**Aunt Adele’s Hot Milk Toddy**

**Beverage mentioned in three episodes of Star Trek: The Next Generation**
- “Cause and Effect”
- “Schisms”
- “All Good Things”

A Hot Milk Toddy is a healthy beverage because there are 8 grams of protein in a cup of milk. The recipe in the series is made with Nutmeg, but other versions can be made with Thyme or Kahlua. Kahlua is a benign alcoholic beverage that’s made from fermented coffee. Other liquors are made from grain and contain phytates. Thyme is a very tasty culinary herb that has strong antiparasite properties.

**Warm Milk**

In “Cause and Effect,” Act 2, Dr. Crusher visits Captain Picard after hearing voices in her quarters for the second time in a row. He gives her his Aunt Adele’s Hot Milk Toddy made with Nutmeg.

In “Schisms,” William T. Riker goes to sleep, but wakes up exhausted. Dr. Crusher prescribes a Hot Milk Toddy and explains that the recipe is from Captain Picard’s Aunt Adele. Later, Dr. Crusher examines other crew members with sleeping difficulties and finds evidence of sedation as well as minute tetryon particle traces in their subdermal tissues—the same traces as La Forge and Data discovered in a subspace particle emission within Cargo Bay 4. They realize they are being abducted from the ship to be experimented on. Riker is abducted every night and volunteers to take a homing device with him so La Forge can track his location.

In “All Good Things,” Dr. Crusher gives Captain Picard a Hot Milk Toddy between time travel episodes because she feels that he seems exhausted.

**DVD Boxed Sets**

The following DVDs are available in the Barnes & Noble Music and Film Department:
- “Cause and Effect,” Season 5, DVD set: $29.99
- “Schisms,” Season 6, DVD set: $29.99
- “All Good Things,” Season 7, DVD set: $29.99

Also available: Star Trek: The Next Generation - Complete Series