

FOR THE LADIES

"IN HER OWN IMAGE" PHOTO CONTEST UNDERWAY TO CAPTURE POSITIVE IMAGES OF BLACK WOMEN

CHICAGO — Many photos have been taken and many books have been printed that capture the images of famous Black women, but few have captured those of "everyday" women: women who work two or three jobs to support a family; women who work in jobs that are traditionally male-oriented; women who struggle to keep their families together in shelters for homeless and/or abused women; or women who are caretakers to both children and elderly parents.

"In Her Own Image: A Photo Exhibit of Black Women" invites professional and amateur photographers of all ages to submit photos that convey positive images of Black women. The winning photos, along with other entries, will be developed into several exhibits that will debut in eight cities across the country. One 1st place winner and one 2nd place winner will be selected in each of the participating cities. The first place prize is \$250, second place is \$100.

The photo contest is open to residents of the United States residing in Georgia, Illinois, Louisiana, Michigan, Ohio, South Carolina, Texas and Pennsylvania except: staff of the National Council of Negro Women (NCNW) and employees

of The Quaker Oats Company and its agencies.

No entry fee is required for participation. Contestants may submit up to two black-and-white photos. The contestant's name, address and phone number must be typed or printed clearly and affixed to the back of each photograph. Previously published photographs are not eligible. Entries must be postmarked no later than Monday, February 15, 1993 and winners will be notified by mail no later than March 2, 1993. All entries become the property of The Quaker Oats Company and will not be returned. All photos will be judged by a non-partisan national committee in Chicago. Mail your entries to: "In Her Own Image" Photo Contest, c/o Burrell Public Relations, 20 N. Michigan Avenue, Chicago, Illinois 60602. Each contestant will receive a notification of receipt, along with a copy of the official contest rules.

"In Her Own Image" is being held in conjunction with the

LADIES HEALTH BRIEFS

NEW MOTHERS CONCERNED ABOUT FEEDING

HOUSTON — Frequency of feeding is tops on the list of new mothers' concerns. "Many new moms are surprised at the

number of Children's Nutrition Research Center at Baylor College of Medicine of Houston. "They think something is wrong." Hopkinson, who interviewed mothers two to four weeks following childbirth, said, "Perfectly happy, healthy babies, who will settle down later, may nurse 14 times in a 24-hour period for the first two weeks or so."

Bottle-fed babies almost always need to be fed more often than the "textbook" four-hour schedule, she said. Solid foods also made the mothers' distress list. Hopkinson said parents should not add cereal to a baby's diet until 4-6 months of age.

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MORE CALORIES MAY BE NEEDED FOR PREGNANT WOMEN WHO EXERCISE
HOUSTON—Pregnant women who exercise may need

to increase their caloric intake to compensate for calories burned during exercise.

"There is some evidence that rigorous exercise results in low birth weights," said Dr. Nancy Butte of the USDA's Children's Nutrition Research Center at Baylor College of Medicine in Houston. Traditional advice is that a woman add 300 calories a day to her diet during pregnancy and 500 calories a day during breast feeding.

But, Butte suspects these recommendations may not be high enough for exercising moms. To study the effect of exercise on birth weights, on breast feeding and on maternal weight changes, Butte is conducting a two-year study involving 80 healthy volunteers aged 18-35

The Perfect Holiday Cookie

When it's time for holiday baking, do you search for that one perfect cookie recipe . . . the cookie that will make a great gift and perfect dessert yet be suitable for mailing to far-away friends?

Rose Levy Beranbaum, author of *Rose's Christmas Cookies* and *Rose's Celebrations*, has the answer. "Shortbread is it because of its utter simplicity," says Beranbaum. "Its buttery flavor and tender texture are perfection."

Rose's *Scottish Shortbread* is made with just four ingredients — butter, flour and two kinds of sugar. Incredibly easy, it can be made ahead and frozen several months. Cookies made with butter have excellent keeping qualities — the flavor actually intensifies over time and they stay fresh longer.

Beranbaum also advises:

- Cookies are only as good as the ingredients from which they're made, so always use the best ingredients like all-natural butter and pure extracts.

- Use real butter. There is no substitute for the flavor butter provides. It also contributes to a cookie's tender texture.

Scottish Shortbread

Yield: approximately 4 dozen cookies

1/4 cup EACH: powdered sugar, granulated sugar
1 1/4 cups butter (2 1/2 sticks), refrigerated and cut into 8 to 10 pieces
2 1/2 cups all-purpose flour

Preheat oven to 275°F. To make dough in food processor, process sugars until very fine. Add butter;

pulse until sugar disappears. Add flour; pulse until no dry flour particles remain.* (Mixture will be moist and crumbly.) Place in plastic bag and press together to form dough; knead lightly until dough holds together. Shape scant measuring tablespoons of dough into 1-inch balls. Place on unbuttered cookie sheets about 2 inches apart. Flatten each with cookie press, fork or bottom of glass lightly moistened with water. Bake 45 minutes to 1 hour or until



pale golden. Do not brown. Remove from cookie sheets; cool completely on wire racks. Store in airtight container at room temperature up to 1 week or freeze up to 6 months.

*To make with electric mixer, cream butter in large mixer bowl. Add combined sugars; beat until light and fluffy. Gradually add flour, mixing until well blended and dough holds together. Shape cookies and bake as directed.

CITY OF L.V. DEPARTMENT PARKS & LEISURE ACTIVITIES

WOMEN'S SELF-DEFENSE CLASS

A women's self-defense class will highlight the winter session of classes at the Chuck Minker Sports Complex (Stewart/Mojave Sports Center), 275 N. Mojave Rd. Sessions begin January 4 and continue each Monday and Wednesday thereafter at 6:30 p.m.

Registration continues through January 2 at a cost of \$36. The class is designed for women 13 and older. This course is being sponsored by the City of Las Vegas. Call 239-6563.

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HERBAL COSMETICS WORKSHOP

A workshop focusing on herbal cosmetics and aroma therapy takes place at 6:30 p.m., January 21 at the Mirabelli Community Center, 6200 Elton Ave. The two-hour seminar is designed for teens and adults. Pre-registration is required and will continue through January 19. The cost is \$3. The program is sponsored by the City of Las Vegas. Call 229-6359.

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