Thursday, September 2, 1982



SURVEY PIREPARED - The ladies of the Cancer Society held a planning meeting for the survey they are about to take. Pictured here are: Daisy Bembry, Elsie Hare, Mary Julia Parrish, Louise Pratt and Elva Stroud.

## Hints for Homemakers

The Path To Good Nutrition

How often have you heard a parent tell a child: "Don't drink so much water when you eat. It'll spoil your appet.ite."

Actuall y you should drink water while you eat. Water is basic to balanced nutrition. It wrorks through the entire digestive process



The path to good nutrition is bathed in water.

Progress



**Bandon Notebook** 

**Continued From Page 2-A** God hears and forgives. But, there is a normal, healthy feeling of guilt, i.e., Stan and Lorraine Turwhen we do something we byfill sang a lovely duet entitled "A Place of Quiet know is wrong. How do we deal with this feeling of Rest". The words of this guilt? The Psalmist says beautiful humn became 'Search me, O God, and

know my heart --- and lead me in the way everlasting". We need to face up to ourselves from time to time and ask God to "search me, and try me, and take away my sins - purge me from all the spiritual cancers that separate me from God and my neighbors".

The burden of guilt will be

more meaningful as their voices blended in perfect harmony. They were accompanied by Janie Harrell at the piano. On Saturday, Sept. 4th, the Men's Fellowship

Breakfast will be held in Fellowship Hall at 8 A.M. All men in the community are invited. Bandon's

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## **Cancer Survey Begun**

Society is about to undertake an enormous new Cancer Prevention Study II. Mrs. A.F. Downum, Jr., area director for the ACS, has expressed deep appreciation to Chowan County's Extension Homemakers Association, which will be conducting the survey study in Edenton and Chowan County. Mrs. Yates Parrish, President of the Chowan County Homemakers Council, will coordinate the local volunteer effort during the month of September.

The Cancer Prevention Study II, the largest epidemiological inquiry of its kind ever undertaken, will investigate the health and lifestyles of one and a half million Americans in an attempt to explain the possible high risk of cancer among different racial,

The American Cancer religion, geographic and genetic groups. Food items consumed, exposure to low level radiation, air and water pollution, drugs, occupational exposures and the possible interaction between various cancer causing substances are among the wide variety of factors which will be included in the survey's questionnaire. The questionnaire survey,

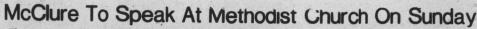
which will involve approximately seventy households locally, will be conducted during the first two weeks in September. Chowan County Extension Homemaker volunteer

researchers have received in special workshops to help instruct Contact their subjects on how to fill

out the questionnaires, but they will not see the answers. Answers, obtained **Continued On Page 7-A** 

training

the work of our UMW.



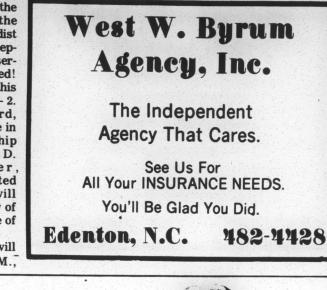
North Carolina Area Missionary for the Baptist State Convention, will be the guest preacher at the **Edenton United Methodist** Church on Sunday, September 5, 11 A.M. His sermon topic is: "Committed! Yes or No?" The test for this message is Romans 12:1 - 2. Mr. John E. Guard, church lay leader, will be in charge of the worship service, and Mrs. Charles D. (Sharron) Sopher, President of the United Methodist Women, will present a brief summary of the place and importance of

The children's choir will rehearse at 7 P.M.,

The Reverend Larry R. Tuesday, September 7, The Council on Ministries McClure, Northeastern under the direction of Mrs. will meet at 7:30 P.M., Esther Crisanti.

Wednesday, September 8.

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Invitations, enclosures, informals, napkins, coasters, matchbooks, calling cards, personalized stationery, thank you notes, sympathy cards, programs, place cards, rice napkins, baby announcements, and all the needs of the bride-to-be



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