

# What's UPstairs?

## Reference at the Framingham Public Library

Volume 2, Issue 2

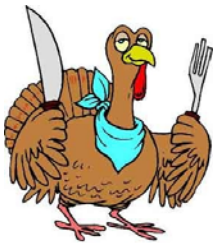
Nov./Dec. 2009

### Contact us:

(508) 532-5570 ext 4361

Fplmail6@minlib.net

IM: fplref@meebo.com



Holiday time is here!  
Click here:

<http://allrecipes.com/>

And search "turkey"  
for all your turkey  
roasting needs!

### IT'S HOLIDAY TIME!

Here are a few recipes to get you started. Visit our cookbook collection (641.5) for more delicious holiday recipes!

#### ***Almond Seera is an Indian sweet dish usually served on Diwali.***

1½ cup almonds (soaked overnight)  
3 cups hot milk  
1 cup clarified butter (ghee)  
½ cup sugar

Peel skin off the almonds and wash.  
Grind to make fine paste.  
Fry the paste in ghee.

The paste should become light brown.  
Gradually pour warm milk and stir.  
When the mixture becomes thick, add sugar and cook again.  
Keep stirring till ghee gets separated - Almond Seera is ready to serve.

#### ***Eggnog is a traditional Christmas Beverage***

4 egg yolks  
1 (5 ounce) can sweetened condensed milk  
1 Tbls white sugar  
1 tsp vanilla extract  
4 ½ cups milk  
4 egg whites  
¼ tsp ground nutmeg  
Rum or bourbon (optional)

In a large mixing bowl, beat egg yolks until they are thickened and light. Gradually stir in condensed milk, sugar, vanilla and milk and rum or bourbon, if used. Beat the egg whites until stiff, and then add them to the milk mixture. Garnish with nutmeg.

#### ***Potato Pancakes (Latkes) are popular Hanukkah treats***

4 large potatoes	½ tsp white pepper
1 medium onion	1 Tbls all-purpose flour
1 large egg	½ tsp baking powder
1 tsp salt	vegetable oil (for frying)

Grate potatoes and onion. Transfer to colander and squeeze mixture to press out as much liquid as possible.

In a large bowl, mix egg, salt, pepper, flour and baking powder. Add potato and onions, and mix well.

Heat oil in a deep, heavy skillet.

Drop about 2 tablespoons of potato mixture into the pan for each pancake. Flatten with back of spoon so each pancake is about 2 ½ to 3 inches in diameter.

Fry over medium heat for about 4 to 5 minutes on each side, or until golden brown and crisp. Turn carefully with 2 spatulas so oil does not splatter.

Drain on paper towels.

Before frying each new batch, stir potato mixture. If all the oil is absorbed, add a little more to the pan.

Serve hot with applesauce, sour cream, or sugar.

#### ***Kwanzaa Corn Bread***

1 cup flour	2 eggs, beaten
1 cup cornmeal	1 cup buttermilk
2 Tbls sugar	¼ cup cooking oil
1 Tbls baking powder	¾ cup finely chopped red sweet pepper
½ tsp salt	

Preheat oven to 425 degrees F. Grease the bottom and ½ inch up the sides of a 9x9x2-inch baking pan; set aside. In a medium mixing bowl stir together flour, cornmeal, sugar, baking powder, and salt. Make a well in the center of the dry mixture; set aside.

In a small mixing bowl combine the eggs, buttermilk, and cooking oil. Add egg mixture all at once to dry mixture. Stir just until moistened. Gently stir in chopped red sweet pepper. Spoon batter into the prepared pan.

Bake for 20 to 25 minutes – Serve warm.



Did you know..... You can now print (at .15 per page) from your laptops via our wireless network while in the library!



## Researching a business? We can help!



As President Calvin Coolidge explained in a 1925 speech, “*the chief business of the American people is business*”.

Business concerns us all; Consumers, investors, shoppers, lenders, borrowers, employees, job applicants. With few exceptions every organization we deal with is a business. Every individual we hire represents a business. This includes our government, non-profit organizations, even religious institutions. They all have expenses, revenues, payrolls and goods or services.

Good business information can be hard to find. When you have questions, concerns, interests, whatever your need to know, try General Business File ASAP. This database is available in the library for all users. Remote access from any internet enabled computer requires only a current library card. You can count on the data’s reliability as the sources of information are clearly identified. You can e-mail articles or mark them for later use. Many articles are full text and if not, we can almost always get an article for you using the citation.

Use this database to research all business and management topics. It includes directory listings for over 150,000 companies as well as investment analysts’ reports on major companies and industries. Choose "Advanced search" and then type a ticker symbol into the pop-up box to search Reuters Research on Demand, which contains investment reports produced by financial institutions and Wall Street and International brokerage firms. We

### Contact us:

(508) 532-5570 ext 4361

Fplmail6@minlib.net

IM: fplref@meebo.com

To access the online databases from home:

1. Have your library card ready and open the following URL:

[www.mln.lib.ma.us](http://www.mln.lib.ma.us)

2. Click “Research and Information” - the blue bar under the Minuteman logo.

3. Enter your library card number where asked.

4. Click “Log in”

5. Select the “General Business File ASAP”

## Health Information from the Center for Disease Control at [www.cdc.gov](http://www.cdc.gov)

Whether you are looking for information about the flu, what vaccines to have when traveling overseas, or the latest news on certain diseases or conditions, you will find it all from the CDC web site.

The CDC began in 1946 as the Communicable Disease Center in Atlanta, GA. Now known as the Center for Disease Control it is the nations premier health promotion, prevention and preparedness agency and a global leader in public health. The CDC is globally recognized for its research, investigations and for its action-oriented approach. The CDC applies research and findings to improve people’s daily lives and responds to health emergencies. The CDC remains at the forefront of public health efforts to prevent and control infections and chronic diseases, injuries, workplace hazards, disabilities, and environmental health threats. Check out the CDC web site for up to date health information .



### Winter Shoes

*Spring wears shoes of softest green,  
Autumn’s shoes are brown,  
But Winter, when she walks the earth,  
Walks in eiderdown.*

Grace Sayre

