

Friday, November 10

315 DAYS PAST

51 TO COME

Food Alone is Insufficient.

After all acute infections a vital upbuilding is necessary, to balance the loss from waste of tissue. Food alone is not sufficient, in conditions characterized by distinct anemia. **Pepto-Mangan (Gude)** furnishes an available form of iron for the upbuilding of the vital structure of the blood, and thus aids to fortify and increase the "vital bank account."

Weather

Temp.

A dull day

*I took Mella & Maudie
went for her & took
her music lesson, &
helped Maudie M^r with
the books. Pa ploughed
& washed & Mella ironed
same.*

Mariah D