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Mrs
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Thursday, August 19

231 DAYS PAST

134 TO COME

The Deficiency of Hematin

in Anemia and its congeners is apparent in the pallor of skin and mucous membranes. Improved systemic oxygenation is impossible without a sufficient modicum of organic iron in the vital fluid. **Pepto-Mangan (Gude)** furnishes both iron and manganese in shape for almost immediate utilization in the formation of a richer and a redder blood.

Weather

A fine day

Temp.

John ploughed nearly all day
but after dinner, he cut a
few pounds in his barley
field, said that the horses
went in ankle deep so quit for
the rest of the afternoon & plough
ed. I finished a pair of
pillow slips for Aunt
Bell went out to Alet's
yesterday. Kella & Auntie went
to Aylmer, after dinner Kella
took Mrs Pennington to Aylmer
Billy & Mariah to