

## Foods and cooking

# 'Broken leg' warms apres ski

By LAURENA PRINGLE  
I can't buy without reservation Channel 7's recent statement that President Ford is making skiing "The Thing."  
Even without the orange-capped gentleman in Colorado, skiing has been tops in Michigan for some time and the state was once designated as having the best of the nation's skiing spots in proportion to its size and population.  
One thing that President Ford can do for the sport is NOT break a leg at it. However, that doesn't mean he can't enjoy one after an afternoon on the slopes.  
A "Broken Leg" is one popular apres-ski drink that gives the tired mulled-cider-and-hot-toddy routine a respite. Made on an individual serving basis, the drink permits the host and his guests to arrive at the partying place at the same time and sit down to refreshments together. (Cheese fondue sprinkled with nutmeg and a hot crisp loaf of French bread are suggested, effortless accompaniments.)

**Broken Leg**  
3 parts hot apple juice  
4 raisins  
slice of lemon  
Pour in a warm mug and stir.  
For a large party do not ignore the favorite "glogg" that comes from one of the world's most famous winter sports country, Sweden. From former Birminghamite Peg Kay's cookbook is the following procedure:  
**Glogg**  
(Makes 60 or 70 cups)  
In a cheesecloth square tie 12 cardamom seeds, 12 slivers of

lemon rind, 4 cinnamon sticks, 6 cloves, ¼ cup dried prunes and ¼ cup dried apricots.  
In a second bag tie 24 blanched almonds, ¼ cup seeded raisins and ¼ cup dried currants.  
Simmer both bags in four bottles of claret for one hour.  
Remove bags and reserve raisin mixture.  
Pour claret into flame-proof punch bowl.  
Hook a large sieve over bowl and put into the sieve two pounds lump sugar. Warm a little aquavit (and don't skip the warming), light it and pour over sugar.  
Let liquid in bowl flame until sugar drips through. Add loose almonds, raisins and currants (from bag) and four bottles port wine.  
A personal favorite, first discovered on a long, long ago trip through Scotland, is "Egg Flip". This is not a warm drink until it hits the stomach and then it heats up in a hurry.  
**Egg Flip**  
½ dozen fresh eggs  
½ dozen lemons

¼ pint rum  
1 pound confectioner's sugar  
¼ pint fresh thick cream  
Wash eggs clean and place in a shallow basin, shells and all. Cover with the juice of the six lemons. Leave until shells are dissolved... about three days time.  
Strain and mix with other ingredients and bottle.  
Chill before serving.  
Because skiing parties often include all ages try the following mixture and serve straight to minors and doctored with rum or vodka to taste to their elders:  
**Hot Spiced Cider**  
2 quarts sweet cider  
1 teaspoon whole cloves  
1 teaspoon allspice  
2 sticks cinnamon  
½ cup light brown sugar.  
Mix all ingredients together and heat to boiling point.  
The whole procedure takes about 15 minutes and in the quantities given, serves about 12 persons.  
Come to think of it, we need Mother Nature more than President Ford to make skiing popular.

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## Volunteers

This column describing volunteer needs in Oakland County is co-sponsored by the Junior League of Birmingham and the Oakland County Volunteer Bureau.  
Inquiries regarding volunteer needs listed here should be made to the Oakland County Volunteer Bureau at 642-7272. Requests for volunteer listings should also be made through the volunteer bureau.  
**American Cancer Society.** Oakland County Unit, 235 Elm, Birmingham needs volunteers in three areas. Help is needed for public education to present programs to organizations, schools, business, placing exhibits on cancer education in shopping centers and libraries and assisting in smoking withdrawal clinics. Volunteers are also needed to transport cancer patients to therapy appointments and to help with office work. Hours are flexible, training is provided.  
**Family and Children Service of Oakland County** provides help for troubled marriages, parent-child problems, unmarried parents, adoption, foster care and drug and alcohol problems. Services

are available to everyone and fees depend on ability to pay. Volunteers are needed as case aides to the elderly, foster children, or single parent families. Help is also needed for supportive services including aftercare for the chronically ill, driving, co-group workers, assisting social workers with youth groups, family life education groups and preventive help for the community. A six week training course is provided. Offices are located at 2551 W. Twelve Mile Road, Berkley: 215 Ladd St., Walled Lake, and 50 Wayne St., Pontiac.  
**Braeburn Nursing Home,** 1312 N. Woodward, Bloomfield Hills, needs adult volunteers to work early afternoons, weekdays helping with various activities including arts and crafts, recreation and feeding the patients.

## Narducci set for town hall

Fashion designer Leo Narducci will be the guest of Pontiac-Oakland Town Hall at 10:30 a.m. Wednesday at Kingswood Theatre, Bloomfield Hills.  
The Narducci lecture will be followed by a celebrity luncheon at the Village Woman's Club, Bloomfield Hills.  
Narducci, who aims his designs at the "middle America woman" has received a special Coty Award, the Hecht Co. Young Designer Award for three consecutive years, the Mayda Young Designer Award and the Print Council of America's Tommy Designer Award.

## Women to host Marilyn Turner

Marilyn Turner of WXYZ, Channel 7, will be the featured speaker at Cranbrook Chapter of the American Business Women's Association's (ABWA) dinner meeting on Tuesday, Jan. 14. The meeting will be held at Troy Hilton Motor Inn, with the social hour starting at 6:30 p.m. and dinner at 7:30 p.m.  
Rosemary Krupka of the Jack Gell Co. (one of the chapter members) will be the vocational speaker.

The ABWA is an educational association with more than 74,000 members throughout the United States. The Cranbrook Chapter, chartered in 1970 has 65 members. Membership is by invitation.

For further information on the organization, contact Mrs. Bonnie Chamberlain, membership chairman.

## Make Today Count will meet Jan. 15

The Oakland County Chapter of Make Today Count will meet at 7:30 p.m. Wednesday, Jan. 15, in the First Presbyterian Church of Birmingham, 1669 W. Maple Road.  
Make Today Count is a self-help group for cancer patients and their families. The program is sponsored by the American Cancer Society with the purpose of helping persons affected by cancer to cope with the problems it creates.

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