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## Monday, December 27

361 DAYS PAST

4 TO COME

### To Quicken Nutritive Exchange.

A sufficiency of red cells and hemoglobin is directly essential to quicken nutritive exchange and to pave the way for a more normal metabolism in conditions of chronic illness. **Pepto-Mangan (Gude)** acts as corpuscle constructor and hemoglobinogenetic in such cases and performs this necessary service without deranging digestion or producing a constipated habit.

Weather

Temp.

Thawed considerably  
 Eugene went to Aylmer to  
 get lumber, to make a bridge  
 across the creek, & came back  
 this far & had dinner. Then  
 the girls went over there  
 & got a quarter of veal,  
 I washed & the girls did  
 the work, the oil brought  
 the mail John went to mill  
 This morning Mariah 13