

6990 8

Saturday, January 15

15 DAYS PAST

351 TO COME

To Maintain Normal Metabolism.

Proper and sufficient fuel must be supplied to the blood, and by the blood to the tissues. In Anemic conditions, an easily absorbable form of iron, like that in **Pepto-Mangan (Gude)**, furnishes the fuel from which the blood may manufacture hemoglobin, the vital element which carries and distributes the oxygen required for general systemic combustion and metabolism.

Weather

Cold & stormy

Temp.

snowing hard to night, ground all white. John & I went to Oylmer this afternoon drove Polley & went with the buggy. Gils' was home all day. They had our supper ready when we came home. I got some medicine, as I was not feeling at all well. Melba & her daddy drew up a load of big wood Polley has a sudden neck & Pa took her to the Dr.
Go Polley 5-