

SUPER SPECIAL COUPON

SAVE 44c ON SCOTT TOWELS

JUMBO ROLL 29¢

LIMIT 1 WITH COUPON AND \$7.50 OR MORE FOOD ORDER

COUPON GOOD AUG. 6-8, 1981

SUPER SPECIAL COUPON

SAVE 50c ON SUPERBRAND GRADE 'A' WHITE MEDIUM EGGS

DOZ. 19¢

LIMIT 1 WITH COUPON AND \$7.50 OR MORE FOOD ORDER

COUPON GOOD AUG. 6-8, 1981

SAVE WITH **WINN-DIXIE** THE BEEF PEOPLE

AMERICAN OWNED AMERICAN OPERATED

SUPER SPECIAL COUPON

SAVE 44c ON BLUE BAY TUNA IN OIL

6 1/2-OZ. CAN 39¢

LIMIT 1 WITH COUPON AND \$7.50 OR MORE FOOD ORDER

COUPON GOOD AUG. 6-8, 1981

SUPER SPECIAL COUPON

SAVE 60c ON MIRACLE WHIP SALAD DRESSING

32-OZ. JAR 99¢

LIMIT 1 WITH COUPON AND \$7.50 OR MORE FOOD ORDER

COUPON GOOD AUG. 6-8, 1981

PRICES GOOD THRU SAT., AUG. 8TH
 NONE TO DEALERS • WE RESERVE THE RIGHT TO LIMIT QUANTITIES
 © COPYRIGHT 1981, WINN-DIXIE STORES, INC.

ONE \$7.50 FOOD ORDER ALLOWS YOU TO REDEEM...

ALL FOUR COUPONS!

PINKY PIG SPECIAL TRIM CENTER-CUT PORK CHOPS

\$1.88 LB.

PINKY PIG WHOLE PORK LOIN

\$1.18 LB.

SLICED FREE!

U.S. #1 WHITE POTATOES

\$1.69 10-LB. VENT-VUE BAG

12 FOR 79c

DELI-BAKERY

LEAN & TASTY **COOKED HAM**

\$2.49 LB.

TODAY, YOU WORKED HARD. TONIGHT, LET WINN-DIXIE TAKE OVER.

HONEYGLAZED JUMBO DONUTS

\$1.79 1-DOZ.

SOUTHERN STYLE FRIED CHICKEN

\$7.99 ALL FOR

* 12-PC. SATCHEL • 1-DOZ. ROLLS • 1-LB. POTATO SALAD • 1-LB. COLE SLAW

(AVAILABLE IN DELI-BAKERY STORES ONLY)

HARVEST FRESH LIMES

12 FOR 79c

HARVEST FRESH PLUMS

59¢ LB.

HARVEST FRESH GREEN ONIONS

2 BUNCHES 89c

HARVEST FRESH CABBAGE

15¢ LB.

U.S. GOVERNMENT INSPECTED TURKEY WINGS OR DRUMSTICKS

39¢ LB.

PINKY PIG SPECIAL TRIM ECONOMY PORK CHOPS

\$1.18 LB.

5 RIB END & 5 LOIN END

SLICED BEEF LIVER

89¢ LB.

PINKY PIG RIB HALF PORK LOINS

\$1.28 LB.

PINKY PIG PORK FEET, TAILS OR NECK BONES

49c LB.

1-LB. PKG. W-D BRAND SPICED LUNCHEON, REGULAR OR BEEF SALAMI

\$1.59

W-D BRAND U.S. CHOICE BEEF CHUCK ROAST

\$1.78 LB.

W-D BRAND U.S. CHOICE BEEF SEMI-BONELESS CALIFORNIA ROAST

\$1.98 LB.

W-D BRAND U.S. CHOICE BEEF LEAN MEATY SHORT RIBS

\$1.78 LB.

W-D BRAND U.S. CHOICE BEEF CENTER-CUT CHUCK STEAK

\$1.88 LB.

W-D BRAND U.S. CHOICE BEEF BONELESS STEW BEEF

\$2.28 LB.

W-D BRAND U.S. CHOICE BEEF RIB EYE STEAKS

\$4.68 LB.

PINKY PIG FRESH PORK PINKY PIG SLICED QUARTER PORK LOINS

\$1.48 LB.

W-D BRAND REGULAR FRANKS

\$1.19 12 PK.

12-OZ. PKG. BEEF FRANKS

\$1.29

W-D BRAND REGULAR OR THICK BOLOGNA

\$1.49 1-LB. PKG.

1-LB. PKG. BEEF BOLOGNA

\$1.59

DAIRY DEPT. SUPERBRAND YOGURT ALL VARIETIES

2 8-OZ. CUPS 99¢

12-OZ. PKG. BORDEN'S SLICED CHEESE

\$1.72

PINKY PIG LOIN HALF PORK LOINS

\$1.38 LB.

HICKORY SMOKED PORK SHOULDER PICNICS

89c LB.

HOLLY FARMS GRADE 'A' BREASt, LEGS, THIGHS COMBINATION PAK

\$1.18 LB.

1-LB. PKG. W-D BRAND CHOPPED HAM

\$2.29

20-OZ. PKG. BUNNYLAND BREAKFAST LINKS

\$2.19

12-OZ. PKG. OSCAR MAYER SMOKIE LINKS

\$1.99

1-LB. PKG. W-D BRAND P&P LOAF

\$1.49

1-LB. PKG. OSCAR MAYER REGULAR FRANKS

\$1.79

1-LB. PKG. OSCAR MAYER BEEF FRANKS

\$1.89

SUPERBRAND SOUR CREAM

8-OZ. CUP 69¢

POLIDENT 50-CT. BOX TABLETS

\$1.49

ALKA SELTZER 24-CT. FOIL WRAPPED TABLETS

\$1.59

FREE 4 TABLET SAMPLE ALKA-SELTZER PLUS COLD MEDICINE

CREST TOOTH PASTE REGULAR MINT

\$1.49 6.4-OZ. TUBE

NORWICH 250-CT. BTL. ASPIRIN

89c

MAALOX 12-OZ. LIQUID ANTACID

\$1.88

Simple Steps Save Cooling Cost

It may be easier to conserve energy and cut costs cooling your house this summer than it will in heating it next winter. A few simple precautions can help.

Keep doors and windows firmly shut and locked to cut down heat gain, suggest N. C. Agricultural Extension Service specialists. Check your windows and door latches to see whether they fit tightly and, if necessary, adjust the latches and plug any air leaks. Use heavy or insulated draperies, fit them tightly at the top and keep them closed. In the summer, light-colored curtains that you can see through will reflect the sun and help keep your house cool.

The tightest storm door in the world doesn't work when it's open, so try to cut down the number of times that you go in and out. Adding a vestibule at your front and back doors will also help to tighten up your house.

One alternative to energy-consuming air conditioning is the use of a ceiling or window fan to cool your home. Normally a house holds heat, so that there's a lag between the time the outside air cools after sunset on a summer night and the time that the house cools.

The purpose of these fans is to speed up the cooling of the house, by pulling air in through open windows, up through the attic and out, or out through the windows.

The size of the fan you buy should be determined by the amount of space you want to cool. You can figure out the fan size you need by finding the volume of your house.

Rounding off to the nearest foot, multiply the length of your house by its width, then multiply by its height (from the floor to just below the attic). This will give you the volume in cubic feet. The capacity of all fans is marked on the fan CFMs—that is Cubic Feet of air moved per minute.

Multiply the volume of your house by 30. Then divide your answer by 60. This will give you the CFM rating of the fan you would need to change the air in the house 30 times an hour.

A good way to keep your house cool in the summer is to shade it from the outside. The east and west sides are where the most heat comes through. If you can shade here, it'll show up right away in a smaller air conditioning bill and a cooler home.

Trees and vines that shade in the summer and lose their leaves for the winter are what you want. They will let the sun back in for the winter months.

If you can't shade your house with trees, concentrate on keeping the sun out of your windows—awnings, sun shutters, sunshades, or reflective foil will help do the job.

We Welcome Your Church News

News about your happenings at your church should be in our office not later than Monday at 5 p.m. of the week of publication.

You might send us a church bulletin that would indicate noteworthy news of your church happenings.

Disabled

(Continued from Page 14) programs throughout the country.

To learn more about activities planned during IVDP, write to the Federal Intergency Committee for the International Year of Disabled Persons, 330 C Street, S.W., Room 3124, Washington, D.C. 20201. You will receive a packet describing the Year, a calendar of national and international meetings during IVDP, a copy of the Presidential Proclamation, a poster, and other information.

Virginia H. Knauer is Special Assistant to the President and Director of the U.S. Office of Consumer Affairs. She is also the Administration spokesperson for issues and policies affecting the disabled.