

gently five minutes. Extinguish the lamp, add two well beaten eggs and serve on crisp slices of toast. Rice may be combined with fritadell, if desired, and the seasonings may be varied with catsup and parsley. It is also nice served on slices of thin brown bread or between two square crackers.

"Use gluten bread," say all physicians in prescribing the diet for a diabetic patient; but this advice is oftentimes hard to follow, especially when away from home, or the bakeries that make this bread a specialty. At the average summer hotel or boarding house, one might as well sigh for the moon as for genuine gluten bread, and the individual whose condition demands this special food is put to great inconvenience, indeed. Much of the so-called gluten bread is simply whole wheat, which though excellent for most people, is not adapted to the needs of the diabetic. The necessity for a practical and genuine gluten preparation, has been met in this country by a biscuit prepared by the Battle Creek Sanitarium Health Food company. These biscuits are forty per cent. gluten, and contain no seasoning or foreign ingredient. They are light, brittle and crisp, and exceedingly palatable, taking the place of the ordinary breads. Three or four taken at a meal in connection with other suitable food furnishes a satisfactory and most beneficial diet. The following articles are recommended as also appropriate in cases of diabetes: Buttermilk in abundance cottage cheese, koumiss, matzoon, nuts or nut meal, spinach, lettuce, celery, asparagus, soups of all kinds made without beans, peas or flour; fresh or salted fish of all kinds, beef, mutton and poultry, oysters and clams. Tea and coffee are permissible if drank without sugar or cream, and acid wines and mineral waters are not prohibited, except in special cases.

The delicious and healthful "Matzoon" in Armenian, or "Yaoourt" in Turkish parlance, which is so popular in Eastern Europe and Asia, is gradually becoming acclimated here. While it can only be obtained at present at the largest drug stores or Armenian restaurants, it is so easy to make, and so wholesome, especially during the hot weather, that it should come into general use. The only difficulty in the way of its preparation is, that a bit of the Matzoon must always be used as leaven for a start; but this once obtained, it may be kept on hand by laying aside a little every time the dish is made. While sheeps' or buffaloes' milk is much to be preferred, on account of their superior richness, cow's milk will answer. Boil three pints of milk well, being careful that it does not scorch. Set off the fire to cool until just a little hotter than lukewarm. Add to it an eighth of a cup of old Matzoon, stir thoroughly, and set aside several hours until thickened like lopped milk. This is a very popular dish in the professors' families at Robert college, Constantinople, especially when served with berries.

A scrap basket for the piazza or the lawn will be found a great convenience, and an incentive to keep apple cores, fruit skins, embroidery, clippings, newspaper wrappers and their ilk "off the grass." With the out-of-door life of the summer, everything gravitates to the

porch or lawn, and unless special means are provided for disposing of the various extraneous matters that follow in the wake of the family, a disreputable litter is the result.

The sandwich just now is at the zenith of its popularity, and new combinations for the bicycle basket or the picnic hamper are in demand. The old days when "a loaf of bread, a pound of butter, a half a ham, and all for ten cents," are happily passed, and the dainty sandwich appeals to the eye as well as the palate. If that doughty commander of the "King's Navies," the earl of Sandwich, whose fame rests on his favorite dish of bread and meat, could see the ramifications through which his *bonne bouche* has extended, he would doubtless feel that he had made an imprint on his age. The sandwich of today is a delicate creation, requiring the touch of an artist to bring it to perfection. Infinite in variety, it may be made of brown bread or white, crackers or rolls, and filled according to circumstances or taste with any one of a hundred combinations. Even its form may suit the exigencies of occasion, being round, square, triangular, or in rolls. For the person with the traditional "sweet tooth," a variety of sweet sandwiches may be evolved, using jelly, marmalade, stewed fruit, thickened with a little cornstarch, or carefully drained from juice; or frosting, boiled or plain, mixed with candied fruits, nuts or raisins, like a filling for cake. These may be made of brown bread or white, or thin crackers. For those who do not care for meat or sweets, there are egg fillings ad infinitum. Thin slices of hard-boiled eggs, simply served with salt, head the list; or the yolks may be powdered and moistened with French or boiled dressing, or a mayonnaise, or they may be varied from time to time with a combination of parsley, pickle, lettuce, nasturtium buds, flowers or leaves, cress or olives. Eggs may also be used alone in white sauce. Make a thick white sauce, chop the egg fine, mix with it, and spread. Any kind of salad makes a good sandwich filling, while fish made into a mince or paste, or used in combination with egg, is always appetizing. To make an egg and anchovy sandwich, powder the yolks of four hard-boiled eggs and the white of one; add as much Norwegian anchovy as egg and a teaspoonful of butter to every yolk. Mix together until a smooth paste and spread on brown bread. Caviare makes a delicious sandwich, as also a fore-meat of lobster. The good old combination of "bread and cheese," or the country grocery standby of "crackers and cheese," are now refined into morsels quite dainty enough to "put before the king." A mild domestic cheese may be mixed with chopped chives or caraway, and put between thin slices of white or graham bread, or crackers plain or toasted. Swiss cheese may be mixed with mustard, or Dutch cheese with a mayonnaise for a filling, while the very poetry of a cheese sandwich may be found in bits of Cheshire cheese pounded to a pulp with butter and mixed with sherry. This is excellent with thin bread and butter, but superlatively good when served between slices of hot buttered toast. But the horizon of the sandwich widens indefinitely, and the aspirant for Brillat Savarin's commendation: "He who has invented a new

dish, has done more for the pleasure of mankind than he who has discovered a new star," may try his hand in adding his quota to the gustatorial firmament.

"Eat apples, apples, apple!" say the doctors. "Eat at morning, noon and night." The apple has more phosphoric acid in any easily digested shape than any other fruit or vegetable, and is most beneficial in its action on the liver, kidneys and stomach. To eat apples just before retiring is now considered the best thing a person can do—quite contrary to the old saying, that "fruit in the morning is golden; at noon, silver; while it turns to lead at night."

Many, however, affirm that, like nuts, the apple should be eaten at night with a sprinkling of salt, to assist digestion.

In a recent lecture to a laundry class, it was suggested that fine tablecloths should be frequently altered in their folding for ironing. This prevents the wear at the crease. They may be folded double part of the time; then in triple folds; or yet again rolled, on a stick kept for that purpose. They, as well as napkins, should be ironed with the warp—that is, straight up and down. Then take hold of the hems and draw out, to prevent scalloping. Napkins should be ironed wrong side out, and then folded back, so as to open easily. Iron always until perfectly dry. A large drawer is the best place for keeping tablecloths.

SOUTH CAROLINA CONFERENCE.

PUEBLO, Colo., August 5, 1897.

It is now a little more than six months since the Colorado mission, in charge of Elder John W. Taylor, was divided into three conferences. The South Colorado conference is presided over by Elder John E. Woolley, of Centerville, Davis county; and under his direction, some traveling Elders have been laboring during the summer in the counties of Pueblo, Otero, Huerfano, Custer and Fremont. Work in this conference commenced in January, in the city of Pueblo. From its situation, Pueblo is the natural headquarters for all traveling Elders of the southeastern portion of the state. It is also on the line of travel to and from the San Luis valley. Hence it was natural to suppose that some Saints were making this their temporary home. Such proved to be the case and, on June 22nd, 1897, the Pueblo branch of the Church of Jesus Christ of Latter-day Saints was organized.

The Pueblo branch is presided over by Elder John J. Hart, who has enjoyed many years of successful missionary labor in England. In his work here, and in the supervision of the affairs of the branch, Brother Hart is ably assisted by Brothers G. B. Crum, J. D. Simmons, W. D. and H. E. Cummings. These brethren have been ordained Priests, and form the body of acting Teachers. Regular services are held every Sunday in the G. A. R. hall, as follows: Sunday school at 10:30 a. m., Sacrament meeting at 2, and evening meeting at 7 p. m. In addition, cottage meetings are held on Wednesday, Thursday and Friday evenings, and a local Priesthood meeting on the first Monday evening of each month. The membership of the branch is fifty-six and the enrollment in the Sunday school is thirty-six.

Not only are all the Saints who belong