

WINN DIXIE

Now more than ever, we're right for you!

*PRICES GOOD THRU SAT., APRIL 9TH *NONE TO DEALERS *WE RESERVE THE RIGHT TO LIMIT QUANTITIES *COPYRIGHT 1983, WINN-DIXIE STORES, INC.



49-OZ. BOX
TIDE DETERGENT

\$1.69

WITH \$10.00 OR MORE ORDER (LIMIT ONE)



U.S. CHOICE WHOLE UNTRIMMED
BEEF TENDERLOINS

\$2.98

5.7 LBS. AVG. SLICED FREE

SAVE DURING OUR TRUCKLOAD OF VALUES SALE!

PRICE BREAKER COUPONS

4-PAK ROLL NORTHERN BATHROOM **TISSUE** **79¢**

WITH \$10.00 OR MORE ORDER & COUPON (LIMIT ONE) GOOD THRU SAT., APRIL 9TH.

PRICE BREAKER COUPONS

32-OZ. STOKELY **CATSUP** **49¢**

WITH \$10.00 OR MORE ORDER & COUPON (LIMIT ONE) GOOD THRU SAT., APRIL 9TH.

PRICE BREAKER COUPONS

18-OZ. BOX KELLOGG'S **CORN FLAKES** **69¢**

WITH \$10.00 OR MORE ORDER & COUPON (LIMIT ONE) GOOD THRU SAT., APRIL 9TH.

PRICE BREAKER COUPONS

12-OZ. CAN ARMOUR **TREET** **69¢**

WITH \$10.00 OR MORE ORDER & COUPON (LIMIT ONE) GOOD THRU SAT., APRIL 9TH.



1-LB. BAG ASTOR **COFFEE**

\$1.79

WITH \$10.00 OR MORE ORDER (LIMIT ONE)



PINKY PIG WHOLE OR RIB HALF **PORK LOINS**

\$1.18

SLICED FREE

PINKY PIG ECONOMY CUT PORK CHOPS LB. 1.29



20-LB. VENT VUE BAG HARVEST FRESH U.S. NO. 1 **WHITE POTATOES**

\$1.39

8-OZ. CUP SUPERBRAND SOUR CREAM69

<p>5-OZ. CAN ARMOUR VIENNA SAUSAGE39</p> <p>48-OZ. CAN V-8 COCKTAIL JUICE79</p> <p>18-OZ. BOTTLE B&W SAUCE49</p> <p>24-CT. PKG. LUZIANNE FAMILY TEA BAGS99</p> <p>16-OZ. BTL. KRAFT POURABLE 1000 ISLAND, CATALINA, BACON & TOMATO DRESSINGS 1.29</p>	<p>2-LITER NO RETURN BTL. COCA-COLA \$1.05</p>	<p>12-OZ. CANS REGULAR MILLER HIGH LIFE BEER 4.99</p>	<p>1 1/2-LITER BTL. GALLO WINES \$3.29</p> <p>• CHABLIS BLANC • RHINE • HEARTY BURGUNDY</p>
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16 OZ. CANS THRIFTY MAID **PORK 'n BEANS**

4 FOR \$1



10 LB. BAG EMBERS CHARCOAL

\$1.79



FLOUNDER **FILLET**

99¢

1-LB. PKG. PEELLED & DEVEINED SHRIMP 2.99



U.S.D.A. INSPECTED TURKEY **WINGS OR DRUMSTICKS**

39¢

U.S.D.A. INSPECTED JUMBO PAK BREASTS LB. 1.19

1-LB. BAG HARVEST FRESH CRUNCHY CARROTS ... 4 FOR 1.00

HARVEST FRESH STRAWBERRIES 3 Pts. 1.99

HARVEST FRESH JUICY CALIF NAVEL ORANGES ... 5 FOR .99

1/2-GAL. SUPERBRAND APPLE JUICE 1.09

8-OZ. MADISON HOUSE (ALL VARIETIES) POT PIES ... 4 FOR 1.00

2-LB. BAG ORE-IDA CRINKLE CUT POTATOES 1.49

1-LB. PKG. TASTE-O-SEA WHITING OR PERCH FILLETS 1.49

2-LB. SIZE BANQUET FRIED CHICKEN 2.59

9 1/2-OZ. SUPERBRAND BUTTER-ME-NOT BISCUITS ... 2 FOR 1.00

9-OZ. CAN RICH'S WHIPPED TOPPING79

1-LB. PKG. LAND-O-LAKES STICK MARGARINE 2 FOR 1.00

1-LB. PALMETTO FARM PIMENTO CHEESE 1.49

COUNTRY STYLE SPARERIBS OR BACKBONE ... LB. 1.79

PINKY PIG CENTER CUT PORK CHOPS ... LB. 2.69

1-LB. PKG. OLDE VIRGINIE PORK SAUSAGE99

20-OZ. PKG. SUNNYLAND BREAKFAST LINK SAUSAGE 2.99

HARVEST FRESH WESTERN RED OR GOLDEN DELICIOUS **APPLES**

59¢

1 1/2 GAL. CTN. SUPERBRAND **ICE CREAM OR SHERBET**

\$1.19

1-LB. PKG. IN QUARTERS SUPERBRAND **MARGARINE**

399¢

24-OZ. LOAVES DIXIE DARLING **SANDWICH BREAD**

299¢

Funk & Wagnalls FAMILY MEDICAL GUIDE

• 656 pages

• 23 major subject areas

• Fully illustrated

• Glossary of medical terms

• Index of symptoms

• Index of diseases

\$5.98

WINN DIXIE

...WITH THE FRIENDLIEST and CLEANEST STORES IN TOWN!

Project Identi-Child

Winn Dixie is proud to assist in the fight to protect America's Greatest Asset... Our Youth!

Weyerhaeuser

Core Edger Crew Set New Records

Core edger crews at the Plymouth Wood Products Group Facility, which converts plywood veneer log cores into Landscape Timbers, set new daily productivity records this month.

On Wednesday, March 2, "A" shift established their record by producing 4,400 Landscape Timbers in a single 8-hour shift.

On Wednesday, March 16, "B" shift set their record by producing 4,600 Landscape Timbers in a single 8-hour shift.

Lumber Restacker Productivity Up

Crews at the Plymouth Wood Products Treating Plant Restacker, which restacks bulk lumber into smaller bundles, set a new monthly production record in February and a new weekly record the second week in March.

Restacker crews averaged 11,469 board feet per hour throughout February to hit the new monthly mark.

The new weekly record is 1,104,706 board feet, for an average of 13,809 board feet per hour.

10 Years Service

Twenty-six Weyerhaeuser Employees from the North Carolina Region were honored recently for 10 years service to the company. They were William F. Allen, Jr., Pantego in the Fiber Group; Larry Barber of Jamesville in the Timberlands Group; Thomas J. Bowen of Windsor in the Fiber Group; Clyde G. Britt of Garner with the Raw Materials Group; Dennis R. Brooks of Merry Hill in the Fiber Woodyard; Clayton E. Chesson of Plymouth with the Fiber Group; Patience D. Cooper of Plymouth with the Fiber Group; Michael E. Dearien of New Bern in the New Bern Pulp Mill; Katherine Gilreath of Plymouth in the Plymouth Accounting Group; Edward R. Hines of Jamesville in the Fiber Storeroom; James H. Hyman of Plymouth in the Fiber Group; Kenneth A. Laton of Plymouth with the Timberlands Group; Gene R. Long of Williamston in the Fiber Woodyard; James A. Maxwell of Plymouth at the Wood Products Merchandiser; Garland D. Meadows of Maysville in the Timberlands Group; Phyllis E. Mitchell of New Bern in the Timberlands Group; John D. Mobley of Williamston in the Fiber Electrical Department; General Moore of Washington in the Fiber Group; Ernest Nixon, Jr. of Roper in the Fiber Group; Samuel A. Phelps of Jamesville in the Fiber Group; Terry W. Phelps of Creswell in the Fiber Group; Donald G. Smithwick of Cole- raine in the Fiber Group; Dewey M. Stokes of New Bern at the New Bern Pulp Mill; Walter W. Whitaker of Everetts in the Fiber Group; Bobby Williams of Williamston in the Fiber Group and Paul R. Williams of Jamesville in the Fiber Group.

Watch Your Posture

Good posture habits can help you feel better and look better. For the truth about your posture, take a look at yourself in a full length mirror. Are your shoulders squared? Is your abdomen flat?

The North Carolina Medical Society advises that poor posture habits can cause several health problems, such as backaches, leg and foot pains and reduced blood circulation.

You can learn new habits of walking, sitting and standing to help improve your posture. Try standing with your feet slightly apart and your weight balanced on both feet. Your hips should be tucked under and your stomach flat.

While sitting, your thighs should be supported by the chair as far as the curve of the knee. Feet should be flat on the floor and your back supported by the back of the chair.

And to maintain good posture while walking, first be sure your shoes fit properly, then walk with toes straight ahead and your feet parallel and close together as you step. Try to walk slowly enough to be in control of your body and keep your body in a position that is almost erect.

JERRY BOUCHER
MANAGER

NORTHSIDE SHOPPING CENTER
EDENTON, NC