

Thursday, June 29 1930

181 DAYS PAST

SOND A F

185 TO COME

It Raises the Opsonic Index.

The vitality and integrity of the blood, as well as its immunizing power, is directly dependent upon a sufficiency of oxygen-bearing hemoglobin and a full modicum of red cell bodies. **Pepto-Mangan (Gude)** stimulates the creation of erythrocytes, encourages hemogenesis, raises the opsonic index, increases the appetite and acts as a general constitutional reconstructive.

Weather

Rained some

Temp.

A night, Maudie & I went
to church, they had prayer
for the soldiers, John
was up to Lewis this
afternoon, Cecil came
home today

March 5