

PREGNANCY PLANNING AND HEALTH

by Mrs. Gloria Riggsbee

Dear Mrs. Riggsbee:
I am going to be married soon and want to use birth control until we decide we are ready to have a baby. Could you please list all the methods and tell me how safe they are?
Miss K.

Dear Miss K:
By "safe" I assume you are asking how "effective" each method is in preventing pregnancy. We measure the effectiveness of methods like this: If 100 women were engaging in sex regularly and using a particular method of birth control for one year, how many would get pregnant before the year was over?

The pregnancy rate for women using the birth control pills would be less than one woman a year out of 100. With the IUDs (loop or shield), doctors would expect from 2-5 pregnancies a year among 100 women. With the diaphragm (rubber), there would be about 10-15 pregnancies. Among 100 women using a contraceptive cream or jelly alone, the rhythm method (done very carefully), or withdrawal by the male, at least 20 to 30 pregnancies. If no method at all were used by 100 women, about 80 would be pregnant before the year was over.

You can see that the most effective methods are those you can get only with a doctor's prescription: the pills and IUD. If you want the best protection against pregnancy, I suggest you make an appointment with a doctor or visit the family planning clinic at your

health department before you are married and let the doctor help you decide which method would be best for you.

Dear Mrs. Riggsbee:
I have been taking birth control pills for some time now, but I stopped taking them in August. My period started in September, but it has not started for October. I am sure I am not pregnant because I have not had intercourse.

Why would there be a delay in getting back on schedule? And will being late cause any harm to my body? Please write me and tell me if I have anything to worry about. Also, can you recommend anything I can buy over the drugstore counter that will help my periods to start without my having to see a doctor.
Mrs. M.

Dear Mrs. M.:
It is not unusual for two to three months to pass before your periods get on a regular basis after you have stopped taking the pill. I do not think you have anything to worry about; a late period will not cause any harm to your body. If you have had intercourse at any time (without using birth control) since you stopped taking the pill, then, of course, there is a chance that you might be pregnant.

I suggest that you wait until the time your December period should start. If you skip that also, then you should check with a doctor. I do not know of any medication you

can buy without a prescription that will cause your period to start.

Dear Mrs. Riggsbee:
I think there is something wrong with me and I hope you can tell me what it could be and what kind of doctor I should go to.

I was just married three weeks ago and we went to Florida for a honeymoon. We really had a wonderful time, but when we got back I noticed that I was urinating more often than usual. I stopped drinking soft drinks, but that didn't do any good. And now when I urinate, it burns and gives me a little pain.

We are new in town so we don't know any doctors yet. Can you tell me what I might have? Have I caught something like V. D.? Should I go to a doctor or will it go away by itself?
Mrs. P. R.

Dear Mrs. R.:
It is not unusual for a new bride to develop cystitis (an infection of the bladder) shortly after her honeymoon. It

comes from having frequent sex relations for the first time, and it has nothing to do with V. D. Men are not as likely to get such an infection from having sex.

You should see a doctor immediately for some pills to clear up the infection.

Address letters and requests for a free booklet on birth control write to: Mrs. Gloria Riggsbee, 214 Cameron Avenue, Chapel Hill, North Carolina, 27514.

LOW CALORIE
Most fresh, raw, unsweetened fruits have fewer than 100 calories per serving.

STRIP STEAK
The term "strip steak" on the menu refers to the large muscle found in both the porterhouse and T-bone. A very flavorful, tender steak, it may be broiled or pan-broiled. Sometimes it's called a New York Strip Steak or even a Kansas City Steak.

SEAFOOD VALUABLE
North Carolina's seafood industry is growing. In one county alone -- Carteret -- the dockside value of seafood

NCCU Alumnus is State's First Black Superior Court Judge

Sammie Chess, who received the B. A. degree in 1956 from predominantly black North Carolina College (now North Carolina Central University) and two years later received the LL.B. degree from the NCCU School of Law, has been named the first black superior court judge in North Carolina.

Chess, who has practiced law in High Point since 1960, was appointed by Gov. Bob Scott as a special superior court judge. Superior court judges in North Carolina are

the initial trial judges in felony trials and major civil actions. Special judges have the power of other superior court judges, but are assigned as needed across North Carolina.

Regular superior court judges are elected statewide, but must run for specific superior court districts and must be residents of their districts. The governor of the state is authorized to appoint eight special judges, who may be reappointed every four years.

Two higher levels exist in

the state judiciary, the Court of Appeals and the Supreme Court. No black man serve in those capacities. Two black judges serve as District Judges, the level below the Superior Court.
Chess is a member of the State Board of Higher Education, which is due to be superseded by a 32 member board of regents under a newly-adopted higher educational structure. Chess was a member of the commission which recommended the restructuring of higher education in the state.

LASAGNA - PIZZA - SPAGHETTI
Are Heavenly Dishes
at **GEORGE'S PIZZA PALACE**

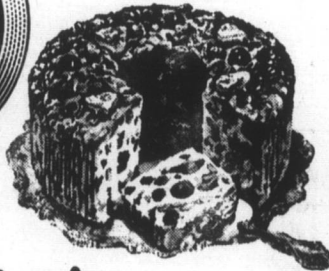
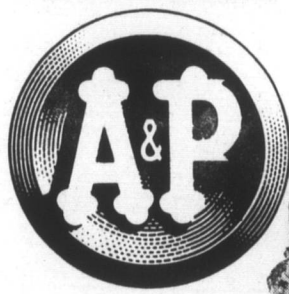
Make coffee time **Jell-O** time.



When you boil water for instant coffee, add an extra cup and make Jell-O.

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It's America's most popular! Why?

We think it's excellence of product.

Years and years ago, when we decided to bake Jane Parker Fruit Cake, we also decided to bake the best.

That's why Jane Parker Fruit Cake was then and is today over 2/3 fruits and nuts.

Just enough cake to hold together the bounty of imported and domestic cherries, pineapple from the Far East, citron from the Caribbean, sun-drenched raisins from California and meaty pecans from the South.

We think, too, that value has made it popular. IMAGINE, THE 5-LB. CAKE COSTS ONLY \$4.99. That's dollars less than you might expect to pay for such a fine fruit cake.

Now you know why Jane Parker Fruit Cake is America's most popular. One other thing you should know: You can buy it only at A&P.

P.S. Wouldn't it make a great gift for someone?

"SUPER-RIGHT" QUALITY MEATS

"Super-Right" Quality Grade A

TURKEYS

Hens 10 To 16-Lb. Avg. **39^c** Lb.

Toms 16 To 22-Lb. Avg. **35^c** Lb.

PRICES IN THIS AD EFFECTIVE THROUGH SATURDAY NOVEMBER 20, 1971

"Super-Right" Quality 14 to 19 Lb. Avg.

SMOKED HAMS

Center Portion 93c
Butt Portion 53c
Butt Shank 43c

A&P Self Basting Grade A

TURKEYS

Hens 10 To 16-Lb. Avg. **49^c** Lb.

Toms 16 To 22-Lb. Avg. **45^c** Lb.

"Super-Right" Quality Grain-Fed Beef

STEAK

Sirloin 1.25 Lb.
Porter-House or T-Bone 1.29 Lb.

ALLGOOD BRAND

Sliced Bacon

1-Lb. Pkg. **59c**
3-Lb. Pkg. **\$1.15**

"Super-Right" Quality Grain-Fed Beef

Steaks

1-Lb. **\$1.59**

"Super-Right" Quality Grain-Fed Beef

Ground Chuck

1-Lb. **73c**

"Super-Right" Quality Ham Halves

Ham Halves **\$1.29**

"Super-Right" Quality Smoked Picnics

Smoked Picnics **45c**

"Super-Right" Quality Grain-Fed Beef

Steaks

1-Lb. **\$1.19**

"Super-Right" Quality Old Fashion

Pork Sausage

2 Lb. **77c**

A&P BRAND DELICATESSA DELIGHTS

Cherry 14-Oz. **49c**
Lime Pabait 12-Oz. **39c**
Pimiento Spread 8-Oz. **37c**
Ham Salad 4-Lb. **49c**

100% BRAZILIAN WHOLE BEAN EIGHT 'CLOCK

Coffee

1-Lb. Bag **69c**
3 Lb. Bag **\$1.99**

NEW REDUCED RETAILS EIGHT 'CLOCK INSTANT

Coffee

2-Oz. Jar **29c**
6-Oz. Jar **69c**
10-Oz. Jar **99c**

Seagram's 7 Crown.
It fits right into your world.

SEAGRAM DISTILLERS CO. N.Y.C. BLENDED WHISKEY 86 PROOF. 65 - GRAIN NEUTRAL SPIRITS.

Metropolis Berlin Is Scenic, Too

Because West Berlin is a highly-industrialized metropolis, not many people realize that it also abounds in all the scenic attractions that anyone could desire, including many quiet and picturesque corners such as the one above in the Kolk section of the Berlin borough of Spandau. For instance, did you know that one-third of Berlin's total area of 186 sq. miles consists of parks, woods and forests, lakes and rivers? Add the 16% of land under agricultural use, and the open areas total 49%, against only 37% that are built-up portions.

All visitors like to explore portions of Berlin's 8,000 acres of parkland: more than one million trees and shrubs have been replanted since 1945 in Tiergarten Park alone; but equally worth a visit--and a palette!--are Tegel Park with its neo-classic Humboldt Castle, Schlosspark which contains the famous Charlottenburg Castle, Kleinglienicke Park that affords fine vistas on the Havel River, Jungferheide Park which has an open-air theatre, and Rehberge Park with its deer sanctuary.

If water is preferred, Berlin has Lake Wannsee, with its half-mile of beachfront that makes it Europe's largest inland bathing spot; Lake Tegeler, where the beaches are flanked by aromatic pine forests; and the shores of the 10-mile Havel River that links Wannsee and Tegel. Cruise steamers, sailboats, rowboats, outboard runabouts and canoes add color and gaiety to these scenic pleasure spots in Germany's largest industrial center.

SAVE ON FAMOUS NATIONAL BRANDS!

Shop For Hormel **SPAM Luncheon Meat** 12 Oz. Can **59c**

Season Your Foods With A&P **Table Salt** 26 Oz. Pkg. **10c**

Wrap Your Holiday Meats In **Reynold's Aluminum Wrap** Heavy Duty 18" x 25' Roll **59c**

Serve A&P Brand **Tomato Juice** 46 Oz. Can **39c**

Frozen Food Buys!

A&P Frozen **Baby Limas** 2 Lb. Pkg. **69c**

Try All Flavors Borden **Ice Milk** 1/2 Gal. Ctn. **39c**

A&P Frozen **Cut Corn** 5 10-Oz. Pkg. **\$1.00**

Kimberly Clark Products Sale

Kleenex Jumbo Towels Roll **37c**

Kleenex Facial Tissue 280 Cr. Pkg. **49c**

Kleenex Dinner Napkins 50 Cr. Pkg. **33c**

Kotex Sanitary Napkins 12-Ct. Pkg. **49c**

Tampons Regular 4 Ct. Pkg. **\$1.89**

Boutique 2 Bathing Towels **36c**

Delsey Bowl Cleaner 3-Oz. Size **78c**

Delsey Sanitary Napkins 24-Ct. Pkg. **55c**

Delsey Bathroom Tissue 2 Roll Pkg. **33c**

ANN PAGE SPICE

CREAM OF TARTAR 1 1/2-Oz. 29c
Sage 1-Oz. 27c
Nutmeg 1-Oz. 35c
Cloves 1 1/2-Oz. 89c

Pumpkin Pie Spice 1 1/2-Oz. 43c
Poultry Seasoning 1-Oz. Size 25c
Ground Cinnamon 4-Oz. 85c
Garlic Salt 3 1/2-Oz. 29c

Fresh From Jane Parker!

Jane Parker Regular or Sandwich Sliced **Bread** White or Made with Buttermilk 4 1 1/2-Lb. Loaves **\$1.00**

Jane Parker Whole Wheat, Cracked Wheat, Sour Rye 1-Lb. **89c**

Jane Parker Bakery N' Serve **Variety Bread** 3 Loaves **89c**

Jane Parker Bakery N' Serve **Rolls** Flaky or Dinner or Cloverleaf 4 Pkg. Choice **\$1.00**

Jane Parker Thanksgiving Values **Stuffing Bread** 24-Oz. Pkg. **32c**

Stokely Fine Foods

Ferdinand Limas 1-Lb. 33c
Stokely Ping Drink 4-Oz. Can 39c
Whole Kernel Corn or Golden Cream Corn 4-Lb. 1.00
Cut Green Beans 4-Lb. 1.00

Corn Bread Mix 1 1/2-Oz. Pkg. **43c**

SHOP & SAVE AT YOUR A&P STORE

Shop For Crisp Sunnyfield **Corn Flakes** 12 Oz. Pkg. **27c**

Sunnyfield Pancake **Flour** 32 Oz. Pkg. **35c**

Pillsbury Layer **Cake Mixes** 18 Oz. Pkg. **39c**

Shop A&P For Pillsbury **Flour** 5-Lb. Bag **59c**

FRUIT CAKE INGREDIENTS

Glaced Citron 1-Lb. 74c
Glaced Peels 4-Oz. Cup 25c
Mixed Fruits 1-Lb. 74c

Glaced Cherries 2-Lb. 98c
Glaced Pineapple 1-Lb. 98c

Pick of the Crop Produce!

U. S. #1 All Purpose White **Potatoes** 15 Lb. **79c**

Florida White Meat **Grapefruit** 5 Lb. **59c**

Only Florida Oranges 5 Lb. 59c
Crisp Yellow Onions 3 Lb. 33c
For Thanksgiving Green Beans 1-Lb. 29c
Cranberries 1-Lb. 29c
Fruit Salad 2-Lb. 49c
Shop For A&P English Raisins 1-Lb. 49c
Seedless Raisins 1-Lb. 37c
Walnuts 4-Oz. 49c

York Apples 8 Lb. **89c**

Shop A&P and Save **Punch** Laundry Detergent 15c Off Label On 49-Oz. Pkg. **80c**

Great Dishwashing Value **Vel** Liquid Detergent 22-Oz. Bonus Pack For Price of 22-Oz. Reg. Pay Only **59c**

AP VALUABLE COUPON

Prices Effective Only With This Coupon Redeemable At Your A&P Store Only

SAVE 10c

RED BAND FLOUR 5-Lb. Bag **55c**

On Your Next Purchase With Coupon Without Coupon 65c Code #040-162 Coupon Expires Nov. 27

For Your Washing Needs

2c Off Label on **Dove** Liquid Detergent 32 Oz. **85c**

5c Off Label on **Lifebuoy** Soap 2 Box 8oz. Pkg. **41c**

15c Off Label on **Drive** Laundry Detergent 49-Oz. Pkg. **74c**

12c Off Label on **Wisk** Liquid Detergent 1/2 Gal. Jug **\$1.63**

24c Off Label on **Gleem Tooth Paste** Twin Pack 3-Oz. Tube **\$1.54**

Shop For 10c Off Label On **Arrid** Extra Dry 6-Oz. Deodorant Size **89c**

24c Off Label on Head & Shoulders **Shampoo** Twin Pack 3.6 Oz. Size **\$1.29**

40c Off Label on Head & Shoulders **Shampoo** Twin Pack 2.7 Oz. Tube **\$1.39**

Holiday Turkey Offer! Mail: one label from both end flaps from Stretch 'N Seal (100 sq. ft.) to get your **\$200 Turkey Coupon** **73c**

SEE DISPLAY FOR DETAILS