

Winn Dixie

CELEBRATES

AMERICA

HAPPY 200TH BIRTHDAY!

the
beef
people



WE SELL ONLY
U.S. CHOICE BEEF!

SAVE WITH
WINN DIXIE
THE BEEF PEOPLE

• PRICES GOOD THRU SAT., JULY 3RD
• NONE TO DEALERS
• WE RESERVE THE RIGHT TO LIMIT QUANTITIES

table from Winn Dixie

U.S. CHOICE BEEF

WHOLE RIB EYES

(10-15 LBS. AVG.)

\$1.99

LB.

CUT FREE INTO STEAKS & TRIMMINGS

BONELESS

YOU SAVE \$1.00 PER LB.

TALMADGE FARM CURED

COUNTRY HAMS

(WHOLE 15 LBS. AVG.)

\$1.19

LB.

SLICED FREE

YOU SAVE 70c PER LB.

BUTT HALF is \$1.39 SHANK HALF is \$1.29 SLICED QUARTERS is \$1.59

HOLLY FARMS CHILL PAK

CHOICE FRYER PARTS

• BREASTS • THIGHS • DRUMSTICKS

89c

LB.

YOU SAVE UP TO 20c PER LB.

"GREAT ITEMS FOR THE GRILL!"

- PORK LOIN
- COUNTRY STYLE BACKBONE is \$1.29
- PORK LOIN
- COUNTRY STYLE RIBS is \$1.39
- FRESH PORK SPARERIBS is \$1.49
- SUNNYLAND SKINLESS FRANKS 12-OZ. PKG. 89c

• BRAND U.S. CHOICE BEEF **BONELESS RIB EYE ROASTS** is \$2.59

• BRAND U.S. CHOICE BEEF **FULL-CUT FAMILY ROASTS** is 76c

• BRAND U.S. CHOICE BEEF **BONELESS FAMILY STEAKS** is \$1.49

• BRAND U.S. CHOICE **BONELESS STEW BEEF** is \$1.39

• BRAND **SLICED CHEESE FOOD** 12-OZ. PKG. 99c

TASTE-O-SEA **OCEAN PERCH FILLET** is \$1.09

TASTE-O-SEA **H&O WHITING FISH** is 49c

TASTE-O-SEA **FRENCH FRIED PERCH FILLET** is \$1.19

BRAND MEAT PRODUCTS SALE!

REGULAR, BEEF OR DINNER **SKINLESS FRANKS** 1-LB. PKG. 96c

REGULAR, BEEF OR THICK **SLICED BOLOGNA** 1-LB. PKG. 96c

REGULAR OR BEEF **SLICED BOLOGNA** 12-OZ. PKG. 76c

REGULAR OR BEEF **SLICED BOLOGNA** 6-OZ. PKG. 56c

SPICED LUNCHEON, SALAMI OR **PICKLE & PIMENTO** 1-LB. PKG. \$1.26

IMPORTED SLICED COOKED **HAM** 12-OZ. PKG. \$1.96

REGULAR OR BEEF **SKINLESS FRANKS** 12-OZ. PKG. 76c

PICKLE & PIMENTO, LIVER CHEESE, OLIVE OR **LUNCHEON MEAT** 8-OZ. PKG. 66c

IMPORTED SLICED **COOKED PICNIC** 12-OZ. PKG. \$1.96

GRILL **FRANKS** 2-LB. PKG. \$1.96

Winn Dixie BRAND U.S. CHOICE BEEF

FAMILY PACKS

- BONELESS (TEN 8-OZ.) **RIB EYE STEAKS** 5-LB. PKG. \$13.95
- BONELESS **SIRLOIN TIP STEAKS** 5-LB. PKG. \$8.45

FROZEN FOOD DEPARTMENT

YOU SAVE 70c

BANQUET FRIED CHICKEN

2-LB. BOX **\$1.99**

ASTOR GREEN PEAS, SUCCOTASH, MIXED VEGETABLES

MIX OR MATCH! **3 10-OZ. PKGS. \$1.00**

ASTOR 100% PURE FLORIDA FROZEN

GRAPEFRUIT OR ORANGE JUICE

3 12-OZ. CANS OR 6 6-OZ. CANS **\$1.19**

YOU SAVE 40c

SALUTO PARTY PIZZA 23-OZ. SIZE **\$2.99**

SARA LEE POUND CAKES 11-OZ. SIZE **\$1.19**

LIBBY'S **LEMONADE** (REGULAR OR PINK)

6-OZ. CANS **\$1.00**

YOU SAVE 33c

HARVEST FRESH **PEACHES**

4.88

4 LBS.

JUST RIGHT FOR THAT HOME-MADE PEACH ICE CREAM!

SAVE

OSCAR MAYER VARIETY PACK **LUNCH MEATS**

12-OZ. PKG. **\$1.39**

BRAND FROZEN BEEF PATTIES

TWELVE 4-OZ. SERVINGS **\$1.99**

3-LB. BOX

SAVE

PALMETTO FARM **PIMENTO CHEESE SPREAD**

1-LB. CUP **99c**

GWALTNEY'S BONELESS BUFFET HAMS

2-3 LBS. AVG. **\$2.29**

LB.

SAVE

BRAND U.S. CHOICE **WHOLE BEEF LOINS** (FLANK REMOVED)

40 LBS. AVG. **\$1.39**

LB.

CUT FREE

YOUR CHOICE

SUPERBRAND **COTTAGE CHEESE** • **SOUR CREAM**

1-LB. CUP **69c**

2-LB. CUP **\$1.29**

SAVE

SUPERBRAND **YOGURT** (ASSORTED FLAVORS)

2 CTNS. OF 3 5-OZ. CUPS **\$1**

YOUR CHOICE

RED RIPE **PLUMS** • **WHITE SEEDLESS GRAPES**

2 LBS. **98c**

SAVE

CALIFORNIA BAGGED **LEMONS**

DOZ. **78c**

U.S. NO. 1 WHITE POTATOES

20-LB. VENT VUE BAG **\$1.68**

10-LB. VENT VUE BAG 89c

Sugar Prompts Tooth Decay

By Dr. Abraham Nizel
Tooth decay is a disease of man; contributing causes among them inheritance, cultural background, age, period, childhood nutrition, fluoride deficient teeth, dental plaque (a film of germs on the teeth) and frequent sugar intake. Three of these factors are under some control: parents and children can make significant improvements if they expose decay susceptible teeth to adequate amount of fluoride over a long period of time, thoroughly remove the film of germ (plaque) from the teeth by the conscientious use of dental floss and proper toothbrushing methods daily, and if they prevent the acids which arise from a reaction of dental plaque with sugar-rich foods from forming on the tooth surfaces. Each of these three factors is of equal importance and the use of one or two aspects of prevention cannot be emphasized at the expense of another.

The mistake that is often made is that sometimes one hears such advice as, "You can eat as much sugar-rich foods as you want as long as you brush your teeth immediately afterwards." This does not work for two very good reasons: The formation of acid from the sugar takes place within a few seconds after the sweets come in contact with the dental plaque and usually the brushing doesn't take place until well after the damage has already taken place: the areas of the tooth that are most prone to decay are the chewing surfaces between the teeth where a toothbrush cannot reach and flossing minimally done if at all. Actually, from a scientific standpoint, it makes more sense to floss and brush the plaque off before you eat so that the reaction between the plaque and sweets can be prevented than after eating, when the acid from sugar fermentation has already started forming. Ideally, flossing and brushing the plaque off before eating and cleaning out food debris after eating by thorough rinsing, is a preferable oral cleansing routine.

Although excessive daily intake of sugar (more than 10-15 per cent total calories) is undesirable from both a dental health and general health standpoint, it is worse to eat small amounts of sweets frequently. Dental decay increases proportionately to the number of times a person chews, sucks or drinks sugar sweetened snacks. In other words, sipping it all at once.

The best way to avoid sugar-rich snacks is to satisfy your hunger by eating at each meal more of the healthful nutritious foods, namely milk, meat, fruit and vegetables and bread and cereals. If snacking is necessary, select non-sugar sweetened types such as raw fruits and vegetables, starch fabricated foods, (popcorn, cheese crackers, etc.), nuts, milk, and cheeses.

Remember, sugar is not an essential nutrient but merely an additive that should be minimized or eliminated when possible, if one wants to keep his own natural teeth in a healthy condition for a lifetime. For more information about preventive dentistry, contact the American Society for Preventive Dentistry, 435 North Michigan Avenue, Chicago, Ill. 60611.

Counselor To Visit For Job Corps

Mrs. Hazel Tayloe, Job Corps counselor, will be in Chowan County two mornings this month. On July 7 and 21 she will be at the Department of Social Service office on the Second Floor of the County Office Building.

Northside Shopping Center
Edenton, N. C.

George Drawdy
Manager