



Mary's Medley

January 2010
Vol. 5 Issue 1

HAPPY NEW YEAR!

NATIONAL HOT TEA MONTH~

This month is certainly providing most of the USA a true old-fashioned winter. We are having just the kind of weather that makes me want to snuggle in a comfy blanket while reading a good book and enjoying a steaming cup of tea! January is definitely the best month to be proclaimed...

National Hot Tea Month.

Since this is the month most folks earnestly begin working on their New Year's resolutions, why not add tea to the list of foods that you will grant yourself? It is a terrific beverage to help with that weight loss regime that you have committed. Why not add tea as a pick-me-up, snack or dessert. Just think of all the enjoyment and NO calories to worry about! Shh...just a few if you add milk and sugar.

Let's urge our legislators in this first month of the new decade to finally acknowledge tea as a *vegetable*! After all, the benefits of tea are boundless and a most delightful "green" at that! Enjoy a cuppa with a friend.

Here's to TEA!

~tea~

Just a thought for January...

As we start a new year, a new decade let us find contentment with our bounty and the ability we have to share.

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### JANUARY~

This new month and decade begins on a Friday.

There are five Saturdays as well as five Sundays.

The 31<sup>st</sup> is the last Sunday.

Born in January:

Placido Domingo, 1941

Tom Selleck, 1945

Elvis Presley, 1935

J.D. Salinger, 1919

Loretta Young, 1913

Richard Nixon, 1913

J. Edgar Hoover, 1895

A.A. Milne, 1882

Franklin D. Roosevelt, 1882

Betsy Ross, 1752

Paul Revere, 1735

Benjamin Franklin, 1705/6

#### **Happy Birthday Andrew!**

~tea~

### TEA of the MONTH~

**Winter Dream.** What an exciting and warming flavor for this snowy, cold season. Imagine, sitting by the fire, enjoying a board game with family or friends while sharing a delightful pot of black tea.

**Winter Dream** is a tasty chocolate mint with a hint of pepper (from the pretty red pepper berry) to warm you from the inside out. Don't delay order yours today.

~tea~

## NATIONAL HAT DAY~

January 15th has been set aside to celebrate **National Hat Day**. Hats are so much fun. A hat can make a statement, advertise a product, show-off your fashion style or promote a school, organization, political group or religion.

Hats can keep you warm, cool you in the heat, and protect you from rain or sun, be a piece of safety equipment.

White hats are the “good guys” and the black hats, the “bad guys”. Hats are for telling a story, being proud of our ages red hatters and the pink hatters seem to like tea parties.

Hats are mass made, handmade, felt, bamboo, silk, straw, knitted, cotton, brocade, satin, lace, velvet, metal, plastic, wool, stitched, plain, ornate, huge, tiny, for women, men, boys, girls, babies, soldiers, workers, athletes, religious leaders,

(please keep going)

So you see, hats are for everyone. I believe that if everyone who wanted to wear a hat.... wore a hat.... a very large portion of our population (female particularly) would wear hats for every type of function and occasion that we attend.

On Friday, January 15<sup>th</sup> and thereafter, **wear a HAT!**

Note: Your local milliner (me) will love you even more than she did or does now. **Happy National Hat Day!**

~tea~

### **Important**

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## IN the KITCHEN~

**A Short Cut!** Here's an easy trick. It will make you look super! Have you invested in a mini muffin pan? If so, you are almost there. Do you keep on hand mini muffin papers? You can find plain, seasonal, and party cups at your local craft supply store. They're not expensive.

Now whip up your favorite cookie dough. Even easier: use ready-made cookie dough. Fill the papers half full and bake about 3 minutes less than the recommended cookie bake time.

Decorate with a chocolate morsel, colored sugar, M&M's, a swirl of colored icing, a favorite nut, a fourth of a maraschino cherry or anything appropriate for the “goodie” that you have just created!

This is a fun activity for the children especially when they are home on a school snow day. Let them help to make their own treats then prepare a tea party and dress-up, too. Won't this be fun!

Your family and guests will be tickled and impressed. Adding a mini “muffin” will jazz-up your dessert tray!

~tea~

## TEA TIPS and TIDBITS~

Pinky in? Pinky out? What is the proper etiquette for the placement of your little finger when drinking a cup of tea? Why of course you know. Every lady and gent knows that a little finger boldly pointing to “goodness knows what” will bring red cheeks to the other guests. Keep it neatly tucked in. What if the “pointer” continues to do this while attending the next social event?

A close friend should discreetly give appropriate advice to the guest but not in front of anyone. No one wants to commit a *faux pas* intentionally.

Perhaps giving a manners book as a gift would be an even more subtle way of assisting your friend.

~tea~