

Old Aprons Displayed at South Side Meet

EMMET—South Side club met Tuesday, November 5, at the home of Mrs. Georgia McGinnis. Mrs. Leon Price and Mrs. Kenneth Ruggles helped serve the covered dish luncheon. Mrs. Joe Winkler gave the lesson on apron making. Some of the aprons had sentimental value

attached to them and some were very old aprons. Mrs. Fox baked a surprise birthday cake for Mrs. Bessie Burge, whose birthday anniversary was that day. Cake and coffee were served for lunch. All members but two were present. There were four visitors.

Other Emmet News
Mr. and Mrs. Walter Sidak of

Long Pine were Sunday guests of their son, Mr. and Mrs. Louis Sidak and family.

Mr. and Mrs. Robert Tomlinson and Veldon were Saturday overnight guests and Sunday visitors of Mr. and Mrs. Gilbert Fox, Barbara and Peggy.

Father Ill
Mr. and Mrs. Claire Engdahl spent Sunday and Monday in Oakland visiting Mr. Engdahl's father, K. C. Engdahl, who is ill and is in the hospital.

O'Neill News

Mr. and Mrs. Marion Woldneck and children of Midway were Tuesday evening guests of her mother, Mrs. Rosa Bowers. Jackie Farrier, daughter of Mr. and Mrs. Dean Farrier, spent from Tuesday, November 5, until Friday visiting her grandparents, Mr. and Mrs. E. A. Farrier of Chambers.

children of Norfolk spent the weekend with her parents, Mr. and Mrs. E. N. Flood. Gary Waller and Ronald Ryan of Wayne State Teachers college spent Saturday and Sunday with Gary's parents, Mr. and Mrs. W. W. Waller. Don Beckenhauer of Omaha was a weekend guest of his parents, Mr. and Mrs. L. F. Beckenhauer. Mr. and Mrs. Charles Bellin left Wednesday for Lincoln to attend a three-day beekeepers convention.

Sam Carter of Dubuque, Ia., spent Saturday and Sunday as guests of Mr. and Mrs. H. G. Kruse. Mrs. Minnie Higgins and Mrs. Rosa Bowers attended the school district 27 meeting at Midway Tuesday evening. Mr. and Mrs. Donald Bunkers and Jeffrey spent the weekend in Sioux Falls, S.D., visiting relatives and friends. Mr. and Mrs. John L. Baker and Mr. Baker's aunt, Mrs. Gladys Oxford, entertained over

the weekend Mr. and Mrs. Joe Kutscher of Leander, Tex. Mr. and Mrs. Otto Beckenhauer and Mr. and Mrs. Harry Beckenhauer of Norfolk were Sunday guests of Mr. and Mrs. L. A. Beckenhauer. Sp-3 Akel Harris of Ft. Riley, Kans., came Friday, November 1, and will be a guest until Wednesday, November 20, of Mr. and Mrs. Charles Bellin. Mrs. Roy Berner and Susanne left Tuesday to spend the week visiting Mrs. Clara Berner in

Norfolk, while Mr. Berner ed an engineer's meetin coln. Mrs. Minnie Higgins, Mrs. Rosa Bowers and Mrs. Hanna Simon visited friends in Spencer Sunday. Mr. and Mrs. James Adamson of Omaha spent the weekend with her parents, Mr. and Mrs. Emmet Crabb. Mr. and Mrs. Harold Humrich were Sunday guests of her parents, Mr. and Mrs. Gene Clemens, of Amelia.

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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:

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| 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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