

Mr. and Mrs. Ben Troshynski and son of Lincoln were weekend guests of her parents, Mr. and Mrs. John Conard.

Mr. and Mrs. Robert Berigan accompanied by Mr. and Mrs. John Baker attended the football game in Lincoln Saturday.

Mr. and Mrs. A. W. Carroll spent Sunday and Monday in Omaha.

Mrs. William Chesak of Spencer was a guest from Friday until Monday. She was on her way to Arizona.

Mr. and Mrs. Harley Miller and family of Neligh and Mr. and Mrs. Bill Strong and Vickie were Sunday guests of Mr. and Mrs. Lloyd Britell.

Mr. and Mrs. J. F. Contois were Sunday guests of Mr. and Mrs. A. W. Contois of Neligh.

Mr. and Mrs. Jack Dempsey of Denver, Colo., arrived Saturday and are visiting at the Phillip Dempsey home.

The VFW auxiliary meeting has been postponed until Sunday, November 24.

Dale Petrow left Friday, November 15, for Chicago, Ill., to spend the week attending refrigeration and TV meetings.

Mr. and Mrs. Charles Fox Carol and Raymond, were Saturday evening supper guests of Mr. and Mrs. Francis Belzer.

Mr. and Mrs. Charles Fox were Sunday guests of Mr. and Mrs. Wayne Fox and Mr. and Mrs. Gilbert Fox of Emmet.

Mrs. John Harrington left

Wednesday for Omaha where she will meet Mr. Harrington and visit daughters, Marlene and Mr. and Mrs. Joe Fraber. Saturday they will attend the football game in Lincoln, returning home Sunday.

Mr. and Mrs. Dale Nissen of Columbus and Matthew Hynes of Elkhorn were November 15-17 weekend guests of Mr. and Mrs. Matt Hynes.

Mr. and Mrs. Herman Janzing were guests Sunday of her mother, Mrs. Joe Bruder of Atkinson.

Mr. and Mrs. Ralph Morrow

spent the weekend of November 9, visiting her grandmother, Mrs. Myrtle Jewell, in Dallas, S. D.

Mr. and Mrs. H. S. Moses spent Friday in Norfolk.

Mrs. J. O'Conner and Mr. and Mrs. Bill O'Conner visited Mr. and Mrs. Bud VanFleet in Royal Sunday, November 10. Monday, November 11, they visited Mr. and Mrs. Bob Perego in Atkinson.

Mrs. Roy Parker and son, Mr. and Mrs. Frank Parker and Geraldine, of Seattle, Wash., were Thursday guests of Mr. and Mrs. Roy Gannon of Inman.

Mr. and Mrs. Geo. Dierberger of Seward were weekend guests of Mr. and Mrs. Gale Dierberger.

John Pinn of Chadron visited over the weekend with Mr. and Mrs. Gordon Johnson.

Mr. and Mrs. Raymond Walters of Chambers were Sunday guests of Mr. and Mrs. Walter Devall.

Mr. and Mrs. Don Kellner and Lynn were Sunday guests of her parents, Mr. and Mrs. Allen Pollock of Ewing.

Guests of Mr. and Mrs. Robert Kurtz over the weekend were his parents, Mr. and Mrs. Cecile

Brown of Hastings.

Mr. and Mrs. Sid Guam of Danville, Ill., were Sunday dinner guests of Mr. and Mrs. Ted Kyster.

Mrs. M. B. Marcellus and Mrs. Ralph Beckwith attended the junior class play in Ewing Friday afternoon.

Mr. and Mrs. Lyle Hanna of Chambers were Wednesday, November 13, guests of Mr. and Mrs. Gerald McDermott.

Mr. and Mrs. Ted McElhany and Jeanine spent from Friday until Sunday in Lincoln. They met Margery who arrived from Denver, Colo. They all visited Mr. and Mrs. Bruce McElhany in Lincoln and attended the football game.

Duane Miller attended a band conference in Bassett Sunday, November 17.

Mr. and Mrs. Ralph Morrow visited her mother, Mrs. John Bauer, in Ewing, November 11.

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Contour

SPECIAL FORMULA BREAD

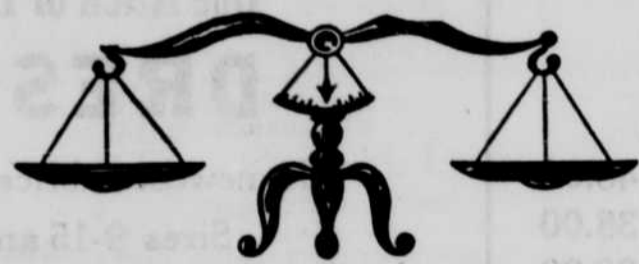
To reduce? To gain weight? To gain strength? Then discuss this miraculously high-protein extra-vitamin bread with your doctor today.



Only 47.4 calories per 18 gram slice!

Eight ounces of Contour will supply 45.5% of the daily allowances of protein for an active woman 25 years of age.

Compared with other foods as you buy them, Contour Special Formula Bread gives you generous quantities of balanced protein. Contour Bread contains as much protein in one pound (one loaf) as 3 pints of whole milk, or 8 fresh eggs, or 2½ pork chops.



The following table lists the percentages by weight or amounts of the food substances in Contour Special Formula Bread essential to body tissue growth and repair:

Proteins—11.0%	Minerals—2.1%
Calcium—0.08%	Lactalbumin—3.1%
Vitamin B ₁ —2.0 MGS./LB.	Vitamin B ₂ —1.3 MGS./LB.
Niacin—18.8 MGS./LB.	Iron—14.8 MGS./LB.

Contour Special Formula Bread has been fortified with Lactalbumin, a milk protein containing lysine, an essential amino acid that provides nitrogen balance. What does this mean in terms of nutrition to a person on a diet? Simply this. These food substances added to bread enable the body to convert 100% of the protein intake from bread for its use. Bread without lysine, only 80% of the protein can be converted, and from bread without milk solids and Lactalbumin only 20% of the protein can be converted for body use. Thus, Contour with these added food substances not only is high in protein but provides a nitrogen balance so necessary for body tissue growth and repair.

Combines animal and cereal proteins

If you are one of the millions who are calorie conscious, remember this. When low quality proteins alone are consumed the human body utilizes them mainly as heat and energy. This causes greater surpluses of fat and carbohydrates to be stored resulting in a need for additional protein and subsequently more calories.

But the proteins in Contour are balanced, complete proteins, 100% usable for tissue building, so essential to both sexes of all ages. So be sure to eat foods that are high in balanced proteins. Buy Contour Special Formula Bread Today.

Contour tastes good—toasts good, too!

With all the special benefits of Contour you also get a real bonus in flavor because Contour is not only good for you, but it tastes good. For a real treat try Contour toasted. Toasting brings out all the fine, fresh flavor of quality ingredients and makes eating Contour a genuine pleasure.

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