

women who can only waste your means. Choose women who can spin, card, and make a mattress or comforter, if necessary, and, if she cannot do it, let her be willing to learn, and be zealous to make herself useful, for the woman who is really ornamental in society is the one who is useful as well. You go to New England, that is where a great many of us came from, regular old down east Yankeedom, and you will find many of the farms occupied by our grandfathers owned by Irishmen, and the girls who descended from that old Puritanic stock are above work now-a-days, and Irish girls are hired to do it. While the American ladies are living on the proceeds of their fathers' estates, and making a great display in following the fashions—they deem it not fashionable to work or even to have children—the boys are marrying Irish girls. If asked why they do this, they will say they are compelled to do it, for they cannot afford to marry a woman and hire another to wait upon her. Our girls ought to adopt a different policy. Every man and woman in the world ought to be useful. No man is too rich to labor. All men and women, according to their health, strength, and ability, ought to labor to sustain themselves, and for the welfare of the community. "The idler shall not eat the bread of the laborer." This is the law of Heaven. In connection with labor we should also take into consideration our manner of

living. It is really probable that in many houses in this Territory full one-third of the provisions brought in for the support of the family is wasted, and what is cooked is not as palatable and healthful as it might be. Every female should study and become acquainted with the best modes of cooking, and introduce it into their families and wards. A great many of our sisters have come from districts of country in Europe where they have had to work in factories, and to follow other branches of business, and consequently have had but little opportunity to learn cookery and other household work; but I have known many of them, after arriving here, become very proficient housekeepers, and all may if they will try.

I feel to impress these sentiments on your minds that we may become a practical people, and learn to provide within ourselves the necessaries of life, that in all things we may be pleasing to the Lord. Let us live in accordance with the laws of life, avoiding excess, all vulgarity and unnecessary levity, and endeavor to conduct ourselves wisely, properly, and genteelly, and use our influence to promote that class of manners that will command respect everywhere. We shall thus lay the foundation of a great, polished, and highly civilized people, setting an example worthy of imitation in all things to all nations.

May God bless us, is my prayer, in the name of Jesus. Amen.