

following schools during the two coming Sundays (Nov. 25th and Dec. 2nd).

Appointments for Sunday, Nov. 25th, 1894:

C. M. Cannon and the superintendent of the First ward to the Fifteenth ward.

J. H. Parry and the superintendent of the Second ward to the Sixteenth ward.

L. W. Richards and the superintendent of the Third ward to the Seventeenth ward.

E. F. Parry and the superintendent of the Fourth ward to the Eighteenth ward.

W. H. Chamberlin and the superintendent of the Fifth ward to the Nineteenth ward.

A. S. Geddes and the superintendent of the Sixth ward to the Twentieth ward.

Chas. Burrows and the superintendent of the Seventh ward to the Twenty-first ward.

Wm. Bradford and the superintendent of the Eighth ward to the Twenty-second ward.

A. W. Brown and the superintendent of the Ninth ward to the Twenty-third ward.

T. C. Griggs and the superintendent of the Tenth ward to the Deaf Mutes.

R. S. Horne and the superintendent of the Eleventh ward to Forest Dale.

M. A. Romney and the superintendent of the Twelfth ward to Sugar House ward.

R. A. Ure and the superintendent of the Thirteenth ward to Farmers ward.

W. C. Burton and the superintendent of the Fourteenth ward to Center ward.

Appointments for Sunday, December 2, 1894:

J. H. Parry with the superintendent of the Fifteenth ward to visit the First ward.

T. C. Griggs with the superintendent of the Fifteenth ward to visit the Second ward.

C. M. Cannon with the superintendent of the Sixteenth ward to visit the Third ward.

W. H. Chamberlin with the superintendent of the Seventeenth ward to visit the Fourth ward.

R. W. Richards with the superintendent of the Eighteenth ward to visit the Fifth ward.

E. F. Parry with the superintendent of the Nineteenth ward to visit the Sixth ward.

R. S. Horne with the superintendent of the Twentieth ward to visit the Seventh ward.

A. S. Geddes with the superintendent of the Twenty-first ward to visit the Eighth ward.

A. W. Brown with the superintendent of the Twenty-second ward to visit the Ninth ward.

M. A. Romney with the superintendent of the Twenty-third ward to visit the Tenth ward.

W. C. Burton with the superintendent of Farmers' ward to visit the Eleventh ward.

R. A. Ure with the superintendent of Forest Dale ward to visit the Twelfth ward.

Wm. Bradford with the superintendent of Center ward to visit the Thirteenth ward.

J. M. Whittaker with the superin-

tendent of Sugar House ward to visit the Fourteenth ward.

Superintendent Griggs stated that on Nov. 4th a model Sunday school was established under the auspices of the Salt Lake Stake Academy, presided over by Principal Willard Done, where representatives appointed from the various schools of this Stake were invited to meet and be instructed in the work of Sunday school teaching.

After the rendering of an anthem by the choir, Prof. Done delivered an address, explaining the objects and purposes of the organization of the model Sunday school. That all the schools of the Stake may receive the full benefit of its work, it is important that each send three representatives, and that they attend regularly. None but appointees are admitted to the school, as there is not room for others. The students are composed of members taken from the Sixteenth and Seventeenth ward Sunday schools, which are contiguous to the college buildings. The instructors of the school are the following well known and talented ladies and gentlemen:

Superintendent — Prof. Willard Done.

Assistant Superintendents—Henry Wallace, Stephen H. Love.

Instructors in Primary Department—Prof. Wm. M. Stewart, Miss Emily Dean, Miss Lillian Hamlin.

Instructors in First Intermediate—Mrs. Annie K. Hardy, Miss Donette Smith.

Instructors in Second Intermediate Department—Profs. P. S. Maycock and John T. Woodbury.

Instructors in Theological or Higher Department—Dr. J. M. Tanner and Prof. Joseph Nelson.

The sessions of this school begin promptly at 10 a.m. and close at 11:30, after which the faculty and ward representatives hold a teachers' meeting, wherein matters relating to the conduct and management of Sabbath schools are discussed and ventilated, questions asked and explained, and the like.

After singing by the choir and benediction by Superintendent John Sutherland, of Big Cottonwood, the meeting adjourned for one month; the Union Sunday school will furnish the music for the next meeting.

J. H. PARRY, Secretary.

#### AN EXTRA COOKING LESSON.

Monday afternoon most of the ladies who had attended the series of lectures on cookery, and many others, again assembled in the Unity hall to listen to the lecture on pastry. From the great interest manifested one would suppose this to be a most important subject. In making the statement that pie-crust was as digestible as oatmeal or graham bread, Mrs. Ewing wished to explain that she meant pastry made in the proper manner was more digestible than the average graham bread or oatmeal, and that either of the latter was not good when eaten under protest or with the idea that one must eat it for his health; but if eaten because relished, the case was different. A constant use of any one article of diet is dangerous, especially for young people. Some eminent physicians argue that every cell of every organ requires its own nutrition, hence

the need of variety. The average person who is seemingly best fed may perhaps be little fed.

Mrs. Ewing then prepared the flaky die-crust in the following manner: Take three cups of sifted flour to one cup of shortening, (the shortening consists of half butter and half lard); after measuring the shortening set it on ice to cool. Everything connected with making pastry should be perfectly cold. Hash the flour and shortening together before an open window so the air enters the paste as you turn it. When hashed so that the shortening appears like flakes about the size of a pea, add ice water about three quarters of a cup, and scatter it all through, not in one place because you don't want to work it any more than necessary to make a combination. Do not use the hands, for two reasons: first, it would warm the shortening, and second, it would make it too fine; be sure not to rub the pie crust any more than you can help, rather too little than too much, for the flakes must not be destroyed. Scatter a little dry flour on the board and place the patty on, fold carefully in three, that is, the first part over one-third of the way, then bring the other end over so you have three layers; turn so that the open ends are towards and from you and roll; repeat this folding, turning and rolling three times, the sooner it is made the better it will be. If made an hour or two before use, it will be nicer. Use all the flour you need to roll the pie crust, but be careful to brush it off each time the paste is turned over. The secret of fine pie crust lies in the rolling; and considering that (act it would be impossible to accurately tell just how to make puff paste as Mrs. Ewing makes it; one can only learn that by close observation; but if the principles of folding, turning and rolling are understood, one can have perfect puff paste by the following recipe: One pound of flour, one pound of butter; work the butter in a wet towel until it is waxy and pliable; set aside on the ice; take one-eighth of the butter and work into the flour; take the white of a large egg and enough ice water to moisten the flour; work with finger tips until it blisters or is the same consistency as the butter; always work in a cool room and before an open window; place on the board and roll out just enough to cover with the butter; wipe the moisture from the butter and sprinkle with flour; lay butter on paste and gather the paste over the butter pinching the edges so that the butter is folded in; press with rolling pin slightly three times, first in the middle then at the sides, then roll half as much as you intend, turn over and roll the other side; leave the paste about an inch thick; this is to stretch the butter, and rolling always just the same on both sides so as to keep the butter poised midway between the paste; fold the paste in three, turn around, press as before and roll. This process of rolling is done seven times and it is best to let the paste wait a few minutes between each roll; therefore if you make the pound mixture you might work half at a time and let one part wait while the other is worked. It is much better to chill the paste between every turn. In warm weather six turns should be enough, but seven is the proper number; more might break the layers. The