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news notes from

QUEWHIFFLE

By MRS. LEONARD MCBRYDE

Mr. and Mrs. H.G. Grissman and daughters Janice and Judy and Mrs. A.W. Bell visited Mr. and Mrs. Ben Crigler in Atlanta, Georgia, while there they went to Six Flags over Georgia.

Mrs. Maudelle Lucas and granddaughter, Ceresa Miller attended a Thompson family reunion at J.F. Allens cabin in Biscoe Sunday.

Mrs. Aileen Creed of Southern Pines and Mr. and Mrs. J.B. Mays attended the Primitive Baptist Association meeting in Asheboro Saturday and Sunday. Saturday night they stayed with Mrs. J.B. Griffin. Sunday evening they visited Elder and Mrs. James Moody in Lexington.

Miss Jerry Blake of Charlottesville, Virginia is visiting for a week with her parents, Mr. and Mrs. Kelly Blake.

H.H. Thompson of Candor, father of Marcus Thompson, is in intensive care unit at Moore Memorial Hospital.

Lunnie Fish of Fredericksburg, Virginia and Mrs. Ollie Fish were Monday night dinner guests of Mr. and Mrs. Mack McBryde and family.

We wish to express our sincere sympathy to Paul Sides and Jack Sides in the death of their sister Friday, Mrs. Lottie Radgsdale of Badin.

Mrs. Elaine Crissman and daughters Janice and Judy and Miss Joye Wall vacationed at Long Beach with Mrs. Alma Thomas from Wednesday until Sunday.

Mrs. Alma Atkins of Southern Pines is visiting this week with Mr. and Mrs. J.B. Mays.

Mr. and Mrs. Bill Brannon of Athens, Georgia visited from Monday till Wednesday with Mr. and Mrs. Kelly Blake. She is the granddaughter of Mrs. J.A. Almond.

Miss Dawn Deese is visiting this week with the Avery Connells at Raeford.

Shiloh Presbyterian Church will have a hot dog cookout at Sinclair's pond Sunday August 29th, at 6:30 p.m., honoring all the boys and girls going off to school for the year. Everyone is invited to come.

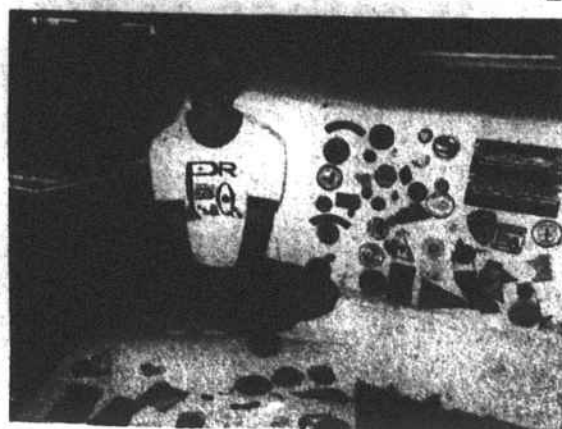
Pamela and Daphne McBryde and Dawn Deese attended a birthday party for Teresa Frederick in Raeford Saturday afternoon.

Miss Postel Attends Girl Scout Community Relations Workshop

Betsy Postel returned Monday from Bloomington, Ill., where she attended an international workshop on community relations - "P.R. - PS and QS".

"It was just great," she said. "We attended workshops on photography, news writing, speaking, and graphic arts during the mornings and had most afternoons free to swim, go boating, explore the camp area, or visit with the other girls. The girls were super too. We had girls from almost all 50 states and (2) Peru, (1) Ireland, (4) Scotland, (1) Trinidad, (2) Finland, and (1) Tabago. We had a camp newspaper (I was on the staff and really enjoyed that), visited Lincoln's birthplace, Illinois State Fair (all 240 of us led the big parade and performed with the Grand Ole Opry on the stage) talked with Liz Carpenter (asked questions etc. about the White House news), visited Illinois State University, Bloomington radio stations, and the Pantagraph, a newspaper. The newspapers gave the conference tremendous coverage, including all the trips we made."

"Our purpose at the workshop was to discuss and possibly find solutions on how to improve community relations in our own Council areas and home neighborhoods. It was really interesting and yet very disturbing to hear about the different reactions of the fellow travelers to the Girl Scout Uniform. One girl was saluted by a soldier - one was



HOME AGAIN - Betsy Postel is making displays of her many "swaps" from the other girls that attended the international workshop in Illinois. Each girl brought "swaps" she made or bought to exchange with each other.

told by a nun that "it was wonderful what we girls were doing in Vietnam" - one was asked just what kind of uniform she was wearing - one woman would not believe a girl (in uniform) was a Scout because she was too old. We have a new Senior Girl Scout Uniform now (as of this fall) and everyone hopes we will be recognized as Girl Scouts and will become more interested and more aware of what we are and what we do."

"We found our biggest problems were -
1. The public needs a more current image of Girl Scouts.
2. The public does not have

an adequate understanding of Girl Scouts and its goals.

3. Junior and Senior Scout age girls do not know the fun and opportunities available in Girl Scouting.

4. Perhaps the most important is the apathy on the part of the parents. We hope to do much to help solve these problems and to get more and more girls, parents, and people wanting to be involved in Scouting. Most of what we learned in our workshops can be applied to much more than Scouting. I had fun learning and will always be glad I had this opportunity to make this trip."

Douching Not Necessary For Feminine Hygiene

Dear Mrs. Riggsbee:

I just finished reading a booklet on family planning and understood most of it, but I have one question. In a paragraph headed "Improper use of a method," it says, "The woman may douche too soon after the sex act, even though there is no need to douche at all." I don't understand this. I thought the sooner you douched the better, as far as protection against pregnancy is concerned. And why would there be no reason to douche at all? Thank you.

Mrs. C.H.

Dear Mrs. H.:

First, let me state that it is the accepted opinion of a large majority of physicians that douching is not a necessary part of "feminine hygiene" at all. In fact, it may deprive the vaginal mucous membranes of their normal secretions and thereby invite irritation. Douches should be taken on the advice of a physician only, for specific reasons - such as a vaginal discharge due to infection, etc.

Douching after intercourse has, according to most medical opinions, no contraceptive value. If a woman wishes to douche after intercourse for personal reasons, the douche should be postponed at least six hours after intercourse so that no sperm cells might be washed up into the uterus. I hope this answers your questions.

Dear Mrs. Riggsbee:

I read your column every week and have learned a lot from it. I am not married yet, but when I am I will plan my family.

Right now I am writing to ask you if it is possible to have that "female trouble" if you have never had sex relations with anyone? Sometimes I have such pains in my abdomen. Do you think I have these pains because I don't have sex relations?

J.T.

Dear J.T.:

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PREGNANCY PLANNING AND HEALTH



by Mrs. Gloria Riggsbee

It is possible for a woman or girl to have female trouble (disease, pain, or discomfort associated with any of the female organs) whether or not she has had sex relations.

In reply to your second question: Deliberately entering into a sexual relationship in order to attempt to improve your health would be a very foolish course of action, in my opinion. The wise thing to do is to see a doctor, preferably a gynecologist (female specialist) if possible - and don't prescribe your own remedies either. That's what doctors are for.

Dear Mrs. Riggsbee:

Is family planning only for people with large families already? I asked my doctor about birth control after my baby was born and he said I had plenty of time before I had to worry about that.

Even though we only have one child, we want to wait a few years before having our second, and we don't want more than two. Isn't that what "family planning" means?

Dear Mrs. deV.:

"Family planning" does mean the spacing of children as well as the limitation of family

size. If you and your husband prefer to wait before having your second baby, you certainly have every right to do so.

Unfortunately, some doctors - not only do not suggest a method of birth control after a mother has a baby, but they actually discourage using one even when she asks about it, as your doctor did.

If you wish to postpone having your next baby, you should see a doctor about a birth control method before resuming sex relations. If your own doctor will not prescribe a method for you, make an appointment at your health department.

Address letters to Mrs. Gloria Riggsbee, 214 Cameron Avenue, Chapel Hill, North Carolina, 27514

In the United States, a single automobile engine may discharge up to a ton of pollutants into the air each year, according to National Geographic's book "As We Live and Breathe: The Challenge of Our Environment."

Stonewall Report

By Mrs. Harold Chason

Miss Martha Ann Hendrix, Miss Beth Wood and Mrs. Milton Wood are spending several days visiting Mrs. Page in Wilmington.

Brown Hendrix Jr., left Monday for Fort Knox, Ky., where he will attend Branch School with the National Guard for two months. Mrs. Hendrix and son accompanied Mr. Hendrix.

Mr. and Mrs. Sam Beasley and children of Winston-Salem spent the weekend with Mr. and Mrs. Chester Beasley and family.

Mrs. Lois Padgett and Mrs. James D. Chason and son Darion spent Saturday in Albemarle visiting Mrs. Steve Dyre.

Mrs. Ailene Jackson and son Michael of McColl spent the weekend with Mr. and Mrs. Harold A. Chason and children.

Mrs. Myrtle Sappenfield returned home Thursday after spending a month with her daughter and son - in-law and family, Mr. and Mrs. Danny Messico in Brighton, Michigan. She also visited Mr. and Mrs. John Delaney and daughter Barbara in Aldephi, Md.

Mr. and Mrs. Amos Grant visited William Kennedy at Cape Fear Valley Hospital Saturday.

Mr. and Mrs. C.P. Chason, Mrs. Arnold Stokes and Malcolm Alford were Sunday Mr. and Mrs. L.M. Chason.

Lt. Lamont Davis of Newport, Virginia is spending several days with his parents, Mr. and Mrs. Ernest Davis.

Mrs. Myrtle Sappenfield, Mrs. Mary Ann Goodman and Mrs. Dora Chason were Sunday afternoon guests of Mr. and Mrs. Harold J. Chason.

Mrs. Lillian Pearce of Bennettsville, Mr. and Mrs. Ben Pearce and children of Spring Lake, Mr. and Mrs. Albert Brewer and daughter Gale, Mr. and Mrs. Monroe McLean and children of Fayetteville, Billy Hutchison of Wilmington were Sunday guests of Mrs. Percy Brewer. Mrs. Brewer and guests placed flowers on the late Percy Brewer's grave to honor his birthday.

Mrs. Luther Jones, Mr. and Mrs. Earl Rushin of Red Springs, Randy, Beth and Amy Black visited Mr. Jones at the Keller Nursing Home Sunday.

George L. Caddell returned home Wednesday from the Veterans Hospital in Durham.

Mr. and Mrs. O.B. Maxwell and children, Mr. and Mrs. Bradley Buie and children of Raleigh, Mr. and Mrs. Archie Maxwell and children of Fayetteville and Mr. and Mrs. George Maxwell of Charleston were weekend guests of Mrs. O.B. Maxwell Sr. George was honored with a birthday dinner Sunday.

Mrs. Harley Adams Sr. and Mrs. W.B. Jackson of Hope Mills visited Mrs. Jackson's daughter Mrs. Herman Anderson at Cape Fear Valley Sunday.

Mr. and Mrs. Woodrow Hayes visited Mrs. Harry McDaniel in Wade Sunday afternoon.

The A & B Sunday School classes of Ephesus Baptist Church accompanied by Mrs. Grover McMillian and the Rev. Jake Gurley left Sunday and returned Tuesday on a trip to Holden Beach.

Mrs. Lilly McDougald a patient at Happy Valley Nursing Home spent the weekend with Mrs. Gladys Bostic.

Mrs. H.C. Maxwell and Mrs. Flozell Clardy spent the weekend with Mr. and Mrs. Ronald Weaver in Roanoke, Virginia. They visited the peaks of alter in the Blue Ridge mountains. Mrs. Clardy returned home with Mrs. Maxwell to spend the week.

Mr. and Mrs. Odell Miller and children were Sunday dinner guests of Mr. and Mrs. Leslie Irion Sr.

Donna and Lynn Andrews returned home Sunday to Goldsboro after spending last week with their grandparents, Mr. and Mrs. M.C. Boyles. Mrs. Norma Jean Andrews and son Gary spent the weekend.

Mrs. J.A. Jones visited J.D. McMillian at Moore Memorial Hospital Monday.

Farm Items

By W. S. Young and David Bodenheimer

A little work now in your corn or soybean fields might save you money at harvest time, that is, if you have volunteer crotonaria plants in your fields. They should be pulled out, chopped out or otherwise gotten rid of before the seeds are ripe. Seeds found in harvested grain will cause the grain to be discounted or you will have to pay to have it cleaned. It is best not to let it get in the grain.

One other point that growers should remember is not to mix left over treated seed in with the grain for sale or use on the farm. Keep grain clean and harvest the top dollar.

Entomologists have been checking tobacco fields in the border belt for hornworms. They found that 224 of the 470 late fields of tobacco had infestations at the 10% level or above. Twenty five percent of the plants checked had larvae one inch or larger. To reduce overwintering populations, stalks should be destroyed within two weeks, before pupation occurs.

Two N.C. Water Management Field Days are scheduled for the Horticultural Crops Research Station near Clinton on September 1-2, 1971. They will start at 9:00 A.M. and be open until 5:30 P.M. Tours of each project will be conducted each day. Total water management results in increased yields of higher quality crops because land preparation, planting, cultural operations, and harvest occur at the optimum time.

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