

PREGNANCY PLANNING AND HEALTH

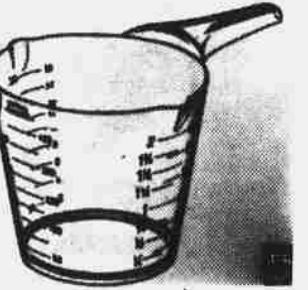
by Mrs. Gloria Riggsbee

Dear Mrs. Riggsbee:
I am 19 years old and I'm pregnant but I don't want the baby. I'm about 1 1/2 months along and my parents don't know. I feel they would put me out of the house if they found out. Could I go to the clinic and get something to get rid of it? Maybe I could go to a doctor and get a prescription for something. I really don't want this baby. I'm going to school now and it would really ruin everything.

Please give me some advice. My friend told me to take some castor oil, but I'm afraid. Please tell me what to do. Worried Sick

Dear Worried:
There is nothing you can take to "get rid" of your baby. All you could do would be to make yourself very sick, so please don't listen to your friends and don't take anything. Abortions are being performed at a number of hospitals in North Carolina. You should call the Obstetrics & Gynecology (Ob-Gyn) Department of the hospital nearest you to find out if they are performing abortions and the procedure for getting one. Please do this immediately since most hospitals will not accept women for abortions who are too far advanced in the pregnancy. Also, the earlier the abortion is done the

Let's Go Metric



New liquid measuring cup includes metric units.

Within 10 years it is expected that the United States will be converted to the International Metric System. Authorities agree that the first step toward switching to metric is to start thinking metric. One way for the homemaker is with Foley's new liquid measuring cup. It includes the customary cup and ounce measurements up to 2 cups (16 liquid ounces) plus metric measurements to 500 milliliters — a cook's introduction to the metric system.

There are six basic units in the International Metric system. The unit of length is meter, mass is gram, volume is liter, time is second, electric current is ampere, and temperature is Celsius (formerly called centigrade). All other units of measurements are expansions of these six base units. The entire system is based on ten and multiples or submultiples of ten. A milliliter, the measurement used for the new Foley measuring cup, for example, is one thousandth of a liter. A liter is a unit slightly larger than a quart. Five hundred milliliters measure a little more than 2 cups, or a little more than a pint. The new metric measuring cup is made in clear plastic with a convenient long handle and two pouring spouts. It is available with and without a juicer that snugly fits the top.

Test Your "M.Q."*



Is marriage still popular?
Yes, more than ever. Two-thirds of Americans over age 14 are married nowadays. In the past, only about half were.

Which states have the highest marriage rate?
Idaho, South Dakota and Oklahoma.

Are most weddings performed on Sunday?
No, over half occur on Saturday.

By what methods do doctors' wives practice birth control?
About 27% use oral contraceptives; 23%, the I.U.D.; 14%, diaphragm; 4%, foam. Other methods they use include withdrawal and ligation.

Anything new in contraceptives?
Yes, there's a birth control pill that contains only one hormone (progestin) and Conceptrol Cream, which can be obtained in drugstores without prescription.

Who's the weaker sex?
Undoubtedly the male, according to medical authorities. Boy babies are less hardy, and at nearly all ages, more men die of disease than women.

Which cities have the highest divorce rate?
Los Angeles, San Francisco and Chicago.

*"Marriage Quotient"

be the best thing for you to do. There is no charge for their counseling services and they will not tell your parents if you don't want them to.

Please remember: There is NOTHING you can do or take that will safely abort you. You must seek professional help immediately.

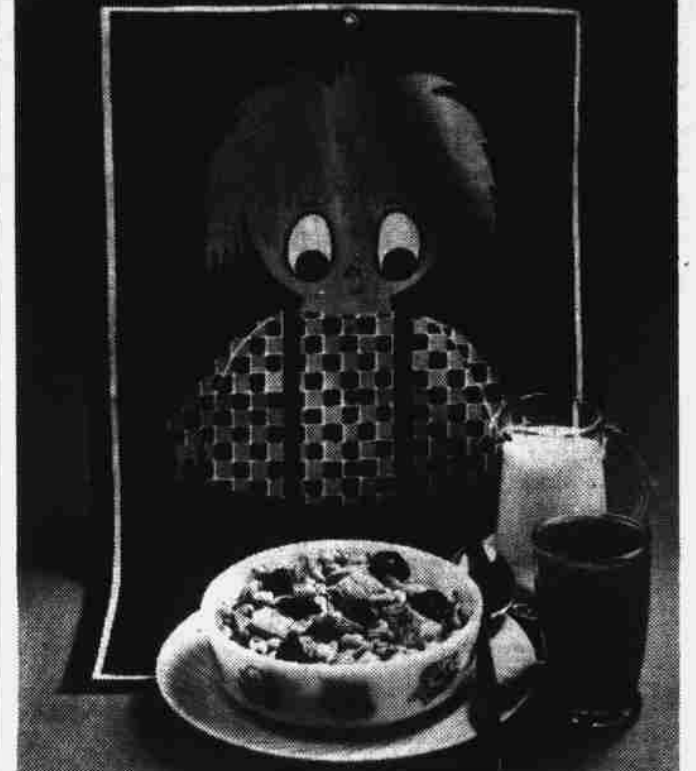
Dear Mrs. Riggsbee:
I am to be married soon. Could you tell me how soon before marriage I should see a doctor about getting birth control pills? Also, please send me your free booklet on birth control.

F. P.

Dear F. P.:
Most doctors suggest that women begin taking birth control pills two to three months

easier it will be on you. I am sending you a booklet on problem pregnancy services offered by the Children's Home Society of North Carolina. If your local hospital is not offering abortion services, call the nearest office of the Children's Home Society and explain your situation. They will send a social worker to meet you and help you decide what would

Little People Love Breakfasts That Are Fun



Preparing a well-balanced fun-filled breakfast for little people can be quick and easy-to-do. For instance, try mixing several dry cereals in a colorful bowl. Serve with milk and provide an assortment of dried fruits from which to choose a topping. Call it crazy-mixed-up cereal! Add a fruit drink to provide Vitamin C, and you have a quick, nutritious meal.

The new, frozen concentrate for cranberry orange juice drink from Ocean Spray is a good choice, or you might like to try the new frozen concentrates for cranberry apple drink or cranberry juice cocktail. All three are made from natural fruit juices fortified with Vitamin C with an average 6-ounce reconstituted serving providing 300% of the minimum daily adult requirement of this important vitamin.

The three new concentrated drinks are now available in the frozen foods cases of local supermarkets. All come in convenient 6-ounce cans, with Cranorange also available in 12-ounce cans. Just add three cans of cold water to the concentrates to make 24-ounces of colorful, fresh-tasting fruit drinks.

Plants Generally Late; Disease Control Urged

Plant production is getting off to a generally late start on North Carolina tobacco farms, focusing attention on the need for farmers to give special care to plantbeds in order to assure a good supply of plants.

Furney Todd, extension tobacco disease specialist at North Carolina State University, said the plants were late on most farms but not too late to have an adequate supply, "provided steps are taken to protect them from diseases."

The primary plantbed diseases are blue mold, anthracnose and damping off.

Blue mold is an old disease and has caused damage to plants since its appearance in North Carolina in 1931. In recent years, growers have carried out a preventative control program that has held the disease in check. This plan of control has paid off and should be continued, Todd said.

Damping off is caused by a fungus that is present in the soil and attacks the plant at ground level. Plants turn yellow, wilt and waste away. Rounded spots or areas in the bed site without plants is a sure sign of this disease. Anthracnose causes the formation of spots on the leaves. An early attack severely stunts growth.

prior to getting married. The way your body has had time to adjust to the pills and should you be one of the women who has side effects from the pills—most of these would have cleared up by the time of your marriage.

Address letters and requests for a free booklet on birth control or one of the methods of sterilization—tubal ligation, vasectomy or laparoscopy—to: Mrs. Gloria Riggsbee, 214 W. Cameron Avenue, Chapel Hill, North Carolina 27514.

Top Prices Expected For Cattle

Record prices are expected to be offered for North Carolina's current crop of stocker cattle, which will begin going to market through organized state sales March 29.

Demand for stockers is unusually high, according to extension beef cattle specialists at North Carolina State University. Buyers have offered such tempting prices that some of the stockers have been sold earlier than normal.

Calves weighing in the light range of 400 to 500 pounds have been reported sold for as much as 61 cents per pound. Heavier steers ready to go into feedlots at over 800 pounds have been sold for up to 47 cents a pound. These prices range well above those paid in 1972 and are believed to be the highest ever for stocker cattle in North Carolina.

Some 7,500 head have been consigned to the nine organized sales, sponsored by NCSU, the N. C. Department of Agriculture and the N. C. Cattlemen's Association.

The wise merchant is he who puts the "ad" in trade.

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Women Live Longer

The weaker sex, some of whom claim their lot a hard one, enjoy longer life spans than men—even discounting war, in which many men die.

Insurance company statistics show women live many years longer than men on the average. The gap seems to be growing, despite a new trend among many females to kill themselves earlier sucking cigarettes (which have killed far more men than women thus far).

Since there are already more women than men in most age brackets, and since they are living longer and longer (and thus already control most of the nation's wealth), it becomes obvious that a little more concern over men's health, in particular the stress of the American dollar rat race on males, is in order.

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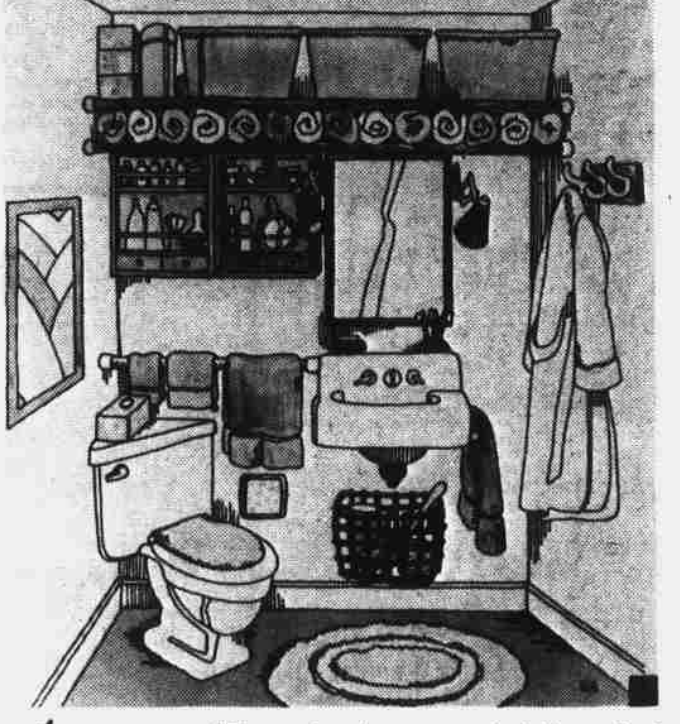
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Compact Mini-Bath



Knapsacks, bird cages, wicker chests, children's wooden toys and vegetable baskets can give your tired old bathroom a lively new look.

Suggestions on how to use these, plus hundreds of other easy-to-find materials, are contained in a booklet called "130 Economical Easy-to-do Bathroom Decorating Ideas from Lady Scott." The booklet points out that it's easy and inexpensive to give the bathroom a new look without replacing all the plumbing fixtures.

For example, a camper's knapsack can be hung on the wall and used to store surplus medicine chest supplies, sponges, soap or bathroom tissue. The bird cage makes an excellent container for a hanging plant. Wicker chests add extra storage space for towels and bathroom supplies. Damp face towels and hand laundry dry nicely on a rack constructed from a child's wooden building toy. Different colored soaps can add splash to bathroom decor when displayed in wire vegetable baskets.

Until now almost all the volumes written on bathroom design have ignored the homeowner or apartment dweller who isn't prepared to engage in a project that requires design expertise and/or a generous application of money.

Even though the booklet makes unusual use of materials, it is void of "cute-sy" items only a professional decorator would know about.

Ben Heckscher, Lady Scott

Bunraku - Puppet Theater Unique to Japan



Bunraku, the time-honored tradition of puppetry of Japan, combines the elements of narration, music and puppetry in a unique form of theatrical art. Accompanied by the *samisen*, a three-stringed instrument similar to a guitar, the *tayu* (or narrator) chants the story which is enacted by half-life-sized puppets. Each puppet is manipulated by three men who work in perfect unison according to specified rules and forms. Since its origin in the seventh century, Bunraku has been transformed through numerous refinements to become what a major American drama critic has called "one of the artistic wonders of the world." The tradition of Japan's puppet theater has been carried to many areas of the world by the Bunraku troupe which regularly appears at the National Theater in Tokyo. During a rare tour abroad, the troupe will perform in Seattle, San Francisco, Los Angeles and Midland, Mich. in March, and in Washington D.C. and New York City in April.

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