

WINN DIXIE

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

ALL NEW!

PLAY BEEF PEOPLE BINGO

Pick Up Your FREE Ticket Today!

*PRICES GOOD THRU SAT., OCT. 2ND. *NONE TO DEALERS *WE RESERVE THE RIGHT TO LIMIT QUANTITIES *COPYRIGHT 1982, WINN-DIXIE STORES, INC.

Only **99¢** per china stamp on our special savings plan. Start Your Set Today!

ODDS AS OF SEPTEMBER 2, 1982

Price Value	No. of Prizes	Odds For One Store Visit	Odds For 15 Store Visits	Odds For 25 Store Visits
\$1,000.00	110	109091 to 1	6882 to 1	4926 to 1
100.00	200	19500 to 1	1194 to 1	877 to 1
50.00	1000	1950 to 1	239 to 1	171 to 1
25.00	5000	390 to 1	47 to 1	34 to 1
10.00	25000	78 to 1	9 to 1	6 to 1
5.00	125000	15 to 1	1 to 1	1 to 1
2.50	625000	3 to 1	1 to 1	1 to 1
1.00	2500000	1 to 1	1 to 1	1 to 1
Total	1000000			

VALUABLE COUPON
REDEEM AT YOUR LOCAL WINN-DIXIE STORE ONLY

SAVE \$4.00

LACE TABLECLOTH

Regular Discount Price \$19.99
Coupon Savings \$4.00
Price with Coupon \$14.99
with each \$3.00 purchase

JONAHAN HAWLAND
BAMARIA GERMANY

Imported Bavarian Porcelain
Durable—High Fired
Fine Gels-like Tone
Translucent Body

SAVE OVER **40%** ON FINE PORCELAIN CHINA

Must be 18 to play. No purchase necessary to participate. This game being played in the one hundred eight (108) participating WINN-DIXIE Stores located in eastern North Carolina and Virginia. Scheduled termination date: December 1, 1982. Employees of participating stores (and members of their immediate family), the sponsor, its advertising agencies, and game suppliers are not eligible to win any prizes. Beef People is a trademark of WINN-DIXIE Stores, Inc.

3-LB. CAN CRISCO SHORTENING

\$1.69

WITH \$7.50 OR MORE ORDER (LIMIT 1)

4-ROLL PAK WALDORF BATHROOM TISSUE

79¢

WITH \$7.50 OR MORE ORDER (LIMIT 1)

U.S. CHOICE WHOLE BEEF RIB EYES

\$2.98

8-12 LBS. AVG. LIMIT 2, PLEASE!

1/2-GAL. CTN. THRIFTY MAID ICE MILK

98¢

ALL FLAVORS

12-OZ. CANS MILLER BEER

\$2.19

CTN. OF 6

16-OZ. BAG MAXWELL HOUSE COFFEE

\$2.19

U.S.D.A. INSPECTED FRYER LEG QUARTERS

\$4.49

LB.

COUNTRY PRIDE GRADE "A" FRYER THIGHS OR DRUMSTICKS LB. 99¢

PRODUCE PATCH

HARVEST FRESH RED TOKAY OR WHITE SEEDLESS GRAPES

79¢

LB.

16-OZ. BTL. PEPSI COLA

\$1.49

CTN. OF 8 PLUS DEPOSIT

49-OZ. BOX FAB DETERGENT

\$1.59

4-LB. BAG EASTERN RED DELICIOUS APPLES

\$1.09

HARVEST FRESH PRUNE PLUMS ... LB. 49¢

HARVEST FRESH CUCUMBERS ... 6 FOR 99¢

HARVEST FRESH RUTABAGAS ... 4 LB. \$1

2-LB. BAG HARVEST FRESH CARROTS ... 2 FOR \$1

4-Liter Btl. CARLO ROSSI WINES

—Gheblis —Vir' flosi —Rhine —Burgundy Ea. \$5.99

12-PC. SATCHEL SOUTHERN STYLE FRIED CHICKEN

3-BREASTS, 3-LEGS, 3-THIGHS, 3-WINGS
#1-LB. POTATO SALAD
#1-DOZ. DINNER ROLLS
#4-FRIED APPLE PIES

\$7.99

ALL FOR...

12-OZ. CAN SPAM

\$1.19

DANO'S PIZZA

#18-OZ. SAUSAGE #19-OZ. PEPPERONI #21-OZ. COMBINATION #19 1/2-OZ. HAMBURGER

\$1.99

LEAN AND TENDER (SLICED OR SHAVED) COOKED HAM ... 1/2-LB. \$1.79

OLD FASHIONED RED RIND HOOP CHEESE ... LB. \$2.99

HOMESTYLE WITH EGG POTATO SALAD ... LB. 99¢

AVAILABLE IN DELI-BAKERY STORES ONLY! (SEE STORE ADDRESSES AT BOTTOM OF AD)

U.S.D.A. INSPECTED TURKEY WINGS

\$3.39

LB.

U.S.D.A. INSPECTED TURKEY DRUMSTICKS LB. 49¢

2-LB. SIZE MORTON FAMILY SUPPERS ... \$1.69

11-OZ. SIZE MORTON T.V. DINNERS ... 79¢

10 1/2-OZ. SIZE PEPPERIDGE FARM POUND CAKE ... \$1.59

8-OZ. CUP SUPERBRAND WHIPPED TOPPING 2 FOR \$1

1-LB. PKG. IN QUARTERS SUPERBRAND MARGARINE

3.99

FOR

HEALTH & BEAUTY AIDS!

PEPSODENT MEDIUM, HARD, SOFT TOOTHBRUSHES ... 59¢

6.5-OZ. TUBE PEPSODENT TOOTH PASTE ... \$1.19

16-OZ. BTL. CLAIROL CONDITION SHAMPOO ... \$1.69

40-CT. PKG. EFFERDENT TABLETS ... \$1.49

THRIFTY MAID Canned Goods

• CORN
• PEAS
• CUT GREEN BEANS
• BEETS
• MIXED VEGETABLES
• WHITE POTATOES
• APPLE SAUCE

\$3.19

(MIX OR MATCH)

1-LB. PKG. IN QUARTERS SUPERBRAND MARGARINE

3.99

FOR

GAL. JUG SUPERBRAND FRUIT DRINK ... 99¢

1-LB. CUP SUPERBRAND REG. OR STA-FIT COTTAGE CHEESE ... \$1.09

12-OZ. PKG. SUPERBRAND KOUNTRY CHEESE SLICES ... 99¢

16-OZ. CUP SUPERBRAND SOUR CREAM ... \$1.09

14 KARAT SOLID GOLD HEART PENDANT

\$3.98

With \$100 in Winn-Dixie Register Tapes dated thru October 9th. (14K Without Tapes)

With A 16 Inch 14 Karat Gold Electroplated Chain...

Choose from six chain styles

10-OZ. JAR MAXWELL HOUSE INSTANT COFFEE ... \$3.79

3-LB. BAG THRIFTY MAID RICE ... 99¢

12-OZ. PKG. CRACKIN' GOOD REALLY GOOD COOKIES ... 99¢

46-OZ. CAN THRIFTY MAID GRAPEFRUIT JUICE ... 2 FOR \$1.19

W-D BRAND U.S. CHOICE BONE-IN RIB STEAK OR EZ CARVE RIB ROAST ... LB. \$3.39

140-180-LBS. AVG. U.S. CHOICE WHOLE BEEF HINDQUARTERS ... LB. \$4.59

W-D BRAND U.S. CHOICE LEAN MEATY BEEF SHORT RIBS ... LB. \$4.79

W-D BRAND U.S. CHOICE ROLLED OR FLAT BONELESS BRISKET ROAST ... LB. \$2.69

W-D BRAND U.S. CHOICE RIB EYE STEAKS ... LB. \$3.98

U.S. CHOICE WHOLE BEEF TENDERLOINS ... LB. \$3.88

3-LB. CAN ARMOUR STAR CANNED HAM ... \$6.99

12-OZ. PKG. JESSE JONES HOT OR MILD SAUSAGE ... \$1.59

GROCERY VALUES

5 1/2-OZ. PKG. FRENCH'S AU GRATIN, SCALLOPPED OR POTATO PANCAKES
POTATOES ... 2 FOR \$1

24-OZ. BTL. DEEP SOUTH PANCAKE SYRUP ... 99¢

10-OZ. CAN CASTLEBERRY BBQ PORK ... 99¢

11-OZ. CAN TIT ANT & ROACH KILLER ... \$1.69

10-OZ. JAR MAXWELL HOUSE INSTANT COFFEE ... \$3.79

3-LB. BAG THRIFTY MAID RICE ... 99¢

12-OZ. PKG. CRACKIN' GOOD REALLY GOOD COOKIES ... 99¢

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Healthy Hair

(Continued from Page 14) ly through it immediately after relaxing and find no tangles. A separate conditioning application like those found in conventional relaxer kits is no longer necessary.

"The condition of your hair is an important part of a well-groomed look," commented Ms. de Joseph. To keep your hair in top condition, here are some tips:

1. **THE CUT:** An excellent precision haircut that follows the natural direction and texture of the hair is the basis for good looks and styling-ease. The style should be versatile and highlight your best features. Today's relaxers and grooming products provide more styling options than ever before.

2. **THE TRIM:** Split ends should be trimmed periodically to prevent them from running (like stockings) up the entire hair shaft.

3. **THE SHAMPOO:** Stay away from harsh, super lathering detergent shampoos. They tend to strip the hair of essential lubricants and leave hair dry, dull, and hard-to-manage.

4. **THE STYLING:** Daily use of heated appliances increases the risk of hair damage. When you use a blow-dryer, keep it at least 6 inches away from the hair. Begin at the roots, then move towards the ends. Curling irons should be used only on clean, dry hair. Set on medium (not hot) to avoid singeing hair ends.

For Relaxed Hair

1. Use a relaxer with conditioning benefits to enhance and protect your hair's natural beauty.

2. Touch up your relaxer every 6-8 weeks depending upon your hair's growth rate. The stress required to comb the new growth can cause breakage where new growth meets previously relaxed hair.

3. Wait at least two weeks between relaxing your hair and coloring it. Never bleach relaxed hair, or relax bleached hair.

4. Relaxed hair should be conditioned often with products specifically designed to condition, repair and protect—like Johnson's Tender Treatment line.

5. Use a conditioning shampoo which supplies a protective coating and leaves hair easier to comb.

For Dry Hair

1. Shampoo once a week with a conditioning/detangling shampoo.

2. Moisturize with a good conditioner after every shampoo.

3. Comb and brush carefully to avoid breakage using a light creme hairdress on dry ends.

4. Avoid extreme heat settings on hair styling appliances.

For Oily Hair

1. Shampoo hair at least once a week, more if necessary.

2. To mend split ends and protect hair, use a non-greasy conditioner after shampooing.

3. Avoid excessive use of oil or grease on hair or scalp.

4. Dry hair on warm dryer setting only, since hot air tends to stimulate oil glands.

The most effective way to insure healthy, beautiful hair is to practice preventative care. A proper diet is of great importance — well-balanced, rich in protein, vitamins, minerals and roughage—plus a good night's sleep and plenty of exercise. A little special care for your hair goes a long way to maintain the beauty that is naturally yours.

The Johnson Products Research Center is the largest research and development laboratory devoted exclusively to the needs of the black consumer. Their experts would be happy to answer specific questions on conditioning and relaxing the hair. Write: Beauty Director, Johnson Products, Inc., 8522 S. Lafayette Avenue, Chicago, Illinois 60620.

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