

camel force, which watched their movements vigilantly. The desert was dotted in every direction with runaway animals. The enemy's loss must be heavy. The camp at Suakim prepared for a renewal of the attack, but was unmolested.

SUAKIM, 22.—The enemy began the attack at 3 o'clock this morning. They were repulsed and the ground cleared at 4. The damage done the transport material yesterday and Sunday morning is immense. The guards and artillery sent to reinforce the troops were attacked while the British force remained on the field. During the night the camels and mules were hamstrung by the Arabs, and scores of camp followers cut up. Arabs are scattered about in the whole vicinity intercepting native fugitives.

SUAKIM, 23.—A general advance towards Tamai will be made to-night by General Graham. During the advance Suakim will be garrisoned by sailors. The zereba constructed by Gen. McNeill will be shifted because of the intolerable effects of the rapid decomposition of hundreds of bodies of slain Arabs lying close around.

A spy reports hostile Arabs growing in numbers around Hasheen.

SUAKIM, 23.—The guards at an early hour this morning were sent to the zereba erected yesterday by Gen. McNeill to render assistance. After the battle yesterday by Gen. McNeill he was unmolested and found well entrenched in the zereba, situated seven miles southwest of Suakim. The guards were sent back by McNeill for water and provisions. They succeeded in making the return journey unmolested. A force of infantry and cavalry with supplies for the zereba, escorted by a convoy of guards was at once despatched to Gen. McNeill. A number of heavy guns have been forwarded to the front.

The guards have returned from the Zereba. The total British loss during the fight of Sunday was five officers and fifty-one privates killed, and 170 wounded. The rebel loss was fully 1,500. In one rush by the enemy a large number of rebels entered a corner of the Zereba, and in the desperate fight which ensued there, every Arab was killed.

The heat is oppressive. Two hundred and fifty sick and wounded to-day sail for England. Later official accounts place the losses of the Arabs in yesterday's fight at 1,000 all told. If this figure is correct, the losses of the enemy exceeded those of the British less than in any battle of the past three years. Osman Digna has 25,000 troops at Tamai. Gen. Graham will reach Tamai and give Osman Digna battle to-morrow. It will be a pitched fight and probably more decisive than any that has yet occurred.

## EXPRESSIONS FROM THE PEOPLE.

### "THE STAFF OF LIFE."

Editor Deseret News:

A serious illness of several months' duration, last year, forcibly impressed me to study the probable causes of sickness, and a careful perusal of several medical and hygienic works convinced me that a great proportion of human ailments have their origin in what we eat. The adoption of a change in diet, making my meals almost exclusively of grains, fruit or vegetables, with whole-wheat flour bread as the principal accompanying article, has proven highly beneficial, and a feeling of gratitude impels me to try and impart to others some of the information I have gained, with the hope that they also may be benefited thereby. A newspaper article must, necessarily, be brief. I will therefore confine my remarks, at present, to the chief article of diet,

#### BREAD.

I do not claim originality in the statements I have to make; in fact, the ideas are nearly all culled from scientific writings; mostly from an excellent work entitled "Health in the Household," by S. W. Dodds, M.D., which may be obtained from the book stores of this city.

God has bounteously provided man, in the products of mother earth, everything needful to keep him in perfect health. First among them all is

#### WHEAT, THE KING OF GRAINS.

Chemical analysis shows that it contains fifteen elements, combined in proportions exactly adapted to supply the fifteen similar elements composing the human body. It has been clearly demonstrated that less than one pound of good wheat per day, with pure water, will healthfully sustain a robust laboring man during his lifetime; and the probabilities are that, on such natural diet, he might live, at least, the one hundred and twenty years which God has said man's days should be. (Genesis vi.) It is strange, yes marvelous, that this same wheat, which our beneficent Creator has furnished for the renewal of the natural waste of our bodies, is, in the usual process of converting it into flour,

DEPRIVED OF TWELVE OF ITS ESSENTIAL ELEMENTS,

and reduced to a starchy substance, containing only three elements, carbon, oxygen and hydrogen. The rich supplies of silica, sodium, sulphur, phosphorus, calcium, nitrogen and other elements that are found in the bones, teeth, hair, nails, muscles and blood, are gone; used, perhaps, to help feed

the filthy pig, in whose unclean flesh we eat, at second-hand, that which we, foolishly, discard from the pure wheat. In other words, the usual process of bolting the white flour of commerce takes from the wheat most of the phosphates and nitrates, that are chiefly required for making nerves, muscles, bones and brains, and very little remains except the starchy carbonates. Unless these deficiencies are made up by some other foods, the exclusive use of such flour will leave the nerves and bones poorly nourished, producing in some individuals nervousness, dyspepsia, and all the physical ills that follow these diseases; introducing too much heat into the system, productive of irritability and otherwise affecting the moral nature.

God intended that all the nutritive properties He put in the wheat should stay in it for purposes of

#### SYMMETRICAL NOURISHMENT.

"One reason why children, fed chiefly on this impoverished flour bread, feel hungry all the time, and demand so much food between meals, is found in the fact that their bodies are insufficiently nourished. Their bones and nerves, not receiving the nitrates and phosphates they need, are suffering from hunger." For a similar reason nearly all "civilized" people, now-a-days, have acquired unnatural appetites for greasy articles like butter, meat, sugar, salt, spices and other condiments and stimulants.

A physiologist, named Magendie, fed a number of dogs on bolted flour bread; they all died within forty days, actually starved, although the food was ample in quantity; other dogs fed by him, at the same time, on bread from whole-wheat flour or meal, continued to live and thrive.

God has said, "All grain is ordained for the use of man and of beasts, to be the staff of life."

"Nevertheless,

#### WHEAT FOR MAN."

I think I have shown that man has converted the "staff of life" into "a broken reed." It is generally supposed that those persons are strict observers of the "Word of Wisdom" who faithfully abstain from the use of alcoholic drinks, tea, coffee, tobacco, etc.; to that extent they deserve commendation, but I maintain that any who make their "staff of life" out of the robbed wheat flour fail to live up to a proper observance of that divine revelation. Extracting from the wheat any part that is nutritive is almost as bad as converting it into whisky; both are perverted uses of the king of grains.

Unfortunately there is very little of this

#### WHOLE-WHEAT FLOUR

now manufactured in Utah, but it is probable our millers will endeavor to furnish it, if the people demand it. This flour should be made from the best qualities of wheat, thoroughly cleaned, and it should not be heated, and thereby have the life burned out of it, in the process of grinding.

To make good bread is one of the finest accomplishments any lady can be possessed of.

#### THE WORD "LADY"

is derived from the beautiful Saxon word *laef-dig*, meaning loaf giver. How appropriate, therefore, that every lady should be able to make good, wholesome bread for her household.

Following is a well tried recipe for making yeast, sponge and bread, which, if carefully attended to, will invariably result in producing a palatable and healthy article.

#### TO MAKE YEAST:

Peel four large, or six small, potatoes and put them into a saucepan containing two quarts cold water; put with them a double handful of hops, tied in a coarse muslin bag. Cover and boil until the potatoes begin to break and fall apart. Take these out with a perforated skimmer, leaving the hops still boiling in the water. Mash the potatoes fine with a potato-beetle, and work in four tablespoonfuls whole-wheat flour and two tablespoonfuls white sugar. Moisten this gradually with the boiling hop tea, stirring it to a smooth paste. When all the tea has been mixed in, set it aside to cool. While still slightly warm, add four tablespoonfuls of lively yeast, (not brewers') and turn all into an earthen jar. Keep this in a warm place until it ceases to bubble up. When quite light, cover the jar closely and remove to a cool cellar. Stir well from the bottom each time before using, and, after taking out what you want, replace the cover tightly. It should keep good for two weeks, at least, but do not use it if it becomes dull-colored or sour.

#### BREAD MAKING.

Make a sponge by taking three pints of warm water, a cup of yeast, and enough whole-wheat flour to thicken. Have the water no warmer than blood heat; then stir in part of the flour, add the yeast and enough more flour to make a batter that will pour from the spoon, but not too thin. Beat till smooth, and then set to rise in a warm place. In all but the very hottest weather make the sponge in the afternoon, or in time to mix the bread before bedtime: if the yeast and flour are good, and the temperature just right, the sponge should be light enough in three hours, or less time.

When ready, sift into the mixing

bowl—a clean wooden tray, if you have it—three quarts of whole-wheat flour, or enough to form a dough you can mould. The sifting is important. Before you begin to mix, take out a pint of the flour to work in at the last, if needed; then make a well in the centre of the remainder, pour in the sponge, and gradually mix in the flour, being careful not to get the dough too stiff, nor yet too soft. As soon as it will leave the sides of the tray, lift to a bread-board and knead thoroughly for twenty minutes; then sprinkle a little flour over the bottom of the tray, and lay in the kneaded bread; cover with several folds of old linen, and leave in some moderately warm place, to rise over night. In the coldest weather warm the flour a little before you mix; and when you set the bread to rise, it may be well to throw a folded blanket over it.

Next morning, the bread having risen to twice its first volume, is waiting

#### A SECOND KNEADING.

If this can not be done immediately, you will have to set it in a cold room lest it get too light; and bread that has risen overmuch is never sweet. The only really safe rule, is to knead for about fifteen minutes as soon as the batch is ready. Mould into small loaves (this amount of dough will make five or six), put them into pans, cover, and set in a warm place: in half an hour, or when they have risen to double their former size, place in a moderately warm oven; do not forget this last item, as the bread should swell a little before the surface hardens. Follow with a steady heat, and bake about forty minutes or more; larger loaves would require an hour, perhaps. Reduce the heat towards the last, and finish with an evenly browned crust, not the least bit scorched.

As soon as done, stand each loaf endwise, leaning against a stone jar or upright object, on the table; this will admit the air on all sides, leaving the crust dry and brittle, not soft and tough. When thoroughly cold, wrap in a clean cloth, and lay in the bread-box. Cut the next day. Superfine and wholesome white bread is the result of this process.

Salt is not an essential article, but it may be added to the yeast or flour in making bread, to suit the taste of those who want it.

The foregoing recipe operates equally well with any good white flour, but the whole-wheat flour is, of course, the best.

#### To make

##### GRAHAM FLOUR BREAD,

the yeast and sponge should be prepared as described; all the rest of the process the same, except that three quarts of Graham flour is used. The dough should not be quite so stiff as for the other, and it does not require quite so much kneading, but be sure you give it enough. After baking is fairly started, the oven should be a little hotter than for white bread, and bake a little longer, reducing the heat towards the last. This is considered by some more healthy than the other bread, because its tendency is the opposite of constipating. It is highly essential to procure the Graham flour fresh ground, as it is apt to become stale and unpleasant in taste. The surest way to obtain it perfectly fresh would be to get a supply of first class wheat, perfectly cleaned, and grind it yourself in a coffee mill.

It is said that the healthiest of all bread is made by simply stirring coarse wheat meal and very cold water together, making a thick batter, and baking in covered pans in a hot oven or in a skillet.

D. M. McALLISTER.

Salt Lake City, March 18, 1885.

#### EDITORIAL NOTES.

The Maryland court of appeals decides that betting on horse races is not gambling, because gain or loss is determined, not by chance, but by "the success of the chosen horse." If this plea is allowable it might be made in a great many kinds of gambling. The gain or loss in a game of cards or billiards, upon which people are wont to gamble, are perhaps more frequently due to the skill or trickery and consequent "success" of the players than to chance; and if such a decision as that is allowed to bear sway, gamblers may do about as they please, regardless of law.

Gen. Grant's stolidity was never more conspicuous than in the calmness with which he confronts the near result which his physicians pronounce inevitable, and in the attempt to foster his physical resources in order to prolong his life sufficiently to permit the completion of his military memoirs he exhibits the apparent insensibility to all considerations except the object to be accomplished and the means for its accomplishment which distinguished him in the direction of his military campaigns. He is probably not less sensitive than more demonstrative persons, but he is strong enough to concentrate all his energies upon the task which he has appointed for himself, allowing no waste in vain regrets over the great misfortune which has overtaken him. His force of will, together with extraordinary vitality, may prolong his life months beyond the expectation of his physicians.

Many persons may not be aware that glass can be cut under water, with the greatest ease, to almost any shape, by simply using a pair of shears or strong scissors. In order to insure success, two points must be attended to—first

and most important, the glass must be kept quite level in the water while the scissors are applied; and, secondly, to avoid risk, it is better to begin the cutting by taking off small pieces at the corners and along the edges, and to reduce the shape gradually to that required, for if any attempt is made to cut the glass to the shape, as we would cut a piece of cardboard, it will be most likely to break just where it is not wanted. Some kinds of glass cut much better than others; the softer glass is the best for this purpose. The scissors need not depend on the state of the edge presented to the glass. When the operation goes on well the glass breaks away from the scissors in small pieces in a straight line with the blades. This method of cutting glass has often been of service, when a diamond has not been at hand, for cutting ovals and segments, and though the edges are not as smooth as might be desired for some purposes, it will answer in many cases. The two hints given above, if strictly followed, will always insure success.

I feel very grateful for the wonderful cures performed with Ely's Cream Balm. I have had Catarrh in its worst form for 25 years. Cream Balm is the best thing I ever tried.—J. B. Kelsey, 32 Broad Street, New York City.

A sound mind goes very seldom without a sound digestion, and nothing contributes toward it more than the use of Angostura Bitters, the world renowned appetizer and invigorator, manufactured only by Dr. J. G. B. Siegert & Sons.

The Combination of Ingredients used in making Brown's Bronchial Troches is such as to give the best possible effect with safety. They are the best remedy in use for Coughs, Colds, and Throat Diseases.

If you are suffering from a sense of extreme weariness, try one bottle of Ayer's Sarsaparilla. It will cost you but one dollar, and will do you incalculable good. It will do away with that tired feeling, and give you new life and energy.

#### BUCKLIN'S ARNICA SALVE.

THE BEST SALVE in the world for Cuts, Bruises, Sores, Ulcers, Salt Rheum, Fever Sores, Tetters, Chapped Hands, Chilblains, Corns, and all Skin Eruptions, and positive cures Piles, or no pay required. It is guaranteed to give perfect satisfaction, or money refunded. Price 25 cents per box. For sale at Z. C. M. I. Drug Store.

#### A Lawyer's Opinion of Interest to all.

J. A. Tawney, Esq., a leading attorney of Winona, Minn., writes: "After using it for more than three years, I take great pleasure in stating that I regard Dr. King's New Discovery for Consumption, as the best remedy in the world for Coughs and Colds. It has never failed to cure the most severe colds I have had, and invariably relieves the pain in the chest." Trial Bottles for this sure cure for all Throat and Lung Diseases may be had Free at Z. C. M. I. Drug Store. Large size, \$1.00.

#### SALT LAKE CITY, Utah,

March 20th, 1885.

For the benefit of the public, Dr. E. L. Plant wishes to state as times are dull, all medicines and visits hereafter will be reduced to half price. Thanking the public for past patronage, I am, respectfully,

d100 s&w1 DR. E. L. PLANT.

Have you a cough? Sleepless nights need no longer trouble you. The use of Ayer's Cherry Pectoral, before retiring, will soothe the cough to quiet, allay the inflammation, and allow the needed repose. It will, moreover, speedily heal the pulmonary organs, and give you health.

#### AN ANSWER WANTED.

Can any one bring us a case of Kidney or Liver Complaint that Electric Bitters will not speedily cure? We say they cannot, as thousands of cases already permanently cured and who are daily recommending Electric Bitters, will prove. Bright's Disease, Diabetes, Weak Back, or any urinary complaint quickly cured. They purify the blood, regulate the bowels, and act directly on the diseased parts. Every bottle guaranteed.

For sale at 50c. a bottle by Z. C. M. I. Drug Store.

#### CATARRH HAY FEVER

## DANGEROUS SUBSTITUTES

FOR

### HORSFORD'S ACID PHOSPHATE

Several inferior and dangerous "substitutes" for the genuine "Horsford's Acid Phosphate" are being offered for sale; and we hereby caution the dealers and public against buying or using them, as they will not produce the same effect upon the system as the genuine "Horsford's," and the ingredients in some of them are dangerous to health.

Some of these "substitutes" or imitations are simply Dilute Phosphoric Acid, which interferes with the digestion; while the genuine "Horsford's" not only causes no trouble with the digestive organs, but materially assists in their action.

One preparation that is being offered for sale, by the gallon, contains Meta- or Proto-phosphoric Acid, which are declared by the highest authority to be **poisonous**. The same preparation also contains Chlorine Acid, which is a compound of Chlorine. "Horsford's" contains neither of these ingredients.

These "substitutes" are liable to be found at soda fountains, because of their cheapness.

CALL for "HORSFORD'S," and TAKE NO OTHER. NEVER SOLD IN BULK. Read & write

## MATCHES.

OUR "RED CAP MATCHES" ARE AS good as the best imported and fully as cheap if not cheaper, so when you buy matches ask for the red cap.

L. DAHLQUIST & CO.,

dsaw

P.O. Box 535.

#### A CARD.

THE DESERET HOSPITAL, UNDER the most favorable auspices, is now open for the reception of patients, having removed to that large and commodious building lately occupied by the Deseret University. The appointments are new and of the first order. The halls and rooms are thoroughly ventilated, and warmed by a furnace and steam heating apparatus extending through the whole building. Good and capable nurses are supplied, and every attention paid to the comfort and welfare of its inmates. The medical department comprises a fine stock of drugs, and a line of some of the most valuable and elegant surgical instruments and appliances ever imported into the Territory. Arrangements have been made to secure the first medical talent the city affords for the benefit of patients. A specialty is made of the diseases of women, and correspondence is solicited from the afflicted.

H. B. CLAWSON, President.

W. F. ANDERSON, Medical Supt.

M. P. HUGHES, House Surgeon.

E. B. WELLS, Secretary.

A limited number of students will be taken, who will board in the Institution, receive instruction preparatory for future studies, and will be expected in return to devote a certain portion of their time and labor to attendance on the sick and other requirements connected with the Hospital. Correspondence on this subject is solicited from Bishops and other authorities in the settlements. ds&w

#### ESTRAY NOTICE.

I HAVE IN MY POSSESSION:

One six year old roan STUDD, a little white on both left feet, no brands visible. One three-year-old roan HORSE, star in forehead and both hind feet white, no brands visible.

If the above described animals are not claimed within ten days they will be sold at public auction in the estray pound in this city at 10 o'clock a.m. the 27th inst.

RICHARD PALMER,

District Poundkeeper.

Cedar City, March 17th, 1885.

#### SUMMONS.

In the Probate Court in and for Salt Lake County, Utah Territory.

Vilate Korth, Plaintiff.

vs.

William Korth, Defendant.

The people of the Territory of Utah send greeting:

To William Korth, Defendant.

YOU ARE HEREBY REQUIRED TO appear in an action brought against you by the above-named plaintiff, in the Probate Court of the County of Salt Lake, Territory of Utah, and to answer the complaint filed therein, within ten days (exclusive of the day of service) after the service on you of summons—if served within this county; or, if served out of this county, but in this district, within twenty days; otherwise within forty days.

The said action is brought to obtain a decree from this Court dissolving the marriage contract existing between said plaintiff and you, on the ground of wilful desertion of plaintiff by defendant, and failure to provide plaintiff the common necessities of life.

And you are hereby notified that if you fail to appear and answer the said complaint as above required, the said plaintiff will apply to this Court for the relief prayed for and cost of suit.

Witness, the Hon. Elias A. Smith Judge, and the seal of the Probate Court of Salt Lake County, Territory of Utah, this 27th day of January, in the year of our Lord one thousand eight hundred and eighty five.

[SEAL.]

W5t

JOHN C. CUTLER, Clerk