

FEBRUARY 20, 2001

Very Pretty, Very Easy  
Decorating Ideas

Free Spice Chart

# Woman's Day®

Sweetheart Cake  
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# HOW TO...

## enjoy chocolate without the guilt

**A**s any chocolate lover knows, the craving for it can strike at almost any time. Give in and, if you're like most of us, pleasure is quickly followed by guilt. But according to Joe Vinson, Ph.D., a chemistry professor and chocolate expert at the University of Scranton, you needn't feel bad for occasionally indulging. Recent scientific studies indicate that chocolate, like red wine and certain fruits and vegetables, contains antioxidants, which promote good health. To be specific:

**Longevity.** Chocolate eaters are more likely to live longer than those who abstain.

**Pleasure.** Simulating the chemical effects of romantic love, chocolate affects the areas of the brain that trigger heightened senses and feelings of well-being.

**Protection.** Chocolate improves your antioxidant defenses against oxidative stresses, such as air pollution, smoking and UV radiation.

**Ulcer prevention.** The antioxidants found in chocolate rival those found in antiulcer drugs.

**Cardiovascular health.** Cocoa powder extract helps prevent the oxidation of LDL (bad) cholesterol, according to one study done on animals.

Certain types of chocolate *are* more beneficial than others, Vinson points out. Cocoa powder, which con-



tains twice as many antioxidants as dark chocolate, is the best, followed by dark chocolate, then milk.

And though chocolate has been shown to promote good health, Vinson cautions that the recent studies are not a license to trade in green vegetables for candy bars. "Like anything else, chocolate should be consumed in moderation and not as a substitute for other foods," he notes.

*Joe Piscatella*

## win a free dinner

In the mood for a romantic dinner? Balduccis.com has made it easy to enjoy a special meal at home with their Valentine's Bistro Meals for Two. The Bistro Meals include succulent and tender racks of lamb, accompanied by Balducci's broccoli crostata, mushroom risotto and two mini chocolate souffles. Five lucky *WD* readers will win the meals. To enter, send a postcard by March 1, 2001, with your name, address and telephone number to: WD Free Dinner, Dept. X031N, Box 711, Holmes, PA 19043.

e-help: [www.balduccis.com](http://www.balduccis.com)



## make a plate frame

### A charming way to display photos

- 1** Apply a 3" x 5" rectangle of self-adhesive plastic to center back of a clear glass plate.
- 2** Mist plate back lightly with spray adhesive. Let dry.
- 3** Glue paper hearts along border with Mod Podge. Let dry.
- 4** Using acrylics, paint lavender edge, checked inner border and photo frame. Let dry.
- 5** Paint pink and blue backgrounds. Let dry.
- Remove plastic.
- 6** Seal with two coats of Mod Podge.
- 7** Tape photo in place.

*Brent Pallas*

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Photographs by Theresa Raffetto

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