

Cookery Around the World

CORNISH PASTY

England

The Cornish Pasty is, and has been from time immemorial, the staple dish of the county, and in giving various recipes for making it, it may be noted that the method does not vary, but the name of the pasty varies according to the filling, or inside.

Pastry. Any good pastry may be used, but it should not be too flaky nor too rich. A very useful pastry is 1 lb. flour, $\frac{1}{2}$ lb. lard and suet, $\frac{1}{2}$ tablespoon salt, mix with water.

When the pastry is made, roll out about $\frac{1}{4}$ inch thick, and cut into rounds with a plate the size desired.

Lay the rounds on the pastry board with half of the round over the rolling pin and put in the fillings, dampen the edges lightly and fold into a semi-circle. Shape the pasty nicely and "crimp" the extreme edges where it is joined between the finger and thumb. Cut a slit in the centre of the pasty. Lay on a baking sheet and bake in a quick oven so that it keeps its shape.

Meat and Potato Pasty. Always use fresh steak, potatoes cut small, salt and pepper flavoured with onion.

Eggy Pasty. Bacon diced, parsley and one or two eggs, according to the size of the pasty required.

Rabbity Pasty. Use fleshy part of rabbit cut up the same as meat, fairly small.

Apple Pasty. Peel apples, slice thinly, and lightly sprinkle with brown sugar. In summertime blackberries are usually mixed with the apple.

Happiness in the Institute

In an article on "What A Women's Institute Means In Our Community", Mrs. J. C. Backus, President of Port Rowan Institute, has this to say about the importance of happiness in the Institute:

"Happiness is the spirit of the meeting and our women carry this happiness all the way home. Every husband and family can tell you they are glad when Mother goes to the Institute. She comes home so much more cheerful and her head is so full of new ideas. It has been good for mother and good for us all.

One small-town storekeeper once expressed it this way:

'I can always tell when there has been a Women's Institute meeting. They flock in here by the dozens all talking at once, mostly about a grand meeting or they're getting a parcel ready to send overseas, or a shower for the hospital, or a bus trip to the city, or a picture show for the next meeting. Gosh! Makes me want to join, too. Just had a short course in cooking and my wife's making the best biscuits and pies she's ever made. And now she's get-

ting off to a convention to learn a lot more. Even the youngsters are happier when their mother's been to the Institute. That's the way it is at our house.'

And with most of the homes reporting the same — that, you see, is what the Women's Institute means to our community."

How Institutes Use Their Government Grant

AS EVERY Institute member knows, if the annual Government Grant of three dollars to a branch Institute is accepted, it must be used "for educational purposes." Here are some of the "educational purposes" reported by various branches:

To give a book to each child who makes the most progress in his or her Grade in school during the year.

To help pay the cost of sending the two magazines "Canadian Nature" and "Wee Wisdom", to each of two schools.

As donations to each of three schools to replenish first aid kits, which the Institute donated to them some time ago.

To supplement the County Library fund.

To procure educational films.

To give prizes at the school Fair.

To purchase a Tweedsmuir History Book.

For prizes for those taking part in an Oratorical Contest.

To purchase additional books for the Township Public Library.

To pay expenses of the Girls' Club Leader and Assistant Leader when attending classes.

To send two girls to the Girls' Homemaking Club.

To sponsor a writing contest for the school children.

To give a Scholarship to pupils for General Proficiency, Social Aptitude and Consideration of Fellow Pupils.

For prizes given to school children for essays written on Community History.

For educational slides.

For educational purposes for the local Girl Guides.

For a yearly subscription to the National Geographic magazine, which is presented to the school.

Used in co-operating with the Farm Forum in bringing Film Board pictures to the district.

Used for purchasing music supplies for the school.

To pay expenses connected with an Extension Services course.

To defray expenses for a lecture on Adult Education.

To further equip the Institute's hospital room with reading material.

For prizes for the best essays on Temperance.