

FOR THE LADIES...

Dear In Trouble

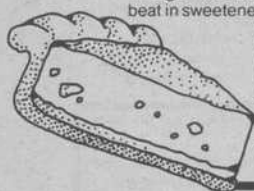
Here are some more recipes for the Holidays. You are sure to be a hit with the men folks. This could mean "fat city" for some; however, do some of these -- take some walks, swim a few laps and it will be alright.

BLUEBERRY & PEACH SHORTCAKE

(Makes 6 to 8 servings)

- 1 (8-ounce) package cream cheese, softened
- 1 (14-ounce) can Eagle® Brand Sweetened Condensed Milk (NOT evaporated milk)
- ½ cup plus 1 tablespoon ReaLemon® Lemon Juice from Concentrate
- 1 teaspoon vanilla extract
- 1 (6.5-ounce) prepared sponge cake layer
- 2 tablespoons sugar
- 2 teaspoons cornstarch
- ¼ cup water
- 1 cup blueberries
- 3 medium peaches, peeled, seeded and sliced

In large mixer bowl, beat cheese until fluffy. Gradually beat in sweetened condensed milk until smooth. Stir in ½ cup ReaLemon® brand and vanilla. Spread on cake, chill. In small saucepan, mix sugar, cornstarch, water and 1 tablespoon ReaLemon® brand. Cook and stir until thickened. Add blueberries, cook until bubbly. Chill. Before serving, top cake with peach slices and blueberry sauce. Refrigerate leftovers.



Dishin It Out *By Nona*



Nona Carroll

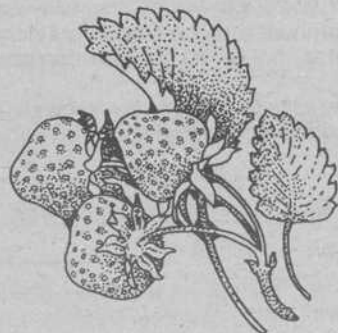
BLUEBERRY STREUSEL COBBLER

(Makes 9 to 12 servings)

- 1 pint blueberries
- 1 (14-ounce) can Eagle® Brand Sweetened Condensed Milk (NOT evaporated milk)
- 2 teaspoons grated lemon rind
- ¾ cup plus 2 tablespoons cold margarine or butter
- 2 cups biscuit baking mix
- ½ cup firmly packed brown sugar
- ½ cup chopped nuts

In bowl, combine berries, sweetened condensed milk and rind. In large bowl, cut ¾ cup margarine into 1½ cups biscuit mix until crumbly; add berry mixture. Spread in greased 9-inch square baking pan. In bowl, combine ¾ cup biscuit mix and sugar; cut in 2 tablespoons margarine until crumbly. Add nuts. Sprinkle over cobbler. Bake at 325° for 1 hour and 10 minutes or until golden. Serve warm with ice cream and Blueberry Sauce.

Blueberry Sauce: In saucepan, combine ½ cup sugar, 1 tablespoon cornstarch, ½ teaspoon cinnamon, ¼ teaspoon nutmeg and ½ cup water. Cook and stir until thickened. Add 1 pint blueberries; cook and stir until hot.



STRAWBERRY CHEESE PIE

(Makes one 9-inch pie)

- 1 (9-inch) baked pastry shell or graham cracker crumb crust
- 1 (8-ounce) package cream cheese, softened
- 1 (14-ounce) can Eagle® Brand Sweetened Condensed Milk (NOT evaporated milk)
- ½ cup ReaLemon® Lemon Juice from Concentrate
- 1 teaspoon vanilla extract
- 1 quart fresh strawberries, cleaned and hulled
- 1 (16-ounce) package prepared strawberry glaze, chilled

In large mixer bowl, beat cheese until fluffy. Gradually beat in sweetened condensed milk until smooth. Stir in ReaLemon® brand and vanilla. Pour into prepared crust. Chill 3 hours or until set. Top with strawberries and desired amount of glaze. Refrigerate leftovers.

BEAUTY TIPS

Ages Of Beauty

With correct skin and diet, there is no reason why a woman should not look just as attractive at forty or fifty as she did at twenty, provided that she changes her style to suit her age group.

The thirties and onwards This is a time for warmth and boldness. A complete switch in hair colour and make-up can make you feel renewed. Your body is probably in as good a shape now as it was in your twenties and if it is not, diet and exercise can help. Your whole attitude to life becomes more relaxed. You may be entertaining and going out more and this gives you chances to wear beautiful evening clothes, needing warm, beautiful make-up to complement them. A period of your life to enjoy to the full.

The best sit-up

Fighting fat around the waist has become an American obsession, and most people eventually turn to sit-ups in this battle. Unfortunately, they often do them improperly. . . . The safest, most effective way to do a sit-up is to lie on your back, keeping knees bent and feet on the floor. Contract the abdominal muscles and press the lower back into the floor, which will cause the upper body to lift up. It is necessary to come up only to a 30 to 45 degree angle. . . . The safest arm position is to cross them behind the head with the hands placed on the opposite shoulders.



JACOB

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not as a permanent living standard.

But we've been stuck with that inadequate measure of poverty for two decades, and with it, a public misperception of the real extent of poverty.

At one time the Labor Department had an income standard defines as a minimal standard of living. Had that been used as the poverty line, we'd have had a millions of people added to the poverty rolls. And if a reasonable standard of relative poverty were used, such as half the median income, the numbers would be still larger.

But political jugglers have made numerous attempts to revise the poverty line downward, so that the true extent of poverty would be

even less visible than it is now.

One such attempt, still pushed by some, includes as income such benefits as food stamps and medical care. That would mean an income-poor person who has open heart surgery paid for by Medicaid would be classified as wealthy. Doesn't make sense, does it?

The new poverty game is the Bureau's "experimental index," which juggles the calculations to supposedly correct distortions. If it were substituted for the current guidelines, the poverty rate would drop from 13.1 percent to 11.6 percent of all Americans -- in effect defining 3.6 million poor people out of poverty.

Congress should take a hard line to forbid officials from playing games with poverty. The Joint Economic Committee of Congress has already said that the experimental index is

misleading unless other changes are made in the calculations that correct for understanding the numbers of poor people.

That may not be enough. The more Congress tell the Office of Management and Budget not to mess with the poverty line, the more likely it will be that any such efforts will be stillborn.

The poverty line is used to determine eligibility for a host of federal, state and local assistance programs so this is a matter of survival for poor people, not just a numbers game.

Sloppy definitions of poverty today keep millions of poor people from getting food, health and housing assistance, and even sloppier definitions in the future will make millions more ineligible. So we need to stop playing games with the lives of poor people.

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on

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F.Y.I.

"Minority Business Review" endeavors to expand the general public's awareness about minority entrepreneurship in our community.

The weekly format will consist of an interview with a minority entrepreneur doing business within the State of Nevada. Our guests will have an opportunity to provide details about their businesses, their affiliates as well as about themselves, in a manner that is open and informative. In addition, a weekly "update" on points of interest to the minority entrepreneur will be provided.

The segment for the last Sunday of each month will consist of an open discussion with one or more representative(s) from the government and corporate sectors, financial institutions, business experts and consultants.

For Further Information, Call 702/383-4030