

I paid Mr. Filber in full
Monday, August 23

235 DAYS PAST

130 TO COME

Forcefulness and Energy

are the attributes of good health and serve as indications of the vitality and sufficiency of the blood. Lack of force and reduced energy, in a large majority of instances, indicate a more or less devitalized blood stream. **Pepto-Mangan (Gude)** raises the blood standard by supplying the essential material (iron and manganese) for increasing the solid, vital elements of the blood—the red cells and hemoglobin.

Weather

Temp.

Very warm *Eighty*
John brought this four
morn then after dinner the
Young helped him & they
drew in part of the barley
in the little field down by
Adair's Bingham's off the road
We washed & then to night did
part of the ironing. Girls & I went
to Aylmer this afternoon & I
got something for a front in
my dress. Eugene was over
for some potatoes & brought a bag
of oats was here for dinner. Polly's horse

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