

## PREGNANCY PLANNING AND HEALTH

By Mrs. Gloria Riggsbee

Dear Mrs. Riggsbee:

I believe you sometimes advise parents about sex education for their children. I have always answered my daughter's questions frankly and thought I had a good, close relationship with her.

But just the other day I found her in her room reading a trashy paperback book. Just glancing through it I saw words pertaining to sex that were straight out of the gutter! I am so shocked and hurt that she would read this kind of filth. She is only 13. What did I do wrong?

Mrs. P.C.

Dear Mrs. P.C.:

Please try not to be upset over the book you found. It is natural for adolescents to be curious about this type of reading material, no matter how well educated or how close to their parents they may be. Kids hear others talk about a book and feel they must read it too, because they think they may learn something about sex they don't already know, or simply because it is the "in" thing to do.

Perhaps one reason you are worried is because your daughter is so young. It is difficult for those of us who are parents today to realize that children become sophisticated at a much earlier age than we did, because of the movies, television and magazines to which they have been exposed all their lives. Therefore, even though we may feel that the child is too young to know about sex, it is important to answer their questions as honestly as possible when they are asked. Many parents might find answering their children's questions easier if they read Dr. David Reuben's book "Everything You Always Wanted to Know About Sex" first. It's a frank and open discussion which might help parents to be "frank and open."

Console yourself, Mrs. P.C.

with the knowledge that you have done the best and trust that your daughter will pass safely through this phase, as the majority of children do.

Dear Gloria:

I am six months pregnant and the doctor at the clinic says that I am O.K., but I am worried about something and can't help it. Lately I have been having nightmares about monsters. They are terrible and I wake up scared to death. My mother and I are both afraid this is a sign that I will have a deformed baby. What do you think? I don't want to bother the doctor with a question like this. He might think I am crazy.

Mrs. T.U.

Dear Mrs. U.:

First of all, you must not worry that a doctor would think you are crazy for asking a question like this. Doctors are used to questions of all sorts and they welcome a chance to calm a patient's fears by answering them.

Now, about your fear of having a deformed baby. The odds are overwhelmingly against this happening. In almost every case of a pregnancy where there is a defect in the fertilized egg, nature causes this imperfect egg to be expelled from the womb. In other words, a miscarriage takes place. Such a miscarriage occurs within the first few months of pregnancy. So the very fact that you have carried this baby six months with no problem is a pretty good sign that it is healthy and normal.

In spite of many old wives' tales, dreams cannot "mark" your baby. Relax. Think about something else. And don't watch any "horror" movies!

Address letters or requests for a free booklet on birth control method to: Mrs. Gloria Riggsbee, 123 West Franklin Street, Chapel Hill, N.C. 27514.

## You and your pet

By TED KAVANAUGH, DIRECTOR, ALPO PET NEWS BUREAU

### Puppies On The Way?

So, it happened. Your dear dog's first litter is on the way. Well, believe me, it will bring happiness to your house. You'll see how much so when her nine weeks are up and she beams up at you with the arrival of the newest members of the family.

Between now and then, however, there are some important things to do. Assuming that you are a novice about this, here are a few basic tips:

— Don't fret; relax. It's been a perfectly natural function for centuries.

— Read a good book on the subject.

— Keep her in top physical condition, especially avoiding overweight.

— Take advantage of your veterinarian's basic care and guidance program. Start today.

During the first four to five weeks of pregnancy, she requires no more than normal good care and unrestricted exercise. After that, her daily exercise should be under control; avoid jumping and rough play.

#### Feeding

Throughout pregnancy and nursing, pay attention to her diet. She needs a high quality food, well balanced with all the essential nutrients, vitamins and minerals such as ALPO provides to properly nourish herself and the developing puppies.

Authorities recommend a high quality protein. Meat, rather than the filling starches, provides protein of higher nutritive quality plus a high content of dietary-essential amino

acids. Further, the Dags experiment (Howell's Dog Care & Training) found that milk production in the mother dog was influenced by different kinds of protein fed to her.

Dags concluded that relatively high protein diets stimulate lactation and that animal proteins (especially liver) are better suited than plant proteins to the synthesis of milk.



The Barkless Basenji

From the fifth week on, gradually increase food quantity until at whelping she may be eating 25% or more than before breeding. Divide this quantity into two meals a day to avoid the discomfort of large meals.

#### Veterinary Guidance

Just as we seek our doctor's care for family pregnancies, so should you have a professional to counsel you and to look after your dog and her puppies.

Besides the obvious health benefit, the veterinarian's advice is valuable.

### Suggested Safe Bike Driving Rules

1. Obey all applicable traffic regulations, signs, signals and markings.
2. Observe all local ordinances pertaining to bicycle operation.
3. Keep right, drive with traffic, not against it. Drive single file.
4. Watch out for drain grates, soft shoulders and other road surface hazards.
5. Watch out for car doors opening, or for cars pulling out into traffic.
6. Don't carry passengers or packages that interfere with your vision or control.
7. Never hitch a ride on a truck or other vehicle.
8. Be extremely careful at all intersections, particularly when making a left turn.
9. Use hand signals to indicate turning or stopping.
10. Protect yourself at night with the required reflectors and lights.
11. Drive a safe bike. Have it inspected to insure good mechanical condition.
12. Drive your bike defensively; watch out for the other guy.

The above rules are provided by the Bicycle Institute of America in conjunction with the National Safety Council and the Cub Scouts of America.

## How To Stretch Your Car's Gas Mileage

The nationwide energy crisis is upon us, and it's testing the ingenuity of car owners. In one sense, it's even creating a little nostalgia. Not since the World War II days of gas rationing have motorists focused so heavily on stretching gas mileage.

Those who drive high-horsepower gas-guzzlers are feeling the greatest pinch as some service stations have curtailed their operating hours and others have put a 10-gallon limit on gas purchases.

But engineers at the Wix Corporation Technical Laboratory in Gastonia, N.C., say there are some basic steps every motorist can take to improve his gas mileage and, in the bargain, make his car run smoother.

First, they say, car owners should change the air filter on their car every 10,000 miles or with every engine tune-up, whichever occurs sooner. Wix engineers point out that a clogged air filter can decrease a car's mileage per gallon by as much as one-third.

They also suggest that motorists avoid running their car with less than half a tank of gas. Oil refineries, in common with their customers, are scraping the bottom of their tanks these days, and that sometimes results in pumping contaminants into the gas line. This kind of thing normally wouldn't occur but as fuel levels drop to unprecedented lows, rust, dirt and other contaminants sometimes get into gas lines and eventually into your car.

Your car's gas tank also can produce rust, catch dirt and trap water as it grows older, and this is another reason to avoid running the tank below the half-full level. Modern automobile gas filters are workhorses when it comes to removing contaminants from the gas line before they get into the engine itself, but the increased flow of contaminants tends to plug filters more quickly and shorten their lives.

Unfortunately, there are no warning

signals for this kind of filter failure. When the filter gets completely clogged, it simply shuts off the gas flow. In recent laboratory tests on filters made by Wix and other major manufacturers, Wix engineers found some that became clogged after less than 100 miles of usage with commercial gasoline.

The best protection against finding yourself stranded as a result of an untimely gas filter failure, engineers say, is to carry a spare in the glove compartment of your car. This is especially important if you don't have a standard car. Service stations and repair garages don't always have the right filter in stock for your car, so it's much safer to have your own on hand in case of need.

Your car's oil filter has no direct in-

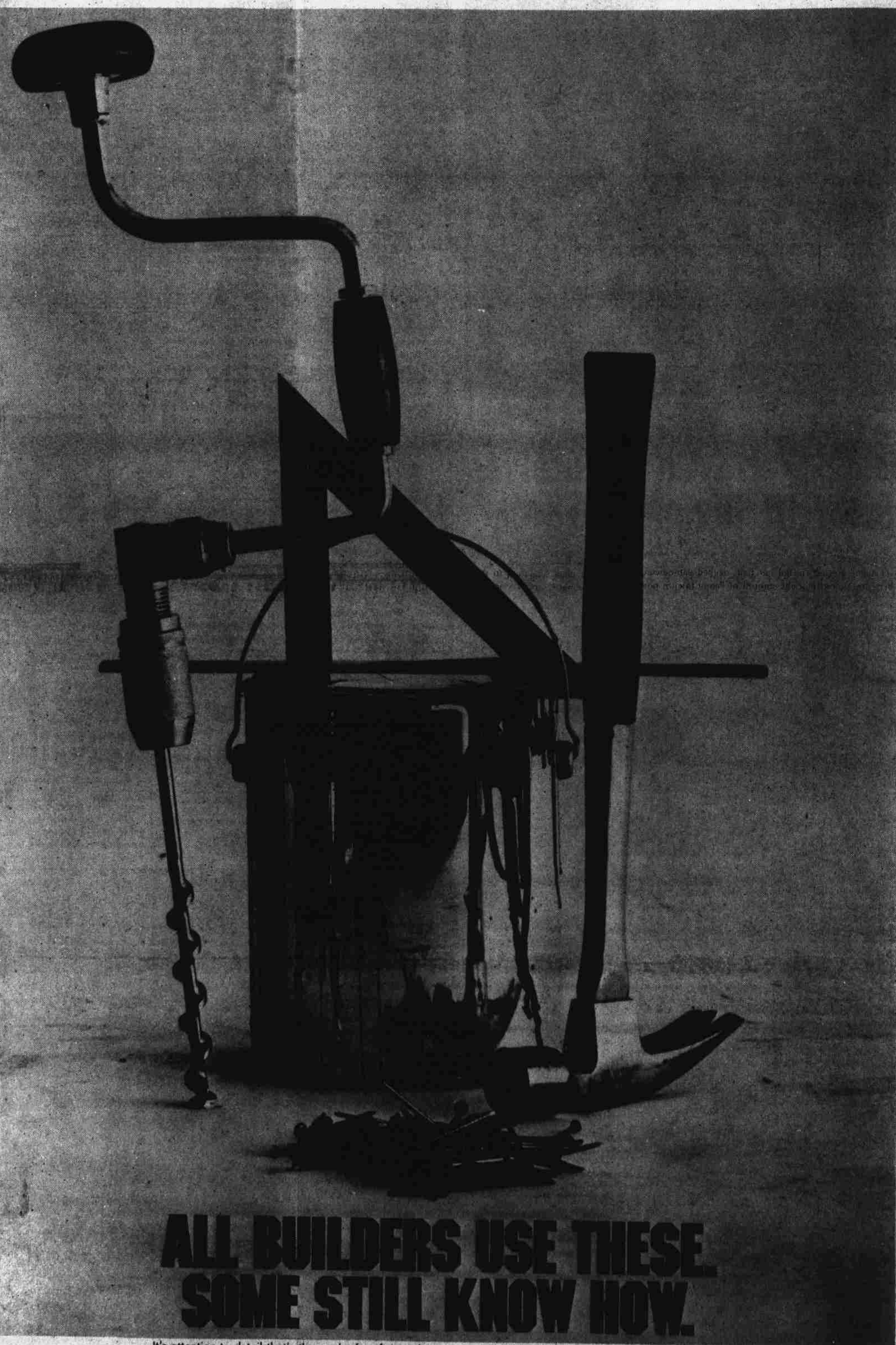
fluence on gas mileage, but engineers stress that keeping your car's engine clean is the most important single aspect of good car care.

Crankcase buildup will reduce engine efficiency and increase consumption of oil and gas, the engineers point out, so dirty oil filters can exert a strong indirect influence on gas mileage. The oil filter should be changed every 4,000 to 6,000 miles or every time the crankcase is drained and refilled with new oil.

A complete change-out of the three basic filters — air, fuel and oil — on the modern passenger car amounts to only about \$10, so regular filter changes can more than pay for themselves in improved gas mileage and smoother engine operation.



"A mustache is the thing that makes a girl feel like she's kissing her toothbrush good night." (Honor Blackman)



# ALL BUILDERS USE THESE SOME STILL KNOW HOW.

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