FOR THE BEST DEFENSE AGAINST CANCER, SEE YOUR DOCTOR ONCE A YEAR AND HIM ONCE A WEEK.

He may not look like everybody's idea of a cancer specialist. But there's strong evidence that your grocer can help you keep the disease from you.

Fruits and vegetables (and whole grain cereals such as oatmeal, bran and wheat) may help lower the risk of colorectal cancer. In short, make sure you do what your mother always told you to—eat your vegetables.

AMERICAN CANCER SOCIETY

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Before you choose a long distance service, take a close look.

You may be thinking about choosing one of the newer carriers over AT&T in order to save money. Think again.

Since January 1987, AT&T's rates have dropped more than 15% for direct-dialed out-of-state calls. So they're lower than you probably realize. For information on specific rates, you can call us at 1-800-222-0300.

And AT&T offers clear long distance connections, operator assistance, 24-hour customer service, and immediate credit for wrong numbers. Plus, you can use AT&T to call from anywhere to anywhere, all over the United States and to over 250 countries.

You might be surprised at how good a value AT&T really is. So before you choose a long distance company, pick up the phone.

AT&T
The right choice.