

Good Cheer Aids Digestion of Food

Dyspeptics Can Make the Rest of the Family Happy by Using a Laxative-Tonic.

The temper of the family and the good cheer around the table depend so much on the good digestion of each individual present that the experiences of some former dyspeptics who overcame their troubles should be of interest to those now suffering in this way.

The best advice one can give—but it is advice that is seldom heeded—is to eat slowly and masticate each mouthful carefully. However, if slow eating and careful mastication fail the next aid is one close to nature, Dr. Caldwell's Syrup Pepsin. This remedy is an excellent digestant and in addition to helping in the digestion of the food, acts gently on the liver and bowels, ridding them of the accumulation of waste that should have long ago been passed off. It is safe, reliable, pleasant-tasting, and results are guaranteed.

When you use Syrup Pepsin you will see the fallacy of chewing mints and tablets or of taking cathartics, salts, pills and similar drastic medicines. Unlike these, Syrup Pepsin does not lose its good effect, and by automatically training the stomach and bowel muscles to do their work, soon restores these organs to normal.

Families wishing to try a free sample bottle can obtain it postpaid by addressing Dr. W. B. Caldwell, 419 Washington St., Monticello, Ill. A postal card with your name and address on it will do.

Culture is not measured by the greatness of the field covered by our knowledge, but by the nicety with which we can perceive relations in that field, whether great or small.—Stevenson.



MAJ. S. MARTIN

up Pepsin at any drug store for 50 cents or one dollar, the latter size being bought by heads of families already familiar with its merits. Results are always guaranteed or money will be refunded.

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A healthy man is a king in his own right; an unhealthy man an unhappy slave. For impure blood and sluggish liver, use Burdock Blood Bitters. On the market 35 years. \$1.00 a bottle.

UP PHILADELPHUS WAY.

Debate Postponed—Senior Class Organized—Personal Mention.

Correspondence of The Robesonian.

Red Springs, R. F. D. 1, Feb. 18.—We had the first snow of the season last Friday. It was certainly a good one, too.

Misses Mabel Currie and Robera Cox were two of our teachers, spent last Friday in Raleigh. They report a very pleasant trip.

Miss Willie Mae McCallum, a former student at Philadelphus was welcomed as our visitor last Thursday. She is now a student at the Southern Presbyterian College at Red Springs.

The debate that was to have been given last Friday night by the European Society was postponed on account of the weather.

Messrs. Alfred Britt and John S. Brown and Miss Maity Jones stood examination at Lumberton Saturday, for the postoffice at Buies.

Messrs. Harvey McMillan and Mack McArthur and Miss Mabel Currie spent Sunday afternoon in St. Pauls.—Prof. H. W. Grady Owens of Barnesville visited our community Sunday.—Miss Etta McLeod of Rockingham spent the week-end with home folks at Buies.

—Mr. and Mrs. Lewis Ashley are visiting his brother, Mr. H. B. Ashley, Jr.

The senior class of Philadelphus was organized and the following officers elected: John Caddell, president; Laura Jones secretary and treasurer; Georgia McMillan, prophet; Mary Tiddy, historian; Janie Humphrey, testator.

Miss Rebecca Buie was a business visitor in Lumberton Saturday.

Miss Katie Buie, who has been sick for some time, was gladly welcomed in school last Monday in her usual place as primary teacher.

Mrs. Q. T. Brown spent Tuesday in Rennert, visiting relatives.

Mr. Sanford Britt and sister Miss Clelia spent Monday in Lumberton.

News Notes From Southern Presbyterian College.

Correspondence of The Robesonian.

Red Springs, Feb. 18.—The social committee of the Y. W. C. A. gave a party for the association members Thursday evening, February 12th. A small program was delightfully carried out. Mirth provoking games were much enjoyed and refreshments served.

The Zetesian Literary Society had its annual debate Monday evening, February 16th, the query being: "Resolved, That it is to the economic interest of the United States to further restrict her immigration." Dr. Vardell opened the exercises with prayer, which was followed by a piano solo by Miss Sarah Miller. The debaters for the affirmative were Misses Sue Hunt Boyd and Ethel Council; on the negative, Misses Willie Lawson and Gwathney Wilson. Each side showed careful research and preparation of their subject and presented their side of the question with much spirit. After a well-contested discourse two or

SEE IF THE CHILD'S TONGUE IS COATED

Mother! Don't Hesitate! If Cross, Feverish, Constipated, Give "California Syrup of Figs."

Look at the tongue, mother! If coated, it is a sure sign that your little one's stomach, liver and bowels need a gentle, thorough cleansing at once.

When peevish, cross, listless, pale, doesn't sleep, doesn't eat or act naturally, or is feverish, stomach sour, breath bad; has stomachache, sore throat, diarrhoea, full of cold, give a teaspoonful of "California Syrup of Figs," and in a few hours all the foul, constipated waste, undigested food and sour bile, gently moves out of its little bowels without griping, and you have a well playful child again.

You needn't coax sick children to take this harmless "fruit laxative," they love its delicious taste, and it always makes them feel splendid.

Ask your druggist for a 50-cent bottle of "California Syrup of Figs," which has full directions for babies, children of all ages, and for grown-ups plainly on each bottle. Beware of counterfeits sold here. To be sure you get the genuine, ask to see that it is made by "California Fig Syrup Company." Refuse any other kind with contempt.

more hours, the decision of the judges was made which resulted in two in favor of the negative and one for the affirmative. The judges were Prof. S. M. Reed of Fayetteville, Mr. J. P. Wiggins of Maxton and Rev. W. B. McIlwain, Jr., of Maxton. An informal reception was held in the college parlors after the debate complimentary to the officers of the society, debaters and judges.

The usual fortnightly recital by the students of Southern Presbyterian College and Conservatory of Music was given in the college auditorium on the afternoon of February 13th from 4:30 to 6 o'clock, an interesting program being carried out.

The sophomores will entertain the freshman class in the college parlors on Monday evening, February 23rd.

It is well to have visions of a better life than that of every day but it is the life of every day from which elements of a better life must come.—Maeterlinck.

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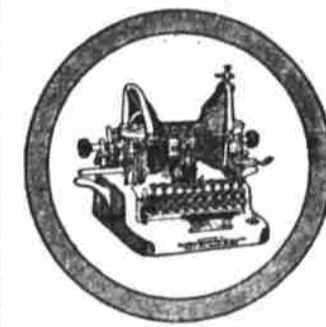
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