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**RECIPE FILE**



Tea, apple cider and spices combine to make a satisfying drink for tea totalers.

**Warm guests with hot Teatotalers**

Hot, mulled drinks enjoyed around a roaring fire have been a social expression of togetherness for centuries.

Prior to the advent of central heating the production of such drinks was in itself a ceremony. A red-hot poker was drawn from the fire and plunged into a pewter or earthenware mug of cool wine to produce a luminous "glowing" drink. Although less spectacular, today's stove top method is more practical and certainly safer when entertaining guests.

In addition to the preparation technique, mulled or warmed beverages have changed with the times. Today, many hosts prefer to offer non-alcoholic beverages as a matter of course. They know that warm, spicy non-alcoholic beverages can warm the heart and create wonderful welcoming aromas.

For a crowd, a large quantity can simmer in a crock pot or slow cooker. This is practical when entertaining guests over a period of time such as

an open house. Leave some heatproof mugs, a ladle and cinnamon stick stirrers next to the pot and let guests help themselves. Except for the occasional refill, the simmering pot can be left virtually unattended.

For a small number of guests, make a batch ahead, cool and refrigerate. When needed, ladle into heatproof mug and warm in microwave.

No matter what end flavor you wish to achieve, a good base is essential to provide "body" in satisfying hot beverages. Tea is not only a refreshing hot beverage on its own but also makes a good low calorie and inexpensive base. Tea blends particularly well with fruit juices such as apple, cranberry, orange, lemon and pineapple.

Remember too, that a hot cup of tea is a wonderful pick-me-up, but with half the caffeine of coffee it won't keep you awake all night. If someone asks for "one for the road", put the kettle on and make a hot "cuppa".

**Mulled Cider and Tea**

For a large group, increase quantity by doubling or tripling recipe. Prepare the recipe ahead, ready to heat just before serving.

- 4 cups (1 L) freshly brewed tea;
- 4 cups (1 L) apple cider or juice;
- 2 cinnamon sticks, broken;
- 12 whole cloves;
- 2 slices fresh ginger root, peeled;
- Brown sugar or liquid honey to taste;
- Orange slices, halved, and cinnamon sticks for garnish;

**Directions:** Combine tea, cider, broken cinnamon sticks, cloves and ginger in a saucepan and bring to a boil. Reduce heat and simmer for 5 minutes, stirring occasionally. Taste and sweeten with brown sugar or honey.

Transfer to crock pot, or to a container to cool and refrigerate for reheating later. Makes 8 cups (2 L).

**Your Week Ahead Horoscope**

Forecast Period: December 20 - 26, 1992

**ARIES (Mar. 21 - Apr. 20):** Married with children? If so, much discussion could be going on throughout this week between you and your spouse about expenses connected with off-spring but, in the end, you will be able to reach a happy compromise. Holiday festivities will bring you great joy.

**TAURUS (April 21 - May 21):** If you start this week in an organized manner, all should go well. You may have a few last minute holiday errands to complete — if so, get them done as early as possible. You will be invited to several social occasions which will prove to be loads of fun!

**GEMINI (May 22 - June 21):** You may have to put in some extra hours at work, and this could upset some social arrangements that you were looking forward to. Even though this may be disappointing at first, the financial rewards will be enough to make up for it. Your sound, logical advice helps a friend in need.

**CANCER (June 22 - July 22):** Be sure that you are punctual for any job interviews or business meetings. You've probably been feeling quite flustered, aggravated and busy lately, so take a break, and don't take life too seriously. Meditation would be a good form of relaxation for you. Know a good thing when you have it.

**LEO (July 23 - Aug. 23):** Affluent friends or associates can turn you on to a career or promotion opportunity. You will be at the right place at the right time. Luck seems to be following you this week. Just be sure you don't say any-

thing to offend others. Don't make anyone the brunt of your jokes. You could damage a friendship by being insensitive.

**VIRGO (Aug 24 - Sept. 22):** A break in one friendship may be unavoidable if you feel that a companion has tried to take advantage of you financially. Romantically, this should be a good time; you may even decide to consider an engagement or a marriage. Married Virgos could learn of a pregnancy.

**LIBRA - (Sept. 23 - Oct. 23):** You will meet incredibly stimulating people who could make you see things in a totally new light. This should make you somewhat more original in your approach. On Wednesday you'll feel fun-loving and extravagant, which could get you into trouble — be cautious!

**SCORPIO (Oct. 24 - Nov. 22):** The behaviour of someone close throws your week off course, but it should not bother you for long. Don't be surprised if your partner's actions are out of character. He or she could be rather temperamental, but at least you won't be bored! Holiday festivities cheer you up.

**SAGITTARIUS (Nov. 23 - Dec. 21):** Don't think you must be obligated to accept every social invitation that comes your way, just because it's the holiday season. If you don't keep a balance between work, play and rest, you will be totally run down by the start of the new year. Try to include more vegetables in your diet.

**CAPRICORN (Dec. 22 - Jan. 20):** If you are involved in any sort of partnership, let the other

person take over the reins of control now. Do your best to fulfill obligations to the letter. If you want to schedule a trip with friends or relatives, now is the time to do so. Overindulgence in food and drink could lead to a stomach ailment. Keep a balance between work and play.

**AQUARIUS (Jan 21 - Feb. 19):** This will be a very happy week for you. Time spent with friends and family always puts you in a good mood. You will also make some sort of discovery in your work. This will be a very exciting change for you, and could lead to increased income. You will hear some interesting news about an old friend. Be wary of an Aries who asks prying questions.

**PISCES (Feb. 19 - Mar. 20):** If you've been having an uneasy, restless feeling and you can't figure out why, don't worry about it. Just relax! The more you worry, the more stressed out you get. This can wreak havoc on your nervous system. You will be disappointed when someone who you thought was your friend turns out to be untrustworthy and really lets you down. This person is not worth the energy.

**Your Birthday this Week**

Good luck will follow you this year. You will be the winner of some type of lottery or contest, so play and enter every chance you get; you could win big! A close member of your family who has constantly disappointed you in the past does something to change your opinion of them.