

### Cool And Clean Dove Immediately

Here's Dr. Tope's recipe for a dove casserole for four or five people.

Preheat oven to 350 degrees. Split 12 birds down the back and add salt and pepper to flour before dusting birds lightly.

Melt 1/3 cup butter in heavy or Teflon-lined skillet and place birds in, breast side down.

Saute, turning birds until they're browned on both sides. Remove birds and place in a casserole with a lid.

Pour drippings from skillet over birds and add a small chopped onion, 2 chopped carrots, parsley, 1 cup chicken broth and 1/2 cup dry, white wine.

Cover casserole and bake birds for 45 minutes. Spoon the wine gravy over the birds when serving.

Dove season has arrived and even the best day's shooting will be ruined if the birds are cleaned or prepared wrong.

"Dove needs to be cleaned quickly after shooting and immediate cooling is also important," says Dr. Nadine Tope, extension food conservation and preparation specialist at North Carolina State University.

"Never pack warm birds close together. A cooler full of ice is good for cooling and storing game birds until you reach home," she says.

First cut off wings and feet and pluck birds. Remove any shot pellets and cut away badly damaged areas. If you wish, cut the birds into pieces.

Dove is tender and flavorful, but as the meat tends to be dry, moist cooking will give the best results, the specialist says.

### Fruit Trees Should Get Pruning

All fruit trees should be pruned each year. The time to do this job depends on the age of the tree, according to N. C. Agricultural Extension Service specialists.

Trees 20 years old and older can be pruned soon after the leaves drop in the fall. Young bearing trees should be pruned in late winter or just prior to bud swell in the spring.

Dead, diseased and broken branches should be removed first. Branches growing across the tree and those growing either straight up or straight down from any main branch should be removed. Branches growing directly on top of others should be removed.

Trees over 12 feet tall should be topped. The cut should be made on branches of nearly the same size and so that little or no shoot growth will develop.

In pruning fruit trees you want to develop strong framework branches that will allow the tree to produce heavy crops of fruit.

Another objective of pruning is to keep the tree at a convenient height. Don't be afraid to cut your trees down to size and keep them open with strong well-spaced branches. It's better to prune your trees and make a few mistakes than to allow them to become a tall, tangled mess of branches.

For the pruning job you will need a crescent or curved blade pruning saw, long handled loppers, a pair of hand loppers and a pair of hand pruning shears. With these tools, you will be able to remove branches of all sizes.

There are only two really important rules to observe when making the cuts during pruning. First, when removing a branch, either small or large, make a smooth cut as close as possible to the branch or trunk. Second when heading back a branch cut just above a strong side branch or bud.

### Helps Shrink Swelling Of Hemorrhoida Tissues

caused by inflammation. Doctors have found a medication that in many cases gives prompt, temporary relief from pain and burn itchy in hemorrhoidal tissues. It helps shrink swelling of the tissues caused by inflammation. The name: Preparation H<sup>®</sup>. Prescription is needed. Preparation H<sup>®</sup> Ointment and suppositories. Use only as directed.



**Winn-Dixie**  
THE BEEF PEOPLE  
AMERICAN OWNED AMERICAN OPERATED

Winn-Dixie's "Fair Deal"

## SAVE UP TO 33%

ON ADMISSION AND RIDE TICKETS FOR THE NORTH CAROLINA State Fair

DISCOUNT MAIL ORDER COUPONS AVAILABLE FREE AT ALL NORTH CAROLINA WINN-DIXIE STORES!

HURRY! MAIL ORDERS MUST BE POSTMARKED NO LATER THAN OCT. 8TH!

PRICE BREAKER COUPON

SUPERBRAND GRADE "A" LARGE EGGS

DOZ **39¢**

COUPON GOOD THRU SAT., OCT. 10TH

PRICE BREAKER COUPON

BRAWNY TOWELS

RAMBO ROLL **19¢**

COUPON GOOD THRU SAT., OCT. 10TH

PRICE BREAKER COUPON

2-LITER NO-RETURN CHEK DRINKS

EA. **29¢**

COUPON GOOD THRU SAT., OCT. 10TH

PRICE BREAKER COUPON

ARROW DETERGENT

4#-OZ. BOX **89¢**

COUPON GOOD THRU SAT., OCT. 10TH

WINN-DIXIE BRINGS YOU **1. 3-WAY SAVINGS**

DEEP-CUT WEEKEND & FIRST-OF-THE-WEEK **2. PRICE BREAKER COUPON**

EVEN GREATER SAVINGS BY CLIPPING & REDEEMING COUPONS ABOVE! **3. PRICE BREAKERS**

THOUSANDS OF EVERYDAY LOW PRICED ITEMS DAY IN & DAY OUT!

\*PRICES GOOD THRU SAT., OCT. 10TH \*NONE TO DEALERS \*WE RESERVE THE RIGHT TO LIMIT QUANTITIES \*COPYRIGHT 1981, WINN-DIXIE STORES, INC.

 <p><b>THRIFTY MAID ICE MILK</b></p> <p>1/2-GAL. CTN. <b>98¢</b></p> <p>24-OZ. DIXIANA FROZEN MIXED VEGETABLES, CUT CORN, OR GREEN PEAS ..... \$1.29</p>	 <p><b>ASTOR COFFEE</b></p> <p>1-LB. BAG <b>\$1.59</b></p> <p>WITH \$7.50 OR MORE ORDER (LIMIT 1)</p>	 <p><b>PINKY PIG WHOLE PORK LOINS</b></p> <p>14 TO 17-LBS. AVG. SLICED FREE! <b>\$1.18</b></p> <p>RIB HALF ..... LB. \$1.28</p>	 <p><b>U.S. #1 ALL PURPOSE WHITE POTATOES</b></p> <p>10-LB. BAG <b>\$1.28</b></p> <p>20-LB. BAG ..... \$2.48</p>
 <p><b>FOX DELUXE FROZEN PIZZAS</b></p> <p>ALL VARIETIES <b>88¢</b></p> <p>11-OZ. SIZE</p> <p>24-OZ. COZY KITCHEN DEVIL FOOD, GERMAN CHOCOLATE OR CARROT CAKES ..... \$1.99</p>	 <p><b>BLUE BAY TUNA</b></p> <p>6 1/2-OZ. CAN <b>69¢</b></p> <p>WITH \$7.50 OR MORE ORDER (LIMIT 2)</p>	 <p><b>PINKY PIG SLICED QUARTER PORK LOIN</b></p> <p>LB. <b>\$1.48</b></p> <p>LOIN HALF ..... LB. \$1.38</p>	 <p><b>EASTERN RED DELICIOUS APPLES</b></p> <p>8 FOR <b>99¢</b></p> <p>12-OZ. HOUSTON ROASTED PEANUTS ..... 99¢</p>
 <p><b>SUPERBRAND WHIPPED TOPPING</b></p> <p>8-OZ. CUPS <b>\$2.19</b></p>	 <p><b>VAN CAMP'S PORK &amp; BEANS</b></p> <p>16-OZ. CANS <b>\$3.19</b></p>	 <p><b>PINKY PIG CENTER CUT PORK CHOPS</b></p> <p>LB. <b>\$1.98</b></p> <p>ECONOMY CUT ..... LB. \$1.28</p>	 <p><b>HARVEST FRESH BELL PEPPERS</b></p> <p>5 FOR <b>99¢</b></p>
 <p><b>DELI-BAKERY</b></p> <p>TODAY, YOU WORKED HARD. TONIGHT, LET WINN-DIXIE TAKE OVER!</p> <p><b>LEAN &amp; TENDER COOKED HAM</b></p> <p>LB. <b>\$2.98</b> (SLICED TO ORDER)</p> <p>JUMBO CORN DOGS ..... 2 FOR \$1</p> <p><b>U.S. CHOICE ROAST BEEF</b></p> <p>1/2-LB. <b>\$2.99</b> (SLICED TO ORDER)</p> <p>HONEY GLAZED JUMBO DONUTS ... 6 FOR 99¢</p> <p><b>SOUTHERN STYLE FRIED CHICKEN</b></p> <p>16-PC. BUCKET</p> <p>1-DOZ. ROLLS 1-LB. COLE SLAW 1-LB. POTATO SALAD</p> <p><b>\$10.99</b></p> <p>(AVAILABLE IN DELI-BAKERY STORES ONLY)</p>	<p>12-Oz. Cans Stroh's Light Dr. <b>\$3.99</b></p> <p>Superbrand 1/2% SKIM MILK <b>\$1.89</b></p> <p>18 1/2-OZ. BOX DIXIE DARLING CAKE MIXES ..... 59¢</p> <p>32-OZ. BOX UNCLE BEN'S RICE ..... \$1.59</p> <p>22-OZ. JAR ASTOR SWEET SALAD CUBES ..... \$1.29</p> <p>6 1/2-OZ. BOX BETTY CROCKER HAMBURGER HELPER ..... 99¢</p>	<p>HOLLY FARMS GRADE "A" FRYER BREAST QUARTERS <b>79¢</b></p> <p>HOLLY FARMS GRADE "A" FRYER LEG QUARTERS <b>69¢</b></p> <p>PINKY PIG FRESH PORK SHOULDER PICNIC ..... LB. 98¢</p> <p>20-OZ. PKG. W-D BRAND BREAKFAST LINK SAUSAGE ..... \$2.59</p> <p>3-LB. CAN WILSON CERTIFIED CANNED HAM ..... \$5.99</p> <p>1-LB. PKG. HICKORY SWEET SLICED BACON ..... \$1.49 2-LB. \$2.97</p>	<p><b>DAIRY</b></p> <p><b>SUPERBRAND SWISS STYLE &amp; ALL NATURAL YOGURT</b></p> <p>8-OZ. CUPS <b>3.99</b></p> <p>8-OZ. CUP PALMETTO FARM PIMENTO CHEESE ..... 89¢ 16-OZ. CUP \$1.49</p> <p><b>SUPERBRAND MILD CHEDDAR OR COLBY CHEESE</b></p> <p>9 TO 15-OZ. AVG. LB. <b>\$2.49</b></p> <p>18-CT. CAN PILLSBURY HUNGRY JACK BUTTERMILK BISCUITS ..... 59¢</p> <p><b>SUPERBRAND SOUR CREAM</b></p> <p>16-OZ. CUP <b>99¢</b></p>
<p>HUNT'S TOMATO SAUCE 15-OZ. CANS <b>\$3.19</b></p> <p>ASTOR OIL 48-OZ. BTL. <b>\$1.69</b></p> <p>24-OZ. LOAVES DIXIE DARLING SANDWICH BREAD ..... 2 FOR 99¢</p> <p>1-GAL. JUG PEAK ANTI-FREEZE ..... \$4.49</p> <p>6.4-OZ. TUBE CREST TOOTHPASTE ..... \$1.49</p> <p>18-OZ. BTL. SIGNAL MOUTHWASH ..... \$1.39</p> <p>18-CT. BOX ATRA BLADES ..... \$2.99</p>	<p>HICKORY SMOKED WHOLE MILD CURED HAM <b>\$1.19</b></p> <p>W-D BRAND WHOLE HOG SAUSAGE 1-LB. PKG. <b>\$1.59</b></p> <p>HICKORY SWEET BONELESS HAM ..... LB. \$2.39</p> <p>12-OZ. PKG. W-D BRAND REGULAR BOLOGNA ..... \$1.29 BEEF \$1.39</p> <p>1-LB. PKG. W-D BRAND REGULAR OR DINNER FRANKS ..... \$1.59 BEEF \$1.69</p> <p>1-LB. PKG. W-D BRAND SPICED LUNCHEON, SALAMI OR BEEF SALAMI ..... \$1.79</p> <p>W-D BRAND U.S. CHOICE BEEF ROUND BONE SHOULDER ROAST ..... LB. \$2.38</p>		

Crossdale Shopping Center. 3600 N. Duke Mall Avondale Drive Shannon Plaza 810 Liberty St. University Mall-Chapel Hill 3700 Chapel Hill Rd.