

# Recipes

From Page C3

and filling, the dish has only 462 calories a serving. Crisp Noodles with Chicken and Tofu is another quick-to-fix dish that is also easy on the budget. Diced tofu is briefly marinated in soy sauce, browned and combined with stir-fried celery. A can of chunky old fashioned chicken soup is added along with thinly sliced radishes. Served over crisp chow mein noodles, the dish is a delicious contrast of tastes and textures with only 378 calories in a serving.

## PORK BALLS LO MEIN

- 3/4 pound lean ground pork
- 1/4 pound soft tofu, crumbled
- 1/4 cup fine dry bread crumbs
- 2 tablespoons chopped green onions
- 2 tablespoons chopped water chestnuts
- 1 egg, slightly beaten
- 2 teaspoons soy sauce
- 1/2 teaspoon ground ginger
- 2 tablespoons salad oil
- 2 cups chopped bok choy (about 8 ounces)
- 3 cups cooked linguine noodles
- 1 can (19 ounces) Chunky Vegetable Soup

Calories per serving: 388

NOTE: Meatballs can be prepared ahead.

# Faulkner

From Page C4

visit your friends. Your former acquaintances seem to have forgotten that you exist.

This is the terrible reality. No one seems to care about anyone else. It seems that everyone has his own problems that occupy all of his time. Once you accept the reality of the world, you can then take some steps to resolve the terrible loneliness with which you are confronted.

But what do you do? People tend to find a fantastic number of ways to deal with loneliness. Some of the methods are good and some simply make the problem worse. Some of the escapes from loneliness are enter graduate school, join a singles club, use drugs, move to another city or visit discos. Some of these techniques may even create new problems. Following are a few steps that you can take to cope with loneliness:

1. Change your style of living. Volunteer your services to community organizations, join a church, try to spend more time around people and less time alone.
2. Rely on your own capabilities to solve your problems. Stop depending on other people who may actually be lonelier than yourself. You don't to be alone if you really do not want to be.
3. Use your time constructively. Exercise, improve your education, learn a skill, play sports. There are a lot of ways that you can fill your empty time with things that will make you a better person.
4. Find a person who understands your plight and with whom you can talk personally about your situation. A sympathetic acquaintance can provide you with a wonderful opportunity to release your pent-up frustrations.

# WINN DIXIE

THE BEEF PEOPLE

SAVE WITH

**GET YOUR SHARE OF FREQUENT BUYER SAVINGS AT ECKERD!**

**ECKERD**

SAVE A BUCK!

**GET YOUR SHARE OF FREQUENT BUYER SAVINGS AT HARDEE'S!**

**Hardee's**

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Get \$1 off Piedmont airfare for each filled Sav-A-Chek and there's no limit! Certain restrictions apply.

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**ONE HOUR DRY CLEANING**

Get \$1 off your cleaning order with one filled Sav-A-Chek at participating stores. Certain restrictions apply.

**SAVE-A-BUCK!**

**IT'S RIGHT FOR YOU!**  
**WINN DIXIE'S SAV-A-CHEK**

# FREQUENT BUYER SAVINGS PLAN™

**Star-Kis TUNA**

6 1/2 OZ. CAN IN OIL OR WATER

**CHUNK LIGHT STARKIST TUNA**

**9¢**

(WITH ONE FILLED SAV-A-CHEK)

**Purex Bleach**

15' OFF LABEL GALLON JUG

**PUREX BLEACH**

**19¢**

(WITH ONE FILLED SAV-A-CHEK)

**Chek Cola**

2 LITER ALL FLAVORS

**CHEK DRINKS**

**9¢**

EA. (WITH ONE FILLED SAV-A-CHEK)

**VIVA TOWELS**

ALL STYLES AND COLORS

LG. ROLL

**9¢**

(WITH ONE FILLED SAV-A-CHEK)

**Colgate**

3 OZ. TUBE

**TOOTHPASTE COLGATE**

**29¢**

(WITH ONE FILLED SAV-A-CHEK)

**Blue Bonnet**

1 LB. MARGARINE

QUARTERS

**BLUE BONNET**

**9¢**

(WITH ONE FILLED SAV-A-CHEK)

**Harvest Fresh Lettuce**

HARVEST FRESH

**LETTUCE**

**9¢**

HEAD (WITH ONE FILLED SAV-A-CHEK)

**Jamestown Pork Sausage**

MILD, OR HOT

**JAMESTOWN PORK SAUSAGE**

**39¢**

1 LB. PKG. (WITH ONE FILLED SAV-A-CHEK)

**HERE'S HOW IT WORKS...**

1. Ask for your Frequent Buyer Sav-A-Chek! It's free! Simply fill it with the amount of money you want to spend. You'll get a "Single" Sav-A-Chek coupon for every dollar you spend or a Sav-A-Chek "Roll" coupon for each ten dollars you spend. It's that easy! You'll want to be a Winn-Dixie Frequent Buyer!
2. You can cash your Frequent Buyer Sav-A-Chek! On every Winn-Dixie purchase, simply present your Sav-A-Chek to the cashier. The cashier will give you Frequent Buyer Sav-A-Chek the same savings add up! Shop Winn-Dixie! There's no limit on the number of Sav-A-Cheks that you can cash in on any one purchase.
3. Save a Buck on any participating Frequent Buyer purchase! That's right, your Winn-Dixie Frequent Buyer Sav-A-Chek is now worth \$1.00 off the purchase price of any item or service with at least one Frequent Buyer purchase and there's no limit to the number of Sav-A-Cheks that you can use on any one purchase. Some restrictions may apply.

**CRISCO**

3 LB. CAN

REGULAR FLAVOR

**CRISCO SHORTENING**

**\$1.98**

LIMIT ONE WITH \$10.00 OR MORE FOOD ORDER

**Maxwell House**

1 LB. BAG

REGULAR, EL. PERK. OR ADC

**COFFEE**

**MAXWELL HOUSE**

OR

**ASTOR**

**\$1.89**

LIMIT ONE OF CUSTOMER'S CHOICE WITH \$10.00 OR MORE FOOD ORDER

**W.D. BRAND**

U.S. CHOICE

**CHUCK ROAST**

W.D. BRAND U.S. CHOICE BONE-IN

**98¢**

LB. BONE-IN CHUCK STEAK LB. \$1.18

**DOLE CHUNK PINEAPPLE**

2 15 OZ. CANS

**79¢**

**LUCKY'S WITH PORK PINTO BEANS**

15 OZ. CAN

**39¢**

**HARVEST FRESH YELLOW CORN**

10 EARS

**\$1.79**

**DIET PEPSI, MT. DEW OR PEPSI COLA**

8 PACK 16 OZ. BTL. RETURNABLE

**\$1.69**

LIMIT 2-8 PACKS WITH \$10.00 OR MORE FOOD ORDER

**PREMIUM CHABLIS BLANC, RHINE, RED ROSE, OR HEARTY BURGUNDY WINE**

1 1/2 LITER BTL. GALLO

**\$2.89**

**PABST BLUE RIBBON BEER**

6 PAK 12 OZ. CANS

PREMIUM OR LIGHT

**\$1.79**

**CHARMIN BATHROOM TISSUE**

4 ROLL PKG. ALL COLORS

**98¢**

EA. LIMIT ONE WITH \$10.00 OR MORE FOOD ORDER

**FLORIDA ORANGE JUICE**

64 OZ. BTL. THRIFTY MAID

**99¢**

LIMIT ONE WITH \$10.00 OR MORE FOOD ORDER

**WHOLE BEEF TENDERLOINS**

U.S.D.A. CHOICE UNTRIMMED 5-9 LB. AVG.

**\$3.98**

LB.

**SOUTHERN BISCUIT**

5 LB. BAG PLAIN OR SELF RISING FLOUR

**69¢**

OR

**THRIFTY MAID**

**59¢**

EA. LIMIT ONE OF CUSTOMER'S CHOICE WITH \$10.00 OR MORE FOOD ORDER

**HARVEST FRESH PEACHES**

1 LB.

**29¢**

**FOOD STAMPS GO FURTHER AT WINN-DIXIE**

**SHERBET OR ICE CREAM**

HALF GALLON ALL FLAVORS

**99¢**

**HOLLY FARMS FRYER THIGHS**

U.S.D.A. GRADE A

**79¢**

LB.

**PALMETTO FARM PIMENTO CHEESE**

16 OZ. CUP

**\$1.19**

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**Westwood Village Shopping Ctr. CLEMMONS**

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Thursday-Saturday 8:00 to 10:00  
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