

Sunday, July 21

203 DAYS PAST

Monday

163 TO COME

Increased Oxygenating Capacity

must be imparted to the blood stream to relieve Anemia and allied conditions. A relative deficiency of oxygen is usually due to a lack of hemoglobin and erythrocytes, the oxygen-bearing elements of the circulating fluid. **Pepto-Mangan (Gude)**, by virtue of its promptly available organic iron and manganese, efficiently stimulates the formation of the essential blood-enriching constituents, and thus insures a better supply of oxygen to cell and tissue.

Weather

Warm

Temp.

Maudie & I took some black currants to Mrs Dave Adams, caught some fish & put them in the water tank, got some peas, Mrs Adams gave Maudie a canary, John went to Aylmer & John got his cheque mark, Cecil Clarence came & took John for a ride in the new car Maudie & I