

Women's Health

Roxbury, Mass. (WMNS) — Many middle-aged women suffer mental breakdowns when faced with the fact that their child-bearing years are ended, and that the "nests" over which they presided for much of their lives are going to remain empty as their children leave home to establish lives of their own.

Why do some women in this situation recover their stability more readily than others? According to a physician and three social workers who studied such women at the Massachusetts Mental Health Center in Roxbury, these are some of the factors which lead to a more rapid recovery:

* Education. Women who had graduated from high school seemed able to come to grips with their problem more quickly than women with only a grade school education.

* Postponed Pregnancy. Those who waited a year or more after marriage to become pregnant did better than women who started having children immediately after marriage.

* Outside Interests. Women who had many friends and interests outside the family and who had a satisfying work experience returned to normal more quickly.

* Later Marriage. Women who delayed getting married until they were in their twenties recovered more rapidly than women in their teens.

Chapel Hill, N. C. (WMNS) — A team of University of North Carolina Medical School psychiatrists and an obstetrician reported recently that a group of women suffering from premenstrual tension and from mild depression following childbirth, or associated with menopause, improved strikingly when treated with oral contraceptive pills. The physicians observed that in these conditions the hormonal balance of the body changes rapidly, and

that perhaps these changes influence psychological stability. They suggest that "the pill" may deserve "further careful evaluation" by psychiatrists in the treatment of depression.

Minneapolis, Minn. (WMNS) — Two Minnesota Department of Health researchers reported recently that turtles, heretofore considered almost perfect household pets (they're cheap, don't bite, are noiseless, require little care), can be the source of a serious intestinal disease, salmonellosis.

They urge everyone with pet turtles to wash their hands after handling the creatures or their bowls, or the pebbles often kept in them. No one, including other household pets, should eat or drink from the turtle's bowl. They also caution that the water in which the turtle lives should never be emptied in the kitchen sink where it might contaminate food.

SOCIAL CALENDAR

Thursday:
7:00—Mr. and Mrs. James Robbs are entertaining at the home of Sheriff and Mrs. Haywood Allen in Shelby at a steak supper honoring Miss Edith Kincaid and Jerry Adams.

10:30 a.m.—Honoring Miss Joyce Plonk, bride-elect, Mrs. Thomas L. Trott is entertaining at Lake Montonia.

Saturday:
4:00—Mr. and Mrs. Bob Beason, Mr. and Mrs. David Kincaid and Mr. and Mrs. Bob Bush are entertaining members of the Kincaid-Adams wedding party at a cook-out at Lake Montonia.

Monday:
7:30—Mrs. Jimmy Gardner and Mrs. James Jonas are entertaining at the Jonas home at a lingerie shower for Miss Edith Kincaid, bride-elect.

Rainbows Honor Miss Bryant

Kings Mountain Order of Rainbow for Girls held special ceremonies honoring Miss Margaret Bryant, bride-elect, at their regular Tuesday night meeting.

The ceremony was officially called the giving of the bride-to-be by marriage majority. Miss Bryant will no longer be a member of the Order after the wedding but will be allowed to attend meetings.

The Rainbow Girls also gave Miss Bryant a salad bowl as a wedding gift. Miss Bryant is a past Worthy Advisor of the Order of Rainbow.

Hughes Assigned To Lackland AFB

SAN ANTONIO, Tex. — Airman Third Class Richard L. Hughes, son of Mrs. Esther M. Hughes of 924 Marlboro St., High Point, N. C., has been selected for technical training as an air policeman at Lackland AFB, Tex.

Airman Hughes, who has just completed basic military training, will be assigned to an Air Training Command (ATC) school at Lackland. ATC trains airmen and officers in the diverse skills required by the nation's aerospace force.

The airman attended Ragsdale High School, Jamestown, N. C.

CARD OF THANKS

We wish to express our sincere appreciation to our many friends and neighbors for their many kind expressions of sympathy at the death of our beloved mother.

The Family Of
Mrs. W. O. Bennett

Mrs. Glee A. Bridges, Mrs. Madge Arrowood and grandson, Jeffrey, visited Mr. and Mrs. C. D. Cash in Chesnee, S. C. Wednesday afternoon.

Grover Area Citizens Are Vacationing, Anderson To Fill Shiloh Church Pulpit

GROVER — Mrs. T. W. Griffin and son Jim of Statesville spent from Saturday until Monday with Mrs. M. C. Hardin, Mrs. Hardin accompanied them back to Barium Springs where she works.

Charles Gibbons of Gaffney spent Sunday with his sister, Miss Ava Gibbons. The Pulpit will be supplied next Sunday by Mr. Dave Anderson, senior at Union Theological Seminary, and Student Worker for the summer at the First Church, Lincolnton. Mr. Hobson is supplying the Green Acres church in Portsmouth, Va.

Mrs. Don Cabiness and little Dale have returned to New Orleans by plane after a visit here with Mr. and Mrs. B. M. Gold, Mr. and Mrs. Phil Gold and daughter in Gaffney and the Don Cabiness relatives in the county. Mr. T. E. Robinson and Barry Robinson have been on a week's vacation at Daytona Beach, Fla. Jimmy Norman of Miami is visiting Mrs. Julia Norman, Mrs. Ralph S. Brower, Sr. and other relatives here.

Sharon Gold and Mickey Hicks of Charlotte returned home Sunday morning after three weeks in Annandale, Va. with their uncle and aunt, Mr. and Mrs. Roy Haga, Jr., and cousins Jimmy and Johnny.

Mr. and Mrs. L. B. Byers, Sr. of Charleston were Friday through Monday visitors of Mr. and Mrs. James Byers. On Saturday and Sunday the L. B. Byers and James Byers attended Blacksburg Homecoming, at Blacksburg.

Family visitors over the weekend of Mr. and Mrs. Jack Pinkelton were Mr. and Mrs. Russell Penkelton of Charlotte and Mr. and Mrs. Dwight Dixon and family of Harrisburg. A visitor of the Darwin Robinson family and other relatives here who has returned to her Baltimore, Md. home is Mrs. James Turney. Miss Nancy Robinson is visiting Mrs. Turney in Baltimore and relatives in Washington, D. C. for several weeks.

Mrs. J. R. Klinkenberg and daughter, Mary Catherine of Independence, Missouri, are visiting Mr. and Mrs. James Rollins and family. Mrs. Klinkenberg is

the former Rebecca Rollins. They plan to be here for a month's visit.

Mr. and Mrs. John Gresh of Raleigh spent the weekend with Mr. and Mrs. J. Q. Hope and Mrs. Lee Pruette and Janette. They were visitors of Lee Pruette who was a patient in the Kings Mountain hospital through Tuesday.

Mrs. Sarah Bell had surgery on Tuesday morning at the Kings Mountain hospital. Grady Ross, who is on a construction job in Virginia was home with his family for the weekend.

Mrs. L. R. Jones of West Columbia, and Mr. and Mrs. Wallace Daugherty, Wally, Danny, David and Joe Daugherty of Columbia spent Sunday afternoon and were dinner guests of Mr. and Mrs. B. F. Bird.

Mr. and Mrs. Roy Haga and Jimmy of Annandale, Va. are visiting the W. S. Hicks, Sr. Gene Turners, John Golds and on Tuesday were spend-the-day guests of Mr. and Mrs. W. S. Hicks, Jr. and family of Charlotte.

Attending the wedding Sunday afternoon of Miss Rita Arlene Wright to Richard Cummins Little at three o'clock at Stowe Memorial Baptist church, Belmont, N. C. were Mr. and Mrs.

'65 Good Year For Apple Crop

Tar Heel apple growers are "holding their breath and keeping their fingers crossed."

Early indications are that they are heading for a bumper crop in a year that national apple production is down.

Melvin Kolbe, extension horticulture specialist at N. C. State University at Raleigh, says that growers attending the National Apple Institute in Idaho "guesstimated" that the 1965 U. S. crop would be about 132 million bushels. Last year's crop was slightly over 140 million bushels. Kolbe says extension agents in the apple producing counties have "guesstimated" that the 1965 N. C. crop would be about 5.2 million bushels, an increase of about two million bushels over last year.

Kolbe cautions growers about taking these "guesstimates" too literally, but he does feel that they reflect the general picture.

The Rev. and Mrs. Frank Duncan and family moved Thursday to Sager, Calif. where the Rev. Mr. Duncan has accepted a church.

Mr. and Mrs. W. R. Wylie of Blacksburg and Carol Han-

"All five apple producing areas in the state report the best prospects in years," Kolbe commented. "There were no reports of frost or freeze in 1965; thus, we had no great losses as in 1964."

"The fruit is sizing well," Kolbe continued, "and it is as free from diseases and insects as possible. All signs point toward a good crop for North Carolina in a year when the national estimate is lower."

Bryson Enlists In Naval Training

Dewey Lee Bryson, Jr. son of Mr. and Mrs. Alvin L. Leatherman of 109 Coopers town, Kings Mountain, N. C. has enlisted in the United States Navy and was transferred to the U. S. Naval Training Center at Great Lakes, Illinois for Recruit Training, according to Petty Officer Koontz, local Navy Recruiter for this area.

Prior to his enlistment in the Navy Dewey attended Kings Mountain high school. Petty Officer Koontz invites anyone interested in the Navy to contact him at the local Navy Recruiting Office located at Post Office Building, Gastonia, N. C.

Office Hours: Monday through Friday, 9:30 a.m. to 4:30 p.m.

Only at First Union...

NOW EARN

4 1/2%

INTEREST!

First Union Savings Bonds now pay the highest bank interest permitted by law

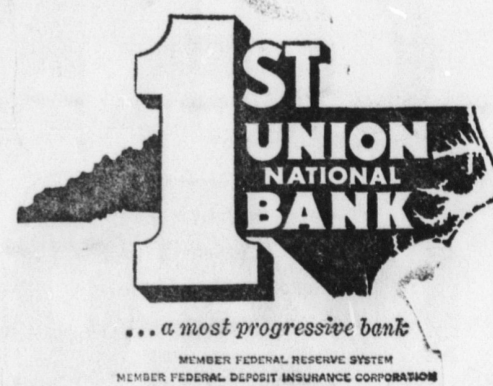
Effective immediately, First Union Savings Bonds earn 4½% interest — the highest bank interest permitted by law. Interest is paid every six months — by check! This is not anticipated earnings, it's guaranteed, in writing, for three full years.

First Union Savings Bonds are available from \$500 to \$100,000, in multiples of \$100. They start earning 4½% per year from date of deposit; there's no waiting for a new quarter or an interest period to begin. If necessary, they can be redeemed on any interest payment date,

with 90 days written notice. And there's no penalty for early redemption — even if you hold a Bond only six months, it still earns interest at 4½% per year!

Now put your money to work earning the highest interest available from any bank — guaranteed for three years, with bank safety and convenience. Only First Union 4½% Savings Bonds offer all these advantages. You can get full details from any First Union savings teller or officer.

ATTENTION FIRST UNION SAVINGS BOND HOLDERS: Your Bonds automatically start earning 4½% interest. The change will be reflected in your next interest check.



FUNNY BUSINESS



"He always starts his garden by tasting out his hammock first."