

LUXURIOUS CHOCOLATE TENDER SHORT RIBS SUBLIME FRENCH TOAST

# CHOW

FOOD. DRINK. FUN.

Special  
Holiday  
Survival  
Issue

Step-by-Step  
Turkey  
Feast

Best New Year's  
Party Ever  
(the food, the  
bubbly, the music!)

PLUS

How to:

- Cheat with takeout
- Get better airplane food
- Bring the right wine
- Make the best eggnog
- Eat lucky



74 cool  
gifts

Great illegal  
cheese

12 must-haves for  
instant entertaining

PREMIERE ISSUE



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**How to Cure a Hangover** We don't guarantee these methods, but we know people who swear by them. If you're expecting to overdo it one night, swallow a spoonful of olive oil and take some Vitamin B tablets before you go out. While you're out, drink plenty of water and eat moderately. Before bed, take a couple of aspirin, unless you've got a sensitive stomach. For the morning after (more difficult), we've got a number of suggestions:

**Burnt toast** The carbohydrates replace some of the lost blood sugar, and the carbon helps absorb whatever toxins are left in your stomach.

**RU-21** Invented by the KGB for its spies, it's supposed to prevent buildup of acetaldehyde, one of the nasty byproducts of metabolizing alcohol.

**Pedialite** Allegedly rehydrates and replaces electrolytes.

**Ginger** Helps the nausea.

**STILL HURTING?** Try some international cures. In Russia partiers find relief with **pickled vegetables and vodka**; in Mexico, **menudo**, or **tripe soup**; in Quebec, **poutine**, a conglomeration of fries, meat gravy, and cheese curds.

