

# For The Ladies

## Cooking Corner Tips To Help You Summer Fruit Salad Great Year-'round

1 Dole Fresh Pineapple  
2 Dole Oranges, peeled, sliced  
2 Dole Bananas, peeled, sliced  
1 cup halved Dole Strawberries  
1 cup seedless green Dole Grapes

### Strawberry-Banana Yogurt Dressing:

1 ripe Dole Banana, peeled  
6 Dole Strawberries, halved  
1 carton (8 oz.) vanilla yogurt  
1 tablespoon brown sugar or honey

### Orange-Banana Yogurt Dressing:

1 Dole Orange  
1 ripe Dole Banana, peeled  
1 carton (8 oz.) vanilla yogurt  
1 tablespoon brown sugar or honey

•Cut pineapple in half lengthwise through crown. Cut fruit from shells with a knife, leaving shells intact. Chunk fruit.

•In large bowl, combine pineapple, oranges, bananas, strawberries and grapes. Spoon into pineapple shells. Serve with dressing.

•Serves 6 to 8.

STRAWBERRY-BANANA YOGURT DRESSING: In blender or



food processor, combine all ingredients and blend until smooth.

ORANGE-BANANA YOGURT DRESSING: Grate peel from 1/2 orange. Juice orange (1/3 cup). In blender or food processor, combine orange peel and juice with remaining ingredients. Blend until smooth.

Per serving: 143 calories, 2.3 g protein, 1.7 g fat, 32.7 g carbohydrate, 15.3 mg sodium, 3.6 mg cholesterol

Prep Time: 20 minutes  
Courtesy Dole®

## Love Inspires Candy Sales —

### Would-Be Cupids Take Heed: Trade in Arrows for Chocolates

Giving "sweets to the sweet," as Shakespeare put it in *Hamlet*, has been a Valentine's Day ritual for centuries, and one that today inspires more than 10 percent of all candy purchases in the United States each year.

The custom of presenting loved-ones with candy dates back to the Roman Empire, and is still practiced with great passion among Americans. Last year, Americans purchased nearly 36 million pounds of Valentine candy, according to the National Confectioners' Association. Chocolates, packaged for the season in satin and lace heart-shaped boxes, represent more than half of all Valentine's Day candy sold. That rich chocolate and passionate packaging add up to one thing — romance.

"A national survey of single men and women revealed that two-thirds of those who plan to give candy this year regard chocolate as a romantic gift," explained Terri Kaminski, a spokesperson for E. J. Brach Corporation, the largest maker of seasonal candy in the United States. The nationally projectable survey of single men and women aged 21-65 was commissioned by Brach's Candy. It revealed that 75 percent of all single men and women in the United States have at one time or another received a heart-shaped box of chocolates.

Both men and women are equally likely to give candy for Valentine's Day, according to the survey. "More women appear to be buying candy heart boxes for their favorite guys," said Kaminski. "This year, we introduced a heart box of chocolate golf balls, and it's been a real hit."

In these days of shrinking budgets



and belt-tightening, chocolates also remain affordable. A heart box of chocolates can generally be bought for less than \$12. "It's a thoughtful gift," Kaminski said. "And it doesn't involve monthly payments!"

But chocolates aren't the only confectionery message of love on Valentine's Day. Those tiny pastel-colored hearts with sayings stamped on them — called conversation hearts — are big sellers, too. They bear messages such as "Luv U" and "Be Mine." And they also provide a "tasteful" way to discourage amorous advances with messages like "No Way" and "Good-Bye."

"Brach's makes literally billions of them," Kaminski said. "In the past 20 years, we've made nearly 27 billion conversation hearts — enough to circle the earth nearly 11 times, or to give 100 little hearts to every man, woman and child in the United States."

All of that candy should assure sweet sailing for romantics in February.

## LEARNING FROM THE BEST —SBA'S MENTOR PROGRAM

For Women Business owners', "networking" was the key word of the 80's and 90's, "mentoring" is the new watch-word.

SBA has a nationwide mentoring program, Women's Network's Network for Entrepreneurial Training (WNET). Mentoring offers a one year commitment of time and attention to the protegee's business and allows mentors to pass on the benefits of their experiences to newcomers.

Protegees must have been in business for one year and are ready for expansion. At the present time SBA is seeking out protegees to be matched with a mentor.

If you are interested in the program, please contact Marie Papile, at the SBA, 388-6611.

Added  
Touch  
Bridals



Brides-Maid  
Flower Girl  
Designer Bridal Gowns  
Prom, Pageant  
Special Occasion  
Invitations

(702) 878-1418  
THE SHOPPES  
3818 Meadows Lane  
(corner of Meadows Lane and Valley View)  
Las Vegas, Nevada 89107

## A SALUTE TO BLACK WOMEN IN THE MILITARY WOMEN IN MILITARY SERVICE FOR AMERICA MEMORIAL FOUNDATION (WIMSA) OFFERS SALUTE TO BLACK WOMEN VETERANS AND SERVICE- WOMEN FOR BLACK HISTORY MONTH, FEBRUARY 1992

# CIVIL WAR ERA

Over 180,000 black men served in the Armed forces of the Union Army and another 200,000 black men worked in the service units. The most famous of the black women who volunteered to help is Harriet Tubman, who was born a slave in 1823 and led raids by Union soldiers during the Civil War.

As the "conductor" of the Underground Railroad, she escorted three hundred slaves to freedom. She served as a spy and scout for the Union Army and organized freed blacks into an intelligence service which provided tactical information on Confederate forces.

Another famous black woman was Susie King Taylor, born into slavery in 1848 in Georgia. She obtained her freedom and followed her husband who joined the First South Carolina Volunteers, a regiment of black troops. She taught the soldiers to read and write and nursed the wounded. In 1886, she met Clara Barton and formed the Boston Branch of the Women's Relief Corps. In 1902, Mrs. Taylor published her wartime memories, the only written record of black nurses in the Civil War.

Next week: Black Women During World War I.

## A Touch of Elegance Hair Weaving Specialist

Strand Weaving • Braid Weaving  
Maching Weaving • Hair Bonding  
Hair Extension • Termo Styling  
OPEN 7 DAYS A WEEK

JEAN BROWN  
(702) 648-7244

1012 N. Rancho  
Twin Lakes Plaza

## JOCKEY TRAVEL SERVICES



FULL SERVICE  
AGENCY  
OPEN TO THE PUBLIC

• LOWEST POSSIBLE RATES  
• INDIVIDUAL & GROUP TRAVEL  
• CRUISE • AIR • TOURS  
• FULLY COMPUTERIZED  
• CREDIT CARDS ACCEPTED  
• ASK ABOUT TICKET DELIVERY  
• STAFFED WITH CERTIFIED  
TRAVEL CONSULTANTS

795-7772

(702) 739-9256 FAX  
1-800-634-6649

AT JOCKEY CLUB RESORT PROPERTIES • 3700 S. LAS VEGAS BLVD.