

Wednesday, July 28

200 DAYS PAST

156 TO COME

Renewal, Reconstruction, Re-creation.

Renewal of hemoglobin and reconstruction and re-creation of red blood cells must be accomplished in conditions of vital under-capitalization, from whatever cause. **Pepto-Mangan (Gude)** supplies the ferric and manganic elements in assimilable form, for the purpose of overcoming the blood deficiency, the essential cause of the trouble.

Weather

Temp.

Rained this morning & about five to eight inches poured down. don't think I ever saw it rain harder. Got a pail of lard, twenty lbs at fifteen cts per lb. Eugene & Peter went to Oylmers back here for dinner. I finished doing my black currants. Had eighteen quarts. No haying now cutting wheat Eugene said that he tried to cut his wheat yesterday. Polley 22 but the binder sank in the mud so he had to