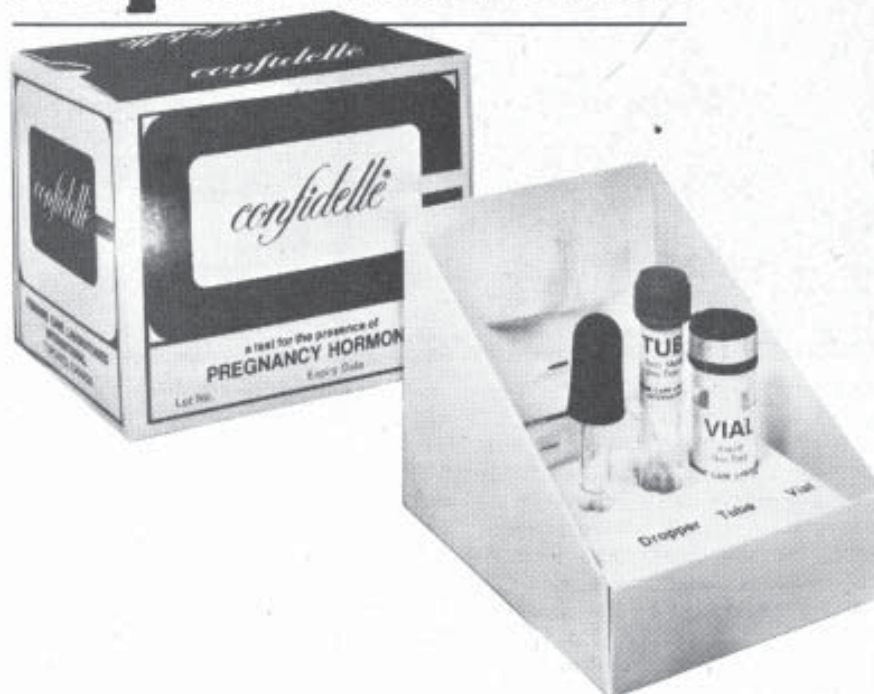


# supermarket



**PREGNANCY PAK:** Anybody who's gone through the ordeal of thinking they might be pregnant—whether in joyful anticipation or fear and trembling—knows what a drag just finding out about it can be.

The Joyful Anticipatory will run to her GYN man for confirmation, while the Fearful Trembler, muttering silent not-me-pleases, hunts around for a clean peanut butter jar to fill with the first pee of the morning to take, wrapped in a brown paper bag, to her most trustworthy druggist. The Joyful Anticipatory will wait out the one, two or three days of hearing from her doctor with hopeful expectation. The Fearful Trembler will space out with pregnancy paranoia until the druggist calls. The essence is the waiting game.

In 1927 two German doctors discovered the A-Z pregnancy test, consequently giving impetus to the "kill the rabbit" myth. This is only true, however, should the female rabbits (mice, rats or frogs) in question be unfortunate enough to be young and virginal. All that the more mature laboratory animal suffers, when injected with urine containing HCG (the pregnancy hormone), is induced ovulation within a 24 to 48 hour period.

But now, in this age of automated everything, including medicine, there

is a take-home pregnancy test kit called Confidelle, which was developed by Princeton Laboratories of New Jersey. Unavailable in America as yet, it is being test-marketed in Canada by Denver Laboratories (Canada) Ltd, a subsidiary of Princeton Labs. A Canadian woman can buy a one-tube pregnancy test kit for \$5.50 (there is a ten-pak for doctors) and in the time it takes to watch a few daytime TV shows (two hours) know whether she Is or Isn't.

The kit contains a test tube, plastic stand, reagent, dropper and four-easy-steps instructions. The first two steps consist of mixing first-urine-of-the-AM with the liquid in the vial. Shake well. The third step entails combining the contents of the vial with the freeze-dried material in the test tube. Mix gently. The fourth step is to place the test tube in a plastic stand in a box away from heat and wait. Do not disturb.

The test can be taken as early as four days after you first suspect you're pregnant. If you are pregnant, a ring will appear at the bottom of the tube. If not, no ring. It claims to be 98% accurate, but strongly advises that a doctor be consulted regardless of the "Confidelle Test Result."

Alan Shalleck, executive vice-president of Princeton Labs, confirms that "no test tube can replace the

pachemtuchas (sic) kind of benediction and hand-patting a physician can give you at that time. . . . Besides, only a doctor can determine the variables or complications—whether the results are negative or positive."

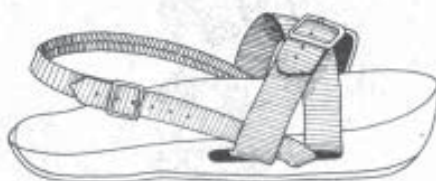
That may be, but it still beats the old A-Z time clock.

Princeton Labs has even developed a laboratory pregnancy test which can be conducted in two minutes. But their main concern now is to make Confidelle available to the American public.

It isn't hard to imagine what Madison Avenue would do with the ad campaign, but how long it will take the government agency in charge to regulate Confidelle is anybody's guess. The politics of medicine are too awesome to tackle here. So, in the meantime, why not join the Canadian Underground? —Rachel Gallagher

**FOOTSIE:** A short word about sandals: there are two health-foot types around that seem to be worth mentioning. First is the **Earth Shoe**, so-called because it recreates for your foot the natural earth and sand terrain for which our anatomy was evolved. They were invented by Mrs. Anne Kalso, a Copenhagen Yoga teacher who got her idea when she noticed that the footprints of certain Brazilian Indians with superb posture were deeper in the heel than the toe. Experimentation produced a shoe-sole contour with elevated toes and lowered heels which practically forces you to walk straight. (Many backache cures have been reported.) The design has been picking up fans steadily and now it's patented in almost every country.

About a year ago Raymond Jacobs, a former film producer (*Aroused*, *The Minx*), asked Mrs. Kalso to let him open a store in New York. After consulting his astrological chart, she



agreed. So now you can choose among several minus-heel sandals, clogs and shoes, even by mail. Sandals, \$22; clogs, \$19.50; shoes, \$32-35. For a catalog, write **Kalso of Copenhagen**, 117 E. 17th St, NYC 10003.



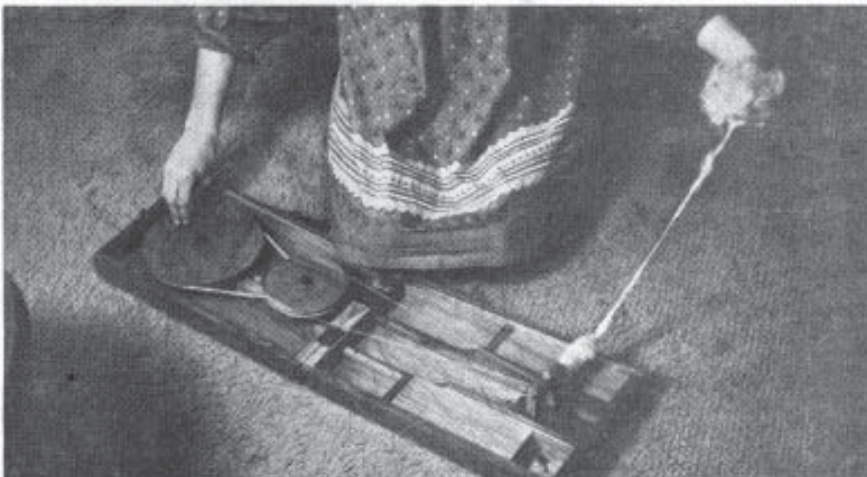
Next is good old Dr. Scholl's. Or more precisely, the **Scholl Exercise Sandal** (no mention of "doctor" these days, although if you buy sandals in one of Scholl's own salons you'll see a staggering selection of corn plasters while waiting for your change). Actually, this grim-sounding device has been a favorite of models and dancers for some years — a status purchase from Europe before 1968 when they began selling Scholl's in the U.S. Now, they're everywhere.

The contoured beechwood sole is meant to make your feet really work to keep the sandal on, reducing fat knees and ankles and improving muscle tone in the process. And what distinguishes Scholl's from its imitators is their patented raised gripper



bar, which allows the big toe to lie flat, as it should, while the other four grasp. They make comfortable clogs, too. Sandals, \$12.95; clogs, \$15.

Happy walking! —Mary Peacock



**CHARKA:** Here's a picture of a lady spinning dog hair into yarn on an Indian device called a charka. A friend who was traveling in India came across a guru-type spinning away at the foot of a temple who explained how to use the charka and how it came to be: Gandhi ran a national competition to design a very efficient, portable, cheap spinning device. (Portable so it could easily be taken off to jail.) This is it.

The position one sits in is supposedly (and is actually) conducive to

meditation. If your thinking isn't going too well, at least you get some work done. It's a great thing to spin on—much more efficient than a spindle and less involved than a spinning wheel. It folds up into a light wood suitcase and costs about \$4 in India. In India. That's the problem. You have to know someone there or going there or be crafty enough to figure out another way to get one. But if you're into spinning, it's worth a try.

—Karen Chase

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