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Tuesday, December 21

355 DAYS PAST

10 TO COME

Proper and Sufficient Fuel

must be supplied to the blood, and by the blood to the tissues, if systemic combustion and metabolism is to continue in a normal manner. In Anemic conditions, an easily absorbable form of iron, like that in **Pepto-Mangan (Gude)**, furnishes the fuel from which the blood may manufacture hemoglobin, the vital element which carries and distributes the oxygen required for general systemic combustion and metabolism.

Weather

Temp.

A lovely day
 shaved a little, John went
 to London with Percé Mills in
 the car. Clarence & Cecil
 helped me with the noon chore
 & Mark helped me to night-
 to milk was here for supper
 & road home from Aylmer
 with the girls. Shed was
 up a little while this morning
 she brought me a dozen havalana
 Mariah & china plates from
 London