GOWER AGRICULTURAL SOCIETY

COOKERY, HANDICRAFTS & CHILDREN’S CLASSES

visit www.gowershow.co.uk

SUNDAY 6 AUGUST

PENRICE CASTLE PARK, REYNOLDSTON, GOWER SA3 1LA
GOWER AGRICULTURAL SOCIETY

THIS YEAR’S THEME: ‘GOWER’S CENTENNIAL SHOW’

COOKERY, HANDICRAFTS & CHILDREN’S CLASSES

To be held at
PENRICE CASTLE PARK, REYNOLDSTON, GOWER
ON
SUNDAY 6th AUGUST 2017

STAGING OF ALL CLASSES -
SATURDAY 5th August 2017
BETWEEN 12 noon & 2 pm
FOR JUDGING AT 2.15 pm

Entries & Fees BY Saturday 1st JULY 2017, to:
Mrs Daphne Furneaux
Thurba Cottage
Pitton, Rhossili
Swansea SA3 1PH
Tel: 01792 390754

STRICTLY NO LATE ENTRIES ON DAY OF JUDGING
(N.B. NO ENTRIES WILL BE ACCEPTED ON DAY OF JUDGING)
Theme:
‘A PICNIC LUNCH AT THE GOWER SHOW’

Sponsored by the family of The late Mrs E Beynon, Reynoldston

EXHIBITS TO INCLUDE EACH OF THE FOLLOWING
Three Cookery Items
1 Jar of Preserve
Two Items of Craft
One Floral Arrangement

To be judged in accordance with “On with the Show.”
Staging & Interpretation to be judged.
No background staging allowed.
No Cutlery, Table size 3ft wide & 2ft 3 ins deep
N.B. ALL Exhibits to be the work of a member of the W.I.

Three members max. to stage Co-operative
Perpetual Challenge Shield to be awarded to the winning Institute.
(To be held for one year only.)

Prizes: 1st £15, 2nd £10, 3rd £5

2016 Winner – Upper Killay W.I.

NEW FOR THIS YEAR - A NOVICE CLASS
for all WI’s who have not won a 1st, 2nd or 3rd prize at The Gower Show within the last five years.
Please use all the information as per the W.I. Co-op above.
**OPEN COOKERY SECTION**

ALL Preserves not less than ½lb (225gm) in size  
*Please read the hints & tips appended to this schedule to avoid disappointment or disqualification.*

<table>
<thead>
<tr>
<th>Class</th>
<th>Description</th>
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<tbody>
<tr>
<td>1</td>
<td>Jar of favourite Jam</td>
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<tr>
<td>2</td>
<td>Jar of Chutney</td>
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<tr>
<td>3</td>
<td>Jar of Fruit Curd</td>
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<tr>
<td>4</td>
<td>Jar of Marmalade</td>
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<tr>
<td>5</td>
<td>Jar of Fruit Jelly (could be ½ lb.)</td>
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<tr>
<td>6</td>
<td>3 jars of preserves <em>(to be staged within a space of 12in/30cm)</em></td>
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<tr>
<td>7</td>
<td>An Apple Cake <em>(recipe enclosed)</em></td>
</tr>
<tr>
<td>8</td>
<td>A Bara Brith <em>(recipe enclosed)</em></td>
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<tr>
<td>9</td>
<td>4 Welsh cakes</td>
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<tr>
<td>10</td>
<td>A Victoria sandwich, with Raspberry jam filling</td>
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<tr>
<td>11</td>
<td>A fruit tart</td>
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<tr>
<td>12</td>
<td>An Egg Custard Tart</td>
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<tr>
<td>13</td>
<td>A Cherry &amp; Almond Cake <em>(recipe enclosed)</em></td>
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<tr>
<td>14</td>
<td>3 Glamorgan sausages</td>
</tr>
<tr>
<td>15</td>
<td>A plaited White loaf of Bread</td>
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<tr>
<td>16</td>
<td>2 Corned Beef pasties</td>
</tr>
<tr>
<td>17</td>
<td>4 Biscuits <em>(competitors own choice of recipe)</em></td>
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**ONLY MEN ALLOWED**

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<thead>
<tr>
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<th>Description</th>
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<tbody>
<tr>
<td>18</td>
<td>A Tiesen Lap <em>(recipe enclosed)</em></td>
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<tr>
<td>19</td>
<td>3 Sausage Rolls</td>
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**HANDICRAFT**

<table>
<thead>
<tr>
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<th>Description</th>
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<tbody>
<tr>
<td>20</td>
<td>3 items of craft <em>(to be staged in a space 2ft x 2ft, background permitted)</em></td>
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<tr>
<td>21</td>
<td>A Tea Cosy (any medium)</td>
</tr>
<tr>
<td>22</td>
<td>A Painting of a Gower Scene</td>
</tr>
<tr>
<td>23</td>
<td>A photomontage of Gower Shows ‘Past &amp; Present’</td>
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<tr>
<td>24</td>
<td>A Teddy Bear, any medium</td>
</tr>
<tr>
<td>25</td>
<td>A draught excluder or door stop, any medium</td>
</tr>
<tr>
<td>26</td>
<td>An item of craft using only the colour of GREEN</td>
</tr>
<tr>
<td>27</td>
<td>An item of craft not catered for in any other class</td>
</tr>
<tr>
<td>28</td>
<td>Create a Sensory Band (see pattern included)</td>
</tr>
</tbody>
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*All items created will be donated for use in dementia care*
## UNDER 4 yrs

29 A pretty picture, any medium

## UNAIDED WORK – Age Group: 7 or under

30 A ‘Selfie’ photograph
31 A decorated horseshoe, any medium
32 3 Rock cakes
33 A caterpillar, any medium
34 An item made from woodland materials
35 A decorated mask, any medium
36 A Ladybird or Spider, any medium

## UNAIDED WORK – Age Group: 8-11 years

37 A ‘Selfie’ photograph
38 3 jam tarts
39 Chocolate Biscuit Cake (recipe enclosed)
40 A butterfly, any medium
41 An item made from woodland materials
42 A decorated mask, any medium
43 A Ladybird or spider, any medium

## UNAIDED WORK – Age Group: 12-16 years

44 A chocolate Victoria sandwich with butter cream filling
45 A ‘Selfie’ photograph
46 ‘You made it, Let’s see it!’ e.g. any item of craft/cookery
47 An A4 size computer generated poster to advertise - ‘The 100th Gower Show’
48 An item made from re-cycled materials
49 3 decorated cup cakes (*Decoration only to be judged*)
50 A Ladybird or spider, any medium
ENTRY FEES

ENTRY FEES -
ALL CLASSES: 50p PER ENTRY
W.I. Co-op: £1.00
CHILDREN’S CLASSES: FREE

Prizes: 1st £3, 2nd £2, 3rd £1

Only one entry per person, per Class

Class numbers to be collected from the Secretary’s table inside Open Classes Marquee.

Presentation of Trophies and Prize Money will be awarded after 4pm, on Sunday 6th August 2017

NOTICE TO ALL EXHIBITORS

1. All exhibits to be staged on Saturday 5th August - 12 noon - 2 pm, and not removed before 5.30pm on Sunday 6th August 2017.
   N.B. The show is open to the public until 6pm and therefore NO exhibit is to be removed before 5.30pm on Sunday August 6th 2017 unless under exceptional circumstances.

2. The Society and the show committee do not hold themselves responsible for any loss, damage or mis-delivery of exhibits consigned to or from the show or whilst on the show ground, although utmost care and security will be taken.

3. An Exhibitor pass will only be given with entry fees exceeding £5.
   The Marquee will be open to the public on Sunday 6th August at 9.00am until 5.30pm after which exhibits may be removed.

4. THE JUDGES DECISION IS FINAL AND BINDING.

5. STRICTLY NO LATE ENTRIES TAKEN DAY OF JUDGING.

Please note: ALL measurements in Recipes provided, have been successfully proven by Committee members.
APPLE CAKE

**INGREDIENTS:**
- 8oz Apples sliced
- 8oz Sultanas
- ¼ pt Milk
- 6oz Soft Brown Sugar
- 12oz SR. Flour
- 2 tea spoons mixed spice
- 6oz Butter
- 1 Egg (beaten)
- 1oz Demerara sugar (for top of cake)

**METHOD:**
- Mix apples, sultanas, milk and sugar together.
- Sieve flour and spice in a bowl, rub in butter.
- Add apples etc and mix well.
- Put into an 8” square tin.
- Sprinkle Demerara sugar on top.
- Bake in oven 170 – 350 for 1 ¾ hrs

BARA BRITH

**INGREDIENTS:**
- 8 oz currants
- 8 oz Sultanas
- 8 ozs light muscovado sugar
- ½ pt strong hot tea
- 10 ozs S.R. Flour
- 1 large egg, beaten

**METHOD:**
- Measure fruit & sugar into a bowl, pour over the hot tea. Cover and leave overnight.
- Pre-heat the oven to 150C, Fan 130C/Gas 2. Grease a 2lb loaf tin & line with non stick baking parchment.
- Stir the flour & egg into the fruit mixture, mix well, then turn into the loaf tin. Bake for 1½ hrs or until well risen and firm to the touch. A skewer inserted into the centre should come out clean. Leave to cool in the tin for 10 minutes & then turn out. Peel off the parchment and finish cooling on a wire tray.

TIESEN LAP

**INGREDIENTS:**
- 110 gm (4oz) Butter or Margarine
- 225gm (8oz) Plain flour
- 110 gm (4oz) Sugar
- 110gm (4oz) dried fruit
- 1 Tbsp baking powder
- ½ tsp Grated nutmeg
- 2 eggs
- 150ml (¼ pt) milk

**METHOD:**
- Rub fat into flour, add sugar, fruit, baking powder & milk. Beat the eggs and carefully mix in. Gradually stir in the milk to until you have a dropping consistency. Turn the Teisen lap mix into a prepared 8 inch sandwich tin or onto enamel plate at 350F/180C or Reg 4 for 30 mins until lightly browned and firm to the touch.
CHERRY & ALMOND CAKE

INGREDIENTS:
- 100gm (4oz) glacé cherries
- 100gm (4oz) butter
- 100gm (4oz) margarine
- 225gm (8oz) caster sugar
- 3 eggs
- 1/4 teaspoon almond essence
- 225gm (8oz) plain flour
- 100gm (4oz) ground almonds
- 1 teaspoon baking powder
- A little granulated sugar for sprinkling

METHOD:
Heat oven to 140C (275F) mark 1. Grease a 20cm (8inch) round cake tin. Line the base and sides with doubled greaseproof paper. Brush paper with melted fat. Halve, wash and dry the cherries. Cream butter, margarine & caster sugar until light and fluffy. Beat the eggs & almond essence together and add gradually, beating well after each addition. Add cherries and mix thoroughly. Sieve together the flour, ground almonds and baking powder, fold very lightly into the creamed mixture. Place in the prepared tin and smooth over the top. Sprinkle the granulated sugar over the top. Bake for 2 1/4 hours or until the cake is starting to shrink from the sides of the tin and firm to touch. Cool for 15 minutes in the tin before turning out onto a cooling rack.

NO BAKE CHOCOLATE BISCUIT CAKE

INGREDIENTS:
- 7 oz Rich Tea biscuits (broken roughly)
- 4 oz margarine
- 4 oz caster sugar
- 2 oz sultanas
- 2 oz glace cherries, quartered
- 1 egg, beaten
- 1 Tablespoon Cocoa powder

Topping:
- 8 oz plain or dairy chocolate

METHOD:
Melt together margarine and sugar, until sugar is dissolved. Cool very slightly. Add in remaining ingredients, taking care not to curdle the egg. Place in an 8 inch square roll tin and cool. Finally, melt the chocolate and spread over the top of the biscuit mix.
The aim of a Sensory Band is to create something for dementia sufferers which will keep their hands busy ‘remembering.’

Many people with dementia often find comfort in having something for their hands to do, especially those staying in an unfamiliar environment, such as a hospital. Sensory bands can also provide constancy for patients and help calm them. Since these interactive textiles are meant to stimulate memory, it is important that you trigger the senses by using different textures and embellishments as much as possible. You can create your own original sensory band or you can use the pattern below as an example.

**You will need:**
- Size 6 or 8 knitting needles
- Selection of wools from DK, cotton and superfine
- Selection of ribbons, buttons, name tags, length of pom pom trim, felt and poppers

Cast on 70 stitches
Knit 16 rows of rib in a DK wool (K2, P2)
Row 17, change colour and K for the next 6 rows.
Row 23, change colour & knit 16 rows in stocking stitch (Knit one row, Purl one)
Row 39, change colour, knit 3 rows
*(Note, you could insert eyelets here if you wish to insert ribbons)*
Row 42, purl
Row 43, knit
Row 44, purl
Row 45, knit
Row 46, knit
Row 47, Change colour and knit the next 16 rows in stocking stitch
Row 63 & 64, Knit a contrasting colour (in this case, bright pink in DK)
Row 65, Change colour and knit 5 rows in stocking stitch
Row 70, continue in the same colour & knit for 14 rows
Row 84, Knit
Row 85, purl
Row 86 Knit
Row 87 Purl
Row 88 Change colour and knit in rib for 6 rows
Row 94, Change colour and knit for the 8 rows
Row 102, Change colour and continue in stocking stitch for the next 6 rows
Row 108 Change colour and continue in rib for the next 8 rows
Cast Off

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Preservation is a method of ‘keeping’ fruits & vegetables at their best for use until the next season of production. Containers are sealed to preserve items for this length of time or longer.

Fruit curds, mincemeat & uncooked chutneys and relishes are not accepted as true preserves as they do not have this lengthy keeping ability but are marked using the same recommended marking scheme.

The first thing a judge will look for is a ‘seal’ which shows that the item is actually worthy of the term preserved.

Lids should always be put on freshly potted sugar preserves immediately each jar is filled, when hot.

A twist top or plastic cover will ‘pop’ when opened, if there is a true seal.

Avoid honey jars with screw tops, as the thread does not produce a good seal.

A seal can only be achieved by:

- A new twist top, or
- A new pliable press-on cover, with a traditional jam jar

**NOTE:** A wax disc, placed smooth side down, when carefully trimmed to fit the rim of the jar and the surface of the preserve, will cause an air tight seal when cooled and only needs a cellophane cover to protect from dust. This should never be put on a tepid preserve as the moist air trapped may cause spoilage. Always put a cellophane cover on when completely cold.

*A wax disc is not required with a screw top lid on a jar.*

**RE-CYCLED JARS & LIDS**

Plain jars must be used for showing preserves. Jars & lids bearing trademarks should not be used for shows as this contravenes the Trades Description Act. If twist top lids are used for showing, they must be new and plain, as old lids do not always give a good seal. If a top from a vinegar jar is used, this will often impart its flavour through a jam preserve totally ruining the smell and flavour.

If no seal of preservation is present, the item is not acceptable (NA) and is not marked further (often an exhibitor will be tempted to test the seal before exhibiting, and thus destroying it!).

The container should be clean and unblemished.

Labels should be plain, clear and straight, and of suitable size for the container. Place label between the seams of the jar. Label should state contents, and, day, month & year of making.
This entry form to be completed and returned to:
Mrs Daphne Furneaux, Thurba Cottage, Pitton, Rhossili, Swansea SA3 1PH
accompanied by entrance fee on or before Saturday 1st July 2017.

Entries after this date will be accepted but will not appear in the catalogue.

**STRICTLY NO ENTRIES accepted after Thursday 3rd August 2017**

*Cheques to be made payable to GOWER AGRICULTURAL SOCIETY.*

**PLEASE NOTE** - Staging times Saturday 5th August 2017 between 12 noon and 2 pm

<table>
<thead>
<tr>
<th>CLASS NO.</th>
<th>EXHIBITORS NAME</th>
<th>NAME OF W.I.</th>
<th>CHILDREN/S AGE/S</th>
<th>Full address (in block capitals, please)</th>
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Email Address: ____________________________
Tel No. ________________________________

Entrance Fee enclosed ____________________________

Are you interested in Stewarding for an hour on Sunday?  **YES / NO**

If Yes, please state time: ____________________________