

Section A

Baking			
1	3 Savoury Scones	7	3 Shrewsbury Biscuits
2	3 Blinis	8	3 Pieces Millionaire's Shortbread
3	Plain Gingerbread Loaf (1lb tin)	9	3 Flapjack Fingers
4	Rum Baba (individual)	10	1 Individual Meringue Nest (unfilled)
5	Pineapple Up-Side-Down Cake	11	3 Portuguese Custard Tarts
6	3 Sponge Drops - filled	12	Chocolate Beetroot Cake - Given Recipe on Page 5

Section B

Housewifery and Produce			
13	Jar of Jam (named)	20	Item Using Stale Bread
14	Jar of Jelly (named)	21	Individual Quiche
15	Jar of Marmalade (named)	22	Tub of Bruschetta Topping
16	Jar of Chutney (named)	23	6 Chocolate Truffles
17	Jar of Curd (named)	24	6 Pieces of Fudge
18	3 Pizza Pinwheels	25	6 Bounty Balls
19	Single Gluten Free Egg Sponge	26	Bottle of Fruit Liqueur (named)

Section C

Floral Art and Plants	
27	Arrangement in Child's Wellie
28	Arrangement using a 'Wreath' Ring
29	House Pot Plant

Section D

Embroidery			
30	Embroidered Napkin	34	Article in Metal Thread Embroidery
31	Article in Hardanger	35	Article in Counted Thread Embroidery
32	Article in Cross Stitch	36	Article in Wool Embroidery
33	Article in Machine Embroidery		

Section E

Sewing			
37	Machine Sewn Article	41	Hot Water Bottle Cover
38	Article in Hand Patchwork	42	Sewn Cushion with Zip
39	Article in Machine Patchwork	43	Sewn Waistcoat or Gilet
40	Sewn Article incorporating Tartan		

Section F

Knitting			
44	3 Different Knitted Flowers	47	Knitted Brooch
45	Child's Knitted Cardigan DK	48	Knitted Socks - any ply
46	Knitted Arran Hat	49	Prem Baby Hat - Given Pattern

Section G

Crochet and Tatting			
50	3 Different Crochet Flowers	53	Crochet Brooch
51	Crochet Cushion	54	Article in Tatting
52	Article in Heavy Crochet		

Section H

Handcraft and Art			
55	Article Using Paper Cutting Technique (Hand Cutting only)		
56	Article in Any Type of Felting (not an animal)		
57	Needle Felted Animal	64	Good Luck Card
58	Toy (Any Craft)	65	Limerick - 'Water'
59	Christmas Stocking (Any Craft)	66	Calligraphy - Proverb
60	Article Incorporating Beads	67	Pencil Drawing
61	Item of Jewellery	68	Painting in Watercolour
62	Button Picture (Max A4 size)	69	Painting in any Medium
63	Article in Craft Not Previously Mentioned	70	Photograph -Theme Architecture

Novice Classes			
71	3 Fruit Scones	72	Pin Cushion -Any Craft
Open to any member who has not won a prize at a Federation or H and H Show			

Children's Classes			
73	Decorated Easter Biscuit	75	Paper Plate Mask
74	Lego Model - Max size 20cm cube		
Primary school age and under. Please state age.			

Beetroot Chocolate Cake

- | | |
|---|---|
| <ul style="list-style-type: none"> • 130g /4.5oz P Flour • 7g/3tsp Baking Powder • 30g/1oz Cocoa Powder • 150g/5.5oz Caster Sugar • 2 Eggs • 150g/5.5oz Beetroot (cooked & peeled) • 130ml/5floc Oil | <p style="text-align: center;">Frosting</p> <ul style="list-style-type: none"> 40g/1.5oz full fat cream cheese 40g/1.5oz spreadable butter 150g/5.5oz Icing Sugar |
|---|---|

Oven Temp: 180°C/gas mark 4 Time -30-35mins 18-20cm/7.5-8 " cake tin

METHOD

Grease and line the cake tin.

Combine flour, cocoa powder, baking powder and caster sugar well in a bowl.

Blend beetroot oil and eggs in a food processor till smooth.

Fold beetroot mixture into dry ingredients. Pour into cake tin.

Bake till firm to touch. 30-35 mins approx.

Prepare frosting by creaming cream cheese and butter. Beat in icing sugar.

Ice cake when cool.

Community Work - Eastern Promise			
Homeskills		Handcraft	
1	4 pieces of Turkish Delight	1	Article in Origami
2	4 Fortune Cookies	2	Article in Sashiko Embroidery
3	Own Choice	3	Own Choice
Minimum 4 members to compete. 2 members only to set up. Table size - up to length 48" x depth 30" . Institute to supply own score card.			

Foursome Competition	
4 Bags in 4 Different Crafts	
4 members to compete. Table length 30" x depth 30" approx. Institute to supply own score card.	

Institute Baking Competition			
1	Tea Loaf - 1lb tin size	4	3 Decorated Chocolate Cupcakes
2	3 Plain scones	5	3 Petit Fours - 1 variety
3	3 Profiteroles - filled	6	3 Pieces Eyemouth Tart
Minimum 4 members to compete. An Institute can have more than one tray. A member can compete with a different item on another tray. Federation will supply tray. Institute to supply own score card.			

Pairs Competition			
1	Iced Carrot Cake - Max 8"	2	Article in Beadwork
2 members to compete. A member may compete with a different article in more than one 'Pair'. Institutes can have more than one entry, Institutes to supply own score card			

Individual Threesome			
1	2 Mince Pies	3	Christmas Decoration
2	Christmas Card		
To be displayed on a 12" cake board. Member to supply own score card.			