

I did my own washing

Monday, November 29

333 DAYS PAST

32 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

Temp.

Rained some this morning & then kept snowing a little off and on all day, but not enough to make the ground white. Was very muddy, but freezing hard this. Evening, John took grain to mill for chops. This afternoon, Joe has gone to the Methodist Church entertainment to night. Clarence has finished ploughing their garden. Mariah & Polly & J.