

# Thursday, December 23

## Ferruginous Sufficiency.

A plentiful supply of hemoglobin implies a sufficiency of iron in the blood, which, in turn, means a sufficiency of virile oxygen-carrying hematin and an active metabolic interchange. In anemic and devitalized conditions Pepto-Mangan (Gude) can be depended upon to increase and fortify hemic vitality, if given in full dosage and at regular intervals, as recommended.

Weather

Temp.

*Thawing all day  
 rained this morning. Then  
 the rest of the day, was snow  
 flurries. Mella & I went to  
 Aymer & then down to her  
 Abells for some butter milk  
 Aunt Emie Bremer gave  
 the girls & myself such lovely  
 presents. Maude Mc Lary  
 gave Maudie a few tans  
 then & Mella two lovely ribbons  
 The Dr gave them the silver  
 spoons. Mariah &*