

4  
Friday, January 21

21 DAYS PAST

MONDAY

345 TO COME

"Lazy" Vitality.

In conditions of slow vital interchange an efficient non-irritant, non-constipating hematinic is indicated, as normal nutritive income and excretory outgo cannot be successfully maintained without structural and hemoglobin-holding integrity of the blood. Pepto-Mangan (Gude) at once inaugurates a blood-constructing campaign by furnishing the material to stimulate and increase hematopoiesis.

Weather

Very cold this

Temp.

Morning but turned out rather fine. John drew the milk & brought Maude Abell, home to make Maudie's new striped serge dress a blue one. Mr. Boy came over to night & brought over a piece of meat Maudie went to Ayler for some trimmings for her dress. John let the cows go down to the top of the barn to <sup>keep</sup> <sup>little</sup> <sup>white</sup> Mike & Billy 4 Mariah 5-