

Tuesday, August 20 ~~21~~

233 DAYS PAST

Monday 18

133 TO COME

A Nutrition Conveyor.

The oxygen necessary to combustion must be supplied to the tissues in full measure, in order to successfully maintain normal nutritive exchange. The organic iron of the hemoglobin is the "nutrition conveyor." Hence the essential importance of such an assimilable, ferruginous reconstructive as **Pepto-Mangan (Gude)**, in Anemic, Chlorotic, Marasmic and generally devitalized conditions.

Weather

Rained Melba & I went

Temp.

to Ayhuery, & got a grist
ground & expect to have
Ed Thompson to get out
of a hard shower & had
our dinner. It blew so hard
that it blew two large
beach limbs off full of
peaches. Mr. White & Gungo
was here

Warrah 6-