

THE MINNESOTA WORKER.

"Whatsoever thy Hand findeth to do, do it with thy Might."

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THE MINNESOTA WORKER.

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THE EDITOR,

L. B. Losey, - - Box 989, Minneapolis, Minn.

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"FARMING WITH THE LORD."

IN the WORKER of January 20, we find an article under the above heading from the pen of Eld. Allee. By the time this number of the WORKER reaches you it will be time to give this matter serious attention, as seeding time is almost here again.

In the article referred to above the brethren all over the State were asked to devote an acre or more, and farm the same for the Lord, the proceeds to be applied to pay off the Conference debt. We trust that our church elders and conference laborers will take hold of this matter and present it to the churches and companies they may chance to labor with; and thus give all our brethren an opportunity to enjoy the blessing of being co-workers with God. We feel certain that our brethren will respond to this plan, and that it will be a means of materially reducing the debt the present year. One brother, an elder of a church to whom the matter was presented, writes as follows: "I think the plan is of the Lord, because it brings it so completely within the reach of all; and I will gladly take hold myself, and do what I can to get others to do the same." Let this be the spirit to take possession of every one, and we will soon see the debt paid off, and no one will be at all burdened by it.

We trust that no one will get the impression that this plan is to take the place of the pledges to pay so much per month, as followed so faith-

fully the past two or three years. It is not designed to do that, but is to be taken up in addition to that plan. We would be glad to hear from any of the brethren in regard to the matter at any time.

C. W. FLAIZ.

CONFERENCE COMMITTEE MEETING.

DURING the past week, the conference committee has been in session. All the members were present, and it was well they were, as many matters of much importance were to be considered. Considerable time was given to prayer and the study of the recent testimonies. Sometime the tender Spirit of the Lord came in and our hearts were melted before him. It was the burden of our hearts that we might have wisdom to do the work acceptably to God. One of the difficult problems was to provide suitable help for the office. It was finally decided to ask Bro. C. M. Everest to take the place made vacant by the resignation of Bro. Adams. All official correspondence formerly directed to A. G. Adams, should now be directed to C. M. Everest, Box 989, Minneapolis, Minn. Bro. Adams is still with us but will leave for Battle Creek in a few days.

The matter of our coming Camp-meeting was carefully considered, and we hope to be able to say something definitely about it in the next issue of the WORKER.

C. W. FLAIZ.

HOW TO MAKE HEALTH FOODS.

IN giving these recipes it must be understood that they cannot be followed in every particular, for this reason; different grades of flour require different quantities of water. So in giving the quantities of fluid used in these recipes, it must be regarded as a help, and experience will soon teach the allowance to be made for different grades of flour.

GRANOLA.

7 lbs. white flour,
2 lbs. oatmeal or rolled oats,
1 lb. graham flour.

Soak the oatmeal in 2½ qts. of cold water for 30 minutes, add the flour and knead well; make into rolls about the size of the finger and as long as the pan used to bake them in. Bake in a moderate oven,

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till well done. They can be ground in a coffee mill or in a hand grist mill. Grind about the size of wheat kernels.

GRAHAM CRACKERS NO. 1.

3 lbs. winter wheat flour,
2 lbs. graham flour,
 $\frac{1}{2}$ lb. butter,
1 qt. water,
 $\frac{1}{2}$ lb. sugar;

Mix together, knead well. The dough should be as stiff as can be kneaded well by hand; roll to one-eighth of an inch in thickness, stick, and cut in squares and bake.

GRAHAM CRACKERS NO. 2.

Proceed as with No. 1 and leave out the sugar.

PLAIN WHITE CRACKERS.

5 lbs. winter wheat flour,
 $\frac{1}{2}$ lb. butter,
1 qt. water;

Knead well; roll and bake as above.

HYGIENIC FRUIT CRACKERS.

5 lbs. winter wheat flour,
10 ozs. sugar,
1 lb. nut butter; made from Brazil nuts,
butter nuts, or any oily nuts.

Dissolve the nut butter in 1 qt. of water. Dissolve the sugar in the water; add the flour and mix well. Cut in 2 equal pieces, roll 1 piece and lay to one side, roll another piece and spread the fruit upon it, about $\frac{3}{4}$ lb; place the first piece rolled over the fruit and roll very hard, so the two pieces of dough will adhere together, and so the fruit will show through; stick and cut in squares and bake. Seedless raisins or whatever fruit is preferred can be used.

GRAHAM ROLLS.

$1\frac{1}{2}$ lbs. white flour,
 $\frac{1}{2}$ lb. graham flour,
6 ozs. nut butter, (peanut butter can be used for these.)
 $\frac{1}{2}$ qt. water.

Dissolve the nut butter with the water, mix together, knead well and roll about the size of the finger. Cut about 3 inches long and bake.

BEATEN BISCUITS.

3 lbs. white flour,
 $\frac{3}{4}$ lb. nut butter, made from Brazil nuts
or any oily nut,
 $1\frac{1}{4}$ pints water.

Dissolve the nut butter in the water, mix together, knead well as you would for bread. Roll out into rolls about $1\frac{1}{4}$ inches thick, then cut the rolls about the same in length ($1\frac{1}{4}$ inches), stand on end in the pan in which you bake them; then place the thumb on the end of the biscuit, and press the thumb to the tin. A little salt may be added to these or not, as preferred. Bake in quite hot oven.

PIE CRUST.

Good pie crust can be made by using nut butter made of butter nuts or Brazil nuts.

1 lb. flour,
 $\frac{1}{2}$ lb. butter dissolved in
 $\frac{1}{2}$ pint cold water.

Mix all together, and roll as other pie crust.

PURE GLUTEN BISCUIT.

6 lbs. of spring wheat flour,
2 qts. cold water;

Mix as for bread and let stand one hour so the gluten will adhere together; pour over this $1\frac{1}{2}$ gallons of water, or more; wash out the starch by kneading the dough with the hands. When the water becomes very starchy pour off and add fresh water; continue till all the starch is removed. Cut in pieces about the size of a walnut, and bake in a hot oven at first, then moderate the heat of oven after they have risen.

20 PER CENT GLUTEN.

Grind fine

$\frac{1}{2}$ lb. pure gluten biscuits, add to that
10 lbs. best spring wheat flour,

Mix with $2\frac{1}{2}$ qts. cold water, knead well, and bake in rolls as directed for granola; it can be ground coarse as for granola or fine, as may be preferred.

HOW TO MAKE NUT BUTTER.

First buy your pea nuts as cheap as possible; then shell and roast them till the raw taste is gone, but be careful not to get them too brown; after they are roasted remove the brown hulls by rubbing with the hands or any better device you may invent; then use the machine to grind them with that has been made for that purpose by a man in Battle Creek, Mich.; which sells, at present, for \$6.00. If that cannot be afforded, a very good way is to get an Enterprise meat chopper which can be bought for \$1.87; then get a piece of very fine perforated tin with 20 holes to the inch in length; this should be placed between the knives and the plate against which the knives work, with the smooth side of the tin to the knives. The tin plate should be fitted to the other plate and trimmed to the same size with 4 strips left at the 4 corners. These 4 strips should be about $\frac{1}{4}$ inch wide and one-half an inch long, so they can be bent over the meat plate, and when the cap is screwed on it will hold the tin plate tight to the other plate, which prevents it from turning. The knives should also be wire edged a little, so as not to cut the tin. This can be done with a file.

Other nuts can be put through this mill also. I hope to be able to give more information about the way in which nuts may be used, and as fast as I find new ways of using them, I shall endeavor to make it known. I have given these recipes in the way that I have found them to be the most practicable for family use, hoping and trusting that they may be a benefit to those into whose hands they may fall.

ARTHUR MOON,

Box 989, Minneapolis, Minn.

THE MAN WHO HAD DYSPEPSIA.

THERE came to the dinner table at the Lawrence House, the other day, two strangers, one a lean and hungry looking customer, the other a decent appearing young fellow. As they reached the table the older man clutched frantically at the bill of fare, and remarked as follows:—

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"Let's see what they've got. You know I can't eat everything. Been nearly dead for ten weeks with the dyspepsia. Ah! 'oyster soup'—guess that won't hurt me." To waiter: "Bring me some oyster soup, and, let's see, boiled white fish; yes, I'll have some o' that."

The soup and fish were rapidly eaten.

"Now, let's see what else they've got; you know I can't eat everything. 'Roast turkey'—that ought not to hurt me. I'll have some o' that. 'Roast beef'—yes, I'll have some o' that. 'Chicken pot-pie'—yes, that's easily digested; I'll have some. Let's see, I can't eat everything, I'll take a bit of the boiled ham, some macaroni, and—ah! some chicken livers and vegetables."

The waiter had taken the order, and the man with a weak stomach reached this way for crackers, that way for butter, here took a piece of bread, there a pickle and a stalk of celery, and, frequently remarking that he could'n't eat everything, stayed his stomach until his dinner was brought. He looked it over, sent the waiter back for some roast veal and another onion; remarking that his stomach was weak, he had been suffering terribly from dyspepsia, and could'n't eat everything, but at last got at work and cleared the dishes.

The matter of dessert troubled him some because his stomach was so weak, but he finally called for some mince pie, plum pudding, and ice-cream, with a cup of coffee. They were brought and devoured, and then he called the waiter and made her a confidential communication to the effect that he had been sick with the dyspepsia, that his stomach was weak, he could'n't eat everything, and would she bring him a bowl of milk?

The milk was brought, he crumbled some bread therein, and, as his younger companion had departed, the man with the weak stomach remarked to the gentleman across the table from him that it was rough to have to come down to bread and milk, but he had been sick, he could'n't eat everything, and he had to be careful.

And now the landlord is anxious for that man to come around when he is well. He needn't come but once.—*Sunbeams of Health and Temperance.*

NOTICE that all official correspondence formerly directed to A. G. Adams should now be directed to C. M. Everest, Box 989, Minneapolis, Minn.

* THE SABBATH SCHOOL. *

DEAR friends of the Sabbath-school:—

I shall not have time to write to you personally before leaving the State, but I am glad to have a little farewell visit with you through our dear little cosy column.

I have spent a very enjoyable week at Mankato with Sr. Burgess. Together we have enjoyed reading the many good letters accompanying the reports from the secretaries which were sent in with unusual promptness, and have appreciated them so much. I leave the work here with my heart warmed and cheered by the kindly expressions of interest and sympathy; Sr. Burgess takes up the burden, encouraged and strengthened by the earnest, helpful spirit that characterized these letters, and we both feel blest by the assurance that so many prayers are ascending in our behalf.

The written review seems to have proved more successful this time than upon the first trial, as will be shown by the reports concerning it which will appear in the next WORKER. Some question what to do with the papers. They should be corrected by the superintendent or teachers, and if the school so desire, returned to the ones who wrote them, so that they may see on what points they failed. We would not advise as close marking as in a school examination, as the circumstances are so different, and great care should be exercised that no spirit of rivalry come in, as the object of the work is to promote the study of the Word and increase the spirituality in the school.

Quite a number of excellent maps have been received. All who have not sent theirs in should forward them to Sr. Burgess, and she will arrange to exhibit them at Camp-meeting. A little boy nine years old, who is interested in the Sabbath-school work (though the school he attends comprises only his mamma, himself and his little sister) has sent word that he wants to draw a map too. One map was received from a little boy four years old. His mamma helped him draw it.

We knew that some efforts had been made to obtain subscriptions for the *Youth's Instructor*, but we were not aware that much had been accomplished. We were happily surprised a few days ago to receive word from the publishers to the effect that the *Instructor* list in our State had gained 115 new names in the last two months. By comparing this with the gains in other states for the same time we see that Minnesota heads the list. This speaks well for the active laborers of our Sabbath-schools. We only hope this will encourage them to greater activity along this line. Can we not double the gain in the next two months? It certainly is a cause that deserves all the help we can give it. I know that many have felt as though if they obtained only one subscriber it was hardly worth reporting, but this shows what can be done by united efforts, even though they are not the strongest.

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I feel so thankful for all the encouraging features connected with the work in the State, and I look to see a continuous growth.—One secretary in writing of my going away said, "We shall always feel that we have a *little* more claim on you than any one else has". The feeling is certainly mutual. I shall always feel a *little* nearer to the Minnesota schools than to those of any other State, though I shall try to work faithfully for all.

I shall watch their progress with deep interest, and trust that the path of each one connected with them may be "as a shining light, that shineth more and more unto the perfect day", and that some glad day we shall all meet in "that home where changes never come".

Yours in hope,

ALBERTA L. LITTLE.

ALL Sabbath-school supplies should be ordered of L. B. Losey, Box 989, Minneapolis, Minn. except in cases where the school is not able to pay for them, in which case they will be donated by the State Sabbath-school Association, and should be ordered of Fannie Burgess, Mankato, Minn.

• NOTES FROM THE FIELD. •

Russell.

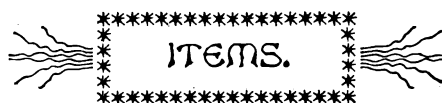
SINCE my last report I have been laboring at Russell. The weather has been very difficult to work against, but then the Lord has blessed, and we have had very good congregations under the circumstances. A week ago I had to drop the meetings here, as it was impossible for the people to get out. The mud and water was so deep, and in the dark it would be impossible for one to pick his way. I spent the week at Pipestone, and the Lord gave us some precious seasons. It was a strength to the brethren there, and some rich experiences were gained. Satan does not leave those who are striving to live out the truth of God alone. He has been striving hard to lead some away from the importance of God's message for this time. But I am thankful for the steadfastness of each, and for the settling of every question by the word of God. For instance, one of our sisters attended the Salvation army, and as she saw lives that had been changed, the question came to her, "May this not be the people of God, and the right way?" She could not shake the thought from her, but when she got home, she took her Bible and asked God to lead her. Immediately the Bible opened to John 14:15—"If ye love me keep my commandments." That was enough, and she praised God for the path of the just. Brethren, study your Bibles as never before, for we are in perilous times, and unless we know the word of God we will certainly be led astray. Let a love for God's word take the place of every earthly affection.

The Quarterly Meeting at Marshall was blessed of the Lord, and we breathed some of the fragrance of the atmosphere of heaven into our lives. New officers were elected, and we know that God has been

fitting these brethren for the sacred work which has been placed on them. May the Lord help them to make full proof of their ministry, is our prayer. The Lord is blessing this little church, and we hope, in the near future to see others added to its membership.

I took up the meetings here again the evening after the Sabbath. The Lord has given me favor with the people thus far, and my daily prayer is, that I may not refrain from giving the whole counsel of the Lord to this people. We are in solemn times, and the trumpet must not be given an uncertain sound. I ask your prayers for the work here.

C. H. PARKER.



Bro. C. L. Emmerson was called away from his work at the Institute, Tuesday morning to visit the sick bed of his sister-in-law, Jennie Atterbury, formerly Jennie Emmerson, who is now lying dangerously ill at her father's home in Wells, Minn.

The canvassers as well as the members of the Minneapolis church have been enjoying the pleasure of some very practical discourses the past week from Elders, Flaiz, Graf, Alway, and Emmerson. The love of God and the necessity of confessing and forsaking sin have been the ruling themes of thought.

At a baptismal service in the Minneapolis church last Wednesday evening eight precious souls were buried with their Lord, to arise and walk in newness of life. The ceremony was performed by Eld. C. W. Flaiz. The most of these brethren and sisters have recently accepted the truth through the united efforts of our canvassers, Bible-workers, ministers, missionary society and Christian Help Band,—all working together with Christ. Twenty-eight members have united with the church through baptism in the past fifteen months.

The canvassers and members of the Minneapolis church enjoyed a pleasant hour with Eld. A. J. Breed as he stopped in this city, on Monday last, while on his way to the Pacific coast. His talk was full of encouragement to the earnest Christian whose life was devoted to the cause he had espoused. No one need feel that his work was unimportant or unnecessary because he did not occupy some prominent position in the Lord's vineyard.

Each one whom the Lord calls, and who faithfully performs his work is doing as important a work as any other worker regardless of official position or preference; for he is one part of the great plan of salvation which would be incomplete without that part. Eld. Breed will be remembered as a former president of Minnesota conference, but is now superintendent of district six, comprising the territory of Washington, Oregon, Idaho, Montana, California, Nevada, Utah and Arizona.