

**THE KITCHEN WITCH**

Heather McNally  
Portland on the Rideau

**BEVERAGES FOR ENTERTAINING**

The following are delicious recipes I have collected from this, that or the other magazine over the years. They are perfect for that 'quick' gift to bring a friend or just a beautiful pick-me-up for yourself.

Spiced Tea Mix I

In an airtight container combine 3/4 cup mild black tea, 2 Tbsp aniseed and 1 Tbsp each of coriander seed and whole allspice. (To brew tea, measure 1 heaping teaspoon for each cup of water plus 1 tsp for the pot.) The tea mix keeps, covered, indefinitely. Makes enough for about 35 cups.

Spiced Tea Mix II

1 cup instant tea, 1 (7 oz) package instant orange drink crystals, 1/2 cup sugar, 1/2 tsp each cinnamon, cloves and nutmeg (all ground). Blend and package, stir 1 Tbsp to 1 cup boiling water.

Tranquiltea

Mix 1 oz dry peppermint leaves (digestion) with 1 Tbsp rosemary leaves (tranquilizer) and 1 tsp sage (sleep producer). Use 1 heaping tsp of this mixture to a cup of boiling water. Steep 1 minute, strain, and sweeten with honey.

Almond Coffee Mix (16 cups)

In an airtight container combine 1 cup ground coffee (not instant), 1/2 cup chopped blanched almonds, 2 3 inch minced vanilla bean (I use powdered vanilla), 1 tsp fresh grated nutmeg and 1/8 tsp almond extract. To brew the coffee, use in any drip or filter coffee maker at 1 1/2 times the normal strength. The mix keeps, covered and chilled for up to 2 weeks.

Mulled Cider Mix (Keeps forever)

In a small muslin or cheesecloth bag combine 3 cinnamon sticks, broken into pieces, 1 Tbsp each of whole allspice and chopped dried apple, 1 1/2 tsp dried orange peel (use your micro), 1 tsp each of aniseed and whole clove and 1/2 tsp cinnamon and tie the bag tight with string. Put the bag in a saucepan with 6 to 8 cups apple cider, bring to a boil over moderately high heat and simmer slowly, covered for 10 minutes. Add 1/2 cup dark rum if desired and simmer for 5 minutes. Remove and discard the bag. Serve hot with a cinnamon stick. One bag of mix seasons about 2 quarts cider.


Instant Hot Chocolate Drink

6 cups powdered milk, 1 cup cocoa, 1 and 1/3 cups sugar, 1/2 tsp salt. Press through sifter and store tightly. Use heaping spoonfulls and boiling water.

Instant Mocha

2 tsp each of instant hot chocolate and instant coffee. Add boiling water.





**GIVE YOURSELF A "FREE" CHRISTMAS PRESENT**

by joining one of our libraries  
the main branch in Elgin  
or  
Delta, Lyndhurst, Portland, Seeley's Bay

Fiction, non-fiction, paper backs, talking  
books and a wonderful collection of  
children's books are available

If we do not have your special book  
we have access to  
Inter Library Loan Service  
which carries across Canada

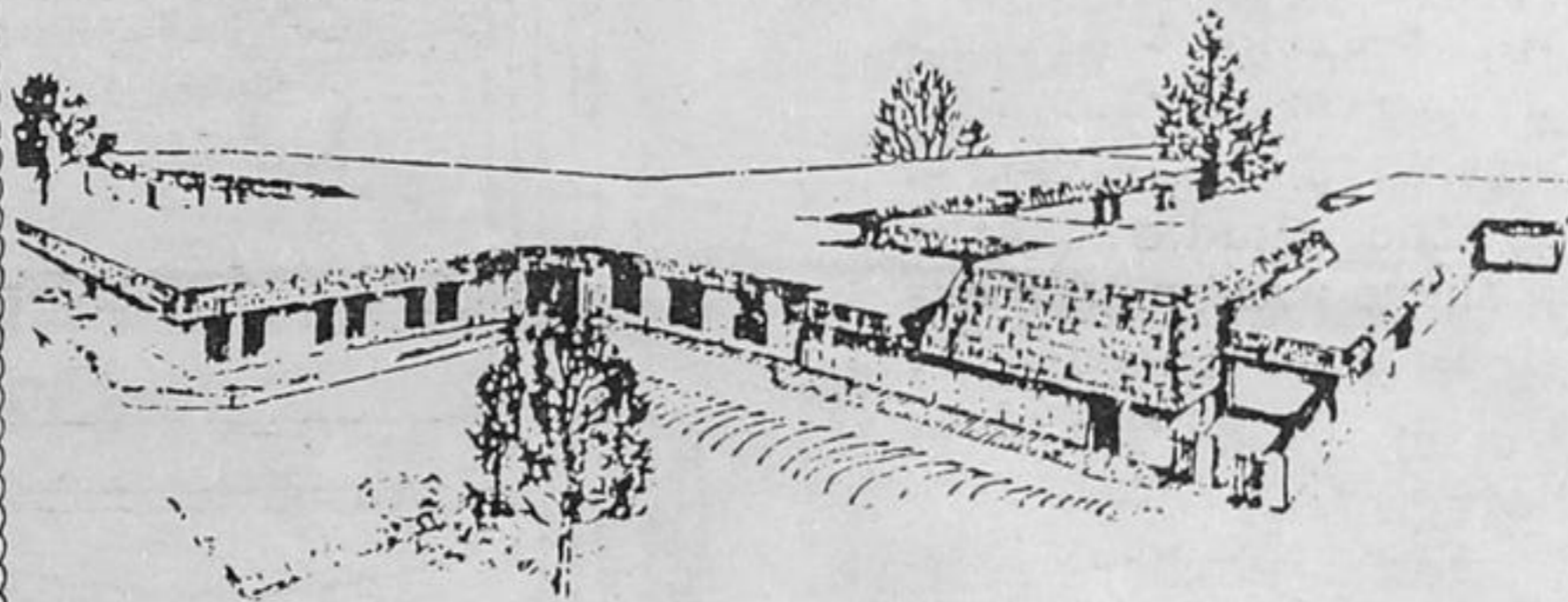
Membership is free and allows you  
to use any of the five libraries



**Carveth Care Centre** 375 James Street, Gananoque, Ontario K7G 2Z1 --- (613) 382-4752



Member: Ontario Nursing Home Association



Carveth Lodge  
Carveth Nursing Home Ltd. 1978.

**CARVETH LODGE**  
in Gananoque, Ontario

- A PRIVATE SENIOR CITIZEN RESIDENCE WHOSE REPUTATION HAS BEEN EARNED BY ITS COMMITMENT TO QUALITY CARE.
- THE ONLY PRIVATE RESIDENCE FOR SENIORS IN THE COUNTY WHICH CAN, IF SO REQUIRED, PROVIDE FOR YOUR FUTURE LONG-TERM HEALTH CARE NEEDS WITH A LICENSED NURSING HOME ON THE PREMISES.
- A MODERN ONE-STOREY CENTRE WHICH HAS A PHYSIOTHERAPY CLINIC ASSOCIATED WITH THE KINGSTON GENERAL HOSPITAL ON THE PREMISES.
- ALL ROOMS ARE EQUIPPED WITH EMERGENCY CALL SYSTEM, ENSUITE BATHROOMS, FULLY CARPETED, TELEVISION & TELEPHONE OUTLETS.
- SERVICES OF A DIETICIAN: ALL MEALS PREPARED AND SERVED BY TRAINED AND COURTEOUS STAFF.
- FAMILY OWNED & OPERATED WITH EIGHTEEN YEARS OF EXPERIENCE IN SERVING SENIOR CITIZENS.

CARVETH LODGE IS THE RESIDENCE PREFERRED  
BY SENIOR CITIZENS CONCERNED WITH TOMORROW'S  
LONG-TERM HEALTH CARE REQUIREMENTS

FOR INFORMATION CALL OR WRITE to:

**CARVETH CARE CENTRE**  
375 JAMES STREET  
GANANOQUE, ONTARIO. K7G 2Z1  
TELEPHONE 1-613-382-4752

Owners: The Gibson Family