

# Healthy New Year

Many New Year's resolutions involve health improvement. We vow, for example, to lose weight, stop smoking or eat a more balanced diet. The Better Business Bureau advises those that are planning to turn over new, healthier leaves that they should resolve, just as firmly to avoid falling victim to quacks who promise quick and easy results -- at a price.

The desire to improve oneself is only one of many human traits on which 20th century 'snake oil salesmen' try to turn a profit. Others include fear, ignorance and hopelessness. In each case the quack offers a fast, easy way to get the desired results by bypassing doctors or other professionals. In some cases, the quack's way is portrayed as the only way. Be warned; quackery is useless 'at best and often is harmful.

**Play On The Emotions**  
Overweight persons are the target of one of the most widespread forms of quackery; weight reduction 'plans' that require no dieting, calorie counting or exercise. Testimonials that play on the emotions of prospective customers promise dramatic results in a remarkably short time. The 'plan' usually requires the purchase of pills, tight-fitting belts or undergarments, vibrating machines or other devices. Trying to lose weight without consulting a doctor can be dangerous, especially if pills are in-

## Consumer Tips

involved. Losing weight requires that fewer calories be taken in than are burned up in exercise and normal activities, & maintaining weight loss requires that these quantities be kept in balance. Anyone seriously interested in losing weight can get good advice from a doctor. Usually, he will prescribe a restricted but healthy diet, often advising a daily program of moderate exercise. As in dieting, will power is the key to a stop-smoking resolution. Products such as pills, gum, cigarettes made from substances that contain no nicotine, or devices that reduce the amounts of nicotine and tars that are ingested, help temporarily at best. The smoker who wants to become a former smoker must do it the hard way, perhaps with the aid of a stop-smoking clinic that is supervised by professionals. Many impose a small fee or none at all.

The family doctor is the person to consult about eating better foods. 'Health foods' often are no more valuable than regular grocery items that are more available and less expensive. The varieties of vitamins available in stores usually aren't needed by persons who eat balanced meals. Again, a doctor can advise whether or not a particular supplement is needed.

**'Special' Machines And 'Secret' Formulas**  
Only a small portion of a huge health fraud industry are self-improvement quacks. There are cancer quacks, arthritis quacks, diabetes quacks, and quack psychiatrists, to name only a few.

LIMIT 1 WITH '7" OR MORE FOOD ORDER

**DUKES**  
MAYONNAISE  
32 OZ. JAR **86¢**

LIMIT 4 WITH '7" OR MORE FOOD ORDER

**CHEK DRINKS**  
28 OZ. BTL. **4**

LIMIT 1 WITH '7" OR MORE FOOD ORDER

**WESSON OIL**  
48 OZ. BTL. **\$1.69**

**BUNKER HILL BEEF STEW**  
23 OZ. CAN **99¢**

**LUCK'S BLACK EYE PEAS**  
17 OZ. CANS **3**



**HAVE A HAPPY AND SAFE NEW YEAR!**  
**HOLIDAY HOURS**  
We will be open New Year's eve regular store hours... Open New Year's Day til 7:00 P.M.

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Start the New Year off with these savings...  
**Nobody saves you more than Winn-Dixie!**

**FROM THE HARVEST FRESH PRODUCE PATCH**

**HARVEST FRESH U.S. NO. 1 WHITE POTATOES**  
10 LB. VENT-VUE BAG **79¢**

HARVEST FRESH SWEET POTATOES... 4 LBS. **88¢**  
HARVEST FRESH RUTABAGAS... LB. **17¢**  
HARVEST FRESH COUNTRY STAND MUSHROOMS... 8 OZ. PKG. **89¢**  
HARVEST FRESH SALAD TOMATOES... LB. **39¢**

**HARVEST FRESH COLLARDS** LARGE BUNCH **59¢**  
**HARVEST FRESH GREEN CABBAGE** LB. **13¢**

**FROSTY SAVINGS FROM OUR FROZEN FOOD DEPARTMENT**

**FOX DE LUXE PIZZAS** ALL VARIETIES **78¢**  
11 OZ. PKG. SUPERBRAND WHIP TOPPING... 3 8 OZ. CUPS **\$1.09**  
SEA PAK ROUND OR FANTAIL SHRIMP N' BATTER... 16 OZ. PKG. **\$1.89**

**MORTON POT PIES** 3 8 OZ. PKGS. **89¢**  
**SUPERBRAND ICE CREAM SANDWICHES** 12 CT. PKG. **\$1.29**

**FROM THE W-D DAIRY**

**STA-FIT OR REGULAR COTTAGE CHEESE** LB. CUP **2 \$1.39**  
**SUPERBRAND EGG NOG**... HALF GAL. **\$1.99**  
**KRAFT PHILADELPHIA CREAM CHEESE**... 8 OZ. PKG. **75¢**  
**SUPERBRAND ALL VARIETIES NATURAL & SWISS YOGURT**... 4 8 OZ. CUPS **\$1.00**  
**KRAFT DELUXE CHOICE AMERICAN CHEESE**... 12 OZ. PKG. **\$1.59**  
**SUPERBRAND SOUR CREAM**... 8 OZ. CUP **39¢**  
**BALLARD OVEN READY OR BUTTERMILK BISCUITS**... 4 7.5 OZ. CANS **89¢**

**DUCHESS ASSORTED PAPER TOWELS**... 2 LARGE ROLL **79¢**  
**KRAFT 1000 ISLAND DRESSING**... 16 OZ. BTL. **89¢**

**JACQUES BONET DRY CHAMPAGNE, PINK CHAMPAGNE, OR COLD DUCK**  
750 ML. BOTTLE **\$1.99**

**CRAKIN GOOD TWIN PAK REG. OR WAVY POTATO CHIPS**... 8 OZ. PKG. **58¢**  
**THRIFTY MAID CHOPPED TURNIPS, COLLARD GREENS**... 4 15 OZ. CANS **\$1.00**  
**THRIFTY MAID APPLESAUCE**... 50 OZ. JAR **89¢**  
**AUNT JEMMA QUICK GRITS**... 3 21 B. BAG **\$1.00**  
**THRIFTY MAID VEGETABLE OR CHICKEN NOODLE SOUP**... 4 10 1/2 OZ. CANS **\$1.00**  
**CRAKIN GOOD SALTINES**... 2 16 OZ. PKGS. **\$1.00**

**THRIFTY MAID DRY BLACK EYE PEAS**  
1 LB. BAG **29¢**

**TROPICANA ORANGE JUICE**  
64 OZ. JUG **\$1.19**

**SUPER STEAK SALE!**

**W-D BRAND U.S. CHOICE BONE-IN SIRLOIN**  
LB. **\$2.69**

**W-D BRAND U.S. CHOICE T-BONE**  
LB. **\$2.79**

**W-D BRAND U.S. CHOICE PORTERHOUSE**  
LB. **\$2.89**

**W-D BRAND ALL VARIETIES FRANKS**... 12 OZ. PKG. **99¢**  
**W-D BRAND ALL VARIETIES SLICED BOLOGNA**... 12 OZ. PKG. **99¢**  
**PINKY PIG BRAND FRESH PORK FULL 1/2 LOIN ASST. CHOPS**... LB. **\$1.38**  
**OSCAR MAYER ALL VARIETIES SLICED BOLOGNA**... 8 OZ. PKG. **99¢**  
**OSCAR MAYER FRESH LINK SAUSAGE**... LB. **\$1.69**  
**CLAUSSEN ALL VARIETIES PICKLES**... 32 OZ. JAR **\$1.19**

**W-D BRAND U.S. CHOICE BONELESS FULL CUT ROUND STEAK**... LB. **\$2.49**  
**W-D BRAND U.S. CHOICE BONELESS TOP ROUND ROAST**... LB. **\$2.49**  
**W-D BRAND U.S. CHOICE BONELESS TOP ROUND STEAK**... LB. **\$2.59**  
**JAMESTOWN OR PINKY PIG HOT OR MILD PORK SAUSAGE**... 1 LB. PKG. **79¢**  
**CARL BUDDIG ALL VARIETIES SLICED MEATS** 2 1/2 OZ. PKGS. **99¢**  
**SUNNYLAND RED HOT SMOKED SAUSAGE**... 20 OZ. PKG. **\$1.79**

**HICKORY SWEET SLICED BACON**  
1 LB. PKG. **99¢**  
2 LB. PKG. **\$1.19**

**W-D BRAND HANDI-PAK PURE GROUND BEEF**  
● 1 LB. PKG. ● 5 LB. PKG. **\$1.19**  
● 2 LB. PKG. ● 10 LB. PKG.

**W-D BRAND WHOLE HOG SAUSAGE**  
HOT MED OR MILD 2 LB. ROLL **\$2.37**  
1 LB. ROLL **\$1.19**

**W-D BRAND PICKLE & PIMENTO LOAF**... 1 LB. PKG. **\$1.29**  
**W-D BRAND U.S. CHOICE SOUTHERN PRIDE CUBE STEAK**... LB. **\$2.69**  
**W-D BRAND SPICED LUNCH MEAT**... 1 LB. PKG. **\$1.49**  
**OLD HICKORY BAR-B-QUE**... 1 LB. CUP **\$1.99**  
**STAR BRAND B-B-QUE SLAW**... 15 OZ. CUP **69¢**  
**TASTY BIRD FRYER LIVERS**... 1 LB. CUP **79¢**

**W-D BRAND U.S. CHOICE BONELESS BOTTOM ROUND ROAST**... LB. **\$2.49**  
**PINKY PIG BRAND FRESH PORK CENTER CUT PORK CHOPS**... LB. **\$1.78**  
**TASTE-O-SEA H & G WHITING**... LB. **79¢**  
**TASTE-O-SEA FILET FLOUNDER**... LB. **\$2.29**  
**ODUM'S TENN. PRIDE SAUSAGE BISCUITS**... 8 1/2 OZ. PKG. **\$1.39**  
**HORMEL SLICED BACON**... 12 OZ. PKG. **\$1.19**

**BONELESS FRESH HOG JOWLS**  
SMOKED LB. **59¢**  
LB. **49¢**

**W-D BRAND ALL VARIETIES FRANKS**  
1 LB. PKG. **\$1.29**

**HOLLY FARMS FRYER BREAST**  
U.S. GRADE A CHICKEN BREASTS  
LB. **89¢**

**W-D BRAND ALL VARIETIES SLICED BOLOGNA**  
1 LB. PKG. **\$1.29**

**W-D BRAND COOKED HAM OR PICNIC**  
12 OZ. PKG. **\$1.99**

**Food Stamps Go Further At W-D**

<b>1000 Waughtown Street</b> Monday-Saturday 8:00-10:00 Sunday 12:00 to 7:00	<b>Thruway Shopping Center</b> Monday-Saturday 8:00 to 10:00 Sunday 12:00 to 9:00	<b>Pine Brook Plaza Shopping Center</b> Monday-Saturday 8:00 to 9:00 Sunday 12:00 to 7:00	<b>Parkview Mall</b> Monday-Saturday 9:00 to 10:00 Sunday 12:00 to 9:00	<b>3 Oaks Plaza 811 Merita St. Mt. Airy</b> Monday-Saturday 8 A.M. to 10 P.M. Sunday 10 A.M.-7 P.M.	<b>Village Square Shopping Center Rural Hall, N.C.</b> Monday-Saturday 8 to 9 Sunday 1-7	<b>Walkertown Shopping Center</b> Monday-Saturday 8:00 to 10:00 Sunday 1:00 to 7:00
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