

from Winn Dixie...

YOU SAVE 52c PER LB.

BRAND U.S. CHOICE "AGED" BEEF

STEAKS

PORTERHOUSE OR
T-BONES

\$ 1.77

LB.

SIRLOINS

\$ 1.67

LB.

LIMIT TEN STEAKS OF YOUR CHOICE AT THIS PRICE



Stay Home
Cook Out
Save Money



Celebrates America!

• PRICES GOOD THRU SAT., JUNE 12TH
• NONE TO DEALERS
• WE RESERVE THE RIGHT TO LIMIT QUANTITIES

Don't Forget The Beer For Your
Cookout and Picnics!

12 oz. cans

Schlitz

\$ 1.59

ctn
of 6

BRAND U.S. CHOICE BEEF SALE!

- WHOLE (150-175 LBS. AVG.)
• **HINDQUARTERS** LB. **99c**
- WHOLE (40 LBS. AVG.)
• **LOINS** (FLANK REMOVED) LB. **\$1.39**
- WHOLE (40 LBS. AVG.)
• **BONELESS ROUNDS** LB. **\$1.29**

• ABOVE ITEMS CUT FREE • PLACE YOUR ORDER THIS WEEK!

BRAND MEAT PRODUCTS SALE!

- SKINLESS
• **GRILL FRANKS** 2-LB. PKG. **\$2.19**
- FROZEN BEEF
• **STEAKETTES** (SIXTEEN 2-OZ. SERVINGS) 2-LB. BOX **\$1.99**
- IMPORTED SLICED
• **COOKED HAM** 12-OZ. PKG. **\$1.99**

BRAND WHOLE HICKORY SMOKED HAMS

(16-19 LBS. AVG.)

79c

• SHANK HALF LB. 89c • BUTT HALF LB. 99c
• SLICED QUARTERS LB. \$1.19

YOU SAVE 30c PER LB.

BRAND U.S. CHOICE BEEF

- FAMILY ROASTS** (FULL-CUT) LB. **77c**
- BRAND U.S. CHOICE BEEF
FAMILY STEAKS LB. **87c**
- BRAND U.S. CHOICE BEEF BONELESS TOP OR
BOTTOM ROUND ROASTS LB. **\$1.49**

BRAND U.S. CHOICE LEAN BONELESS STEW BEEF LB. **\$1.39**

SUNNYLAND **SMOKED SAUSAGE** 1-LB. 6-OZ. PKG. **\$1.49**

TALMADGE FARMS **FRANKS** 2 12-OZ. PKGS. **\$1.00**

BRAND U.S. CHOICE BEEF

FAMILY PACK N.Y. STRIP STEAKS
(TEN 8-OZ. STEAKS OR FIVE 16-OZ. STEAKS)

\$ 9.95

5-LB. PKG.

YOU SAVE \$3.50

PALMETTO FARM

HEAT & SERVE

- **CHILI** 8-OZ. CUP **39c**
- **HAM SALAD** 8-OZ. CUP **79c**
- **CHICKEN SALAD** 8-OZ. CUP **79c**
- **CHEESE SPREAD** 1-LB. CUP **99c**

BRAND U.S. CHOICE BEEF

BONELESS SHOULDER ROASTS

\$ 1.59

LB.

ALL FLAVORS SUPERBRAND

ICE CREAM OR SHERBET

68c

HALF-GAL. CTN.

YOU SAVE 21c

JESSE JONES FRESH

PORK SAUSAGE 12-OZ. ROLL **\$1.19**

JESSE JONES

SKINLESS FRANKS 1-LB. PKG. **\$1.19**

JUNE IS DAIRY MONTH!

- SUPERBRAND COTTAGE CHEESE 1-LB. CUP **69c**
- SUPERBRAND SOUR CREAM 1-LB. CUP **69c**
- SUPERBRAND YOGURT 4 8-OZ. CUPS **\$1.00**
- CRACKIN' GOOD BISCUITS 12-OZ. 2 CANS **35c**
- BORDEN'S AMERICAN SLICED CHEESE FOOD 12-OZ. PKG. **\$1.07**

SEAFOOD DEPARTMENT

- FRENCH FRIED FISH CAKES LB. **49c** 10-LB. BOX **\$4.49**
- BONELESS TURBOT FILLET LB. **89c**
- DRESSED CROAKER FISH LB. **59c**
- SEA MAID SHRIMP COCKTAIL 3 4-OZ. JARS **\$1.29**

HARVEST FRESH

PEACHES 4 LBS. 98c

ASTOR FROZEN FOODS

- GREEN PEAS
- SPECKLED BUTTERBEANS
- MIXED VEGETABLES
- CAULIFLOWER

3 \$1.00

10-OZ. PKGS.

Hawaiian "Good Luck"

ti plant

ONLY **98c**

GUARANTEED TO GROW!

Supported by thousands of previous recipients... it was planted to bring Good Luck, Long Life, and Lasting Love.

It grows out of a bag - SO FAST THAT YOU CAN ALMOST SEE IT GROW! All you do is put the ti in water and watch it grow! When it grows, put it in a pot. The bigger the pot the bigger it will grow... from one to six feet tall. You can have this when you want. Order it by mail or phone - it's guaranteed.

ASTOR 100% PURE FLORIDA FROZEN

GRAPEFRUIT JUICE

\$ 1.39

6 6-OZ. CANS
OR
3 12-OZ. CANS

VINE RIPENED

CANTALOUPE

2 FOR 98c

SWEET & JUICY

FROZEN FRENCH FRIED **POTATOES** 5-LB. PKG. **\$1.29**

SUPERBRAND **WHIPPED TOPPING** 5-OZ. CUP **59c**

HARVEST FRESH **YELLOW CORN** 9 EARS **98c**

RED **DELICIOUS APPLES** LB. **38c**

HARVEST FRESH **CALIFORNIA LEMONS** DOZ. **78c**

HARVEST FRESH **CUCUMBERS OR BELL PEPPERS** 5 FOR **58c**

Northside Shopping Center
Edenton, N. C.

George Drawdy
Manager

AMA Benefits The Consumer

By Dr. Edward G. Bond, President of Chowan-Perquimans County Medical Society

Every time you bite into a piece of bread, sip a glass of clean water, sprinkle salt on a hamburger, or see a doctor, you are benefiting from things that were done, or are being done, for your better health by the Chowan-Perquimans County Medical Society and its parent organization, the American Medical Association.

For all of its 129 years, the AMA has been a consumer advocate for Americans' health. The AMA was probably the first organization to fight for clear stream laws and improved public sanitation. It recommended the creation of the federal food and drug administration. It encouraged the development of enriched flour and iodized salt, played an important role in fortifying milk with vitamin D.

The basic work of the AMA is consumerist in nature: making sure that when you see a doctor you are consulting a man or woman who is not just a good physician but an excellent physician.

For your protection the AMA wages a continuing battle against quackery, quack products, pseudo-medicine and medical fraud. Organized medicine helps monitor the quality of care in hospitals and exerts strong pressure - in some cases requirements - on its members to keep abreast of new medical knowledge.

The AMA has encouraged the expansion of what is widely acknowledged to be the best medical education in the world. There has been a growth of 30 per cent in the number of American medical schools and 30 per cent growth in the number of physicians in the U. S. in the last ten years. The total number of students entering medical schools last fall was 69 per cent higher than it was ten years ago.

Infant mortality has dropped about 25 per cent in the last decade; longevity has increased. Public opinion polls consistently show that 80 to 90 per cent of the people are either "satisfied" or "well satisfied" with the medical care they receive. Eighty-six per cent of the people tell pollsters, "Yes, we have a family doctor we can call upon."

Recently the AMA has lobbied for increased federal funding for such programs as: assistance to medical students unable to finance their own tuition; support for a program to get physicians into underserved rural areas; Indian health; immunization; alcohol abuse; lead-based paint poisoning prevention; maternal and child health. The AMA is working with the Law Enforcement Assistance Administration to upgrade medical care in correctional institutions.

On the big issue of national health insurance, the AMA has lobbied in favor of a program of health insurance for everyone supported by U. S. general tax revenues but privately administered. While the AMA endorses national health insurance, it opposes a national health service along the lines of the British system.

Girl Scouts Open Camps

The Girl Scout Council of Greater Tidewater announces openings in the resident camps, Matoaka and Darden.

Programs offered include general camping, horseback riding, backpacking for beginners, arts, swimming and bike units. Any girl entering the fourth grade and older is invited to apply. A special session for handicapped girls will be offered in August.

Contact the Girl Scout Office, 314 West Bute Street, Norfolk, Va., 23510, or call 804-622-1871 for registration information.