

Delicate Orange-Wine Jelly

3-1/2 cups sugar  
 1/2 cup orange juice  
 1 tbsp fine orange zest  
 1 cup dry white wine  
 2 tbsp lemon juice  
 6 oz. (1/2 bottle) liquid pectin  
 In top of double boiler over hot water or in saucepan over low heat, mix well: sugar, wine, orange and lemon juices and zest. Cook and stir until sugar dissolves. Remove from heat; stir in pectin. Ladle into hot sterilized jars. If you are using 2-piece metal caps, leave 1/8" headspace. Close tightly, then invert jars a few seconds and stand upright to cool. If using paraffin, leave 1/2" space; pour in 1/8" hot paraffin. Cool; cover with loose-fitting lid. This is very pretty done up in large wine glasses and covered with tinted wax.

Robust Wine Jelly

2 cups cheap sherry or port. It has to be cheap as the good wine loses its flavour in cooking. 3 cups of white sugar and 1/2 bottle liquid pectin. Mix wine and sugar over medium high heat. Stir well for 2 minutes. Then add pectin. Pour into jelly jars. Follow same procedure as above.

Fruits in Liqueur

Canned fruits (fancy grade) such as peaches, apricots, black cherries, pears, etc. and cointreau liqueur  
 Drain fruit of your choice, or mixture and place in sterilized glass containers suitable for giving. Cover with mixture of strained canning syrup and Cointreau, mixed half and half. Seal and allow to stand for several weeks.



Gourmet Dried Fruits  
 Dried fruits of choice such as apricots, prunes, sultana raisin, etc.  
 Vodka, gin or light rum  
 Fill sterilized glass containers with dried fruits and cover with liquor. Seal and marinate for a few weeks. Serve over ice cream or as a topping for other desserts.

Cinnamon Pecans

1 cup sugar, 1/2 cup water, 3/4 tsp salt, 1 tsp cinnamon, 1 tsp vanilla and 2 cups pecan halves  
 Mix all ingredients, except pecans, and simmer in heavy saucepan until mixture threads when dropped from a spoon or forms a soft ball in cold water (15-20 min). Remove from heat and stir in pecans. Continue stirring until all the nuts are sugar coated and break into original halves. Will last forever in plastic bags or tightly covered containers.

Chocolate Covered Pretzels

We melt white block chocolate very carefully and dip pretzels into same. Dry on a rack. These are absolutely addictive.

Pernod Sugar

An unusual licorice flavoured sugar for after dinner coffee.  
 Preparation time: 5 minutes, standing time: 48 hours. Makes 1 cup.  
 Mix 1/4 cup of Pernod or Anisette liquor with 1 cup of sugar. Place on a flat baking sheet, spreading out in a thin layer. Allow to stand uncovered for two days to dry. Store in a pretty glass container and decorate with a licorice stick.

THERAPEUTIC TOUCH  
 by Sue Gordon

I have been nursing for most of the past sixteen years. There have been times in caring for someone that I have felt a strong healing energy present - an energy that made one stop and be alert. This experience is similar to the energy felt in a warm hand shake that makes us stop and look the other in the eye and appreciate the other person. There are many other examples of this; the touching and soothing of someone in pain; the hugging of a hurt child; being with another in grief.  
 I began to search for ways to understand healing and came across a method called Therapeutic Touch. It is used by many nurses and also by anyone who is interested in healing themselves or others. It is a method which is easy to learn and one that you keep on learning about, as you use it more.  
 Therapeutic Touch is a type of healing which is a modern derivative of laying on of hands. It is a type of healing that is used to restore balance and harmony within us. In practice this could be to heal a headache, soothe a crying baby, alleviate pain, reduce stress, focus more clearly on decisions to be made, heal painful memories and/or help us to live more fully in our daily lives.

People have used their hands for healing throughout history. Modern research has led to scientific theory on how Therapeutic Touch works. Dolores Krieger who teaches at the University of New York has compiled the research and methods of Therapeutic Touch and also teaches it in the Masters levels of nursing. She has also devised a method of teaching Therapeutic Touch that is accessible to anyone.

The Institute of Therapeutic Touch offers a year long course for those interested in teaching Therapeutic Touch, which I have recently completed. I have used Therapeutic Touch in my nursing profession and now would like to teach Therapeutic Touch to people interested in healing themselves and others. Having recently resigned from V.O.N. in the area, I am now devoting my full time attention to my private practice in Therapeutic Touch. It is an exciting way of healing and one that is open to all who have a desire to be healers. I will be teaching Therapeutic Touch in weekend workshops. The next one will be Nov. 14 and Nov. 15 (phone 387-3983).

**C L C**

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