

Eggs 21

# Monday, March 13

73 DAYS PAST

# WEDNESDAY

293 TO COME

## The Vital Element of the Vital Fluid.

Normal metabolism fails unless the blood contains a sufficiency of iron-rich hemoglobin, the vital element of the vital fluid. Pepto-Mangan (Gude) furnishes, in immediately available form, the organic iron and manganese necessary to increase and encourage the oxygen-carrying capacity of the blood, by creating hemoglobin and red cells.

Weather

*mostly cast wind*

Temp.

Thawed & looked like rain all day, & is pouring down to night & freezing. Boyde finished tapping the trees. Said he had a hundred stem tapped. John sold a load of hay & finished putting manure on the garden. Mark & Clarence went to Gaidlawsoale. Had a letter from Aunty Teeple, she sent me a plant. Mella got a new pair of shoes. Got them of Mr Christie & returned the pair she got of St Love

March 6