

Thursday, January 13

13 DAYS PAST

SUNDAY

353 TO COME

To Pave the Way.

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 corpuscle constructor and hemoglobinogenetic in such cases and performs this necessary service without deranging digestion or producing a constipated habit.

Weather *Very cold last night & a terrible wind storm kept it up all night the snow is piled over the hedge so we can walk over it & the snow is so high in the cedar arch, we have to almost-crawl on our knees to get through I never remember two such days never one big passed yesterday or today. Mark & Cecil was in a few minutes. Melba is still at Ceregenes Emily & Lougell walked down to the carrying house yesterday & they couldn't get up any steam & she walked home through that blinding storm. The storm has ceased some. but very cold & blowing quite a lot*