

# Sunday, September 17

261 DAYS PAST

105 TO COME

## Consistent with Logic.

That preparation of iron which enters most rapidly into the blood stream is the one capable of producing the best results in all disturbances of nutrition. Acid preparations of iron diminish the alkalinity of the blood and alkaline preparations offend the mucous lining of the alimentary tract. It is thus consistent with logic to prefer that preparation which is neutral in reaction. Such a preparation is **Pepto-Mangan (Gude)**.

Weather

Temp.

Cold had a fire in the house all day & did the cooking of the dinner in the house. Girls & Corbin went to Sunday school. We all went down to Ohebs this evening

Mariah 7 miles