THE 7 WARNING SIGNALS OF CANCER

INTRODUCTION

In no other disease does a person have such power to determine the outcome for himself as in cancer.

To a large measure the responsibility for detection of cancer in an early localized stage, when were last Tuesday dinner guests of an early localized stage, when were last Tuesday dinner guests of modern treatment can give the Mr. and Mrs. Raymond Gifford at most hopeful results, rests with the person affected. Ninety-thousand more Americans could be saved today from cancer if they would only understand the life-saving importance, (1) of promptly heeding the seven warning sig-nals of cancer, and (2) of regularly obtaining health checkups.

Yet, the recent National Health gical patient at the Fox Hospital Test on television disclosed the Oneonta, has returned home. alarming fact that 75 percent of all Americans do not know at least three of the seven warning signals of cancer. One of three persons daughter, Miss Marian Stifflear at tended the wedding of their son

1. Have a medical checkup annually, no matter how you feel. With 2. Learn cancer's seven warning signals and go to your doctor im- Mrs. Dailied Howland and guests of Mr. and Mrs. Kevin Bligh in Onemediately if one of them lasts onta. longer than two weeks.

This series of articles will ex- BARBARA ORMSBEE plain the meaning of each warning

1. Unusual bleeding or discharge. 2 of Farmwell, Con 2. A lump or thickening in the breast or elsewhere. Funeral services 3. A sore that does not heal. 4. Change in bowel or bladder

5. Hoarseness or cough. 6. Indigestion or difficulty in

7. Change in wart or mole. This series of articles on the Seven Warning Signals of Cancer has been prepared by Dr. John E. Olson, chairman of Public Educa-

For Information on Cancer, con-tact the Otsego County Unit, 5 Elm Mr. and Mrs. Anton Kramer, Sr., Street, Oneonta.

WARNING SIGNAL NO. 7: Change in a Wart or Mole

Warts or moles of the skin are extremely common conditions. Al-

however, of benign brown moles is building on West Main Street. recommended for those which occur on soles, palms, and external sex organs. Removal is also advised for benign moles in other locations of the skin which are meeting, Tuesday, January 31 at repeatedly injured or irritated, for the Town House. Eight members, example, those on a man's face and one guest, and Lynn Van DeBoe, neck from shaving or those on a Branch Representative, were pres woman's chest from brassieres.

Preventive removal is playing it safe against the possible role of as follows: Chairman, William as follows: Chairman, William

In rare instances whether due to Hanson; location, chronic irritation, struc-tural type, or what reason, a be-nign mole develops into a cancer-nign mole develops into a cancerous condition called malignant mole or malignant melanoma. Most of the time malignant melanoma starts by itself, not in a pre-existing benign mole. It does not originate in an ordinary wart. While uncommon among all cancers malignant melanoma can be dan to the Services carried out in the malignant melanoma can be dangerous unless diagnosed and removed in time before it has spread from its place of origin.

Therefore, changes in a benign mole should be heeded at once because they may indicate a cancerous development. Any particular change in a mole from its usual long standing appearance, need not necessarily mean cancer, but if it does, prompt medical attention may detect malignant melanoma in a more hopeful stage—than if the warning signal is disregarded and the developing cancer allowed to progress to an uncontrollable at Garrattsville, February 7.

Mr. and Mrs. Raymond Card at-tended the 25th wedding anniver-sary of Mr. and Mrs. LeRoy Poling at Garrattsville, February 7.

Mr. and Mrs. Gregory Cooke and

What changes in a benign mole end guests of his pa must one look out for? What Mrs. Kenneth Cooke. changes in a mole should put a person on the alert to consult his physician without delay for the visit her son, Francis and family at possibility of cancerous development? Here they are:

Enlargement, Darkening of color. Spreading of border. Redness of surrounding skin. Scaling with itching.

Ulceration. Surface bleeding.

Crusting. The physician will establish diagnosis of the altered mole one

REMEMBER: Nearly all moles remain benign for life and pose no cause for alarm. Preventive surgical removal may be used for certain types of moles in certain strated how to make a "Sit-Upon places of the body subject to cer-tain injury or irritation. Any change in a benign mole, in any own version of "Cinderella" to prechange in a benign mole, in any skin blemish for that matter, should lead one to consult his physician at the earliest possible moment. Blopsy will settle the question whether a malignant melanoma has developed. Treatment of an early, superficial, localized malignant melanoma offers ized malignant melanoma offers the most hopeful results.

Edmeston

Paul Lampron is visiting his brother in California. Choster Kopczenski, who was injured last Thursday while working in the woods, was taken to Dr. Phelps for treatment, who sent him to M. I. B. Hospital, Cooperstown,

for further treatment. Mr. and Mrs. Lynnwood Clark and Wayne and Pat Dickenson were recent dinner guests of Mr. and Mrs. Roland Stewart at Nor-

Mrs. Doris Houk has returned

home from Fox Hospital, Oneonta. Mrs. David Craine and daughters of Rochester visited Mrs. Wesley Bowen and Mrs. Eugene Howard last week.

Mrs. Agnes Houk and Mrs. Alice Keith of Syracuse were Friday guests of Mr. and Mrs. Larry Houk at Norwich. Mr. and Mrs. John Kent and family have returned from New York, where they met an Exchange

East Worcester

Mr. and Mrs. Hilton Brown and family were the recent weekend visitors at Lt. and Mrs. William Kemp in Oxon Hill, Md. Kenneth Traub, who was a sur-

Richard Tilton was the weekend guest of his parents, Mr. and Mrs Gale Tilton in Tobyhanna, Pa.

Mr. and Mrs. Irving Stifflear and sign.

The American Cancer Society urges all adult Americans to do two things to protect themselves against cancer:

1. Have a medical checkup and adult and a single warning tended the wedding of their son, Earl J. Stifflear to Miss Margaret Fallon at Avon last weekend.

Mrs. Mary Winegard of Seward spent a few days the past week with Mr. and Mrs. William Put-

Mrs. Danned Howland and son

Barbara Pauline Ormsbee, aged 2 of Farmwell, Conn. died Febru-Funeral services were held at 2 o. m. Saturday at the Skinner Funeral home, Worcester.

She was the daughter of Louis F. and Carolyn (Ball) Ormsbee.
She is survived by her parents, and her grandparents, Mr. and Mrs. Fred Ball, East Worcester.

MARTIN KRAMER

Mrs. Rose Pavlin received word February 2, that her brother, Martion Committee of the American Cancer Society, Otsego County Unit.

February 2, that her brother, in the Cancer Society, Otsego County Naval Hospital in San Diego, Cal.

Mr. Kramer was born in Howell, who moved to Worcester in 1917. He graduated from the Worcester Central School.

Morris

What has been known as The Dimmock Hollow Telephone Commost every person has one or more of these skin blemishes somewhere pany, of Morris-South New Berlin on his body. The average person possesses about twenty moles. Nearly all warts and moles are benign and remain so throughout a person's life. They require no treatment unless they are unsightly.

pany, of Morris-South New Berlin, now owned by the Chenango and Unadilla Telephone Company of Norwich, cut over at 12:01 a. m. Sunday, February 19 to the Dial System. Morris still has free exchange into South New Berlin and Gilbertsville, and the person Cale. Gilbertsville, and the new Tele Preventive surgical removal, phone Office will be in the new

The Morris Branch of the Amer-ican Red Cross, held their annual

chronic injury or irritation in Pickens; vice-chairman, Mrs. Mil transforming certain types of bedred Kinney; treasurer, Mrs. Rich nign moles into malignant growth. and Stafford; secretary, Mrs. Mabel blood chairman, Mrs

the Services carried out in the Southern Otsego County Chapter and ideas for the membership and Fund Drive, that is coming up in

Refreshments of lemon sherbet and Brownies were served, with coffee by Mrs. Mary Nelson.

Ed Pickens, Morris was 89 years young on February 19. Mr. and Mrs. Robert Hand are parents of a son, David Scott. Mr. and Mrs. Raymond Card at baby of Pheopix, were past week-end guests of his parents, Mr. and

Mrs. Vera Klindt accompanied friends to Florida, where she will

Daytona Beach.

The Ivan Place family of Fairport were guests of the James Somerville family. Saturday, February 18 was the Morris Rotary Club annual Snow Carnival and Dance at Morris Central School.

MORRIS BROWNIES

The Morris Brownie Troop 70 have been busy during the past few weeks. The second year way or the other (is it still benign? has it become malignant?) by surgically removing the mole for microscopic examination (biopsy).

Only a physician should remove a mole one have been busy during the past few weeks. The second year Brownies have been making doll furniture, out of plastic containers and decorating them with scrap moles. materials and sewing items.

First year Brownies were treated by a visit from Andrea Gregory, a second year Brownie, who told them about day camp and demon-

> REMEMBER THOSE AOU POAED WITH A MEMORIAL GIFT TO THE AMERICAN CANCER SOCIETY



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Polish Sausage

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Fancy Quality 13 oz. pkg. Store

Meaty Butt Cut

Gales

Sliced № 59с Hormel All Meat

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Pork Sausage

No Waste

8 oz 59c Brown N' Serve

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or SANDWICH 8 oz SPREAD

Ideal For Sauce

Butt Cut

PORK

Meaty Shoulder Beef

FARM FRESH PRODUCE

U.S. NO. 1 N.Y.S. WASHED

White Potatoes 20 th 88°

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Segments

Value Brand, Finest Quality

Bleach

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Juice Drink

1 Qt. 16 fl. oz. Can

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COTTAGE CHEESE

Deanut Bars 2 10% " 89c Side Dishes

Grape, Apple-Raspberry and Apple-Strawberry 2 1214 oz 89c Jelly American Maid 3 18 oz 1.00 **Pie Filling**

Comstock Cherry

2 No. 2 69c

Frangella, Stems & Pieces Mushrooms

Tartar Sauce 2 1 49c Sterling, Plain, Indixed

3 ## 25c Salt 15e Off Label

121 59c **Final Touch** White, Yellow, Pink, Turquelse **Scottles**

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Crackers

% 31c **}***************************

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5:30 p. m .- Cooperstown High School