

HOMES & COUNTRY

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Soup's On!

Elm Grove Women's Institute in Perth South District has participated in the Alzheimer Society's fundraiser called "Soup's On" for the past four years in Stratford. The group made ten gallons of soup to be sold in cup and sample size portions. They were just one of 30 booths, including local restaurants and organizations. Attendance at this event reached 2,300 and \$1,500 was raised for the local Society's support and educational programs.

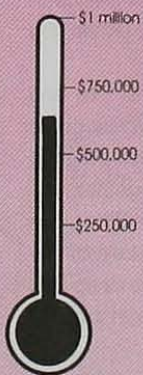
This year the ladies produced two winning soups. Their Hearty Cabbage Soup won the Best Hearty Soup and their Curried Carrot and Apple Soup won the Best Vegetarian Soup, both in the amateur division. Two members appeared on Breakfast Television on City TV in Toronto with the winning soups. What a great opportunity this has been to promote the Women's Institute.



Preparing the soup is a social occasion the night before the event, as four or five ladies create in one kitchen. Shown from left to right are Elaine Thomson, Louise Monteith and Jeannie Graham-Rae.

Submitted by Elaine Thomson, Elm Grove WI, Perth South.

Headquarters Fund



To date:
\$13,014.18
Goal: \$1 million

Curried Carrot and Apple Soup

Elm Grove WI's Award Winning Soup

Serves 4

2 tsp. sunflower oil
1 tbsp. mild korma curry powder
3 1/2 cups chopped carrots
1 large onion, chopped
1 tart cooking apple, chopped
3 cups vegetable stock
salt & fresh ground pepper
plain yogurt and carrot curls to garnish



1. Heat oil in large, heavy bottomed pan. Add curry powder and fry for 2-3 minutes.
2. Add carrots, onion, apple and stir well until coated with curry powder. Cover pan.
3. Cook over low heat approx. 15 min., shaking pan occasionally, until the mix is soft. Spoon mix into a food processor or blender, then add half the stock and process until smooth.
4. Return to pan and pour in remaining stock. Bring to boil & season to taste. Serve in bowls, garnishing with a swirl of yogurt and a few raw carrot curls.

Inside:

Letters to the Editor.....	2	MRDD Profile	5	Branching Out.....	9
President's Column	3	MRDD Update	5	Royal Agricultural Winter Fair	9
Focus High for WI Timeline	3	Lobbying Report.....	6	Picture of the Year, 2001	10
Board Briefings	4	Telehealth Ontario	6	International Report	11
		ROSE Health Program Report	7	Cross Country Calendar.....	14-15
		Profile: President-Elect	7	For Your Information.....	16