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Impair Healthy Healing In People Over The Age Of 30!

The Perfect Complement

By News Canada

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by: **News Canada**

(NC)—The origin of onion soup is rooted in two legends. The first story credits its origin with King Louis XV of France who returned late one night to his hunting lodge, and all that was on hand were onions, butter and champagne. He mixed them together and created the first French Onion Soup. Another legend states that decades ago, farmers in Les Halles, the old market place of Paris, would sip on huge mugs of boiling onion soup to keep warm while setting up for the mornings activities.

The perfect complement to any meal or by itself, this popular flavourful broth with zesty sautéed onions is topped with melted Gruyère cheese for a truly wonderful taste experience.

French Onion Soup with Gruyère Croutons

(Serves 4)

3 tbsp (45 mL) butter or margarine

4 large Spanish onions, thinly sliced

2 tsp (125 mL) all-purpose flour

1 carton (900 mL) Knorr Beef Broth

1/2 cup (125 mL) white wine

1 bay leaf

1/4 tsp (1 mL) brandy

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4 1/2 inch (1 cm) thick slices of French bread, toasted

1 1/2 cups (375 mL) Gruyère cheese

In large saucepan, melt butter and sauté onions on medium heat, stirring frequently 35–40 minutes, until golden brown. Add flour, and cook while stirring for 1–2 minutes. Stir in white wine, Knorr Beef Broth and bay leaf, scraping up any bits stuck to the bottom of the pan. Bring to a boil, reduce heat and simmer covered for 15 minutes. Remove bay leaf. Stir in brandy, season to taste with salt and pepper.

Preheat broiler. Ladle soup evenly into 4 broiler proof bowls. Top each bowl with a slice of toasted bread and grated cheese. Place on baking sheet about 4"–5" (10–13 cm) from heat source and broil until cheese melts and bubbles.

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Selecting The Right Drapes For Your Home

By Ciara McNamara

Practically every house-proud homeowner wants to make the most of their home in terms of décor, and an integral part of achieving the perfect look for your property is getting the right drapes for each room. Because the theme and décor in a home can vary from one room to the next, it is important to consider a number of factors before selecting your window coverings. Some of the factors you need to consider when selecting drapes is the type of room you are buying for, the size of the windows, the type of ambiance you wish to create for the room, and the design and décor of the room. For instance, if you are buying drapes for your kids' bedrooms, heavy elaborate covering would look a little odd and could work out quite costly, whereas lighter coverings with simple designs could prove ideal. On the

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other hand, if you have a room that is reserved for entertaining, where the décor is rich and elaborate, the heavier window treatments could fit in nicely. A family room used for relaxing might benefit from simply designed and easy to maintain coverings, whereas a kitchen might fare better with café style drapes or even blinds. Each room requires careful thought and consideration before you make any firm decision with regards to the right coverings for the windows. Enjoy a great choice of fabrics, colors, and designs Whatever the design and decoration of each of your rooms, you should have no problem finding the ideal coverings for the windows amongst the vast choice available. From simple, easy to maintain coverings designed for rooms with heavy traffic or children and pets to rich, luxurious coverings with elaborate patterns and sumptuous fabrics, you can the right covers for every room in the home. Having the perfect drapes to complement the décor in a room can really inject life into the room, helping you to achieve both the look and the ambiance you are looking for. If you are carrying out a home improvement program, finding window coverings to suit each individual room can really make a difference to the overall finish of your improvements, and can give each room a whole new look. Choose ready made coverings or create your own For those confident when it comes to sewing and design, you can get some incredible drapery materials at really affordable prices, and these can be used to make your own coverings depending on your needs. If you are not confident enough to make your own, you will find a vast choice of ready made coverings designed for all sorts of rooms in the home, from bedrooms and living rooms, to dining rooms and kitchens, so you can ensure that every room in the home boasts the perfect drapes to complement the décor. You can often get excellent deals on both ready made coverings and a wide choice of materials online, giving you an even better chance of finding the ideal window treatments for use throughout your home.

Ciara McNamara reveals for

, a source on tips and tricks.

The writer is writing on subjects such as drapes (

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