

I HAVE used Dr. Caldwell's Syrup Pepsin and find it a most effective and pleasant laxative—one that is worth recommending to one's friends. I know that my health has been greatly improved since using it.

(From a letter to Dr. Caldwell written by Miss Alice Lombard, 22 Boylston St., Springfield, Mass.)

Dr. Caldwell's Syrup Pepsin

The Perfect Laxative

Sold by Druggists Everywhere
50 cts. (Two Sizes) \$1.00

A mild, pleasant-tasting combination of simple laxative herbs with pepsin. Brings relief without griping or other discomfort. A trial bottle can be obtained free of charge by writing to Dr. W. B. Caldwell, 458 Washington Street, Monticello, Illinois.



One Way To Skin a Cat

There are two ways to skin a cat. We favor only one way. First kill your cat. A cross-eyed husbandman asked his hired man to hold the cat so he could skin it with the axe. The hired man grasped the animal firmly and glanced up at the wielder of the axe. "Hold on there, boss," he cried. "If you're going to hit where you're looking, you'll have to get some one else to hold this cat."

The occurrence of chill or chilliness in the beginning or in the course of so many different infectious diseases is deplorable, because it leads so many uneducated people to the conclusion that all sorts of illness may be caused by "exposure," and this false

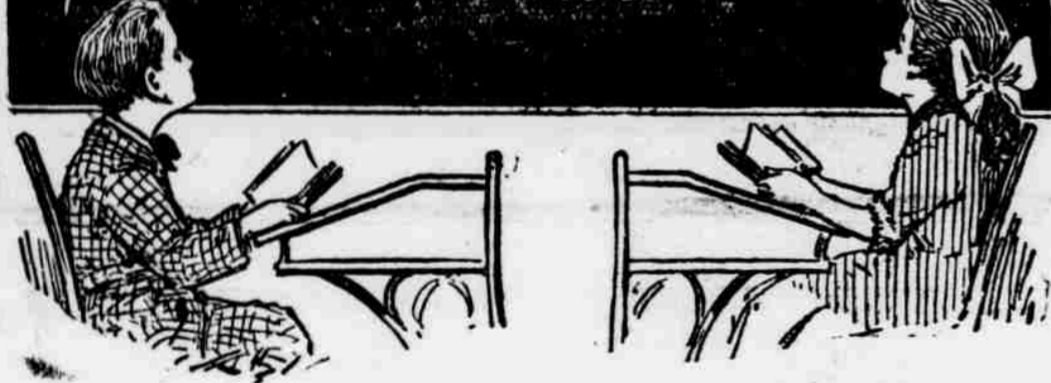
"olds," so-called, of soldiers in the trenches (not soldiers in overcrowded barracks in cantonments) has as yet made but little impression on the popular mind this side of the water, but wait till the boys come home from over there, and you will find them rather amused at the suggestion that wet feet predispose to "colds."

Health authorities in other states are inculcating in the minds of school children one great lesson:

"Every so-called 'cold' is caused by a transfer of germs from one person to another."

In the schoolroom is the place to teach the youngsters this vital fact. It is the place to teach them the danger of the open-face sneeze and the unmuzzled cough. It is the place to teach them the harmlessness of cool air. If they learn that a simple "head cold" or sore throat is the probable result of spray infection (invisible droplets of moisture carrying some four feet from the nose or mouth of

Every so-called 'cold' is caused by a transfer of germs from one person to another.



A PRIMARY LESSON.

Colds Do Not Just Happen, Neither Are They Caused by Fresh Air or Exposure.

lacy in turn leads to a great deal of preventable illness. If you harbor a sneaking suspicion that exposure is even a contributing cause of pneumonia, bronchitis, coryza (cold in the head), diptheria, or other respiratory infection, you are just naturally going to be a trifle careful to keep in out of the air, or to keep the air out of your bedroom when the air seems cold or damp. This practice, if indulged to any extent, is certain to render you less resistant to the very infections you imagine you are avoiding by coddling yourself.

The remarkable freedom from

the person who sneezes or coughs without holding handkerchief over nose and mouth, they would be so ticklish about having fresh air in the bedroom at night as their misguided parents were. And so the little lesson in personal hygiene adds to the health and efficiency of our future citizens.

Our children will look back, some day, to the absurd belief of their parents in the "exposure" myth, and wonder how intelligent people could ever have harbored such fancies. Just as we look back to the time when our parents were actually afraid to admit "night air."

After Your Baby Is Born

Think Now About the Time to Come Afterwards.



When you hold in your arms your tiny new infant, be sure that you can feel that before its arrival you did all in your power to give to it a happy prenatal influence. Scientists say that the thoughts and feelings of the expectant mother greatly affect the health and disposition of the future infant.

For over half a century thousands of women who have used the time-honored remedy, Mother's Friend, say that they entirely escaped nausea, nervousness and that peculiar distressing feeling so usual where nature is unaided. They thus preserved a wonderfully bright and happy disposition, which reflects so markedly upon the unborn child.

By the regular use of Mother's Friend the muscles are made and kept soft and elastic to readily yield to nature's demand for expansion without the usual wrenching strain. The nerves are not drawn upon, and as a consequence the expectant mother is calm and serene and the nights are not disturbed with nervous twitchings, and the crisis is one of joy and happiness.

Write the Bradfield Regulator Company, Dept. K, Lamar Building, Atlanta, Georgia, for their Motherhood Book of value to every woman, and get a bottle of Mother's Friend from your druggist and begin a treatment that will bring real results.

BUY WAR SAVINGS STAMPS.

SUGAR REGULATIONS.

Certificate Plan of Sugar Distribution Rescinded—4 Pounds Per Person Per Month.

To the Merchants, Public Eating Places and Other Dealers in or Users of Sugar in Robeson County: Effective December 1st the certificate plan of sugar distribution is rescinded. This means that from this date all purchases of sugar may be made without certificates, and dealers may make their orders for such amount as their trade demands.

Please note the following points: (1) The 4-lb per person per month ration for household and public eating places is still effective and dealers will be expected to confine their sales to consumers to this amount. (2) Sugar for dealers, manufacturers and others in this territory must still be purchased from Louisiana. In other words, zoning restrictions remain as they have been. (3) Merchants are still required to keep an accurate record of all sugar sales, such records to be available for inspectors, County Food Administrators or other food administration officials on demand.

H. E. STACY, County Food Administrator. Lumberton, N. C., Dec. 2, 1918.

College S. A. T. C. Units to Be Demobilized.

Commanding officers of all institutions containing Students' Army Training Corps units have recently received orders to begin demobilization of their respective units on December 4th with a view to completion by the 21st.

WOMEN PRAISE STELLA-VITAE

We want every afflicted woman to try at least one bottle of Stella-Vitae on our plain, open guarantee to return the money paid for it if it does not benefit.

If you doubt our word that it will relieve the distressing aches, pains and misery peculiar to the diseases of women, read the testimony of these women who have tried it and are glad to tell others what it has done for them. The only interest they have in the matter is that which any true woman feels in helping to relieve the sufferings of other women. You can believe them.

Mrs. J. F. Lee, Milstead, Ga., had female complaint for years. Three bottles of STELLA-VITAE cured her, she said, and added, "I am certainly thankful for this great female tonic." Mrs. Paralee Frasier, Longview, Tex., expressed appreciation of STELLA-VITAE in these words: "I cannot say too much for this wonderful medicine. I had taken other female medicines for two years with no good results. I am truly grateful for the good STELLA-VITAE has done me." Mrs. Sandy Withers, of Greensboro, Ala., was a terrible sufferer from female trouble—and only a woman knows what that means! Her condition got so bad her pains threw her into spells like fits. Her husband feared she would lose her mind. The Greensboro doctors pronounced her incurable. Then somebody suggested that she take STELLA-VITAE. She did so. The first dose lightened her spells. STELLA-VITAE is a perfectly harmless compound and it not only alleviates a woman's pain, but builds up her health; it stimulates her appetite, aids digestion, quiets her nerves and clears her complexion. It improves her personal appearance.

All dealers sell Stella-Vitae, and are authorized to return the money paid for the first bottle if it does not benefit. Sole in Lumberton and recommended as the world's best corn remedy by Pope Drug Co.

Examination Will Be Held at Pembroke December 11.

Correspondence of The Robesonian. There will be a civil service examination held Jan. 11, 1919, at Pembroke, N. C., to obtain eligibles to fill the vacancy of R. F. D. carrier at Raynham, N. C., and subsequent vacancies in Robeson county.

Application blanks may be obtained at Raynham, Pembroke, or from the civil service commission at Washington, D. C.

J. H. McILHENY, Pres.

FOR COLDS AND GRIPPE FOLLOW DOCTORS' ADVICE

Ask any physician or druggist and he will tell you that the first step in the treatment of a cold, cough, influenza or grippe should invariably be "a brisk calomel purgative, preferably the nausealess calomel, called Calotabs." This alone is often sufficient to break up a severe cold over night, or cut short an attack of grippe and possibly prevent pneumonia.

One Calotab on the tongue at bed time with a swallow of water—that's all. No salts, no nausea nor the slightest interference with your eating, pleasures or work. Next morning your cold has vanished and your entire system is purified and refreshed. Calotabs are sold only in original sealed packages; price thirty-five cents. Recommended and guaranteed by druggists everywhere. Price refunded if you are not delighted.—adv.

SCHOOL CHILDREN CAN'T

All teachers and intelligent parents know that school children can not make proper progress in their studies without the use in their homes of reliable reference works. Hence, every progressive household should have Webster's New International Dictionary and The New International Encyclopedia. Every member of the family who can read will use, and profit by using these most valuable, comprehensive and authoritative reference works. This use makes a liberal education easy and certain. For prices and easy terms write J. T. Norsworthy, Lock Box 872, Lumberton, N. C., Phone 16.

NEWS AND COMMENT.

Cedar Grove School Progressing Finely—The Robesonian's Fine Staff of Correspondents—Wants Law for Auto Drivers.

Correspondence of The Robesonian. Lumberton, R. 5, Dec. 3.—The force of circumstances kept us from attending both the fair and the association. Mr. and Mrs. Alex Spivey of Lake City, S. C., who have been spending some time visiting friends and relatives, have returned home. Their visit was greatly enjoyed and we hope they will repeat it at an early day.

The public school at Cedar Grove is progressing finely. It is now in the fourth year of its age and so popular and fruitful has it been since the beginning that now two teachers have to be employed instead of one as formerly. The teachers both live in the community and many congratulations are being passed on our splendid committee and patrons for this fact.

Services Saturday and Sunday at Cedar Grove were delightful. Although the weather Sunday was inclement the house was well nigh packed. Those coming from a distance were Messrs. J. P. and Clark West of near Singletary's Cross Roads, Mr. J. R. Phillips of Allenton, Mr. George Hester of Bladenboro, and Mr. Alton Anderson of Horry, S. C.

The contribution of Rev. Mr. Willis to The Robesonian's columns are always read with good taste. Mr. Willis is an interesting writer and a splendid speaker. In fact, all the correspondents are valuable contributors. We do not know of any other paper that can boast of a finer staff than The Robesonian.

The Legislature will soon be in session and it is to be hoped some fine law may be passed relative to automobile driving. Some who are careful drivers have to watch out for both themselves and others when they strike the streets of Lumberton or they'll run together. A newish, or careless, or irresponsible car driver ought to be rigidly restricted everywhere.

"AJAX."

ST. PAULS NEWS ITEMS.

St. Pauls Messenger. Mr. Albert Inman arrived Tuesday night, from an aviation camp in Florida, but was too late for the funeral of his sister Miss Addie, which was held Tuesday morning at 10:30.

The people of our town were glad to see Mr. G. R. Thagard return last Monday from the hospital, where he had been for about three weeks, suffering from injuries received in an auto accident. Mr. Thagard can walk with the aid of crutches, and he is improving every day.

Rural Policeman C. L. Beard, Chief Newton and Mr. Fairy Newton, made a raid near Edulia last night and captured one 60-gallon barrel of molasses in the woods where they found an empty barrel and a newly dug well. Preparations were being made to put up a tiger still. But they are short one barrel of molasses this morning.

The field committee from the churches of Great Marsh, Ten Mile, Tolarsville and St. Pauls, met here last night and after hearing an excellent sermon by Rev. Frank Hare, voted unanimously to call him to the pastorate of this field, or group, of churches. Rev. Mr. Hare, who is originally from Kansas, has been in this State for about eight years, and is now located at Broadway, Lee county. He has a wife, and one boy eight years old. We will be glad to welcome them to our town and county.

NOTICE.

NORTH CAROLINA—ROBESON COUNTY. In the Superior Court, Dec. Term, 1918. Beaufort County Lumber Company of North Carolina, a corporation et al. vs. B. H. Lassiter, R. E. Lassiter, Mrs. R. E. Lassiter, Gary Lassiter, et al.

To the defendants R. E. Lassiter, Mrs. R. E. Lassiter, R. E. Lassiter, Gary Lassiter: You and each of you take notice that an action entitled as above has been commenced in the Superior Court of Robeson county for the purpose of extending certain rights and privileges contained in a certain timber deed executed by some of the defendants herein to the plaintiffs, and in which the said defendants are interested; and the said defendants will further take notice that they are required to appear at the term of the Superior court of said county to be held on the fifth Monday before the first Monday in March 1919 (it being the 27th day of January 1919) at the court house in said county in Lumberton, N. C., and answer or demur to the complaint in said action, or the plaintiff will apply to the court for the relief demanded in said complaint.

This the 3rd day of December, 1918. C. B. SKIPPER, Clerk of Superior Court. McLean, Varner & McLean and H. E. Stacy, 12 5 4 Thurs. Attorneys for plaintiffs.

NOTICE.

NORTH CAROLINA—ROBESON COUNTY. In the Superior Court. Beaufort County Lumber Company of North Carolina, a corporation, vs. Retura Williamson, et al.

To Marice Williamson, Fannie Williamson, Alice Williamson, Della Williamson, Gordon Williamson, Tim Williamson, Claude Williamson and Columbus Griffin: You, an each of you, take notice that an action entitled as above has been commenced in the Superior court of Robeson County for the purpose of extending certain rights and privileges contained in a timber deed executed to the plaintiff by some of the defendants herein, and in which the said defendants are interested; and the said defendants will further take notice that they are required to appear at the term of the Superior court of said county to be held on the fifth Monday before the first Monday in March 1919 (it being the 27th day of January 1919), at the court house in said county, in Lumberton, N. C., and answer or demur to the complaint in said action, or the plaintiff will apply to the court for the relief demanded in said complaint.

This the 3rd day of December, 1918. C. B. SKIPPER, Clerk of Superior Court. McLean, Varner & McLean and H. E. Stacy, 12 5 4 Thurs. Attorneys for plaintiff.

ADMINISTRATOR'S NOTICE.

Having qualified as administrator of Henry C. Pitman, deceased, this is to notify all persons having claims against said estate to present them to me at Fairmont, N. C., on or before the 1st day of December, 1919, otherwise this notice will be pleaded in bar of recovery.

All persons indebted to said estate will make immediate payment. This the 30th day of November, 1918. E. FISHER, Admr. of Henry C. Pitman, Deceased. Johnson & Johnson, Attorneys for the Admr. 12 5 6 Thurs.

Don't Torture Your Child!

TO MOTHERS! See your little one's terror at the very thought of a dose of castor oil, mineral oil, calomel or pills. Ugh!

Cascarets "work" better, safer, surer on the tender little liver, stomach and bowels, besides Cascarets taste like candy. Even bilious, constipated, sick kiddies coax for this harmless candy cathartic.



Each 10 cent box of Cascarets, the pleasant candy cathartic, contains directions and dosage for children aged one year old and upwards. When the little one's tongue turns white, breath feverish, stomach sour, there is nothing better to "work" the nasty bile, souring food and constipation poison from the child's system. Give Cascarets, then never worry.

Everything In Hardware

Christmas Gifts of Service Let us Show You

L. H. Caldwell

BALTIMORE NEWS BATCH.

School Begins—Personal Mention.

Correspondence of The Robesonian.

Baltimore (Fairmont, R. 1), Dec. 2.—Thanksgiving passed off very quietly.

Mr. Marvin Lovett of Camp Jackson, S. C., spent Sunday here with his mother.

Miss Cora Bullock begins teaching school today at Gaddysville.

Mr. Sprunt Floyd and mother were Lumberton visitors last Friday.

Miss Sallie Bullock, who is teaching school at Pleasant Hope, Fairmont R. F. D., spent the week-end here with her parents, Mr. and Mrs. D. J. Bullock.

Mr. Douglass Wellington and sister, Miss Kathryn, from near Shannon, spent Sunday with Miss Lizzie Bullock.

Miss Roberta Floyd, who is teaching at St. Pauls, spent a short while Thanksgiving here with her parents, Mr. and Mrs. W. P. Floyd.

Miss Emma Miller from near Rowland spent the week-end with Miss Pauline Nye.

Mr. Joe Bullock and Miss Cattie Bullock began teaching school at Center.

Mr. and Mrs. A. O. Inman and daughters, Misses Nettie and Hannah, of Whiteville, visited relatives here Saturday and Sunday.

Miss Ophelia Floyd entertained a number of her friends last Saturday night.

Rev. J. R. Miller of Fairmont will fill his regular appointment here next Sunday afternoon at 2:30.

The Louisiana annual conference of the Methodist Episcopal Church, South, last week adopted the resolution favoring granting of laity rights to women.

ONE DOSE RELIEVES A COLD—NO QUININE

"Pape's Gold Compound" Ends Bad Colds or Grippe in a Few Hours.

Relief comes instantly. A dose taken every two hours until three doses are taken will end grippe misery and break up a severe cold either in the head, chest, body or limbs.

It promptly opens clogged-up nostrils and air passages in the head, stops nasty discharge or nose running, relieves sick headache, dullness, feverishness, sore throat, sneezing, soreness and stiffness.

Don't stay stuffed up! Quit blowing and snuffing! Ease your throbbing head! Nothing else in the world gives such prompt relief as "Pape's Cold Compound," which costs only a few cents at any drug store. It acts without assistance, tastes nice, and causes no inconvenience. Be sure you get the genuine.

Wrecked Shops for Overcharging American Soldiers.

Four American soldiers dispersed a mob of thousands at Esch after it had wrecked 28 shops in revenge for the overcharging of Americans. Most of these establishments were conducted by Germans. The loss is estimated at between 4 million and 7 million francs.

The United States transport Orizaba sailed for Brest Sunday with nearly 500 newspaper correspondents from all parts of the country on their way to "cover" the coming peace conference at Versailles. The party included several newspaper women and a score of motion picture men and newspapers photographers.

TRY THE SCALES

The scales seldom fail to reveal the truth, they are a fair gauge of health. If you are losing weight and are not feeling up to the mark, it is high time to replace the loss and build up the powers of resistance.

SCOTT'S EMULSION

a unique combination of tonic and nourishment, having definite reconstructive properties, enriches the blood, restores weight and imparts vigor and tone to the whole system. If you feel yourself losing ground, try Scott's Emulsion—the Strength-Builder.

Scott & Bowne, Bloomfield, N. J.