

## An 'Elf & Safety' Reminder

### From the Wit And Wisdom of Helen Major

There was a young lady, Miss Dutter  
Who, in a mill, fell into a Smutter  
And it has to be said,  
Though she came out as Bread,  
She tastes good ~  
When she's covered in Butter!!

Helen Major currently works as a volunteer at the Mills Archive Trust cataloguing milling family details but has had more experience than most of hazards in old mills whilst helping her husband, Ken Major, survey decaying mills and mill sites throughout the country

## West Country Pudding

For the pastry:

6ozs Longbridge Wholemeal Flour and a pinch of salt  
3ozs Shredded Suet and 1 teaspoon of Baking Powder  
Water to mix to a soft dough – not sticky.

For the filling:

1 ½ lbs Cooking Apples (peeled and sliced);  
2 ozs Sugar

For the topping:

1 ½ ozs Butter and 3 ozs Soft Brown Sugar

Mix together dry pastry ingredients with water to Make a soft dough. Cream together topping ingredients and spread on the bottom of a well greased 1 ½ pint pie dish or pudding bowl.

Roll out 2/3rds of the pastry and line the dish then fill with the apples and sugar finishing with a layer of apples. Roll out the remaining pastry and use as a lid to cover the apples.

Seal the edges firmly. Bake in the centre of the oven for 1 hour at 180c until golden.

Turn out pudding onto a warmed, large dish. The sauce will run out and cover the dish.

Best served hot with custard.

Mmmmm. Enjoy!

*Long ago, when the children were small, we used to holiday at my aunt and uncle's house in Kingsand – a small village in south-east Cornwall. We went one day to a flower festival in a neighbourhood church and found this recipe (and others) in a collection offered for sale. It's quite delicious and before too long it was known in the family as "Cow-pat Pudding" for obvious reasons after it had been cooked.*

