

# Four Good Reasons to Buy a Whole Round Tip!

1. Use Whole as Roast or cut into Roast.
2. And Steaks for Swiss or Country Steak.
3. And Stew Beef.
4. And Ground Round.



## Is Beef High in Cholesterol?

Three ounces of cooked lean beef contains 73 milligrams of cholesterol. By comparison, the same amount of roast chicken contains 78 mg; fried chicken, 74 mg; shrimp, 130 mg; cheddar cheese, 90 mg. Of course, the human body NEEDS cholesterol some 1,000 milligrams a day - and the body normally will manufacture the difference between the amount consumed and the amount it requires. The standard three-ounce serving of beef provides only about eight percent of the cholesterol the body needs. (SOURCE: National Cattlemen's Association)

Prices good Wed. July 9 thru Tues. July 15, 1986.



## U.S.D.A. Choice Boneless Whole Round Tips

9/11 lb. avg.

**138**

CUT INTO ROAST, STEAKS, TRIMMINGS AND WRAPPED IN FAMILY PACKS FREE

W-D Brand U.S. Choice Southern Pride Cube Steak lb. **248**

## Steak Sale!

W-D Brand U.S. Choice Boneless N.Y. Strip Steak **398** lb.

W-D Brand U.S. Choice Boneless Round Tip Roast **188** lb. Round Tip Steak ...lb. 1.98

W-D Brand U.S. Choice Boneless Top Sirloin Steak **298** lb.

W-D Brand Hot, Medium or Mild Whole Hog Sausage **149** 2 lb. Mild...2.97 1 lb. roll

W-D Brand U.S. Choice Boneless Top-Round Steak **268** lb.

Pinky Pig Brand Fresh Bone-in Boston Butt Pork Roast **149** lb.

W-D Brand U.S. Choice Boneless London Broil Steak **288** lb.

Ground Round **188** lb.

# DELI-BAKERY



Sliced or Shaved to Order: Lean Deli Ham **399** lb.



Free 6 ct. Kaiser Rolls with each pound of Deli Ham purchased!

-AVAILABLE AT DELI STORES ONLY-



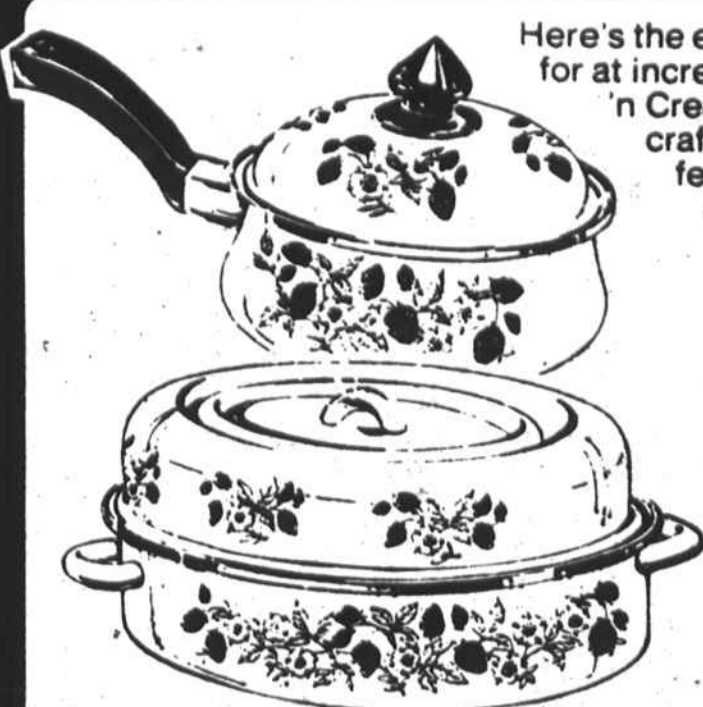
Deli Pride Hoop Cheese **249** lb.

Right for you with Convenient Locations ● Denotes Stores with Deli

● THRUWAY SHOPPING CTR. WINSTON SALEM, N.C. MONDAY-THURSDAY 8am to 9pm FRIDAY-SATURDAY 8am to 9:30pm SUNDAY 12 NOON TO 5 P.M.

● PINEBROOK PLAZA WINSTON SALEM, N.C. MONDAY-SATURDAY 8am to 9pm SUNDAY 12 NOON TO 5 P.M.

● 3000 WAUGHTOWN ST. WINSTON SALEM, N.C. MONDAY-THURSDAY 8am to 9pm FRIDAY-SATURDAY 8am to 10pm SUNDAY 12 NOON TO 5 P.M.



Here's the exciting cookware you've been waiting for at incredible savings! Attractive Strawberries 'n Cream gourmet cookware with fine crafted European styling and top quality features like high domed lids and gently rounded contours can now be yours at supermarket savings!

Collect an entire set of this delightful gourmet cookware on our convenient plan. Every week, we'll feature a different piece at great savings. To get you started, use the money-saving coupon below and save \$3 on the 1-qt. saucepan. Be sure and pick up each week's featured item when you shop. Before you know it, you'll have a beautiful set of cookware at fantastic savings!

## Beautifully Styled, Beautifully Priced

# SAVE up to 40%

on Strawberries 'n Cream Porcelain-on-Steel Cookware

## Clip this Coupon

Very Special Offer!

VALUABLE COUPON

This coupon is good for **\$3.00 OFF** towards the purchase of a 1 qt. OPEN SAUCEPAN with minimum \$10 purchase

WINN DIXIE America's Supermarket

with coupon \$1.99 without coupon \$4.99 Coupon good thru Tues. July 15, 1986.

COUPON

Check these quality features:

- Stainless steel flame guards prevent handles from being scorched.
- Colorful design is permanently fused - won't wear, scrub or wash off.
- Gleaming porcelain interiors resist staining and sticking - clean ups are a breeze!
- Snug-fitting dome covers seal in moisture and lock in flavor.

## COMING SOON Strawberries 'n Cream Coordinating Dinnerware

FOLLOW THIS SCHEDULE AND SAVE

Featured Week	Item	Special Retail with \$10 Purchase	Special Retail without Purchase
1	1 qt. Open Saucepan	\$1.99 (with \$3.00 coupon)	4.99
2	1 1/2 qt. Covered Saucepan	5.99	14.99
3	8 1/2" Open Fry Pan	9.99	14.99
4	2 1/2 qt. Covered Saucepan	11.99	16.99
5	10 1/4" Open Fry Pan	12.99	17.99
6	5 1/2 qt. Covered Dutch Oven	17.99	26.99
7	3 1/2 qt. Covered Casserole	14.99	21.99
8	6 1/2 qt. Covered Stew Pot	19.99	31.99
9	2 1/2 qt. Tea Kettle	19.99	31.99
10	Large Covered Roaster	19.99	31.99
Available Throughout the Program Open Warmer/Server		8.99	13.99

# WINN DIXIE

America's Supermarket.