

had been visited, and in some instances two visits had been made by them. The organizations reported them one stake in good working order, and were enthusiastic in their various departments, showing a disposition to work and showed a disposition to work for the stake presidency to urge them.

A number of returned missionaries reported and their remarks were to the effect that the faith of the fathers is yet the faith of the children.

Sister Julia M. Bixen of the Y. L. M. I. A. aids gave the people a stirring talk upon the subject of our duty to ourselves, and to others, and warned the young girls from being too easy in their department in social gatherings.

Elder Cowley dwelt upon the subjects of the Word of Wisdom, fast offerings, marriage, and the benefits derived from instruction when carried out, the Gospel of today that of Christ, and the trials of the Gospel.

Elder Kelsch spoke upon the Lord is no respecter of persons, and the self-investigation, serving the Lord, and signs of the times.

Elder Cammeron and M. M. Steele of the Panguitch Stake were among the speakers.

Elder John Steele of Toquerville was elected a Patriarch.

The combined choirs of the two St. George wards furnished the singing, under the leadership of Conductor Pickett, and all were highly delighted with the rendering.

With interesting M. I. A. meeting was held Sunday evening.

Had a Nice Entertainment.

Elder Walter J. Wild, writing from St. Huddersfield, England, March 10, reports as follows:

On Saturday, the 7th of the present month, the Saints and friends of the Brigham and Huddersfield districts, in the Leeds conference, England, met in the schoolroom of the Parochial Hall, on George St., Huddersfield, for an entertainment. There were between 7 and 80 persons present. When all had enjoyed the "inner man" they enjoyed a well rendered program, consisting of songs, recitations and instrumental selections. Although we have no organized branch, but only a few members of the Church in both towns, we enjoy a good portion of the Spirit of the Lord, and have good meetings, and many friends; and the work of the Lord is progressing nicely.

The "News" is always a welcome guest.

AN INTERESTING EXPERIENCE.

The Testimony of a Baptist to the Integrity of the Mormons.

In a letter dated Fairview, Oklahoma, March 25, Elders Joseph S. Huff and Lafayette Hill relate the following interesting incident:

Last week we had an interesting experience in the evening field. While canvassing in Woods county, Oklahoma territory we came to a little town called Fairview and began working the town.

We visited the school trustees and received permission to hold meetings in the schoolhouse and in the day room. We were given a notice that we would hold service at night and invited the people to come out and give us a hearing.

A number of people were there at the time appointed and we began our meeting. As soon as we got through speaking a gentleman asked permission to say a few words. We gave permission. He arose and said in substance: "I wish to say a few words about this people called Mormons. I have had the privilege of living among the Mormons in the San Luis valley off and on for many years. I have associated with them in their worship, in their social affairs, and worked with them side by side, and I can truly say that I never met a better people in my life than the Mormons proved themselves to be; furthermore, they teach the Scriptures as contained in the Bible. I am not a Mormon, nor do I ever expect to be one. I am a Baptist, and expect to remain one, but the Mormons teach the Scriptures as you have heard in the sermon. Of course many do not believe in the Holy Ghost as you heard it taught tonight, but that principle is taught in the Bible, just as strongly and clearly as any of the other principles of the Gospel, although it is not taught, I am sorry to say, by the church that I am a member of."

He then asked us if we were going to hold a series of meetings and on being told we were, he advised the people to come out and listen to what we had to tell them, and see for themselves if we were not teaching the truth.

He also stated to the people, that when he left the "Mormons" and came out, he made up his mind that he

would always tell the people what kind of a people he found the "Mormons" to be wherever his lot was cast.

His name is J. H. Carmichael and he lived in a little town of Lajava, San Luis valley, Colorado, among the Saints for quite a period of time.

In tracing the next day we found that his talk had resulted in good, and that it had done a great deal to allay the prejudice here and open up the way that the Gospel can be placed before the people.

The work of the Lord is progressing nicely in this part of the vineyard. The "News" is carefully read and then distributed among the people, where they are doing a missionary work.

STAKE CONFERENCES.

BEAR LAKE STAKE.

Good Reports and Speeches During The Conference.

The quarterly conference of the Bear Lake Stake of Zion was held Saturday, Feb. 28, and March 1. The attendance on Saturday was not very large. Several of the Bishops reported their wards and addressed the congregation on the duties of the Saints.

On Sunday morning the basement of the building was well filled. Elder Wm. Budge was absent in Salt Lake City on account of his son David's very severe sickness, while Elder Wm. L. Kieh was absent in Washington; leaving Elder Jas. H. Hart the only member of the stake presidency present, with some of the members of the high council occupying seats on the stand.

Bishop Alma Findlay of Bloomington was the first speaker, who after having reported his ward in a good condition, counseled the Saints to live upright lives, and beware of the sins, follies, and fashions of the world.

Bishop A. R. Wright of Bennington contrasted the present condition of the Saints with that of the pioneers in early days, and showed how the people had been directed by the servants of God to colonize the country by cultivating the land and building homes and making their families comfortable.

In the afternoon Elder John A. Sutton, Jr., reported the Sunday schools throughout the stake to be in a good condition. Elder Heber C. Keetch reported the organization of the stake religion classes, and advised the parents to see that their children attend these classes in the regular wards.

Elder James H. Hart, although laboring under a very severe cold, addressed the Saints in one of his characteristic, interesting and instructive discourses. He read from the 101st section of the Doctrine and Covenants, and advised the congregation to read and reflect upon the Word of the Lord contained in these books. He admonished the Saints to live faithful to the end, for there is a crown of glory laid up for the faithful that will never fade.

The singing of the stake choir was much appreciated during the conference, under the leadership of Elder J. R. Shepherd.

W. B. KUNZ, Clerk of Conference.

HYRUM STAKE.

Excellent Reports From the Various Organizations.

Hyrum, Utah, March 25.—The regular quarterly conference of the Hyrum Stake of Zion convened at Hyrum on Sunday and Monday, March 22 and 23. We were favored with the presence of Elder George Teasdale of the Council of Apostles; Elders J. M. Tanner of Salt Lake City, and W. S. Langton

of Logan were also with us Sunday. Besides these the stake presidency, High Councilors, Patriarchs, Bishops, and other leading brethren were in attendance.

The conference was very well attended, notwithstanding the very bad roads, and it was found necessary Sunday afternoon to hold an overflow meeting in the academy.

Sunday, 19 a. m., Elder W. C. Parkinson gave a most excellent report of the condition of the stake. He eulogized the stake officers very highly for their faithful and zealous work, and reported an increase of over \$4,000 in the tithes of the stake the past year.

Dr. J. M. Tanner said his purpose in coming to conference was in the interest of the religious education of the people, the absolute necessity for this kind of training and instruction.

Elder Teasdale spoke on the value of a good standing in the Church of Christ. He said the only way to ameliorate the condition of the human race is to live the principles of righteousness ourselves.

Sunday, 2 p. m., Elder Geo. O. Pitkin spoke. He admonished all to be consistent Latter-day Saints. He referred to the time the people were in poverty, and advised all to be economical.

Encouraging reports of the Sunday schools, Relief societies and Primary associations throughout the stake were given.

Elder Rasmus Rasmussen gave a very interesting report of his recent labors as a missionary in Norway.

Elder Teasdale read from the Doctrine and Covenants promises made to all who serve the Lord, and spoke on the mission of Jesus Christ, exhorting all to obey His laws and commandments.

Monday at 10 a. m., Elder J. C. Thoren spoke of the faith and integrity of those who have left their homes and friends to come to Zion.

Excellent reports were made by the Bishops of the various wards.

Elder Joseph Howell reported some of his observations while at Congress recently, and spoke of the high esteem in which the people of the high council have many have. He told of the hearty and generous applause given Elder Smoot when he was sworn in as senator, and declared that the feeling in Washington is against the feeling in opposition to him.

Patriarch O. N. Liljenquist said that for over 50 years he has known this work to be true and of God, and testified that through humility, and the sealing powers of the Priesthood, he had read from the Doctrine and Covenants and warned the Saints against the false prophecies of the world, and to love their neighbors as themselves.

The conference was a most successful one, and greatly enjoyed by all who attended. The singing by the stake choir was excellent. The leader is Prof. H. H. Peters, H. Israelson, Stake Clerk.

Due notice is hereby served on the public generally that DeWitt's Witch Hazel Salve is the only salve on the market that is made from the pure, unadulterated witch hazel. DeWitt's Witch Hazel Salve has cured thousands of cases of piles that would not yield to any other treatment, and this fact has brought out into the world countless felts. Those persons who get the genuine DeWitt's Witch Hazel Salve are never disappointed because it cures. Z. C. M. I. Drug Store, 112-114 Main Street.

WHAT TO EAT. Valuable Suggestions for the Kitchen and Dining Room.

This matter will be found to be entirely different from and superior to the usual run of food articles, in that every item is a nugget of culinary wisdom and eminently practical. Conducted by Katherine Kurtz, Marquette Building, Chicago, to whom all inquiries should be addressed. All rights reserved by Banning Co., Chicago.

Menus for Next Three Days.

SUNDAY.
BREAKFAST. Stewed Figs. Cream. Fried Oysters. Bacon. Creamed Cucumbers. Coffee.
DINNER. Clear Soup. Stewed Potatoes. Asparagus on Toast. Tomato Jelly Mayonnaise. Fig Compote. Whipped Cream. Cake. Coffee.
SUPPER. Pressed Chicken. Cottage Cheese. Celery, Nut and Apple Salad. Cocoa.

MONDAY.
BREAKFAST. Baked Apples. Broiled Thin Ham. Potato Cakes. Entire Wheat Luncheon. Coffee.
DINNER. Broiled Whitefish. Stewed Potatoes. Asparagus on Toast. Tomato Jelly Mayonnaise. Fig Compote. Whipped Cream. Cake. Coffee.
SUPPER. Pressed Chicken. Cottage Cheese. Celery, Nut and Apple Salad. Cocoa.

TUESDAY.
BREAKFAST. Fruit. Cream. Smoked Salmon. Grilled, Sauce Tartare. Baked Potatoes. Coffee.
DINNER. Cream of Corn Soup. Cream of Chicken Soup. Stewed Potatoes. String Beans. Fruit Salad. Toasted Biscuit. Coffee.
SUPPER. Sweet Souffles.

TRIFLES LIGHT AS AIR.
A souffle may be made of almost anything eatable that can be put in a soufflé dish. The production in this light, puffed-up dishes grouped in this class; for a souffle must be capable of rising to a sufficient height. They may be made of meats, fish or sweets and with or without a custard foundation; but all

depend on the whipped white of eggs for their lightness.

Souffles are exceedingly simple in their preparation, the plain omelette soufflé being the most difficult to manage. The condition upon which the success of a souffle depends is expedition; not only in the making, but in serving them without the slightest delay, from the oven to the table. They are best served quickly after removing from the oven and especially if they come in contact with cold air. It is a wise precaution to have a large paper cover at hand to place over the souffles as soon as they are removed from the heat and while they are being conveyed from kitchen to dining room.

Do not make the mistake of baking a souffle too soon; let the guests wait if necessary, but do not let the souffles be prepared for making and then waiting to be made so that a few minutes will be required for putting them together at the table. The souffles should be kept at the proper temperature. Special care must be observed when the beaten whites of the eggs are added and they must be "folded" in with as few strokes as possible; this is done by lifting the mixture from the bottom to the surface and turning it down, and so on, until the mixture is thoroughly mixed. Do not break down the lightness.

It is advisable that the inexperienced cook try her "prentice hand" on souffles made with milk and butter, cream, and eggs. These are the easiest to make. These are not so apt to fail, but even these require to be served quickly.

Custard Souffle.
Cream together two level tablespoons of butter and two of flour. Scald a cup of milk and pour gradually over the butter and flour. Return to double-boiler and stir and cook eight or ten minutes. Separate four eggs. Beat the yolks light with four tablespoons of granulated sugar; put this and the milk mixture together, cook a moment and set away to cool. Half an hour before time to serve, beat the whites of the eggs to a stiff froth and cut or fold lightly into the custard. Bake in buttered souffle dishes in moderate oven.

Omelet Souffle.
Separate six very fresh eggs, beat the yolks of three with six level tablespoons of sifted powdered sugar until light colored and creamy. Then beat in a tablespoonful of lemon juice. Add a tiny pinch of salt to the whites, which should be kept cold, and beat them to a stiff dry froth. Fold into the custard. Put a lace paper dolly on a flat dish, slightly oiled, and spread the mixture on it. Bake in a moderate oven for ten minutes. Sprinkle with powdered sugar, cover the edge of lace paper with folded thick white paper, place in a quick oven for ten minutes. Any flavor desired may be used. This may be baked in a large pudding dish or in small individual dishes.

Lemon Custard Souffle.
Scald one cup of milk in a saucepan with a tablespoonful of butter. Mix a cup of sifted flour with a cup of boiled milk. Stir into the hot milk and continue to stir until the mixture leaves the bottom of the saucepan. When it boils stir in six tablespoons of granulated sugar. Then add, one by one, the yolks of eight eggs. Flavor with sherry and juice of one lemon. Fold in the whites of the eggs beaten to a very stiff dry froth. Pour into a buttered pudding dish and bake for half an hour.

VICTIMS OF THE GRIP

THE DISEASE REPORTED TO BE EPIDEMIC THIS SPRING.

Its Visitation the Cause of Much Suffering. Many Deaths and the Loss of Thousands of Dollars in Wages—Questions Answered.

Health reports show that the present epidemic of grip is the worst that this country has experienced in many years. Not only is the disease widely spread but it is of unusual severity and has been the cause of much suffering and many deaths. There is scarcely a factory or workshop which has not been running short-handed on account of the ravages of grip among its employees and the loss of wages to workmen on account of the disease already amounts to thousands of dollars.

The questions are often asked whether there is any method of home treatment for the grip and whether the after-effects of the disease can be driven from the system. These are answered by the following statement from Mrs. Rosina Hart of Ely, Warrick county, Ind. She says: "I had an attack of the grip three years ago, and when it had run its course, my health was wrecked. My right lung was almost filled up and it was with difficulty that I could breathe. There was a constant tingling all over my body, my heart would flutter and sometimes seemed to stop beating for a moment or two. There was a feeling of faintness that came over me at times and I was so weak that I often feared I would sink down. Nothing helped me and I continued to grow worse."

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Mrs. Hart's statement speaks for itself. The medicine that cured her will cure you. If you have had the grip lose no time in procuring this wonderful remedy and clearing your system of the germs the disease has left there. Dr. Williams' Pink Pills for Pale People are sold by all dealers, or will be sent postpaid on receipt of price, fifty cents a box, or six boxes for two dollars and a half, by addressing Dr. Williams Medicine Co., Schenectady, N. Y.

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