

### What To Look For In Vegetable Varieties

Selecting a good variety, while it doesn't assure gardening success, is an essential element in the vegetable grower's success formula.

A seed shopper should know more about what he or she is buying than what is related by the attractive picture on the packet, cautions George Hughes, in charge of extension horticulture at North Carolina State University.

Hughes suggests considering these points in deciding on the variety of each crop: 1. specific use; 2. growth habit and mature size; 3. vigor and yield; 4. adaptability; and 5. disease and insect resistance.

Some of the best information on these variety characteristics is available from all county Agricultural Extension Service offices in North Carolina. Call or visit the nearest office for detailed information.

Hughes makes the following points about variety characteristics:

**Specific use**—Some varieties are best for immediate use, while others may be ideal for freezing or canning. Some keep well in storage, and others are fine for all of these purposes. Just be sure the variety you select is the right one for the uses you have in mind.

**Growth habit and mature size**—If you have limited space in your garden, look for space-saving vegetable varieties. Each year new ones are introduced look for compact forms of squash, cucumber, cantaloupe and watermelon.

**Vigor and yield**—These qualities partly depend on soil fertility, available water and other growing conditions. However, when selecting varieties it often pays to buy hybrids. These are plants that have built-in vigor, improved quality, and higher yield than non-hybrid varieties.

**Adaptability**—How well a vegetable variety grows in a given locality is basic to wise selection. This involves general climatic conditions, including length of growing season. Much of this information is found in seed catalogs and on the packet. However, you must also be aware of your garden's own growing conditions that can affect plant performance, such as depth of topsoil, and soil texture, and exposure to sun and wind.

**Disease resistance**—Select disease resistant varieties whenever possible. This is especially important for vegetables like tomatoes, cucumbers and cantaloupes, which are subject to destructive wilts, mildews and viruses. Some seeds, such as peas and corn, are available treated with a fungicide to prevent rot after planting. This is a desirable feature.

**Insect and other pest resistance**—Little resistance has been built into vegetable varieties by plant breeders, although there has been some progress, such as the development of nematode-resistant tomato varieties. However, if you don't want to be bothered by bugs, select types of vegetables that seem naturally less attractive to pests. Ask your county extension agent about this.

### mothers and babies

**LITTLE KNOWN FACTS**  
Research shows that if mothers-to-be want their babies to have strong teeth, the expectant mother should eat foods rich in phosphorus and calcium (such as milk and cheese) and vitamin C, such as citrus fruits and tomatoes. Also important is vitamin D, the sunshine vitamin.



**SAVE UP TO 44c**  
**THRIFTY MAID**

- GOLDEN CORN
- GREEN PEAS
- MIXED VEGETABLES
- CUT GREEN BEANS

**41**

16-OZ. CANS  
MIX OR MATCH 'EM!  
WITH \$7.50 OR MORE ORDER (LIMIT 8 OF YOUR CHOICE)

**PURE GROUND BEEF**  
**100% PURE GOVT. INSPECTED**  
**GROUND BEEF**

SAVE 40c PER LB. ON W-D BRAND

**129**

IN 1, 2, 3, 5 & 10-LB. HANDI PAKS  
LB.

**SAVE 30c**  
**MR. P's**  
**FROZEN PIZZA**

**59**

11-OZ. SIZE



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**CASH DIVIDEND SPECIAL ①**

**NO RETURN BTLs.**  
**CHEK DRINKS**  
2-LITER (67.6 OZS.) BTL. **39c**

WITH ONE FILLED CASH DIVIDEND CERTIFICATE

**CARNATION HOT COCOA MIX**  
PKG. OF 12 **59c**

WITH ONE FILLED CASH DIVIDEND CERTIFICATE

**CASH DIVIDEND SPECIAL ②**

**CORONET BATHROOM TISSUE**  
4-ROLL PKG. **39c**

WITH ONE FILLED CASH DIVIDEND CERTIFICATE

**REG. OR QUICK QUAKER OATS**  
18-OZ. BOX **19c**

WITH ONE FILLED CASH DIVIDEND CERTIFICATE

**CASH DIVIDEND SPECIAL ③**

**LIQUID WISK DETERGENT**  
16-OZ. BTL. **39c**

WITH ONE FILLED CASH DIVIDEND CERTIFICATE

**MR. COFFEE FILTERS**  
BOX OF 100 **29c**

WITH ONE FILLED CASH DIVIDEND CERTIFICATE

**CASH DIVIDEND SPECIAL ④**

**W-D BRAND REG. SLICED BOLOGNA**  
12-OZ. PKG. **59c**

WITH ONE FILLED CASH DIVIDEND CERTIFICATE

**THRIFTY MAID APPLE SAUCE**  
50-OZ. JAR **39c**

WITH ONE FILLED CASH DIVIDEND CERTIFICATE

**SAVE 20c**  
**ASTOR COFFEE**  
**189**

1-LB. BAG  
WITH \$7.50 OR MORE ORDER (LIMIT ONE)

**STOCK UP AND SAVE AT WINN-DIXIE!**

32-OZ. BTL. MAZOLA CORN OIL	\$1.69	9-OZ. CAN MAZOLA NO-STICK	\$1.29
32-OZ. BTL. HEINZ KETCHUP	99c	22-OZ. NIAGARA SPRAY STARCH	\$1.09
QT. JAR DEEP SOUTH SALAD DRESSING	79c	15-OZ. BTL. PINE-SOL	\$1.15
24-OZ. LOAF DIXIE DARLING SANDWICH BREAD	2 FOR 99c	12-CT. HEFTY TRASH BAGS	\$1.59
15-OZ. BOX KELLOGG'S FRUIT LOOPS	\$1.69	17-CT. HEFTY TALL KITCHEN BAGS	\$1.49
48-OZ. BTL. THRIFTY MAID APPLE JUICE	89c	32-OZ. BOX LOG CABIN COMPLETE PANCAKE MIX	\$1.19
16-OZ. CAN TUXEDO CHUM SALMON	\$1.89	8-OZ. BOX QUAKER INSTANT GRITS	79c

**SAVE 20c PER LB.**  
**W-D BRAND U.S. CHOICE BEEF BONELESS CHUCK ROASTS**  
**229**

LB.  
• STEAKS **2.39**

**MEAT SPECIALS**

1-LB. PKG. OSCAR MAYER WIENERS	\$1.69	• BEEF	\$1.79
12-OZ. PKG. SUNNYLAND GOODTIMER FRANKS	\$1.19		
1-LB. ROLL W-D WHOLE HOG PORK SAUSAGE	\$1.29	2-LB. ROLL	\$2.55
1-LB. PKG. W-D REG. OR THICK BOLOGNA	\$1.29	• BEEF	\$1.39
1-LB. PKG. HICKORY SWEET BACON	\$1.19	2-LB. PKG.	\$2.35
PINKY PIG COUNTRY STYLE RIBS OR BACKBONES	LB. \$1.49		
U.S. CHOICE LEG O' LAMB	LB. \$2.79		
U.S. CHOICE LAMB CHOPS			
LOIN	LB. \$3.99	• RIB	LB. \$3.59

**SAVE 30c**  
**W-D BRAND REG. FRANKS**  
**99c**

12-OZ. PKG.  
• BEEF 12-OZ. PKG. \$1.09

**SAVE 19c ON THRIFTY MAID**

- SPAGHETTI RINGS w/MEATBALLS
- BEEF RAVIOLI • MAC. & BEEF
- SPAGHETTI & MEATBALLS

**21**

15-OZ. CANE

**SAVE 10c PER LB.**  
**HICKORY SMOKED WHOLE HAMS**  
**99c**

LB.  
• SHANK PORTIONS **1.09**  
• BUTT PORTIONS **1.19**

**MEAT VALUES**

W-D BRAND U.S. CHOICE BONELESS STEW BEEF	LB. \$2.29
W-D BRAND U.S. CHOICE BEEF BONELESS SHOULDER ROASTS	LB. \$2.79
U.S. CHOICE BEEF "UNTRIMMED" HALF OR WHOLE BONELESS CHUCKS	LB. \$1.99
W-D BRAND U.S. CHOICE BEEF SEMI-BONELESS STRIP STEAKS	LB. \$3.59
W-D BRAND U.S. CHOICE BEEF BONELESS BOTTOM ROUND STEAKS	LB. \$2.59
HILLSHIRE FARM BEEF OR ITALIAN SMOKED SAUSAGE	LB. \$2.29
HILLSHIRE FARM SMOKED SAUSAGE OR POLSKA KIELBASA	LB. \$2.29
1-LB. PKG. HOT OR MILD LUNDY'S PORK SAUSAGE	99c

**SAVE 30c**  
**CHEER DETERGENT**  
**159**

49-OZ. BOX  
WITH \$7.50 OR MORE ORDER (LIMIT ONE)

**ANACIN TABLETS 219**

BTL. OF 100  
DIXIE DARLING SANDALFOOT HOSIERY ... SHEER 79c ALL-NUDE 89c  
2.5-OZ. BAN ROLL-ON DEODORANT ..... \$1.99  
2.7-OZ. TUBE AIM TOOTH PASTE ..... 85c

**PRODUCE PATCH**

GREEN CABBAGE	5 LBS. \$1.00
CRISP CELERY	2 STALKS \$1.00
MED. YELLOW ONIONS	2 LBS. 89c
RED OR GOLDEN DELICIOUS APPLES	13 FOR \$1.99
CALIFORNIA NAVEL ORANGES	9 FOR 99c

**DAIRY DEPARTMENT**

8-OZ. CUP SUPERBRAND ALL-NATURAL YOGURT	3 FOR 99c
1-LB. CUP PALMETTO FARM PIMENTO CHEESE SPREAD	\$1.49
SUPERBRAND HALF MOON LONGHORN OR CHEDDAR	LB. \$2.29
12-OZ. SUPERBRAND MOZZARELLA CHEESE	\$1.99
GAL. JUG SUPERBRAND FRUIT DRINKS	\$1.29

**FROZEN FOOD**  
**SAVE 10c**  
**GREEN GIANT BOIL N' BAG VEGETABLES**  
**99c**

10-OZ. PKG.

- JENO'S PIZZA ..... \$1.09
- JENO'S ENTREES ..... 79c
- CRINKLE-CUT POTATOES ... \$2.69

**U.S. #1 WHITE POTATOES**  
**199**

10-LB. VENT VUE BAG