

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 a 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.

When these common-sense 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 relief of dyspepsia and indigestion that is unsurpassed.

Its action is to tone and strengthen the stomach and bowels 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 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



Mrs. Oliver Young.

Pepsin. I feel 10 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 mints, 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 in the regular way of a druggist, send your address—a postal will do—to Dr. W. B. Caldwell, 417 Washington St., Monticello, Ill., and a free sample bottle will be mailed you.

Prof. Emmett E. Sams, who has been chief clerk in the office of Prof. J. Y. Joyner, State Superintendent of Public Instruction has been made supervisor of teacher training to fill the vacancy caused by the death of Prof. J. A. Bivins.

Subscribe for The Robesonian.

Are You Constipated?

If so, get a box of Dr. King's New Life Pills, take them regularly and your trouble will quickly disappear. They will stimulate the liver, improve your digestion and get rid of all the poisons from your system. They will surely get you well again. 25c at all dealers.

WITH AUNT BECKY.

Papers Relieve Monotony—"Runaway Dick"—The Old Fayetteville Observer—Not in Favor of Women Holding Office—A School-Closing Egg Hunt—Where Have the Robin Redbreasts Gone—Easter-tide.

Old Fork (Maxton, R. 1), March 17 —For most of the past two days the rain has been falling almost continuously, and looking out upon the landscape this p. m. I see pools of water settled in our yard, which is elevated and naturally drained. The farmers were wise in getting so much plowing and ditching done before the wet weather came.

Such days as these are monotonous to the country people, when we see no neighbors or scarcely anyone passing, but the papers come, which are a great pleasure and pastime.

Some time ago I was telling some of the children about the old Fayetteville Observer, one of the best papers of its day, published by E. J. Hale & Son along in the '50s and '60s and having a wide circulation. The children were interested in my description of a little picture which was often found in the advertising page of the paper. This was the advertisement of a runaway negro in slavery times, with a small budget on his back, and "one foot up and the other foot down," fleeing from the old plantation. Throughout this section it was rare that a negro ever deserted his home, because with very few exceptions they were well and humanely treated and were the happiest race on earth. Well fed, well clad, and well attended during sickness, their minds were free from all care, and they had no thought of the morrow. I recollect one runaway who came a distance of several miles to seek a hiding place in the midst of a dense swamp near here, a kind of island, where he remained concealed for months, raiding at night to procure food from the fowl houses and *when his rendezvous finally was found it was a sight to see the chicken feathers, etc., that had accumulated; but "Dick" was gone, and never did return to his owners. I had a terror of "runaway Dick," as I was then a little girl, and could not be induced to go out of doors after night.*

The Fayetteville Observer was the organ of the Whig party which was quite strong in this State. My father was a Henry Clay Whig and a strong adherent of The Observer. On one occasion after a heated political argument between him and a Democratic brother-in-law, the latter wound up by laughingly saying, "Well, Duncan, you have quoted continually the old Observer, and it must be your Bible." Editor Hale was widely known, and recognized as one of the great journalists in the old South. The history of his birth was unique. A prominent citizen of Raleigh one morning found him in a basket on his front veranda, a tiny infant. This gentleman and his good wife took him in, gave him the name of Edward J. Hale, reared and educated him, giving to the world a gifted brilliant citizen; but his parentage remained unknown.

I see that our Legislature has passed a compulsory school law, optional with the different counties, and an act allowing women to serve on school committees, etc. I have no doubt that these positions could be well filled by some of our intelligent women, but I see no reason why our men cannot discharge these duties just as well, and leave our women out of publicity. I am not in sympathy with any movement that tends to lessen or cheapen the high standard of womanhood which has been the pride and glory of the South, and I think the majority of our women share my sentiments.

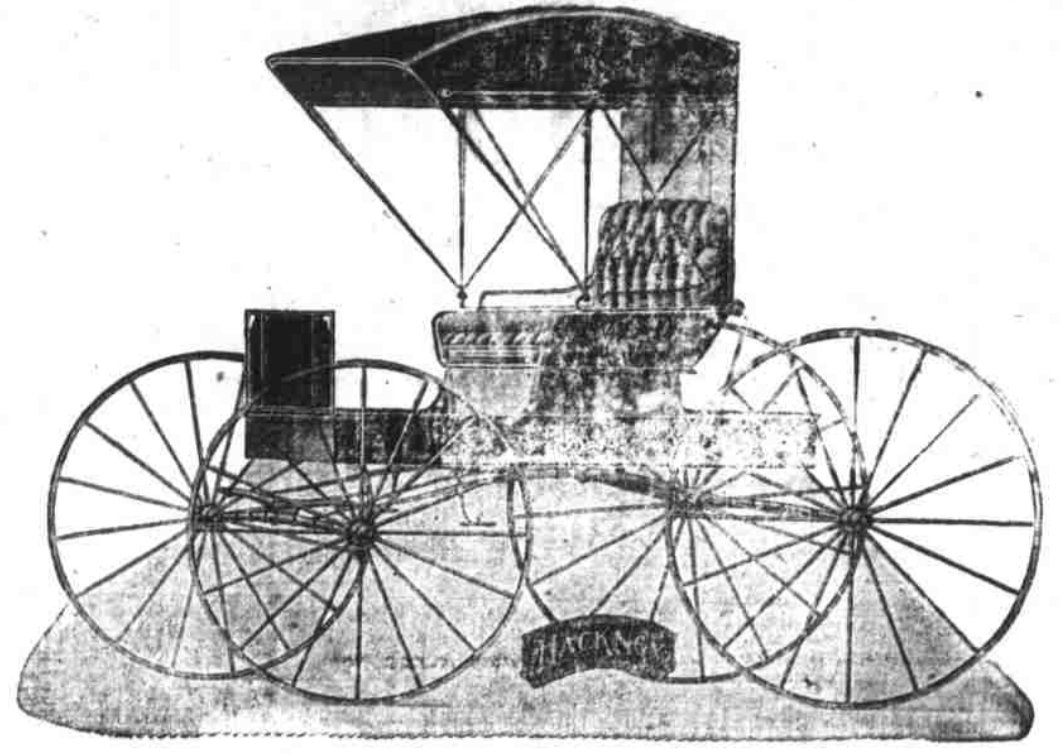
The public school at Spring Hill closed on Friday p. m. last, taught by Miss Mary Robertson of Rowland. The pupils of her school and of Oak Grove, chaperoned by Miss Craig, were given an egg hunt on the occasion, but owing to the heavy rain some of the eggs were left unfound. However, it was an enjoyable outing for the young folks, "who never mind the weather if the wind don't blow." The many friends of Miss Robertson regret her departure from our midst. She is at present a guest at the home of her uncle Mr. D. M. Stewart.

I am indebted to your interesting correspondent of Quitman, Ga., for his kindly expressions and wish that I could feel more deserving of them. I love to write when I have anything worth while to say, but the remote country furnishes little news of interest and I have to rely mostly on my memory of past events.

Gardening struck the Fork people last week, and many seeds were sown, but Mrs. Olmstead, who was in the category, says she expects the heavy rains have washed the little seeds aground.

I see in some of our late papers an article in regard to our robin red-breasts and the pertinent inquiry where have they gone. This same question often arises in my own mind, but I cannot solve the problem. A few years ago there were multitudes of these beautiful little birds every winter. Around our homes they came, flitting about, and visiting the holly trees in quest of the pretty red berries, which were a favorite food. But they are all gone. I rarely see one at all, and I suppose many of them have fallen victims to the cruel hands of the gunners. They are too small to eat and how can any one be soheartless as to kill them for momentary sport?

The Easter-tide draws near, the joy-



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our resurrection time, when from the bosom of mother earth the seeds and bulbs, which were not dead, but sleeping, will burst forth in bud and bloom to beautify the world and rejoice the heart with renewed life and loveliness, and the dear little birds, preserved through the wintry weather by the Father's loving hand, will sing sweet songs of gratitude for the opening of spring.

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IT'S SPRING-TIME and the garden demands attention. Will you make it real labor or a healthful pleasure?

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