

Do you like to cross stitch but find your time is limited? Well, if you can spare a couple hours, the book *Flowers* by Trice Boerens will teach you to make a beautiful piece of artwork in a short amount of time. This book contains 300 designs with basic instructions, a color guide, and a supply list. Complete a beautiful floral cross-stitch pattern in about two hours.

If baking in the kitchen is considered an ideal day for you, then check out *The Complete Photo Guide to Cake Decorating* by Autumn Carpenter. Inside you'll find more than 1,000 color photos with step by step instructions to design a simple or complex cake for any occasion. There is a section on basic cake preparation, piping techniques, fondant, gum paste and a special design gallery in the back that shows what the finished product should look like.

For those who like cooking delicious meals at home, check out *Grow Cook and Eat* by Willi Galloway. Learn about planting, harvesting, and storing your home grown fruits and vegetables. This is definitely a food lover's guide to vegetable gardening, with at least 50 scrumptious recipes to make from your harvest.

Many people today are facing the challenges of diabetes. Maintaining a healthy lifestyle can be difficult. *Blood Sugar* by Michael Moore may help ease some of the frustration. Chef Michael explains how certain "fire foods" can instantly spike your blood sugar levels. He writes about remedies and alternatives. The recipes included in this book use a minimal amount of "fire food". Learn how using Agave Syrup, known as a diabetic friendly sugar substitute, may help stabilize your blood sugar levels.

Is your kitchen in need of some updating? Do you have a small budget with which to work? Whether your budget is big or small, *Kitchens by Better Homes and Gardens*, a do it yourself book, can help. Inside you'll find simple ways to tile a back splash, update cabinets, install laminate flooring, and more. Easy to follow instructions and photographs will help add elegance and style to any kitchen.

Mike Wallace was one of the most recognized journalists of his time. He started out in radio and television and developed an interest in reporting about corruption and injustice. He died this year at the age of 93. Author Peter Rader has written a book called *Mike Wallace A Life*. In this book you'll read all about Wallace's childhood, the struggles he encountered throughout his life, and his love for journalism.

Jennifer Hudson, movie star and spokesperson for *Weight Watchers*, has written a book called *I Got This*. She writes about her life growing up as a plus size girl and how it really didn't matter to her what

size she was. Jennifer states that she never felt insecure about her weight. She may not have been able to fit in to anything in the stores and malls where most of her friends shopped, but that didn't discourage her from finding a cute outfit to fit the body that she had. After becoming a contestant on American Idol, she made several appearances on the red carpet. During one of these events a reporter asked "How does it feel to be a big girl in Hollywood?" You can almost imagine the shocked look on her face. Find out how Jennifer responded to this question and more inside this extraordinary book.

All of the above books mentioned can be found at the Manistee County Library. For more information please call 723-2519.