NOVEMBER - DECEMBER 2022

MCCRACKEN COUNTY PUBLIC LIBRARY, PADUCAH, KY

The SWEET Issue

This time of year is all about **FOOD**...and I love it. With Halloween then Thanksgiving then all the holidays in December, it's hard to avoid all the goodies. Like bears who are stocking up for hibernation, humans also tend to eat more in the winter as a way to keep warm. There's nothing better on a frigid night then curling up with a bowl of soup or chili.

But more than any type of food, you see **SWEETS** this time of year: candy, pumpkin pie, cookies, hot chocolate, fruitcake (eww), gingerbread, and more.

COOKIES AND MILK

BY SHAWN AMOS



Have you ever heard of Famous Amos cookies? You can find them in supermarkets and convenience stores around the country. This book is by the son of the founder of Famous Amos, Wally Amos. In "Cookies and Milk" Shawn Amos takes some of the details of his real life growing up and turns it into fiction.



Eleven-year-old Ellis Johnson has the summertime blues. He dreamed of spending the summer of 1976 hanging out with friends, listening to music, and playing his harmonica. Instead, he'll be sleeping on a lumpy pullout bed in his Dad's sad little bungalow and helping bring his Dad's latest far-fetched, sure-to-fail idea to life: opening the world's first chocolate chip cookie store. They have six weeks to perfect their recipe for success.

WHAT IS THIS?



SEE THE NEXT PAGE FOR THE ANSWER

"HOT" CHOCOLATE BOOKS



About 16 billion pounds of chocolate are eaten worldwide every year. It's no wonder there's a few books about it.



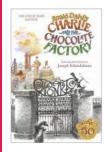
THE CHOCOLATE TOUCH BY PATRICK SKENE CATLING

Have you heard of King Midas? Every thing he touched turned to gold. Well, everything John Midas touches turns to chocolate. Sounds yummy....at first.



THE CHOCOLATE SUNDAE MYSTERY BY GERTRUDE WARNER CHANDLER

The Boxcar Children have solved a mystery about nearly everything. This time ice cream and toppings are disappearing from their favorite shop.



CHARLIE & THE CHOCOLATE FACTORY BY ROALD DAHL

Five kids, including Charlie Bucket, win a chance to meet Willa Wonka, the world's most magical chocolate maker, at his amazing factory. All of the kids will come away with something they didn't expect.

RUTH WAKEFIELD – A REAL WILLY WONKA INVENTOR OF THE CHOCOLATE CHIP COOKIE



Willy Wonka, from Charlie and the Chocolate Factory, was known for magical chocolate inventions. Well, Ruth Wakefield can be called a real life Willy Wonka because in 1938 she invented the chocolate chip cookie.

At that time, Ruth Wakefield and her husband owned a restaurant in Whitman, Mass. called the Toll House Inn. The restaurant was particularly known for its great desserts. One day, Wakefield broke a Nestle chocolate bar into chips and added it to her cookie dough. People flipped out. The cookies were so popular that Wakefield sold the recipe to Nestle in exchange for a lifetime supply of free chocolate. Wakefield's original recipe is still the recipe you see on the back of Nestle chocolate chips today.

WHAT IS IT? ANSWER





This is a cookie mold, or sometimes it is called a cookie stamp. It's like a cookie cutter but instead of cutting out an image, a cookie stamp leaves behind a complicated pattern in the dough. Most often you see cookie stamps used with a kind of Dutch cookie called speculaas which has a lot of butter, brown sugar, and holiday spices.

FORTUNE COOKIE SERIES

BY MATTHEW SWANSON







Ben Yokoyama takes things a little too literally. In the first book, when he cracks up a fortune cookie that says *Live* everyday like it may be your last, Ben is afraid it really is his last day, so he tries to cram in everything on his bucket list. In book 2, the fortune cookie reads *Good things come to those who* wait and in book 3, it says *Practice makes perfect*. I wonder what sort of trouble he'll get into with those messages.

WHERE DO FORTUNE COOKIES COME FROM?



These days we associate fortune cookies with takeout Chinese food. The tradition of fortunes in cookies comes from Japan, however, and the cookie was quite different. The fortune cookie as we know it was actually invented in the United States in the early 1900s, most likely in San Francisco. Today, the largest manufacturer of fortune cookies is Wonton Food, Inc. based in Brooklyn, NY. They make 4.5 million cookies a day!

THESE BOOKS TAKE THE CAKE



HAPPY BIRTHDAY, BAD KITTY by Nick Bruel

It's bad kitty's birthday and lots of weird guests are coming including Chatty Kitty, Stinky Kitty, and Big Kitty. And what's a party without cake, though it's one of the weirdest cakes you'll ever see.



Starla Jean Takes the Cake by Elana K. Arnold

Starla Jean's baby sister is having her first birthday, and Starla Jean is gong to throw the best party ever. Decorating won't be too bad. But can she gather all the ingredients and bake a cake, too?



Junie B. Jones and the Yucky Blucky Fruitcake by Barbara Park

Have you ever had fruitcake? If so, you may understand why Junie B. is so upset about winning one at her school's Cake Walk. And if you know Junie B., you know she's got something to say about it.

WORLD'S TALLEST CAKE

I once went to a wedding that had a cake that was over 3 feet high. But that's nothing compared to the world's tallest cake. Made by a culinary school in Indonesia, the cake stood at 108 feet high and weighed 20 tons.



108 feet is about:

- the height of an 11 story building
- the length of 3 school buses
- 15 Shaquille O'Neals
- 1 female blue whale
- 5 of Washington's noses from Mt. Rushmore
- 173 unsharpened pencils

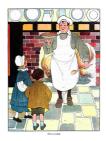
NURSERY RHYMES ARE SWEET

Have you ever noticed how many nursery rhymes mention food, particularly sweet things? Here's just a few examples:



Do you know the muffin man, the muffin man, who lives on Drury Ln?

Hot cross buns, hot cross buns, one-a-penny, two-apenny hot cross buns.

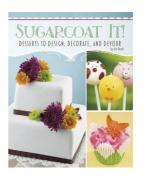


Pat a cake, Pat a cake, Baker's man, bake me a cake as fast as you can.

Simple Simon met a pie man going to a fair.

So why do you think so many nursery rhymes are about sweets? In Victorian times when nursery rhymes were popular, most food vendors would take products to the streets to sell them, and even deliver their wares door to door. They would call out what they were selling, like "Get your pies here" or "Hot cross buns, two for a penny." Their calls would sometimes turn into clever rhymes and eventually became the basis for some of the nursery rhymes we know today.

SUGARCOAT IT! DESSERTS TO AND DEVOUR



There's an old saying that goes, "We eat with **DESIGN**, **DECORATE** our eyes first," which means that we often BY JENNIFER BESEL want to eat food that looks good as well as tastes good. Read this book and you can learn tricks for few delicious decorating desserts. You can find it in the nonfiction section.

Hide and Sweet

UJGHO J T C D D Ε Ε В Q G S Q Ε \subset Z Т U EXRWGKO S Ε IGIHS FWPCP Ι S R \times R K M JICZK F WLUXEIHHKBS J E K G S Z T S X Q S U Q O J O C N T K Z

BROWNIE
BUBBLEGUM
CARAMEL
CHOCOLATE
COOKIE
CUPCAKE
DONUT
LICORICE
LOLLIPOP
PIE
PUDDING
SHERBET
SODA
SUNDAE
TAFFY

WEIRD, BUT TRUE



The first cotton candy machine was invented in 1904 by a dentist!

William Morrison, a dentist from Nashville, paired up with a candy maker named John Wharton and together they invented a machine that would change fairs forever. Essentially, cotton candy is made by blowing liquid sugar through a fine mesh screen so it comes out as strands that quickly dry in the air. Morrison and Wharton debuted their machine at 1904 St. Louis World's Fair. Their product was so popular that they sold 68,655 boxes at \$.25 a box. That equals \$17,162.75, which in today's money translates to over \$500,000! I'd say the product was a sweet success.



WHEN LIFE GIVE YOU
LEMONS, MAKE PEACH PIE
BY ERIN SODERBERG
DOWNING

Lucy, Freddy, and Herb Peach are ready for vacation. Lucy wants to read, Freddy wants to work on his art projects, and Herb wants to swim every day. Then their dad makes a big announcement: one of the inventions their mom came up with before she passed away has sold, and now they're millionaires! But Dad has bigger plans than blowing the cash on fun stuff or investing it. He's bought a used food truck. The Peaches are going to spend the summer traveling the country selling pies. There's only one problem...none of them know how to bake.