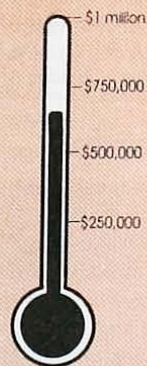


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# HOME & COUNTRY

Fall 2003

**“If your house isn’t warm, the bread won’t rise!”**



## 60 % Whole Wheat Bread

- 1 cup warm milk
- 2 Tbsp brown sugar
- 2 tsp salt
- 2 Tbsp shortening
- 3 cups whole wheat flour
- 2 – 2 1/2 cups all purpose flour
- 1 tsp sugar
- 1 cup warm water
- 1 package active dry yeast

**H**ow’s that for great advice? Lila Smiley, bread baker at large and a member of the District 1 Central Canada Exhibition Home Craft Committee, has done it again! Her now famous 60 % whole wheat bread won first place at the Ontario Association of Agricultural Societies Convention last February. Fifteen District winners competed for first place, but Lila’s stole the show.

Lila received a cash prize, a great big basket full of baking products, a Henkels bread knife, and would you believe – a Black and Decker bread making machine? Lila said she found the recipe in a 4-H cookbook. After being a member of 4-H for about 15 years, Lila went on to lead a number of 4-H Bread Baking Clubs.

As one of the founding members of the Greely-Manotick Women’s Institute, Lila remembers learning how to bake bread through baking classes provided by the Department of Agriculture. What’s the secret to Lila’s successful bread recipe? Find out for yourself. She has been kind enough to share it with you.

1. Heat milk over low heat until warm.
2. Measure 2 Tbsp of brown sugar, salt and shortening into a large bowl. Pour warm milk over and stir until shortening is melted. Cool to lukewarm.
3. Dissolve 1 tsp of sugar in warm water and sprinkle yeast over top. Let stand 10 minutes, then stir briskly with a fork.
4. Add to lukewarm water mixture and stir.
5. Stir in 3 cups of whole wheat flour and beat until smooth.
6. Gradually add remaining flour working the last in with a rotating motion of the hand.
7. Turn dough onto a lightly floured board and knead until smooth – 8 to 10 minutes.
8. Place dough in a lightly greased warm bowl. Grease top of dough slightly by turning it over, once or twice in the bowl.
9. Cover with a clean towel and let rise in a warm place until doubled in bulk – about 1 hour.
10. Punch down risen dough and turn onto a lightly floured board.
11. Divide in half, forming each piece into a smooth ball. Cover and let rest 10 to 15 minutes.
12. Shape into 2 loaves. Place in greased pans, cover and let rise until doubled – about 1 hour.
13. Bake in a preheated oven at 400 degrees F. for 35 to 40 minutes. Cool on wire racks and enjoy!

Extracted from an article by Dosi Cotreno in *The Review* (Manotick), *The Kemptville Advance*, May 2003.

## Inside:

An Invitation Refused . . . . .	2	FWIO ROSE Partners . . . . .	5	Congratulations Column . . . . .	9
On Your Behalf . . . . .	3	FWIO Executive Officer’s Report . . . . .	6	Tweedsmuir Coordinator’s Report . . . . .	10
Macdonald Institute Anniversary . . . . .	3	Advocacy Coordinator’s Report . . . . .	7	The Quilt of Belonging . . . . .	11
Board Briefings . . . . .	4	We’re History . . . . .	8	Celebrating 100 Years . . . . .	12-13
		Thanks for the Memories . . . . .	8	Cross Country Calendar . . . . .	14-15
		Branching Out . . . . .	9	For Your Information . . . . .	16