

Thursday, May 4

125 DAYS PAST

Saturday

241 TO COME

Indications of Vitality.

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.

Fine and warm, and rained a little at night. Father Clarence and Mrs. Cox went out to hear some speaking in the town Hall about farmers boys going. I went to Aunt Belle's this morning after some wheat that was ground. Cecil and Clarence helped load a load of hay. Maud went out town this afternoon and took a lesson from Miss Stewart. Mother Maud, and I were over to Mrs. Cox's to night. I have been raking some to-day.

Marika 8 miles