

# WINN DIXIE

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



**Back By Popular Demand!**  
**It's new! It's fun! It's Winn Dixie's BEEF PEOPLE BINGO!**

\$650,000 IN PRIZES!

**GIFT GIVING MADE EASY**  
 Who doesn't enjoy good food, especially during the holidays? And what gift could be more practical or more appreciated than a gift of festive foods to grace the holiday table of your friends or relatives? Ask any Winn-Dixie cashier about gift certificates available for holiday foods in \$7.50, \$10.00 or \$15.00 amounts. Special orders call the Advertising Department (919) 833-1951.

**SAVE \$5.00**  
**BEVERAGE SERVER WICOVER**  
 Regular Discount Price 25.99  
 Coupon Savings 5.00  
 Price with Coupon, \$19.99  
 COUPON VALID THRU DEC. 31st

**SAVE \$5.00**  
**CASSEROLE WICOVER**  
 Regular Discount Price 24.99  
 Coupon Savings 5.00  
 Price with Coupon, \$19.99  
 COUPON VALID THRU DEC. 31st

**Roast Pumpkin Seeds For Homemade Treat**  
 Not only does the versatile pumpkin make its way into vegetable dishes, breads and desserts, but it's often-overlooked seeds are as high in phosphorus and potassium as its more popular snacking cousin, the sunflower seed.  
 Roasted pumpkin seeds are sometimes found in gourmet shops but can easily be made at home, says Ms. Rachel Kinlaw, extension food specialist at North Carolina State University.

Just follow these easy directions:  
 Bring to a boil 1 1/2 cups of water and 3 tablespoons of salt, stirring until salt is completely dissolved. Pour over 1 1/2 cups of raw pumpkin seeds placed in a bowl.  
 Cover and let stand at room temperature for 12 to 24 hours. Drain liquid from seeds.  
 Spread seeds evenly over a 10 x 15 baking dish. Bake in a 350 degree oven for 25 to 35 minutes or until seeds are dry and puffed; when done the kernel will separate in the center. If seeds were soaked for 24 hours, maximum baking time is 25 minutes.  
 Stir frequently during roasting; stir occasionally while cooling.  
 Store pumpkin seeds in an airtight container. The roasted seeds will stay fresh up to ten days.  
 For flavored pumpkin seeds: Follow the same instructions but omit salt from the boiling water.  
 After draining the soaked seeds, sprinkle with two teaspoons of either onion salt, garlic salt or 1/4 teaspoon each of chili powder and salt.  
 Mix until well distributed and bake as in first recipe.

**Gifts That Help A Person Grow**  
 Not many gifts offer a lifetime guarantee. But there are some presents that help a person grow — and, in that sense, they last a lifetime.  
 These could be known as "becoming gifts," notes Dr. Leo Hawkins, extension human development specialist at North Carolina State University.

Before you rush out and buy a birthday or other special occasion gift for someone in your family, think about some of these "becoming gifts" as a possible choice.  
 Has someone in your family talked about wanting to learn to paint? Then give that budding artist a box of acrylics and a simple instruction book. With supplies in hand, there'll be less excuse for not getting started.  
 Some "becoming gifts" broaden a person's viewpoint. These include books, magazine subscriptions, records, or maybe a season ticket to a nearby theatre.

It's even better when a gift lets the receiver use his own imagination. A few yards of fabric to a seamstress means the beginning of a new idea. An unusual cookbook inspires a would-be chef to try something new.  
 "Becoming gifts" are the best kind, Dr. Hawkins believes. For everyone, from the child who would be delighted with a pack of construction paper and some marking pens, to the oldest family member who might like a ticket for a travel tour, gifts that help a person grow are gifts that last a lifetime.

Rome Beauty apples are a good choice for baked apples because they retain their shape when cooked. For "eating out of hand", Red Delicious are good.

Canned hams and picnics should be refrigerated unless directions on the label specify that refrigeration is not necessary.

**W-D BRAND BEEF & RAMA Sale**

**Suprebrand 1/2% SKIM MILK \$1.89** Gal. Jug  
 GOOD ONLY IN DURHAM AND CHAPEL HILL STORES ONLY

**PRICE BREAKER SPECIAL** 10-LB. VENT-VUE BAG HARVEST FRESH ALL PURPOSE WHITE POTATOES **85¢**

**PRICE BREAKER SPECIAL** U.S. CHOICE WHOLE BEEF TENDERLOINS **2.98** LB.  
 5-7-LBS. AVG. (SLICED FREE)

**PRICE BREAKER SPECIAL** W-D BRAND U.S. CHOICE CENTER CUT CHUCK ROAST **1.27** LB.  
 W-D BRAND U.S. CHOICE BMLS CUBED STEAK... LB. \$2.99

**PRICE BREAKER SPECIAL** SUPREBRAND GRADE "A" WHITE LARGE EGGS **59¢** DOZ.  
 WITH \$10.00 OR MORE ORDER (LIMIT 2 DOZ.)

\*PRICES GOOD THRU SAT., DEC. 4TH \*NONE TO DEALERS \*WE RESERVE THE RIGHT TO LIMIT QUANTITIES ©COPYRIGHT 1982, WINN-DIXIE STORES, INC.

16-oz. Btls. **PEPSI-COLA \$1.39** Ctn. Of 8  
 Plus Deposit

49-OZ. BOX TIDE DETERGENT **\$1.59**  
 WITH \$10.00 OR MORE ORDER (LIMIT 1)

U.S. CHOICE WHOLE BEEF HINDQUARTERS **\$1.39** LB.  
 CUT & WRAPPED FREE!

**Produce Patch**  
 HARVEST FRESH SWEET POTATOES **51¢** LBS.

12-oz. Cans **SHLITZ BEER \$3.98** Ctn. Of 12

16-OZ. CANS THRIFTY MAID TOMATOES **31¢** FOR  
 WITH \$10.00 OR MORE ORDER (LIMIT 6)

W-D BRAND U.S. CHOICE TOP ROUND ROAST **\$2.39** LB.

4-LB. BAG HARVEST FRESH EASTERN RED DELICIOUS APPLES **\$4.29**  
 HARVEST FRESH FLORIDA TANGELOS (EXTRA LARGE) **9 FOR 99¢**  
 HARVEST FRESH COCONUT ..... 2 FOR 99¢

750-ML. ANDRE CHAMPAGNE \$2.69 DRY PINK COLD DUCK EA

**Deli-Bakery**  
 LEAN AND ROUND VIRGINIA BAKED HAM **\$1.99** 1/2-LB.  
 SLICED TO ORDER

1/2-GAL. BTL. THRIFTY MAID ORANGE JUICE **98¢**  
 WITH \$10.00 OR MORE ORDER (LIMIT 1)

W-D BRAND U.S. CHOICE BONELESS EYE OF ROUND ROAST **\$3.69** LB.

**Frozen Foods**  
 1/2-GAL. CTN. SUPERBRAND SHERBET OR ICE CREAM **\$1.19**

24-OZ. SIZE FRESH BAKED APPLE PIES ..... \$1.49  
 POUND COOKED HAM, POUND ROAST TURKEY, 1/2-LB. YELLOW AMERICAN CHEESE, 1/2-POUND COOKED SALAMI, 1/2-LB. WHITE AMERICAN CHEESE, 1/2-LB. CHEESE BALL (SERVES 10-12) **\$4.99**  
 PARTY PLATTER... 10-12) **\$4.99**  
 AVAILABLE IN DELI-BAKERY STORES ONLY (SEE STORE ADDRESSES AT BOTTOM OF AD.)

1/2-GAL. BTL. THRIFTY MAID ORANGE JUICE **98¢**  
 WITH \$10.00 OR MORE ORDER (LIMIT 1)

W-D BRAND U.S. CHOICE BONELESS EYE OF ROUND ROAST **\$3.69** LB.

32-OZ. SIZE DANO'S DELUXE PARTY PIZZA ..... \$2.59  
 2-LB. SIZE FREEZER QUEEN ALL VARIETIES ENTREES ..... \$4.99  
 12-OZ. CAN TROPICANA ORANGE JUICE ..... \$1.09

**Health and Beauty Aids**  
 11-OZ. CAN BARBASOL SHAVE CREAM ..... 79¢  
 5-CT. PKG. SCHICK SUPER II BLADES ..... \$1.79  
 3K-OZ. JAR VASELINE PETROLEUM JELLY ..... 88¢  
 12-OZ. BTL. VASELINE INTENSIVE CARE LOTION ..... \$4.59

**Canned Goods SALE**

**THRIFTY MAID**  
 16-OZ. CORN ..... \$1.39  
 16-OZ. PEAS ..... \$1.39  
 16-OZ. FRENCH GREEN BEANS ..... \$1.39  
 16-OZ. CUT GREEN BEANS ..... \$1.39  
 16-OZ. MIXED VEGETABLES ..... \$1.39  
 16-OZ. BEANS ..... \$1.39  
 16-OZ. CARROTS ..... \$1.39  
 16-OZ. HOT DOG CHILI ..... \$1.39  
 16-OZ. APPLE SAUCE ..... \$1.39  
 16-OZ. GREEN BEANS ..... \$1.39  
 16-OZ. TONEY BEANS ..... \$1.39  
 16-OZ. SPAGHETTI ..... \$1.39

**16-OZ. THRIFTY MAID CUT SWT. POTATOES** ..... \$1.39  
**16-OZ. THRIFTY MAID MUSHROOMS (SM&L PCS)** ..... \$1.39  
**16-OZ. THRIFTY MAID PEACHES (SLICED OR HALVES)** ..... \$1.39  
**16-OZ. PRICE BREAKER CHILI W/BEANS** ..... \$1.39  
 MIX OR MATCH! **21¢**

**Dairy Products**  
 1-LB. PKG. IN QUARTERS SUPERBRAND MARGARINE **\$3.19**

6-PAK SUPERBRAND BUTTERMILK OR SWEETMILK BISCUITS ..... \$4.99  
 12-OZ. PKG. BORDEN SLICED CHEESE SINGLES ..... \$4.99  
 12-OZ. CUP DEAN'S CUKE & ONION, CLAM, SHRIMP DIPS ..... 99¢

Discover The Most Precious Gem Created By Man... The Cubic Zirconia **\$6.99**  
 Your choice of 5 charming pendants with 14 kt. gold-filled serpentine chains for only \$6.99 each plus tax with \$10.00 in register tags.

**Grocery Values**  
 1-LB. BAG CHOCK FULL-O-NUTS **\$1.09**  
 COFFEE ..... \$1.09  
 22-OZ. BTL. LUX LIQUID DETERGENT ..... 89¢  
 16-OZ. CANS THRIFTY MAID PORK N' BEANS OR NAVY BEANS .. 3 FOR 89¢  
 24-OZ. LOAVES DIXIE DARLING SANDWICH BREAD ..... 2 FOR 99¢

**Meat Values**  
 W-D BRAND U.S. CHOICE SIRLOIN STEAK ..... \$2.99  
 W-D BRAND U.S. CHOICE CENTER CUT CHUCK STEAK ..... \$4.59  
 U.S.D.A. INSPECTED DRUMSTICKS OR THIGHS ..... \$6.99  
 COUNTRY PRIDE GRADE "A" (BREASTS, DRUMSTICKS & THIGHS) COMBINATION PAK ..... \$9.99

**SEAFOOD**  
**DELTA PRIDE**  
 DELTA PRIDE FRESH CATFISH ..... \$2.99  
 DELTA PRIDE FRESH FILLET OF CATFISH ..... \$3.99

Caught Fresh Daily  
 FRESH FILLET OF FLOUNDER ..... \$3.99  
 FRESH SALMON STEAK ..... \$4.99  
 FRESH OCEAN PERCH FILLETS ..... \$2.99  
 FRESH SNAPPER FILLETS ..... \$2.99

**3600 N. Duke Mall**      **Lakewood Shopping Center**  
**Croasdaile Shopping Center**      **810 Liberty St**  
**Shannon Plaza**      **Avondale Drive**