

June Dairy
Observance
Is Slated

An appropriate theme, "Milk Measures Up," has been selected for the 40th June Dairy Month observance. First of all, milk measures up to high standards of quality as a fluid product. Cheeses, ice cream, yogurt, buttermilk, dry milk solids, evaporated milk, butter and other foods are often processed from this milk. Through the efforts of the dairy industry there is a constant, wholesome supply of milk twelve months of the year.

Milk measures up as an outstanding food. It is a source of important nutrients especially calcium, protein, and riboflavin. Milk is unusual for it is a beverage and a food. Milk and its products measure up to great enjoyment in eating.

Of all the great American dairy products, yogurt has been one of the least known. During Biblical times, people in the Middle East discovered yogurt. They found that when milk was left in a warm place, it thickened and developed a different tart flavor. More importantly, it had better keeping qualities. Surprisingly enough, yogurt did not appear in the United States until 1940.

Today, yogurt has moved from the health-giving food-faddest approach to a place in the diet as a smooth, elegant, good tasting and versatile food. Yogurt is a cultured milk product usually made from fresh, partially skim milk, enriched by the addition of nonfat dry milk to which a special culture of lactic acid bacteria has been added. The nutritive value of yogurt is the same as the milk from which it is made. Yogurt is available plain, flavored and in several styles. Be a label-reader when making a selection at the dairy counter in order to know specifically what your purchase is.

A few hints will be helpful in cooking successfully with yogurt. (1) Spare the heat. Low temperatures and short heating times are best or, like sour cream, yogurt may separate. (This won't hurt the flavor any, it might not make the food as attractive.) (2) To prevent separation stabilize yogurt by adding a small amount of flour or cornstarch. (3) Fold, do not stir yogurt into other ingredients and it will keep its consistency. (4) For baking, use only 1/4 teaspoon of baking soda for each cup of yogurt used. For a different flair to old favorite foods try yogurt in a dip with spring vegetables, a casserole and potato salad. You will think of numerous other ways to include yogurt in your meals.

SPRING GARDEN DIP

1/2 cup cottage cheese
1 tablespoon finely grated carrot
2 teaspoons finely grated onion

1 teaspoon finely grated green pepper
1/4 teaspoon salt
1/4 teaspoon garlic salt
Dash of white pepper
1 cup plain yogurt

In a small mixing bowl beat cottage cheese, blend in carrot, onion, green pepper, salt, garlic salt and pepper. Beat until fairly smooth. Fold in yogurt. Cover and chill. Use as a dip for chips or raw vegetables. Yields: approximately 1 1/2 cups.

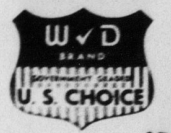
HAM AND NOODLE BAKE
1 package (8 oz.) medium noodles
1 pound cooked ham, cubed (about 3 cups)
1 cup plain yogurt

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(FINE FOR BAR-B-QUE)

W-D BRAND
U.S. CHOICE
BRAISING
BEEF RIBS



LB. **69¢**

- W-D BRAND U.S. CHOICE SIRLOIN STEAK. LB. \$1.79
- W-D BRAND U.S. CHOICE T-BONE STEAK. LB. \$1.89
- W-D BRAND U.S. CHOICE BONELESS (FULL CUT) ROUND STEAK. LB. \$1.69
- W-D BRAND U.S. CHOICE RIB EYE STEAK. LB. \$2.99
- W-D BRAND U.S. CHOICE BONELESS ROUND TIP STEAK OR ROAST. LB. \$1.59
- W-D BRAND U.S. CHOICE BONE-IN CHUCK STEAK. LB. 79¢
- W-D BRAND U.S. CHOICE SHORT RIBS OF BEEF. LB. 89¢
- W-D BRAND HANDI-PACK GROUND BEEF 5 LB. PKG. \$3.99
- JENNIE-O WHITE & DARK TURKEY PAN ROAST... 2 LB. SIZE \$2.39
- HOLLY FARMS U.S. GRADE A FRYER THIGHS, DRUMSTICKS, COMB-PACK OR FRYER BREAST. LB. 89¢
- W-D BRAND ALL VARIETIES SLICED BOLOGNA. 1 LB. PKG. \$1.09
- W-D BRAND ALL VARIETIES FRANKS. 1 LB. PKG. \$1.09

WEIGHT WATCHERS SPECIAL



SUPERBRAND
COTTAGE CHEESE
LB. CUP **299¢**

- SUPERBRAND ALL FLAVORS YOGURT... 5 8 OZ. CUPS \$1.00
- TASTE-O-SEA FILLET OF FLOUNDER OR PERCH. LB. \$1.39
- TASTE-O-SEA DRESSED WHITING. LB. 49¢

PORK

- FRESH PORK LOIN CENTER CUT CHOPS. LB. \$1.79
- FRESH PORK LOIN END CUT CHOPS. LB. 99¢
- SUNNYLAND SPECIAL SMOKED OR RED HOTS SAUSAGE. 24 OZ. PKG. \$1.69
- GWALTNEY SLICED BACON. 1 LB. PKG. \$1.29
- PLUMROSE CANNED HAM. 1 LB. SIZE \$1.99

IMPORTANT NOTICE
FOR
SUNDAY SHOPPERS
ALL PRICES IN THIS AD WILL BE GOOD THRU SUNDAY AT...
* KINGS MOUNTAIN PLAZA:
1107
SHOP EVERYDAY INCLUDING SUNDAY AND SAVE AT WINN-DIXIE.

QUANTITY RIGHTS RESERVED...PRICES GOOD THRU SUNDAY, JUNE 12, 1977.

THE

All W-D BRAND steaks and roasts are closely trimmed of excess bone and fat, BEFORE there're weighed and sold. You don't pay steak prices for meat scraps. When you buy W-D BRAND beef, you know what you're getting for your money...more choice meat...less waste.

BEEF PEOPLE

BONELESS W-D BRAND U.S. CHOICE
CHUCK ROAST
BONE-IN CHUCK ROAST **79¢** LB.
88¢ LB.

W-D BRAND U.S. CHOICE
CUBE STEAK
LB. **\$1.49**

FRESH PORK 1/4 LOIN
ASSORTED CHOPS
LB. **\$1.09**

QUALITY IS THE BIG DIFFERENCE
SLICED BEEF LIVER
LB. **49¢**

W-D BRAND U.S. CHOICE
BONELESS LEAN BONELESS STEW BEEF
LB. **99¢**

W-D BRAND
EXTRA LEAN GROUND BEEF
LB. **99¢**

WHOLE
LB. **38¢**

ARMOUR'S OLD FASHION HOOP CHEESE. LB. \$1.59
(LIMIT 4 PER CUSTOMER WITH FOOD ORDER)
Holly Farms
U.S. GRADE A
FRYERS CUT-UP
LB. **48¢**

TALMADGE FARMS
WHOLE OR HALF
REAL COUNTRY HAM
12/15 LB. AVG.
LB. **\$1.19**

CHECK THESE FROZEN FOOD VALUES!

THRIFTY MAID ICE MILK OR SUPERBRAND
SHERBET OR ICE CREAM
HALF GALLON **78¢**

SUPERBRAND
FUDGE BARS OR TWIN POPS
CT. PKG. **12 69¢**

SUPERBRAND
WHIP TOPPING
9 OZ. CUPS **2 88¢**

- PET RITZ CHOCOLATE, LEMON OR COCONUT CREAM PIE... 2 14 OZ. SIZE \$1.00
- RICH'S COFFEE RICH... 3 16 OZ. PKG. \$1.00

- MARINER FISH STICKS... 16 OZ. PKG. 59¢
- FOX DELUXE PEPPERONI, SAUSAGE, CHEESE OR HAMB. PIZZA. 13 1/2 OZ. PKG. 78¢

- MORTON FRIED CHICKEN. 32 OZ. SIZE \$1.99
- ASTOR CAULIFLOWER OR BABY LIMAS. 2 18 OZ. PKGS. 79¢

- MINUTE MAID 100% PURE FLORIDA ORANGE JUICE 2 6 OZ. CANS 69¢
- MINUTE MAID 100% PURE FLORIDA ORANGE JUICE. 16 OZ. CAN 89¢

WINN - DIXIE HELPS YOU EAT BETTER FOR LESS