

MINORITY SINGLE MOTHERS WITH MORE THAN TWO CHILDREN PAY MOST RELATIVELY FOR HOUSING

ITHACA, N.Y. - One-quarter of unmarried mothers and almost half of minority unmarried mothers with more than two children spend an excessive percent of their income on housing, according to a Cornell University study.

Those high risks put these women and families potentially on the brink of homelessness.

Even when income, location and housing quality are controlled in the analysis, strong racial differences persist in one's chance of owning a home or having to pay excessively for housing — defined as spending more than 40 percent of income on housing, say Peter S.K. Chi and Joseph Laquatra, housing researchers in the New York State College of Human Ecology at Cornell.

*Although Americans are the

best-housed population in the world, certain subgroups — particularly minority single mothers and minority single mothers with more than two children — consistently emerge as having a far less chance of owning and far greater chance of having to pay excessively for housing," said Chi, professor of consumer economics and housing at Cornell.

Housing costs include mortgage or rent payments, property taxes, energy and utilities and other operating expenses.

Chi, Laquatra, assistant professor of design and environmental analysis at Cornell, and H.Y. Park, formerly of Cornell and now at the Korea Institute of Construction Technology, used the national representative sample of the 1987 American

(See Single Mothers, Page 20)

CITY OF L.V. DEPARTMENT PARKS & LEISURE ACTIVITES

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 continues 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.

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.

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

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FOR THE LADIES

Wake Up To The Warmth Of Winter

It's hard to entice a family out of their nice warm beds on a cold winter morning. Ice crystals on the window pane and the thought of a cold tile floor is enough to make them pull the covers back over their heads!

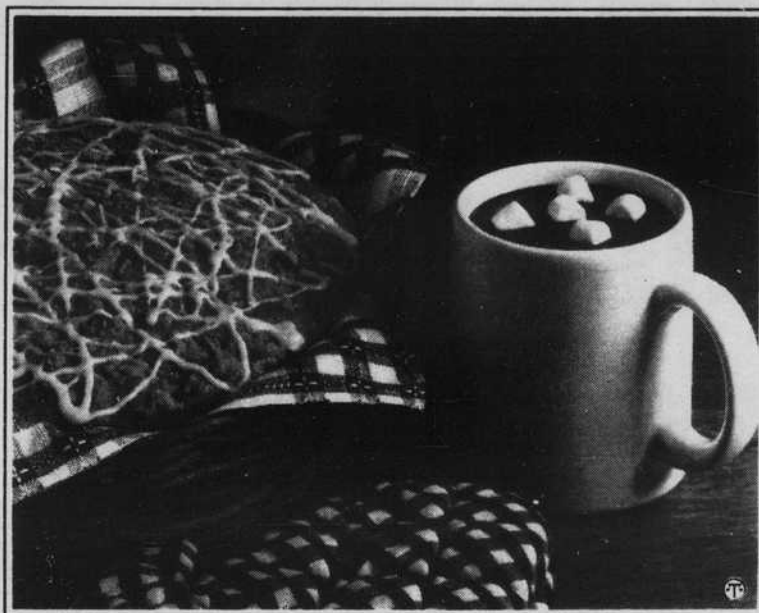
However, the smell of an Apple Breakfast Kuchen baking and the aroma of a Hot Chocolate Treat in the air will bring even the sleepest of beauties to the breakfast table. Fortified with nutritious Cream of Wheat hot cereal, these two delicious recipes are a perfect way to start a chilly day.

APPLE BREAKFAST KUCHEN

Makes 8 servings

- 1/2 cup firmly packed light brown sugar
 - 1/3 cup margarine
 - 1 1/2 cups all-purpose flour
 - 1/2 cup Instant, Quick or Regular Cream of Wheat Cereal
 - 1 tablespoon baking powder
 - 1 teaspoon ground cinnamon
 - 2 eggs
 - 1 cup milk
 - 1 1/2 cups chopped apples
- Crumb Topping, recipe follows
 Confectioner's sugar glaze, optional

With mixer, beat brown sugar and margarine until creamy. Add flour, cereal, baking powder, cinnamon, eggs and milk; beat at medium speed for 2 minutes. Stir in apples. Spread batter in greased 9-inch round cake pan; sprinkle



evenly with Crumb Topping. Bake at 350°F for 35 to 40 minutes or until toothpick inserted comes out clean. Drizzle with glaze if desired. Serve warm or cold.

Crumb Topping: Mix 2 tablespoons all-purpose flour, 1 tablespoon melted margarine, 1 tablespoon Cream of Wheat Cereal, 1 tablespoon light brown sugar and 1/4 teaspoon ground cinnamon until crumbly.

HOT CHOCOLATE TREAT

Makes 1 serving

- 1 pouch Mix'n Eat Cream of Wheat Cereal, any flavor*

- 2 tablespoons nonfat dry milk powder
- 1 teaspoon unsweetened cocoa powder
- 1/2 cup boiling water
- 1 tablespoon miniature marshmallows

In 8-ounce mug, mix cereal, dry milk powder and cocoa. Add boiling water; stir until completely dissolved, about 1 to 2 minutes. Stir in marshmallows. Serve immediately.

*If using Original flavor, add 2 teaspoons sugar.

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.

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

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