

PREGNANCY PLANNING AND HEALTH
by Mrs. Gloria Riggsbee

Dear Mrs. Riggsbee:
I have read your column every week and I know that I can trust you for a truthful answer.

The problem is I have heard that if you become pregnant immediately (within 2 or 3 weeks) after you quit taking birth control pills, it may have some harmful effect upon the child. Is this true?

Would you please send me your booklet on birth control. It would help my husband and me an awful lot in our family planning.

Thank you so much for your help.

Mrs. MSH

Dear Mrs. H.:
There is NO need whatsoever to wait a few weeks or months before trying to get pregnant after you have gone off the pill. The pill medication leaves your body each month when you quit taking the pills and your period begins. Even women who become pregnant while on the pill (by forgetting to take them regularly) and continue to take them until they find out they are pregnant, are not endangering the health of their child in anyway. So, you may discontinue the pills and try to become pregnant in the cycle following your period without any fear of the pill medication harming your child.

Dear Mrs. Riggsbee:
I was married four years ago. I have two children and that's all I want. My husband is good to me but he is anxious to have a larger family. He says people think he is weak if he only gets me pregnant twice. How can I help him change this attitude?

Mrs. C. S.

Dear Mrs. D.:
Your husband's attitude is quite common. Many men seem to feel that the more children they father, the more "manly" they appear to the world.

Any normal male is capable of producing many children. The important thing is not how many children he can sire, but how good a husband and father he can be. There are men who

have gotten their wives pregnant many times, but have neglected to take proper care of their children.

These are the weak men. The strong man is the one who is more interested in the quality of his family life rather than the quantity of children he can produce.

Show this column to your husband, and I think he will understand.

Dear Mrs. Riggsbee:
You have helped so many people, I am writing to tell you about my problem. I am nineteen years old and have been playing around with three or four girls this last year. I think I've picked up something from one of them and don't know what to do about it. If it is a venereal disease, I know that it would be serious if I don't take care of it. The trouble is, if I go to our doctor, he will tell my parents. Please tell me if there is some place I can go for treatment and it wouldn't get back to my parents. If it did, I would have to leave home.

J.D.

Dear J.:
It is very important that you get treatment right away, and that all the girls you have been seeing have a blood test.

The "signs" of the most venereal disease, syphilis, will disappear without treatment in a few weeks time. But this does not indicate a cure. The disease is merely going into another phase.

Go immediately to your county health department. Your problem will be taken care of with understanding and in strict confidence. Your friends and relatives will never know that you have had a venereal disease unless you are the one to tell them. But be sure that the girls you have had relations with have a blood test without delay. This is a crippling disease if not treated promptly and effectively.

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

Miss Black Teenage Pageant Seeks Qualities Other than Body

DANVILLE, Va. — Unlike other pageants and contests, the First Miss Black Teenage World Pageant will emphasize personality, poise, character, talent and articulation instead of physical attributes. Ronald Charity, President and Founder of Pageants Unlimited, the non-profit sponsoring organization, said, "all black teenagers need to be liked and recognized for their talents and abilities to be a productive member of society. An individual's acceptance should not be based on physical assets, but rather what they can add to their communities that is positive. It is our organizations hope that the Miss Black Teenage World Pageant will help Black teenagers to develop self confidence and productive talents that would not only help them personally but also the rest of the race, by spreading their talents throughout their various communities. Instead of the usual prizes and trophies, 15 of America's leading Colleges and Universities will present \$50,000 in College Scholarships to the top 15 contestants. Charity state, "the

reason we are presenting more prizes than usually presented in pageants, is because Pageants Unlimited wants to encourage teenagers to pursue a college education. All other contestants will receive receive prizes. In this way no one goes home a loser." Charm, modeling and etiquette workshops will be conducted during the entire week of the Pageant. Mrs. Edith Smith a professional modeling instructor and owner of a charm school, will conduct the workshops." Charity continued, "the Pageants entire program is geared toward personal development." Miles College and the Alabama Association of Modern Beauticians are cooperating with Pageants Unlimited with Miles College providing housing and meals for contestants, chaperons and staff. The number of contestants have made it necessary for two nights of Preliminaries, Wednesday, August 15th and Thursday, August 16th with the Finals set Friday, August 17th in the Birmingham City Auditorium.

1973 Chamber Directories and Buyers Guides Being Distributed

The Greater Durham Chamber of Commerce began distribution this week of its 1973 Membership Directory and Buyers Guide to the 1750 members of the organization. The 64-page Directory was edited by the Chamber staff and printed by Windsor Publications of Woodland Hills, California. Copies of the Directory are being distributed to all members of the Chamber at no cost.

Additional copies of the Directory are being sent free of charge to purchasing agents of various organizations in the Triangle area in hopes that the agents will use the Directories in the course of their business. The Directories are also made available to representatives of firms considering Durham as a location for a new facility. Non-Chamber members interested in obtaining a copy of the Directory may do so by purchasing them at the Chamber offices for \$5.00.

The Directories contain three sections; an alphabetized roster of all member firms; a classified buyer's guide; and an alphabetized list of all individual members. In addition, there are 14 "editorial" pages listing

let it be said you overworked them. As your final contribution to this memorable day, deposit everybody's work clothes in your washer to soak. Add a cup of Lestoil and fall into bed. In the morning you may be able to erase the whole event from your mind!

members of the Chamber's Board of Directors, Committee Chairmen, and pages devoted to Duke University, North Carolina Central University, and the Research Triangle Park. There is also a page listing all Durham City and County government officials, members of the Durham Delegation to the General Assembly, and North Carolina Members of Congress.



AS PLEASING AS PUNCH
One of the nicest things about serving punch, from the viewpoint of the hospitality committee, is that the basic mixture can be prepared in advance. The flavors actually improve when they have time to mellow and blend.

Combine the prescribed fruit juices, tea, fruit, spices, wine or liquor and sweeteners in advance. Leave at room temperature for an hour; then chill until serving time. Make up as many batches of punch base as you need; store them in ordinary quart bottles in the refrigerator. On the average, allow two servings—about four ounces in a five- or six-ounce punch cup, for each guest, more if the party will last longer than an hour or so.

Here is the recipe for:
FINE PUNCH
1 bottle (fifth) gin
4 cups pineapple juice
2 cups strong tea
Blend the ingredients, chill until serving time. Pour over ice in a punch bowl. Makes 18 servings. Repeat as necessary.

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Tomorrow's Housekeeping
By Samantha of Lestoil Homemakers Service

Sooner or later most homemakers come face to face with what we laughingly refer to as our "vacation" home. That is, we try to laugh about it but the fact remains that we often work harder "vacationing" than we do at home.

Making that second home liveable after it's been closed up for a while is a big job—and if it's a rented house, it can be a nightmare! Get off to a head start by announcing: "This family is a team. This is our vacation! Everybody pitches in to get the house ready—then everybody enjoys it."

If you've rented the house,

you may have inherited a grease encrusted stove and barbecue. Move that job outdoors. Place barbecue grills, stove burners, drip pans, racks (everything except plastic parts) in a large tub, cover them with hot water and 1 cup of Lestoil and let soak several hours. Lestoil's natural grease-cutting solvent does the heavy work while you forge ahead with your fulfilled schedule. Later just put them on the grass, turn the hose on full force and watch the grease float away. This is a highly desirable and entertaining task and can be assigned to the most deserving of your children.

You may elect to do the bathroom yourself. This, incidentally, is good strategy. You can brag about tackling the nastiest job yourself, thereby setting a good example for the workers under your command. And it really isn't so hard — bathrooms are really Lestoil territory. It cleans and deodorizes toilet, sink, tub and floor in a flash. Even a grimy shower curtain responds to a cup of this hard-working all-purpose cleaner in a tub one-third full of hot water. Swish it around for a few minutes, rinse it and hang it right back up to dry.

If there's a host to be dealt with, assign a crew to that job. Do it fairly, showing no favoritism. By age is a good method—for instance, no one over 17 is allowed to participate. Of course, you'll arm them with Lestoil—never

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