

sented their reports, which were very satisfactory. H. S. Tanner was sustained as secretary of the conference.

At 10 a. m. meeting was called to order by Prest. C. F. Emery, who gave the people a hearty welcome.

D. F. Tanner spoke upon the restoration of the Gospel and testified to the divinity of the work in which the Latter-day Saints are engaged.

H. Wallace bore his testimony to the truthfulness of the Gospel, and exhorted the Saints to be faithful and true.

President J. G. Kimball chose as a foundation of his remarks, the 30th chapter of Isaiah, the 20th verse. He spoke upon the trials of the Saints.

2 p. m.—J. S. Lee dwelt upon the unity of the Saints and the blessings in store for them if they did their duty.

D. S. Wallace spoke upon faith and works.

H. S. Phelps descanted upon the creation of the world, and W. H. Allen pointed out that it was not merely hearers of the word that are wanted, but doers also.

On Sunday, at 10 a. m., H. S. Tanner dwelt on the necessity of divine authority and the restoration of the Gospel. Richard Parker testified to the truths advanced by the other Elders and the keeping the commandments God has given us. President C. F. Emery compared the doctrines advanced by the Latter-day Saints with those taught by the Apostles anciently, and asked the people to be honest and comply with its ordinances.

At the afternoon session Prest. J. G. Kimball gave some interesting instructions on the duties of the Saints, and said in the course of his remarks, that the Saints who would not pray, treat the Elders right, and attend to their other duties were stumbling blocks to good people.

At the evening session H. S. Tanner declared that God will reward all men according to their works. Prest. J. G. Kimball asked the people to keep in view eternal life, encouraged the gathering of Israel, and said that all who would be faithful and true God would bless.

We held three council meetings and valuable instructions were given by Prest. Kimball, who expressed great satisfaction at the flourishing condition of our conference and the good spirit manifested by all.

Elders H. S. Tanner and D. S. Wallace were appointed to labor in Brunswick and Columbia counties, N. C.; J. S. Lee and Richard Parker in Horry Co., S. C.; H. S. Phelps and Henry Wallace in Georgelown and Williamsburg counties, S. C.; and C. F. Emery D. F. Tanner and W. H. Allen in Spartanburg Co., S. C.

HENRY S. TANNER, Clerk.

CLIFTON, Spartanburg Co., S. C., Oct. 28, 1891.

SUNDAY SCHOOL UNION.

The regular monthly meeting of Sabbath School officers and teachers of the Salt Lake Stake met in the Fourteenth ward assembly hall on Monday evening, the 2nd inst.

The meeting was presided over by Superintendent T. C. Griggs. Musical exercises were furnished by the Mill Creek ward choir.

Roll call showed representatives present from the following wards:

First, Fourth, Fifth, Seventh, Eighth, Tenth, Eleventh, Twelfth, Fourteenth, Fifteenth, Seventeenth, Eighteenth of the city; also Mill Creek, Union, South Jordan, Granger.

Superintendent Thos. W. Williams spoke upon the subject of "What are the Best Incentives to Increase the Attendance in our Sunday Schools?" It was a good incentive to children to induce their parents to attend. When Bishops called upon men of their wards who are not members of the school to administer the Sacrament it had a good effect in bringing the children of those parents to school. He suggested that parents be labored with and reminded to send their children to school by the appointed teachers of the ward. It was of great importance to have teachers in the school who are competent and prepared to instruct and interest the pupils when they do attend in order to secure their continued attendance.

A guitar and mandolin trio was played by the Best Brothers of Mill Creek Ward.

Superintendent Charles Livingston was the next speaker. He said the attendance in the Eleventh Ward school was increasing rapidly. This he attributed to the increased interest on the part of the teachers in their Sabbath school labors. He spoke of the good effect of parents attending school. It was necessary for teachers to be regular in their attendance to keep their pupils interested.

Supt. T. C. Griggs said it was desirable to get reports of the amounts donated for the benefit of the Deseret Sunday School Union from all schools of the Stake who have not already reported. He also mentioned some things the Union was doing in the way of procuring charts and other publications for the benefit of the Sabbath schools.

Prest. Joseph E. Taylor said from personal observation he could truthfully say the Sabbath schools of the Stake were in better condition than any other church organizations in the Stake. He was interested in the Sabbath school cause. He urged the superintendents of schools to continue holding Sabbath school during the winter months, and not adjourn, as was custom in some of the country wards. Sabbath schools should be interfered with by funerals as little as possible. Teachers should not get discouraged nor neglect their duties.

Owing to so many other meetings interfering with the regular monthly meeting of the Sunday school officers and teachers now that it is held on the first Monday in the month, it was considered best to change the date of meeting. Hereafter the meetings will be held on the third Monday in each month. The next meeting would be held on the 16th of the present month, at which time the Fifth ward school will furnish the singing exercises.

E. F. PARRY, Asst. Secy.

HOME AND HEALTH.

Of course, it is very important to bear in mind the principle at stake. In the old days of the Yorkshire schools, so graphically described by Dickens—indeed, in the present day in many parts of the north of

England—it was customary to serve the pudding before the meat. A heavy, greasy suet pudding with gravy came first, and the meat followed. Throughout the greater part of France the ordinary dinner consists of a piece of beef boiled. The liquor in which the beef was boiled, with the vegetables and a quantity of crusts of bread soaked in it, is served first; the piece of boiled beef is served afterwards. We can carry out this idea, only in a more elegant and artistic manner. What we require is something savory to accompany a larger quantity of plain, cheap, and wholesome food. If we study true economy, and if we wish to have really cheap dishes, we must remember that it is a great mistake, if we have healthy appetites, to start at once on butcher's meat. The meat should follow some kind of lighter food. This mode of living is better both for brain and body. Great meat-eaters are too often men who indulge in alcoholic stimulants; and in the opinion of many medical men in the present day a large consumption of meat gives rise to a craving for stimulants, while on the other hand taking stimulants gives rise to a craving for meat. To a certain extent one is the antidote of the other; but what a terrible waste to pay for a poison and an ant dose when we can do without both!

When early rising is practised it must be preceded by early retiring. We are told that a large proportion of people who have lived to an extreme old age were early risers; but it is well to understand that they are mostly agricultural laborers, and country people, living simply and contentedly, and going to bed about nine o'clock in the evening, without a care to ruffle their sleep. A schoolboy on his holiday does not rest more soundly; and it is unreasonable for the ordinary business man, who has hands and brain actively engaged until almost midnight, to attempt keeping pace with him in the morning. There is no real gain in robbing one's self of the needed rest. The day may be lengthened but it is proportionately weakened, for loss of sleep means loss of energy.

Baked potatoes are preferable to those cooked in any other way, because during the baking the starch cells are better prepared for assimilation. Select for baking potatoes of equal and medium size, with smooth skins; they should be well washed with a brush or cloth, and put in a quick oven; they will bake in from twenty to thirty-five minutes, according to the variety and ripeness; as soon as you find they yield readily, when pressed between the fingers, they are done. The best part of the potato lies next to the skin, and if they are allowed to remain in the oven after they are done, this portion becomes hard, and adhere to the skin, the mineral salt being lost.

To keep eggs fresh, as soon as they are taken from the nest rub them entirely over with butter, and put them in a cool place and they will keep good for months.

A simple remedy for neuralgia is to apply grated horseradish to the temple, when the face or head is affected, or to the wrist when the pain is in the arm or shoulder. Prepare the horseradish in the same manner as for table use. —Ez.