

Health And Safety Tips

How are your medical manners? Many patients unwittingly break the code of "medical conduct" which their doctors expect of them and, in so doing, delay diagnosis, hinder correct treatment and often cost themselves more money than they would

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normally pay, says Today's Health, the magazine of the American Medical Association. Here are a few of these unwritten laws most often broken

* Keep your appointment (or notify the doctor's office when you know you can't be there). Even a few hours notice that you can't make it may be enough to allow another patient to take your place.

* Be prompt, but be prepared to wait. Unfair? Not at all. Diagnosis and treatment cannot be scheduled on an exact timetable. Some patients take longer than others. Emergencies arise that upset the doctor's schedule.

* Be cooperative in giving your medical history. Illness or injuries in your past have a direct bearing on your present condition, on your reaction to tests and on how you respond to surgery or medical treatment.

* Don't ask the receptionist or nurse for information about your condition. He is ethically bound not to discuss medical findings with patients. If you have questions, ask your doctor.

* Fill in insurance forms correctly and completely before handing them to doctor. Most forms are to be filled in partially by the patient. Save your doctor as much time as possible by reading the forms carefully beforehand and filling in as much as you can in advance.

* Take your medicine just as the doctor prescribes. Don't alter his timetable or dosage, and don't neglect to take medicine altogether. The medicine is ordered to help you get well, but it won't work unless it is properly used.

* Be business-like in financial arrangements. Don't hesitate to ask about the doctor's fee, and to discuss anything you don't understand. Also, your doctor has many business expenses to meet, and your prompt payment will help him maintain an efficient practice.

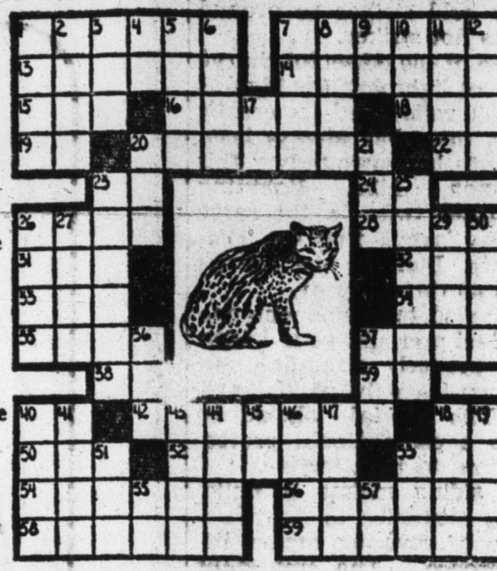
Spotted Cat

- HORIZONTAL**
- 1 Depleted animal
 - 7 It is with markings of black
 - 13 Awaken
 - 14 Reach a destination
 - 15 Important metal
 - 16 Appears
 - 18 Lamprey
 - 19 Symbol for sodium
 - 20 Card game
 - 22 Night (ab.)
 - 23 Symbol for sodium
 - 24 Hebrew letter
 - 26 Crucifix
 - 28 Direction
 - 31 Go astray
 - 32 Observe
 - 33 Shade tree
 - 34 Number
 - 35 Transaction
 - 37 Saucy
 - 38 Holdout
 - 39 Area measure
 - 40 Parent
 - 42 Maddest
 - 43 Pain lily
 - 50 Milk beverage
 - 52 Papal triple crown
 - 53 Prohibit
 - 54 Bank worker
 - 56 Hospital resident
 - 58 Goddess of the moon
 - 59 Concure
- VERTICAL**
- 1 Cereal grains
 - 2 Child's bed
 - 3 Eternity

Here's the Answer



- 23 Bamboo-like grass
- 27 Shield-bearing
- 28 Soothsayer
- 30 Canvas shelter
- 36 Land parcel
- 37 Dance step
- 40 Entanglements
- 41 On the sheltered side
- 43 Solar disk
- 44 Mud
- 45 Father
- 46 Assam silkworm
- 47 Pealed
- 48 Weight deduction
- 49 Hostilities
- 51 Measure of cloth
- 53 Honey-maker
- 55 French article
- 57 Troop (ab.)



Grover 4-H's Cop First - Place Prize

Grover Community 4-H's won first place for their fair booth, "4-H Keeps Your Community Ticking," entered in competition with other Cleveland County clubs at this week's Cleveland County Fair. The 15 club members conducted the project under the direction of their leaders, Mr. and Mrs. Gene Turner. This year's fair prize is the

third won by the local 4-H's. In 1964 the club copped a first place award and in 1965 won a second place ribbon.

Using four huge clocks to carry out the 4-H club pledge, the booth called attention to head, heart, hands and health in symbols of each of these drawn and colored on the faces of the square clocks.

The club will use the prize money to defray expenses of members attending 4-H camps and conferences.

Farmer: Always Read Tag Before Purchasing Your Seed

The North Carolina farmer who shops around for "bargain" seed may find that it turns out to be a costly investment.

Tom Unalee, an agronomist with the North Carolina Crop Improvement Association at N. C. State University, says the cost of seed is the least expensive investment a farmer makes in planting and harvesting a crop. Investments in machinery, land, labor and other essentials represent the major share of costs.

Unalee explains that seed account for only about 1-2 to 2 per cent of the total investment for crop production and harvesting. Choosing high quality seed of an adapted variety or hybrid is often the least expensive single way to increase total production according to the agronomist. "And, the best source of high quality seed is certified seed." It is field inspected, laboratory tested, tagged and sealed for the farmer's assurance of quality.

Certified seed can be compared with non-certified seed which may contain weed seed. Common weed seed such as cotilaria, Johnson grass, wild onions, mustard and cocklebur can increase production costs, decrease yields and make harvesting more difficult. They can cause serious losses and may be a problem for many years.

Unalee says that all seeds offered for sale in North Carolina must be labeled as to variety or kind, purity, germination and harmful weed seed present. If "bargain" seed is not properly tagged, it may be unlawful as well as expensive.

"The tag on the bag means nothing—it's what is on the tag that counts," the agronomist said. He encourages farmers to read the tags in order to choose the highest quality seed available.



PORK CHOPS AND APPLES (Serves 4)

- 1 cup dried prunes
- 4 pork chops
- 2 apples, cored and sliced
- 1/4 cup dark corn syrup
- 1/2 teaspoon cinnamon
- Lemon slices

Pit prunes; soak in boiling water 10 minutes. Drain and set aside. Brown pork chops on both sides in skillet over medium heat. Place in greased, shallow, 2-quart baking dish. Cover with apple slices and prunes. Combine corn syrup and cinnamon. Pour over chops. Arrange lemon slices on top. Cover and bake in 350-degree (moderate) oven until pork chops are done, about 1 hour.

Competition for tourist trade is keen among the Caribbean islands.

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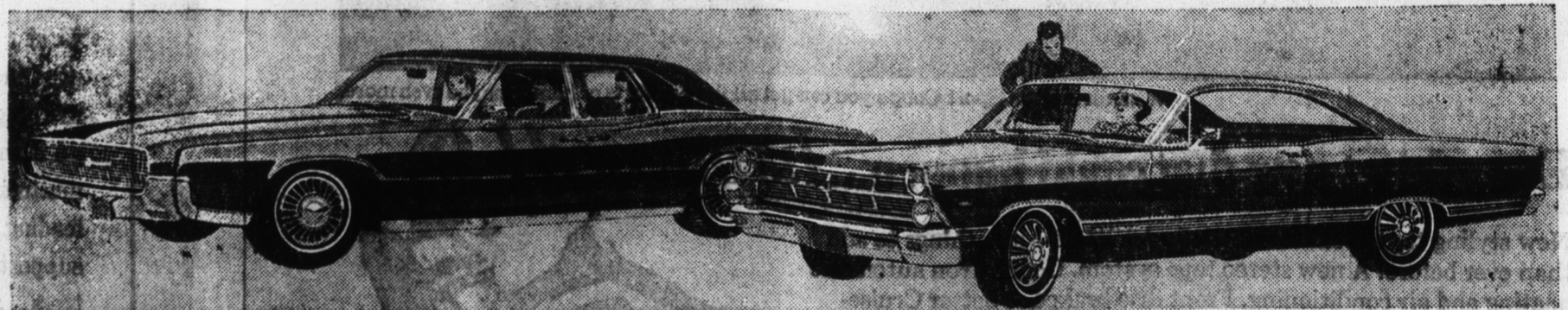
1967 Mustang Hardtop—bred first to be first



1967 FORD XL 2-Door Hardtop—the ultimate in sports/luxury cars



1967 FORD LTD 2-Door Hardtop—one of the world's quietest luxury cars



1967 Thunderbird Four-Door Landau—one of three all-new Thunderbirds

1967 Fairlane 500 Hardtop—the car that gets sportier and more popular every year

18 Fords: The strongest, quietest, best built Fords in history. Choose from luxurious new LTD's, sporty XL's, stylish Galaxies, Customs and wagons.

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3 Thunderbirds: Unique, exciting, the ultimate in luxury. There are two new

two-door models, and for the first time in history... an elegant new four-door.

13 Fairlanes: Big-car roominess and performance in a lean, middleweight. You can pick from exciting XL's and GT's, convertibles, smart sedans and wagons.

10 Falcons: Low price and big economy combined with new luxury. Some people even call them short limousines. Choose from classy Sports and Club Coupe, sedans and wagons.

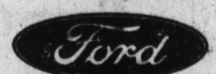
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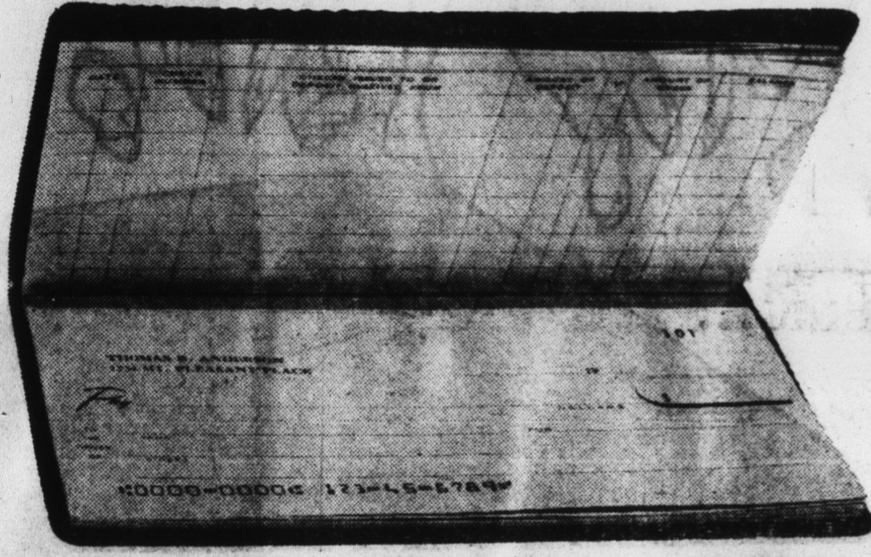


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