

Saturday—Hard Graham rolls; corn gems or hot-water rolls. Oat meal mush. Boiled or baked potatoes. Stewed plums, strawberries or baked apples.

Note.—Among the various articles of food mentioned, it will be seen that there is at least one that is expected to appear regularly, at both breakfast and dinner, viz., the hard Graham roll. It may be eaten warm for breakfast and cold for dinner; and should there chance to be a few rolls left over, they will not come amiss for supper. It is the first and best of all the varieties of bread preparations known, and is made as follows:

Mix good, fresh ground, Graham flour with cold water, forming a dough just stiff enough not to stick to the moulding board. Knead very thoroughly, ten to fifteen minutes, or until the dough is smooth and elastic. Then form into rolls three to four inches long, and barely three-quarters of an inch thick; leave no dry flour sticking to them. Make them out rapidly, and place a little apart in the pan; then prick well with a fork and put them in the oven; it must be hot enough to brown nicely, but not to scorch. Bake about thirty minutes. When done, the rolls should not yield to pressure between the thumb and finger; and when taken from the oven spread them out on a table to cool.

DINNERS.—(Spring or Summer.)

Sunday.—Hard, Graham rolls; corn bread, or Graham loaf bread. Pearl wheat, or pearl barley, boiled. Mashed or baked potatoes. Stewed turnips, or string beans. Scrambled or baked tomatoes. Rhubarb pie.

Monday.—Hard Graham rolls; Graham crackers, or dry toast. Stewed Lima beans (dried or green), or sweet potatoes. Canned or sliced tomatoes. Boiled or mashed potatoes. Hominy, or rice.

Tuesday.—Apples, peaches or pears. Hard Graham rolls; corn bread, or mush rolls. Canned corn, or boiled green corn. Baked potatoes. Sump, or cracked wheat. Stewed or canned fruit. Apple dumplings, or berry pie.

Wednesday.—Cantaloupes. Hard Graham rolls; Graham loaf bread. Green, or canned peas. Stewed or baked tomatoes. Boiled or mashed potatoes. Stewed green corn, succotash, or asparagus on toast.

Thursday.—Watermelons. Hard Graham rolls; corn bread, or dry toast. Sweet potatoes, or stewed Lima beans. Cauliflower or cabbage, sliced or canned tomatoes. Mashed potatoes, or new potatoes.

Friday—Hard Graham rolls; leavened bread. Stewed or baked beans. Summer squashes. Stewed rhubarb, or beets (or spinach) with lemon juice. Boiled or baked potatoes. Barley, or green corn. Baked tomatoes.

Saturday.—Apples, peaches or grapes. Hard Graham rolls; corn bread, or dry toast. Stewed green corn, or baked tomatoes. Rice and raisins. Mashed or baked potatoes. Stewed or canned fruit. Apples or berry pie (or cobbler), or strawberry shortcake.

SUPPERS.—(All the year.)

The supper should consist mainly of bread and fruit. Let the bread be good home-made Graham loaf, leavened or unleavened, with perhaps a plate of dry toast, or hard Graham rolls; the loaf should be at least one day old; the rolls are best baked the same day. Wheaten or oat meal crisps are well liked, either at breakfast or supper, particularly in cold weather.

The raw fruits served at supper, should be berries, grapes, pears, peaches, or plums—not apples; and as a rule, only one variety at a time. To these may be added, a dish of baked or stewed apples, or any other fruit, stewed or canned; most drip fruits or rather too hearty to be eaten at this meal. One kind of cooked fruit is usually enough; especially if there is a dish of raw fruit on the table. In selecting for supper, avoid, as a general thing, taking the same kind of fruit that you had for breakfast—or the supper previous; the palate is apt to tire of too much sameness or repetition. In this latitude there is a very few variety of fruits, if we only take the pains to secure them; in the raw stewed and canned fruits, we have the berries and their juices, grapes, apples, peaches, pears, plums, cherries, etc.; then there are the sweet and other dried fruits, which are particularly acceptable in winter.

If mushes (fresh-made, cold or warmed over) are eaten at supper, they may be served with some kind of juicy fruit stewed or canned; or with any of the fruit juices, as grape, strawberry or gooseberry. Currant bread, served with grape or other fruit juice, or with fresh cranberry sauce is excellent as an occasional dish at supper.

BREAKFAST.—(Autumn and winter.)

The breakfasts during this half of the year do not differ materially from those in spring and summer, except that corn bread and baked potatoes come more frequently to the table, and there is a larger per cent. of dried fruits, with fewer green ones. Good dried apples, peaches, pears, prunes, apricots, cherries, or plums, or plums mixed, may in cold weather be served for breakfast two or three mornings in the week, provided they do not persistently follow each other, in close, consecutive order. They are welcomed most on a cold, crisp morning; and all the more if there is a dish

of ripe bellflowers, pippins, or greenings in the centre of the table. Good fall and winter apples should be served every morning on sitting down at the table, from the time they first begin to ripen, till late in the spring, when there are no longer any to be had. Indeed, there is no fruit that can fully take their place; though good grapes or peaches serve finely for a time.

Let the breakfast, then, be a dish of raw apples, or other ripe fruit; hard Graham rolls, to which may be added, loaf, corn, or other bread; oat meal or other mush; baked or boiled potatoes, if they are liked; and any one of the following fruits; baked apples, cranberry sauce, apples and quince, or other stewed fruit, dried or green; or you may substitute some kind of canned fruit; one variety is enough, particularly if there is raw fruit on the table, in addition. Occasionally, on cold mornings, you may if liked, stir some fresh dates into the Graham or oatmeal mush, five minutes before taking it from the fire.

DINNERS.—(Autumn and Winter.)

Sunday.—Hard Graham rolls; leavened Graham bread, or (in cold weather) steamed corn bread. Sweet potatoes, or baked squash. String beans. Mashed potatoes. Stewed or baked tomatoes. Cranberry pie.

Monday.—Oranges. Hard Graham rolls; corn bread or Graham loaf bread. Pearl or cracked wheat. Stewed or baked beans. Boiled or mashed potatoes. Stewed turnips.

Tuesday.—Hard Graham rolls; corn bread, or rye, wheat and Indian bread. Stewed squash, or ruta-baga turnips. Canned peas, canned corn, or succotash. Baked potatoes. Stewed or canned tomatoes.

Wednesday.—Hard Graham rolls; mush rolls, or steamed corn bread. Nuts. Baked or mashed potatoes. Barley or rice. Canned corn. Baked tomatoes. Stewed or canned fruit. Apple or peach cobbler, or other fruit pie.

Thursday.—Hard Graham rolls; corn bread, or leavened Graham bread. Sweet potatoes. Cabbage, string beans, or spinach. Boiled or mashed potatoes. Sliced or canned tomatoes, or fresh oranges.

Friday.—Bananas. Hard Graham rolls; hot-water rolls, or leavened Graham bread. Mashed or baked potatoes. Stewed turnips or parsnips. Stewed or baked tomatoes. Hominy, sump, or canned corn.

Saturday.—Hard Graham rolls; corn bread, or rye, wheat and Indian bread. Boiled or mashed potatoes. Lima beans, or succotash. Stewed onions, or canned peas. Sliced tomatoes or oranges.

Note by Mac.—Pure honey, the Utah product, should be on the table at every meal, all the year round. It is more wholesome than sugar, better than butter, imparts nourishment, and is infinitely superior to drugs as a medicine.

Learn to Live Healthfully.—For 10 cents, I will send to any address 25 free paper tracts on health topics, and a list of Health Publications. D. M. McAllister, Salt Lake City.

LETTER FROM EXILE.

LORD RANDOLPH CHURCHILL—THE BELFAST RIOTS—JOK CHAMBERLAIN—THE PRIMROSE LEAGUE—THE IRISH QUESTION—DILKE AND MATTHEWS—LORD LONSDALE AND THE ACTRESS—THE GREAT SHIP—THE EMIGRATION—THE TRIUMPH OF TRUTH, ETC.

42 ISLINGTON, LIVERPOOL,

England, Aug. 8th, 1886.

Editor Deseret News:

The victory over Gladstone has been the chief subject of conversation for some time in Britannia, which is popularly supposed to rule the waves. Salisbury is again "on top" and Churchill is "topper," for he imagines himself by far

THE BIGGEST TOAD

in the Tory puddle. He is smart and saucy, and succeeds in drawing attention to himself, notoriety being necessary to his happiness and his success. His advancement has been rapid and remarkable. When he first sat in the House he scarcely ever opened his mouth. He was one of those useless creatures known as "a man about town." He was fond of the ballet, and aimed to shine in "society." Like many other men who have come into public prominence,

A WOMAN'S INFLUENCE

started him on the road to fame. Lady Randolph Churchill is a very fine lady, both in person and spirit. She has lots of ambition but perhaps not quite so much prudence. Moving in the highest circles she became acquainted with some of the "gilded ones," of Albert Edward, heir apparent to the British throne. Learning of his favors to a certain titled dame, she was scandalized, and determined to make things warm for the Prince by exposing him to his wife. Alexandra doesn't relish that kind of thing. She believes in the adage, "Where ignorance is bliss," etc., and most indignantly snubbed Lady Churchill, intimating that her

presence in future would not be agreeable. This was tantamount to a social blight. The disfavor of the Princess of Wales was equivalent to a general chill in the atmosphere of "society." Lady Churchill swallowed her chagrin and commenced to spur up her lagging lord to "go in" for political honors. He took up the cudgels and commenced to batter and bruise on behalf of the Tories, and found that he was able to figure as

A PARLIAMENTARY PUGILIST.

He became popular in certain circles, his smart and dashing wife aided him to push his way, a mutual friend smoothed the path to reconciliation with the Prince and Princess, and now both society and politics court the presence and popularity of my Lord and Lady Randolph Churchill, and he is the new Chancellor of the Exchequer and leader of the triumphant party in the House of Commons.

THE RIOTS IN BELFAST

are largely chargeable to the inflammatory speeches of the pugnacious Churchill on his visit there before the general election. He fired the hearts of the bloodthirsty Orangemen, and incited them to that resistance to home rule which has culminated in bloodshed. It is only due to the Catholic element to say that they simply arose in self-defense. The Protestants were the aggressors. The anti-Popery cry has stirred up the slumbering embers of religious animosity, and the flames are burning with a fierceness and intensity that rival the burning times of the battles under King William. It is rumored that the mountebank Churchill intends to turn a double back summersault and turn himself inside out, appearing as a bigger home ruler than Gladstone himself. One thing is sure; The old Tory policy of coercion will not work. Something must be done with the Irish question. It cannot be ignored. The Liberals are watching with eagerness for some big blunder on the part of Salisbury's right hand man, when they will probably unite for the overthrow of the new and not very powerful cabinet.

CHAMBERLAIN

at present seems relegated to a back seat. His course towards his chief is not approved by the country, though he has kept his seat for Birmingham, and he does not cut a very prominent figure at present. Joe, as he is familiarly called, is about forty-six years of age, but looks ten years younger. He has a provincial air, although he sports a dude eyeglass and has had a long metropolitan experience. He is cold in manner as well as cool in debate, and is not by any means an impassioned or popular speaker. He is a Radical and works for the benefit of—Joe Chamberlain.

THE LADIES

played a very important part in the late political contest. Many prominent women spoke at public meetings and canvassed in behalf of the Conservative candidates. They belong to what is known as the Primrose League, formed in honor of Beaconsfield, the deceased Tory leader, who has left no real successor. The primrose was his favorite flower and it now forms the badge and the banner of the ladies who support the cause of the Tories. They work with a will. They are duly organized, have regular committees and boards to distribute Tory literature and take an active part in the politics of the country. It is believed that the new ministry will favor the passage of a bill establishing

WOMAN SUFFRAGE.

Lord Beaconsfield supported the movement and Salisbury is said to endorse it. It is reckoned that 318 members will vote for it. Of these the Tories will furnish 163, the "Unionists" 25, the Gladstone Liberals 38 and the Irish Nationalists 37. An enthusiastic meeting in support of the movement was held a couple of weeks ago in London, presided over by Mrs. Fawcett. The Primrose League are working for the bill, and if it passes it is expected to strengthen the ranks of the Tories. Strange, that the party called Conservative will aid in so radical and Liberal a change in the political constitution of the country.

It is not a little singular that while crime is rampant throughout England, and while the English press is advocating the necessity of extreme measures to suppress

CRIME IN IRELAND,

setting aside the outbreak in Belfast, the green isle is wonderfully free from lawlessness. The Irish assizes have been almost without business. In Limerick there was what is called a "maiden assize," that is, without a single case for trial; it was the same in Drogheda, and in each place the Judge was presented with a pair of white gloves in token of the purity of the district. In Tipperary there were only four cases, in Louthford but one, and the same in Kilkenny, famous for the cat catastrophe, while in the South and West a similar state of things exists. If the vexed land question was settled, and evictions ceased to goad the people into acts of violence, outside of Ulster the country would show an example of peace and good order.

During the late political struggle the danger of the destruction of

THE UNION

was the cry from the Tories and Unionists, which frightened the elec-

tors from supporting Gladstone. It is not generally known how the union between the two nations was consummated. The story was told by Sir Robert Peel, many years ago, and repeated by Lord Cardwell, but has only quite recently become publicly known. Lord Castlereagh, whose name is infamous in Ireland, was in treaty with an influential member of the Irish Parliament for his vote, which was to carry several others with it, and terms had been settled, when the legislator was seized with a dangerous illness, and, reporting of his iniquities when he thought himself on his deathbed, he requested an interview with his lordship on his recovery. When he announced that the negotiations were at an end, that he bitterly repented his part in them, and that he would take an early opportunity of divulging the whole story to the House. "As you please," calmly replied Lord Castlereagh, "but if you do I shall give you the lie direct on the instant, and the next morning I shall shoot you." The compact was carried

out and the unholy alliance entered into, Irish legislators helping to rivet the shackles that have ever since bound their country, hand and foot, to the chariot wheels of conquering Britain. During the late political agitation,

AN IRISH BULL

was perpetrated by one of the Farnellite party which is worth reproducing. In a vigorous article on the absorbing question he said: "So long as Ireland was silent under her wrongs, England was deaf to her cries." This is worthy of the greenest "Paddy from Cork" that ever rattled his brogue with a nod on his shoulder.

The shocking

DILKE SCANDAL

Terminated in a complete discomfiture to the brilliant Radical whose morals could not be tolerated when exposed to the public gaze. His previous reputation for licentiousness was widespread, but did not affect his social standing in the least until he was found out in such a way that no one could pretend not to understand it. Then everybody was ready to throw a stone and cry out for his ruin. As long as gossip coupled his name with Mrs. Crawford's, and society could nod and wink, and chuckle over their salacity, Sir Charles could have the entrée to the highest circles and mingle with the daughters of proud and aristocratic houses. But he cannot now be forgiven because he has made a public scandal and put a daring blotch upon his order.

The furious onslaught of

MR. HENRY MATTHEWS, Q. C.,

upon the unfortunate libertine was so relished by the people who formerly fawned upon Sir Charles, that he rose at a bound into lordly and royal favor. He has been made Home Secretary, chiefly through the influence of Dilke's political enemies. The Queen was charmed with his "defense of the British household." And yet it was a case of the kettle calling the pot smutty. In 1864, when Mr. Matthews was a young man he figured most unsavory in the then noted divorce case of

CHETWYND VS. CHETWYND.

He appeared, not as counsel, either for plaintiff or the defence, but as co-respondent in the suit. Mrs. Chetwynd was the granddaughter of the Earl of Shrewsbury; her husband a younger son of Sir George Chetwynd Bart., married her two months before her confinement. Mrs. Chetwynd kept a diary which was produced at the trial and in it Matthews was referred to as her "idol," her "god" and her "lover," and the unfaithful wife reproached herself for her infidelity to her husband. The evidence in the case went to prove that Mr. Matthews had made use of his position as friend of the family in the first place to convert Mrs. Chetwynd to the Roman Catholic Church without her husband's knowledge or consent, and that he then proceeded to deprave her already unsettled morals by a course of indecent French literature, which was found in her bedroom with his name written thereon.

Notwithstanding the clear proofs of the woman's guilt with Matthews, the husband failed in his suit because of his own repeated adulteries. But Matthews was as much

CONDEMNED

by public sentiment as Dilke is now. There was a great likeness between his case and that of Sir Charles; neither was found guilty by a court; both were condemned by the popular voice on unmistakable evidence of guilt. The vindication of "home" and the defense of "the family," so much applauded, do not appear quite so attractive in the light of the orator's own morals. Like the morality of the declaimers against the "Mormons" it consists chiefly in talk.

The scandal about

LORD LONSDALE

and the actress, Violet Cameron, is another choice morsel for aristocratic mastication. His Lordship, who is following the woman about the country, gave her husband a beating when he refused to march out of a room occupied by his wife and her "noble friend." Lonsdale is the Earl who figured in a slight with Sir George Chetwynd in Rotten Row, the famous riding road in Hyde Park, London. This occurred in July while the "Row" was swarmed with the equipages of the

upper ten, and was occasioned by a dispute about Mrs. Langtry, who was the object of attention from both of those distinguished "gentlemen." He is a married man and his wife is sister to the Marquis of Huntly, who has not the best of reputations. Reports of his

MARITAL INFELICITY

having appeared in the London World, Earl Lonsdale brought suit against Mr. Edmund Yates, the proprietor, who was sentenced to three months imprisonment in Holloway jail. The Earl has an income of \$300,000 a year and is quite partial and liberal to actresses.

VIOLET CAMERON

is a popular burlesque professional and quite clever and good looking. Her husband, David Debensand, is a poor creature who lives upon his wife's earnings. All the "sand" he has is in the latter end of his name. He no doubt deserved kicking but the "noble Earl" does not shine with resplendent lustre as the kicker. The woman will lose nothing by the *recontre*. The affair will give her greater notoriety and many people will rush to see the Earl's "particular friend" and the cause of a scandal, who would not stir a peg to see the acting of Mrs. Debensand.

The case of an Earl "on his muscle" brings to mind an exhibition of what is called

"MUSCULAR CHRISTIANITY"

that has just occurred. The Rev. G. H. Hawkins, vicar of Holy Trinity parish in Stroud, was out walking with his wife, when he observed two ruffians who were making sport by setting a dog on a poor old woman who was nearly scared out of her wits. Mr. Hawkins remonstrated with the fellows and tried his best to make them desist. But they only made fun of the parson and kept up their brutal treatment. The reverend gentleman further interfered, when they attacked him savagely. He "sailed in" with his cane and his fists and gave them the worst of it. He knocked one down, and though kicked violently while holding him, by the other, he gained the victory, had them both arrested and they were fined heavily for the assault. There is no need for religion to take the muscle out of a man, and sometimes there is virtue in getting righteously angry.

Everybody has heard of

"THE GREAT EASTERN,"

the monster ship and magnificent failure, but it is not generally known what has become of her. After many ups and downs of fortune, the downs predominating—although the unwieldy craft has never gone down literally, but still floats on the bosom of the deep—she has been turned into a cheap show. A sort of general fair has been held on board the Leviathan of the sea. She has been lying in the Mersey and has been visited by thousands of Liverpoolians on pleasure bent at a small outlay. When the curiosity of the "Lanky" people has been satisfied, she is to be moved to other ports, and will turn an honest penny for the proprietors as the biggest thing afloat. If the great Brunel who planned her, and the clever Scott Russell who constructed her, had foreseen her fate, how would their pride have been humbled! It is better to be little and useful, than to be ever so big and become a burden on the hands of our friends.

Talking of ships,

ANOTHER SHIP-LOAD

of emigrants bound for the land of Zion will leave this port in a few days, and there will be more howling of the fanatics in the dominions of Uncle Sam. How the gathering of the Saints does seem to madden the devil and worry his followers in the flesh! Why should a few hundred "Mormons," more or less, disturb the equanimity of a nation that is quietly taking in thousands upon thousands of less intelligent, less industrious and less worthy people in every way from all parts of poverty stricken Europe? The fuss made about the "Mormon" emigration is folly in the extreme. No better material for solid and useful citizens sails across the Atlantic than the "Mormon" emigration to swell the population of the world's greatest republic.

The little breeze stirred up in Switzerland by some spurious persons in Utah, has blown over, and has resulted in a better understanding of our people with the authorities of the Swiss Federation. Good will grow out of it, and good will come of the raids upon the Saints at home. The trials that have been permitted and those that are yet to press upon the people of God are needful to purge out the traitor and the hypocrite, the half-hearted and the pusillanimous. The storm is not over. The clouds will not yet disperse. But the sun of Righteousness is there all the same, and when the purpose of the Lord is served, the LIGHT AND GLORY will stream forth, to gladden the faithful and bewilder their foes. Zion will be purified, the truth will triumph, and those who have endured will rejoice for evermore. But come what may, nothing shall hinder the progress of the kingdom of God nor destroy one principle or institution revealed from on high. And with the little band who will be found, in gloom or sunshine; poverty or riches abroad or at home, struggling for that civil and religious liberty which is the hope of the Latter-day Saints, please always to count.

EXILE.