

Foods Featured By Sydenham WI

Sydenham Women's Institute members were hostesses recently to representatives of six other WI branches at a "Summary Day" which was the culmination of a dessert course carried on for three sessions previously. The course was conducted by Miss Karen Unruh, county home economist and Miss Mary McInnes, foods and nutrition specialist of the Ontario home economist service.

Those attending and branches they represented were: Mrs. K. Caskey, Mrs. G. Gordon, Glenburnie; Mrs. J. Campbell, Mrs. E. Hamilton, Godfrey; Mrs. K. Clarke, Mrs. R. Garrett, Harrowsmith; Mrs. J. Busterd, Mrs. E. Day, Jubilee; Mrs. J. McLean, Mrs. M. MacDonald, Pittsburgh; Mrs. J. Babcock, Mrs. D. Rider, Verona; Mrs. O. Gossage, Mrs. G. Lewis, Sydenham.

These key people returned to their own communities and conducted similar courses. In Sydenham the classes conducted by Mrs. Gossage and Mrs. Lewis, attracted an average of 43 participants for three sessions.

At the close of the classes, the members demonstrated the new ideas for desserts they had learned at a dessert and coffee party.

Guest speaker at the party was Thomas Boyd of Cooke's Fine Foods, Kingston. Mr. Boyd spoke on the history of food and described some of the exotic foods, imported by his firm.

Sydenham WI also participated in a further program on nutrition, under the heading "Creative Cookery." This was directed by Miss Marion Ivens.

The regular monthly meeting was still on the food theme when an institute member, Mrs. Harold Millar demonstrated colorful sugar decorations for cakes.

Miss Marion Clow gave a

thoughtful explanation of the WI motto, "I believe that I am put into this world for a purpose and that purpose is to put more into life than I take out."

The meeting was at the home of Mrs. U. F. Blakslee and featured the induction of seven new members.

Next project for the Sydenham WI will be sponsoring the public speaking contest for elementary school pupils. The competition will take place in the Town Hall in mid-March.

December, 1982

REPORT OF SYDENHAM WOMEN'S INSTITUTE D. Mabblerly

The Nov. meeting held at Leah Hartman's on Nov. 16th was an evening of planning and discovery. The planning portion of the meeting included the finalizing of all the details in preparation for the 20th Annual Seniors' Christmas Dinner. The discovery portion of the meeting was revealed to us by our guest speaker, Mrs. Doreen Howes of Parham, our District Tweedsmuir History Curator. We were able to step back in time, to the early years of this century to learn the fascinating history of the Frontenac W.I. One interesting fact, of which Sydenham may well be proud, was the meeting of a group of 92 women at the Lacey home in the year 1921, to form the Frontenac Women's Institute. Mrs. Howes supplemented her remarks with 2 beautifully bound books, which cover the 60 year history of the Frontenac W.I.

The Institute prepared & served the Legion dinner on Nov. 7th. Since requests for the "Carrot Salad" recipe were numerous, we decided to share it with all the Triangle readers. The recipe follows as given by Carol Forde, but originating from the kitchen of Mrs. Eliza Ball, one of our senior Sydenham residents.