

TEENS HEALTH

Health and Safety Tips
from
The American Medical Association

Prenatal care is the health supervision the expectant mother receives from her physician during the 40 weeks between conception and the birth of the child. says a health education pamphlet of the American Medical Association.

Once pregnancy has been established, the mother-to-be should have a careful physical examination. The doctor will determine the size and shape of the pelvis to know whether normal delivery can be expected. He will try to detect symptoms of any diseases. He may take a blood specimen for such tests as blood cell counts, measurement of hemoglobin, blood typing — including the RH factor — and test for syphilis.

During the first six months of pregnancy the doctor probably will want to see the expectant mother once a month. This may be stepped up to twice a month during the seventh and eighth months and possibly to once a week during the ninth month. Gain in weight must be watched carefully. Too much or too little gain may indicate trouble.

The best way to prevent complications during pregnancy and labor is to follow the doctor's advice carefully. The doctor will want to be sure that the mother-to-be's diet is proper. He may recommend proper exercises to strengthen the muscles used in delivery and to maintain general good health.

All of the family must be brought into the picture to help the expectant mother avoid nervous irritation and unnecessary fatigue. Normal grooming and good body care should be maintained, including regular bathing schedules. Tub baths should be replaced by showers or sponge baths during the ninth month. Reasonable travel, including short auto trips on smooth roads, usually is permitted by the physician.

Most important of all in prenatal care — see the doctor as soon as pregnancy is suspected, and follow his advice carefully throughout. A heavy percentage of the problem births occur in mothers who have had little or no prenatal care from a doctor.

Boyce Weir's Rites Conducted

Final rites for Boyce McLean Weir, 87, of Gastonia, Kings Mountain native, were held Friday morning at 11 o'clock from Colonial Chapel of Carothers Funeral Home, interment following in Oakwood cemetery.

Mr. Weir died in a Gastonia hospital at 3:30 Wednesday afternoon.

He was the son of the late Alexander Franklin Weir and Martha Falls Weir. He was married to Ola Whitesides Weir, who died on June 26, 1964.

Survivors include a son, Marshall F. Weir, of Gastonia; a daughter, Miss Catherine Weir, Greensboro; a sister, Mrs. Mamie McGill of Kings Mountain; and a grandson, Boyce F. Weir, U. S. A. F.

Educated at Rutherford College and Trinity college, he had lived most of his life in Gastonia. He worked in the public schools until 1918. In 1925 he went to work at the postoffice, where he remained until retirement in 1953.

Greenland is 750 miles wide. The flower of the trailing arbutus has a pleasant smell.

STRICTLY FRESH

At 20 a man thinks he can save the world.



At 30 he's happy if he can save a small part of his salary.

Your temper is one of the few things that will improve the longer you keep it.

Women are creatures who can talk themselves out of almost anything except a phone booth.

The fellow who laughs at the head man's jokes may not have a sense of humor, but he does have sense.

Taxes were a lot lower when jumping over the moon was an activity reserved exclusively for cows.



FINISH YOUR CARDS TODAY. GAME ENDS
NOV. 6. EVERYONE MUST WIN AT LEAST \$1.00



Final Week To Play

100 EXTRA GREEN STAMPS 100 Count Bufferin Tablets Valid After Nov. 6, 1965 AT YOUR LOCAL WINN-DIXIE	100 EXTRA GREEN STAMPS 100 Count 14-oz. WHITE RAIN Hair Spray (Keep or hard to hold) Valid After Nov. 6, 1965 AT YOUR LOCAL WINN-DIXIE
50 EXTRA GREEN STAMPS 50 Count 7-oz. DOW Oven Cleaner Valid After Nov. 6, 1965 AT YOUR LOCAL WINN-DIXIE	50 EXTRA GREEN STAMPS 50 Count 21-oz. Astor Non-Dairy Coffee Creamer Valid After Nov. 6, 1965 AT YOUR LOCAL WINN-DIXIE
50 EXTRA GREEN STAMPS 50 Count 1 1/2-lb. pks. Thunderbolt peeled & devilled Shrimp Valid After Nov. 6, 1965 AT YOUR LOCAL WINN-DIXIE	50 EXTRA GREEN STAMPS 50 Count Three 14-oz. Marton's Cream Pies Valid After Nov. 6, 1965 AT YOUR LOCAL WINN-DIXIE
50 EXTRA GREEN STAMPS 50 Count Two 12-oz. pkgs. Lee's Grill Steak Valid After Nov. 6, 1965 AT YOUR LOCAL WINN-DIXIE	50 EXTRA GREEN STAMPS 50 Count Three 8-oz. pkgs. Jewel Chicken Livers Valid After Nov. 6, 1965 AT YOUR LOCAL WINN-DIXIE

100 Free Stamps Sticker on each Turkey
Swift Premium Butterball Stuffed (6-12 lb. size)

TURKEYS LB. **59c**

LIMIT 1 OF YOUR CHOICE WITH A \$5.00 ORDER

COFFEE 1-Lb. Can **59c** **ASTOR** 1-Lb. Bag **69c**

Astor Vegetable... limit one with other purchases

SHORTENING 3-Lb. Can **59c**

Deep South... limit one with a \$5.00 order

MAYONNAISE Qt. Jar **39c**

LIMIT 1 OF YOUR CHOICE WITH A \$5.00 OR MORE ORDER

DETERGENT Blue or White Arrow Giant Pkg. **39c** **TIDE** Giant Pkg. **59c**

THRIFTY-MAID
EARLY JUNE or
SWEET PEAS
7 No. 303 Cans **\$1**

THRIFTY-MAID
CREAM or WHOLE KERNEL
CORN
8 No. 303 Cans **\$1**

BLUE BAY
TUNA
4 6 1/2-Oz. Cans **\$1**

THRIFTY-MAID
BARTLETT
PEARS
5 No. 303 Cans **\$1**

THRIFTY-MAID
LIMA BEANS
7 No. 303 Cans **\$1**

100 EXTRA GREEN STAMPS
WITH THIS COUPON AND PURCHASE OF
\$10.00 or More Order
FREE AT YOUR KINGS MTN.
WINN-DIXIE STORES
Valid After Nov. 6, 1965
LIMIT ONE COUPON PER ADULT CUSTOMER

Thrifty-Maid Apple Sauce - - 9 No. 303 Cans **\$1**

Thrifty-Maid Blue Lake Cut Green Beans - - 6 No. 303 Cans **\$1**

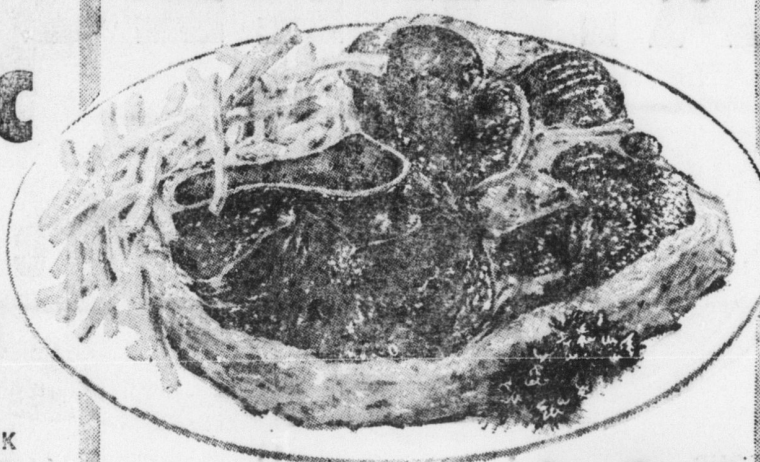
JUICY FLORIDA
ORANGES
8 lb. bag **59c**
THRIFTY-MAID... Vanilla, Chocolate, Fudge Royale
ICE MILK
Half Gallon **39c**
FROZEN FRENCH FRY
POTATOES
3 2-lb. Pkgs. **\$1**

Medium Yellow
ONIONS - - - 3 Lb. Bag **19c**
Fancy Shelled Halves
PECANS - - 1-Lb. Cello Bag **99c**
U. S. No. 1 White
POTATOES 10 Lb. Vent-Vu Bag **49c**
Morton's
Meat Dinners - - 11-Oz. Pkg. **39c**
Dixie Thrifty Florida
Orange Juice - 6 6-Oz. Cans **89c**

Cherokee & Piedmont Streets

USDA CHOICE STEAK

TENDER CUBE LB. **99c**
SIRLOIN LB. **99c**
TOP ROUND LB. **99c**
PORTERHOUSE LB. **\$1.09**
BONELESS N. Y. STRIP LB. **\$1.49**
BONELESS RIB EYE LB. **\$1.59**
CHUCK STEAK LB. **59c**



U.S.D.A. CHOICE ROAST

BONELESS BOTTOM ROUND LB. **89c**
BONELESS TOP ROUND LB. **99c**
ROUND TIP OR SIRLOIN TIP LB. **99c**
BONELESS CHUCK OR SHOULDER LB. **79c**
"OVEN READY" 7" RIB ROAST LB. **89c**