

Sunday, August 6

219 DAYS PAST

Tuesday

147 TO COME

Oxygen to Cell and Tissue

must be carried by the blood stream to relieve Anemia and allied conditions. A relative deficiency of oxygen is usually due to a lack of hemoglobin and erythrocytes, the oxygen-bearing elements of the circulating fluid. **Pepto-Mangan (Gude)**, by virtue of its promptly available organic iron and manganese, efficiently stimulates the formation of the essential blood-enriching constituents, and thus insures a better supply of oxygen to cell and tissue.

Weather

Temp.

cooler this morning, but got as hot as ever through the day. Maude went for Mr. Chute & she & I took Jim & Gene to night. Fred & Ingram road from Aylmer as far as Dame Adams. Maude was down to Bert Thompson for green troughs, & we pumped water from the wind mill to the cistern. Mariah