

Your Body And Your Health

By JOHN F. S. CLARK, M.D.

Good nutrition is like motherhood and apple pie — everybody favors it. But like other things that we know to be good, we don't necessarily practice it. We know that a woman's nutritional status before, during and after pregnancy contributes to the wellbeing of both herself and her infant. It follows that what she eats before she conceives and while she is pregnant is of vital importance to the health of future generations.

One age group, teenagers is notorious for their disregard of good nutrition practices and for their tendency to exist on fries, chips, hamburgers, pizza and soft drinks. Teenagers have one-sixth of all babies. Pregnancy for the youngest in this age group is already more risky than for older women. It becomes even more so when inadequate diet is added to the risks already present.

If good nutritional habits have not been practiced before pregnancy, it is important that they be begun as soon as pregnancy is known. How are diet deficiencies in need of correction revealed? One common technique is to analyze the complete diet history for a period of 24 to 48 hours. This will usually be representative of the person's normal diet.

Without listing specific diet advice, the Committee on Nutrition of The American College of Obstetricians and Gynecologists states several sound nutritional principles which apply generally to pregnant women.

1. diet providing adequate intake of protein, particularly from animal sources, should be insured.
2. A diet providing approximately 10 per cent more calories than required for the non-pregnant state is advisable.
3. Weight gain during pregnancy should not be excessively restricted, nor is this normally a time to attempt to reduce weight. The average weight gain in normal pregnancy is

22 to 27 pounds. The theory that the gain should be no more than 16 to 20 pounds is no longer held.

4. Essential nutritional elements (such as sodium) should not be restricted during normal pregnancy.

5. Supplements of iron and iron-containing foods are indicated. Other supplements such as vitamins or additional protein sources may be helpful where nutritional deficiencies are determined.

Nutritional advice should be continued after the child is born. In this early period, dietary restriction should not be advised for new mother, nor for the new mother who is nursing her baby.

Much of what we choose to eat is from habit. In many cases adequate nutrition is no more expensive than the nutrition-deficient diet we may be eating. Once proper nutrition habits are established they should become the life-long nutrition pattern. Pregnant or non-pregnant, a good diet yields health benefits throughout life.

MORE CIGARETTES

U. S. manufacturers will turn out roughly 593 billion cigarettes during this fiscal year, and most of them will be made in North Carolina. Persons 18 and older are expected to smoke about 3 percent more cigarettes in 1972 than in 1971. Another increase may be on the way in 1973, due largely to a slowdown in retail price increases, more consumer income and the fact that more people are of smoking age.

FLOWER INCOME

Growing flowers is big business in North Carolina, accounting for an estimated \$17 million of the state's \$1.7 billion agricultural income. Mums are the state's No. 1 commercial flower.

Actions of the People

CONSERVING ENERGY

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Record A Childhood, Not Just A Day

NEW YORK (ED) — The first-born of any family is a creature of wonder and joy, to be pictured and shared with friends and relatives. As the weeks and months pass, however, and the child settles in as an established member of the family, the novelty of recording every waking moment in pictures tends to wear off a bit.

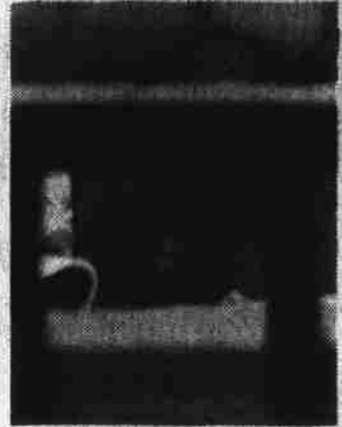


A two-year-old is happier — and looks more natural — curled up in a chair or on the floor instead of sitting or standing stiffly for the camera. Remember, the more relaxed the child, the better the pictures you will have.

As a consequence, many priceless moments are lost. The charming tousle-haired three-year-old merges into the large-eyed first grader and into the sedate 12-year-old almost before you're aware of it.

The solution is both to plan your picture-taking and to keep your camera handy for the unexpected. Planning does not mean, necessarily, setting a rigid inflexible schedule. Rather it means keeping an album or some sort of collection to which pictures are added at more-or-less regular intervals, including the big days (birthdays and Christmas) as well as the little ones.

The unexpected needs no explanation to a mother. It's when your little girl decides to experiment with your make-up



At the age of three months, the baby has begun to change as its abilities increase. Shooting from the baby's level is always a good idea. Framing your shot through the bars of the crib will give a sense of scale to the picture.



A newborn is so incredibly tiny that you'll want some album pictures to help you remember. One of the best ways to illustrate the baby's size is with a mother and child shot.

Family Makes Jewelry

To Pay College Costs

By JANICE CHRISTENSEN

Expenses for a daughter's college graduation and wedding could put a dent in many a family budget. So one ingenious Richmond County family, who is facing such expenses this summer, decided to supplement regular income by making and selling crocheted jewelry.

Father and son string thousands of pearls and beads on crochet thread so mother can fashion necklaces, ropes, rings and novelty sandals. The daughter helps sell and deliver the finished

making jewelry for this market.

DOUBLE WORK

Twins can be a double blessing for a family, but they can also mean twice as much work for the mother, unless she figures out some energy-saving shortcuts.

Recently, Bernadette Watts, Durham County assistant home economics extension agent, heard two women who have twins comparing notes on ways to save energy.

Mrs. Clyde Williams said she always stores freshly laundered clothes in pairs or doubles. "That way," she added, "when I reach for a pair of socks, I have two pairs; when I reach for underwear, I have two; and when I reach for other

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CURB TENSION
Mrs. Robert Debnam, a senior citizen from Norlina, uses her baking skills to help relieve tension.

She's so busy baking cakes, pies and rolls for others that she doesn't have time to get "all tensed up," notes Mrs. Bertha Forte, home economics extension agent, Warren County.

Mrs. Debnam added, "I told my husband that I had no idea when I started baking for others that I would have such a successful business. I feel much better with something to occupy my time and mind."

DECORATING '73

The decorating look for 1973 is comfort. Although the graphics of 1972 are still around, they tend to be less bold and more glamorous. Sharp angles have given way to soft curves and colors harmonize, notes Wilma Scott, North Carolina State University, extension house furnishings specialist.

Recliners that don't look that way are big news in house furnishings this year. Many of the versatile recliners have low-backed styling, says Mrs. Edith McGlamery, North Carolina State University, extension house furnishings specialist. The headrest pops up when needed.

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