

Sunday, October 4

277 DAYS PAST

88 TO COME

To "Boost" and to Hold.

It is sometimes advisable to give stimulant and tonic together, the first to boost vitality and the second to hold the gain made. An ideal combination of this nature is **Pepto-Mangan (Gude)** to which has been added the proper dose of strychnia, according to indications. This combination is especially serviceable in convalescence and when the heart needs strength and support.

Weather

Temp.

A fine day

*me & Mary, Maude's
& I took Mrs Marchant,
Home then we went to
Church, then Home had
no dinner, then over to
Aunt Bell's had our tea
then Home, John &
Mella went to Eugene in
the morning & stayed all
day, home for tea
Billy & Igh't, John & Mella*

was their whole