

# Eats Freely But Has No Dyspepsia

Takes a mild laxative with good pepsin and insures comfort and pleasure.

Fortunate is the one who can eat "anything" without suffering the tortures of dyspepsia, but as few are so fortunate care should be taken in the matter of diet. Eating slowly, masticating the food thoroughly and taking a short walk after the heavy meal of the day will do much towards assisting digestion. Any grown-up person ought to know the peculiar foods that do not agree, and these should be avoided.



MRS. OLIVER YOUNG.

When these commonsense aids fail, the next thing to do is to take a mild digestive tonic with laxative properties, and there is none better than Dr. Caldwell's Syrup Pepsin. It contains the greatest of all aids to digestion, good pepsin. It has other ingredients that act mildly on the bowels, which together form a combination for the relief of dyspepsia or indigestion that is surpassed.

Its action is to tone and strengthen the stomach and bowel muscles so that they can again do their work naturally without outside aid, and when that happy moment comes all medicine can be dispensed with. It is the best remedy obtainable for any disorder of the stomach, liver and bowels, for dyspepsia, constipation, biliousness, headaches, drowsiness after eating, gas on the stomach, etc. Thousands of users will testify to this, among them Mrs. Oliver Young, Merrill, Wis. She says: "After many years suffering from indigestion I have obtained what I believe to be permanent relief by using

Dr. Caldwell's Syrup Pepsin. I feel 19 years younger, my work seems easy, my breath is no longer bad and I eat what I want without distress."

Syrup Pepsin is sure in its results, and a vast improvement over chewing or swallowing tablets and pills, or taking cathartics, salts, etc., all of which are harsh and nauseous and at best do but temporary good. You can obtain Syrup Pepsin at any drug store for fifty cents or one dollar a bottle. Results are always guaranteed or money will be refunded.

If no member of your family has ever used Syrup Pepsin and you would like to make a personal trial of it before buying it in the regular way of a druggist, send your address—a post will do—to Dr. W. E. Caldwell, 417 Washington St., Monticello, Ill., and a free sample bottle will be mailed you.

# MUCH GOOD DONE AT CONFERENCE

Col. Wood Returns from Meeting of Southern Educators Held at Richmond.

Col. T. Gilbert Wood, agent for the land and industrial department of the Southern railway, with headquarters in Asheville, has returned from Richmond, where he went to attend the sessions of the "Conference for Education in the South," which opened there on Tuesday. The conference will not close until tomorrow, but during his stay Col. Wood stated that subjects of great importance to the south were taken up for discussion and that North Carolina was well represented, not only by speakers but by those who went to get the benefit of the discussions held. He considers the meeting one of the most important ever held in the south.

The program for the conference was very complete and questions dealing with every detail of development in the entire south were taken up and discussed. The discussions were by men who stand for the highest development in all these lines and Mr. Wood says, were most instructive, as each phase was handled by different men, chosen according to their familiarity with the subjects. There were conferences by farmers, business men, school superintendents, country preachers, college professors, editors, and others in all lines. Programs were arranged for each of these conferences and many subjects taken up that were thought to be beneficial to those in attendance. There were exhibits on health, rural schools, farming, and other subjects. In the farmers' conference Clarence Poe of Raleigh was secretary, and W. J. Shuford of North Carolina spoke on "What caused us to Get Together" and "An Egg Selling Association". He also spoke of the dairy conditions and co-operatively creamery efforts at his home in Hickory. Gen. Julian S. Carr of Durham was chairman of the business men's conference, and among the North Carolina speakers at this conference were: Zebulon Judd, general secretary of the Interstate Superintendents' association, on "Administrative Supervision"; I. C. Brogden, who rendered a report on the efficacy of consolidation; J. Y. Forner, state superintendent of public instruction; Charles Lee Raper, dean of the graduate school of the University of North Carolina, on "Taxation: the Effectiveness and Justice of Government in the Southern States"; M. V. Richards, land and industrial agent of the Southern railway, was also one of the speakers. Among other North Carolina speakers were: E. K. Graham, D. H. Hill, Dr. J. A. Farrell, Mrs. W. M. Hunt and W. A. Blair. Investigations were extended to the conference by Raleigh and Charlotte to hold the next meeting in these cities. The city decided upon will be announced in a short time.

Linville River Company Ownership Changes Hands. At Cranberry yesterday the Linville River Railway company, which has been owned by the W. M. Ritter Lumber company, changed hands and the controlling interest passed to the

# SOME WORK DONE BY POSTAL CLERKS

During March 13 Men Handled 85 Tons of Mail in Asheville Office.

Anyone who has an idea that the Asheville postoffice clerk does not have to work should have it revised. During the month of March the 13 clerks of the local office who handle the mails, received and dispatched, passed 171,811 pounds, more than 85 tons of mail matter through their hands. That was nearly 6000 pounds a day, or approximately 500 pounds for each one. Then consider the weight of an ordinary letter and figure out what kind of a job the postoffice clerk has.

The weighing of the mails and sacks for the month of March was the result of an order from the department at Washington, to find out the volume of business done by the local office, as well as all others, and in addition to the usual handling of the mails, every sack and parcel had to be weighed. This included the mails received and those dispatched. March and April are considered light months for Asheville, as far as mails go, and the task was not so great as it might otherwise have been.

When it is said that this great volume of mail is handled by the clerks, however, the story is by no means all told. The mails received are brought into the office and weighed. The sacks are then taken to the separating cases and the packages out. From there the mail is distributed to the sections for rural and city carriers, and to the sections for boxes and general delivery. After all that comes the tedious job of individual distribution.

That is only one end of it. The dispatch mail is collected from the windows and city boxes and the letters are run through the stamp machine. The second, third and fourth class matter is taken to the separating table and the stamps canceled by hand. The letters, after being canceled, are taken to mailing cases and distributed to the various cities and states. From there the letters are taken to the mailing sacks and the other matter brought from the separating table, all to be put into the proper sack, tied, locked and weighed.

No consideration has yet been given to the special delivery and registered packages. Each of these is handled separately and a record kept of its number, destination and the names of sender and receiver. The parcel post system is new and the business of the new system has to be carried on. Outside of that the postoffice clerk has little to do. How would you like to be one?

MR. BUCKNER PRESENT AT THREE CONVENTIONS He Spent Several Days in Charlotte and Made Several Short Talks.

Secretary Neptune Buckner of the local board of trade has just returned from a several day's stay in Charlotte, where he went to attend three conventions, held simultaneously in that city. They were: The state Bar Association convention, the meeting of the managers of light and water departments from the southern states, and the Southern Gas association convention.

Mr. Buckner reports that he had a most excellent time, and incidentally did some boosting for Asheville that he hopes may bring results. He extended an invitation to the gas association to hold its meeting next year in Asheville and although a few were in favor of accepting the invitation at the time, the matter was referred to the committee, which always handles this detail. The managers had already decided on Atlanta for their next meeting place, but favor Asheville for 1914. They extended an invitation to Mr. Francis of this city to join their association.

While in Charlotte Mr. Buckner wore a Charlotte button, which bore the inscription: "Watch Charlotte Grow." Under the button he had pinned a card on which he inscribed the information that the growth of Charlotte may be detected by close watching but that Asheville's growth is so apparent that watching is entirely unnecessary. This sentiment was also expressed by Mr. Buckner in a short talk delivered before each of the bodies in convention here. His look occasioned in these talks to point out in what respects this city is really growing. He pictured in glowing terms the beauties of scenery to be found here; the unsurpassed climate; and last, but not least, the great commercial opportunities offered by the city and surrounding section. His remarks brought forth much favorable comment.

Superior Court. Superior court is engaged in hearing the case of J. A. Porter vs. American Clearing Company. When court convened at noon, the plaintiff was still introducing evidence. The case involves a contract. The plaintiff alleges that he had a contract with the defendant company to buy what is known as the Scotch lands in Haywood county and that the defendant refused to carry out the terms of the contract.

The personal injury suit of Roy E. Ducker by first friend, Z. T. Ducker, vs. City of Asheville has been compromised out of court. The case of Geo. Brady vs. Southern railway, in which the plaintiff was asking for damages, has been concluded and the jury answered all the issues against the plaintiff.

# WEAVERVILLE-MARS HILL GAME ON TAP TOMORROW

Second of Series And Great Contest Expected—Convenient Arrangement.

The baseball team of Weaverville and Mars Hill colleges will play at Weaverville tomorrow afternoon, and the game will be called at 3:45 o'clock, so that Asheville people desiring to see the game can go out on the car leaving the square at 2 o'clock.

This is the second game to be played this season by these two teams, which are very well matched. A few days ago they played nine innings without a score, and Mars Hill won in the tenth with one run.

There will be the same batteries for the game tomorrow: Culberson and Shannon for Weaverville, and McNew and Coleman for Mars Hill. Culberson pitched winning ball in the first game. He struck out 14 men and held the visitors to one hit.

The two teams have arranged to play a series of five games, the third of which will be played at Mars Hill on Monday. The dates for the other games have not been decided. Ed. H. Brown will umpire the game tomorrow.

500 POUNDS CAPACITY MOTOR TRUCK FOR \$500 Small Delivery Vehicle Now Offered by the Asheville Motor Company

A motor truck of 500 pounds capacity at the price of \$500 is now offered by the Asheville Automobile company, E. C. Sawyer proprietor. This is a Chase truck and the 500-pound model is the latest production. There has been a growing demand for a light truck at a moderate price, and Mr. Sawyer believes that the ideal truck for this demand can now be supplied by him.

The Asheville Automobile company has handled the Chase trucks here for the past year and there are a large number of satisfied users. They are furnished in every size and strength desired and the business house desiring a heavy truck or a light delivery wagon may find one to fill its needs. The new \$500 model fills in the only missing link in models.

The new model is a 12-horse power machine, with planetary transmission two speeds forward and reverse; high tension magneto ignition; lubrication through the gasoline supply; an 84-inch wheel base; 24- and 26-inch wheels with solid rubber tires; and weighs 1500 pounds.

# Peerless Fashion Store

Style—Quality—Service

- Silk Kimonos
- Silk Dresses
- Silk Hosiery
- Silk Vests
- Silk Shirts
- Silk Petticoats
- Silk Suits
- Silk Gowns

We know you expect better things from our shop and we are prepared to serve you.

Peerless Fashion Store No. 51 Patton Ave.

Y. M. C. A. BOWLING

The following scores were made last night in the Y. M. C. A. big pin bowling tournament, the match being between the teams of Terry and Johnson:

	Total.		Total.
Johnson	141 129 146 426	Brown	141 139 146 426
James	154 186 189 529	Miller	152 159 169 480
Lowenbich	149 155 171 485		
Grand totals	444 480 460 1390	Grand totals	460 446 480 1386
Terry	167 148 165 480		

# YOUR HAIR IS FLUFFY, BEAUTIFUL AND LUSTROUS IN A FEW MOMENTS

Girls! Get a 25 cent bottle of "Danderine" and try this. Also stops falling hair; destroys dandruff.

Your hair becomes light, wavy, fluffy, abundant and appears as soft, lustrous and beautiful as a young girl's after a "Danderine hair cleanse." Just try this—moisten a cloth with a little Danderine and carefully draw it through your hair, taking one small strand at a time. This will cleanse hair of dust, dirt and excessive oil and in just a few moments you have doubled the beauty of your hair. Besides beautifying the hair at once, Danderine dissolves every particle of dandruff; cleanses, purifies and invigorates the scalp, forever stopping itching and falling hair. But what will please you most will be after a few weeks' use when you will actually see new hair—and downy at first—yes—but really new hair growing all over the scalp. If you care for pretty, soft hair and lots of it surely get a 25 cent bottle of Knowlton's Danderine from any druggist or toilet counter, and just try it. Adv.

It's a Saving of money to trade at Levitt's 5--10 and 25 Cent Store The Store of Ten Thousand Bargains. 3 South Main St. Former Stand of Bon Marche.

# Dreamland Theatre

Entire Change Tomorrow THE BURDELL COMPANY Presents "The Female Seminary" A farce comedy. You'll laugh from beginning to end. Also good moving pictures. Matinee 5 and 10c Night 10 and 15c

# Princess Theatre

An Excellent Photo-Play Performance

MISS EDITH STORY IN "BROTHER BILL" A Strong Vitagraph production, well acted. FATTY'S DECEPTION AS TOLD BY HIMSELF A screaming Kalem comedy. "OUT OF THE STORM" Vitagraph Featuring Harry Northup and Miss Rosemary Theby

MUSIC BY PRINCESS ORCHESTRA. ADULTS 10c CHILDREN 5c

# HIGH SCHOOL TEAM TO LEAVE MONDAY ON TRIP

Will Play Weaverville Saturday—Have Games With Best High Schools.

The Asheville High school baseball team will go out to Weaverville Saturday for a game with the college team, and on Monday the members of the team, accompanied by Manager Riddick, will leave for a city for a week's trip over the state. The team has not registered so many victories as yet this season, but the boys have been working hard lately and they hope to make a good showing on this trip. An excellent schedule of games has been arranged with some of the best high school teams of the state, and the schedule of games for the trip is as follows: Monday afternoon, Rutherford college, at Rutherfordton; Tuesday afternoon, Winston-Salem High school, at Winston-Salem; Wednesday afternoon, Greensboro High school, at Greensboro; Thursday afternoon, Danville school for boys, at Danville; Friday afternoon, High Point High school, at High Point; Saturday afternoon, Lenoir college, at Hickory.

Those who will make the trip are: W. Hunt, Beale and Coleman, pitchers; Riddick, catcher; Walter Hunt, first base; Shuford, second base; Wood, third base; Wheeler, short stop; Collins, left field; D. Hunt, center field; Lyda, right field.

# DISCOUNT RATE CUT

Bank of England's Reduction Reflects Improved Monetary and Political Situation.

By Associated Press. London, April 17.—The rate of discount of the Bank of England was reduced from five to four and a half per cent today.

The reduction had been generally anticipated. It follows the retention of a five per cent rate for the longest period in half a century. The beginning of the Balkan war in October last, when the financial strain on the continent was acute, necessitated a five per cent rate, but the recent improvement in monetary conditions abroad and the amelioration in the Balkan situation with improving prospects of peace have enabled the directors to make a relaxation of one half per cent from the abnormal rate.

This reduction is expected to be followed by a further diminution as soon as peace between Turkey and the Balkan allies has been signed and money, which is being hoarded in all parts of the European continent, more freely comes into circulation.

# Can't Get Away From It

Is it possible to nourish, strengthen and rebuild the Brain by Food?

Every man who thinks uses up part of the brain each day. Why doesn't it all disappear and leave an empty skull in say a month of brain work? Because the man rebuilds each day.

If he builds a little less than he destroys, brain fog and nervous prostration result sure. If he builds back a little more each day, the brain grows stronger and more capable. That also is sure. Where does man get the material to rebuild his brain? Is it from the air, or the ice of the Arctic sea? When you come to think about it, the rebuilding material must be in the food and drink.

That also is sure. Are the brain rebuilding materials found in all food? In a good variety but not in suitable proportion in all.

To illustrate: we know bones are made largely of lime and magnesia taken from food; therefore to make healthy bone structure we must have food containing these things. We would hardly feed only sugar and fat to make healthy bone structure in a growing child.

If we desired to keep brain strong and healthy we would use food known to contain the things Nature uses for the purpose.

True, Nature provides these elements in a variety of edible things. We submit the following facts for those who care to know something definite on the subject:

Analysis of brain by an unquestionable authority, Geoghegan, shows of Mineral Salts, Phosphoric Acid and Potash combined (Phosphate of Potash) 2.91 per cent of the total, 5.33 of all mineral Salts. This is over one-half.

Analysis of Grape-Nuts shows Potassium and Phosphorus (which join and make Phosphate of Potash) is considerable more than one-half of all the mineral salts in the food.

Dr. Geo. W. Carey, an authority on the constituent elements of the body, says: "The gray matter of the brain is controlled entirely by the inorganic cell-salt, Potassium Phosphate (Phosphate of Potash). This salt unites with albumen and by the addition of oxygen creates nerve fluid or the gray matter of the brain. Of course, there is a trace of other salts and other organic matter in nerve fluid, but Potassium Phosphate is the chief factor and has the power within itself to attract, by its own law of affinity, all things needed to manufacture the elixir of life."

Further on he says: "The beginning and end of the matter is to supply the lacking principle, and in molecular form, exactly as Nature furnishes it in vegetables, fruits and grain. To supply deficiencies—this is the only law of cure."

The natural conclusion is that if Phosphate of Potash is the needed mineral element in brain and you use food which does not contain it, you have brain fog because its daily loss is not supplied.

On the contrary, if you eat food known to be rich in this element, you place before the life forces that which nature demands for brain-building.

Mind does not work well on a brain that is broken down by lack of nourishment.

A peaceful and evenly poised mind is necessary to good digestion.

Worry, anxiety, fear, hate, etc., etc., directly interfere with or stop the flow of Ptyalin, the digestive juice of the mouth, and also interfere with the flow of the digestive juices of stomach and pancreas.

albumen and water. Grape-Nuts contain that element as more than one-half of all its mineral salts. We must remember that nearly 95 per cent of the brain is composed of water and albumen, but the little worker Phosphate of Potash must be present in order to blend the more bulky materials into useable form.

So with Grape-Nuts. The Phosphate of Potash is more than one-half of all the mineral salts, but the total volume of those elements is exceedingly small as compared with the greater bulk of other food elements contained in Grape-Nuts.

We should also remember that this small ingredient should not be put into the food in the form it might come from a chemist, because man cannot produce these elements in as digestible a form as Old Mother Nature, when she puts them in the wheat and barley from which Grape-Nuts is made.

A healthy brain is important, if one would "do things" in this world.

A man who sneers at "Mind" sneers at the best and least understood part of himself. That part which some folks believe links us to the Infinite.

Mind asks for a healthy brain upon which to act, and Nature has defined a way to make a healthy brain and renew it day by day as it is used up from work of the previous day.

Nature's way to rebuild is by the use of food which supplies the things required, Brain rebuilding material is certainly found in a very natural and perfect form in

Grape-Nuts

"There's a Reason." Postum Cereal Co., Ltd., Battle Creek, Mich.