



DURANGO CONFERENCE.

Durango, Colo., May 7.—The west Colorado semi-annual conference of the Western States mission of the Church of Jesus Christ of Latter-day Saints, was held in the K. of P. hall at Durango, Colo., May 3 and 4.

Four public and two priesthood meetings were held. The meetings were well attended and a good spirit prevailed. In fact, this was the best conference ever held in west Colorado.

One feature of the conference, which made it especially interesting was the beautiful singing rendered by the girls of the Durango L. D. S. Sunday school, consisting of solos, duets, quartets and choruses. The Sunday school is a mission school, 30 per cent non-Mormons. The Sunday school was organized Jan. 12, 1905, by Elders George M. Larsen and Daniel Webster, and now has an enrollment of 64, nearly all of whom are non-Mormons, as there are only five Latter-day saints in Durango.

look forward to its arrival with pleasant anticipation. Our friends that can read English also read the "News" and like it very much. We showed the editors of four of the newspapers here in town the Christmas News, none had ever seen anything like it before.

K. H. FRIEDL, Jr., Conference Secretary.

THE AUSTRALIAN MISSION.

Adelaide, Australia, 59 Whitmore Square, April 10.—The headquarters of the South Australian conference of the Church of Jesus Christ of Latter-day Saints has been changed from 110

Christian people begin to realize the need of a religion more in harmony with scientific truth.

How nice it will be when such men as these can lay aside all prejudice and find their ideal religion practiced by the Latter-day Saints. With good teachings from the leaders and among a fair-minded people, the truth may find its way to the hearts of many in the near future.

If there are any in Zion who have relatives or friends in Adelaide or hereabouts by sending letters of introduction to the elders here we will be only too pleased to try and find them and make them one with us. Our present address is 5 Whitmore square, Adelaide, Australia.

LORIN HALL, Conference Secretary.

SOUTH SANPETE STAKE CONFERENCE

The regular conference of the South Sanpete stake was held May 9 and 10. There were present Elders Hyrum M. Smith and B. H. Roberts of the Church

RETURNED MISSIONARIES.

Reports have been made personally or by letter to the Church Historian's office from the following elders and missionaries who have returned from the foreign mission field. All return in good health except where noted. They report the gospel work in the fields represented making excellent progress:

April 30.—James H. Vancy returned from the Northern States mission, set apart March 27, 1908.

May 2.—Agostin M. Reader of Brigham City, Boxelder county, from the British mission; set apart Oct. 16, 1906. Pneumonia so impaired his health that he had to return earlier than anticipated.

May 3.—Nikolai Andersen of Salt Lake City, from the Scandinavian mission; set apart March 16, 1906.

May 7.—D. N. Laddell of Wellington, Cache county, from the Northern States mission; set apart June 5, 1906.

May 8.—Richard E. Green of Fountain Green, Sanpete county, from the Southern States mission; set apart March 27, 1906.

May 9.—J. C. Chadwick of Osmond, Uinta county, Wyo., from the Northern States mission; set apart April 19, 1906. Archie L. Neilson of Alberta, Canada, from the Eastern States mission; set apart Feb. 29, 1906.

May 10.—Orson E. Anderson of Cardston, Alberta, Canada, from the Eastern States mission; set apart April 19, 1906. For last six months was president of the North West Virginia conference.

James A. Stephenson of Holliden, Millard county, from the Central States mission; set apart March 29, 1906. Horace E. Eldridge of Holliday, Salt Lake county, from the Central States mission; set apart April 3, 1906.

May 12.—Victor V. Olson of West Jordan, Salt Lake county, from the Southern States mission; set apart June 12, 1906.

Arnold S. Mechem of Riverdale, Oneida county, Idaho, from the Southern States mission; set apart Oct. 31, 1905. He presided over the South Carolina conference the last six months.

Leroy Day of Nephi, Juab county, from the Southern States mission; set apart April 3, 1906.

May 13.—George P. Jensen of Spanish Fork, Utah county, from the California mission; set apart May 8, 1905.

Joseph W. Linford and his wife, Lois, from the California mission, set apart May 8, 1905. They were set apart Dec. 8, 1905. Elder Linford was president of the Valparaíso and Manawaia conference of the Sister Society of the Relief Society work of the mission also taught school for some time.

Lehi Larson, Jr., of Pima, Graham county, Arizona, from the New Zealand mission; set apart Nov. 19, 1905. He presided over the Mahia and Waipapa conferences.

John A. Wright of Beaver City, Beaver county, from the New Zealand mission; set apart Sept. 15, 1905. John C. Sorenson of Lago, Bamock county, Idaho, from the New Zealand mission; set apart Aug. 4, 1905. Was president of the Canterbury conference during last year.

Sister Edna D. Dickson of Cowley, Big Horn county, Wyo., from the New Zealand mission; set apart Sept. 7, 1905. Labored as president of the Relief Society in the Mahia and Waipapa conferences. Returns on account of ill health. Her husband is still in the field.

May 14.—Riley G. Williams, of Kanarr, Iron county, from the New Zealand mission; set apart Nov. 19, 1905. His early release was due to sickness at home.

SYMPOSIUM ON DAIRYING

The Blackman & Griffin company of Ogden have recently issued a circular of considerable interest to farmers in showing up the advantages of dairying over other lines of farming in vogue in this state. The firm is engaged in a campaign for the bettering of dairy conditions in this state. In a communication to the "News" the circular explains the great loss entailed upon the state by the farmers milking poor cows. Nothing, they say, will increase the prosperity of the residents of this state so much as the improvement of the dairy industry. The more one thinks upon the subject, the greater the possibilities open up before him.

A general meeting of the priesthood was held at 7:30 p. m., Saturday, April 11, and was held in the ward. Brethren upon the duties of the priesthood; men who wish to become efficient missionaries should so far as opportunity offers exercise themselves as home missionaries, by teaching in the wards, etc., and learn to respond to whatever calls may be made upon them.

At the sacramental meeting at 2 p. m., Sunday, President Joseph Y. Jensen presided. The general and local authorities of the Church. All were sustained by unanimous vote.

The addresses of the visiting authorities, and of the other speakers, were well received and were much appreciated by the large congregations present.

President Anderson made the closing address and announced that conference would adjourn to meet in Gunnison on Aug. 5 and 6.

Much credit is due the choir for the services rendered during conference under its able leader, Frank Christensen.

GEORGE TAYLOR, Clerk of Conference.

BINGHAM STAKE CONFERENCE

The quarterly conference of the Bingham stake convened at Bona May 5 and 10. Elder Heber J. Grant and Bishop C. W. Nibley, were in attendance.

The reports from the stake presidency, bishops and others showed the stake to be in a very satisfactory condition. Special mention was made of the excellent work being done by the Sunday schools.

Elder Grant spoke of the prodigious growth of this country, contrasting the present with the conditions obtaining 25 years ago. There are now five stakes where there was but one at that time; where there were 1,000 saints in this country there is possibly 50,000 at present in the same territory.

Bishop Nibley spoke of the splendid opportunities the country offers the industrious home makers.

The general and visiting authorities of the Church were unanimously sustained.

The stake and ward officers are in perfect accord and a good spirit prevails throughout the stake.

The Iowa choir under the direction of Lewis C. Lee, furnished good music, which was very much appreciated. The conference was pronounced one of the best ever held in the stake.

JOHN W. TELFORD, Stake Clerk.

WOODRUFF STAKE.

The Woodruff stake quarterly conference was held at Lyman, Wyo., Saturday and Sunday, May 2 and 3. Elders Hyrum M. Smith and Chas. H. Hart and Miss Conely were in attendance.

President John M. Baxter presided over the conference and at the opening session, welcomed the saints to the conference, and reported the stake in excellent condition.

The counsels given by Elders Smith and Hart, and also by the local brethren as well as Miss Conely, were practical and timely. A most excellent spirit prevailed throughout the conference, which was greatly enjoyed by the saints. The Millburn branch of Uinta Co., Wyo., was raised to the status of a ward, with Joseph Horrocks bishop, Alvin Thompson and Alfred Hansen, counselors.

PETER McKINNON, Stake Clerk.

THE BOARDING COW—DOES SHE PAY?

Convert your grain into butter and save the freight on 15 cars—Blue Valley Bulletin.

Your cow is a boarder. Does she pay her little bills? If not, why keep her? Why treat her better than you would a man? "Pay or get out." Purchase one that will not only pay all expenses for food, drink, shelter, clean quarters, care and kindness, but will also return to you a nice profit for your work.

A few cows are very good boarders. They pay handsome profits. There are many that only pay a small profit. But the number that fail to pay actual expenses are far too many, and yet we continue to keep them and pay the losses. We may not know this, "but ignorance of the law excuses no man."

A cow may possess many of the points of excellence rendering her capable of large and continuous milk production, but results, actual results, form the final test of excellence. A cow is simply a machine used by man for converting food into milk.

If an accurate record was kept of the performance of every cow, there would be many many surprises.

Why not keep a record during the next year and learn the facts regarding your cow? It will be worth your while to invest a few minutes.

Purchase a small blank book, a lead pencil and a pair of spring scales. Suspend the scales from the ceiling of the milk room and fasten the book and pencil by strings to the scale of the wall nearby. Book the time at the beginning of milking, caring for the cow and putting the milk away. Book the weight and cost of the hay and grain stored for the cow, being particularly careful to keep other animals from the cow's feed. Do not forget to include the feed consumed during the two or three months while dry. At the end of the year weigh and deduct any feed remaining. Send a sample of fresh milk to the Agricultural Experiment station, where it will be tested for butter fat.

Write for instructions how to preserve before sending a sample. If these records have been carefully and accurately made you will have the data necessary to ascertain exactly what your cow has been doing for you during the year. It will not be guesswork or a rough estimate, but will be facts. It is so easy to estimate, but it is also easy to learn the exact facts, and the benefits that may accrue from knowing the fact can hardly be overestimated.—J. J. Vernon, New Mexico Experiment Station.

MORE NEWS FROM THE NEW ENGLAND STATES.

If any one has any doubt as to the value of Foley's Kidney Cure, they need only refer to Mr. Alvin H. Simpson, of Wellington, Colorado, who is losing hope of recovery on account of the failure of so many remedies. Finally Foley's Kidney Cure has cured him. He was "just the thing" for him, as four bottles cured him completely. He is now entirely well and free from all suffering incident to kidney trouble. F. J. Hill Drug Co., "The Never Substitutors."

FRUIT AS AN ARTICLE OF FOOD

My attempt in life has been to discover the dietary best suited to the health and longevity of various classes of the community. In this search and in the experiments I have conducted and from my personal observation of some four thousand people, whom I have strictly dieted for various diseases, and from the records I have obtained from the four men I experimented on for a period of three months, I learned to have a regard for the value of fruit as an article of food.

In the first place, the same dietary is not suited to all persons. What is one man's meat is another man's poison. What is an excellent diet for a healthy man may be a most unsuitable one for a frail, sedentary student. A selection of dishes which would be admirable in summer might be quite inadvisable during a rigorous winter. There are some constitutions which have stomachs like portmanteaus and though you fill them with food, they are still empty.

There is one thing more which experience has taught me, it is that personally plays an important part in dieting and that any proper application of the food problem requires us to recognize that there is large common ground to the human race in food; but that there is an equal importance of necessity for variation to meet the needs of individuals of that race. Many people have an idea that diet is only an after-dinner dalliance, whereas, in effect, the best and hardest work can be done on a fruit meal. The one redeeming feature of our after-dinner diet is that children are allowed to come down for this so that to them it becomes—and rightly so—a happy meal.

There are several reasons why fruit is important as food. First, it is itself a food, a complete and full nutriment for the body and in every climate; indeed, every condition of work and of constitution and of health and digestion, can be obtained from a fruit diet. Second, fruit is of essential value in assisting other foods to be digested. Third, fruit is of the utmost value in helping the body to eliminate waste matters which produce debility and old age. Fourth, fruit is almost the only food possible in some forms of disease and is largely curative as well as nutritive.

In the first place, fruit when rightly selected, forms a complete nutriment for the body in a most assimilable form. The ingredient for bodily sustenance divides food into the following:

Aqueous, saccharine, oleaginous, albuminous and saline matters. Milk and the yolk of eggs, both of which provide complete nutrition for embryo and early life, are composed of the above substances. Are these substances found in fruits in a proportion suitable for human food and in a form suitable for human digestion? Again and again I have advised my nerve patients to eat more fat and they reply, "Oh, but I don't like fat," and I always answer, "Don't you like butter?" "Oh yes," they reply, "I like butter." "Well, then, I ask, did you ever see any butter in fruit?" The fruit world is full of fat. The olive groves always formed one of the foremost pictures in the sweet memories of the land of Canaan and now the markets are full of olive oil.

I am growing daily more and more convinced of the great importance of nuts and nut-butter and nut-oils for food. It is often objected that nuts are indigestible and this is true of all food that is swallowed without mastication; but nowadays the difficulty is entirely obviated by the process of putting the nuts through a nut-mill and using them malted. A nut-mill will at once transform shelled walnuts and almonds into a fluffy, snowy meal—delicious, digestible and full of nutritive fat.

The two classes of fruits I have mentioned—the sweet fruits and the fat fruits—make an ideal combination and I know few dishes more delightful than some good dates with the stones removed and the spaces filled up with walnut meal. The result is a sandwhich of exquisite flavor and of great nutritive value in a small compass.

The immense value of fat as a food is shown by the fact that ten grains of fat will, by combination with oxygen, develop enough heat to raise 25.36 pounds of water one degree Fahrenheit; that is equivalent to the power of raising 15,000 pounds one foot high.

I know of no combinations in the whole range of foods more perfect than almond-meal, or walnutmeal and raisins. The prophet of old who did his forty days' walk on a handful of parched corn and a cluster of raisins, was a scientific dietist. The Japanese who followed these lines proved themselves better commissariat officers than the Americans, who fed their soldiers in Cuba on bread.

Fresh, ripe fruits may be used by young and old alike during the summer, but juicy fruits and nuts should be eaten with a fat addition, e. g., strawberry and cream. Sweet dried fruits should be eaten all the year round and should be eaten with nut meal. Raisins stand at the head of all fruits, and if soaked overnight in water, or twenty-four hours before being eaten are the finest of fruits for curing anemia and debility, and for supporting the needs of the body in old age as in youth. Tomatoes, walnuts, peanuts, malted peanuts, are rich in proteids and produce most meaty matters when wisely prepared. Apples and grapes should be in every house in the land all the year round, and when they can not be obtained raisins should be used so that every adult eats four pounds of apples or grapes, or one pound of raisins per week. Nuts are far too little known, nevertheless are of great importance. Pinkerhills and butternuts are readily digestible, while most of the other nuts can be used through a mill, and the remainder can be eaten by nearly everybody if used in their malted form, while the nut-butter should replace all the other animal fats for those who love purity, daintiness and freedom from disease. Fruits and nuts may be taken at any time of the day if due care be taken in mastication. If taken with cereals they are better taken early in the day rather than at night. The best adjuncts to fruit are cream, clotted-cream, curds and whey, milk, puddings, fresh cheese, cream-cheese and honey.—Josiah Oldfield in Rural Californian.

A SMILE is a pretty hard thing to accomplish when you're blue, bilious and out of sorts. There is a sure cure for all kinds of stomach and bowels troubles, constipation and dyspepsia, Hall's Herbine is mild, yet absolutely effective in all cases.

Price 50 cents per bottle. Sold by Z. C. M. I. Drug Dept., 112-114 Main street B.

EXCURSIONS TO PACIFIC COAST

Via O. S. L. Daily June 1st to September 15th. Ask agents for particulars.

Go Burlington!

Low Rates East

Dates of Sale:

June 1, 6, 8, 12, 13 and 15. Plan now.

Round Trip Rates:

From Utah points as follows:

To Omaha, St. Joseph, Kansas City

Chicago, St. Louis, Minneapolis

St. Paul and Minneapolis

St. Paul and Minneapolis

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