

BAKED IN A PIE SONG

composed by Brenda Townsend

sung by members of the "Baked in a Pie" course at their Summary Day
and also at the 1974 District Annual.

Late in November
We met in Ameliasburg Hall,
For two afternoons,
Twenty-nine ladies in all.
Members and friends
All joined together to ask
"How do you roll out the pastry?"
That's the leaders' task.

Three groups made pastry.
They used flour, water and fat;
Three kinds for three pies,
Rolled out with care, really flat.
Two for the main course -
Cheeseburger and quiche lorraine;
Top off the third with blueberries,
Don't count calorie gain.

Tough, hard or soggy?
Shrunk up to nothing? Too bad!
We solved the problem.
Our pie's the best that you've had.
Follow the Food Guide;
Health of your family wins.
There's protein and iron in pastry
And B Vitamins.

Small puffs from chou paste -
We put a cream sauce in some,
Topped off with chocolate
All thought that they were "yum-yum".
Stuff some with salad
And you have delicious bouchees.
Chou paste goes well with chicken,
Tastes good many ways.

Choose pie as dessert;
It's sure to please the whole gang.
What top goes on it -
Whipped cream or streusel, meringue?
Roll out the pastry,
Cut out a few squares, my dear;
Put in a filling of minced meat,
Then bake without fear.

What did we like best?
Working together was fun.
Some brought their children,
Neighbours came; new friends were won.
Roll out the pastry
Serve it to your friends and mine.
We know how to make a good pie
And had a good time.

Sung to the tune of "Roll out the Barrel".

Eat to Live, not Live to Eat

composed by Brenda Townsend

given as Roll Call by Mrs. Cecil McPaul at 1974 District Annual.

Do you rise up each morning feeling spent?
Like your "get up and go" just got up and went?
Is your body sluggish? Do you feel low?
Like your speedometer is set at permanently slow?
Well, think for a minute about that device
Where you spend each day, whether cloudy or nice -
Your body, I mean - that essential compartment
Which houses your living and thinking department.
What fuel do you feed it? It's important, you know,
'Cause what you eat makes it fit and ready to go.
So think before tasting that delicious snack;
Where will it go and what will come back?
Will it put in your tank a tiger with vigor?
Or just make the cage a little bit bigger?

Fuel for your body comes from food that you eat.
Protein builds tissues and is in poultry and meat.
Milk has it too, along with calcium for bone;
So think when you eat, and take care of your own.
Carbohydrates in cereals and potatoes, you see,
Along with some fat, produce energy.
Fresh fruit and vegetables are necessary, for sure;
Without all their vitamins your health would be poor.
Now, are you puzzled? Thinking "What will I eat?"
Just follow the Food Guide; it's advice can't be beat.
Eating means living, but food shouldn't just fill you,
So think before buying; plan the family menu.
Make sure that the food will do you some good.
You don't live to eat, so eat what you should.