

## PREGNANCY PLANNING AND HEALTH

by Mrs. Gloria Riggsbee

Dear Gloria:

Please print this letter in your column, because I think I am not the only girl faced with a problem like this. You see, my period doesn't come on every month and sometimes it stays off from two to three months at a time. I have been to my family doctor and he has given me pills to make my period start, but I believe that I am not able to have children. My boyfriend and I are engaged. I told him about this problem and what I thought, but he still says that he wants to marry me. So at first we decided to have sex and see if I could have children or not, then we decided to write you and ask for advice. What do you think? Please tell me what to do.

you do not wish to return to your family doctor, I suggest you go to the Wake County Health Department at 3010 New Bern Avenue in Raleigh. There are doctors at the Health Department who are trained especially to treat female troubles, and one of them would be happy to see you. You can get an appointment by calling 833-1655 in Raleigh. Visits to the Health Department are free to anyone, married or single and your visit is strictly confidential.

Although I cannot tell you whether you are able to have children, I can tell you that having sex before marriage just to find out if you can get pregnant is not a wise thing to do. When a couple has sexual intercourse, they are not just responsible for their own actions—they must realize that having sex might make them responsible for the life of an innocent child. Suppose you have sex and that you do become pregnant before you are married. Then there are only three things you can do: have an illegitimate child; have a legal abortion; or be forced to get married, perhaps sooner than you had wanted. Isn't it simpler not to chance pregnancy?

I am happy that your boyfriend wants to marry you even if you could not have a child, but if you love one another, I am sure you want to

marry, because of that love and not because you have to. A pregnancy before you are married would not be fair to you, and it certainly would not be fair to the baby. So, for an answer to your question, go to a doctor.

Dear Mrs. Riggsbee:

I have been using the pill for about three years and started spotting, so I stopped taking them and my husband has used condoms for the past year. Two nights ago, the condom broke while we were having intercourse. I took a douche and washed myself out, but do you think I was safe? My last period was about three weeks ago.

I took a chance several years ago in the middle of the time after my period and got pregnant. I am so afraid I got caught the other night and we just don't want any more children, since we already have three and the oldest is 16 years old. Please let me know what you think.

Dear Mrs. F.S.:

I can understand your worry that you might be pregnant, but I cannot tell you whether you are. The earliest that even a doctor can tell accurately is 14 days after the day your period should have started. If your period does not start this month when you think it should, wait 14 days and then go to the doctor for a pregnancy test. In the meantime, please be sure to keep using birth control. Even if your period seems to be late, you cannot be sure you are pregnant and if you stop using birth control, you might get pregnant during this time.

## Writers Forum

By GEORGE B. RUSS

Gretta Palmer's Tonic of Praise: Praise is not only gratifying—it is the source of fresh energy which can be measured in the laboratory. Dr. Henry H. Goddard, in his years at the Vineland Training School, in New Jersey, used the "ergograph," an instrument devised to measure fatigue. When an assistant said to a tired child at the instrument, "you're doing fine, John," the boy's energy-curve soared. Discouragement and fault finding were found to have a measurable opposite effect.

The members of the Willing-Workers Missionary Circle at Union Baptist, in all probability, have never heard of the "ergograph," but this group of fine Christian women know the art of giving deserving persons praises. They have done so throughout the years, but this year they have instituted a ruling to give praises and special recognition to persons or a person during their annual anniversary observances.

This year's award was presented to Mrs. Celestia Sanders: a gleaming bronze plaque on an Oak Leaf:

The Union Baptist Church, Willing Workers Circle, Presents to Mrs. Celestia Sanders For many years of outstanding and dedicated service.

Mrs. Sanders was also given a citation for outstanding services to the Church's 30 member Finance Committee. The award was presented by sheriff Walter Carl Young, the U.B.C.'s clerk.

The occasion was the celebration of the Willing Workers Missionary Circle's 30th Anniversary. Theme: "Dedicated and Consecrated Service." The Mount Oliver A.M.E. Church of Thaxton Avenue, Durham, highlighted the service: The Rev. L. P. Perry, pastor; choir, Ushers and Official Boards added the necessary elements to this event to set it well apart from the run-of-the-mill or mediocre renditions. In the words of Dr. Grady D. Davis, "we are eternally grateful to this pastor and his fine congregation for the splendid services rendered for the Circle and the church."

Mrs. Stattie H. Russ was Personal Relations director, with the Reverends Essex Fields, N.B. Sanders, Mmes. Pauline Boxley, Lucy A. Henderson, Celestia Sanders assisting.

Miss Irene Hall, Program Chairman's tribute to the honoree reads as follows:

"We have chosen to pay tribute to a member and a leader of the W.W.M.C. Our choice is a Love Person, A Power Person and, An Achiever.

Mrs. Celestia Sanders, president of the W.W. Circle, has given tremendous services to this organization over a long period of years and her services are well known in other fields of endeavor here at Union Baptist. She is a love person. When one has love in one's heart, peace of mind is assured and those around you are at ease. When you have love in your heart, you have an abundance of friends. And when you have love for the things you are doing, your work will be crowned. Therefore, we proudly salute this love person whose great strength lies in the love she vibrates at home, at church, at school and wherever she goes."

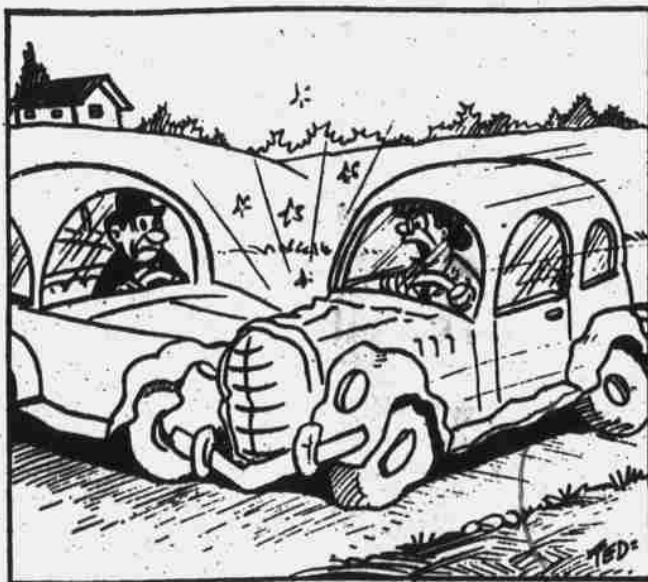
Mrs. Mozell Flintall, treasurer, and a Mount Olive deacon were in charge of the offertory.

Other persons contributing to the success of this celebration were: Mrs. Doris P. Holland and co-workers of the Social Committee; and, Mrs. Annie M. Gilmore, Self-Denial Chairman, who extended thanks, in behalf of the W.W. Circle, to everyone for making this 30th Anniversary a joyous, profitable, and informative occasion. Also, a host of representatives from various clubs and circles; the ministers wives; president, Mrs. L.P. Perry. Last, but by no means least, the members of Mrs. Celestia Sanders' family: the mother of the honoree, Mrs. Connie Harris, the Parish family, Mrs. and Mrs. Arthur Dunnagan; out-of-town guests: Sgt. John F. Parrish—Jacksonville, N.C.; Mrs. Ruth Grimsley, Miss Lily Jones and Mrs. Lily Lyons of Morrisville.

The W.W. ladies wearing pink gowns and corsages of white carnations tied with pink ribbons, were given the 1974 Challenge by Miss Irene Hall:

A Charge to Keep I Have,  
A God to glorify,  
Who gave his Son my soul to save,  
And fit it for the sky  
To serve the present age,  
My calling to fulfill  
O may it all my powers engage  
To do my Master's will

"Work on, pray on Willing-Workers and continue giving your best services."



"HMM.....JUST AS I FIGURED.... A MAN DRIVER!!"

### Fall Sewing Ideas Make Use of Fabric Scraps

RALEIGH -- Save money and be creative at the same time. Fall fashions call for the "put-together look," so now's a good time to start putting together those fabric scraps you've been saving.

First, look at your scraps. Their sizes and shapes will help determine how to use them, says Harriet Tutterow, extension clothing specialist, North Carolina State University.

Then survey your wardrobe. Could it use sprucing up? Try using contrasting colors and patterns for yoke insets, sleeves, cuffs, pockets and trim. Or refashion

the necklines. By cutting corners, you might make an entire piece of clothing from a fabric scrap, the specialist observes. If there's not quite enough fabric, use contrasting pieces for edgings and hems.

Or quilt scraps. Line each piece with polyester fleece for bulk; then make a vest, jacket or bathrobe.

Combine your scraps carefully, the specialist cautions. She adds these reminders:

• Freshen each fabric piece, unless that's already been done.

• For combinations, use fabrics of similar

## VSC Community Saddened by Holland's Death

PETERSBURG — Bradford K. Holland, an associate professor in the Department of Agriculture, died suddenly recently in Owens Hall at Virginia State College. He was rushed to Petersburg General Hospital by the Ettrick Virginia Lifesaving Crew where he was announced officially dead by hospital authorities. At the time of his death, Bradford and other agriculture officials were preparing for a livestock show and sale in Virginia. Ross W. Newsome, Assistant of the Dean of the Extension Division at VPI and State University at Blacksburg, was with him at the time of his death.

Holland was born in Nansemond County in 1927

weights and with similar care instructions.

Decide on one point of interest—too many are distracting. Play up a texture or a bold print, but not both.

When mixing prints, either use color-coordinated designs or the same print in different colors.

the son of Mr. and Mrs. John C. Holland. He was a veteran of Army service after World War II and had been employed at Virginia State College since 1950. He graduated from Virginia State College with a S.S. degree in Animal Husbandry and earned his M.S. in Dairy Science from the University of Wisconsin in 1950. He was living at 4901 Hickory Road in Petersburg at the time of his death.

Dr. Marvin A. Fields, Chairman of the Department of Agriculture at Virginia State College, was shocked when informed of Holland's passing. Dr. Fields said that Holland was probably one of the most brilliant students in Animal Science that he ever taught, and he praised Holland as one of the best liked professors on his agricultural staff.

Survivors include his wife, Mrs. Gladys B. Holland; his mother, Mrs. Armecia C. Holland of Jersey City, N.J.; two daughters, Mrs. Laurette B. Nelson of Houston, Texas and Miss Deborah Holland of Petersburg; two sons, Bradford K. Holland, Jr. of Durham, and

Arthur B. Blakey of Petersburg; three sisters, Mrs. Marion Britt and Miss Sandra Holland of Jersey City, N.J.; three brothers, C. Holland of New York City, Kenneth Holland of Richmond, Virginia, and Russell Holland of Jersey City, New Jersey.

### Insurer Lists Best Creative Health Writing

For Immediate Release

A large Boston-based insurance company listed the following explanations as among the "best creative writing" in health-related reports to come from its company files.

From an orthopedist: "Patient is reasonably comfortable as long as he is not required to do any work of any kind. Who wouldn't be?"

From a hospital record: "Patient hit by truck. No neurologic function. No respiration. No cardiac action. Condition incompatible with life."

From a policyholder's claim: "Either Mr. Brown's brakes or brains were defective." Another explained: "Dancing the jitterbug at a store party when right leg let go."

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