

the barn  
21<sup>st</sup> day  
71 TO COME

# Friday, October 22

295 DAYS PAST

70 TO COME

## Normal Metabolism Fails,

unless the blood contains a sufficiency of iron-rich hemoglobin, the vital element of the vital fluid. **Pepto-Mangan (Gude)** furnishes, in immediately available form, the organic iron and manganese necessary to increase and encourage the oxygen-carrying capacity of the blood, by creating hemoglobin and red cells.

Weather

Temp.

Hard frost last night - but a fine day clear was here for hickory nuts & we kept him for dinner. John ploughed all day. Snowshoes came to night. In Davidson girls went to school.

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