

Don't mix alcohol, medicine

Alcohol does not mix well with many medications. Antibiotics, anticoagulants, antidiabetic drugs including insulin, antihistamines, high blood pressure drugs, MAO inhibitors and sedatives an even aspirin can cause problems if taken with alcohol, says Dr. Mary Ann Spruill, extension foods and nutrition specialist, North Carolina State University.

Alcohol combined with antihistamines, tranquilizers or antidepressants may make a person too sleepy to drive a car or operate machinery.

Even aspirin and alcohol can cause problems. "Aspirin is an acid and can cause bleeding from the lining of the stomach. When aspirin is taken over a long period of time, such as for arthritis, there can be enough loss of blood to cause iron deficiency anemia. When alcohol and aspirin are taken together, there is an increased risk of gastric bleeding," Dr. Spruill says.

"A good rule of thumb is to avoid alcohol beverages when taking any type of prescription or over-the-counter medication," the extension specialist says.

Falls

From Page B10

frozen food section of your favorite supermarket. That is why you should check this section of the store each time you go shopping.

Experts agree that freezing is the best method of long-term food preservation in use today. Foods frozen according to correct procedures maintain appearance, flavor and vitamins better than canned or dried foods. However, both canned and dried foods are nutritious and highly accepted by preservation experts.

Many homemakers fail to make their freezers work for them because they freeze a limited variety of foods. Use your freezer to produce delicious meals when you want them and when you need them for your family and friends.

Recipes

From Page B9

CHOCOLATE-FROSTED ICEBOX CAKE

20 (about) whole graham crackers
2 packages (4-serving size) brand vanilla flavor instant pudding and pie filling
3 cups cold milk
1 container (4 oz.) Cool Whipped topping, thawed
1/4 cup ready-to-spread chocolate fudge frosting

Line 13x9-inch pan with some of the graham crackers, breaking crackers if necessary. Prepare pudding mix with milk as directed on package for pudding. Let stand 5 minutes, then blend in whipped topping. Spread half the pudding mixture over crackers. Add another layer of crackers; top with remaining pudding mixture and remaining crackers. Spread frosting carefully over top layer of crackers. Chill 3 hours. Makes 12 servings.

Jell-O and Cool Whip are registered trademarks of General Foods Corporation for a line of dessert food products and whipped toppings, respectively. If you wish to give a credit line, please use Jell-O and Cool Whip exactly as printed here, followed by the product name, for example, Jell-O instant pudding and pie filling and Cool Whip whipped topping.

WINN DIXIE'S FREQUENT BUYER MERCHANT OF THE WEEK!

\$2 FOR 1 SAV-A-CHEK

ONE HOUR MARTINIZING DRY CLEANING

This week you'll save a buck more at One Hour Martinizing Dry Cleaning. Redeem your filled Winn Dixie Sav-A-Cheks and get \$2.00 OFF on any dry cleaning purchase at participating One Hour Martinizing Stores. Sav-A-Cheks must be presented with incoming orders and are not valid with other specials. Please — only one Sav-A-Chek per order. Offer good July 11 thru July 17, 1984 Only!

SAVE WITH

THE BEEF PEOPLE

WINN DIXIE'S SAV-A-CHEK FREQUENT BUYER Savings Plan™

Save a buck or more at these participating merchants:

ECKERD

Save even more at participating Eckerd Drug Stores. Bring in a completed Sav-A-Chek and we'll give you \$1.00 OFF any \$5 purchase or more (excluding tobacco items and alcoholic beverages.) Fill up your Winn Dixie Sav-A-Cheks and save even more at Eckerd! Limit one Sav-A-Chek per transaction please

PIEDMONT AIRLINES

Completed Sav-A-Cheks are worth \$1.00 OFF the purchase of airfare on Piedmont Airlines. Any number of Sav-A-Cheks can be used with each purchase. Redeem Sav-A-Cheks at a participating travel agency, or at any Piedmont Airlines ticket counter or city ticket office in the Carolinas or Tri Cities Tennessee. Offer good on Piedmont flights only and cannot be used to purchase tickets involving another airline. Certain fares may be restricted.

Arrow Paper Towels

LARGE ROLL ALL COLORS

1¢

WITH ONE FILLED SAV-A-CHEK

18 1/2 OZ. BOX ALL FLAVORS DUNCAN HINES LAYER CAKE MIXES

29¢

WITH ONE FILLED SAV-A-CHEK

Lilac Detergent

42 OZ. BOX REGULAR OR NO PHOSPHATE

29¢

WITH ONE FILLED SAV-A-CHEK

Blue Bay Pink Salmon

15 1/4 OZ. CAN

99¢

WITH ONE FILLED SAV-A-CHEK

Margarine

QTRS. SUPERBRAND

2 29¢

WITH ONE FILLED SAV-A-CHEK

Minute Maid Lemonade

HALF GALLON MINUTE MAID

9¢

WITH ONE FILLED SAV-A-CHEK

White Cloud Bath Tissue

4 ROLL PKG. ALL COLORS

98¢

Arrow Bath Tissue

Soft Twin Ply

68¢

LIMIT 1 OF CUSTOMERS CHOICE WITH \$10.00 OR MORE FOOD ORDER

STEAK SALE!

SIRLOIN STEAK \$2.88 LB.

T-BONE STEAK \$2.98 LB.

PORTERHOUSE STEAK...LB. \$3.18

Wesson Oil

48 OZ. BOTTLE PURE VEGETABLE

\$1.99

LIMIT 1 WITH \$10.00 OR MORE FOOD ORDER

Lipton Tea Bags

100 CT. PKG.

\$1.79

LIMIT 1 WITH \$10.00 OR MORE FOOD ORDER

Blue Bay Tuna

6 1/2 OZ. CAN IN OIL OR WATER

39¢

LIMIT 2 WITH \$10.00 OR MORE FOOD ORDER

Boneless Chuck Roast

W-D BRAND U.S. CHOICE

\$1.48 LB.

BONELESS CHUCK STEAK...LB. \$1.58

Smoked Ham

W-D BRAND 16 LB. AVG. WHOLE OR FULL SHANK HALF NO CENTER SLICES REMOVED

88¢ LB.

FULL BUTT HALF...LB. 98¢

Diet Pepsi, Mt. Dew or Pepsi Cola

8 PACK 16 OZ. BTL. RETURNABLE

\$1.69

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

Gallo Wine

3 LITER BTL. RHINE, CHABLIS, BLANC, RED ROSE OR HEARTY BURGUNDY

\$5.29

AVAILABLE AT YOUR WINSTON SALEM AREA STORE ONLY!

Bud Light Beer

12 PAK 12 OZ. CANS

\$4.69

AVAILABLE AT YOUR WINSTON SALEM AREA STORE ONLY!

Winn Dixie Chek Drinks

REGULAR OR DIET

\$1.99

LIMIT 24 CANS (1 CASE) WITH \$10.00 OR MORE FOOD ORDER

U.S.A. Choice Beef

40/40 LB. AVG.

\$2.18 LB.

CUT AND WRAPPED FREE...APPROXIMATELY 5 SIRLOINS, 6 T-BONES 4 PORTERHOUSE, & 2 NEW YORK STRIP STEAKS

Superbrand Orange Juice

HALF GAL. SUPERBRAND 100% PURE FLORIDA

\$1.39

GALLON JUG...\$2.69

Harvest Fresh Western Cantaloupes

89¢ EA.

Ice Milk

HALF GALLON THRIFTY MAID ALL FLAVORS

89¢

Fudge Bars

12 CT. PKG. SUPERBRAND TWIN POPS OR

89¢

Superbrand Margarine Spread

3 LB. BOWL SUPERBRAND

\$1.39

<p>New Hickory Tree Rd. & Hwy. 52 Midway, NC Monday-Saturday 8:00 to 9:00 Sunday 12:00 to 7:00</p>	<p>Thruway Shopping Ctr. Monday-Saturday 8:00 to 9:00 Sunday 12:00 to 7:00</p>	<p>Pine Brook Plaza Shopping Ctr. Monday-Saturday 8:00 to 9:00 Sunday 12:00 to 7:00</p>	<p>Parkview Mall Monday-Thursday 8:00 to 9:00 Friday-Saturday 8:00 to 10:00 Sunday 12:00 to 7:00</p>	<p>3 Oaks Plaza 811 Merita St Mt. Airy Monday-Saturday 8:00 to 9:00 Sunday 10:00 to 7:00</p>	<p>Walmart Shopping Ctr. Monday-Saturday 8:00 to 9:00 Sunday 12:00 to 7:00</p>	<p>Westwood Village Shopping Ctr. CLEMMONS Monday-Thursday 8:00 to 9:00 Friday-Saturday 8:00 to 9:00 Sunday 12:00 to 7:00</p>	<p>U.S. Hwy. 21 and Old CCC Camp Rd. ELKIN Monday-Saturday 8:00 to 9:00 Sunday 12:00 to 7:00</p>
---	---	--	---	---	---	--	---