

# Hints and Tips

- Ice blocks made with boiling water sparkle like crystal.
- Make your drinks look attractive-use stemmed glasses.
- Use straws, umbrellas and/or swizzle sticks. Garnish with mint leaves, strawberries, cucumber, lemon or orange slices.
- Always add the carbonated drinks just before serving.
- To keep drinks cool, pre-chill punch bowl and glasses.
- Soda water and mineral water may be substituted for lemonade.
- Frosted glasses are made by dipping rim of glasses into drink then by dipping into sugar, coloured jelly crystals or 100s & 1000s for children.
- Make your ice cubes with sliced cherries or mint leaves or from pure fruit juice.
- Make drinks by mixing canned or packaged drinks with equal parts of soda water or dry ginger ale.
- Caterers usually allow 4-5 glasses per person.
- Unsweetened fruit juices, low-calorie cordials and diet soft drinks are a good substitute for diabetes and dieters.



## WCTU Drug-Free Lifestyles

is a non-profit volunteer organisation that takes an active role in, and co-operates with, other organisations on such issues as binge drinking among teenagers, illicit drug use, drink driving and foetal alcohol spectrum disorder. Availability of alcohol and inappropriate advertising also come under scrutiny.

However, the main work is now in Drug Education for all age groups throughout the community. Programs are up-to-date, informative and scientifically based presenting the facts to enable people to make informed wise choices.

Literature is always available. Topics include more entertaining ideas and recipes, alcohol, illicit drugs, foetal alcohol syndrome, peer pressure etc.

So whether a school, club, youth group or adult fellowship, there is a program available to suit the needs of your members.

**Ring today for bookings!**

### WCTU Drug-Free Lifestyles

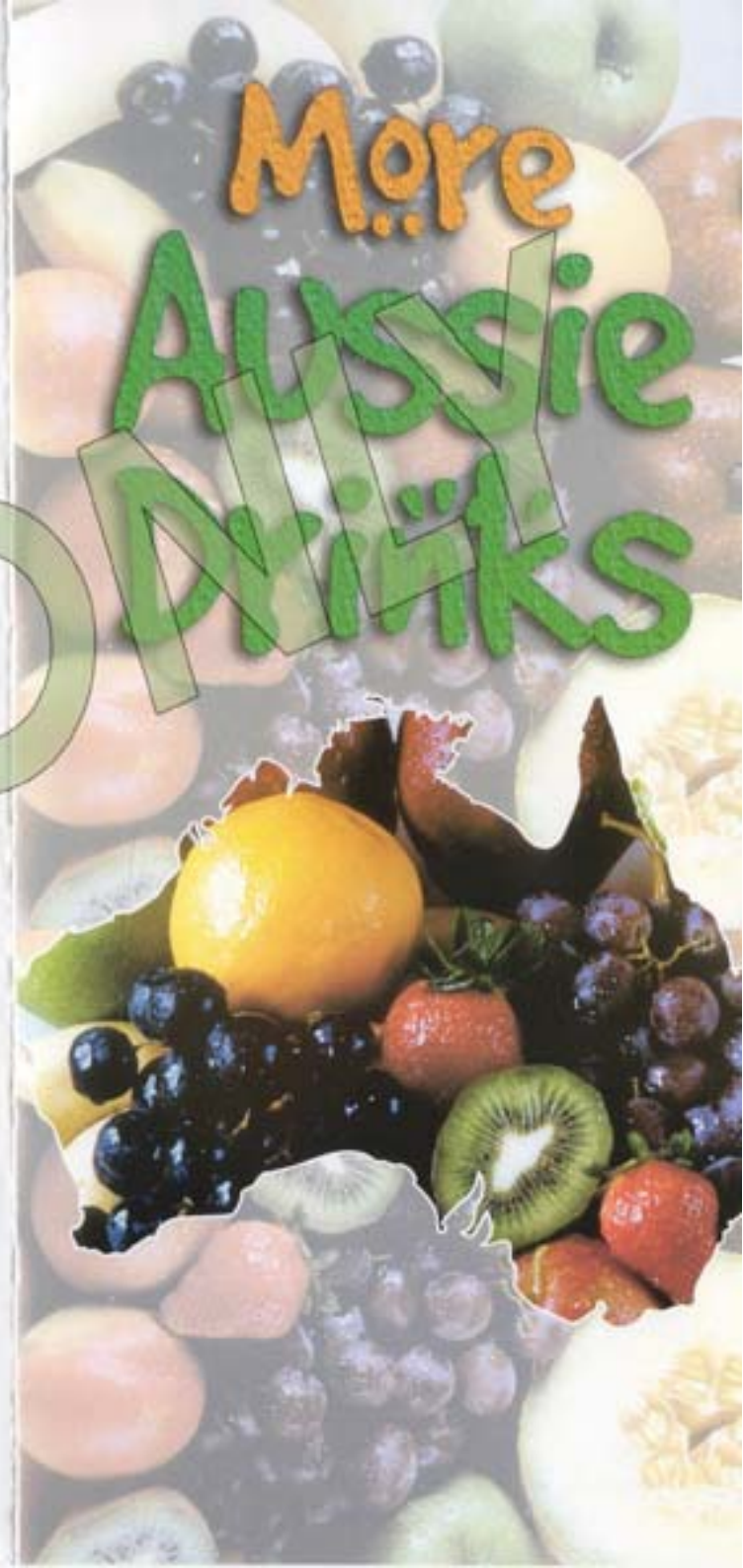
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# Drinks for all occasions

## Pine Blush

2 cups tomato juice and 1 cup unsweetened pineapple juice mixed well together. Pour over crushed ice in tiny glasses and garnish with mint or an olive.

## Prune cocktail

1 cup prune juice mixed with 2 cups orange juice. Chill.

## Lime cocktail

Mix 4 cups pineapple juice, 4 cups orange juice and 1 cup lime juice.

## Melon Ciata

Chop and blend 1 kg of seedless water melon. Add juice of 1 lemon and 1.25 litre bottle of Ciata (blood orange fizz). Then a dash of pure ginger cordial.

## California Punch

1 bottle sparkling white grape juice, 4 cups pineapple juice, 4 cups orange juice and juice of 3 lemons. Mix well. Add iced water to taste.

## Purple Fruit Cup

Combine 3 cups lemon juice, 2 cups dark grape juice and 1 cup blackcurrant syrup. Add 12 cups iced water.

## Passionfruit Crush

Mix ½ cup passionfruit pulp, ¾ cup lime juice cordial and 3 cups dry ginger ale. Pour over crushed ice.

## Ruby Fizz

2 cups of ruby grapefruit juice and 1½ cups lemonade. Chill. Pour into glasses and top with a scoop of lemon sorbet or ice-cream.

## Mango Chill

Cut and slice one mango and freeze for about 1 hour. Combine 2 cups mandarin juice, ½ cup lime juice cordial, 1½ cups lemonade in jug. Place mango slices into glasses then pour over juice.

## Fruit Spritzer

2 cups apricot nectar, 1 cup apple juice, 1 cup orange juice and 2 cups soda water. Pour into glasses.

## Mexican Mix

Steep 3 chamomile tea bags and 3 cloves in 1 litre boiling water. Cool. Add tin apricot nectar. Mix and serve with garnish.

## Mint Surprise

In jug or punch bowl mix ½ cup lime cordial, 1 cup lemon cordial, 2 cups pineapple juice and 5 cups mineral water. Garnish with mint.

## Iced Mint Tea

Place 4 peppermint tea bags in large heatproof jug, pour in 3 cups boiling water. Allow to steep for about 3 minutes then remove bags. Stir in 1 tbsp honey. Cool. Then add 2 cups grapefruit juice and 1 cup orange juice. Chill and serve.

## There are two types of non-alcoholic wine

"Sparkling" which is a carbonated fruit juice based drink and the other is **de-alcoholised wine** where **almost all** of the alcohol has been removed after manufacturing.

Local supermarkets generally sell a range of non-alcoholic wines and specialist outlets have all kinds of drinks from non-alcoholic beer to wines and even non-al champagne.

## Orange Cream

2 cups orange juice and 1 cup lemonade in a jug. Pour into, but not fill, chilled glasses. Add 1 or 2 scoops of lemon sorbet or vanilla ice cream to each glass.

## CC Punch

Combine together 1 cup unsweetened apple juice, 1 cup fresh orange juice, 1 cup apricot nectar, 1 teasp passionfruit pulp, ½ cup crushed ice. Serve in chilled glasses. Garnish with passionfruit pulp and orange segments. Makes 750 mls.

## Sunrise

Make in individual glasses. One third glass of apricot nectar. Fill with lemonade. Gently add ½ teasp grenadine. Do not stir. The red color will sink to the bottom giving the impression of sunrise. (Grenadine is pomegranate cordial. If not available use ½ teaspoon raspberry syrup).

## Stirley T

½ tall glass pineapple juice, ½ lemonade. Gently add down side of glass, from a spoon, 15 ml grenadine.

## Angel Juice

Put ½ cup orange juice, juice of ½ lemon, ¼ cup apricot nectar into tall glass. Fill with dry ginger ale.

## Stormy Weather

In a tall glass, pour over ice, 2 parts cola, 1 part Claytons, 1 part dry ginger ale.

## Duñdee

Over ice in tall glass, pour ½ cup grapefruit juice, ¼ cup lime juice then fill with lemonade.

## Ever popular Bitter Glow

Equal quantities of dark grape juice and dry ginger ale. Chill and serve.