

Doctors Weigh New Studies Urging More Weight-Gain During Pregnancy

Doctors no longer advise mothers-to-be to "eat for two." But they also are re-examining the more recent dictum that a woman should keep her weight to a minimum and not exceed a gain of 20 pounds during pregnancy.

Advocates of higher weight-gain point to the findings of recent studies, including an eight-year analysis at The Johns Hopkins University, to recommend that the average gain be revised upwards to between 22 and 30 pounds. In every case, of course, a woman's pre-pregnancy weight, age, height and build must be taken into consideration and the weight increase based upon a sound diet.

When the emphasis upon low weight-gain came about, there were more potential hazards in pregnancy and childbirth than there are now and obesity often contributed to complications. Today, obstetrical medicine has made significant progress in overcoming many of these problems. As a result, closer watch is being directed to the nutrition in pregnancy and its effects upon the growth and development of the unborn child.

No Cause for Alarm

Stricter weight control often appeals to women who are extremely conscious of personal appearance and reluctant to add pounds that they fear will be difficult to lose after the baby is born. They should not be unduly alarmed by growing medical interest in greater weight-gain. Those who argue against adding only 10 or 15 pounds during pregnancy insist that it be done through a sensible eating plan and not just over-indulgence at the dining room table.

It must be noted, too, that certain conditions in pregnancy call for strident weight control. These include toxemia, certain metabolic disorders, cardiac or kidney problems and diabetes. Where these are



Proper weight-gain during pregnancy is an important aspect of prenatal care and another reason why every mother-to-be should seek regular medical care.

present, a woman must follow a doctor's warnings about gaining weight to safeguard her own health and that of her child. Similarly, if a woman's pre-pregnancy weight is well above average, such as 180 pounds, dietary restrictions are extremely important. Studies that have given rise to much of the re-thinking about nutritional counseling show that when a low-weight woman, 120 pounds or less, fails to gain more than 11 pounds during pregnancy, she is more likely to have a baby with low birth weight, 5½ pounds or under. However, a small baby is not cause for concern in every instance. The average birth weight is 7 to 7½ pounds in our country.

These are some of the reasons why the medical profession is taking such sharp interest in the field of nutrition. Scientists are studying the effect, if any, that the daily nutritional level of the mother has upon the child, as well as

any possible effect caused by insufficient or poor nutrition. Scientists who challenge the low-weight-gain school of thought in a normal, uncomplicated pregnancy, are of the opinion that a woman may be keeping down carbohydrate and protein levels at the time her unborn child is most in need of nutritional support.

March of Dimes Program

The National Foundation-March of Dimes, pledged to the prevention of birth defects, is concerned with every aspect of prenatal care as a safeguard to mother and child. It has launched prenatal care public health education programs and community services in major metropolitan centers and rural areas. The program emphasizes that every woman consult a doctor from the time she suspects she is pregnant. Each pregnancy is different and requires medical supervision. The best advice an expectant mother can follow are recommendations by her doctor.

work areas, mechanical room, teacher's lounge, and toilets.

The Junior High Addition is approximately 5700 Square Feet with two classrooms, mechanical room, and library with related areas.

The Kitchen addition to Trenton Elementary is wall bearing type construction, consisting of concrete block walls, steel joists roof framing with metal deck, plaster ceiling in kitchen, exposed construction in adjacent areas, and floor slab on grade. The addition is approximately 2400 Square Feet.

Library furniture, science and kitchen equipment to be furnished by the Owner.

The Senior High and Junior High Additions will be heated by new oil fired hot water trimmed boilers with fin tube radiation in individual spaces. Ventilation will be provided through the use of power roof ventilators.

At Trenton Elementary School the kitchen Addition will be heated with Unit Heaters with connections made to existing hot water supply and return piping.

Lighting will be generally fluorescent type with a minimum amount of incandescent.

Separate Proposals will be received for contracts on General Construction, Plumbing, Heating and Ventilating, and Electrical wiring. Separate Proposals will be received for each project for each contract. Combined Proposals for all three projects will be received for each contract. All Proposals will be received in accordance with the Laws of the State of North Carolina. All Bidders must be properly licensed as provided in Chapter 87 of the General Statutes of North Carolina. The right to reject any and all Proposals is reserved.

Jones County Board of Education
Trenton, North Carolina
J. S. Collins, Secretary
J-1-29

in and to that certain tract of land lying and being in Trenton Township, Jones County, North Carolina, on the north side of Trent River and the south side of Mussell Shell Branch. BEGINNING at a stake in the Harrison line, the southeast corner of Share No. 5 and the southwest corner of Share No. 6, and running thence with the Harrison line north 36 degrees 42 minutes east 4.50 chains to another stake in the Harrison line, being the southeast corner of Share No. 6, the southwest corner of Share No. 7; runs thence with the lines of Share No. 7, north 00 degrees 22 minutes east 7.76 chains to a stake north 31 degrees 30 minutes east 7.00 chains to a stake, north 20 degrees 00 min. west 8.90 chains to a stake in the edge of the field, running thence north 61 degrees 35 minutes west 14.36 chains to a stake on the southeast side of the run of Mussell Shell Branch; running thence down and with the run of Mussell Shell Branch 6.50 chains, more or less, to the northeast corner of Share No. 5; running thence with the lines of Share No. 5, S. 54 degrees 58 minutes E. 9.05 chains to a stake, south 33 degrees 45 minutes east 4.00 chains to a stake at the edge of the woods; thence south 1 degree 38 minutes east 28.00 chains to the point of Beginning, containing 15 acres, more or less. The above tract of land being identified as Share No. 6 as shown on map entitled "Division of lands of Olivia Kornegay, formerly known as the "Poor House Tract," said map of record in Map Book 3, page 51, Jones County Registry.

TRACT NO. 3: Lying and being in Trenton Township, Jones County, North Carolina on the north side of Trent River and the South side of Mussell Shell Branch.

BEGINNING at the Harrison corner which is the Southeast corner of share No. 2; runs thence with the Harrison line S. 88 deg. 38 min. East 2.00 chains to a stake in the Harrison line; runs thence with the line of share No. 4 North 26 deg. 50 min. West 25.96 chains to a stake on the South side of the run of Mussell Shell Branch; runs down and with the run of Mussell Shell Branch 8.50 chains more or less to a stake on the South side of Mussell Shell Branch; runs thence South 50 degrees 40 minutes East 1.70 chains to the Meadows corner; being the Northeast corner of share No. 2; runs thence with the line of share No. 2 South 2 degrees 00 minutes East 12.94 chains to a stake in the field; runs thence with another of the lines of share No. 2 North 84 degrees 21 minutes East 10.50 chains to a stake; runs thence South 34 degrees 40 minutes East 3.50 chains to the point of beginning, containing 15 acres more or less. The above tract of land being identified as Share No. 3 as shown on map entitled "Division of lands of Olivia Kornegay, formerly known as the Poor House Tract", said map of record in Map Book 3, page 51, Jones County Registry.

Said land will be sold subject to all Jones County taxes, if any, and prior liens of record.

The highest bidder at said sale will be required to deposit in cash an amount equal to ten per cent (10%) of the amount of his bid up to One Thousand Dollars (\$1,000.00), plus five per cent (5%) of the excess of his bid over One Thousand Dollars (\$1,000.00).

This the 16th day of January, 1970.

CARL V. VENTER
Trustee
J-1-22,29; 2-5,12

Know Where Your Grocery Money Goes

Consumers' buying practices at the grocery store show whether they are concerned about saving a few dollars or not, says Mrs. Ruby Uzzle, extension consumer marketing economist, North Carolina State University.

Here are some shopping pitfalls that show where the extra "food" money may be going:

Buying services in addition to the product. If you haven't time to "do-it-yourself," you buy it already "done." Usually cut-up chicken costs more than whole chicken; sliced cheese is more expensive than chunk cheese; prepared sandwich mix costs more than mixing your own; ready-made cookie dough costs more than that made at home.

Impulse buying. You pick up extras that may be luxury items not on your shopping list.

Shopping daily. This leads to buying more expensive small quantities and often encourages more impulse buying.

Little or no sales resistance. If someone hands you a sample to taste, you feel obligated to buy.

Name brands versus store brands. Are you apt to select a name you recognize even though it may cost more?

Multiple-pricing. Do you go ahead and buy what's packaged up or priced as a group or have you the courage to take just the amount you need?

Over-buying — especially in the perishable food line. Discarded food is expensive even if

if it was on sale when you bought it.

Shopping with children. The younger set can pressure you to buy items you may not have planned to select.

Snack foods. These ready-to-eat snacks or extras can help a food bill mount up rapidly.

Nonfood items. Paper products and similar goods account for almost 20 per cent of the grocery bill. They should not be included in "food" costs.

Carolina Telephone Employees to be Honored for Service

Carolina Telephone this month will honor three Kinston employees for long service. A total of 40 years of combined telephone service will be represented by the awards.

They are Mrs. Lanie H. Gray, an operator in the Traffic Department, with 20 years of service; Preston L. Fields, Jr., a commercial manager; and Mrs. Jeannette J. Rouse, a service representative; both in the Commercial Department; each with 10 years service.

LEGAL NOTICE

ADVERTISEMENT FOR BIDS

Sealed Proposals for the construction of:

1. Library and Science Addition, Jones County Senior High School, Trenton, North Carolina.
2. Library Addition, Jones County Junior High School, Trenton, N. C.
3. Kitchen Addition, Trenton

Elementary School, Trenton, North Carolina.

will be received by the Jones County Board of Education, Trenton, North Carolina, in the office of J. S. Collins, Superintendent until 2:30 P.M., February 24, 1970 at which time they will be publicly opened and read in the Jones County Court House, Trenton, North Carolina.

Qualified bidders may obtain one set of drawings and specifications at the office of Jesse M. Page and Associates, Architects, Inc., 2900 Essex Circle, Raleigh, N. C. 27608, by making a deposit of \$50.00. The deposit will be returned to bonafide bidders providing complete documents are returned in good condition within ten days after receipt of bids.

These documents will be open for public inspection at the following locations:

Associated General Contractors Offices In:
Raleigh, Greensboro, and Charlotte, N. C.

The Dodge Plan Rooms at:
Raleigh, Durham, Greensboro, and Charlotte, North Carolina

The Library and Science Addition to Jones County Senior High School and the Library Addition to Jones County Junior High School are wall bearing type construction consisting of concrete block walls with exposed steel room framing, cementitious fiber roof deck, metal windows, and slab on grade floor with connecting covered passages to existing buildings.

The Senior High Addition is approximately 11,000 Square Feet with two classrooms, library and related areas, three science rooms with storage and