

HELPING THE NEEDY
Channel Of Hope



Growing up in a refugee camp isn't much fun, but it does have some pleasurable moments.

A cool shower refreshes a little girl in the middle of a hot, dusty day. And a hand extended in friendship and concern is a channel of hope for weary refugees. In Thailand, as in countries throughout the world, Catholic Relief Services (CRS) is that channel of hope. CRS, the overseas arm and development agency of American Catholics, helps displaced people in need regardless of their religion, race or political leaning.

In Kampuchea (formerly Cambodia), in Thailand and in the border area between the two countries, CRS provides food, shelter, medical assistance, learning opportunities and rehabilitation for thousands of people whose lives have been disrupted by decades of war.

For more FREE information on CRS refugee work, write for "Cambodia Report," a 12-page color newspaper and/or "Channel of Hope," an illustrated brochure, to Catholic Relief Services, 1011 First Avenue, New York, N.Y. 10022.

QUICK QUIZ

Has your knowledge of the news kept pace with the latest milestones in the march of medicine? Take this quiz and find out.



1. Research on the endorphins may contribute to our knowledge of how the human body (a) responds to pain and painkillers (b) regulates growth (c) maintains constant temperature?
2. A significant recent development in oral contraceptives is (a) the use of lower amounts of estrogen (b) the use of Vitamin C (c) the male contraceptive?
3. The discovery of interferon may open new horizons for research in (a) immunology (b) aging (c) birth defects?
4. Amniocentesis is a procedure that can help people determine (a) if an unborn child has genetic defects (b) the cause of acute amnesia (c) their probable life expectancy.

ANSWERS: 1. (a) Endorphins, substances produced by the brain, may be involved in our ability to tolerate pain. 2. (a) The use of lower amounts of estrogen. 3. (a) Interferon, a bleeding agent, is used to maintain high effectiveness in the treatment of leukemia. 4. (a) Interferon, a bleeding agent, is used to maintain high effectiveness in the treatment of leukemia.

Eggs Are Best Buy In Protein

Eggs are one of the best protein buys available in the supermarket today.

According to specialists with the North Carolina Agricultural Extension Service, their low cost, good taste and high protein content make them the perfect basis for any meal - breakfast, lunch or supper.

Some people have asked whether yolks are lighter in color than they used to be. According to the extension specialists, they sometimes are.

The yolk color is almost completely dependent on the feed the hen eats. Birds that have access to grass, pasture, yellow corn or alfalfa in their diet tend to produce dark-colored yolks.

CASH DIVIDEND SPECIAL 1

CRISCO SHORTENING
3-LB. CAN **\$1.49**

WITH ONE FILLED CASH DIVIDEND CERTIFICATE

U.S. #1 WHITE POTATOES
10-LB. VENT VUE BAG **99¢**

WITH ONE FILLED CASH DIVIDEND CERTIFICATE

LIPTON TEA BAGS
BOX OF 100 **\$1.39**

WITH ONE FILLED CASH DIVIDEND CERTIFICATE

DAWN DISH DETERGENT
22-OZ. BTL **29¢**

WITH ONE FILLED CASH DIVIDEND CERTIFICATE

CASH DIVIDEND SPECIAL 2

TIDE DETERGENT
20-OZ. BOX **19¢**

WITH ONE FILLED CASH DIVIDEND CERTIFICATE

BOUNTY PAPER TOWELS
JUMBO ROLL **39¢**

WITH ONE FILLED CASH DIVIDEND CERTIFICATE

KELLOGG'S CORN FLAKES
18-OZ. BOX **39¢**

WITH ONE FILLED CASH DIVIDEND CERTIFICATE

ASTOR FROZEN ORANGE JUICE
16-OZ. CAN **39¢**

WITH ONE FILLED CASH DIVIDEND CERTIFICATE

CASH DIVIDEND SPECIAL 3

W-D BRAND 100% PURE GROUND BEEF
1-LB. HANDI-PAK **99¢**

WITH ONE FILLED CASH DIVIDEND CERTIFICATE

W-D BRAND WHOLE HOG PORK SAUSAGE
1-LB. ROLL **79¢**

WITH ONE FILLED CASH DIVIDEND CERTIFICATE

CREST TOOTHPASTE
7-OZ. TUBE **79¢**

WITH ONE FILLED CASH DIVIDEND CERTIFICATE

THRIFTY MAID APPLE JUICE
32-OZ. BTL **9¢**

WITH ONE FILLED CASH DIVIDEND CERTIFICATE

SAVE WITH

WINN-DIXIE

THE BEEF PEOPLE

AMERICAN OWNED. AMERICAN OPERATED.

- PRICES GOOD THRU SAT. SEPT. 6TH
- NONE TO DEALERS • WE RESERVE THE RIGHT TO LIMIT QUANTITIES
- ©COPYRIGHT 1980 WINN-DIXIE RALEIGH, INC.

NOBODY SAVES YOU MORE WITH OUR EXCITING PROGRAM ...

Cash Dividends

DOUBLE CASH DIVIDEND SPECIALS!

SAVE 30c

ASTOR COFFEE
1-LB. CAN **\$2.59**

WITH \$7.50 OR MORE ORDER (LIMIT 1 OF CHOICE)

SAVE 30c

MAXWELL HOUSE COFFEE
1-LB. BAG **\$2.69**

SAVE 50c PER LB.

U.S. CHOICE BEEF "UNTRIMMED" WHOLE (9-11 LBS. AVG.) BONELESS SIRLOIN TIPS
1-LB. **\$1.99**

SLICED FREE

HERE'S HOW IT WORKS!

1. Fill in Cash Dividend certificate on each purchase.
2. Get 1 Cash Dividend coupon for each 10¢ purchase.
3. Paste 20 Cash Dividend coupons on each Certificate.
4. When you check out, present your Cash Dividend Certificate to each cashier for cash.

SAVE 20c

LILAC BATHROOM TISSUE
4 ROLL PKG. **59¢**

WITH \$7.50 OR MORE ORDER (LIMIT ONE)

- 12-OZ. CAN THRIFTY MAID LUNCHEON MEAT ... 99c
- 40-OZ. JAR DEEP SOUTH PEANUT BUTTER ... \$1.99
- 24-OZ. JAR TROPICAL STRAWBERRY PRESERVES ... 99c
- 16-OZ. PKG. THRIFTY MAID SPAGHETTI OR ELBOW MACARONI ... 2 FOR \$1.00
- 32-OZ. JAR THRIFTY MAID SPAGHETTI SAUCES ... 99c
- 10 1/2-OZ. CAN THRIFTY MAID TOMATO SOUP ... 19c
- 6 1/2-OZ. CAN CHICKEN-OF-THE-SEA CHUNK LIGHT TUNA ... 89c
- 200-CT. BOX ARROW FACIAL TISSUE ... 2 FOR \$1.00
- 10-CT. PKG. ARROW TRASH CAN LINERS ... \$1.09
- 1-LB. BOX CRACKIN' GOOD SALTINES ... 2 FOR \$1.00
- 150-CT. PKG. ARROW 9-INCH WHITE PLATES ... \$1.49
- 80-CT. ARROW 9-OZ. GOLD CUPS ... \$1.29

SAVE 30c

DEEP SOUTH SALAD DRESSING
QT. JAR **69¢**

WITH \$7.50 OR MORE ORDER (LIMIT 1 OF CHOICE)

SAVE 40c

KRAFT MIRACLE WHIP
QT. JAR **99¢**

THE BEEF PEOPLE

- W-D BRAND U.S. CHOICE BEEF BONELESS TOP ROUND STEAKS ... lb. \$2.99
- W-D BRAND U.S. CHOICE BEEF CUBED STEAKS ... lb. \$3.29
- W-D BRAND U.S. CHOICE BEEF GROUND ROUND ... lb. \$1.99
- W-D BRAND U.S. CHOICE BEEF BLADE-CUT CHUCK ROASTS ... lb. \$1.79
- W-D BRAND U.S. CHOICE BEEF CENTER-CUT CHUCK ROASTS OR STEAKS ... lb. \$1.99
- W-D BRAND U.S. CHOICE BEEF CALIFORNIA ROASTS ... lb. \$1.99
- W-D BRAND U.S. CHOICE BEEF BONELESS N.Y. STRIP STEAKS ... lb. \$4.99
- U.S. CHOICE BEEF WHOLE OR HALF (SLICED FREE) N.Y. STRIPS ... lb. \$4.39

PEPSI-COLA
2-Liter **99¢**

NO RETURN BTLS. EA.

BUDWEISER BEER
12-OZ. CANS **\$1.85**

CTN OF 6

SAVE 70c PER LB. ON W-D BRAND

U.S. CHOICE BEEF BONELESS SIRLOIN TIP ROASTS
1-LB. **\$2.49**

STEAKS ... lb. \$2.69

MEAT VALUES

- TURKEY HINDQUARTERS ... lb. 49c
- PINKY PIG FRESH PORK ECONOMY CHOPS ... lb. \$1.09
- PINKY PIG FRESH PORK CENTER-CUT CHOPS ... lb. \$1.99
- 1-LB. PKG. HICKORY SWEET SLICED BACON ... \$1.39
- H&G WHITING ... lb. 49c 5-LB. BOX \$2.39
- OCEAN PERCH FILLETS ... lb. \$1.39
- FILLET OF FLOUNDER ... lb. \$1.99
- 12-OZ. PKG. SWIFT'S SIZZLEAN ... \$1.39

24-OZ. LOAF DIXIE DARLING SANDWICH BREAD ... 3 FOR \$1.00

Winn-Dixie's "Fair Deal"

SAVE UP TO 40%

ON RIDE & ADMISSION TICKETS TO THE N.C. STATE FAIR!

Order Your Advance Tickets thru The Mall With Winn-Dixie's "Fair Deal" Coupons. You'll Enjoy The Fun And Excitement Of North Carolina's Biggest Entertainment Value At The Biggest Savings Ever!

FREE "FAIR DEAL" COUPONS AVAILABLE EXCLUSIVELY AT ALL N.C. WINN-DIXIE STORES

love a fair

1980 North Carolina State Fair Oct. 17-25, Raleigh

THOMPSON SEEDLESS GRAPES
LB. **77¢**

- PRODUCE PATCH**
- EASTERN PEACHES ... 2 lbs. 89c
 - JUMBO HONEYDEWS ... ea. \$1.49
 - CRISP CUCUMBERS 7 FOR 99c
 - 3-LB. BAG CRISP CARROTS ... 69c
 - 3-LB. 2&G U.S. #1 YELLOW ONIONS ... 89c
 - 3-LB. BAG EASTERN GOLDEN DELICIOUS APPLES ... \$1.39
 - YELLOW CORN ... 6 BARS 99c
 - 8-OZ. PKG. HARVEST FRESH MUSHROOMS ... 99c

- FROZEN FOODS**
- PKG. OF 12 SUPERBRAND FUDGE BARS OR TWIN POPS ... 99c
 - 11-OZ. FOX DELUXE PIZZAS ... 89c
 - 14-OZ. PET BIZZ CREAM PIES ... 69c
 - 24-OZ. PKG. ASTOR BROCCOLI SPEARS ... 99c
 - 12-OZ. CAN NATURAL SUN LEMONADE ... 2 FOR 99c

- DAIRY DEPARTMENT**
- 1-LB. CTN. SUPERBRAND MARGARINE 3 FOR \$1.19
 - 8-OZ. CAN SWISS OR BUTTERBREAD BISCUITS ... 6 FOR \$1.19
 - 8-OZ. CUP SUPERBRAND SWISS-STYLE YOGURT ... 3 FOR \$1.19
 - 24-OZ. CUP SUPERBRAND COTTAGE CHEESE ... \$1.39
 - 12-OZ. KRAFT AMERICAN CHEESE ... \$1.59
 - 12-OZ. STICK KRAFT CHEDDAR CHEESE ... \$1.99

SAVE 30c

THRIFTY MAID (ASSORTED FLAVORS) ICE MILK
HALF GAL **99¢**