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This book has been prepared with a view to record in compact form all the work done in the Sabbath school, in as far as it is necessary to answer the questions asked for by the General Assembly.

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H. HARCOURT, Provincial Treasurer.

Provincial Treasurer's Office, Toronto, May 8th, 1895.

NOTE.—Illustration of calculation on interest basis:—At the rate of 4 per cent per annum (or in strictness 2 per cent half-yearly) a present payment of \$1,387.25 would represent an annuity of \$100 for forty years, payable half-yearly, while the actual yearly payment for the forty years would be a fraction above 5 per cent on the principal sum.

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HEALTH AND HOUSEHOLD HINTS.

Banana Cream Pudding.—Melt one cupful of sugar in one pint of milk. Mix two tablespoonfuls of corn starch with cold milk, stir it into the milk and cook fifteen minutes. Add two tablespoonfuls of butter. Beat the whites of three eggs, stir into the thickened milk and cook again for five minutes. Turn into a deep dish to cool. When ready to serve, cover the cream with sliced bananas. Mix a few grains of salt with half a cupful of powdered sugar. Sprinkle this over the bananas. Serve this with cream and jelly sauce, made of one-fourth of a cupful of apple or strawberry jelly beaten into one cupful of thick cream.

Jelly Cuts.—The only material necessary for this dainty addition to the teatable is some rich pastry and a tumbler of jelly. The pastry should be prepared the day before using, and kept on the ice or in a cool place till wanted; it will then be crisp and light. Roll the pastry about a quarter of an inch thick, and cut into squares three inches on a side; bring one corner of the square over to touch the opposite corner, making a triangular shape, and being careful not to press the edges together. Sift sugar over the top and bake in a quick oven till a delicate brown. When cold they can be pressed carefully open and a spoonful of bright jelly put in each. Fill just before using.

Brown Betty.—This pudding is a prime favorite with the younger members of the family. To each cupful of finely chopped sour apples and a cupful of fine breadcrumbs, two tablespoonfuls of sugar, a little cinnamon grated lemon, rind or nutmeg, and a tablespoonful of butter. Spread the apples upon the bottom of a buttered pudding dish, then a little sugar and flavoring and a few bits of butter, then breadcrumbs, then apples again, and so on until all is used, crumbs being placed on top. If the apples are not juicy, add three tablespoonfuls of water. Cover the dish, and bake three quarters of an hour; then uncover and bake fifteen minutes longer and send to table in the same dish. This is also called "scalloped apple."

HOW TO UTILIZE STALE BREAD.

In cooking this fact should be remembered—a good cook never wastes. She takes pride in making the most of everything and serving it in an appetizing manner. One of the principle articles of food that is wasted is stale bread. Following are some of the many ways in which it can be utilized:

Toast buttered and served with hot milk seasoned to taste. Egg, quail, chicken, asparagus, tomatoes or cheese on toast.

Bread cut in small squares toasted, to be used in soup.

Save all bread crumbs, brown, grind and sift them, and put in a glass jar for use in basting meat, fowls and fish, and to season gravy.

Stale bread is indispensable in making dressings for turkey, chicken and ducks.

Bread pudding may be made with broken pieces of bread soaked in a quart of milk; add three eggs, and two-thirds of a cup of sugar; grate a little nutmeg over the top, and bake in a moderate oven; add chopped currants, apples, raisins, walnuts or dried cherries; beat the whites of the eggs to a stiff froth and stir in a teacupful of sugar, spread over the pudding and return to the oven a few moments.

To make good fritters, take stale bread and cut in small pieces, and soak it in cold water till very soft. Drain off the water and mash the bread fine. To three pints of bread thus prepared, add two eggs, four tablespoonfuls of flour, a little salt, one teaspoonful of soda in a cup of milk, which must be stirred into the bread, and a little more milk added, until thin enough to fry.

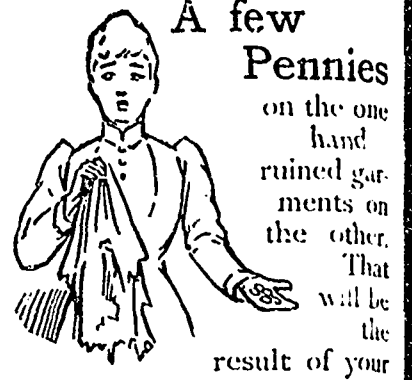
Cut thick slices of bread—baker's is the best—dip them each side in milk enough to soften, then dip in beaten egg; put in pan greased with sufficient butter to fry; when brown sprinkle with sugar and serve immediately.

The recipe for fritters can be used for griddlecakes by thinning sufficiently with milk.

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