

Council Bluffs Society

Mack-Lacey. In the Holy Family Catholic church on Thursday morning occurred the wedding of Miss Nellie F. Lacey and C. W. Mack...

Mrs. Tinley Entertains. A novel manner in which to entertain a group of friends was chosen by Mrs. M. A. Tinley for Saturday evening when Edna Ferber's play, "Twelve Hundred a Year," was read at the Tinley home.

Alumnae Bazar. Shrewd buyers took advantage of the St. Francis alumnae bazar, held last Thursday, and many attractive holiday purchases were made throughout the day and evening.

Charity Ball. Most pretentious are the plans for the charity ball, to be given Thursday evening, December 15. The fact that the Elks are sponsoring this affair, and that the cause is such a worthy one, is quite enough to insure success both socially and financially.

Tea. A beautiful tea, delightful in its informality, was given by Mrs. Harvey Harker Thursday afternoon complimentary to her mother, Mrs. H. S. Fullenlove, who is here from Louisville, Ky., for the winter.

For the Ex-Service Men. In Des Moines last Tuesday, Mrs. Donald Macrae, president of the Iowa American Legion auxiliary, met with the state hospitalization committee regarding plans for the ex-service men.

Bridge-Luncheon. Mrs. Oscar Baumeister of this city and Mrs. Frank Bender of Omaha entertained nine tables of guests last Monday at the home of the latter.

Episcopal Ladies Affairs. Two parties were given during the past week by the Episcopal ladies, for the organ fund of their church. The one on Wednesday at Mrs. A. W. Casady's was an afternoon affair with about 90 ladies present, and on Thursday evening Mr. and Mrs. W. L. Douglas opened their home for a reception, which was attended by more than 50 people.

Luncheon. An attractive luncheon was given on Friday by Mrs. O. D. Wheeler of 150 Glen avenue.

Dance Series. The second of the dances in a series of 14, which will be given this winter by the Elks, was held at the club house last Monday.

To Entertain. Invitations have been issued by Mrs. Horace Pierce to a bridge-luncheon at her home on Tuesday, December 6.

Anticipated Visitors. Dr. and Mrs. Donald Macrae received a wire on Thursday from their daughter, Mrs. Clifford Wolfe of Rockland, Me., stating that she and her husband, accompanied by their

Will Go East



Miss Mary Key.

Interesting will be the trip planned by Miss Mary Key, who leaves for Chicago about the middle of this month. From there she will go to Atlantic City to spend Christmas, and later for a stay of several weeks in Washington and New York.

year-old son, Clifford Ward Wolfe, jr., would arrive in Council Bluffs December 17, to spend the holidays. The Macraes are expecting their son, Donald, with his wife and young son, on the 20th, and all will celebrate together on Christmas day at the Macrae home.

Mrs. Eaton of Stamford, Conn., arrived Thursday morning for a short stay at the home of her aunt, Mrs. G. A. Van Wagoner. Mrs. Eaton was formerly Miss Mame James of this city and came to visit her mother, Mrs. W. C. James, who is spending the winter in Council Bluffs.

Monsignor F. P. McManus, who has been touring Europe for the past three months, will sail for America on the steamship Sapphia, from Queenstown next Sunday, December 11. En route home he will visit relatives in the east, and expects to arrive here Christmas morning in time to participate in the services at St. Francis Xavier's church, of which he is pastor.

A new mitten for golf is the painless woolen mitten. It consists of a wide cuff going over the suff of the cardigan and a piece which goes over the back of the hand, having narrow rings of knitting which slip over the fingers and thumb to keep the mitten in place. This leaves the palm and fingers free and does not interfere with the grip.

Mrs. Clara Bonham had a tonsil operation at Mercy hospital last Wednesday.

L. C. Brackett plans to spend the next few months in Florida and departed Friday for there.

Mr. and Mrs. H. W. Ouren of Harlan, Ia., were Council Bluffs visitors during the past week.

Mr. and Mrs. A. Louie, who are

in the east on a honeymoon, are expected hom in about two weeks.

The condition of J. P. Greenshields, who has been seriously ill at his home, is now greatly improved.

Mrs. J. J. Spindler and daughters left Friday for Colorado, where they will reside during the coming year.

Mrs. Holland Baker and son, Billie, of St. Paul, Minn., are visiting Mrs. Baker's mother, Mrs. Ellen Stephan.

Mrs. W. H. Dudley departed during the week for Seattle, Wash., to spend the winter with her brother, Wallace Patterson.

Mrs. Henry B. Hart, who has been visiting her father in the east for several months, returned to Council Bluffs a few days ago.

Miss Marie Myrtle, who teaches in the schools of Exira, Ia., is home for the week-end, and has as her guest Miss Mildred Burkey of Walnut.

Dr. and Mrs. T. E. Beyer and daughter, Margaret Ann, of Denver, Colo., are visiting relatives here. Mrs. Beyer was formerly Miss Margaret Metcalf of this city.

Mrs. George Schaaf and daughter, Mary Patrice, who came from Lincoln to spend Thanksgiving with Mrs. Schaaf's mother, Mrs. James Wickham, returned Wednesday to their home.

Miss June Davis, who attends Marlborough school, will be in Council Bluffs for the Christmas holidays, and plans to leave Los Angeles on the 17th. She will be accompanied by Miss Emma Hoagland of Omaha, who is also a student there.

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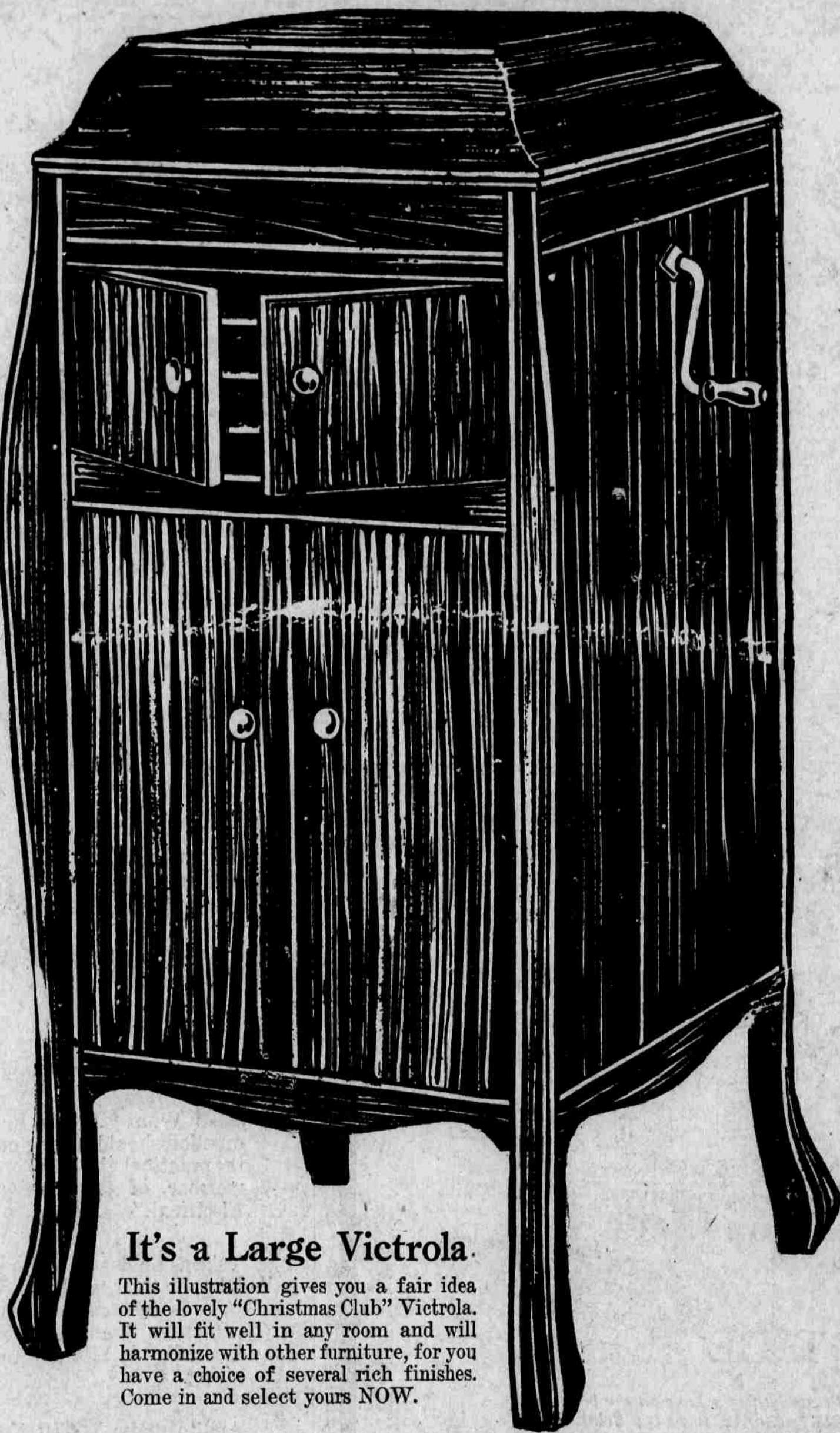
For some time I had noticed that my two children, a boy of seven and a girl of ten, were becoming highly nervous, irritable and very disobedient, I tried various punishments, even whipping, but they kept growing worse. My own nerves were all "on edge" the least thing would put me into a rage. I was too weak to work or enjoy life, and too nervous and irritable to go anywhere. I often suffered from severe heart palpitation and indigestion. I could not sleep at night; I had an almost constant dull aching pain in the back of my neck and head, and frequently a very disagreeable sense of fullness in the front part of my head. I often had nerve pains across my back which made me think I had kidney trouble. I could not begin to describe all the tortures and terrible pains which I endured. Finally I went to a doctor and told him my story. After studying my case, he told me I was the cause of my children's condition. He told me how the system only manufactured so much nerve force and that this vital fluid of life was stored in the nerve cells, much like electricity stored in a storage battery and is lost as quickly exhausted.

He said my own highly nervous condition had been a constant drain on the nerve force of my children and that the constant nervous strain to which I had subjected them had wrecked their highly sensitive nervous systems. Later all this I found out to be true because after I regained my own nervous power, and revitalized my worn-out exhausted nerve centers, and the same was done for my children, I found them to be the nicest, sweetest children in the world—their whole dispositions entirely changed. The above is a typical case, which a physician says may well illustrate thousands which exist today. Thousands are wrecked, children ruined, all through exhausted nerve force. Very few people realize the terrible physical and mental tortures often caused by a depletion of the nerve-vital fluid. In such cases, what you need is to put more force into your nerves, and more iron into your blood. This is best accomplished by the use of Nutraton. This valuable product contains the essential chemical constituent of active living nerve force in a form which most nearly resembles that in the nerve and brain cells of man. It also contains organic iron like the iron in your blood and like the iron in spinach, lentils and apples. This form of iron will not blacken or injure the teeth nor upset the stomach. It is an entirely different thing from metallic iron which people usually take. Nutraton iron may therefore be termed both a blood and a nerve food. Over four million people are using Nutraton iron annually, and from the remarkably beneficial results which it has produced, the manufacturers feel so certain of its efficacy that they guarantee satisfactory results to every purchaser or they will refund your money. For sale by all druggists.



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