

## PREGNANCY PLANNING AND HEALTH

by Mrs. Gloria Riggsbee

Dear Gloria:

I had a baby when I was sixteen, but now I am eighteen. The question is can a girl get pregnant by dreaming she is having sex with the boy she loves. I don't have sex very often. I don't want to get pregnant again.

Too Young to Know About Sex

Dear Too Young:

Sexual intercourse causes babies. Only sexual intercourse—nothing else. It only takes one intercourse to cause a baby to start to grow inside you. It doesn't matter that you don't have sex very often. Once is enough to get pregnant.

If you don't want to get pregnant, you have two choices: (1) don't have sexual relations until you're ready to get pregnant again, or (2) use a proper method of birth control every time you have sex. The best methods of birth control—the birth control pills and the IUD—can be obtained from most health department's free of charge. Even if you are not married, most health departments will offer you free birth control services, particularly since you've already had one child.

If you don't want to go to the health department, go to a drugstore and buy birth control foam. Read the directions carefully and use it every time you have sex. Also, ask your boyfriend to use condoms (rubbers) every time you have sex. If you use foam and your boyfriend uses condoms (rubbers), you will be quite well protected from pregnancy.

Everyone has a choice about "when and if" to have babies if they use birth control correctly. Children are very special people and they deserve love and time and planning.

I suggest you think all of this over very carefully. I think you'll find that if you wait until you're married to have another baby, so you and your husband can both take care of it you and your children will have a much better chance in life.

Dear Mrs. Riggsbee:

My girl friend is taking birth control pills and she says she

can get them for me, too, if I want. I believe I have read in your column that there is more than one kind of pill. Will you print which one is best. Thank you.

E.

Dear E:

The only kind of birth control pill anyone should take is the one prescribed to her by a doctor after he has examined her. Never take any kind of medication that has been prescribed for someone else. Some women should not take birth control pills and only a doctor can say which type is right for you.

You say your friend can get pills for you. Why get them illegally? Most health departments offer birth control pills free of charge. Many health departments also offer family planning services to the unmarried. So there is no need to take chances either with your health or with the law. I suggest you check with your doctor or the local health department of the local family planning clinic.

Dear Readers:

Please include your name and address on all correspondence to this column. Your name will never be printed in the paper, but the amount of mail I receive makes it impossible for me to include all letters in the column. All letters will be answered personally, however, if you have included your name and address.

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

SHOE SIZES

Shoe sizes are determined in numbers for length and in letters for width. The difference between each numbered size is minute—only one-sixth to one-eighth inch, but it can seem mountainous when it comes to correct fit.

TAR HEEL BEEF

North Carolina farmers sold about \$6.5 million worth of feeder cattle on 21 feeder calf and 11 yearling steer

## Give Decay the Brush



WOMEN ON THE GO keep tooth decay on the run by following a daily program of dental care that can eliminate tooth decay and keep teeth for a lifetime. Too many people still believe that losing one's teeth is inevitable; not so, report the makers of Crest toothpaste. In fact, by following these "preventive" measures, you can save not only smiles, but expensive dental bills for your entire family. Good dental health habits include a thorough brushing and proper flossing at least once a day, brushing between meals when possible, watching your diet and eating sweets in moderation, regular check-ups and using a fluoride toothpaste like Crest that strengthens tooth enamel to resist decay. Crest now comes in two popular flavors—regular wintergreen and new mint—both with stannous fluoride. They give you the double benefit of fresher breath and healthier teeth.

sales this fall in the state-sponsored demonstrational sales. The yearling steers averaged a record \$33.15 per hundred pounds and the lighter weight feeder calves averaged \$35.38 per hundred pounds.

HOG COSTS UP

The cost of producing hogs in North Carolina increased from \$14.24 per hundred pounds in 1961 to

\$15.87 in 1971, according to estimates by North Carolina State University extension economists. The largest single increase was for variable costs other than feed. These include items such as repairs, supplies, medication and truck operation expenses.

## What They Wore... by PHYLLIS JOYCE

MOVIES—THE GOLDEN 'TWENTIES

PART OF GLORIA SWANSON'S IMAGE AS A "CLOTHES HORSE" IS ATTRIBUTED TO CECIL B. DE MILLE WHO LIKED TO EXAGGERATE FASHION FOR EFFECT. HE PRACTICALLY SMOTHERED HER IN OSTRICH FEATHERS AND ELABORATE SATIN SWATHINGS. THE PUBLIC ADORED IT!



HOLLYWOOD'S "UNIFORM" FOR ALL EUROPEAN PRINCESSES WAS THE EVER-PRESENT STAND-UP COLLAR AND BEADED GOWN.

ALICE TERRY IN THE PRISONER OF ZENDA 1922



MARY PICKFORD, AMERICA'S SWEETHEART, ALWAYS PROJECTED A LITTLE GIRL IMAGE THAT HAD A PROFOUND EFFECT ON THE FASHION OF HER FOLLOWERS.

TODAY... WHEN BUYING WOMEN'S OR CHILDREN'S APPAREL LOOK FOR THIS LABEL: THE SYMBOL OF DECENCY, FAIR LABOR STANDARDS AND THE AMERICAN WAY OF LIFE.

Lakewood Drugs  
1601 MOREHEAD AVE.  
At Chapel Hill Street

Your Friendly Neighborhood  
Pharmacy  
Wishes You a Merry Christmas  
and a  
Happy New Year

For Last Minute Gift Shopping  
Visit Our  
Novelty Department



The kitchen appliance that is rising at an ever increasing rate on the "most wanted" list is the automatic dishwasher. Industry figures show that shipments have more than tripled over the past decade, rising above the 2 million mark last year. It reflects the reputation of today's dishwasher in handling after mealtime clean-up. This also reveals the emphasis our society is placing on sanitation and health for the family.

If you want to join the ranks of modern homemakers who are eliminating the job of hand washing dishes, the KitchenAid Division of The Hobart Manufacturing Company has a front-loading portable dishwasher with features of built-in units, but without installation costs.

These portables, from the home of the newly developed "dishwasher with a brain," are notorious for their fine features including Hydro Sweep washing action and Flo-Thru drying. They boast a specially built "Gold Seal" motor with a five-year customer warranty. Here "consumerism" is programmed by the manufacturer.

The top of the line Regency has 3 push button cycles which includes the exclusive Soak Cycle that is unmerciful when it comes to those hard, baked on foods. This unit is also quick on the draw in loading ease with a 9 position upper rack.

The portable line, like all KitchenAid dishwashers, is backed by professional experience in the commercial dishwashing field since before the turn of the century. This line is designed for mobility and versatility, making it ideal where space is a vital commodity. The front loading portable can be stored in any nook or corner of the kitchen and brought into action when needed. If you should decide to settle down in the near future, there is a convertible-portable, too, that you can build in later. Top loading units are also available, and since none of the portables require installation, you can use them immediately and take them with you when you go.

So if you become a desperado when faced with dirty dishes, get with the action via an automatic dishwasher, one that moves with today's modern way of life.

## Psychiatrist, Editor, Poet Analyze White Racism

Three noted black intellectuals—a Harvard professor of psychiatry, a magazine editor, and an activist poet—will analyze white racism in terms of culture, colonialism, and psychological development Tues., Dec. 21, at 9:30 p.m. on Challen 4.

Dr. Alvin Poussaint, Dan Watts, and Imamu Amiri Baraka (LeRoi Jones) will outline their views of the racist phenomenon on Part II of Black Journal's Black Paper on White Racism.

SOMETHING NEW IN

THE BLOCK

VWV SPORT SHOP

328 E. PETTIGREW ST.  
(Next to Your Own Thing Theatre)

The Swiss Colony

gifts of perfect taste

CHEESES

SAUSAGES

PASTRIES

CANDIES

SPECIALTY FOODS

WINES

MAIL ORDER SERVICE

NORTHGATE

of Liberator Magazine and a faculty member of Fordham University, will consider racism as "a by-product of white power."

Pan Africanism as an alternative to this power will be the theme of Baraka, noted playwright, poet and political activist, who is a member of the executive council of the Congress of African People and head of the Committee for a Unified Newark.

Panelists for Part I of the two-part Black Journal "Black

Paper" were Rev. Albert Cleage, John H. Clarke, and Preston Wilcox.

## WOMEN PAST 21 WITH BLADDER IRRITATION Suffer Many Troubles

After 21, common Kidney or Bladder Irritations affect twice as many women as men and may make you tense and nervous from too frequent, burning or itching urination both day and night. Secondly, you may lose sleep and suffer from Headaches, Backache and feel old, tired, depressed. In such irritation, CYSTEX usually brings fast, relaxing comfort by curbing irritating germs in strong, acid urine and by analgesic pain relief. Get CYSTEX at drugists. See how fast it can help you.

THE WINDSOR GUARDSMAN

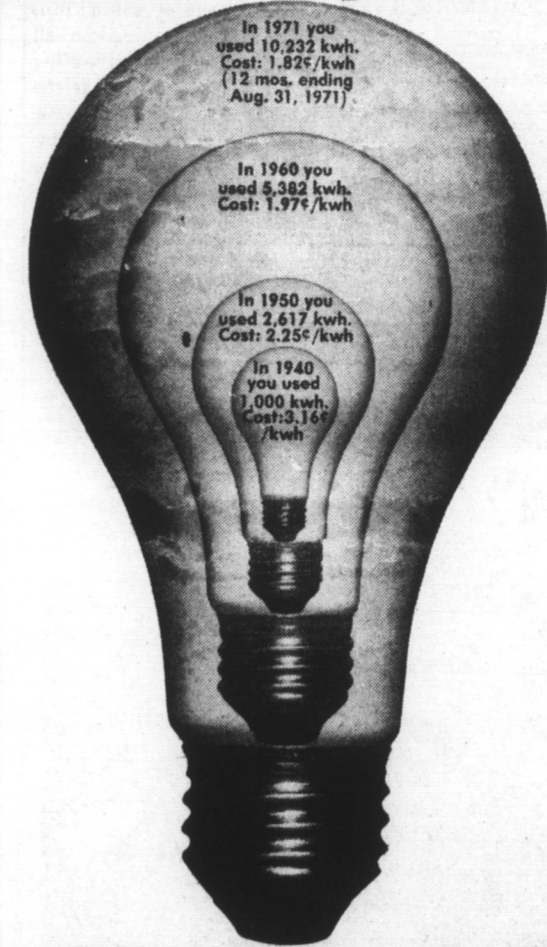
Canada's best to one and all.

IMPORTED WINDSOR CANADIAN

The smoothest whisky ever from Canada!

WINDSOR CANADIAN

Today you're using 10 times as much electricity as you did 30 years ago.



But you're only paying 58%\* as much per kilowatthour.

Although the cost of things you buy has been climbing, the unit cost of electricity has dropped—until lately.

Today—even with the recent rate increases—the average Duke Power residential customer pays less per unit than he did 10 years ago or anytime before.

Then why is your electric bill higher? As you see in the above illustration, our average residential customer uses about twice as much electricity per year now as he did only ten years ago, and ten times as much as in 1940.

Most of this increase results from the many necessities we now take for granted. Water heating, for example. Refrigeration. Cooking. Heating and air conditioning.

Also color TV and the more than 100 other electrical products contribute to increased usage and our high standard of living.

To meet the ever-increasing demand for electricity, we're constructing still more generating plants. It's very expensive, but absolutely essential.

We intend to continue to provide all the electricity you need at the lowest possible cost.



Carl Horn, Jr.  
President

Duke Power

\*Your electric bill is based on the number of kilowatt-hours (kwh) you use. One kilowatthour is the amount of electricity required to light ten 100-watt lamps for one hour, or one 100-watt lamp for ten hours.