

Millions Have High Blood Pressure

The month of May is recognized as National High Blood Pressure Month. Health groups all over the world are joining forces to reduce death and disability from the disease. This year efforts are being directed toward persons diagnosed as having hypertension and their families. The need for hypertensives to follow their physician's orders to keep their blood pressure in the normal range is being stressed.

More than 35 million Americans have high blood pressure; that equals to about one out of every four. In Warren County it is estimated that 2,245 residents have high blood pressure; that 673 of these are unaware of having the condition; and that 449 are not receiving treatment with that same number receiving treatment, but are uncontrolled.

High blood pressure, a serious chronic disease, usually has no symptoms to warn of its presence. Undetected, and untreated this disease can cause a stroke, heart diseases, and kidney failure.

Treatment does not cure high blood pressure, but will control it if physician's orders are followed as prescribed. Once treatment is started, it must be continued for life in most cases. Methods of treatment often consist of daily medication, exercise, weight control, and reducing the amount of salt and/or animal fat in the diet.

The only way to know if your blood pressure is high is to have it checked. Do not be in doubt, get your blood pressure checked and be sure, health officials warn.

HealthCo personnel is coordinating this year's High Blood Pressure Month awareness campaign for all Warren County citizens with assistance from personnel of the Warren County Health Department held each Saturday in May. This week, May 5, blood pressure screening will take place at Red & White Groceries, Norlina and Lake Drive Motel, Henderson, from 11 a.m. - 2 p.m.

Vaughan Woman Named Bellringer For Mental Health

Ms. Naomi Allen of Vaughan has been named Mental Health Bellringer chairperson for the May 1979 campaign, announced Cecil Merritt, President of the Mental Health Association in North Carolina. May is Mental Health Month throughout the United States and the Mental Health Association is doing its campaign in this month to make people aware of the problems of mental illness and the fact that help is available.

Since the organization is non-profit and non-governmental, its entire support must come from contributions such as those collected in May.

The original and continuing purposes of the Association are to: improve attitudes toward mental illness and the mentally ill through public education; improve services for the mentally ill; and work for the prevention of mental and emotional illness and the promotion of good mental health.

VAN'S
Auto Painting & Body Work
Special 159⁹⁵
Complete Acrylic Enamel
257-2221

IGA VALUES at your FINGERTIPS

PRICES EFFECTIVE MAY 3-4-5, 1979

QUANTITY RIGHTS RESERVED WE ACCEPT USDA FOOD STAMPS

SWIFT PREMIUM

BACON 1 LB. **1.45**

FRANKS 12 OZ. **1.05**

SIZZLEAN 12 OZ. **1.69**

BROWN 'N SERVE SAUSAGES... LB. **89¢**

WHITE, DARK OR MIXED TURKEY ROAST 2 LB. **4.99**

USDA CHOICE WHOLE Cut Free

BOTTOM BEEF ROUNDS

20 to 28 LBS AVE

1.79 LB.

BOTTOM ROUND ROAST LB \$1.89

BOTTOM ROUND STEAK LB \$1.99

EYE OF ROUND LB \$2.09

BONELESS RUMP ROAST LB \$1.99

EXTRA LEAN GROUND ROUND LB \$2.19


CUBED ROUND STEAK LB \$2.09

HYGRADE

BALL PARK FRANKS

1.49

1 LB.



Kahn's

ALL MEAT WEINERS 1 LB \$1.59

PURE BEEF FRANKS 1 LB \$1.69

JUMBO SMOKIES 1 Lb. \$1.79

DELUXE CLUB BOLOGNA 8 OZ. 89¢

PURE BEEF BOLOGNA 8 OZ. 99¢

NO SUGAR BACON

"HILLSHIRE FARM"

KNOCKWURST LB \$1.69

SMOKED PORK SAUSAGE LB \$1.69

SMOKED BEEF SAUSAGE LB \$1.79

POLSKA KIELBASA LB \$1.69

WHOLE OR RIB HALF

PORK LOINS

1.29 LB.

Cut Free

1 LB PKG. \$1.59

COUPON

OLD HICKORY BAR-B-QUE

LIMIT 1 WITH COUPON AND ADDITIONAL \$7.50 ORDER.

1.49

1 LB. CUP

IGA. GOOD THRU SAT.-MAY 5, 1979

HOLLY FARMS MIXED

FRYER PARTS

47¢ LB

CHICKEN FRANKS

12 OZ. PKG. **69¢**

IGA FROZEN ORANGE JUICE

59¢

IGA SANDWICH BREAD 3/\$1

TEA ROLLS 4/\$1

IGA ICE CREAM

89¢

1/2 GALLON CARTON

PEPPERIDGE FARM 17 OZ. CAKES **1.19**

IGA INDIVIDUALLY WRAPPED CHEESE **1.09** 12 OZ.

IGA TABLERITE

MARGARINE

1 LB. PKG. **39¢**

IGA BUTTERMILK BISCUITS **59¢**

PKG OF 4 TUBES

COUPON

DOMINO SUGAR

LIMIT 1 WITH COUPON AND ADDITIONAL \$7.50 ORDER.

79¢

5 LB. BAG

IGA. GOOD THRU SAT.-MAY 5, 1979

IGA FROZEN

ICE CREAM

1/2 GALLON CARTON

PEPPERIDGE FARM 17 OZ. CAKES **1.19**

IGA INDIVIDUALLY WRAPPED CHEESE **1.09** 12 OZ.

COUPON

MAXWELL HOUSE COFFEE

LIMIT 1 WITH COUPON AND ADDITIONAL \$7.50 ORDER.

2.39

6 OZ. JAR

IGA. GOOD THRU SAT.-MAY 5, 1979

IGA TABLET

MARGARINE

1 LB. PKG. **39¢**

IGA BUTTERMILK BISCUITS **59¢**

PKG OF 4 TUBES

IGA FROZEN

ICE CREAM

1/2 GALLON CARTON

PEPPERIDGE FARM 17 OZ. CAKES **1.19**

IGA INDIVIDUALLY WRAPPED CHEESE **1.09** 12 OZ.

IGA TABLET

MARGARINE

1 LB. PKG. **39¢**

IGA BUTTERMILK BISCUITS **59¢**

PKG OF 4 TUBES

COUPON

MAXWELL HOUSE COFFEE

LIMIT 1 WITH COUPON AND ADDITIONAL \$7.50 ORDER.

2.39

6 OZ. JAR

IGA. GOOD THRU SAT.-MAY 5, 1979

IGA FROZEN

ICE CREAM

1/2 GALLON CARTON

PEPPERIDGE FARM 17 OZ. CAKES **1.19**

IGA INDIVIDUALLY WRAPPED CHEESE **1.09** 12 OZ.

IGA TABLET

MARGARINE

1 LB. PKG. **39¢**

IGA BUTTERMILK BISCUITS **59¢**

PKG OF 4 TUBES

IGA FROZEN

ICE CREAM

1/2 GALLON CARTON

PEPPERIDGE FARM 17 OZ. CAKES **1.19**

IGA INDIVIDUALLY WRAPPED CHEESE **1.09** 12 OZ.

IGA TABLET

MARGARINE

1 LB. PKG. **39¢**

IGA BUTTERMILK BISCUITS **59¢**

PKG OF 4 TUBES

COUPON

MAXWELL HOUSE COFFEE

LIMIT 1 WITH COUPON AND ADDITIONAL \$7.50 ORDER.

2.39

6 OZ. JAR

IGA. GOOD THRU SAT.-MAY 5, 1979

IGA FROZEN

ICE CREAM

1/2 GALLON CARTON

PEPPERIDGE FARM 17 OZ. CAKES **1.19**

IGA INDIVIDUALLY WRAPPED CHEESE **1.09** 12 OZ.

IGA TABLET

MARGARINE

1 LB. PKG. **39¢**

IGA BUTTERMILK BISCUITS **59¢**

PKG OF 4 TUBES

IGA FROZEN

ICE CREAM

1/2 GALLON CARTON

PEPPERIDGE FARM 17 OZ. CAKES **1.19**

IGA INDIVIDUALLY WRAPPED CHEESE **1.09** 12 OZ.