

ME
ti-
an
e"
1/8
xi
o-
ME
Saturday, January 24

24 DAYS PAST

341 TO COME

Diet in Circulatory Disease.

The ideal diet or the key to an ideal diet, according to Louis Faugeres Bishop, for a patient with heart and blood-vessel disease is bread and butter, with a certain amount of milk to supply the fluid, and enough cheese to make up the protein requirements, without an excess of carbohydrates, or heat-units.—*Med. Record.*

Weather

Temp.

Thawing in the day time
but turned very cold at night
Eugene & Mella went to Aylmer
in the snow. John & I
went after dinner & I bought
the new parlor suit. Then
went to Mrs. Lelinas. Mr
Lea was over & Maudie went
home with him for dinner,
then Evelin & Maudie came
& got Mella & they all went
to Kingsmill with Mr. Lea