



'TOGETHER' PERFORMANCES: The Shirelles, the first female group to enter the rock 'n' roll scene and the only such group to remain intact throughout the years, come up with another "together" performance in the upcoming Columbia Pictures release, **LET THE GOOD TIMES ROLL**, a multi-screen musical re-creation of the 1950's. The dynamic trio of Shirley Alton, Mickey Harris and Beverly Lee, credited with selling over 12 million records, is part of an all-star cast that

includes Fats Domino, Chubby Checker, The Coasters, Bill Haley and The Comets, Little Richard and Chuck Berry, among others. Richard Nader is concert producer of Metromedia Producers' full length feature.

Modern Life Leading More And More To Live Alone

By Marion Shores
(European Correspondent)

LONDON - In the first month of this year there has been more than one case of people dying alone in their

homes, their bodies not being found for a long time afterwards. One woman in Portsmouth had been dead for two months and nine days while another in Liverpool was not found until at least three months after her death.

The length of time before discovery of the bodies tends to shock most people. It's terrible to think some people have no friends in their own district who care sufficiently to find out if they are well or need help; this makes people feel guilty.

Anyone living in a city or urban area is aware that they do not know the majority of people living round them. In a large block of flats (apartments) how many people do most occupants know?

Modern life teaches peo-

PREGNANCY PLANNING AND HEALTH

Mrs. Gloria Riggsbee

Dear Mrs. Riggsbee: I am trying to become pregnant and I haven't been able to find many books that discuss the most "fertile" time of the month. I read one book that stated that 2 days prior to your midcycle plus the mid-cycle day should be the right time. But it counts Day 1 as

the first day after the menstrual flow (Days 9, 10, 11 after menstruation.) Then I read another book which says the most fertile days are Days 11 through 14. This method, however, lists Day 1 as the first day of the menstrual flow.

You can see that if I compare these two methods they don't match up. (If I use Day 1 as the first day of the menstrual flow, then according to the first method my fertile period is from Day 14 to Day 16. According to No. 2, it is Day 9 through Day 11. What do you suggest?) Also, if I want a check-up, would you suggest that I see a gynecologist or that my husband and I visit a general M.D.?

Mrs. M. B. A.

Dear Mrs. A.: I think I can clear up some of your problems. Most women are not regular, as you know, of course, that you probably don't ovulate at exactly the same time each month. You need to keep a record for a few months of exactly when your menstrual period starts. Count Day 1 as the first day of your menstrual period. For example, say that one month your period began on Day 28; the next month it began on Day 30 and then the next month on Day 31. Ovulation usually takes place about 14 days prior to

the beginning of a menstrual period, which means that in the months described above, you probably released an egg (ovulated) on Day 14, Day 16 and Day 17, respectively. So, you should consider Day 14 through 17 of your cycle as your most fertile time. Of course, days just before and just after this could be fertile too, since the man's sperm can live two days inside the woman's body waiting for an egg, and the woman's egg itself lives one full day. This means that if you have sexual intercourse one day and then ovulate anytime in the next two days you would probably become pregnant; or, that if you ovulate one day and then have sexual intercourse the next day, you would probably become pregnant.

You ask about seeing a doctor: Unless you and your husband have been trying to have a baby for at least a full year, doctors will not consider that an infertility problem may exist. If you have been trying to become pregnant for a full year, then I suggest you go to a gynecologist or a general practitioner for a pelvic examination and a Pap smear.

Dear Mrs. Riggsbee: I am pregnant and would like to seek professional help concerning giving my baby up for adoption. Please send me a brochure so that I can get in touch with the right people in my area. I read your column in my newspaper and truly thank God for it. Until I saw your column in the newspaper I had no idea how to solve my problem. G. A.

Dear G. A.: I am sending you a booklet from the Children's Home Society of North Carolina which discusses their services for coun-

selling people with problem pregnancies and lists the office in North Carolina where their social workers can be contacted. These professionals are particularly helpful and will talk with you about your problem either in their office or at your home. They will not make any decision for you, but can help you sort out your feelings and think

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realistically about the decisions you are making in relation to your own situation. Let me know if I can be of further help to you.

Address letters and requests for free booklet on birth control to: Mrs. Gloria Riggsbee, 214 W. Cameron Avenue, Chapel Hill, N. C. 27514.

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Plate 7"	1.50	1.20	2.75	2.20	3.25	2.60
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Dish (Bl. Sided)	3.00	2.40	5.50	4.40	6.00	5.20
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Platter 14"	11.50	9.20	18.00	14.40	22.00	17.60
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Open Vegetable	4.00	3.20	6.50	5.20	7.50	6.00
Soup Cup & Saucer	3.25	2.60	6.25	5.00	7.25	5.80
Salt	3.25	2.60	6.25	5.00	7.25	5.80
Pepper	17.25	13.80	32.25	25.80	37.00	29.60
Coffinet	12.00	9.60	22.00	17.60	25.50	20.40
Sugar	7.50	6.00	12.75	10.20	14.00	11.20
Cream	4.25	3.40	8.00	6.40	9.50	7.60
Soup	2.50	2.00	4.50	3.60	5.50	4.40
Cup Only	1.75	1.40	3.00	2.40	3.50	2.80
Soup Cup Only	3.00	2.40	6.00	4.80	7.00	5.60
Open Vegetable	4.50	3.60	8.00	6.40	9.50	7.60

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