

# Thursday, January 7

## An Over-Excessive Blood Loss

at the menstrual period, frequently leads to a considerable degree of Anemia, and an efficient hematinic is always in order. **Pepto-Mangan (Gude)** is not only efficient in the way of overcoming the anemic condition, but is also pleasant to take, free from irritant or disturbing action upon the digestion, and devoid of constipating effect.

Weather *Cold & windy* Temp.

I walked over to Aunt Bell's & stayed all day, then walked home again at night. John sold the pigs, & cut the others up that he butchered. Lewis was very sick from a fall he got girls at school.

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