

hours. During our first day out from Naples we passed through the strait of Messina and saw to our right the fiery mountains of Stromboli and Aetna.

As we were sitting on deck enjoying the warm sunshine one day I got into conversation with a number of gentlemen passengers. Of course they asked me where I was going, and I told them I was from, and when I answered that I was from Utah, one of the gentlemen who, by the manner and fluency of his conversation upon the policies of the English government had led me to think him very intelligent, said: "Utah! Is that anywhere near the Peruvians?" I told him no it was in the western part of the United States. I then showed him a view of the Salt Lake Temple and the eyes of my auditors fairly stuck out with amazement, and they spoke in very high tones of praise and admiration of the massive structure.

The fourth day, sailing on the Mediterranean, found us nearing Port Said, Egypt, where the little black urobins swim and dive about in the water like ducks. If you throw a copper into the water they will dive after it and get it before it finds bottom. Port Said is a great coaling station and quite an important place. There are usually quite a number of vessels loaded daily. I have seen five large ships being loaded at the same time. The coal is carried up large planks or gangways from small boats on the water by the Arabs. Here I was again obliged to wait three days for passage to the Holy Land. The time soon slipped by and the evening of the 20th I went on board the S. S. Diana and after an all night's ride found myself nearing Jaffa as the sun was coming up. It is quite difficult to land here. The harbor is rocky. Larger ships cannot enter it and passengers are rowed ashore in small boats. I passed the custom house all right.

After some little hunting around through the city I found Brother Musser and was very glad to see him, I assure you. We remained in Jaffa about a week visiting the Saints and the places of interest and then proceeded to Haifa where we have remained ever since. We have held sixteen meetings here and are doing all we can to further the interests of the Gospel.

I expect to leave here next week to labor in Aintab which is between two and three hundred miles north of Haifa. I have visited Brother Haag's grave several times. That he is not forgotten is manifest by the beautiful flowers that are blooming upon it. It has no headstone or any mark by which it may be known. Such examples of obedience of sincerity, of self-sacrifice, and of endurance as are found in Brother Haag should have, I think, a monument to their memory that all who might look upon it, might learn a moral lesson and be encouraged to fight the battle of life, whatever obstacles may be in the way, with greater effort and stouter heart.

Very respectfully,

F. A. HUISE.

TIMES may be hard, loose timid and collections difficult; but nobody seems to have any trouble in borrowing trouble, and that, too, without any kind of collateral.

## In Woman's Sphere.

By One of the Sex.

### The Food We Eat.

#### ICE CREAM

The making of this delicacy has become so common, that almost every cook thinks she can make ice cream. But there are ice creams and ice creams. Who remembers the corn-starch horror which years ago was considered the only sort of homemade ice cream possible, but feels a thrill of gratitude when she sees the delicious dainty now made by a few excellent cooks? Don't you recall the hours spent over the dish pan with its milk, which like other watched pots, never would boil? And when it did, and the corn starch and eggs were stirred in, how rarely did the mass escape being so badly scorched that no one but just such hungry, non-critical eaters as were children in those days could have swallowed it! And then, too, how not infrequently the salt would manage to ooze in at some one of the frequent liftings of the lid, and then what with scorch and salt our treat was almost no treat at all! We have grown particular since then, and very few of our children would consent to eat the stuff which at its best was little more than frozen, sweetened starch.

A great many country cooks now make excellent ice cream by simply taking thick, sweetened cream, flavored and then frozen. This is also the receipt used by a number of our best confectioners; but since I have tasted the delicious ice cream made by an old friend of mine who lives in the country, I am convinced that not even that way is the best. So I have got my friend to describe the process minutely for me. A cooked custard forms the body of the cream. To make the custard, put on in a double kettle, or in a pail set inside of a pot of water, one quart of new milk. While this is coming to a boil, beat up separately the whites and yolks of six eggs; when well beaten, add three cups of sugar and when the milk is boiling, stir in the sugar and eggs and boil until the custard thickens. This is a most delicate point to decide, that is, to know when it is cooked enough, and yet to get it off before it curdles. If the water is boiling hard underneath the pail all the time, about five minutes will generally be sufficient; but if the pail sets in a wide open dish pan, it will take much longer. The mixture must be stirred all the time. When done set it away to get cold. My friend usually makes her custard the night before it is wanted, with the night's milk, and next morning puts the rest to it for freezing. When the custard is cold add to it five teaspoonsful of flavoring, and one quart of very good, rich cream. This will freeze up into one gallon of ice cream, providing the freezer is one of the modern triple action and the handle is turned so rapidly when the cream is first put in as to insure the cream being well whipped. And this rapid movement makes quicker work too. A confectioner says the custard makes a smoother, more velvety cream and his

proportions were one-fourth custard to three-fourths pure cream. If it is impossible to get cream at all, use this formula for custard, only remembering that three cups of sugar are sufficient for the whole gallon of two quarts of custard, as is also the flavoring. This cream can be used as a foundation for all sorts of frozen combinations, such as strawberries mashed, or any kind of fruit can be added and frozen together.

Be sure you have plenty of coarse salt in the freezing process. And when you begin, add a pint of cold water turned around the chopped ice to assist in the melting process.

### Our Ailments.

#### CHOLERA MORBUS.

This is the month of melons, cucumbers and cholera morbus. Not that I wish to cast any unwarranted insinuations against those most delicious of all fruits, the melons, nor indeed against that much maligned vegetable, the cucumber. For in my humble judgment a great many other things are far more apt to give us an attack of diarrhoea than either one of these things. For instance, I know a woman who has been suffering this summer from that disease, a thing most unusual with her, and she has eaten neither fruit nor vegetables. Indeed, her diet, which has partaken largely of milk, cream, bread, brown at that, eggs, and a few potatoes, has been at fault, because of its lack of fruit and vegetables. Usually the summer months finds this woman confined strictly to fruit, bread and vegetables, and she has never a sign of cholera. The fact is, some people can eat things which entirely disagree with others. What would do one good, would not be at all suitable for another. But there are some general principles which will apply to all. One is, that in the summer, much meat is not good for any one; and if it is eaten, with soups, gravies and other heavy dishes, it is no wonder that if cucumbers are mixed with the mass, a fermentation is set up, and disease ensues. Milk is not to be used to too great an excess in this season. That is, it should not be drank with the food, nor great bowls full of it eaten besides other food. The system needs cooling food, and for drink, just simple, plain cold water, not ice water, nor soda water. Any kind of vegetable is good; why, I know children who eat cucumbers by the dozen, and sometimes without much peeling, but who never know what bowel complaint is, and they are not the hardy, robust type either—not the sort of children who can digest fine tooth combs and beads. The secret of eating fruit and vegetables, for weak stomachs, is not to eat them between meals. And furthermore, some stomachs cannot digest fruit and vegetables at the same meal. The fruit should be ripe, and not stand hours in the city stall. That is enough to develop whole armies of microbes.

However, if the cholera strikes you the first thing to do is to go to bed if possible and be quiet. Then take the most generous enemata of hot water meanwhile, drink hot water. An eminent doctor was called to a woman who was vomiting and purging, and advised hot water. They ran to him as