



MR. JAMES W. ALBERS
(Janet Mary Rakocy)

Albers-Rakocy Rites In Student Chapel

St. Mary's Student chapel on the University of Michigan campus was the setting for the May 10 wedding of Janet Mary Rakocy and James Wilson Albers.

The bride is the daughter of Mrs. Leonard Rakocy, of Farmington Road, Livonia, and the late Mr. Rakocy, and the bridegroom's parents are Mr. and Mrs. James Albers, of Detroit.

The bride wore a silk organza dress with appliqued daisies on the bodice. Her headpiece was a small pillbox with daisy trim, and she carried a nosegay of white roses.

FOUR ATTENDANTS wore apricot, floor-length gowns and carried yellow and orange mums.

Donna Zbonek, of Detroit, was matron of honor, and the bridesmaids were Carol Kitchin, of Royal Oak; Johanna Parker, of Ann Arbor; Nancy Rus-

Doctor In The Kitchen

by W.W. Bauer, M.D. Consultant, National Dairy Council

It isn't news that everyone needs protein in their daily diet. But do people really know "why?"

I'm sure most of us could give a list of protein foods that would be correct enough to satisfy one of those quiz programs on television. But probably few people are sufficiently informed to give a truly adequate answer to why we must have protein in our meals.

The easy, quick answers as to which foods give us protein are, of course, eggs, meat, milk, cheese, fish, and poultry—and plants and their seeds, such as beans, peas, nuts, and cereal grains. But let's get to "why" we need protein every day. Also, some of the fascinating details that are known about protein.

AS HUMAN BEINGS we are made of cells. You began life as a single cell. That cell divided, then the two became four, the four became eight, and the process continued until one is composed of 30 trillion cells or more. Cells have different shapes and sizes depending upon what they do. Some form muscle, bone, or blood. Others may form skin tissue. Your brain, heart, lungs, and kidneys are organs made of cell tissues. Protein is in every cell.

Cells constantly suffer injury, wear out, are attacked by germs, or may be lost through open wounds. So, your body needs continuously to repair itself by making new cells. Your cells produce new cells from the materials in foods. Thus, your food must regularly provide protein.

The proteins in all foods are built from compounds called amino acids. Protein foods contain these same amino acids. But of the more than 22 different amino acids that make up food protein, eight are called "essential" for adults, nine for infants.

NOW, THE SO-CALLED essential amino acids are given that name because the body is unable to make them in sufficient amounts for its needs. Thus, your cells have to receive these amino acids as they are already formed in food. The other amino acids your cells can form from the components in protein foods.

Animal foods give you complete proteins—that is, pro-

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GAIL MCCALLUM

Mr. and Mrs. Alvin J. McCallum, of Donald Avenue, Redford Township, announce the engagement of their daughter, Gail Frances, to Paul R. Nordwall, son of Mr. and Mrs. David S. Nordwall, Denver, Colo. The bride-to-be is a graduate of Redford Union High School and Michigan State University and is employed as a systems engineer for I.B.M. Corp., Dearborn. Her fiancé, also a Michigan State graduate, is an assistant district engineer on the Patagonia tract of the Coronado National Forest, Ariz. A July 13 wedding is planned in St. Valentine Church, Redford Township.

No Sew Sewing



Wouldn't this sophisticated elephant, cut out of pink Bondex, and ironed onto curtains, or valances in your kitchen, bathroom or especially the children's room suddenly erase Winter dullness? Bondex decorates dull evenings. Ironing decorative tea towels, aprons and children's clothes.

Why not join our home-makers "No sew sewing" club? All you have to do is pick up a package of Bondex—25¢, and connect your iron. Then mend everything. What do you do when your 4 year old boy shows up with a terrible hole in the knee of his jeans? Or, a stack of sheets develop all shapes and sizes and rips?

Iron-on seam patches will restore Bobbi's new jeans. For sheets, iron-on soft cotton Bondex and mend T-shirts too. In fact, Bondex banishes the mending basket.

PREPARE WALL

Always prepare the wall carefully before hanging new wallcovering. Be sure to remove old wallpaper and all loose trim, nails and etc.

The Local Wallpaper Company of Chicago suggests that this step will not only save time, but will help assure professional results.



SUSAN RITTENHOUSE

Mr. and Mrs. Dale L. Rittenhouse, of Plymouth, announce the engagement of their daughter, Susan Marie, to John J. Gore II, of Lake Orion, and Mrs. Fred Trimble, of Jacksonville, Fla. The bride-to-be is a graduate of Plymouth High School and is employed by D.S.I. Corp. Her fiancé graduated from Lake Orion High School and is in the Veteran's Hospital in Ann Arbor recovering from wounds suffered in Vietnam. An Aug. 24 wedding is planned.



LINDA HODGE

Mr. and Mrs. Homer M. Hodge, of Livonia, announce the engagement of their daughter, Linda Sue, to William Edward Moosekian, son of Mr. and Mrs. Vannig Moosekian, of Detroit. The bride-elect is a graduate of Bentley High School and attends Schoolcraft Community College. She is employed as a secretary at Northville State Hospital. Her fiancé, a graduate of Western High School, Detroit, has been employed by the Ford Motor Co. and will enter the armed services June 25. No wedding date has been set.



SUSAN ROBERTSON

Mr. and Mrs. James A. Robertson, of Pomona Drive, Redford Township, announce the engagement of their daughter, Susan Lee, to Michael Justus, son of Mr. and Mrs. Edward Justus, of Wixom Avenue, Redford Township. The bride-elect graduated from Redford Union High School and is employed by the Michigan Bell Telephone Co. Her fiancé, also a graduate of Redford Union, is a senior at Western Michigan University. The couple will be married August 10 in the Village United Presbyterian Church.

Diabetic Camp Will Be Topic

The Livonia Unit of the Michigan Diabetes Association will meet Monday, May 27 at 8 p.m. in the Livonia Mall in the Community Room adjacent to Parking Lot G.

The speaker will be John P. Harm, M.D., pediatrician and medical director of Camp Midicha, the summer camp for diabetic youngsters. He will discuss the 1968 camping program, show color slides of the camp and explain the active camp routine which also provides necessary medical and dietary supervision needed for the young diabetic.

Dr. Harm encourages parents to bring their youngsters to the meeting and let them ask questions about Camp Midicha.

Following the meeting refreshments will be served. Camp applications and brochures will be available.

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15x10 Grey Texture Wilton	11x14-4 Avocado Green Plush	15x12-4 Grey Carved Wilton	15x11-2 Beige Plush Wilton	15x11-6 Grey Carved Wilton	15x8-5 Grey Texture Wilton	15x12 Gold Wool Plush Wilton	12x6 Carmel Nylon	15x16 Beige Texture	12x16-7 Luxury Wool Pile Loop
Compare \$105	Sale \$59	Sale \$59	Sale \$129	Sale \$49	Compare \$110	Sale \$79	Sale \$9	Compare \$300	Sale \$129
15x12-5 Turquoise Acrylic Plush Wilton	12x15-2 Beige Wool Pile Wilton	12x7-10 Olive Candy Stripe	8x16-10 Wool Pile Twist	11x14-9 Green Wool Texture	15x12-5 Turquoise Acrylic Plush Wilton	12x15-2 Beige Wool Pile Wilton	12x7-10 Olive Candy Stripe	8x16-10 Wool Pile Twist	11x14-9 Green Wool Texture
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12x17-2 Thick Wool Pile Wilton	15x11 Nylon Plush Wilton	15x11 Nylon Plush Wilton	15x11-6 Grey Carved Wilton	15x14-6 New Wool Pile Loop	12x17-2 Thick Wool Pile Wilton	15x11 Nylon Plush Wilton	15x11 Nylon Plush Wilton	15x11-6 Grey Carved Wilton	15x14-6 New Wool Pile Loop
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