

Monday, August 26

239 DAYS PAST

Sunday 24

127 TO COME

**Directly Essential.**

A sufficiency of red cells and hemoglobin is directly essential to quicken nutritive exchange and to pave the way for a more normal metabolism in conditions of chronic illness. **Pepto-Mangan (Gude)** acts as a corpuscle constructor and hemoglobinogenetic in such cases and performs this necessary service without deranging digestion or producing a constipated habit.

**Weather**

Names of a little Temp.

Girls went to church to night. Mr Appleford & Eugene came over to night intending to go to the Fair on to fair tomorrow.

Mariah