

Correspondence.

BRIGHAM CITY, Dec. 10th, 1872.

Editor Deseret News:

Dear Sir—As the fathers ate sour grapes whereby the teeth of their children were affected, so an inherent lust for intoxicating drinks prevails among men in our days. The history of the European nations points specially to the fact that when such drinks were introduced among the people, it was followed by a multiplicity of crimes, and the banishment of the primitive virtues and of domestic peace and security from society. General intelligence, patriotism and stability were not promoted thereby. It is frequently asserted that liquor destroys more than the sword. Nations, communities, and families have suffered untold miseries through the use of strong drink. Still men lust for it, and no reasoning nor examples seem effectual to put them on their guard. They become deceived by it. Not only persons of low caste, but men in positions of trust and honor have become outcasts, and many have found their way to the drunkard's grave before and in the prime of life, leaving worthy wives and children to fight their battle through a cold world. Such men were not born drunkards, neither did they in general ever expect to become such, but like some of our young and old friends we now see around us, they were deceived by yielding little by little to the said inherent lust, yet always declaring, "I will take care of myself and not run into danger." How much better it would be to adopt the golden rule, "Touch not, taste not, handle not?" Innumerable calamities have come upon men who had taken but a small quantity of liquor on railroads or vessels, in banks or stores, &c., where men have become a little misled in their judgment in moments when the clearest discernment and keenest management were the only safeguards against the needless destruction of life and property. Working around a threshing machine or other machinery or even driving a team is not without great danger to men whose sense is confounded in a little degree through drinking intoxicating liquor. An enemy, a gambler, a robber, a murderer looks out sharply for men who are a little the worse for drink. Men under the influence of liquor are often apt to commit crimes and end their lives within the dark walls of a prison. There is mourning and gloom in many a family for lives lost, limbs broken, &c., through foolish indulgence in this way, while in other families fathers and sons are despaired of by reason of their foolish practices, and a sad end is reasonably looked for. A drunkard will hardly ever reform.

Respectfully, A. C.

WATCH THE POT.

DIRECTIONS HOW TO COOK MEAT AS TO MAKE IT PALATABLE AND DIGESTIBLE.

Cooking in all its branches is both a science and an art; a Frenchman would perhaps rank it among the fine arts. There can be no doubt that much valuable nutriment is wasted, owing to the imperfect and irrational methods of preparing it, which prevail in many households. In fact, the processes to which food is subjected are often precisely such as a chemist might adopt, if his object were to get rid of its really valuable constituents, and retain only what is worthless for purposes of nutrition; or such as some malicious demon might devise in order to tantalize his victims with the empty semblance of nourishment, while he was destroying them by slow starvation. Vegetable food, as a rule, suffers less in this respect than animal, and we therefore restrict our attention in the present familiar essay to some suggestions with regard to the cooking of meats.

The most economical way of using meat is to cook it in hot water, and serve it up in its own gravy. If it is boiled for preparing soup, the water should not be too quickly raised to the boiling point, since this tends to coagulate the albuminous portions and to prevent the juices from passing into the water. The meat should be chopped or cut as fine as possible and steeped for some time in cold water, which should then be gradually heated up to a temperature not exceeding 150 degrees Fahrenheit, or 62 degrees below its boiling point. At the last moment the soup may be allowed to reach the boiling point. The bones should be crushed or broken up into small pieces, and boiled, or rather simmered, for eight or ten hours, in order thoroughly to extract their nutritive matter.

Soup contains the greater part of the saline matter, with the creatine, creatinine, and kindred compounds, some of the albumen and fat, and an amount of gelatine that depends upon the duration of the boiling process. Cold water extracts from one-sixth to one-fourth of the weight of the solid constituents of the

meat; and this watery extract contains nearly all the savory, saline and crystalline ingredients. After long continued boiling, meat becomes a hard mass, composed of tough, muscular fibres, the areolar tissue connecting them, and parts of the nerves and blood-vessels. This is difficult to masticate, more difficult to digest, and so devoid of flavor that it is impossible to tell from what animal it came. As Liebig remarks, even a dog will reject it.

For invalids, beef soup is by far the best. That made from mutton is less digestible, and is seldom free from fat. The remarkable restorative properties of soup are due to the presence of a large quantity of highly nitrogenous principles. Very strong beef tea may almost be classed with such stimulants as brandy and tea. Creatine, creatinine, and other similar substances in meat bear a close resemblance to the theine of tea and coffee, and the theobromine of cocoa.

If we wish to cook meat in such a way as to preserve the maximum of nutriment in the most digestible form we should place it in large pieces in boiling water, and keep it there for five minutes. The high temperature coagulates the albumen at the surface of the meat; stops up its pores, and thus prevents the juices from escaping. After this boiling of five minutes, add cold water to reduce the heat to about 150 Fahrenheit, and keep it at that temperature until the meat is sufficiently cooked. It will then be found to be tender, juicy, savory and nutritious. Salted meat, intended to be eaten cold, should be allowed to cool in the water in which it has been boiled.

In roasting meat, as in boiling it, the first object should be to coagulate the albumen at the surface, in order to prevent the escape of the juices. The meat should be at first placed close to the fire, kept there for ten or fifteen minutes, and then withdrawn to a greater distance from the heat. If cooked in the oven of a stove or a range, the oven should be very hot when the meat is first put into it, kept at the same heat for a short time, then cooled down partially (by opening the door or checking the fire), and the roasting should then be allowed to go on very slowly, so that the inner parts may be thoroughly done. The loss of weight (mostly water and fat) is nearly one-third more in roasting than in boiling. Roast meat has the richer flavor, because certain aromatic principles are developed by this mode of cooking. The occasional "dredging" of flour over the surface of the meat helps to stop up the pores and check the escape of the fat. Roasted meat is not as well suited for invalids and dyspeptics as boiled meat, since it is apt to contain acrid substances formed out of the highly heated fat. Broiling is a species of roasting, but it ordinarily produces a somewhat more digestible food for the dyspeptic. Frying is the worst possible mode of cooking meat, especially for persons whose digestive powers are not vigorous, as it almost invariably develops a very acrid substance known as acrolein, and sundry fatty acids that are nearly as unwholesome.

Stews and hashes are often very savory, but seldom agree with weak stomachs. They are far better when made from fresh meat than from that which has been already cooked. The repeated cooking of any kind of food detracts materially from its nutritive quality. As some one has said: "It is better to reheat our good cold beef and mutton in our stomachs than in our frying-pans or stewing-pots."

Salted meat is less nutritious than fresh, because much of its saline matter is dissolved out by the brine. It is well known that scurvy is often produced by the continued use of salt meats without fresh vegetables. Some have asserted that meat may become poisonous by being cured in brine that has been used again and again; but however that may be, the flavor of meat kept in old brine can hardly be as good as if the liquid was fresh made.—*Journal of Chemistry.*

Beavers are damming the mill streams in Kansas, and the people are serving the beavers the same way.

At the last Sabbath service we had the privilege of attending as a listener, says the *Congregationalist*, the fine quartette choir sang an impressive opening piece. It was this: Solo—"Hyah thar sayar ira m'slah; aw blaw ow ah mish iniquiah." Chorus—"Cah me naw waya," etc. We mention the fact, as some other church quartette may like to purchase the music and perform the same. The effect on the worshipper is peculiar.

EASTERN NOTES.

The Davenport brothers have gone to farming.

A water famine is imminent in North Missouri.

The Rev. Mr. Yocum marries people in Cincinnati.

A miss of sweet sixteen is preaching the gospel at Elgin, Ill.

The Rev. Dr. Chapin has become editor of the *Christian Leader*.

Beecher says that more lies have been told about him every year of his public life than would shingle a cathedral.

Joe Hooker is regaining his health, and is reported to have ridden on horseback, a few days since, for the first time in four years.

Vice President Colfax will not keep house this winter in Washington, and after the 4th of March will retire to private life.—*Ex.*

Kansas City and St. Charles, Mo., are indulging in excited sensations of garroting and highway robbery.

"Lord" Gordon Gordon has settled down at Fort Garry, Manitoba, and is enjoying the fruits of his raid on Jay Gould and other guileless innocents.

Mr. Geo. Washington Bassett, a New York printer, was knocked down a few nights since and robbed of a diamond pin worth fifteen cents.

The *Waverly Magazine* was burned out at Boston, and 10,000 poets are now without an organ. A gloom is thus cast over the continent that is appalling.

A monument to the late General Meade is proposed in Philadelphia. Some one has remarked that when an eminent American dies, the first thing his grateful countrymen do is to resolve to build a monument to his memory, and the next thing they fail to do it.

One of the noblest of all the noble acts performed on the night of the Boston fire, was that of a poor teamster who removed the goods of a hard-working widow, without charge, when the work of the night might, if he had so chosen, have profited him more than that of a whole year under ordinary circumstances.

The entire interest of the senior proprietor of *St. Joseph Gazette*, both daily and weekly, was sold to the highest bidder. Vern Ridenbaugh, Esq., purchased the interest for \$1,500—the only bid made at the sale.

"I have been thirteen years in the practice of the criminal law in this city," says Mr. John D. Townsend, of New York, "and my experience has led me to the conclusion that there is no place where the uncertainty of punishment of crime is greater than in this city."

The Reform Church National Synod in Cincinnati on Thursday suspended from the ministry and from the Church the Rev. Henry Knepper, of Illinois, on the ground that he married after obtaining a divorce, which, though legal, was not procured on scriptural grounds.

Mr. Joseph Jefferson, the actor, is neither blind nor crazy as reported, but is in Boston in excellent health. He could, he was lately assured by Dr. Brown Sequard, resume his professional labor within a month, but of his own choice he will not return to the stage until spring.—*Washington Star.*

The Jacksonville (Fla.) *Courier* hopes hereafter to have an ex-car to bring in election returns from distant counties, so as to avoid the present vexatious delays, and says: "At the lowest calculation, if the supervisors had walked, they could have reached here by this time."

The guillotine has never been formally introduced into this country, but something that performs its work very accurately exists here, though it is not a recognized part of our punitive system. With a fair chance, a covered railroad bridge will take off a man's head quite as satisfactorily as that little job could be performed by "Monsieur de Paris" himself. The passenger has only to indulge opportunely a pardonable curiosity to know what is going on outside, when the timbers of the structure which are built close to the track apparently for this very purpose, will decapitate him in the best possible style. The legislature of Vermont is discussing means of making these executions less common.—*Chicago Times.*

LOCAL AND OTHER MATTERS.

FROM FRIDAY'S DAILY, DEC. 14, 1872.

A FIGHT.—There was a row in Meitz saloon last night, and some of the participants were having an interview with Justice Clinton this afternoon.

BIRTH.—In this city, Monday, Dec. 9th, Mrs. Mary, wife of Mr. Richard Rogers, of a daughter.

Millennial Star, please copy.

A STRIKE.—A dispatch from London says it is reported that the employees of all English railways will strike Jan. 2, also that Lady Doughty a Titchborne witness, is dead.

THE PALESTINE PARTY.—A cablegram from Elders Paul A. Schettler and Fera-morz Little was received in this city on Wednesday. It was dated at Amsterdam, where those gentlemen then were. None of the other members of the party were mentioned, but it is presumable that all of them were at the above place at the time the cablegram was dispatched.

BOUND FOR THE "FLOWERY LAND".—Among the freight per Wells, Fargo & Co. from Stockton to this city last night, was the body of a dead Chinaman, done up in a neat coffin, bound for San Francisco and China. The defunct was accompanied by three female attendants, who, after the coffin was deposited here, walked around it, each one waving over it a small paper package, on which were curious hieroglyphic inscriptions. Those who professed to know said this proceeding was to keep his satanic majesty from the dead. The corpse was shipped hence to San Francisco this afternoon.

NEW MEETING HOUSES.—We learn, from M. A. Speirs that the Tenth Ward new meeting house is rapidly nearing completion, and that it will be sufficiently advanced for a social gathering to be held in it on Christmas evening.

The new school and meeting house of the Fifth and Sixth Wards is also progressing. It is a two storey building. The first room is to be devoted to school purposes and the upper one for public worship. The first public meeting will be held in the building a week from next Sunday, but it will be in the lower room, as the upper one will not be finished for some time.

A GOOD CHANCE.—Our dispatches announce the recent arrival of numbers of Italian immigrants at New York, and speak of more coming. These immigrants appear to be poor and mostly destitute. Would not this be a good opportunity for Colorado, Nebraska, Kansas, Dakota, Wisconsin, or any other States or Territories which have been crying out for immigrants, to send to New York and fetch along these Italians? If the broad acres of the West need hands, the hands arriving from Europe certainly need acres. In the West are the acres, in the East are the hands. Let them be brought together.

A NICE MUDDLE.—That is at New Orleans just now. Governor Warmouth and his legislature and the district court are trying to abolish Governor Pinchbeck and his legislature and the custom house, and Governor Pinchbeck and his legislature and the custom house are trying to abolish Governor Warmouth and his legislature and the district court. President Grant is disgusted with the whole affair, but recognizes and supports Pinchbeck, so that he will be likely to triumph and Warmouth and his adherents go down. Meantime it is in very bad taste, just at the juncture when we were told that all was a pace everywhere but in Utah, for Louisiana to be raising such a muss as this, and Alabama to be raising another, and Arkansas another. The North Carolina Republicans behaved much better by voting heavily for Merrimon and thus solving their little local teapot-tempest political problem.

Oliver Wendell Holmes says: "If all the cities in the world were reduced to ashes, you'd have a new set of millionaires in a couple of years or so, out of the trade in potash."

Gun dealers report an unprecedented activity in the revolver trade since the commutation of Perri's sentence. They estimate that every third man upon the streets carries a weapon of this kind, which shows an evident determination on the part of individuals to protect themselves.—*Chicago Times.*

The indictment against William M. Tweed makes a large volume. It contains one thousand and fifty pages, and is the longest indictment ever found in the world. It has not yet been furnished to the counsel for the defence. They will probably require several weeks, if not months, to examine it—which of course they have a right to. So that, with motions to quash and so on in prospect, the trial does not appear to be very near at hand. If a man can draw an indictment of over one thousand pages that will stand, he must be a pretty good criminal lawyer. It has not leaked out who is the real author of this prolix document.—*N. Y. Sun.*