

# Sunday, August 1

213 DAYS PAST

152 TO COME

## A Sufficient Quantity

of oxygen-bearing hemoglobin in the blood assures active absorption, assimilation and metabolism. **Pepto-Mangan (Gude)**, in conditions requiring general revitalization, contributes the essential hemoglobinogenetic agents, iron and manganese, in approximately the same organic combination in which they exist in the blood, and thus supplies the necessary stimulus to hemic reconstruction.

Weather

Temp.

*Very warm*  
*Girls & I went to church. (but that was all Mr Mitchell & wife are away holidaying, John was over to engineer all day To night - Girls & I was up to Aunt Bell's.*

*Marial &*