A lady has just arrived at Washington, from Bluffton, near Beaufort, South Carolins. She came via Richmond and Norfolk, and thence by a flag of truce boat. She reports that the stampede of the negroes at Bluff on had ended, and that many of them were returning to work on the plantations, under the belief that they would be paid for their labor by the Government. The lady a'so states she has good reasons to believe that the Federal prisoners at Richmond are well fed.