

The work of proselyting is being carried on with gratifying success, and the hitherto unstable condition of the Moors is assuming a more wholesome character. As soon as they receive the Gospel they turn from their intemperate and licentious habits, and a marked change is noticeable. The white inhabitants observe the change and stand amazed, unable to account for it, as other ministers have labored among the same people for over 70 years, and have been unsuccessful in lifting the converts out of the mire. It requires a more perfect system of theology than they have taught and more moral examples than they have set.

H. J. SEARS.

LITTLE COLORADO CONFERENCE.

St. Joseph, March 11th, 1886.

Editor Deseret News:

The quarterly Conference of the Little Colorado Stake of Zion was held at St. Joseph, Apache County, Arizona, Feb. 26th and 27th, 1887.

There were present of the Presidency of the Stake, Jos. H. Richards and John Bushman; also Bishop John Hunt, Elders W. N. Tenny and Lillywhite, of the Eastern Arizona Stake, and many other local officers and Elders.

The Conference opened on Saturday at 10 a.m. The forenoon was occupied by acting-President J. H. Richards, Elders S. G. Ladd and W. N. Tenny, on the benefits and blessings derived from attending these quarterly conferences; who said mankind should live under the influence of the Gospel, and could be redeemed from their fallen state by embracing the same, and living under its precepts. They encouraged the Saints to live faithfully, be more united, and to train and instruct their children in the principles of the Gospel, and set good examples before them worthy of imitation.

2 p.m.—Elder Le Grand occupied a portion of the time treating on the organization of the Church, the glorious plan of salvation. The duties of a Teacher and member were fully explained, after which Bishop J. H. Richards and Elder J. J. Adams reported the St. Joseph and Wilford wards in a favorable condition, the Saints striving to serve God.

Sunday, 10 a.m.

The forenoon was occupied by Elders Lillywhite, Counselor John Bushman and Bishop John Hunt, who dwelt on the weaknesses of the Saints, urging that they should rely on God for deliverance from their enemies; thought our minds were too much engrossed with the things of this world; said we should be more energetic in our labors in the work of God; enumerated many of our duties, redeeming the dead, observing the fast day and devoting of our means to the poor. Spoke of the evils of going to extremes in dancing, thereby ruining the health, etc.

Sunday, 2 p.m.

After the Sacrament had been administered, verbal reports were received from the High Priests, Elders, Teachers and Deacons quorums; the Sunday Schools, Mutual Improvement Associations and the Relief Society, which were reported to good running order. The statistical report of the Stake was read, also the Sunday School and Relief Society reports. The general and local authorities of the Church were presented and unanimously sustained. Elder Sanford Porter urged the importance of continuing the glorious work for the dead, and Elder H. W. Despain spoke feelingly in the interests of the Lamanites. A few closing remarks were made by President J. H. Richards after which conference adjourned for three months.

J. E. SHELLEY, Clerk.

OGDEN CITY,

March 22, 1887.

Editor Deseret News:

Quite a large number of veteran Saints in this place have passed away, and one by one they are still going to swell the numbers behind the veil. The last that thus left us here was Father Allan McQuarrie, the father of Bishop Robert McQuarrie. He was an old Caledonian, and attained a good ripe old age. He was a son of Hector McQuarrie, and Agnes McQuarrie. He was born at Kildalton Parish, Argyshire, Scotland, in October, 1800. He was a farmer by occupation. While young he met with an accident. A cart wheel ran over his right foot, and in his endeavors to save it he injured his left leg. The hurt grew worse, became serious, and finally resulted in the amputation of the limb. In the year 1831 he was married. He did not receive the Gospel until he was nearly sixty years of age. He left his native land in 1837, and arrived in Ogden in the fall of the same year. On April 4th, 1837, he was baptized by Elder James S. Brown and confirmed by Edward Bunker. February 1st, 1839, he was ordained a High Priest by Chas. B. Dana. He continued to live a godly life, being peaceable, quiet and affable, setting a good example to all around him, and was beloved by all who knew him. After a lingering illness, induced by general debility, on the evening of the 19th inst. he quietly breathed his last, and went to join his wife who had preceded him to the spirit world, who died five years since, in the same month. Three years since Father McQuarrie was confined to his couch and has been bedridden ever since.

The funeral services were held in the Second Ward meeting house on the 23d inst., which was well filled with

his friends. After singing the opening prayer was offered by Elder Joseph Hall. The speakers were Elders David M. Stuart, John Crawford, John A. Boyle, President C. F. Middleton, Mark Hall, Thomas Doney. All bore testimony to the good standing and high reputation of the deceased sustained as a citizen and a faithful servant of God. The cortege was large that followed the veteran's remains to their last resting place.

Allan McQuarrie has seven children—four sons and three daughters—one of the latter is dead. He has 13 grandchildren and one great grandchild.

Yours truly, J. H.

Millennial Star please copy.

ST. GEORGE QUARTERLY CONFERENCE.

On Friday, the 18th of March, 1887, the series of meetings commenced, of the St. George quarterly gathering, by the Relief Societies, holding their conference in the Lyceum.

This was followed by the Young Ladies' Mutual Improvement Association holding their conference.

On the same day the High Priests of the Stake held their quarterly conference in the St. George Tabernacle, and this was followed by the Stake Priesthood meeting.

On the morning of Saturday, the 19th inst., the general meetings of the Stake quarterly conference began, continued in the afternoon and also during Sunday, the 20th inst.

We had with us Apostle Grant and President Henry Hariman, of the general authorities of the Church, and a large attendance of the brethren and sisters of the Stake; also President James L. Bunting, of Kanab Stake. Statistical, quorum and other reports were read, and the general authorities of the Church and Stake were presented and were sustained by the prompt votes of the people assembled.

The reports from wards indicated increased diligence and faithfulness on the part of the people.

On the evening of Sunday the Sunday Schools and Young Men's Mutual Improvement Association of the Stake held their Conference jointly. After the transaction of the necessary business, Apostle Grant, for the fourth time, addressed this conference, speaking in his usual earnest and vigorous style.

To use the concluding words of President McAllister at the close of this afternoon's meeting: "We have had a glorious time together. God has poured out His spirit, and the servants of the Lord have fed the flock of Christ with the bread of life."

JAMES G. BLEAK, Stake Clerk.

HEALTH HINTS, ETC.

The following quotations are taken from Dr. M. L. Holbrook's book, "Eating for Strength."

BAD DIETETIC HABITS.

"We suppose there is no doubt but at least half the ill-health of the world comes from improper eating."

An excess of carbonaceous food promotes the formation of fat, and prevents the complete nourishment of the muscles.

It gives a person bulk, but not strength. Vital power is deficient in very fat people.

An excess of nitrogenous food gives rise to diseases of a plethoric character—apoplexy, fevers, etc.

Too little food, we all know, impoverishes the blood, and gives rise to feebleness and starvation. Nothing will so soon derange the brain and the nervous system as a low diet."

There is a much greater probability of not eating the proper kinds of food than there is of not eating a sufficient quantity.

AIDS TO DIGESTION.

"1. Proper selection of food.
2. Best treatment of food as regards cooking, flavoring and serving.
3. Proper variety of food, with occasional change of diet.
4. Moderate exercise; warmth and a genial state of mind.
5. Abundance of sleep.
6. Pleasant social surroundings at the table.
7. Thorough mastication.
8. Regularity in eating, and proper intervals between meals."

SEASONABLE FOOD.

"Our food should vary with the season of the year. As winter gradually gives way to spring, our health, comfort and happiness are greatly augmented by diminishing the quantity of our heat and force producing foods, and substituting in their place, to a considerable extent, green vegetables and early mild acid fruits. Even before early vegetables and fruits can be had, canned fruits and vegetables should take the place of the rich food required in winter. Many people think they must be 'physicked out' in the spring, but this is a vile practice wholly unnecessary. Good brown bread, milk, cream, fruits, and oatmeal as the staple articles of spring diet, with no salted meats, and little or no meat of any kind, will keep the bowels in perfectly healthy condition at this season of the year; whereas if ham and eggs, hot bread, superfine hot biscuits, stale potatoes, are the principal articles of diet, there is no end to the suffering that may be entailed; then as summer comes on, early fruits and vegetables should be still more largely partaken of. Strawber-

ries should be used in abundance—raspberries, blackberries and cherries, each in their season. Apples, tomatoes, peaches, grapes, melons, etc., make up a list of fruits rich in fluids, opening, cooling, appetizing, delicious, health-giving; these with good brown bread, and Graham gems with milk cream, oatmeal and fresh butter should, to a great extent, take the place of fats and highly carbonized foods and meats. In very hot weather the fats should be almost discontinued. One will suffer less from the heat if this is done. Much sickness will be prevented by proper attention to the subject of wisely adapting our food to the season of the year and climate."

AMOUNT OF FOOD REQUISITE.

"The amount of food needed daily a healthy person, varies greatly with the assimilative power. Some persons get more out of a pound of food than others, because they more perfectly digest it."

Great vigor, or physical exertion increases the required amount, and inactivity diminishes it.

Cold increases the amount of food needed, while heat decreases it, but increases the amount of water needed."

The natural appetite is the only guide. This should be aided by common sense and reason."

APPLES.

"Many persons do not value apples sufficiently as an important article of diet. Besides containing a large amount of sugar, masticage, and other nutritive matter, this fruit contains vegetable acids, aromatic qualities, etc., which act powerfully in the character of refrigerants, tonics and antiseptics, and when freely used at the season of melior ripeness prevent debility, indigestion, and avert, without doubt, many of the ills which flesh is heir to. The operators of Cornwall, England, considering ripe apples nearly as nourishing as bread, and far more so than potatoes. In 1810, which was a year of much scarcity, apples, instead of being converted into cider, were sold to the poor; and the laborers asserted that they could 'stand their work' on baked apples without meat; whereas a potato diet required either meat or some other substantial nutriment. The French and Germans used apples extensively, as do the inhabitants of all European nations. The laborers depend upon them as an article of food, and frequently make a dinner of sliced apples and bread. There is no fruit cooked in as many different ways in our country, nor is there any fruit whose value, as an article of nutriment, is so great. Two good apples eaten before breakfast are an almost sure cure for constipation."

Stewed dried apples are an excellent substitute for the fresh fruit. I have seen ignorant persons exchange this wholesome food at stores for unwholesome swine meat."

OATMEAL.

"According to Dr. Edward Smith, who carefully investigated this subject, the fine bodies of the country people in Scotland are in great part the result of their diet of oatmeal and milk. The Scotch women and children do less factory work, and live more out of doors."

When the writer was in Edinburgh the celebrated Dr. Guthrie called his attention to the fact that the average size of their heads was greater than that of any other nation in the world, not excepting even the English; and when asked how he accounted for this, he replied that he thought it was owing largely to their universal devotion to oatmeal."

Indeed, the writer observed that the national dish was found upon the table at almost every meal. In the morning came the porridge and milk, and in the evening the traditional cake, a little harder than sun-dried brick."

For further confirmation on this important question, let the writer add that he has found a great advantage to follow the daily use of (honest) brown bread and oatmeal in his family. A child whose first teeth came through in a starved condition, so that they began to decay at once and cause much suffering, is now blessed with as fine a set of second cutters as any one could ask, while the general health of all has improved. In fact, we all vote that we must daily have our brown bread and twin-sister dish of oatmeal."

A HYGIENIC BREAKFAST.

There is a greater variety of food mentioned in the following than may be found requisite for one meal; judgment must be exercised in this as in regard to eating, enough but not too much should be the rule."

"Graham bread and gems, baked potatoes, baked apples, cream, butter, boiled eggs. If you have cold mush, whether made of cornmeal, oatmeal or Graham flour, you may cut it in slices, place upon slightly buttered pans and warm in the oven. Bake the potatoes in a hot oven, and take them out the moment they are done, or they will be heavy, waxy and sodden. Removed at just the right time, they will be white and mealy, and such are better cold than over-baked ones, though steaming hot."

Then for a simple drink mix equal parts of cornmeal and Graham flour, or cornmeal and oatmeal, stir a cupful of this in two quarts of boiling water, boil for twenty minutes, then add a quart of milk, pour into a pitcher and send to the table. A cupful is an indefinite quantity; we purposely leave it

so, for some will prefer for that quantity of gruel a very small cupful, and some will prefer it thicker. (It may be slightly sweetened.) Pudding or cracked wheat, cooked the day before, may be placed on the breakfast table cold or slightly warmed, to be eaten with sugar and hot milk or stewed berries."

To be added to the bill of fare, if the family is large, or substituted for some of the articles if the family be small, consider the following: Baked squash, Graham bread toast, with boiling milk thickened with corn starch poured over it, or add to boiling milk, broken stale bread; boil for one minute and send to the table hot. Graham mush, oatmeal mush or cracked wheat, sent to the table in saucers, hot, to be eaten with sugar and cream or stewed fruit; corn bread or corn-meal gems; cabbage, cut fine, boiled in a small quantity of water, (steamed would be better,) add cream dressing or lemon juice; boil together freshly pared turnips and potatoes (the turnips must be added) as soon as done pour off the water, dry for a moment, mash finely, add a little milk or cream, then stir well with a fork, dish and send to the table hot."

STOMACHS.

"Only a good sized stomach is capable of digesting abundance of food to keep up a large supply of blood. Small stomachs and small livers are incompatible with high health and great powers. When children are kept on very concentrated food and too much sugar, the stomach is apt to be too small. On the other hand, if kept only on coarse vegetables it may be too large. Never reduce the size of the stomach by wearing corsets, they injure this organ and the liver more than they injure the lungs."

(Extracts from this book will be continued next week.)

25 Tracts on Health topics, for 10cts. A book about what and how to cook and eat, for health, 10cts. Mailed by D. M. McAllister, 66 Centre St., Salt Lake City

Court Notes.—Proceedings in the Third District Court Monday, March 28:

Salt Lake City vs. Samuel L. Tobias; larceny of \$5; sentenced to pay a fine of \$50 and costs, and to be held in custody until paid. The total, \$126.25, was paid.

Mark Tobias filed a memorandum for costs on a verdict of not guilty; stricken out.

W. H. Pitts vs. Charles Crow; plaintiff moves to retax costs; allowed in part.

B. B. & Col. Company vs. John Beck; default and judgment as prayed.

Salt Lake City vs. Peter Tomney; motion to retax costs allowed, and witness fees not claimed stricken out.

In the matter of the estate of Aurilla Hood, deceased; the application of administrator to be allowed time to answer and show cause against the order to pay over money, heretofore made, refused, and opportunity to be given on Wednesday next, for extension of time to pay over money.

Nicholas Grosbeck vs. John W. Small; motion for judgment on the pleadings allowed for amount prayed for.

Le Grand Young, trustee, vs. Salt Lake Rock Co. et al.; default of defendants entered and case tried; Le Grand Young sworn, decree allowed as prayed for.

John E. Dooley et al. vs. Utah Eastern Railway Co. et al.; decree of distribution of net proceeds of sale issued.

Wm. Perigo vs. Thomas Smith et al.; motion to reinstate case as to defendant against whom dismissal was entered, argued and submitted.

Court adjourned to Monday, March 28.

The par-bolled itinerant scribe of the chief anti-"Mormon" organ is in ecstasies. The cause of his jubilation is that the Edmunds-Tucker law is beginning to operate in relation to the disposal of civil and criminal cases by United States Commissioners, owing to their being given co-equal jurisdiction in those matters to that held by justices of the peace. This, he considers, will be a great improvement over the administration of Justice Pyper. This animadversion upon the capacity and fairness of the justice is shared by the Third District Court, which, as a rule, has sustained Justice Pyper's decisions when they have been carried up on appeal. It is not so sure either that the reflection is not also shared by the United States Commissioners, as the scribe may be inspired with an ardent hope that the courts of these officials may be turned into machines for the robbery of a certain class of citizens. If so this looks like unkind inuendo upon the integrity of the pure and spotless McKay, the immaculate Republican Commissioner who has been such an admirable conduit for the nest of political, legal and judicial autocrats who have ruled the roost of the conspirators for a considerable time. How could the scribbler gaze upon the expansive brow—the throne of reason and the seat of soul—of Commissioner McKay and then upon his bleached and perfect record and be guilty of such an insinuation? The fellow should be summarily excommunicated from the Loyal League, and forever barred from the privilege of paying fifty cents a month.

THE INTER-STATE LAW.

Some of the general passenger and ticket agents are whistling before they are out of the woods, as it were, in their glee at the prospect of some relief from the "pass law" and the advance agent bore, taking the occasion of the inter-state commerce law to withdraw passes and reduced rates, which are not in the least affected by it. It may be proper, on general principles, to stop passing employees' families, but where their rides begin and terminate in the same state the device for taking shelter under the law for the sake of "uniformity" will not be likely to deceive anybody; consistency in some other directions could perhaps be sought after with more profit; and, moreover, when the employee who wants to give his family a bit of an excursion happens to be one of the higher grades, such as ride in private cars, we suspect that some way will be found before many months to crawl under, over or around the state-line barrier. And in the matter of reduced rates, of course, it will be easy for any company that wishes to favor its heavy patrons to make out a *prima facie* case in defense of its action by offering the same terms to all customers whose business comes under the same conditions. The "conditions" can be adjusted to any desired circumstances. A reduction of 50 per cent. in passenger fares to each person who ships sawdust or second-hand pulpits in 20-ton lots would doubtless come within the law, technically; and yet it would very likely be a virtual discrimination. Those who are over-zealous in their readiness to comply with the law and even to extend its application, should recollect how easy it will be for their competitors to find grounds for a different interpretation.—*Railroad Gazette*.

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