

Wednesday, January 5

5 DAYS PAST SATURDAY 361 TO COME

To Avoid Nutritional Disorders.

The "Vis Medicatrix Naturæ" must be aided, or more or less serious nutritional disorders are apt to follow even a simple primary Anemia. Pepto-Mangan (Gude), while prompt and efficient as a hematinic in all anemic conditions, is especially valuable when digestive debility exists, because of its palatability, blandness and freedom from astringent or constipating action.

Weather A fine day Temp.

Warmer. Melba & I went to
Aylmer this afternoon. Did
Mrs Joubert & Wright & Allen
John took Old Lucy to the
Angles. We saw Mrs Cox out
to Aylmer. The bakery that
belongs to Mr Willoughby
was on fire to night but
they put it out

Billy 4. Marsh 5