



**JUNIOR LEAGUE OF  
MEMPHIS**

*Women building better communities*

**PRESS RELEASE**

For Immediate Release  
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***The Heart & Soul of Memphis Cooks Reprinted Again***

**Memphis (TN)** – Junior League of Memphis (JLM) recently announced the fourth reprint of one of its most popular cookbooks, *Heart & Soul*. The cookbook offers the same great recipes but will have new look – an enclosed spiral binding that allows it to lie flat and remain open. To date more than 60,000 copies of *Heart & Soul* have been sold.

*Heart and Soul* celebrates Memphis' musical heritage including soul, blues, rock and roll and opera. The book highlights heartwarming stories of family traditions intertwined with recipes, beautiful photography and colorful anecdotes about local celebrities. *Heart & Soul* won the 1993 Tabasco Award for the best community cookbook in the country. Only one publication is so honored each year.

“We are very excited about *Heart & Soul* being reprinted for a fourth time,” said Publications Chair Deborah Smith. “This beloved cookbook is such a standout that people keep buying it as gifts for friends and family. *Heart & Soul* remains popular because it is easy to cook with and enjoyable to read.”

The JLM is a group of dedicated women who help organizations by providing trained volunteers as well as financial support. Sales of these and other cookbooks enable the JLM to support various community organizations. Many current and former projects assisted by JLM projects are now some of the strongest non-profit organizations in Memphis. The Children's Museum of Memphis; WKNO public television; Hope House, a support facility for women and children affected by AIDS; and The Memphis Pink Palace Museum are a few stellar examples.

Contact JLM Publications Chair Deborah Smith at (901) 409-4515 or [debsmith40@midsouth.rr.com](mailto:debsmith40@midsouth.rr.com) for more information. Purchase cookbooks online at [www.jlmemphis.org](http://www.jlmemphis.org) or call (901) 452-2151.

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