

# Monday, November 15

319 DAYS PAST

46 TO COME

## 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 *Cold & windy* Temp.

*Snowed off an on all day,  
Snow flurries but kept melting  
John & Joe shucked corn all  
day. I made my sour crout  
Girls drove to school, Joe  
gathered the cabbage to  
night.*

*Bariah 8*

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47 TO COME

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