

**HEALTH
DIGEST**

Start off your party with something special

This week's recipe, Ruby Red cider is a great way to start a holiday party when your guests are coming out from the cold. It is a lovely beverage for a caroling party or tree decorating party because it's warm and it can be enjoyed by children and adults alike.

You can serve the hot drink from coffee mugs for simplicity, or from clear punch glasses to allow the beauty of the color to shine through. If you are serving from a punch bowl or kettle, be sure to float a few orange slices, cinnamon sticks and whole cranberries on top for decor!

For those of you that prefer an alcohol drink, I will share with you a little secret. Many people will want to share some champagne throughout the holiday season— especially on New Year's Eve! However, many people don't know the difference between champagne and sparkling wine other than the obvious price difference at the liquor store!

Champagne is a straw-colored wine suffused with small, energetic bubbles. True French champagne comes only from a designated area in France, though many wine makers world wide use the Methode Champenoise for making their sparkling wines, which are available in liquor stores.

Champagne does not improve in the bottle and may be drunk immediately. For this reason it's usually stored upright, though, if kept in a

What's cookin'

Lori and Gerry Kentner



cellar, it is stored horizontally.

The wines, mainly from chardonnay and pinot noir grapes, are blended in autumn in large vats or casks, then bottled the following spring. The bottles are placed neck down in long racks and turned regularly to ensure

that the sediment falls constantly into the neck. After a time the neck of the bottle is plunged into a freezing mixture, and on removal of the cellar cork, the natural gas in the wine forces out the solidified sediment. Sugar is added, plus a tiny quantity of grape brandy, and possibly a little wine to top up. The bottle then receives its final cork, which is wired on.

If you plan on enjoying some of this delicious drink over the holidays, may I suggest you purchase it soon, or you may find there is none left to purchase.

Have fun and keep cooking!



Ruby Red cider

Ingredients

- 5 cups cranberry juice
- 5 cups apple cider
- 1 cinnamon stick
- 1 cup rum
- 3 tsp honey
- 5 tsp unsalted butter

Method

Combine cranberry juice, apple cider and cinnamon stick, bring to a boil and simmer for five minutes. Remove from heat and add rum, honey and unsalted butter. Stir until butter melts. Serve immediately.

Volunteers needed: Friendly visiting volunteers are needed by VON and Halton Hills Community Support and Information to visit lonely seniors in the area. Call: Sue Haggith, 873-6502.

Organ donation: Are you interested in promoting organ donation in Halton/Peel region? Contact (905) 846-3092 (local volunteer) or Organ Donation Ontario, 1-800-263-2833. Inquiries on presentations, health fairs, workshops or general information welcome.

Child Find: Volunteers are needed for the Halton/Peel Child Find Ontario organization that assists in locating missing and abducted children as well as education the public on street safety. A security check is mandatory and commitment of four hours per month. Call, Linda (905) 842-5353, ext. 100.

Midwifery: Did you know midwives attend births in hospitals as well as at home. They provide primary prenatal care including appropriate tests. Extensive postpartum care provides home visits in the first week. All care is fully funded by the Ontario Ministry of Health. Free information sessions are held at Guelph Midwives, 421 Woolwich St. Call (519) 823-9785 for more information.

the Kentners
SOCIAL CATERING LTD.

62 MILL STREET
GEORGETOWN,
ONTARIO

905-873-0404
905-846-6639
1-800-KENTNER

**DELIVERY,
PICK-UP OR
FULL SERVICE
AVAILABLE**

<p>Christmas Dinner Too busy to make it yourself? We prepare the turkey and all the trimmings. Just warm it up! No hassles. Call for pricing.</p>	<p>Holiday Pastry Platter \$12.00/doz</p>	<p>Roasted Tomato and Pepper Guacamole with tri colour tortilla chips \$45.95 serves 15-25</p>	<p>Hot Stuff Platter sausage rolls, quiche tarts, chicken fingers, broccoli poppers \$41.50</p>
	<p>Homebaked Cookies \$7.50/doz</p>	<p>Pate Maison accompanied by a selection of breads, cumberland sauce & cocktail onions \$89.95 serves 40-50</p>	<p>Hot Nifty Nibbles chicken wings, spanikopita, cheese bites, breaded jumbo shrimp \$42.50</p>
<p>New Year's Eve Gather your friends for a unique 6 course dinner designed with flare. This is available for groups of 2 or larger numbers. Starting at: \$44.95 p.p.</p>	<p>Basic Cheese Tray 5 sizes starting at: \$10.50</p>	<p>Shrimp Remoulade accompanied by pastry cups \$45.95 serves 15-25</p>	<p>Hot & Creamy Artichoke Dip with garlic toasted biscuits \$45.95 serves 15-25</p>
	<p>Deluxe Cheese Tray 3 sizes starting at: \$29.95</p>	<p>Mediterranean Antipasto Platter asparagus in proscuitto, marinated mushrooms, melon, olives, grilled vegetables, salami, tomato & bocconcini, imported cheese, breadsticks. Two sizes starting at: \$59.95 serves 25-35</p>	

We Cater To Festive Gatherings In Your Home, Office, Reception Hall or Plant. Call for a FREE Brochure.

SLVER MANAGER GUESS MAVI

Sidewalk Sale

JEANS

from

\$19.00

Your fashion authority!

GUESS FASHION

Georgetown Marketplace

702-8984

SLVER MANAGER GUESS MAVI