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with good oil liniment. That's the surest way to stop them. The best rubbing liniment is

Good for the Ailments of Horses, Mules, Cattle, Etc. Good for your own Aches, Pains, Rheumatism, Sprains, Cuts, Burns, Etc. 25c. 50c. \$1. At all Dealers.

WINTER DIET

How to Avoid Constigation in Win-

State Board of Health Bulletin. "Please tell me what to eat to avoid constigution new when fruits and vegetables are scarce," writes an anxious inquirer to the State Board of Health. He raises an important question. Constipation is pernapa the most common single ail. ment we have today. It is very frequently at the root of many headaches, bad complexions, foul breaths, socalled "stomach troubles and indigestion," dull sleepy feelings in the . day time and restless, uncomfortable . nights as well as dark brown tastes . in the morning and other uncomfortable ailments leading to more serious

troubles later.

Our arch enemy constipation can angles. The question of diet is perhaps the greatest. As a rule we eat too much, especially of meats and concentrated foods with little residue and not enough fruits, vegetables, and coarse food that leave but little for the lower bowel to discharge. Fruits and vegetables are excellent but rather expensive and E. M. Britt difficult to get in winter. Perhaps the best single bulky food available to everyone winter and summer is whole wheat or graham flour or bet. or feed store for from one to two cents a pound and a pound will last A. W. McLean Bran can usually be purchased at ages not unlike breakfast cereal. In fact it forms a very agreeable break- LUMBERTON, NORTH CAROLINA fast food with sugar and cream or combined with some other favorite cereal. Usually from one to four or five table spoonfuls will be found to give satisfactory results if taken will practice in all courts. Business once a day, or oftener if necessary. If desired, bran may be used in many Rooms 3 and 4 McLeod building, corother forms.

Bes des proper diet one should not neglect taking plenty of exercise every day in the open air and drinking plenty of water between meals.

Heart Disease Takes First Rank-Its Causes

That heart diseases kill more peo. ple in the United States than tuberchlosis, pneumonia or any other dis. ease, is the statement given out by Director Sam L. Rogers of the Bureau of the Census, Washington. The death rate for this disease has increased from 123.1 per 100,000 population in 1900 to 150.8 in 1914. The increase raises this disease from its rank as third or fourth in the list of diseases with high death rates, to first place.

The figures are based on the vital statistics reports of the registration area of the United States for the year 1914, which reports embrace about two-thirds of this country's population.

But the greatest significance attaches to the fact that heart diseases * are now causing more deaths than * any other disease is, according to the State Board of Health, the necessity for regulating daily living . habits. 'Over-eating, bver-drinking, . over-playing and over-working are pointed out as the chief causes of this disease. In other words, heart disease is the result of improper * living and is after all very largely . a matter of personal nygience. Health experts declare heart disease to be merely the effets of fast and improper living and the inconsiderate treatment given the human body.

Other Places Want Flora MacDonald College College Notes in Red Springs Citi.

zen. It really begins to look as if Red . Springs may have to "wake up wide " and quit her dream" in order to * keep the college here. Other places * (recognizing that the growth and ever-growing prestige of Flora Mac-Donald College is making it a most valuable and desrable asset, want this institution very much. The chamber of commerce in a near-by town was ready, two years ago, to raise \$100,000 to secure this college when there was a possibility of add-ing the trainin eschool for Christian Office in McLeod Building ing the trainin gschool for Christian workers.

Wireless telephone communication Thos. C. Johnson, M. D. between ships for the transmission of orders in movements at sea has been developed in the Atlantic fleet in the maneuvers off Guantanamo. Successful wireless telephone experiments already have been conducted by the Navy Department between the Arlington radio station and San F. F. WETMORE, C. E. Francsico. Signals have been exchanged with Paris.

This May Interest You If you suffer with pains in your back or side, stiff and sore muscles foints, or rhaumatic aches, or have symptoms of kidney trouble such as nuffer swellings under the eves or sleen disturbing bladder ailments, stipation take Chamberlain's Tablets. von should know that Foley Kidney They are easy to take and most pills have benefitted thousands in agreeable in effect. Obtainable evlike condition. Sold everywhere.

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be attacked from several different stephen McIntyre, A. C. Lawrence angles. The question of diet is per-Maintoye, Lawronce & Practor. Attermore and Counselors at Law, C. N. C. UMBERTON, - -Practice in State and Federal Courts. "resmpt attention given to all business.

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all business given prempt and careter still ordinary bran. Bran can ful attention. Office upstairs Mebe bought from almost any miller Lead building, Elm and and 4th Sts.

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LUMBERTON MARBLE & GRAN-ITE COMPANY. Lumberton, N. C. HOOPER & FLOYD, Managers. Manufacturers of clock, noon, the following described tracts of land, conveyed by said Marble & Granite Monuments, Build-

ing Stone, Cemetery Curb, Land

FOR AUTO LIVERY SERVICE Phone or write W. H. M. BROWN Buie, N. C. PHONE 2712

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J. ED TYSON Plane Surveying and Leveling LUMBERTON, N. C.

SALE OF VALUABLE REAL ES-

TATE On Saturday the 12th day of Febpany. Will practice in all courts, 8 lowing described tract of land, sitpany. Will practice in all courts. 8 lowing described tract of land, so chains to a stake, pine pointers; Prompt attention given to all 8 uated in the town of Red Springs, chains to a stake, pine pointers; Prompt attention given to all 8 place of sale on site of property. The purpose of the sale is for division among heirs who will execute title in fee simple to the successful

PROPERTY

Springs, Robeson County North Carner on east side of Spring street, 163 feet to a stake on Townsowl

Second Tract: In said town, couny and state joining the lands of II. n the town of Red Springs, Hector McNeill corner and runs north 14 76 east 190 feet to a stake; then stake, Samuel Willis' (now Arch. of Texas and Oklahoma, and 617 in south 14 west 75 feet to a Willis and S. B. Rozier, Sr.) cortake; then south 76 east ner, and runs N 21 deg. E 29 1-4 cent on their loans—this shows the to the C. F. & Y. V. Railroad; chains to a stake, with black gum need for reform. this line direct to the beginning, being the same land conveyed by S. R. Townsend and wife and others, H. McNeill.

Terms: 1-3 cash, twelve months balance terms to suit purchaser. Will also offer same for cash. Property will be sold to best interest of own-Lots will be sold first sepa rately then as a whole. The two tracts adjoin and have an alley way This 10th day of January

R. H. LIVERMORE. for Livermore heirs. McNEILL, Jr., Attorney. 1 17 4mon

Robesonian Want Ads Are Popular. Everybody Reads Them.



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FIRE INSURANCE IS A DUTY as well as a benefit. Your wife and family are entitled to a sure home and you as their protector are in duty bound to provide it. Have us issue you a policy today, both for their sofety and your own peace of mind. The cost is trifling, the protection absolute.

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Every day in the year. Better insure now

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RE!

Has destroyed oth. ers. You may be next. Insure before it is too Late

TRUSTEE'S SALE OF LAND upon the undersigned in a certain 12 o'clock, noon, at the court house er who can do so put a deposit in Deed of Trust dated the 1st day of door in the town of Lumberton, of his local bank, keeping as big a October, 1912, by Stephen B. Rozier, Jr., and wife Emma M. Rozier, the highest bidder for cash the spring, and it will be a strange bank been made in the payment of principal and interest, the undersigned will on Wednesday, the 16th day of February, 1916, offer for sale at the court house door in Lumberton in

FIRST TRACT: Beginning at

50 min. W 38.90 chains to a stake at the mouth of a cross ditch; thence with said cross ditch N 30 deg. W 23.62 chains to a stake in the ditch on the S side of a road called Betruary, 1916, at 11 o'clock a. m. the undersigned will sell at public auction to the highest bidder the following t ers: thence S 57 deg. 15 min. E 8.47 place of sale on site of property. thence N 41 deg. 45 min. E 45.04 chains to a stake, gum pointers; lots being a part of the estate of thence N 28 deg. 04 min. W 12.80 Mrs. E. T. Livermore, deceased. chains to a stake, pine pointers; chains to a stake, pine pointer, S B. Rozier's corner; thence with Rozier's line N 83 deg.45 min.E 27.63 chains to a stake in ditch on W side of a road that leads from Dr. Rozier's to Lumberton, it being S. B. First Tract: In the town of Red Rozier's corner; thence with his other line N 73 deg. E 33.11 chains to olina, beginning at Mrs. Adams cor- the beginning, containing 314 acres, more or less; being tract No. 1 in runs with her line S. 76 east 100 lot No. 4 in the division of the S feet to a stake, then north 14 east B. Rozier, Sr., property as per report of Commissioners, In Re S. B. street; then with Townsend wreet Rozier, Spl. Proc. No. 3396 records north 76 west 100 feet to Spring of Robeson county, office Clerk Sustreet, then with Spring street to the perior Court; see also deed from J B. Rozier and S. B. Rozier, Jr., dated Sept. 21, 1912, registered in of-fice Register of Deeds for said coun-McNeill, deceased, S. R. Townsend, ty in Book "6-E" page 253 et seq., Remed deceased, and B. F. McMillan, be- see deed from S. B. Rozier, Sr., Sept. Progressive Farmer. ginning at a stake in Spring street 14th, 1912, enofirming report of Commissioners.

SECOND TRACT: On the SW side Neill corner of Buie lot; thence with chains to a stake in the ditch on the SW side of the Lumberton road; thence N 73 deg. E about 30 chains to a stake in the middle of the run to S. J. Adams and S. J. Adams to of Ten Mile Swamp; thence down the middle of the run of Ten Mile Swamp to the upper line of Mrs. Rozier's (now Miles Baxely's Upton) 100 acre tract of land; thence with that line to Arch. Willis' and S. B. Rozier, Sr., corner, thence S 11degW13 chains 50 links to a small sweet gum by a large gum and cypress in the edge of the swamp; thence S 75 deg. W 10 chains and 50 links to a and he does well, but when we come small red oak by two pines and two to compare the charges of even the small black jacks; thence N 32 deg. most vicious banks with the charges W 10 chains and 50 links to a by two pines; thence S 60 deg. W 26 chains and 75 links to the beginning.

containing 125 acres. Being the land conveyed by S. B. Rozier, Sr., to S. B. Rozier, Jr., by deed dated July 28th, 1905, registered in said office in Book "5-H" page 128, and by S. B. Rozier, Jr., to Emma May Rozier, his wife, by deed dated August 18th, 1910, registered in book "5-S" page 63; to which said deeds and to the report of the Commissioners herein before referred to, reference is hereby made for further dscription of the lands hereby convey-

Telms of sale Cash. SOUTHERN LIFE & TRUST CO., Trustee. By A. W. McAllister, President. 1 17 4mon

NOTICE OF MORTGAGEE'S SALE OF LAND

Under and by the virtue of au-thority contained in a certain mort-gage deed executed on the 24th day

of February, 1915, recorded in book of mortgages No. 32, page 178, in the office of of the Register of Deeds of Robeson county, said mortgage being made by Julia Blackman and husband, William Blackman, to the undersigned mortgagee.

Notice is hereby given that the undersigned will, on Thursday, the 24th day of February, 1916, at 12 o'clock, m., at the Court House door of Robeson county, offer for sale at public auction, to the highest bidder, for cash, to satisfy the terms of said mortgage, the following described tract of land lying and being in the county of Robeson and in Britt's township. and bounded and described as follows, to-wit:

On the South side of Jacob Swamp and known as lot No. 4 in the division of Alex Thompson's, Sr. Beginning at a stake and pine the 3 corner of lot No. 3 and runs that line S 35 W 12 chains to a stake on the ditch bank, thence S 54 1-2 E to the corner of lot No. 5; thence with that line N 35 E 27 1-2 to a stake; thence N 54 1-2 W 1 68-100 chains to the corner of a 50 acre survey; thence with that line S 42 1-2 W 15.15 chains to a stake and cypress in a pond; thence north 54 1-2 to the beginning, containing 11 acres, it being the same land convey ed by Alex Thompson, Sr., and wife, Renny Thompson, to Julia Blackman, one of the parties above, of the first part. Deed dated Nov. 11, 1911, and recorded in book of deeds 6-F, page 291, in the office of the register of deeds of Robeson county.
This the 22nd day of January

A. L. STONE, Mortgagee E. J. BRITT, Attorney. 1 24 4mon

MORTGAGEE'S SALE OF LAND Under and by virtue of a judgment of the Superior Court of Robeson county rendered at the December term, 1915; in a civil action therein pending, wherein E. D. McNeill was the plaintiff and Melvin Lowrie and call on local agent or write others were the defendants, the un-

dersigned commissioners will on Mon- present way of escape from 70 per

First Tract: Beginning at a stake prices" in summer. by two pines, the beginning corner of J. McW. Sinclair's 180 survey, said county of Robeson, at 12:00 o'- and runs as that survey N 37 E 25... 50 chains to a stake by a pine and two black gums, Preston Chavis' corner in the Watering Hole; thence down the run of the Watering Hole

tanng 77 acres.

scription of which will be found in South is 332,339, with a gain of 21,book of mortgages No. 24, at page 737. United Presbyterians, 153.651, 240 in the offce of the register of gain 5,431. The membership roll of deeds of Robeson county. Also all the Protestant Episcopal Church is the lands conveyed by Melvin Lowrie 1,040,896, the gain being 25,648. The and wife and Willie Lowrie and wife Reformed in America has a memberto W. J. Counsel, a full descrip- ship of 126,847, gain 3.704: Reformtion of which will be found in book ed in United States 320,459, gain

T. L. JOHNSON, R. E. LEE, J. D. PROCTOR, Commissioners

1 31 4mon

TIME PRICES THE WORST Bank Usury Not Comparable-The Remedy

Twelve per cent a year is too much to pay for money; 10 per cent a year is too much to pay, and to east 85 feet to a stake; then south of Ten Mile Swamp; beginning at a have 72 banks in the South outside 76 east 190 feet to a stake; then stake, Samuel Willis' (now Arch. of Texas and Oklahoma, and 617 in

fact faces us that credit at even 12 per cent would seem like a veritable godsend, a veritable deliverance from heaven, to the thousands and thusands of struggling men and women who now bear the burden of our ac-cursed crop-lien and "time-prices" system of the Southern States, a system which is nothing less than a disgrace to any people who call them. selves civilized, much less Christian.

Mr. Williams denounces banks that average 10 per cent on their money, tem, we are reminded of the impudent reply made by young King Rehoboam when the people asked that he lighten the tax burden imposed by his father, Solomon: "My little finger," he replied, "shall be thicker than my father's loins." Verily the little finger of the time-prices crop lien is thicker than the loins of the 10 per cent banker!

As a matter of fact, it will be seen that few bankers in the South average even 10 per cent on their oans, and while we believe we must enlist in a fight to compel all banks to obey the legal interest laws, the important fact to remember now is that the banker offers the surest

Do You Find Fault With Everybody? An irritable, fault-finding disposition is often due to a disordered stomach. A man with good digestion is nearly always good natured. A great many have been permanently benefitted by Chamberlain's Tab. lets after years of suffering. These tablets strengthen the stomach and enable it to perform its functions naturally. Obtainable everywhere.

By virtue of the power conferred day the 6th day of March, 1916, at cent time prices. Let every farmof Robeson county and default having following described lands and prem- that will then refuse to lend him reasonable amounts to escape "time-

> Facts About the Churches Charlotte Observer.

The forthcoming Year Book, to be

issued by the Federal Council of Churches, will containe some statistics stake in S. B. Rozier's line, on the N side of a road that leads from Dr. black gums; thence S 7 W 32 chains world. It will show a Church mem-Rozier's to Woodman, 2.37 chains to a stake in Buie's line; thence as bership in the entire country, inform the middle of Ten Mile Creek; his line S 70 W 4.60 chains to a cluding Protestant, Roman Catholic runs thence with a ditch N 76 deg. stake by a pine, his corner; thence and Jewish congregations of 39.375. his line S 70 W 4.60 chains to a cluding Protestant, Roman Catholic stake by a pine, his corner; thence and Jewish congregations of 39,375,-S 64 W 28 chains; thence direct to 271, out of a population of 100,000, the beginning, containing 50 acres. 000. The gain in membership dur-Second Tract: Beginning at a stake ing the past year was 648,193, which in John Graham's line, Allen Oxenis a loss of 131,083. The Roman dine's corner and runs as Oxendine's Catholic strength in this country is sey road; thence with said road N line S 30 W 22 chains to a pine by 88 deg. 30 min. W 6.56 chains to a two pines, Buie's corner; thence as stake at the mouth of a ditch; thence Buie's line S 70 W 23.50 chans to ber 2,705,121, a gain of 122,804. The with said ditch S 2 deg. W 16.04 a stake by three small pines, thence chains to a stake on the S side of a ditch; thence with said ditch N 76 deg. 15 min. W 34.60 chains to a chains to a stake on the S side of a ditch; thence with said ditch N 76 deg. 15 min. W 34.60 chains to a chain to chain the chain that chain the chain 657.594, indicating a again of 54,329, Also the lands described in Mort- while the showing for the Methodists gage deed from Melvin Lowrie and South is 2,072.035, gain 66,328. The wife to L. H. Caldwell, a full de- membership of the Presbyterians ship of 126,847. gain 3.704: Reformof mortgages 31 at page 430-432. 7.779. The Universalist is the small-This the 28th day of January, 1916. est Church with 55,000 and the Unitarian comes next with 70,549. There are 16,000,000 Sunday school children and 500,000 officers in the United States.

> Radium \$9,000,000 a Pound Washington Dispatch.

More than \$9,000,000 a pound would be the price asked for radium were that quantity of the valuable metal available and for sale at one time. Late in 1915 there were sold in this country one and one-tenth grams of radium (element) at the rate of \$120,000 a gram, according to a report issued today by the United States Geographical Survey. The entire out-put of the United States last year, however, was only six grams, or about one-seventy-sixth of a pound, avoirdupois. The European war caused a great slump in the production of radium, as in 1914 there were 22.3

A most unique funeral took place at Rehobots Beach, Georgetown, Del., Sunday. Mrs. Bertha Bark. er, known as Countess von Oberkamp, died at her home there last week and in accordance with her wish her body was taken to Philadelphia and cremated and the ashes were brought back to Rehoboth and scattered to the winds in front of her cottage on the shore.

grams produced.

THE ROBESONIAN, THE PRO-gressive Farmer and The Housewife, all a whole year for \$2.10.

Indizestion and vorvoushess

are avercome by Mrs. Joe Person's Pashedy which purifies the blood and to as up the streem Mrs. Mary Amanda Nash, Lumberton, N. C. was a severe sufferer from acute indigestle in, which brought on extreme nervousness, suffering daily with catarrial headache. Mrs. Joe Person's Remody relieved all these lils and she sudorses it as the best medicine in the world.

Give Mature a Chance Mrs. Joe Person's Remedy parifies the blood and permits nature to repair the damage of the ils brought on by impure blood—indirection thermatism, scrofula, eczema. Get the blood

right and most alls are cured.
Your druggest should have Mrs. Joe Fernon's Stemedr. If he hasn't, send us his name and one dollar for large bottle. SENTEDY SALES CORPORATION SMARLOTTE, N. C.

Mes. Joe Person's Week about 1 to nection with the flewedy for the cure of sores and the selector influence and consented surfaces. It is manufally value of its woman and should alwars he need for along them.

Seaboard Air Line Railway The Progressive Railway of the South *Trains Leaving, Lumberton

No. 19-7:15 A. M. Local for Hamlet, Charlotte and all intermediate points-Through Sleeper Wilmington to Charlotte. Open for passengers at Wilmington at 10 P M.

No. 13-6:25 P. M. Local for Hamlet, Charlotte, and all intermediate points-Connecting at Hamlet for all points North, South and West, Pullman Parlor Car Wilmington to Charlotte. No. 20-9:55 P. M. Local for Wilmington and all intermediate points

-Through Sleeper, Charlotte to Wilmington. Passengers may remain in Sleeper until 7 A. M. No. 14-10:15 A. M. Local for Wilmington and all intermediate points

-Pullman Parlor Car Charlotte to Wilmington. For additional information, as to rates, schedules, or reservations, call on local agent or write the undersigned

M. BEVERLY, Agent, H. E. PLEASANTS, T. P. A. Lumberton, N. C. Wilmington, N. C. JOHN T. WEST, D. P. A.,

Raleigh, N. C.

Virginia and Carolina Southern R.R.

Ł	No.79	No.65	No.6	1	No.78
1	7:30 am	4:47 pm	Lv Fayetteville Ar 12:0	2 am	10:15 pm
9	8:00 am	5:15 pm	Ly Hope Mills Ar 11:3	0 am	9:45 pm
2	8:10 am	5:25 pm	Lv Roslin 11:20)	9:34
	8:17	5:30	McMillans 11:13		9:25
y.	8;24	5:36	Oakland 11:0'	7	9:17
ì	8:30	5:43	St. Pauls 11:0	0	9:10
	8:42	5:54	Rozier's 10:48	1	8:58
	8:54	6:06	Powers 10:36		8:46
5	9:10 am	6:20 pm	Ar Lumberton Lv 10:2	5 am	8:20 pm

For additional information, as to rates, schedules, or reservations,

W. W. DAVIS, Asst. General Pass. Agent

11:00 am Lv St. Pauls Ar 5:30 pm 12:40 pm Ar Elizabethtown Lv 3:45 pm Nos 7 and 8 daily except Sunday.