

ing after of how he was affected, he said: "And you didn't seem to care who it had been, or anything else about it." No doubt I did exhibit unseemly impatience on slacking up in anything likely to produce something to eat, especially bread. I am fully prepared to believe that at that particular time I would not have hesitated to plow up acres of the remains of old worthies, to obtain a single pan of flour, or a meal sufficiently square to fill up all the innermost recesses of my craving stomach.

W. P. NEBEKER.

### IN NORTH CAROLINA.

MT. OLIVE, N. C., July 12th, 1897.

A few items regarding our labors in this conference might not prove uninteresting to the readers of your esteemed paper. We are being blessed of the Lord in a marvelous manner. The icy barriers of prejudice are fast melting before us.

During the month of June, through the goodness of God, we have baptized fifty souls and organized four Sunday schools, the membership ranging from ten to thirty persons. We believe this land will yet be literally honey-combed with Sunday schools and branches of the Church as means for gathering the honest in heart and for preserving in the faith those already members of the Church.

Though the outlook is bright and there is an ever increasing interest among the people in the message we bear to them, yet Satan is spreading his work industriously among the people, to destroy the reputation of the servants of God and to blind the eyes of the people. Only lately there appeared in a prominent paper a sensational and utterly foundationless account of the killing of a man by a "Mormon preacher." We know the quarter from whence it came, and the intent of the piece. It was from a section where the Elders have been doing a considerable work. Like many other lies, it discloses the cloven hoof on the face of it. For instance, it says: "Afterwards, meeting Mr. J. along the road, he cut his throat from ear to ear and then dragged him out in the road and left him for dead. Mr. J. revived, and, realizing his fate, took his note-book and pencil and wrote the cause and who did the killing, and then rolled and dragged himself as near the road as he could, but failed to quite reach the road before he died." As if a man, with his throat cut from ear to ear could revive and, philosopher-like, write out the cause, etc. As a usual accompaniment of such lies, it begins with: "The report is," and "it seems;" and upon that foundation the falsehood is built.

Last week, Elder W. E. Hunter and I went into the county seat of Greene county—Snow Hill—and obtained the use of the court house in which to hold meetings. At our first meeting we were greeted with an audience of about 100 to 120 persons, and gave out appointments for Sunday, at 11 a. m. and 3 p. m. On Sunday morning we met a goodly-sized audience, who seemed much interested in what was said, and at the close we sold six copies of the Voice of Warning.

We travel without purse or scrip in the cities as well as in the country, and the Lord opens up the way before us. We find the people in cities are very

solicitous of popular good will, and it is not popular to have anything to do with Mormons. Consequently we find it difficult to do very much proselyting in cities. Popularity is the very breath of many people, and it is noticeably so with Southern aristocracy. The finger of scorn outfaces many otherwise apparently good people. It requires a sublime courage to be a true follower of the meek and lowly Jesus, and to accept the Gospel as taught in its purity by the Latter-day Saints.

Our annual conference meets on the 28th and 29th of August.

We appreciate the receipt of the News; as cold water to a thirsty traveler, so is the News from our loved mountain home.

EZRA C. ROBINSON,  
Pres. North Carolina Conference.

### DOMESTIC SCIENCE.

While all vegetables and many fruits require careful washing to prevent the too rapid consumption of the traditional "peck of dirt," special care is necessary in the cleansing of tomatoes, lettuce, cabbage and cauliflower. This is a matter of self-preservation, for while hellebore and paris green play an important part in the market gardener's curriculum, they are not to be commended for home consumption.

All small fruits, unless freshly gathered in the home garden should be put in the colander and cold water poured over them. Oranges, apples, peas, peaches and bananas should be wiped off with a damp cloth, while the greens used in garnishing require also a quick dip and shake in cold water, to render them suitable for the table.

The latest reform in England, which "jubilee years" seem to have galvanized into life, and which is now agitating the minds of English philanthropists, is the proposed institution of trained nurses for sick prisoners in the jails. A recent visitor to the infirmaries in connection with the principal prisons in and near London, set the ball rolling by declaring that the fittings of the wards, the beds and bedding were totally inadequate, the appliances almost prehistoric, and the amount of window space and sunshine so limited as to retard recovery. Many of the separate cells for sick prisoners are below ground, level and dimly dark. Commenting on this a recent writer in the "Daily Graphic" says "Illness, like the white flag on the battlefield calls a truce," and the sick prisoner on the neutral ground of a ward, his crimes against society for the time forgiven and forgotten, has a right to the same comforts and skilled care which our present stage of civilization affords to the poorest outcast in the hospitals."

A good gum arabic mixture for stiffening thin handkerchiefs, laces or silk is prepared by putting one ounce of gum arabic in a wide-mouthed bottle and covering with a half pint of cold water. Place the bottle in a pan of cold water over the fire. When the gum arabic is all dissolved, strain through a piece of cheese-cloth into another large bottle. If this is to be used in a few days, it needs no other treatment; but if it is to be kept, one-half pint of alcohol should be added.

An easy and economical way for the

"camper-out," the "yachtsman," or the "bachelor girl" to make coffee is the cold water process. This may be made and bottled, and kept a week at least, ready at a moment's notice to heat and serve. Place the coffee, finely ground, in a filter or bagin and pour the cold water through it a half-cup at a time, allowing a cup of water to each tablespoonful of coffee. Repeat this several times, until the strength of the coffee is extracted. Put in glass cans and cover closely. In heating, never allow it to reach the boiling point.

The "Summer girl" with an eye to a fragrant cushion for her own, her brother's or some other girls' brother's college room, is busy now-a-days gathering the white or yellow sweet clover blossoms. Provided with a sack and pair of shear, she roams the fields, follows the curving rail fences and scales the banks where the delicate plumes wave temptingly in the warm summer breeze. In place of the old-time simples, bone set, catmint, and sage, the fragrant bunches of clover swing, drying from the back porches of farm houses and summer cottages wherever the indefatigable "summer" lassie has taken up her abode. While the yellow clover is the more aromatic of the two, the delicate white blossoms is also in favor, and these trophies of the highnoon of summer, will be p to brighten and bring sunshine to many an invalids room or cozy college corner, when the winter storm chorus roars without.

With sunstroke and heat exhaustion numbering their victims by hundreds, it becomes expedient for the house mother to understand the symptoms that mark these conditions and the proper remedial agencies to apply. In the popular series of lectures on "Home Nursing and First Aid to the Injured," given by Dr. Glentworth Butler in New York and Brooklyn, he says that headache, dizziness, dimness of vision and lassitude are certain premonitory symptoms of sunstroke that should warn individuals of their danger. In a fully developed case the patient becomes unconscious, the face is flushed, the respiration is of a snoring character, while the skin is intensely hot, the temperature being from 110 deg to 116 deg., the highest temperature known in the human body. The blood so heated produces changes in the nervous system causing death. When the danger of sunstroke becomes imminent, there should be immediate treatment to remove excessive heat. Remove the clothing, bathe the body, face and head in ice-cold water, and lay ice in towels on head and neck. When possible, take the patient to a private place, strip, lay on wire mattress and sprinkle with ice water from a sprinkling pot. No stimulants should be administered under any circumstances, but a physician should be summoned at once.

Heat exhaustion, from confinement in ill-ventilated hot rooms in summer time, produces symptoms like fainting. The face is pale and the temperature normal or a fractional degree above normal. This condition requires rest in a cool, well ventilated room, giving meanwhile a small amount of stimulants.

Few women work harder, accomplish more or retain so well the health and buoyancy of spirit usually given over to youth than Mrs. Margaret Sangster, edi-