

Patronize Equal Opportunity Advertisers

Vitamins And How They Work

VITAMINS are a group of substances usually found in foods in small amounts. Our bodies need them for growth and development.

Each vitamin, like each mineral, has a job to do in the body. If a diet does not give enough of a vitamin or a mineral, the job cannot be done, and ill health can be the result.

MOST PEOPLE GET ALL THE VITAMINS THEY NEED FROM A WELL-CHOSEN DIET CONSISTING OF A VARIETY OF FOODS:

- 1- Meats, eggs, dried beans and peas
- 2- Milk and milk products
- 3- Fruits and vegetables
- 4- Enriched and whole grain breads and cereals

VITAMIN	WHERE IT IS FOUND	WHAT IT DOES FOR US
A	Butter Milk Cream Egg Yolk Yellow Vegetables Leafy Green Vegetables	Cheese Margarine Liver Yellow Fruits
THIAMINE (B ₁)	Fish Lean Meat Liver Dried Beans and Peas Enriched Breads and Cereals	Pork Chicken Milk
RIBOFLAVIN (B ₂)	Milk Liver Eggs Leafy Green Vegetables Enriched Breads and Cereals	Chicken Lean Meats
NIACIN	Eggs Liver Enriched Breads and Cereals	Chicken Lean Meat
ASCORBIC ACID (C)	Oranges Grapefruit Lemon Berries	Melon Potatoes Cabbage Tomato
D	Butter Tuna Salmon Vitamin 'D' Milk	Sunshine Cod-liver Oil Egg Yolk

NOTICE FROM POLICE DEPT. BICYCLE OWNERS

City ordinance requires bicycles which are used or intended to be used within the city of Winston-Salem be licensed and registered. There is no charge for licensing or registering your bicycle. Bicycles used at night must be equipped with a headlight and reflectors. Bicycles to be licensed and registered may be presented at any city fire station between 9:00 A.M. and 6:00 P.M. Monday through Saturday.

FANTASTIC FOOD SAVINGS

At The **DISCOUNT HOUSE!**

Davis Carolina Best Plain or Self-Rising

FLOUR 5 Lb. Bag Save .20 ... **79¢**

Big 64 oz. Sprite, Tab or

COKEs No Deposit No Return Save .21 each ... **68¢**

Extra Nice Golden Ripe

BANANAS Lb. Save .07 ... **12¢**

Pasco Frozen Orange

JUICE 6 6 oz. cans Save .30 ... **98¢**

BANTAM FOOD MARKET



This Week's Specials:

- Hens.....69 lb.
- Salt Fish.....\$1.09 lb.
- Neck Bones.....59 lb.
- Spare Ribs.....95 lb.
- Back Bones.....95 lb.
- Pigfeet & Tails.....59 lb.

Chittlins' & Hog Maws
--Fresh Fruit & Vegetables

'67 Cougar.....\$650.00

We Accept U.S. Government Food Stamps

835 Northwest Blvd.
Open 9 a.m. 'til 10 p.m.

YOU MAY BE ELIGIBLE FOR **U. S. D. A. FOOD STAMPS**

IF YOU'RE HAVING TROUBLE FEEDING YOUR FAMILY BECAUSE OF INADEQUATE PENSION, SOCIAL SECURITY OR LOW WAGES. TO FIND OUT IF YOU'RE ELIGIBLE

CALL FOODLINE 800-662-7935

(TOLL-FREE FROM ANYWHERE IN N. C.) OR CONTACT YOUR COUNTY DEPT. OF SOCIAL SERVICES

DISCOUNT HOUSE

FOOD STORE - 2201 N. PATTERSON AVE.
We Gladly Accept USDA Food Stamps!