

Wednesday, September 13

257 DAYS PAST

109 TO COME

The Essential Blood Bodies,

i.e., the red cells, are restored, and their structural integrity assured, by the steady administration of **Pepto-Mangan (Gude)**. By virtue of this improved condition of the vital fluid, nervous equilibrium is often restored and psychasthenia relieved, without irritating the digestive tract or disturbing any of the vital functions.

Weather

A fine day

Temp.

Melba wheeled to school, Maude  
& I went to Kingsmill &  
took a boy for to send to  
Mrs Jones & Toronto. Then  
when we was coming  
home got some of Mr Hall's  
pumpkins, bear doing up  
peaches & pears. John finished  
digging out the furrows on  
his wheat ground Baked  
Marian's bread