

Venus News

Wednesday, November 20, the Help U club met with Mrs. George Jeffrey with all 15 members present. Walnut meats were picked and cards were played. Mrs. Otto Matchallat received the door prize. The hostess served a luncheon.

Mr. and Mrs. Clarence Finch and family were Sunday, November 10 dinner guests at the Elmer Lichty home near Royal. Harry Smith of Verdigré was a caller at the Ralph Brookhouser home Friday, November 22. Sidney Faulhaber helped Ralph Brookhouser with corn picking Wednesday, November 20. Clarence Finch, jr., came home from Fremont over the weekend

to help with the farmwork on the farm of his parents, Mr. and Mrs. Clarence Finch. Lon Pitchler of Norfolk helped his father-in-law, Bryan Finch with cornpicking. Mr. and Mrs. Pitchler and family arrived at the Finch place on Saturday, November 10. Mrs. Joyce Lantz and family of Fremont were visitors at the home of her parents during the November 16-17 weekend. Mrs. Ora Caskey attended the study center at Creighton Wednesday, November 20, while the twins, Larry and Gary, attended the class play presented there that evening.

Browns Arrived in Hawaii—Mr. and Mrs. Ed Brown and son, Eugene, arrived in Honolulu Haw., in October. Mrs. Brown is the daughter of Mr. and Mrs. Ed Farris of O'Neill and Mr. Brown in the navy. He has served 16 years.

Burwell Child Has Early Christmas

BURWELL—Debra Lee Horner, two-year-old daughter of Mr. and Mrs. Sterling Horner of Burwell celebrated an "early Christmas" Wednesday, November 13. Monday, November 18, her parents took her to Minneapolis, Minn., where she entered Shrine Crippled Children's hospital. At the Christmas party a tradi-

tional tree was decorated as well as a cake baked and decorated by Mrs. Warwick. Debra Lee was born with a congenital deformity of the back and is unable to walk. Doctors gave her parents much encouragement that she would be able to walk when she is discharged from the hospital. Mrs. Ragland is Guest—PAGE—Mrs. William Ragland was a guest when Golden Rule

extension club met Tuesday, November 19, at the home of Mrs. Robert Nissen. Mrs. Harold Asher and Mrs. Melvin Held gave the lesson on "The Lady and the Law." Mrs. A. T. Crumly gave the article "While Others Sleep." Mrs. Ivan Heiss was the winner of a guessing game. Cakes and cookies will be baked and sent to a children's home.

al., to Gertrude M. Sargent 10-24-57 \$1—So. half lots 1 & 2 blk. C—O'Neill & Hagerty's Add.—O'Neill. WD—Ruth Louise MacLachlan to Edward Brandt & wife 8-29-56—\$2300—Lots 4 & 5 Blk. 46—Pioneer Townsite Co. 1st Add.—Atkinson. WD—L. B. Nicola to George N. Minnig & wife 10-29-57 \$31,000—SW ¼ 29 — SE ¼ 30 — E ½ & SW ¼ 31 — W ½ & SE ¼ 32-32-15 and N ½ NE ¼ 6-31-15.

REAL ESTATE TRANSFERS
WD—Rhoda Darlene Parks, et

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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.

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.

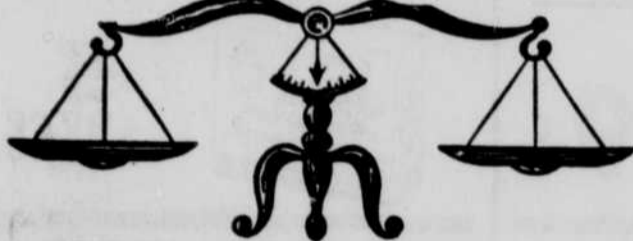
Combines animal and cereal proteins

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.



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.

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BY THE BAKERS OF RAINBO BREAD