

Friday, November 10

315 DAYS PAST

SUNDAY

51 TO COME

Food Alone is Insufficient.

After all acute infections a vital upbuilding is necessary, to balance the loss from waste of tissue. Food alone is not sufficient, in conditions characterized by distinct anemia. **Pepto-Mangan (Gude)** furnishes an available form of iron for the upbuilding of the vital structure of the blood, and thus aids to fortify and increase the "vital bank account."

Weather

Temp.

Sprinkled a little
Hellen, Selma, Doris & their
mother was here, her brother
is away hunting, Lewis &
Aunt Belle was here for dinner
with them, Melba & I was over
to Clarence's & right a
little while, Grace came
back & right & they intend
starting for a haul tomorrow
Mrs Bert Tompson is sick
with appendicitis & two of
the children are sick