

Eggs 4

My blood  
with  
M. H. H.

Tuesday, July 11

173 TO COME

193 DAYS PAST

**It Quickens Anabolism.**

The periodic estimation of erythrocytes and hemoglobin percentage almost invariably demonstrates an increased functional efficiency of the blood after the regular use of Pepto-Mangan (Gude). This hematinic tonic quickens all of the normal anabolic efforts of the economy and thus assists materially in the absorption, assimilation and systemic appropriation of the nutritional elements of the natural food stuffs.

Weather

Temp.

Very Warm

I did the ironing. Girls  
came home about five  
to eight, brought home  
4 quarts of berries that  
Aleta helped them do  
7 seven quarts besides.  
Aunt Bell was here  
on her way from Pylmer  
Boys drawing hay  
March 12

My blood stayed all night.