April 6

The work of proselyting is being car-ried on with gratifying success, and the hitherto anistable condition of the Maoris is assuming a more wholesome character. As soon as they preceive the Gospel they turn from their intem-perate and licentious habits, and a marked change is noticeable. The white inhabitauts 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 the-ology than they have taught and more moral examples that they have set. H. J. SEARS.

LITTLE COLORADO CONFER-ENCE.

ST. JOSEPH, March 11th, 1886. Editor Descript News:

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

St. Joseph, Apache Cocnty, 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 — Lilly while, 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 Saluts to live faithfully, be more uulted, and to train and instruct their children in the principles of the Gos-pel, and set good examples before them worthy of initation.
2 p. m.-Elder Le Grand occupied a perion of the Church, the glorious plan of salvation. The duiles of a Teacher and member were fully ex-pland satter which Bishop J. H. Richards and Elder J. J. Adams re-ported the St. Joseph and Wilford wards in a favorable cendition, the Saints striving to serve God.

Saints striving to merve God. Sunday, 10 a.m. The forenoon was occupied by Elders Liliy white, Counselor John Bushman and Bishop John Hunt, who dwelt on the weaknesses of the Saints, urging that they should rely on God ior de-liverance from their; enemies thought our minds were too much engrossed with the things of this world; sild we should be more energetic in our inbors in the work of God; innmerated many of our duties, redeeming the dead, ob-serving the fast day and devoting of our means to the poor. Spoke of the evils of going to extremes in daneing; thereby ruining the health, etc. Sunday, 2 p.m.

thereby raining the health, etc. Sunday, 2 p.m. After the Sacrament had been ad-ministered, verbal reports were re-ceived 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 gen-eral and local authorities of the Church were presented and unauimonsily sus-tained. Elder Sandford Porter urged the importance of continuing the glor-lous work for the dead, and Elder H. W. Despain spoke feelingly in the in-terests of the Lamanites. A few clos-ing remarks were made by President J. H. Richards after which conference adjourned for three months. adjourned for three months. J. E. SHELLEY, Clerk.

OGDEN CITY, March 22, 1887.

Editor Deseret News:

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bis friends. After singing the opening prayer was offered by Elder Joseph itall. The speakers were Elders David M. Stuart, John Crawford, John A Boyle, President C. F. Middleton, Mark Häll, Thomas Doxey: All bore testimeny to the good standing and high reputation the deceased sus-tained as a citizen and a faithful ser-vant of God. The cortege was large that followed the veteran's remains to their last resting place. Allien McQuanle has seven children -four sons and three daughters-one of the latter is dead. He has is grand-children and one great grandchild. Yours truly, J. H. Millennial Star place copy.

ST. GEORGE QUARTERLY CON-FERENCE.

Or Friday, the 18th of March, 1887, he series of meetings commenced, of

the series of meetings commenced, of the St. George quarterly gathering, by the Relief Societies, holding their con-ference in the Lyceum. This was followed by the Young Ladies' Mutual Improvement Associa-tions nolding their conference. On the same day the High Priests of the Stake held their quarterly confer-ence in the St. George Taberuacle, and this was followed by the Stake Priest-hood meeting.

ence in tac St. George Tabernacle, and this was followed by the Stake Priest-hood meeting. On the morning of Saturday, the 19th inst., the general meetings of the Stake quarterly conference began, continued in the atternoos and also during Sun-day, the 20th inst. We had with us Apostle Grant and President Henry Harriman, of the general authorities of the Church, and a large attendance of the brethreu 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 wore sustained by the prompt votes of the people assem-bled. The reports from wards indicated in-creased diligence and faithfulness on the part of the people. On the evening of Sunday the Sun-day Schools and Young Men's Mutcul Improvement Association of the Stake held their Conference jointly. After the transaction of the necessary busi-ness, Apostle Grant, for the fourth time, addressed this conference, speak-ing in his usual earnest and vigerous style.

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

BAD DISTSTIC HABITS

.

ries should be used in abundance-raspheriles, blackberrics and cherries, each in their season. Apples, toma-toes, peaches, grapes, meions, etc., make up a list of fruits rich in fluids, opening, cooling, appetizing, delicious, health-giving; these with good orown bread, and Graham zems 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

The lats should be allost discontinued. One will suffer less from the heat if this is done.' Much sickness will be prevented cy proper lattention to the subject of wisely adapting our food to the season of the year and cli-mate." 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 in-creases the required amount, and in-activity diminishes it. Cold increases the amount of food needful, while heat decreases it, but increases the amount of water need-ful-

ful-The natural appetite is the only guide. This should be aided by com-mon sense and reason."

APPLES.

mon sense and reason." • APPLES. "Many persons do not value ap-ples sufficiently as an important ar-licie of diet. Besides containing a large amount of sugar, mucliage, and other nutritive matter, this fruit contains vegetable acids, aroma-tice qualities, etc., which act powerfully is the character of refrig-erants, tonics and antiseptics, and how ripeness prevent debility, indiges-tion, and avert, without doubt, many of the lifs which flesh is heir to." The present of cornwall, England, con-sider ripe apples nearly as nourishing to some other substantial nutriment. The poor; and the laborers asserted that they could 'stand their work' on potent engles without meat; whereas a proto the flesh is beir to be-ing converted into cider, were sold to the poor; and the laborers asserted that they could 'stand their work' on apples extensively, as do the in-mather of soliced apples and the french and Germans used apples depend upon them and there to of sided apples and the aborers depend upon them and there twass in our contry, nor is there any fruit whose value, as a raticle of nutriment. Is so great. The aborers depend upon them and different ways in our contary, nor is there any fruit whose value, as a raticle of nutriment. Is so great. The and apples are an excellent substitute for the fresh fruit. I have substitute for the fresh fruit. I hav

some swine meat-

OATMEAL.

"Eating for Strength:
BAD DIFTETIC HADITS.
"We suppose there is no doubt but at least half the ill-heaith of the world.
There is a more at the complete nonrishment of the muscles.
It gives a person bulk, but not strength. Vital power is deficient in very fat people.
An excess of nitrogeneous food gives rise to diseases of a plethoric charue.
The cliseases of a plethoric charue.
Too little food, we all know, im-poverishes 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 kluds of food than there is of not eating a sufficient quantity.
AIDS TO DIGESTION.
"4. Moderate exercise; warmth and a genial state of mind.
Becularity in eating. and serving.
There is a succial surroundings at the table.
There is a succial surroundings at the table.
There is a solud starvation.
StasonABLE FOOD.
"Beason of the wrat.
StasonABLE FOOD.
"Our food should! yary wth the eason of the year.
"A HygiEMIC BREAKPAST.
There is a spreater meals."!
StasonABLE FOOD.
"A HygiEMIC BREAKPAST.

so, for some will prefer for that quantity of gracel a very small cupful, and some will prefer it thicker. (It may be slightly sweetened.) Pudding or cracked wheat, cooked the day be-fore, may be placed on the breakiast table cold or slightly warmed, to be caten 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: Haked squash, Graham bread toast, with bollug milk thickened with core starch poured over it, or add to bolling milk, broken stale bread; boll for one minute and send to the table hot. Graham mush, oatmen! mush or cracked wheat, sent to the table in sancers, hot, to be eaten with sngar and cream or stewed 'fruit; corn bread or corn meal gems; cab-bege, cut fue, boiled in a small quan-tity of water, (steamed would be bet-tur,) add cream dressing or lemon juice; boil together freshly pared tur-nips and potatoes (the turnips must beil awhile before the potatoes are added), as soon as done pour off the water, dry for a moment, mush finely, add a little milk or cream, then stir well with a fork, dish and send to the table hot." STOMACHS.

STOMACHS.

STOMACHS. "Only a good sized stomach is capa-ble of digesting abundance of food to keep up a large supply of blood. Small stomachs and small livers are in-compatible with high health and, great powers. When children are kept on very concentrated foed 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 in-jure this organ and the liver more than they injure the lungs."

(Extracts from this book will be con tinued next week.)

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

Court Notes .- Proceedings ih the Third District Court Monday, March

28: Salt Lake City vs. Samuel L. Tobias; larceny of \$5; sentenced to pay arline 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; plain-tiff moves to retax costs; allowed in part.

part.

B., B. & Col. Company vs. John Beck; default and indgment as

salt Lake City vs. Peter Tomney; metion to retax costs allowed, and witness_ ices not claimed stricken

out. In the matter of the estate of Aurilla 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, nerstofore made, refused, and opportunity to be given on Wednesday next, for exten-sion of time to pay over money. Nicholas Groesbeck vs. John W. Smell; motion for judgment on the pleadings allowed for amount prayed for.

for.

Le Graud Young, trustee, vs. Salt Lake Rock Co. et al.; default of de-fendants entered and case tried; Le Grand Young sworn, decree allowed as

prayed for. John E. Dooley et al. vs. Utab East-. ern Railway Co. et al.; decree of dis-tribution of net proceeds of sale

Issued. Wm_Perigo vs. Thomas Smith et al.; motion to reinstate case as to defend-ant against whom dismissal was en-tered, argued and submitted. Court adjonrned to Monday, March

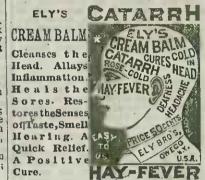
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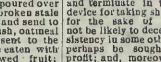
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