That old stand by, French toast, takes on a whole new taste when you blend some pineapple juice concentrate and a ripe banana into the recipe.

You can always count on evaporated milk to make the centre of the toast rich and custardy and now the bananas and pineapple will give it a touch of the tropics.

It's simple to make and topped with pineapple sauce, it's simply delicious to eat.

Tropical Isle French Toast

- 3/4 cup (175 ml) undiluted evaporated milk;
- 1/4 cup (50 ml) water;
- 4 eggs;
- · 1 small ripe banana;
- 2 tbsp (30 ml) frozen pineapple juice concentrate;
- · 6 Slices (1/2 inch/12mm) day old egg bread;
- butter;
- pineaple sauce;

Directions: Combine evaporated milk, water, eggs, banana and pineapple juice concentrate in blender container. Cover and blend at high speed until smooth.

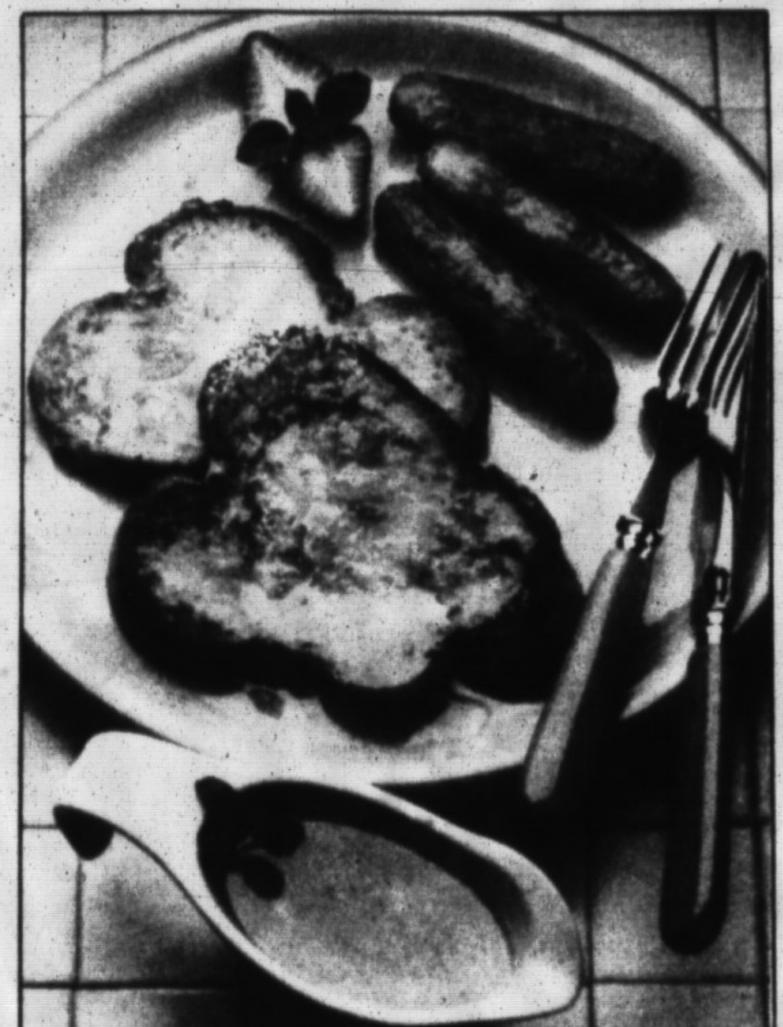
Place bread slices in a large shallow pan. Pour milk mixture over bread. Turn slices over once. Cover and refrigerate one hour or until liquid is absorbed (bread may be refrigerated overnight if desired).

Melt a small amount of butter in frypan. Cook bread slices, part at a time, "until golden on both sides; add more butter to pan as needed.

Serve with Golden Pineapple Sauce. Makes 6 slices.

Pineapple Sauce

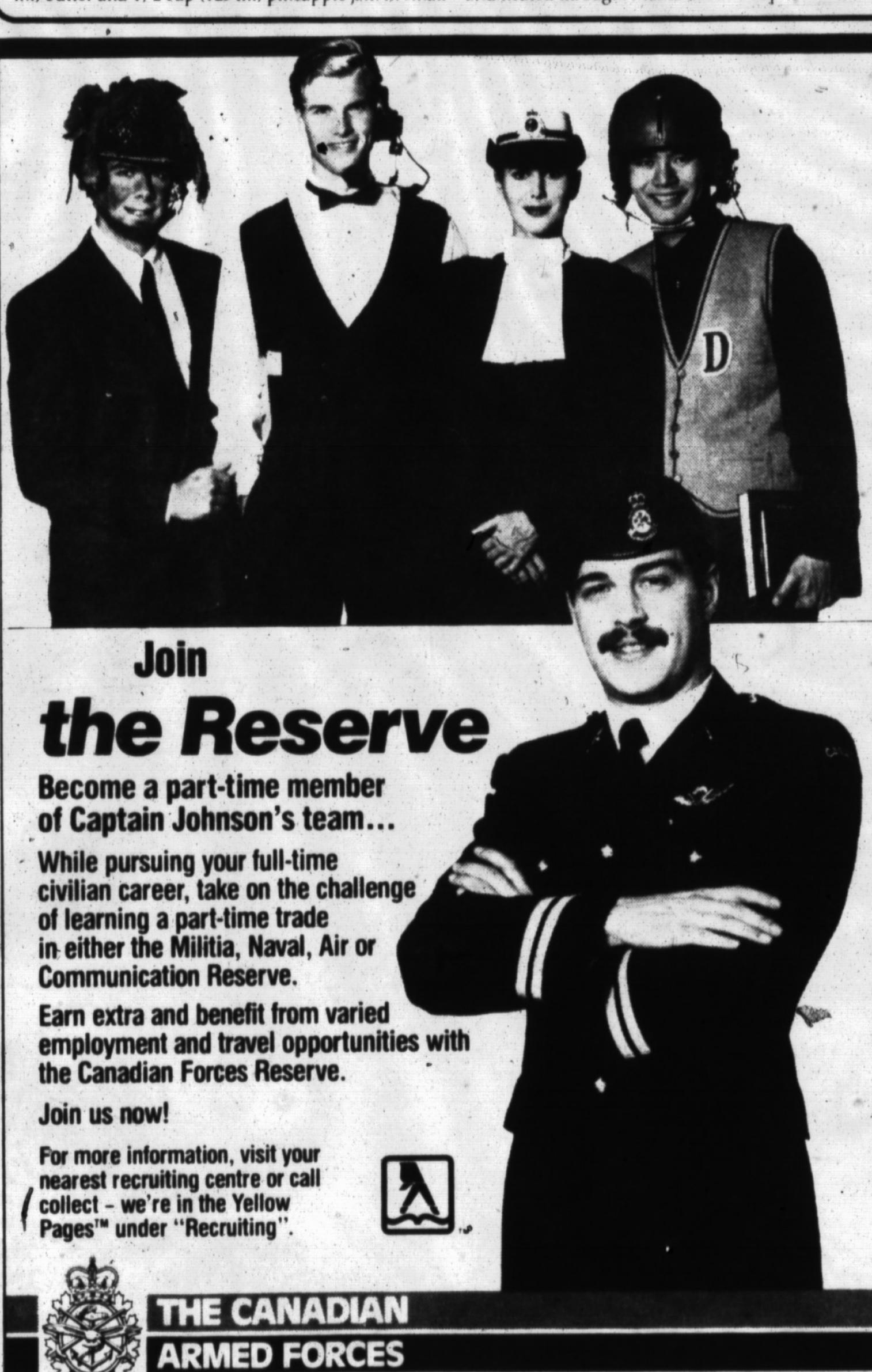
Directions: Pineapple sauce: Combine 1/2 cup (125 ml) butter and 1/2 cup (125 ml) pineapple jam in small and heated through. Makes about 1 cup (250 ml).



Tropical Isle French Toast is simple to make and

saucepan.

Cook and stir over low heat until smoothly combined



It's also the Reserve



First Community Church of Milton

Sunday Services and Church School 10 a.m. Halton Centennial Manor Auditorium Enter from Childs Drive

Everyone Welcome A Caring Community

Pastor: Emrys Jenkins

Church Office: 878-0354 581 McGeachie Drive Unit #5

Milton, Ontario



Mass Times: Sat. - 7:15 p.m. Sun. - 9:00 a.m. 10:30 a.m., 12 noon

OUR LADY OF VICTORY Milton Heights Mass at 10:30 a.m. Sunday

ST. PETER'S CHURCH 9th Line Trafalgar Mass at 9:00 a.m. Sunday Revs. Earl Talbot, Donald Withelm, Harold Bedford, S. J.



MILTON ALLIANCE CHURCH 2850 DERRY RD.

Pastor: Rev. Errol Rempel Minister to Youth Rev. Mark Kotchapaw 878-5664

ST. PAUL'S

UNITED CHURCH

123 Main St. at James

878-8895

Rev. Robert Hyde

Rev. Elaine Longland

9:45 a.m. Family Sunday School Morning Worship Service 6:30 p.m. Evening Service

Nursery Facilities at all Services

SUNDAY MARCH 4, 1990

10:30 a m. Worship Service

Sermon Title:

'There's more to life than

dust & demons"

Lessons:

Matthew 4:171

to sanctuary from parking lot

TRINITY

BAPTIST CHURCH

P.O. Box 596, Burlington

4272 Appleby Line

Rev. W. E. Payne

634-4879

SUNDAY, MARCH 4, 1990

9 45 a.m. Bible School

with classes for all ages

11:00 am & 6:30 p.m.

Services of Worship, Praise

and Bible Teaching

Tuesdays 7:00 p.m.

BOYS & GIRLS CLUB Ages 8-12

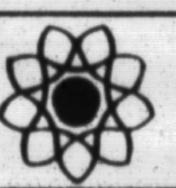
Wednesday, 7:45 p.m.

PRAYER MEETING & BIBLE STUDY

Proclaiming God's Sovereign Grace

ip to 2 years available Whealchair access

Genesis 2:4-9, 15-17, 25-



BAHA'I FAITH P.O. BOX 13 MILTON, L9T 2Y3 878-3098

"These children are even as young plants, and teaching them the prayers is as letting the rain pour down upon them."

> Wed., Feb 28 4.30 - 5.30 pm Hugh Foster Hall

"Come Read with Us" Family Storytime re: life's challenges/choices

OPEN TO ALL - JOIN US!

THE PRESBYTERIAN CHURCH IN CANADA KNOX, MILTON

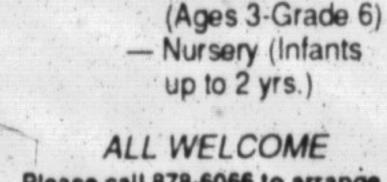
170 Main St., E. 878-6066 Minister - The Rev Nobie Dean Diaconal Minister - Miss Terrie-Lee Hamilton

MISSION SUNDAY, MARCH 4, 1990 9:30 a.m. - Adult Bible, Study 9:45 a.m. - Junior, Senior High . Bible Study

11:00 a.m. - Morning Worship Guest Speaker: Rev. Florence Palmer - Church School

> up to 2 yrs.) ALL WELCOME

Please call 878-6066 to arrange for Wheelchair Access



MILTON **APTIST CHURCH**

900 Nipissing Road 875-1626

Pastor: Rev. Terry Laing

Sunday, March 4, 1990 Sunday School: 9:45 a.m. Morning Worship: 11:00 a.m.

Junior Church and Nursery Wheelchair Accessible

GRACEWAY BAPTIST CHURCH Pastor: Walter H. Isaak

876-2298 We welcome you to meet with us at: 407 Pine Street Next to Milton Library

10:00 a.m. - Sunday School 11:00 a.m. - Morning Worship 6:30 p.m. - Evening Service Thursday 7:00 p.m. - Bible Study

Nursery and interpretation for the hearing impaired provided for all services.

"The Church That Cares For You!"

GRACE ANGLICAN CHURCH

317 Main St., Milton, Ont. 878-2411

Sunday, March 4, 1990

8:00 a.m. Holy Eucharist 10:30 a.m. Holy Eucharist

Canada

MILTON GOSPEL HALL

306 Ontario St. S. 878-2022

10:00 a.m. - Breaking Bread 11:45 a.m. - Sunday School 7:00 p.m. - Gospel Service

> Wednesday 7:30 p.m. Prayer and Bible Reading

"For God sent not his son into the world to condemn the world; but that the world through him might be saved."

JOHN 3:47