

Saturday, March 20

79 DAYS PAST

286 TO COME

To Overcome Neurotic States,

the general "tone" of the organism must be supported and increased. Neurasthenic symptoms are, not infrequently, due to anemic conditions. In such cases **Pepto-Mangan (Gude)** improves the quantity and quality of the vital elements of the blood, supplies oxygenating power, and augments vitality generally. The most nervous and "finicky" of patients take it readily without objection.

Weather *Cold but fine* Temp.

Girls went over to Eugene's for the day & to stay all night. John & I went to Lay's to night & I went to Mrs. J. Lay's & spent the evening. Clarence Cove's heifer got killed last night. or yesterday. Dad Joe drew manure before dinner. Then after dinner Joe helped me
Billy 7 Polley 5-

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