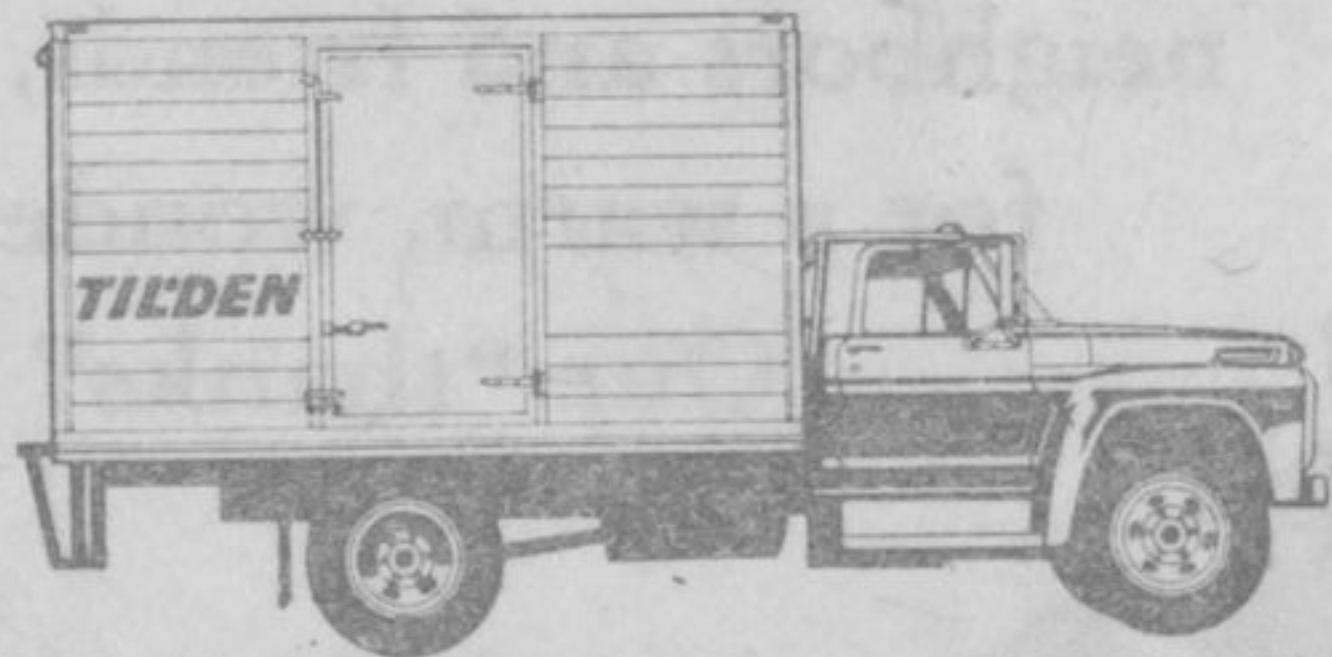


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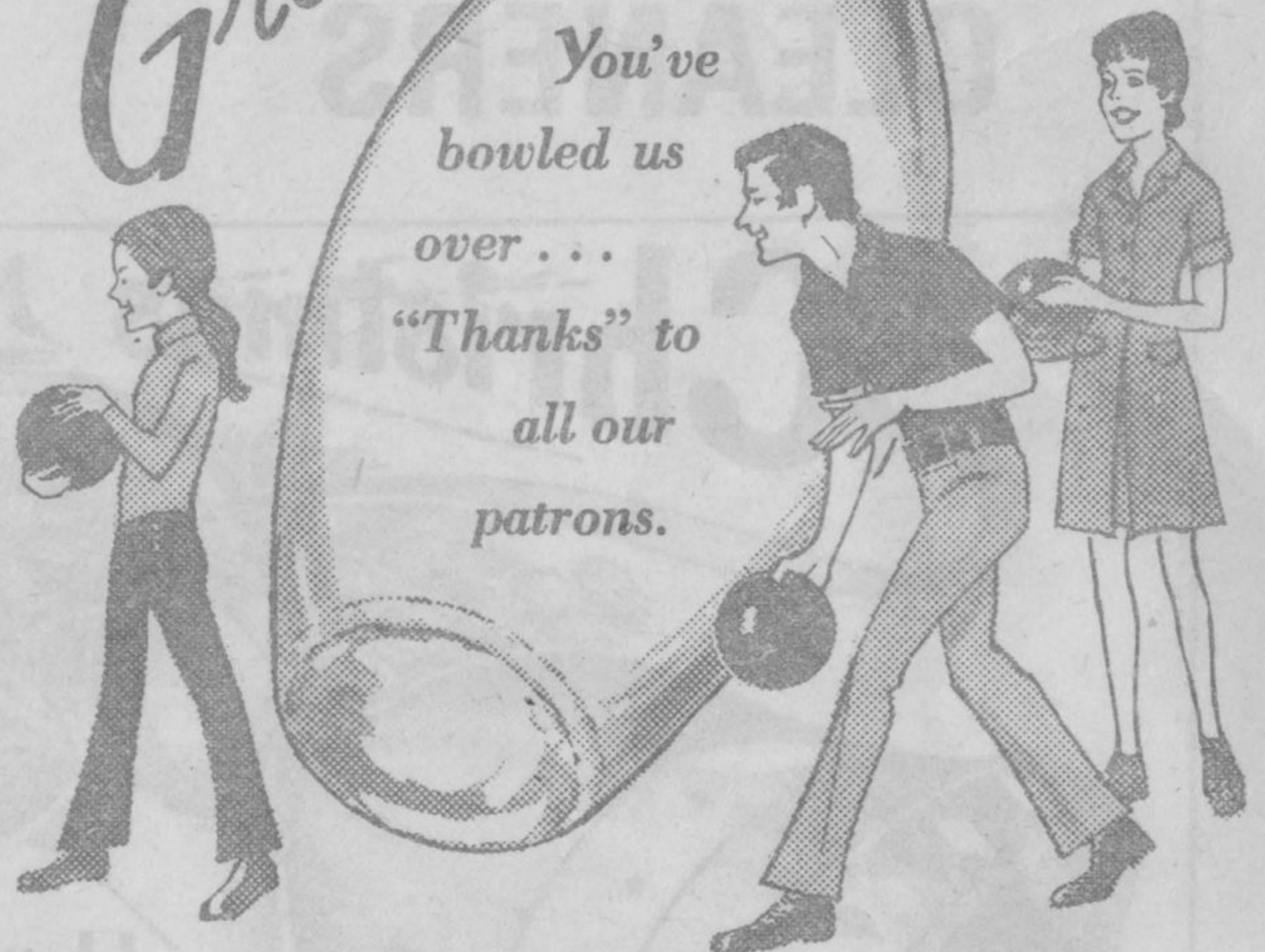
Wishing  
You  
All the  
Joys of  
Christmas

## Greetings

May Christmas bring  
you fun and laughter,  
peace and serenity...  
all the things that  
make great living!

MR. & MRS. S. BOYD SR.

Christmas  
Greetings



You've  
bowled us  
over...  
"Thanks" to  
all our  
patrons.

DOREEN'S SNACK BAR



AT

Christmas

May your Christmas bloom  
with good feeling to last  
through the holidays and always. We're  
grateful for your business, Thank you!

MARY'S FLOWER SHOP

SCHREIBER - PHONE 824-2743

## Calorie Counts to Help You Through the Holidays

With so many goodies surrounding us at holiday time, who wants to diet? It can be a bore! However, a little careful planning can keep you full and happy, and your waistline from expanding. We offer a few hints to help you beat "the battle of the bulge."

Calorie count is in parentheses:

- 6 shrimp (90) ... 3½ ounces white wine and soda (85)
- ... 5 artichoke hearts (55) ... 10 pretzel sticks (30) ...
- 2 stuffed green olives (15) ... 6 oysters (65) ... 1 slice pumpernickel (80) ... 1 nectarine (30) ... 2 ounces rare roast beef (95) ... 8 small gumdrops (35) ... 1 teaspoon caviar (25) ... 1 stalk celery (5) ... 1 ounce camembert (85) ... 1 8 oz. glass milk (160) ... 1 good slice calves liver (75) ... 1 cup cottage cheese (240) ... 1 Ritz cracker (20) ... 1 Wheat Thin (10) ... water, try a quart a day (0)!