

Sunday 8

Saturday, February 12

43 DAYS PAST

323 TO COME

A Hemic Conservator.

Overwork, stress or strain will not infrequently result, in the final instance, in general denutrition and anemia. The cause being once removed or remedied, an upbuilding campaign is in order. **Pepto-Mangan (Gude)** is of distinct value as a blood constructor and conservator in such cases. It not only increases the number of erythrocytes but also aids in their vitalization.

Weather

Very Cold

Temp.

but quite Eugene came
this afternoon for Aleta.
Lewis & Aunt Bell came
down. Lewis went home
but Aunt Bell stayed
with me. The Dr has been
here twice & is coming
again. Maudie had a terrible
nose bleeding time, was
lost & Evelyn & Mrs Bingham
was here