

Losing Weight

By JOAN GOSPER
N.C. State University

If losing weight is one of your New Year's resolutions, some of the diet gimmicks on the market may seem attractive.

Unfortunately, these gimmicks are aimed at your pocketbook, not your waistline. "Over-the-counter appetite depressants and quick-and-easy weight loss diets beckon the consumer with the magical claims for weight loss, but there is no magical way to safely lose weight quickly," says Sarah Hinton, extension foods and nutrition specialist, North Carolina State University.

Dietetic foods are also not necessary. Many dietetic foods, such as candies, cookies and cake mixes, contain a form of sugar different from table sugar but are just as high in calories. They are meant for the diabetic rather than the dieter.

ENGAGED

Was there an engagement ring in your Christmas stocking?

Now is the time to talk over financial matters," says Dr. Thelma Hinson, extension family resource management specialist. Many families argue over money matters. "Problems occur when two people have different financial goals and attitudes toward money."

Before they tie the knot couples should talk over how they plan to make and spend money, how they feel about savings, investments and long-range goals. Once they see their differences, they can develop a plan, with each one doing some giving and taking.

This is also a good time to discuss who will keep the family's records. "Somebody has to assume the leadership, but it has to be a joint decision," Dr. Hinson says.

BIG APPETITES

If you were a member of an average family of four in 1983, you all consumed about 2½ tons of foods, says Rachel Kinlaw, foods and nutrition specialist, North Carolina State University.

This includes 629 pounds of red meat; 1,233 pounds of dairy products; 51 pounds of seafood; 88 dozen eggs; 336 pounds of fresh vegetables; and 598 pounds of flour and other cereal products.

One U.S. farm family feeds 78 people -- 52 in this country and 26 abroad. Total agricultural production is more than twice the levels of 1930, even though the agricultural resource base has not changed much.

Because of our farmers' productivity, food costs 16.6 percent of our disposable income today, compared with 17 percent just five years ago and 23 percent in 1951.

To clean pewter, wash it with hot water and a mild detergent. Rinse and dry it thoroughly. Never clean pewter in the dishwasher or use an abrasive cleaner.



COTTONELLE
BATHROOM TISSUE
4 ROLL PKG.
79¢
LIMIT ONE WITH \$10.00 OR MORE FOOD ORDER



DEL MONTE
CATSUP
32 OZ. BTL.
79¢
LIMIT ONE WITH \$10.00 OR MORE FOOD ORDER



GOLD MEDAL
OR **RED BAND**
FLOUR
5 LB. BAG
49¢
LIMIT ONE OF CUSTOMERS CHOICE WITH \$10.00 OR MORE FOOD ORDER



HOLLY FARMS
U.S.D.A. **GRADE A**
WHOLE FRYERS
LB. 69'
59¢
CUT UP FRYERS

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THE VERSATILE U.S.D.A. CHOICE UNTRIMMED BONELESS **WHOLE ROUND TIP**

FROM WINN-DIXIE
See your market manager to have one cut right for you!

1. use whole as roast
- or —
2. cut into roast and steaks for swiss or country steak
3. and beef stew
4. and ground round



9 TO 11 LB. AVG. UNTRIMMED U.S.D.A. CHOICE **WHOLE BONELESS ROUND TIPS**
\$1.68 LB.

CUT FREE INTO ROAST, STEAKS, AND TRIMMINGS. 10¢ PER POUND CHARGE FOR CUBING.



2 TO 4 LB. AVG. FULLY COOKED **HICKORY SWEET BONELESS BUFFET HAMS**
\$1.98 LB.

W-D BRAND U.S. CHOICE BONELESS ROUND TIP ROAST LB. \$2.58

W-D BRAND U.S. CHOICE BONELESS ROUND TIP STEAK LB. \$2.68



PINKY PIG BRAND FRESH PORK CHOPS
5 RIB • 5 SIRLOIN
\$1.29 LB.

PINKY PIG BRAND FRESH PORK CENTER CUT LOIN CHOPS LB. \$2.59

PINKY PIG BRAND FRESH PORK CENTER CUT RIB CHOPS LB. \$2.49



W-D BRAND U.S. CHOICE BONELESS TOP ROUND STEAK
\$2.88 LB.

BONELESS BOTTOM ROUND STEAK LB. \$2.78

PLANTATION FRESH QUAIL EACH 99¢

PLANTATION FRESH QUAIL 4 PACK \$3.96

W-D BRAND U.S. CHOICE STEAK LONDON BROIL LB. \$2.98

W-D BRAND ALL VARIETIES SLICED BOLOGNA OR FRANKS 12 OZ. PKG. 99¢



ARROW BLEACH
GAL. JUG
39¢
LIMIT ONE WITH \$10.00 OR MORE FOOD ORDER



GRAPEFRUIT JUICE
PINK SWEETENED UNSWEETENED THRIFTY MAID FLORIDA
46 OZ. CANS
2 \$1
LIMIT TWO WITH \$10.00 OR MORE FOOD ORDER



NESCAFE CLASSIC INSTANT COFFEE
10 OZ. JAR
\$3.49
LIMIT ONE WITH \$10.00 OR MORE FOOD ORDER

1 1/2 LITER BTL. CARLO ROSSI MTN. RHINE, BURGUNDY, CHABLIS OR VIN ROSE **WINE** \$2.79

THRIFTY MAID PINTO BEANS 2 LB. BAG 63¢
CASTLEBERRY VINEGAR OR REGULAR
BAR-B-Q PORK 10 OZ. CAN 79¢
CHEK (ALL FLAVORS) 2 LITER BTL. 79¢
DRINKS SUNBELT WHITE OR YELLOW TOWELS 2 LARGE ROLLS \$1.00

6 PACK 12 OZ. CANS **BUSCH PREMIUM BEER** \$1.89



PURE VEGETABLE WESSON OIL
48 OZ. BTL.
\$1.69
LIMIT ONE WITH \$10.00 OR MORE FOOD ORDER



HARVEST FRESH ICEBERG LETTUCE
HEADS
2 \$1



SUPERBRAND MARGARINE
QTRS. 1 LB. PKGS.
3 \$1

ASTOR SUPERBLEND REGULAR, ADC. OR EL PERK **COFFEE** 13 OZ. BAG \$1.79
FISCHER TAGLESS **TEA BAGS** 100 CT. PKG. \$1.19
ASTOR **COFFEE CREAMER** 22 OZ. JAR \$1.49
THRIFTY MAID **SPAGHETTI** 4 OZ. PKGS. \$1.00

RETURNABLE 8 PACK 16 OZ. BTL. **PEPSI COLA** \$1.59
LIMIT 2-8 PACKS WITH \$10.00 OR MORE FOOD ORDER

SUPERBRAND STA FIT OR REGULAR **COTTAGE CHEESE** 32 OZ. CUP \$1.49
SUPERBRAND **SOUR CREAM** 16 OZ. CUP 79¢
SUPERBRAND SLICES OF **CHEESE FOOD** 12 OZ. PKG. \$1.39
SUPERBRAND HALF-MOON LONGHORN **CHEESE** 10 OZ. PKG. \$1.59

Price Breaker Canned Goods!



16 OZ. CANS **PRICE BREAKER TOMATOES**
4 FOR \$1
LIMIT FOUR WITH \$10.00 OR MORE FOOD ORDER



16 OZ. CANS **PRICE BREAKER SWEET PEAS**
4 FOR \$1
LIMIT FOUR WITH \$10.00 OR MORE FOOD ORDER



15 OZ. CANS **PRICE BREAKER HALVES PEACHES**
39¢
LIMIT THREE WITH \$10.00 OR MORE FOOD ORDER



TROPICANA ORANGE JUICE
GOLD 'N PURE 100% PURE FLORIDA
5 LB. POLY BAG **HARVEST FRESH WHITE POTATOES** 99¢
5 LB. BAG **HARVEST FRESH BROCCOLI** 99¢

FROZEN FOODS
SUPERBRAND ALL FLAVORS **SHERBET OR ICE CREAM** HALF GAL. \$1.08
5 LB. BAG **FRENCH FRIED POTATOES** \$1.19
ASTOR FROZEN **ORANGE JUICE** 3 12 OZ. CANS \$2.49

New Hickory Tree Rd. & Hwy. 52 Midway, NC Monday-Saturday 8:00 to 9:00 Sunday 1:00 to 7:00	Thruway Shopping Ctr. Monday-Saturday 8:00 to 9:00 Sunday 12:00 to 7:00	Pine Brook Plaza Shopping Ctr. Monday-Saturday 8:00 to 9:00 Sunday 12:00 to 7:00	Parkview Mall Monday-Thursday 8:00 to 9:00 Friday-Saturday 8:00 to 10:00 Sunday 12:00 to 7:00	3 Oaks Plaza Mt. Airy Monday-Saturday 8:00 to 9:00 Sunday 10:00 to 7:00	Walkertown Shopping Ctr. Monday-Saturday 8:00 to 9:00 Sunday 1:00 to 7:00	Westwood Village Shopping Ctr. CLEMMONS Monday-Wednesday 8:00 to 9:00 Thursday-Saturday 8:00 to 10:00 Sunday 10:00 to 7:00	U.S. Hwy. 21 and Old CCC Camp Rd. ELKIN Monday-Saturday 8:00 to 9:00 Sunday 12:00 to 7:00
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