

tor of "Harper's Bazar." Systematic, regular and punctual in all her business engagements, she applies the same principles to her daily living in the care of her health. Her theory, which has certainly an admirable exponent, is that professional and business women should be in bed by 10 o'clock at night; that they should eat three substantial meals a day and two light ones between, and that they should take brisk, regular morning walks. While in great demand socially, Mrs. Sangster says she cannot find much time to go into society, because it would interfere with the regularity of her hours.

If in ironing, a too hot flatiron leaves its unwelcome imprint on a garment, exposure to the sun will usually remove all signs of the scorch.

While the very name of salad brings with it a suggestion of freshness, coolness and crispness, most welcome in the summer solstice, fruit and vegetable salads should take precedence of the heavier meat salads that find especial favor during the winter. Innumerable are the combinations which may be varied from day to day, while almost any color scheme may be followed in the dressing of the salad. The mayonnaise itself may be green yellow, red or white, to suit the occasion. By the addition of a little chopped parsley, the juice of spinach, or finely minced herbs, a cool green effect is given. The white of egg, whipped cream and lemon juice gives a white dressing, while it blushes, red with the addition of lobster coral, beet or tomato. Almost all fruits may be utilized in a salad, white grapes being especially nice. Oranges should be cut into thick slices, then quartered, and arranged on lettuce leaves. Just before serving cover with mayonnaise dressing, and then with whipped cream.

A dainty and artistic salad for a pink or yellow tea is the "Pond Lily" arrangement as suggested by Mrs. Gillette head instructor in cookery in Pratt Institute. This, to be most effective, should be placed upon a shallow glass dish. A stalk of asparagus or a long strip of cucumber answers for the stem, lettuce for the leaves, and yolk of eggs for the heat. The pistil is best simulated with white pieces of hard boiled eggs, or if pink is desired, the whites colored pink. This is easily done by boiling the eggs, and while still hot, allowing them to stand until just colored, in beet and hot water.

If flatirons become rough, rubbing over salt will be found to clean them, as well or better than wax.

Blackberries, like strawberries, should never be washed if it can be avoided. Serve choice ones with the hulls on, and do not spoil with sugar.

All starched articles should be removed from the clothesline as soon as dry, as the air and wind take away their crispness. Shirt waists are much stiffer if ironed the same day they are washed; but if this is not feasible, they should not be sprinkled until an hour or two before ironing.

"Never drink tea on an empty stomach," advises the "Commodore" Stewardess on the steamer Majestic, "if you wish to avoid nausea or seasickness."

So many ladies think if they have a cup of tea they will feel better; but if it is taken when the stomach is without food, it invariably produces nausea."

The American housekeeper is not alone in her struggles to solve the untrained help problem, and the question how to get help in the country for the same difficulties beset her English sister. A training institution for servants in the country of Durham, where about ten girls of good character are practically trained in all the departments of housewifery finds itself inundated with applications for servants, all the girls being spoken for long before their time expires. Each girl pays five shillings a week for her board. Ladies and gentlemen board in the house, while a lady matron, a first-class cook, and equally proficient laundress fill the role of instructors. The demand for the help thus trained enables them to practically make their own terms. "It is very little use for ladies to apply for servants for the south," writes the honorable secretary of the institution, "as girls will not go further south than Yorkshire," a platform that may induce the ladies of the South to establish similar institutions for the training of their own contingent.

EMMA PADDOCK TELFORD:

PROPAGATION OF FISH.

Attorney General Bishop submitted a reply today to Hon. John Sharp, State fish and game warden, in answer to the following question:

"Can parties owning land through which flows a stream of public water, lawfully incorporate the channel of such stream in a private fish pond created and maintained upon such land by the erection of a dam upon such stream when the same will result in depriving the fish thereof of the most important part of the already inadequate spawning facilities, thereby greatly damaging the fish interests of the State in that locality?"

Mr. Bishop says:

An answer to your question involves an examination of the relative rights of the individual and the public in general. It might occur to one that the ownership of the land in this case would authorize any use thereof to which the owner might see fit to put it. This is true only in a qualified sense. The fish and game being the property of the State have been the special subject of legislation, and while the party in question may own the land and have a usufructuary right to the water as it flows through such land, such rights must be so exercised as not to infringe upon the rights of others.

The general rule of law that one must so use his own as not to damage another, would, in my opinion, apply in this case to prevent such a use of the channel in question as would result in material damage to the fishing interests of the State. The legislature, by the enactment of appropriate laws, has undertaken to protect the fish in all the public waters of the State. In all cases where the waters of the State are used for propelling machinery, the owners of such are required to furnish such appliance as shall be necessary to prevent their destruction.

It has also empowered the State fish and game warden, with the consent of the county commissioners, to select and reserve one stream, lake or pond in each county for the purpose of propagating

fish, and made it a misdemeanor to fish in such water during the period of reservation. It would seem, therefore, in view of the rule already stated, and the further fact that the Legislature has gone so far in the exercise of the police power in the protection of fish from destruction, and also in providing for their propagation, that the use of the channel of this stream for the purpose suggested, when the same would result in preventing the propagation of fish to the damage of the public interests, would be an illegal and unauthorized use.

I am therefore of opinion that the proposed act would be such an infringement of the rights of the public as to render the same unlawful, and you are so advised.

BOXELDER STAKE CONFERENCE.

BRIGHAM CITY, Utah, July 27, 1897. —The quarterly conference of the Boxelder Stake of Zion was held in the tabernacle, Brigham City, Sunday and Monday, July 25th and 26th.

There were present of the presidency of the Stake, Counselors C. C. Kelly and Wm. L. Watkins. Owing to so many of the people of Boxelder county being in Salt Lake City participating in our Jubilee celebration, the meetings were not so largely attended as usual on these occasions.

Counselor W. L. Watkins called the conference to order, and after the usual opening exercises addressed the meeting, calling the attention of the Saints to the goodness of God in dealing with us as a people. Referred to the great celebration which has taken place in Salt Lake City during the past week, and contrasted the present condition of the Latter-day Saints with their first arrival in these valleys.

The remainder of the morning service was occupied by Elder John D. Burt, touching briefly on the fulfillment of Bible prophecy regarding the scattering and gathering of Israel, and the restoration of the Gospel; also by Elder Carl Jensen on the order of the Holy Priesthood; and Elder Thomas Wheatley on the duties of the Latter-day Saints.

Counselor Charles Kelly announced that because of the Jubilee celebration extending up to the day of our conference and memorial services being held in Salt Lake City Sunday, it was possible that President Rudger Clawson and none of the general Church authorities would be present at the conference.

At the afternoon meeting Elder P. F. Madsen touched on the progression of man; the reward of obedience to the Gospel, and the punishment heaped upon the heads of the Nephites who inhabited this continent and disobeyed the Gospel. Impressed forcibly upon the Saints that the same faith and obedience in and to the Gospel will bring the same results in our day as they did anciently.

Elders O. A. Perry and Crandall Dunn spoke of their acquaintance with the Prophet Joseph and their early experience in the Church.

Counselor Charles Kelly contrasted the condition of the Latter-day Saints at the time of the expulsion from Ohio, Missouri and Illinois and their entrance into these valleys, with their present condition. Testified to the restoring of the Gospel to the Prophet Joseph Smith by divine messengers in this dispensation.