

OUT-OF-DOOR FOLKS.

The question of healthful, strengthening food is an important one to those who engage freely in out-of-door sports and recreations, whether for health or pleasure.

Open air life calls for food which embodies in the highest possible degree strengthening and vitalizing qualities.

Shredded Whole Wheat Biscuit

precisely meets these requirements. It is composed of the whole wheat berry, which analysis shows to contain in concentrated form, every element entering into the composition of the human body. It builds bone, teeth, muscle and tissues, and supplies vim and energy.

It is a tempting food, as it may be prepared in hundreds of ways with milk, cream, eggs, fruit and vegetables—something new for every meal.

Always serve according to directions in "The Vital Question Cook Book," which we send free.

Triscuit,

the whole wheat cracker, takes the place of bread—it is healthier and better in every way. Try "Toasted Triscuit and Cheese.

THE NATURAL FOOD COMPANY,

Niagara Falls, N. Y.

The Gorham Co., invite attention to their unsurpassed facilities for the designing and manufacturing of special

TROPHIES FOR ALL SPORTING EVENTS

and Particular Occasions

They have in stock at all times the most extensive showing of Punch Bowls, Loving Cups, Vases, Smokers' Sets, Riding Crops and Whips, and all the newest things in leather for travelers, including a large number of handsomely fitted Bags and Suit Cases.

THE GORHAM CO.,

Silversmiths and Goldsmiths

BROADWAY AND NINETEENTH STREET, NEW YORK.

Southern Pines Sanitarium,

FOR THE TREATMENT OF

Diseases of the Throat and Lungs.

The Most Thoroughly Equipped Institution of its Kind in Eastern North Carolina.

Edwin Gladmon, M. D., Supt.

WRITE FOR ILLUSTRATED BOOKLET.

HAYES & THOMAS,
Fine Millinery and
Ribbon Neckwear,
Wools and Fancy Work Materials
Near Bookstore,
SOUTHERN PINES, N. C.

Mrs. C. C. Stevick,
MASSEUSE AND MANICURIST.
Is located in Pinehurst for her fifth season.
Appointments may be made by mail.

N. D. WELLS,
Southern Pines, N. C.
Complete line of Watches, Clocks, Jewelry, Silverware, Souvenirs and Novelties.
Our representative will be in Pinehurst Monday and Thursday of each week. Repair work or orders left at office of your hotel, or Department Store will be called for and receive prompt attention.

First Class Work Guaranteed.

MISS FERGUSSON,
THE CEDARS, PINEHURST, N. C.,
NURSING AND MASSAGE.
Graduate Nurse, Boston City Hospital,
Boston Floating Hospital For Children.

DR. MONTGOMERY A. CROCKETT,
Resident House Physician,
Offices at The Hotel Carolina and
Mistletoe Cottage.

CAROLINA: 9 to 10 a. m.; 2; 7:30 p. m.
MISTLETOE: 10 to 10:30 a. m.; 2 to 2:30 p. m.

TIN WHISTLES FIRST.

Parke Wright and G. Lee Knight
Win Trophies Offered.

The first of what promises to be a most interesting series of golf tournaments was held on Wednesday afternoon by the Tin Whistles, an eighteen hole medal play handicap.

Nearly all of the members participated, and the delightful afternoon contributed greatly to the enjoyment of the players and the success of the event.

Parke Wright of Buffalo, won the cup offered for the best net score with 80, and G. Lee Knight of Philadelphia, the trophy offered for the second best, net score with 81.

THE SCORES.

	Ont	In.	Gr.	Hp.	Net
Parke Wright, Buffalo,	40	42	82	2	80
G. Lee Knight, Philadelphia,	47	46	93	12	81
H. S. Gordon, New York,	55	51	106	22	84
G. R. Wallace, Brooklyn,	55	54	109	25	84

C. L. Becker, Woodland, Mass.,	48	47	95	8	87
A. I. Creamer, Kearsage,	51	52	103	16	87
H. W. Priest, Franconia, N. H.,	47	53	100	12	88
T. B. Cotter, Winchester, Mass.,	61	55	116	25	91
H. W. Ormsbee, Brooklyn,	55	58	111	18	93
F. A. King, Northboro, Mass.,	60	58	118	22	96
M. B. Byrnes, New York,	58	64	122	18	104
F. W. Kenyon, New York,					No card

Guests at The Harvard.

Mr. and Mrs. Milton Jordan, Peekskill, N. Y., are at The Harvard for shooting.

Mr. and Mrs. H. C. Luders, Philadelphia, are among the recent arrivals. Mrs. Luders will remain through the season.

Mrs. J. B. Chapman, Miss Chapman, Pittsburg, will remain some weeks.

Mrs. M. T. White and Miss White, Rome, N. Y., spent a few days here previous to locating at The Dartmouth.

Mrs. Moores, Cincinnati, is here for a long sojourn. Her son is completing a short visit.

OF INTEREST TO WOMEN.



Evening Coat With Shawl Drapery.

In the illustration a burnt ivory cloth is cleverly fashioned into an evening coat of approved simplicity, not a single touch of color-relief being evident. There is a yoke over the shoulders, to which the capelike skirts of the coat are applied, these being of circular cut. Scant pleates join them to the yoke and the folds fall full and straight to the hem. The sleeve is novel in that it partakes somewhat of the dolman pattern and still maintains the coat sleeve lines. Comfortably, but not unduly full in the upper part, it is draped over the elbow to hang in loose and full folds over the forearm. An undersleeve in lace is finished with a deep wrist ruffle. Over the shoulders there is a quaint and old-fashioned folded shawl arrangement, and the shawl impression is heightened by an addition of a deep knotted fringe. This folds over the bust and is fastened with an old-fashioned rosette with a button center.