

Thursday, March 7

67 DAYS PAST

Friday

299 TO COME

Indications of Vitality.

Forcefulness and energy are the attributes of good health and serve as indications of the vitality and sufficiency of the blood. Lack of force and reduced energy, in a large majority of instances, indicate a more or less de-vitalized blood stream. **Pepto-Mangan (Gude)** raises the blood standard by supplying the essential material (iron and manganese) for increasing the solid, vital elements of the blood—the red cells and hemoglobin.

Weather

A fine day

Temp.

Maudie & Helber went to
Appliner this morning.
We ironed. John drew
Marure. Bayde was up
for tea.

March 5