

Friday, June 26

177 DAYS PAST

188 TO COME

Consistent with Logic.

That preparation of iron which enters most rapidly into the blood stream is the one capable of producing the best results in all disturbances of nutrition. Acid preparations of iron diminish the alkalinity of the blood and alkaline preparations offend the mucous lining of the alimentary tract. It is thus consistent with logic to prefer that preparation which is neutral in reaction. Such a preparation is Pepto-Mangan (Gude).

Weather

Temp.

Warm & had a slight sprinkle of rain to night - I finished cleaning the cellar & painted the veranda floor. Carl & line road out, Pat & Eugene was out to the north place cutting thro' the all day (Leagy)  
Polly 12.