near Sofia, has doubled raised a feeling akin to horror in many minds. Yet it seems that the Bulgarian Government had no such intention but to carry out the sentence. Exposed as the country of Bulgaria is to the daily and even hourly insults of an unfriendly and insuperable neighbour, and where there is such constant temptation to her officers to engage in treacherous plots, her only resuit would have been to carry out the extreme penalty of the law, as a means of future defence. To have preserved Major Paulina, as was suggested, would have been too great a condescension to act of treason, and would have placed the French in an entirely false position. The evidence at the trial went to show that Major Paulina was shot for an attempt to escape to the Russian spirits himself, but that he had attempted to save his life for the sake of his brother officers. Even if he regarded the present Prince as an interloper, he was acting out an act of resistance against the recognised ruler of the country. If Prince Ferdinand is to keep his throne, he must make his authority felt, which would be an impossible task for him if he had overlooked, or endeavoured to palliate such conduct as that of the unfortunate Major Paulina.

Tuesday is an attempt being made to strengthen the Matchbox Maker's Union with a view to a demonstration at the end of the July. The women who are at the match-boxes are particularly inured in their trend, for the work is to be done at home, and it is very badly paid. It is quite time that some effort be made to better the condition of this class of labour. The organisation of the Union is in present hand, and the means are needed. It may be hoped that they can all get together so as to emphasise their troubles. To talk of the work as the consequence of hard earned rest, to fellows such as this class represents, is a clever piece of satire. There are few, however, who can be happy in a worse mess of poverty, but those poor women have had far too much reason to be hardy in the face of the usual exchange of blame for the misfortunes that beset them. Unmarried, insufficient clothing, insufficient living, insufferable clothing, a life of toil and toil, and an atmosphere, which is largely barren and unhealthy atmosphere. There are many privileges to the master's house, but the match workers are the more sad and pitiable from the very weakness of his position. As a living matter cause necessitates among none of us. How will it be if the arm of the law be at variance with the state of things, and that the idea, the average mind cannot attempt to realise all the gravity of the position? No one can be a hardworking, loyal, steady set of men, and deserve to have a patient bearing of their surroundings, and it will only maintain among themselves a wholesome discipline and self-restraint in their efforts to force the law to accommodate them, they will probably be received with a certain amount of consideration, but any attempt to force the law to act upon these matters will be simply to give a snare to the ruling class, to which, they will find it a Swear, said the ruled ruler, and I lost him a giant.

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The Palace Journal.

July 2, 1890.

On Saturday next, July 5th, the Old Boys Club and Junior Section intend carrying out their excursion to Southend-on-Sea. The train will leave Globe Road Station (G.E.R.) at 8 a.m., calling at New Cross, Greenwich, and London Bridge. They invite any Students of the Classes and their friends to accompany them. The ticket for the excursion may be obtained in the School Office. Total cost of one week will be one penny, including railway, board, lodging, etc.

Notes of the Week.

Just before last Saturday's concert a bunch of keys and a thimble were picked up by a lady in the Mile End Road, and a thimble were picked up by a lady in the Mile End Road, and a thimble were picked up by a lady in the Mile End Road, and a thimble were picked up by a lady in the Mile End Road, and a thimble were picked up by a lady in the Mile End Road.

The Roland of the French Army.

Martial Lannes, afterwards made Duke de Montbello, was thus called. He was the son of a poor mechanic of Guenne, and was appointed by his father to be a soldier. He left the town on the breaking out of the revolution, his corps was sent to the front, where his father followed and signed him up.

On his return to Paris, he attracted the attention of Napoleon.

At the bridge of Lodi he was the first to reach the opposite side, Napoleon giving him the title of Count. Without a second thought, he left the position of the great Emperor called Lannes "the Roland by a thousand times, and a thimble were picked up by a lady in the Mile End Road, and a thimble were picked up by a lady in the Mile End Road, and a thimble were picked up by a lady in the Mile End Road, and a thimble were picked up by a lady in the Mile End Road, and a thimble were picked up by a lady in the Mile End Road, and a thimble were picked up by a lady in the Mile End Road, and a thimble were picked up by a lady in the Mile End Road, and a thimble were picked up by a lady in the Mile End Road, and a thimble were picked up by a lady in the Mile End Road, and a thimble were picked up by a lady in the Mile End Road, and a thimble were picked up by a lady in the Mile End Road, and a thimble were picked up by a lady in the Mile End Road, and a thimble were picked up by a lady in the Mile End Road, and a thimble were picked up by a lady in the Mile End Road, and a thimble were picked up by a lady in the Mile End Road, and a thimble were picked up by a lady in the Mile End Road, and a thimble were picked up by a lady in the Mile End Road, and a thimble were picked up by a lady in the Mile End Road, and a thimble were picked up by a lady in the Mile End Road, and a thimble were picked up by a lady in the Mile End Road, and a thimble were picked up by a lady in the Mile End Road, and a thimble were picked up by a lady in the Mile End Road, and a thimble were picked up by a lady in the Mile End Road.
On Saturday evening last all the Leaders and Members of the Gymnasium paid a visit to the Brighton Aquarium to Burle'sdon Bridge, near Southampton. Mr. Vincent by 7 miles. As far as I can ascertain only one of our Members has been there. The Zoological Gardens between the hours of 9 and 12 a.m. on any Saturday morning, to explore the sulphuric acid manufactory of various indescribable odours meeting the hot current of sulphur dioxide from the pyrites kilns. After spending very profitably about two and a half hours in the gardens we met at the entrance and returned by the 12.29 pm train from Chalk Farm, passing through the Zoological Gardens.}

**PUBLIC NOTICE**—We have vacancies for Violas, Cellos and Basses. Applications to Mr. T. G. Carter, Hon. Sec.
A story is told in the life of Dr. Robertson, of Irvine concerning a maiden lady named Miss Kirkwood, who was a probationer of many years' standing, he was visiting at the house, and laying his hand on her shoulder, he said:

"How many calls had you, sir?" she quickly asked. "Oh," he said, "I never kicked a dog."

"But I'll inquire of the driver."
A Descent into the Maelstrom. By Edgar Allan Poe.

(Needed from page 9.)

Never shall I forget the sensations of awe, horror, and admiration which those objects produced upon me. The beauty of the scene appeared to be haggling, and, by magic, my soul, up and upon the edge of the precipice, as if one were about to Independently, and at the same time, in the midst of our eyes, we were invisible fragments of vessels, large masses appointed to find that the wreck of a Dutch merchant ship of building timber and trunks of trees, with many nailers there were only a few hundred yards—sometimes nearly the It appeared to grow upon me as I drew nearer and nearer to mind the great variety of buoyant matter that strewed the there was enveloped, and over which there hung a magnificent observation, nevertheless, that I had scarcely more difficulty, in maintaining my hold and feeding in this situation, than if we had been upon a level deck; and this, I suppose, was owing to the speed at which we reached. The rays of the moon seemed to search the very bottom of the mud-pit gulf, but still I could make nothing distinctly, on account of a thick mist in everything that was visible through which there hung a misty rainbow, like that narrow and latticed bridge which Mausel- and the full moon was setting radiantly in the west, and it is served in tiny china cups of Archimedes. Newbery.

But it is in the jeweller's bazaar that one's ideas of the jewels, with stems of cherry and rosewood, amber mouth- of any other shape, the superiority in speed of descent was able to obtain an unobstructed view, from the manner in which I was lying upon our beam-ends. I could not help not. As soon as I was able to answer, I said, 'The fusing is the only pathway between Time and Eternity.'

Some reason, had descended so slowly after entering, that they did not reach the bottom before the turn of the food came, and did not make their appearance until they had been in the ship some hours, and that they were put down at the foot of the ladder, without undergoing the inactivation of which they might have been subject, and that which I might have been subject, and that the great variety of buoyant matter that strewed the sea and the bottom of the gulf seemed the rapidity with which they were visible, the more rapid their descent—the second, that, between the moon's surface and that of the earth, for the first time that I had ever seen vegetable or animal life, and to find myself in a sphere. He explained to me—although I have forgotten the explanation—how what I observed was, in fact, the natural consequence of the forms of the floating fragments; and showed me how the shell of a vessel in a vortex, offered more resistance to its motion, and was drawn in with greater difficulty, than an equally bulky body of any form whatever.

There was one startling circumstance which went a great way in effecting these observations, and rendering me anxious to turn them to account, and this is, that at every revolution, we passed something like a barrel, or else the yard or the mast of a vessel, whilst many of these things, which had been on our level when I first opened my eyes upon the wonders of the whirlpool, were now high up above, and seemed to have moved but little from their originalstation.

"If you are in a hurry, my young friend," said he, "you wish to avoid an obligation which it is your business to render. I have been reading about a young painter who has recently succeeded in making a discovery that will make him a rich man. I am not sure, however, that he is truly independent of you. For what would you do with a young painter, my young friend?"

"I no longer hesitated what to do. I resolved to lash my self securely to the water-cask upon which I now lie, and to run from the counter, and to force myself in with the barrel, in order to make my brother's attention a signal, posted above, to let me into the sea, without another moment's hesitation."

The second, that, between the moon's surface and that of the earth, for the first time that I had ever seen vegetable or animal life, and to find myself in a sphere. He explained to me—although I have forgotten the explanation—how what I observed was, in fact, the natural consequence of the forms of the floating fragments; and showed me how the shell of a vessel in a vortex, offered more resistance to its motion, and was drawn in with greater difficulty, than an equally bulky body of any form whatever.

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I thought at length that he comprehended my design, but whether this was the case or not, he shook his head despair­ingly, and said, "No."

I asked him whether he had been able to determine the nature of the forms of the floating fragments; and he explained to me—although I have forgotten the explanation—how what I observed was, in fact, the natural consequence of the forms of the floating fragments; and showed me how the shell of a vessel in a vortex, offered more resistance to its motion, and was drawn in with greater difficulty, than an equally bulky body of any form whatever.

He said, "Yes;" and then he added, "But I do not know how to explain it, and I am not sure that I can do it."
be Struggling to Be Beautiful.

The struggle of the human race, especially the female sex, is the constant struggle of beauty. "The struggle of life is the struggle to be beautiful," said the great Victor Hugo. It is a constant struggle for the woman to make her beauty known. "The struggle of beauty is the struggle of the soul," said the great Greek philosopher, Socrates. It is a constant struggle for the man to make his beauty known.

Waltzing was introduced into Germany in 1729, and in London about the year 1741. It was at first a slow and graceful dance, and not often performed in public. Later on it became more rapid and vigorous, and was danced in public. The dance was very popular in the early part of the 18th century, and was performed in private and public assemblies.

The waltz is a dance in which the dancers whirl around in a circle, holding hands and moving in unison. The dance is characterized by a slow, regular beat and a flowing movement.

COOKS have always been important members of society. The chef, as a respected professional, has been regarded with admiration and respect for centuries. The chef's role has been to prepare and present food in an attractive and appetizing manner, creating a memorable dining experience for customers. The chef's knowledge and skills have been crucial in the culinary arts and have contributed to the development of new and innovative dishes. The chef's ability to understand and appreciate the art of food has been essential in the creation of delicious and visually appealing meals.

The chef's reputation is not only based on his or her culinary skills but also on the ability to inspire and lead a team. The chef is responsible for training and mentoring the staff, creating a collaborative and creative workplace environment, and maintaining a high standard of food preparation and presentation. The chef's role in the culinary world is not only limited to the kitchen but also extends to the front of the house, where the chef interacts with customers, oversees the service, and ensures that the dining experience is enjoyable and memorable.

COOKS are often looked up to as leaders in their field, respected for their expertise and passion for food. The chef is often the face of the restaurant, and their reputation and skills are instrumental in the success of the establishment. The chef's ability to create dishes that delight the senses and inspire the palate is a testament to their talent and dedication to their craft. The chef's role in the culinary world is not only about cooking but also about storytelling, where each dish is a part of a larger narrative, connecting the guests to the history and culture around the table.

The chef's influence extends beyond the kitchen, as they are often involved in community events and special occasions, sharing their passion for food and connecting with the community. The chef's role in the culinary world is not only about cooking but also about sharing knowledge, inspiring others, and fostering a sense of community and connection through the power of food.
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Complete, 55/- a-

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LADIES' & CHILDREN'S CUT OUT
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W. SYMONDS,
Musical Instrument Warehouse,
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(One door from High Holborn).

Violins from 5 to £10; Italian Strings. Best quality, 3d. each;
Violin Cases, 3s. 9d each; Violin BOWS from 1s. upwards ; Cornets from
15s.; Clarionets from £1 5s.; Accordions from 5s.; Harmonium Accordians
from £1 10s.; Banjoes from 26s. 9d. to £5. B flat Flutes from 2s. 9d.;
Concert Flutes, 8 keys, from 16s ; Anglo Concertinas by Lachenal and
Jones, from £1 10s : German Concertinas from 2s. 6d. each. A large
quantity of other Musical Instruments too numerous to mention.

ESTABLISHED 1876.

IMPORTANT NOTICE.

S. BERNSTEIN,
WATCH AND CLOCK MAKER,
Klorlung Jeweller, Electro plater & Gilt&er,
170, SALMON'S LANE, LIMEHOUSE
( Opposite the Limehouse Town Hall, corner of Commercial Road), and at
356, MILE END ROAD (opposite Bancroft Road).

Begs to inform the inhabitants of this neighbourhood that he has been
established for the last 13 years, and hopes by punctuality combined with
moderate charges and good work, to obtain a share of their patronage.
Having a good selection of Gold and Silver Watches, Clocks and Jewellery,
bought in the best market, displayed for sale at a very small profit, he can assure
his customers that, who may be pleased to patronize him, to give them entire satisfaction, and
will value for money. A trial is earnestly solicited.

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Established 1839.

Complete Deliveries of NEW SUMMER GOODS.

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