



Tasty Tidbits from Talking Books!

RC 58290 Pillsbury Best of the Bake-off Cook-

book: Recipes from America's Favorite Cooking Contest by the Pillsbury editors. Presents about four hundred recipes from the Pillsbury Bake-Off contests begun in 1949. 2004.

RC 57235 The Best American Recipes, 2003-2004 by Fran McCullough, , with Molly Stevens; and foreword by Anthony Bourdain. Collection of recipes gathered from various cookbooks, magazines, newsletters, and web sites. Include 2003 top ten food trends.

RC 57568 Quick & Easy Low-carb Cooking for People with Diabetes by Nancy S. Hughes. Recipes for diabetics to prepare without having to count carbs from three different carbohydrate levels. 2003.

RC 57326 Solo Suppers: Simple Delicious Meals to Cook for Yourself by Joyce Goldstein. Restaurant chef

offers sophisticated recipes designed for the single diner that minimize leftovers and maximize the versatility of basic ingredients. Goldstein includes tips on "shopping for one," planning meals, stocking a pantry, and outfitting a kitchen. 2003.

RC 55620 Food to Die For: Secrets from Kay Scarpetta's Kitchen by Patricia Cornwell and Marlene Brown. The author of the mystery series featuring medical examiner Dr. Kay Scarpetta offers recipes from the books that the character prepares at home, or enjoys at restaurants. Includes Italian dishes passed down from her family and simple American ones. 2001.

RC 54912 Fix-it and Forget-it Cookbook: Feasting with Your Slow Cooker by Dawn J. Ranck, Phyllis Pellman Good.

More than 800 recipes for foods prepared using slow cookers. Included are numerous helpful hints to aid in the use of slow cookers. Bestseller. 2002.

RC 55973 The Whole Foods Diabetic Cookbook by Patricia Bertron, Michael Cook, Patricia Stevenson. A collection of vegetarian recipes using whole grains, legumes, fruits, and vegetables. Gives an overview of diabetes and explains how diet and exercise are important in controlling the disease. 2002.

RC 58177 The Book Club Cookbook: Recipes Food for Thought from Your Book Club's Favorite Books and Authors by Judy Gelman and Vicki Levy Krupp. One hundred entries. 2004



Items will be loaned at no charge to individuals or to institutions. Except for Talking Books, all items are to be ordered at the local library, picked up, and returned to same. SEK Library System is not responsible for any accident or injury resulting from the use or misuse of any piece of equipment listed in this or in any of its activities collections.

Please remember...

You can always return non-working or unused Talking Book equipment, with or without the boxes, to any public library, or at the SEK Activity Directors Meeting, Wednesday, November 2, 10:00 AM, SRS Bldg., Kansas Room, 1500 W. 7th, Chanute. RSVP to Golden Heights, (785) 448-2434. Everyone is welcome!

Dates to Remember

Remembering School Days, Remembering Fall: Full Program Kits

Sept. 4, National Grandparents Day.
Any Bi-Folkal "Remembering" kit to share with grandparents.

Labor Day: Sept. 5, *Labor Day Actiphile and Picture Set*

Gold Star Mother's Day: Sept. 24, Express the love, sorrow, and reverence for Gold Star Mothers. *Picture Set: Memorial Day*

October is National Popcorn Popping Month: *Stirring Up Memories: Food Programs for Older Adults*

Halloween: Oct. 31, *Halloween Actiphile*. Boo!

Birthday of John Montague, 4th Earl of Sandwich, Nov. 3. *Bi-Folkal Binder: 24 Food Programs*

Veterans Day: November 11

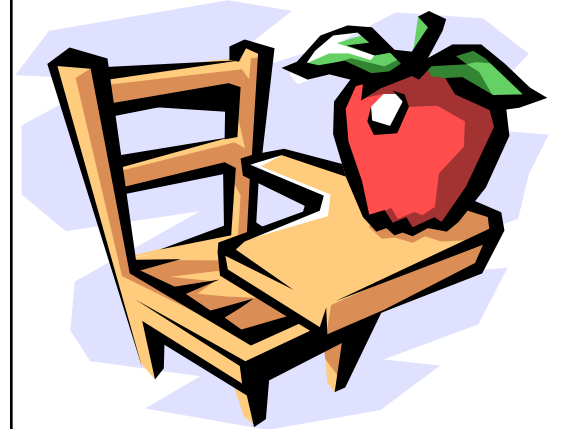
Thanksgiving Day (US): Thursday, November 24, *Thanksgiving Actiphile*.



Talking Books & Special Needs
Southeast Kansas Library System
218 E. Madison
Iola, KS 66749

Free Matter for the Blind and
Physically Handicapped

*Fall Activity
Programming Ideas
from
Talking Books
and
Southeast Kansas
Library System*



*Talking Books & Special Needs
Southeast Kansas Library System*

<<http://www.sekls.lib.ks.us/>>

218 E. Madison, Iola, KS 66749

(620) 365-5136, (800) 279-3219

Liz Nix, Special Needs Consultant

<LNIX@SEKLS.ORG>