

Catch Word #281 – Just the ticket (ad free)

Episode description

In this Catch Word episode, Andrew and Suzanne teach you two useful expressions that describe when something is exactly what you need. These expressions are perfect for situations when you get something that suits you perfectly or brings you comfort. You will learn how to use “exactly what the doctor ordered” and “just the ticket” in real-life conversations, as well as understand how these expressions can help you sound more natural in English.

Fun fact

Did you know that the word "ticket" actually comes from the French word *etiquette*, which means a small note or label? Originally, tickets were small written notices that served as a form of admission or a way to identify something important. Over time, this meaning evolved to refer specifically to things like passes for concerts, events, or transportation, where a ticket gives you the right to enter or participate.

Expressions included in the study guide

- Exactly what the doctor ordered
- Just the ticket
- Runny nose
- Home remedy
- Hit (satisfy)
- Spell it out



Transcript

Note: The words and expressions that appear in **bold text** within the transcript are discussed in more detail in the Detailed Explanations section that follows the transcript. The transcript has been edited for clarity.

Andrew: Catchword episode number 281, "Just the Ticket," featuring Andrew and Suzanne. Hello and welcome to Catch Word. Today I am here with my co-host, Suzanne. Hello, Suzanne. How's it going?

Suzanne: Hey, Andrew and listeners. I'm doing really well. Thanks for asking. I hope you guys are all doing well too.

Andrew: OK, so Suzanne, we've got two very useful expressions to teach everyone today. And they are perfect for describing something that is what you need or what suits you perfectly in the moment. OK, so if you need something and you get that thing that is just a perfect fit for you or suits you perfectly in the moment, then you can use these two expressions. So they are, "**Exactly what the doctor ordered**," and "**Just the ticket**." Or, when we say it quickly, and we'll explain the pronunciation a little later, but when we say it quickly, it sounds like, "Just the ticket."

Suzanne: Yeah, these are both such great expressions for when something is just right or it's exactly what you need. Alright, so let's get started with, "Exactly what the doctor ordered."

Andrew: Alright, so our first key expression for today, as you mentioned, Suzanne, is, "Exactly what the doctor ordered." And I have a feeling this is maybe one of those expressions that, guys, when you hear it, you can sort of understand what it means. But maybe it's not one of those expressions that you would think of saying because it kind of is like, hmm, I don't know if you would think of this on your own. It's one of those expressions

that you have to hear and understand how English speakers use it, but then you'll be able to apply it and use it in your own speaking going forward as well. So, we hope here that we can introduce this expression to you and then you can use it in your own English speaking in the future in a natural way.

So, Suzanne, let's start with a definition. Could you tell us what does it mean? What does exactly "What the doctor ordered" mean?

Suzanne: Yeah, I really love this expression because it's perfect for those situations when you receive something that is exactly what you need to bring you, like, comfort, to make you feel good. Something that's going to make you feel healthy or something that's going to make you feel cared for or better than your state was before. It's kind of like a prescription, quote unquote, for feeling good.

Andrew: Let's think of the medical side of things for a moment because the expression does have that word "doctor," right? So, if you go to the doctor, you're sick, you have a cold or a flu, the doctor is going to write you a prescription for some medicine. And usually, you need that prescription because the medicine is maybe strong or powerful and you can't just buy it on your own. You need to have that note from the doctor that says you are sick, and you can safely take a prescribed amount, a recommended amount by the doctor of that medicine to cure you and to heal you. And so, yeah, that is what the doctor orders, right? The doctor orders you to take that medicine and as a result of taking that medicine, you will feel good. So, we use this metaphor, this imagery, in many different situations in our real life.

Like, Suzanne, maybe you felt really cold. You were outside in one of those Montreal winters walking home or something, right? And you're like, you come home and you're freezing cold. And as you walk in the door, your husband gives you a nice cup of tea, right, to warm you up. And you would say, "Ah, this is exactly what the doctor ordered." This is

exactly what I need in this moment to warm me up and to make me feel like not an ice cube anymore.

Suzanne: Exactly. And you know, what's great is if you look at it in the literal sense, like you said, the doctor prescribes the exact medication that is needed to help you feel good and to help you feel better for that ailment that you might have. And then when we use it in the metaphorical sense, it's like that perfect thing that is going to, quote unquote, cure whatever is going on for you. Right? So, if you've been having stress and you get a massage, "Oh, that's exactly what the doctor ordered. A good massage." Right? Or a really nice vacation. "Oh, this vacation is exactly what the doctor ordered." So, it's really caring for the thing that you needed to get fixed, that you needed to be cared for. And it's helping that thing feel good.

Andrew: Yeah, that's a great point. So, this expression is usually used when we're talking about receiving something or getting something that brings you, as you mentioned earlier, Suzanne, comfort or relief or relaxation or happiness. Right? It's like one of these things. You wouldn't say it if something brought you stress. Right? If you are in a fender bender on your way to work, you wouldn't say, "Oh, that's exactly what the doctor ordered!" So, it's when we get something that brings us comfort or relaxation or happiness, not something that brings us stress. So, I think that's a good definition. And everyone, I hope that you perfectly understand this expression now. But if you don't, then that's OK, because we're going to give a couple of conversation examples that will help illustrate how native speakers use this expression in their everyday lives. And we'll listen to the first one now. Here we go.

Coworker1: After that long week at work, I think I need a spa day.

Coworker2: Sounds like exactly what the doctor ordered. You'll come back feeling like a new person.

Coworker1: I hope so. I really need to relax.

Andrew: OK, Suzanne, let's break down this mini conversation that we heard. And it sounds like we heard like almost two co-workers talking about their long week at work. And one of the co-workers, he said he needs a spa day. He needs to go to the spa, maybe get a massage or hit up the sauna, spend some time in the sauna, spend some time relaxing at the spa. And his co-worker responded, like, "Oh, that's exactly what the doctor ordered." That sounds exactly like what the doctor ordered. Right? Meaning I think that's a really good idea for you. If you do that, then, yeah, you will feel much more relaxed. And actually, I like that expression, that response that the co-worker said. "You'll come back feeling like a new person." Right? You'll feel brand new, just like a new baby again. Let's listen to the second example conversation now.

Grandma: I made some hot soup and tea. You want some?

Grandson: That would be perfect. With this cold I have, that sounds like exactly what the doctor ordered.

Grandma: Perfect. I'll get it ready for you.

Andrew: OK, Suzanne, what did we hear in this conversation? Could you break it down for us?

Suzanne: Yeah, I don't know if this is like a husband and wife or friends or could be like a grandma, you know, always making some nice tea and soup for the grandson. But yeah, so, you know, this hot soup and tea, this like nourishing food items is like perfect, right, for this person's cold. And who knows what else, maybe a **runny nose** and all that. So, it's like the perfect **home remedy**. It's exactly what the doctor ordered. It's going to make that person hopefully wake up the next day and not have any cold symptoms.

Andrew: Exactly. So, in that conversation that we just heard, right, let's say it's a grandma and a grandson. Suzanne, I like that imagery. The grandma asks, "Would you like some

hot soup and hot tea?" And the grandson says, "Yeah, that sounds like exactly what the doctor ordered." OK, that's a more advanced expression, right? The grandson could just say, "Oh, yes, please." Or "That would be perfect." But there are these levels of fluency and levels of our expressiveness when speaking English. So, although you can communicate that same idea just by saying "Yes." Right? Like the grandma asks, "Would you like some soup?" "Yes." Right? That would be a very basic way to respond. But we can up the level of our fluency, up the level of our expressiveness using English by using one of these more advanced expressions. Like "That sounds like exactly what the doctor ordered." So, yeah, a very nice example of that right here in this conversation.

Suzanne: Just to add one thing, it shows like a little more relief and gratitude as opposed to it just being like, "Oh, yes, please." It's like, "Oh, thank, yes, that would be great!" Right? There's a kind of a relief and "Oh, yes, thank you!" You know, like, "Oh, that's perfect!" There's a gratitude that also and a joy that kind of comes with this expression that isn't just your average, "Oh, OK. Yeah, thanks." It's like, "Oh, yeah, **that's going to hit perfectly.** The deficiency that I have, that's going to fill it. Thank you."

Andrew: It's going to heal me. Right? It's that medical imagery. You're going to be healed, cured, and feel better going forward. So that's a great point. There is more nuance to using an expression like this than just saying "Yes" or "OK" or "That's perfect." Right? There's that extra nuance. Well said. Well said.

All right. Let's move on to our second key expression for this episode, which is "Just the ticket." Just the ticket. And as I mentioned, this expression has a unique pronunciation when we say it quickly. When we say it quickly, we say "juss the ticket." "Juss the ticket." And before we talk about the meaning, Suzanne, why don't we explain the pronunciation, since we're talking about it right now? Could you break it down for us? Why do we say it like that? Why do we delete that "T" sound in "just" when we say it quickly, and we switch "just" to "juss"?

Suzanne: Yeah, it's common to delete a "T" or a "K" as well after an "S" at the end of a word. Especially if the next word is going to start with more consonants. So basically, it's just like, say you're going down a slide and you have one person go down and they get stuck. And then another person goes down and they like bump, bump right into them. And then you have two more people that bump, bump and they have four people just like bump, bump, bump. And then it's going to like kind of push everybody and fall. And it kind of creates like a traffic jam. And so, what happens is when you have so many consonant sounds together, like "S-T-T-H. "Just the." There's a lot of movement that has to happen in a quick amount of time with the tongue. And most native speakers actually just get a little bit lazy and skip the "T" to go right into the "TH." Because the truth is there's not a word in English that is making it confusing.

For example, "Just" and "Juss." There's no other word that's "Juss." Right? So, if you delete the "T", everyone will know that you're saying the word "Just." "Just the." "Just the ticket." It's the same thing like, "Ask them." You don't have to say, "Ask them." You can say "Ask 'em." "Just ask 'em." And it's basically just the fact that we have this kind of consonant jam and then we aren't going to be changing the meaning if we delete one of the consonants in order to make it easier for our tongue to move quickly into the next word.

So, this happens often, right? Like in the word "Sandwich." You don't always say "Sand-which" you might say, "Sanwich." "Sanwich" because you have an "N". You have a "D" and then you have a "W". It's a lot of consonants all in one moment. So, it's OK sometimes to delete certain sounds.

Andrew: So, Suzanne, could we assume that this will be every time we pronounce these two words, not just in this expression, "Just the ticket," but anytime we have "Just" and "The" together, we always say, "Juss the"?

Suzanne: Pretty much. I mean, it is probably going to depend on the context and your emotional state. For example, if someone's like, "But wait, I thought you wanted that...?" "No, just the... the ticket. Not whatever—I don't need you to take everything out of my bag, just the ticket." Right? So, maybe you're over pronouncing it, over articulating it, because you want to **spell it out** for someone you want to really make sure they understand what you're saying. Because they're confused or you're angry for whatever reason that you're adding articulation. So, in that case, you will say the "T", but most of the time I would say you would say, "Juss the." "No, juss the onions, juss the onions." You know, if you're giving someone directions about making a sandwich. "No, juss the tomatoes." "Juss the." "Juss the tomatoes"

Andrew: Perfect. And to mention the other article that we use just with often is "A", right? The letter "A." Which when we say it is "Ah." When you use "Just" with that article "A", then we say "Juss tah." "Juss tah," right? "Juss tah moment." Juss tah second."

Suzanne: Yeah, you do say the "T." "Juss tah second." Yeah.

Andrew: Yeah, so be careful with this word "Just" and the articles in English guys, they have some unique pronunciations when we use it with "The" or "A", it's going to be either the T sound is deleted in the case of "The." Or it's going to be pronounced with the "A" to make a "Ta" sound when you use it with the word "A". OK, so "Juss the." "Jus tah." So, a little extra mini pronunciation lesson embedded in this Catch Word episode. But now, Suzanne, we should talk about the meaning of this key expression, which is "Just the ticket." Just the ticket. So, could you break it down for us? Can you tell us what does this mean exactly?

Suzanne: Yeah, it really also means something that is exactly what you want, or you need in that moment. Now, "Just what the doctor ordered" is usually a little bit more geared toward like caring for yourself. Whereas "Just the ticket" is a little bit more casual.

You can use this in a broader sense in many different contexts when you find the thing that you need or want, and it fits just right. It's just the ticket.

Andrew: Yeah, so for example, Suzanne, pretend I'm walking down the street in Montreal. OK, maybe I'm trying to go downtown and suddenly you are just driving your car down the street and you see me walking on the sidewalk. So, you roll down your window and you say, "Hey Andrew, what's up?" And I say, "Oh, I'm just heading downtown. How about you? How are you?" You say, "Oh, actually I'm driving downtown right now. Do you need a ride?" I could say, "Oh, that'd be just the ticket. That'd be perfect. I don't have to take the subway. I don't have to take the bus. I don't have to walk. I can ride with my buddy Suzanne. That would be perfect. That would be just the ticket." So, in that kind of situation, something happens, or we get something, or there's some kind of spontaneous thing that happens to us and it's perfect and exactly what we need in that moment. In that situation, we could say, "That's just the ticket."

And to be honest with you guys, I don't know exactly the origin of why we started using this idiomatic expression, "just the ticket," but to me, I think it's like the ticket that I need to do something. Right? If I want to ride a train, then I need a ticket to ride that train. Or if I want to go to an amusement park, I need a ticket to enter that amusement park. And when I have that ticket, then I can achieve my goal. I can do what I want. I feel good. And, so yeah, if something is just the ticket, it's like the credential that you need in order to feel good. At least that's how I think of it. That's the mental imagery that happens in my mind when I think of this idiom. Well, Suzanne, I think that's enough explanation about the pronunciation and the meaning. Why don't we give a couple of example conversations to our listeners so that they can hear how we'd use this in a natural conversation-like setting. So, we'll listen to the first example now. Here we go.

Friend1: I want to do something fun this weekend. Do you have any ideas? What should I do?

Friend2: Huh. Well, how about going to the amusement park? That could be just the ticket.

Friend1: That's exactly what I need. Some fun and excitement.

Andrew: Let's break this example conversation down. Suzanne, in this one, we hear a couple of friends talking about some weekend plans, what to do. And one friend suggests going to an amusement park and says that could be just the ticket. Meaning like that might be exactly what you need. That might be a perfect fit for you. And just kind of throwing that suggestion out there. So that's just exactly what that person was wanting. That suggestion was a great suggestion for him. And so, he says, yeah, that is just the ticket. That's exactly what I need. OK, Suzanne, let's listen to another conversation example. And we can do that now. Here we go.

Friend1: You know, I found this little cafe with live jazz. Want to check it out?

Friend2: Wow, that sounds like just the ticket. I'd love to do that.

Friend1: Great. OK, cool. Let's go.

Andrew: Suzanne, that does sound like just the ticket. A nice cute little cafe with live jazz music.

Suzanne: I'm there. I'm so there.

Andrew: Right. So, in both of these examples, we heard them used in kind of suggestive situations, right? Like, "I don't know what to do. Do you have any suggestions for me? How should I spend my weekend?" And it's like, "Oh, how about an amusement park? That

could be just the ticket." Right? You're suggesting something, some idea, some activity to someone else. You could use it in that kind of situation. And also, we can use it in a response, right? Somebody invites us to do something and we're saying, "Oh, that's perfect!" Like, Suzanne, you're like, "I found this cafe. It's got jazz music. Want to check it out?" "Ah, that's just the ticket. OK, that's perfect for me." I think we use it often in these kinds of situations, making suggestions or responding like, "Yeah, that's a good fit. That's a good idea."

Suzanne: Yeah, it's like you identify a need and a want and the other person makes a suggestion. Exactly. And that fits that need exactly and fits it perfectly.

Andrew: Well, everyone, I think that will bring us to the end of this episode for today. Thank you for joining us. We hope that this lesson where we taught you these two expressions, "Exactly what the doctor ordered" and "Just the ticket" help you to sound more natural and fluent in your future English conversations and also help you to understand English a little bit better. Maybe when you're speaking with other English speakers or watching Netflix or that kind of thing going forward.

Suzanne: Take care, everyone. And we'll talk to you in the next episode.

Andrew: Bye bye. That brings us to the end of this lesson. Talk to you next time. Bye.

Detailed Explanations

Exactly what the doctor ordered Expression

The expression "**exactly what the doctor ordered**" is used to describe something that is exactly what you need or want, especially something that makes you feel better, more comfortable, or healthier. It's often used in situations when you get something that brings you relief or happiness, just like how a doctor gives you a prescription for medicine that makes you feel better.

The phrase originally comes from the idea of a doctor writing a prescription for medicine that helps cure you. However, it doesn't *actually* have to be something recommended by a doctor. For example, if you're feeling cold, and someone gives you a warm cup of tea, you could say, "Ah, this is **exactly what the doctor ordered!**"

This phrase is often used to talk about receiving something you need in the moment. It could be something physical, like a good meal or a warm blanket, or something emotional, like a kind gesture or a relaxing break. The expression suggests that what you received has improved your situation or made you feel much better.

Some similar expressions to "**exactly what the doctor ordered**" are "just what I needed" or "a perfect fit." These expressions can be used in similar situations when you feel that something is exactly right for you at that moment.

Here are a couple more examples with **exactly what the doctor ordered**:

Tina: How was the flight?

Ed: Oh, it was so long! I feel exhausted.

Tina: Let me make you some coffee.

Ed: Please! A cup of coffee is **exactly what the doctor ordered** after such a trip.

Paul: I've been so stressed lately. Everything just feels like too much.

Lily: You should treat yourself to a nice day off to relax.

Paul: That sounds like **exactly what the doctor ordered**. A little break is just what I need.

Just the ticket

Idiom, informal

The phrase "**just the ticket**" is used when something is exactly what you need or want in a particular situation. It means that whatever is being suggested or offered is the perfect solution. The phrase is often used to express approval or excitement about something that fits your needs perfectly. If you're looking for something and you find it, you could say, "That's **just the ticket!**" It can be used to talk about anything, from an idea or a plan to an object or a person.

The origin of this expression comes from the idea that a "ticket" is something that gives you access to an event or a place. When you have the right ticket, you can do what you want, just like when you get exactly what you need. For example, if you're tired and you find a comfortable place to relax, you could say, "This chair is **just the ticket!**"

Some other expressions with a similar meaning to "**just the ticket**" are "just what I needed" and "exactly what I was looking for." These are also used to show that something fits perfectly with what you want or need.

However, be careful when using this phrase. It is typically used in casual conversations, so it might not be the best choice for formal situations.

Here are a couple more examples with **just the ticket**:

Sarah: My back has been aching all day. I need something to relieve the pain.

Clay: Oh, I've got some pain relief cream. Want me to grab it?

Sarah: That's exactly what I need! That cream will be **just the ticket**.

Clay: I'll get it for you. It should help right away.

Keith: I need to buy a gift for Sarah's birthday, but I'm not sure what to get her.

Ellie: What about a bracelet? She loves jewelry.

Keith: Yeah, that sounds like **just the ticket**. She'd really love that.

Ellie: I'll go with you to help pick one out!

Runny nose

Noun

A **runny nose** is a condition where your nose produces a lot of mucus or snot, and it can drip out of your nose. It's often a symptom of a cold, the flu, or allergies. A **runny nose** usually means you need to use tissues to wipe your nose often because it keeps leaking mucus. It's very common when you're sick and often happens when your body is trying to fight off a virus or infection.

The expression "**runny nose**" comes from the idea that the mucus "runs" out of your nose because it's more than usual, and it's a simple way to describe a common cold symptom. You might hear people say, "I have a **runny nose**," when they're feeling sick, or even "I can't stop blowing my nose" when it's really bad.

To remember **runny nose**, think about how "runny" describes something moving quickly or flowing, like water or syrup. If your nose is "running," that means it's leaking mucus, just like a leak in a pipe or a faucet that's dripping water.

Make sure to avoid this common mistake and use the correct form of the word "runny":

Incorrect: "I have a running nose." ❌

Correct: "I have a **runny nose**." ✓

Here are a couple more examples with **runny nose**:

Rick: Are you guys coming over to my place tonight?

Michaela: I'm afraid we can't. My daughter has a **runny nose** and a cough. I think she's coming down with something.

Rick: It's probably just a cold. Make sure she drinks plenty of fluids.

Customer: Hi, I've been dealing with a **runny nose** for a few days. Do you have anything to help?

Pharmacist: We have a few cold medicines that can help stop a **runny nose**. You can try Sudafed or Claritin.

Customer: Sudafed sounds good. Thanks!

Home remedy

Noun

The expression "**home remedy**" refers to a simple treatment for a minor illness or condition that you make or use at home, often using natural ingredients or things you already have. These homemade solutions are often passed down from family members or friends. People use **home remedies** for common problems like a sore throat, a runny nose, or a headache. For example, when you have a cold, drinking warm tea with honey or lemon can help soothe your throat, and this is considered a **home remedy**.

The term **home remedy** comes from the idea that you don't need to go to the doctor for everything—sometimes you can take care of small health issues at home using simple methods or natural ingredients. This is different from professional medicine, which might require a prescription or visit to the doctor. **Home remedies** have been used for many years, often in families or communities, and are usually based on tradition or personal experience.

To remember the expression, think of "home" as a place where you feel comfortable and safe, and "remedy" as something that helps you feel better. So, a **home remedy** is a simple way to feel better without leaving your house. Some similar expressions are "natural remedy" or "folk remedy," both of which refer to treatments made from natural ingredients, like herbs or fruits.

Here are a couple more examples with **home remedy**:

Tom: Oh, I have a terrible headache. Do you have any painkillers?

Jess: Sorry, I don't. Instead of painkillers, I use peppermint oil. I rub it on my temples when I have a headache. It's a great **home remedy**.

Tom: OK, let's try that! I'd do anything to stop it.

Ethan: My skin's been so dry lately. I think I need something to moisturize it.

Autumn: You could try using aloe vera. It's a simple **home remedy** for dry skin, and it works really well.

Ethan: That's a great idea. I've got some aloe vera gel at home. I'll give it a try!

Hit (satisfy)

Verb, informal

The verb "**hit**" in the context of this episode is used to describe something that meets or satisfies your needs or expectations. When explaining the first key expression, Suzanne says, "That's going to **hit** perfectly!" It means that something works well for you or matches what you were hoping for, it fulfills a need, whether it's a need for relaxation, comfort, or satisfaction.

The expression "**hit**" in this sense comes from the idea of reaching or striking the right place or target, like hitting a bullseye in a game. Imagine you're really hungry, and someone gives you food that is perfect for your craving. That food "**hits**" your hunger spot perfectly. So, when something "**hits**," it means it fulfills or satisfies what you need in that situation. To remember this, think about something reaching a target and fulfilling that specific need.

You can use the word "**hit**" to describe how a suggestion or solution perfectly fits what someone is looking for. It is often used to describe an action or situation that delivers the result you were expecting or hoping for. For example, "That movie really **hit** the spot" means the movie was exactly what you wanted in that moment.

When used in this context, the verb "to **hit**" is often used in the phrases like "**hit** the spot". When you say something "**hits** the spot," it means it is exactly what you wanted or needed. It is most often used when talking about food. For example, if you're craving a certain food and you finally get it, you can say, "This meal really **hits** the spot!"

Synonyms for "**hit**" in this context are "satisfy" or "meet the need." These expressions are used when something works well for a particular situation or solves a problem.

Here are a couple more examples with **hit (satisfy)**:

Trainer: How are you feeling after today's session?

Client: That workout really **hit**! I'm exhausted, but it was exactly what I needed!

Jake: I barely slept last night. I feel so tired today.

Olivia: Yeah, I know the feeling. Here, have some of this coffee. It'll help.

Jake: Ahh, that coffee really **hit the spot**. I feel much better now.

Spell it out

Phrasal verb

The phrasal verb "**spell it out**" means to explain something clearly and in detail, often when there is confusion or a lack of understanding. In the episode, Suzanne uses the phrase when breaking down the pronunciation of "**just the ticket**."

The expression "**spell it out**" comes from the idea of spelling a word letter by letter to avoid any misunderstanding. When you "**spell something out**" in conversation, you're providing a very clear explanation, breaking it down step-by-step to make sure everything is understood. This is especially useful in situations where there's a risk of confusion and you want to make sure there is no misunderstanding.

For example, if a friend is confused about your plans, you might say, "No, let me **spell it out**: I'm going to the movies at 7, not 8." One more example: if you need to clarify an order with a friend, you might say, "No, just the salad. Let me **spell it out** for you: I don't want the whole menu, just the salad."

Be careful not to overuse this expression. It's most useful when you really need to clear up confusion, and it might sound unnecessary if you use it for simple or easy explanations. It can also sound rude if your tone of voice sounds impatient – it can make the other person feel like you are frustrated with them or that you think they aren't very smart. So, remember to use it patiently when the other person needs extra clarity or when something is important enough to explain in detail.

Here are a couple more examples with **spell it out**:

Sam: Sorry, did you say you want me to bring some flowers?

Katy: Let me **spell it out** for you. We need flour, not flowers! I'm making a cake.

Sam: Alright, alright! There's no need to get impatient with me. I've got plenty of flour at home, so I'll bring some along.

Leo: I don't understand how to use this app. It seems too complicated.

Anna: Let me **spell it out**. First, open the app and log in. Then, click the button that says "Create new post." After that, you can upload your pictures, add your caption, and hit "Post" to share it with your friends.

Leo: Oh, thank you so much! Now I get it.

Expressions Quiz

- 1. What is the expression “exactly what the doctor ordered” used for?**
 - a) To describe something that is too much.
 - b) To describe something that is perfect for your needs.
 - c) To describe something that is unpleasant.
 - d) To describe something that is cheap.

- 2. If someone says, “This vacation is just the ticket,” what do they mean?**
 - a) The tickets were too expensive.
 - b) The vacation is not enjoyable.
 - c) The vacation is exactly what they needed.
 - d) The vacation is too far away.

- 3. What does it mean when someone says something "hits the spot"?**
 - a) It is very satisfying.
 - b) It makes you feel worse.
 - c) It hurts you.
 - d) It confuses you.

- 4. True or false? You can use the expression “spell it out” if you want to clarify things.**
 - a) True.
 - b) False.

- 5. What’s an example of a "home remedy"?**
 - a) Taking medicine prescribed by a doctor.
 - b) Drinking herbal tea to help with a sore throat.
 - c) Using an over-the-counter medicine.
 - d) Going to a hospital for treatment.

Comprehension Quiz

6. What key expressions are introduced in this episode? What situations are they useful for?
7. In the first example dialogue, what does Coworker 1 suggest would help after a long workweek?
8. In the second example dialog, when the grandson says, "**That sounds like exactly what the doctor ordered,**" why is this a more expressive response than just saying "yes"?
9. What does Andrew explain about the pronunciation of "**just the ticket**"?
10. What is Suzanne's explanation of the difference between "**exactly what the doctor ordered**" and "**just the ticket**"?

Writing and Discussion Questions

1. Have you ever had a day where something simple, like a hot cup of tea or a nap, was **exactly what the doctor ordered**? What was it, and how did it make you feel better?
2. Let's say you've just had a very busy week and you're finally getting some free time. What activity would be **just the ticket** to help you relax and recharge? Why does it help you unwind?
3. Can you remember a time when you had a craving for a particular food, and that food really **hit the spot**? What was it, and how did it satisfy your hunger or mood?
4. What's a **home remedy** that you've used in the past to treat a common illness, like a cold or headache? Did it work for you, or do you prefer to see a doctor?
5. How do you feel when a teacher **spells it out** for you in English? Do you prefer it when the teacher gives you a detailed explanation right away, or do you prefer it when he/she challenges you to figure it out on your own first?

Quiz Answers

1.b 2.c 3.a 4.a 5.b

6. "Exactly what the doctor ordered" and "Just the ticket."

7. A spa day.

8. It expresses relief and gratitude, showing he is excited and thankful for the soup and tea.

9. It's often said quickly, sounding like "just the ticket" with the "t" dropped in casual speech.

10. Suzanne says that "exactly what the doctor ordered" is more about something that comforts or heals, while "just the ticket" is more casual and can be used for anything that fits your needs perfectly in a broader sense.

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