

Elder were presented and they were sustained to be ordained High Priests.

The speakers were as follows: Elders Edward Stevenson, Heber J. Grant, J. F. Alfred, F. M. Lyman, G. H. Brimhall, F. M. Lyman, Edward Stevenson, H. J. Grant, F. M. Lyman.

The principal subjects treated upon were tithing, observance of the Word of Wisdom, attendance at fast meetings, fast day offerings and how to overcome the disease superinduced by politics. These subjects were treated in a very lucid and able manner and will have a good effect upon the Saints throughout the Stake.

Conference adjourned.

GEORGE TAYLOR, Clerk.

### LECTURES ON COOKING.

Wednesday morning Mrs. Ewing gave an extra lesson on the all-important topic of bread-making for the benefit of those who took the course after the first lecture. The simple and easy manner Mrs. Ewing has of making bread, and yet bring forth most perfect results, is quite refreshing, for the average bread-maker consumes a great deal of time and uses a quantity of strength in the process. This method does away entirely with the setting of yeast and the making of the sponge to rise over night, provided one learns where the compressed yeast can be purchased. This yeast has been pronounced by prominent chemists as superior to the brewer's yeast and of course does away with considerable labor. When preparing bread, cover yeast cake broken with cold water; use half a pint of milk and half a pint of warm water; be sure the temperature of the mixture is only lukewarm or seventy-five degrees; add an even teaspoonful of salt and into this mixture of milk, water and salt, put the yeast now dissolved and stir the sifted flour. High patent flour makes not only the best bread, but the most nutritious; stir with a wooden spoon until the dough is stiff enough to take on the board and work with the palm of the hand; when the dough will work without sticking either to the board or the hands, then you may know you have flour enough and it is sufficiently worked. Have a greased bowl ready and place the dough in it to rise. Let it stand three hours in a place not warmer than seventy-five degrees. At the end of that time it will be ready to put in the pans. Divide your bread into as many parts as you intend to make loaves and work alternately. When placed in the pans the bread should stand just one hour before baking. Every time it is set to rise be sure to brush it over with a little melted butter or lard to prevent a crust from forming. Three hundred and seventy-five degrees is the proper temperature for the oven.

Mrs. Ewing baked for her class, loaves, rolls and soup-sticks and offered many important suggestions and ideas about different yeasts, brands of flour and modes of baking. To make bread as she makes it, one should not only have her recipe but should have her instruction. To see how it is made is far better than to be told by others, and the same rule is good for all other things as well as bread. Some people think this scientific cooking and the inauguration of cooking schools is

merely a fad; if so, be thankful for a really sensible fad at least. The class that attends these lectures fully shows the importance and value of the lessons; among the most interested listeners are noticed the wives of many of the city's leading physicians and chemists. Tomorrow the subject will be chafing-dish cookery.

Such were the edibles served to Miss Ewing's cooking class Thursday afternoon, and the subject—frying—Mrs. Ewing declares to be quite as important as broiling or roasting, for at its best it aids digestion and is as much relished. An eminent physician is quoted as saying "No food ever perfectly digests and is assimilated unless it is relished in the eating."

Before beginning the lecture Mrs. Ewing showed the class a large piece of cheese cloth which she pronounced the brown paper she used for draining food. Some people recommend brown paper, which Mrs. Ewing declares not clean because it is made from such dirty rags; the cheese cloth is easily washed even when very greasy, if washed first in cold water.

The underlying principle of broiling and frying is similar: the object being first to perfectly sear the surface, only frying is done under boiling fat. Have ready a large quantity of boiling fat—it may be cottonseed oil, olive oil if you are extravagant enough, lard or dripping. It is of the first importance to have the fat hot, so hot that it will instantly begin to cook—temperature perhaps five hundred degrees. The same kettle of fat may be used from eight to ten times and one article after another fried in it, providing it is properly cared for; if the fat is hot enough it will give no flavor, but should there be danger of flavor it can be removed in the following manner; as soon as the food is taken from the fat put in a few sticks of raw potato, remove from the fire, as soon as sufficiently cooled strain through a cheese cloth and set aside for further use. A wire basket is used to hold the article fried while in the boiling fat; from this basket of course the meats are easily moved without breaking.

The first article prepared was the codfish, but before any frying was done a batter for grease-proof cooking was made. This consists of one egg and one tablespoonful of cold water beaten until the egg is so broken that a spoonful can be lifted up without dropping. Have ready also a plate of bread crumbs prepared from dry pieces or crusts of bread rolled and sifted. Bread crumbs are preferred to cracker crumbs for oysters, mush and all manner of croquettes because they brown more quickly; but for chickens, birds, grouse or fish, the cracker crumbs are preferred. The one thing that does not need protection from the grease is the potato, and of course no batter is used for it; cut slips lengthwise of the potato about half as thick as a silver dollar, twist them to a curve with the hand and allow to stand in ice water; when ready to fry, drop into the fat one at a time in quick succession, and you will have some brown and some lighter—a very tempting dish.

For codfish balls, have the fish washed, picked free from bones and skin, and soaked for about an hour in cold water. Never freshen by boiling,

it destroys the flavor. Have the same quantity of potato peeled and sliced; place potato on top of fish and cover with boiling water; place on the stove and cook until done, drain and mash together; put in a tablespoonful of cream or butter and milk slightly cool; allow one egg to every teacupful of fish and potatoes, stir in with a fork, dip by the spoonful in the boiling fat when done, drain and serve.

These fish balls were pronounced very fine by the members of the class who tested them, and a leading grocer was heard to remark that he had sold more codfish within a half hour after the class than he had before in a fortnight.

Chicken croquettes, oysters and chicken were all fried in a similar manner, only the oyster received two dippings in the batter both before and after the crumbs, and one must be sure in the case of the edible that the batter covers it all over, every particle. In placing the edibles in the basket to fry, be sure they do not touch each other. All fried meats look well garnished with curled celery or lemon points on a sprig of parsley.

After showing the class the alcohol lamp, the cover, the pan for the water and the pan for the food, which articles combined mean the chafing dish, Mrs. Ewing said all those things which require but little cooking, such as cheese, codfish, chipped beef, all manner of odds and ends to be re-warmed, are better cooked with the chafing dish. The difference between fine cooking and poor, lies in the little points. Be careful to attend to every little detail if you wish to be successful, and always remember one true point, that it is not the food that is eaten which costs so much as the food that isn't eaten because of bad cooking. By knowing how to use the odds and ends that are so often thrown away, one can have very appetizing dishes served with little or no expense, such as the mock terrapin, which was one of the articles prepared with the chafing dish. Mrs. Ewing estimates that a family of four persons can live excellently—as well, in fact, as one wants, at the rate of a dollar and a half each a week. In marketing buy nothing of an inferior quality and arrange to have your dishes serve so as to harmonize; for example, never serve celery with fish or shell fish because lettuce and cresses are better while the celery is always best with chicken, veal and sweetbreads and you want a variety and a difference in your salads and your sauces.

The first and one of the daintiest preparations for the chafing dish was the Welsh rarebit. The success or failure of this dish depends principally upon the quality of the cheese. When purchasing cheese be sure it is tender and easily dissolves while eating—rich cream cheese; When it is stale, grate up fine and to each cup of grated cheese add a teaspoonful of butter and four tablespoonfuls of cream (some people use beer or ale), a little salt and red pepper, mix all together and put in dish over hot water; keep the cheese moving, and when it is liquid or creamy and smooth it is done. Have ready a platter of dry toast, buttered, and pour the cheese over it; if set under a heat to toast the cheese a little it