

**Cancer News**

**Is Getting Better Now**

Most people usually think the worst when they see or hear the word "cancer," but now the news about cancer is getting better, according to a recent report from the Warren County Health Department.

"It is good to know that everyone does not get cancer," the report stated. "Two out of three Americans will never get it. Better yet, more and more people with cancer are being cured every year, and the best news of all is that every day you can do something to help protect yourself from cancer. That something is prevention," the report continued.

Scientists now know that about 80 percent of all cancer cases are tied to the way people live their lives. Eating and working habits as well as habits such as smoking affect one's chances for getting cancer, according to the health department's information. "This means that people can reduce their chances for getting cancer by simply changing the way in which they live. Some factors of life are hard to change, like your work environment; while other factors are easy to change, like the foods you eat," it stated.

The staff of the Adult Health Assessment Clinic of the Warren County Health Department is available to assist persons in the fight against cancer. Services available include a complete physical examination and lifestyle assessment. Through the examination, the staff can detect signs of cancer already present, while the lifestyle assessment aids in determining factors which may require change to prevent the likelihood of cancer.

The staff at the local department and the National Cancer Institute have listed the following tips for cancer prevention:

- Don't smoke or use tobacco in any form.
- Eat foods high in fiber and low in fat.
- Include fresh fruits, vegetables and whole grain cereals in your daily diet.
- Know and follow the health and safety rules of your workplace.
- Avoid unnecessary x-rays.
- Drink alcoholic beverages only in moderation.
- Avoid too much sunlight; wear protective clothing; use sunscreens.
- Take estrogens only as long as necessary.
- Have regular physical examinations that can detect cancer.

The Adult Assessment Clinic invites questions and requests for appointments as it seeks to change public attitude about cancer. Interested persons may telephone 257-1185 or visit the Warren County Health Department.

**Best Wishes**

**Cora Lee and Robert Neal**

**on your 49th Anniversary**

**Thurs., Nov. 28**

**Mary Lou, Bob and Bobby**



PRICES EFFECTIVE THRU SAT., NOV. 30 AT A&P IN WARRENTON  
ITEMS OFFERED FOR SALE NOT AVAILABLE TO OTHER RETAIL DEALERS OR WHOLESALERS.

**Thanksgiving Sale**



Plus... **DOUBLE COUPONS**  
See Store For Details

WE WILL BE OPEN THANKSGIVING DAY FOR YOUR SHOPPING CONVENIENCE

<p>PLAIN SELF RISING <b>Red Band Flour</b> 5 lb. bag <b>58¢</b> SAVE 31¢ LIMIT ONE WITH AN ADDITIONAL 10.00 OR MORE PURCHASE.</p>	<p>DELICIOUS <b>Ocean Spray Cranberries</b> 12 oz. pkg. <b>69¢</b> SAVE 30¢ EA.</p>	<p>U.S.D.A. GRADE A SELF BASTING <b>Young Turkeys</b> 20 lbs. and up <b>68¢</b> lb. SAVE 41¢ LB. LIMIT ONE WITH \$20 OR MORE PURCHASE</p>
<p>JANE PARKER <b>Brown N' Serve Rolls</b> 2 12 ct. pkgs. <b>99¢</b> SAVE 10¢</p>	<p>ALL VARIETIES <b>Duncan Hines Cake Mixes</b> 18.5 oz. pkg. <b>79¢</b> SAVE 10¢</p>	<p>HOLLY RIDGE <b>Boneless Buffet Ham</b> 5-8 lb. avg. <b>168</b> lb. SAVE 51¢ LB.</p>

<p><b>Dairy (P) Specials</b></p> <p>ANN PAGE <b>Butter Quarters</b> 1 lb. pkg. <b>179</b> SAVE 10¢</p> <p>A&amp;P <b>Cream Cheese</b> 8 oz. pkg. <b>79¢</b></p> <p>SEALTEST <b>Sour Cream</b> 8 oz. ctn. <b>59¢</b></p> <p>BIRD'S EYE - EXTRA CREAMY <b>Cool Whip</b> 8 oz. ctn. <b>79¢</b></p> <p>A&amp;P FROZEN <b>Orange Juice</b> 12 oz. can <b>99¢</b></p> <p>HUNGRY JACK BUTTERMILK <b>Pillsbury Biscuits</b> 10 oz. can <b>59¢</b></p> <p><b>Grocery (P) Specials</b></p> <p>DIET PEPSI • MTN. DEW <b>Pepsi Cola</b> 8-16 Oz. Bottles <b>1.39</b> Plus Deposit GOOD ONLY IN WARRENTON.</p> <p>FLAV-O-RICH <b>Whipping Cream</b> 8 oz. ctn. <b>79¢</b></p> <p>FLAV-O-RICH <b>Half &amp; Half</b> pint <b>69¢</b></p>	<p><b>Grocery (P) Specials</b></p> <p>ALL VARIETIES <b>Franco American Gravy</b> 10.5 oz. can <b>39¢</b> SAVE 10¢</p> <p>A&amp;P REGULAR OR WHOLE <b>Cranberry Sauce</b> 2 16 oz. cans <b>99¢</b></p> <p>A&amp;P LIGHT OR DARK <b>Brown Sugar</b> 2 1 lb. bags <b>1.00</b></p> <p>35% OFF LABEL <b>Dawn Liquid</b> 22 oz. btl. <b>99¢</b></p> <p>DUNCAN HINES ASSORTED <b>Frostings</b> 18.5 oz. pkg. <b>1.29</b></p> <p>SAVE ON <b>Reynolds Wrap</b> 25 ft. roll <b>53¢</b></p> <p>ZESTY <b>Yellow Onions</b> 5 lb. bag <b>99¢</b></p> <p>CALIFORNIA <b>Red Emperor Grapes</b> lb. <b>69¢</b></p> <p>NORTH CAROLINA GROWN <b>Sweet Potatoes</b> 4 lbs. only <b>1.00</b> SAVE 10¢ LB.</p>	<p><b>Meat (P) Specials</b></p> <p>COUNTRY PRIDE FRESH <b>Roasting Chickens</b> lb. <b>78¢</b> SAVE 21¢ LB.</p> <p>CUDDY DINNER STYLE BONELESS <b>Turkey Ham</b> lb. <b>1.18</b></p> <p>BOSTON BUTT <b>Pork Roast</b> lb. <b>1.28</b></p> <p>WHOLE BONELESS <b>Pork Loin</b> 5-7 lb. avg. lb. <b>2.98</b></p> <p>USDA INSPECTED <b>Turkey Parts</b> lb. <b>58¢</b></p> <p>REG. &amp; LIGHT <b>Old Milwaukee</b> 12 12 oz. cans <b>4.49</b> GOOD ONLY IN WARRENTON</p> <p>FRESH <b>Turnip • Mustard • Collard Greens</b> lb. <b>49¢</b></p> <p>FLORIDA IS CITRUS <b>Red or White Grapefruit</b> 4 for <b>1.00</b> SAVE 10¢ EA.</p>	<p><b>Beef (P) Specials</b></p> <p>WHOLE (HALF • 3.18 LB.) <b>Boneless N.Y. Strip</b> 12-14 lb. avg. <b>2.98</b> lb. SAVE 11¢ LB.</p> <p>FRESH <b>Turkeys</b> lb. <b>1.08</b></p> <p>ANN PAGE <b>Sliced Bacon</b> lb. <b>1.69</b></p> <p>WHOLE (HALF 1.48 LB.) <b>Country Ham</b> lb. <b>1.38</b></p> <p>STANDARD <b>Fresh Oysters</b> 12 oz. <b>2.98</b></p> <p><b>General Merchandise (P) Specials</b></p> <p>FINE <b>Porcelain China</b> ROYAL AURUM GENUINE GOLD BANDS OR CROWN PLATING GENUINE PLATINUM BAND ON SALE THIS WEEK SAUCER each weekly place setting Place only <b>79¢</b></p> <p>WITH EVERY \$3.00 PURCHASE BONUS COUPON</p> <p><b>\$1.00 OFF</b> WITH THIS COUPON AND PURCHASE OF ANY GOLD OR PLATINUM BAND</p> <p><b>Fine Porcelain China Completer Piece</b> CHOOSE FROM 15 DIFFERENT ITEMS COUPON GOOD SUN. NOV. 24 THRU SAT. NOV. 30 LIMIT ONE COUPON PER CUSTOMER</p>
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HOURS: MON. THRU SAT. 7:00 A.M. To 12:00 P.M.  
SUN. 10:00 A.M. To 9:00 P.M.  
WEST FRANKLIN ST. • WARRENTON, N. C.