

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 foods which embody 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, take 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.

MILLINERY

Notice of Spring Opening will appear in the near future.

Wait for it!

MRS. HAYES, MILLINERY PARLORS,
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.

INTEREST AT HIGH PITCH

Bowling League Contests Attract Large Crowds of Onlookers.

Department Store Defeats Village and Holly Inn, The Carolina, During Week--Hot Matches Coming.

THE interest in bowling is at high pitch, and large crowds are assembling to witness the various matches arranged by the League. There were two matches during the week, the Department Store defeating the Village, Tuesday, and the Holly Inn downing the Carolina, Wednesday.

TUESDAY'S MATCH.

In Tuesday evening's match the Department Store took two out of the three

HOLLY INN.

Turner	106	146	127	379
Mulcahy	144	127	137	408
Dodd	134	103	105	342
Ruggles	136	140	151	427
Yeager	156	165	130	451
	676	681	650	2,007

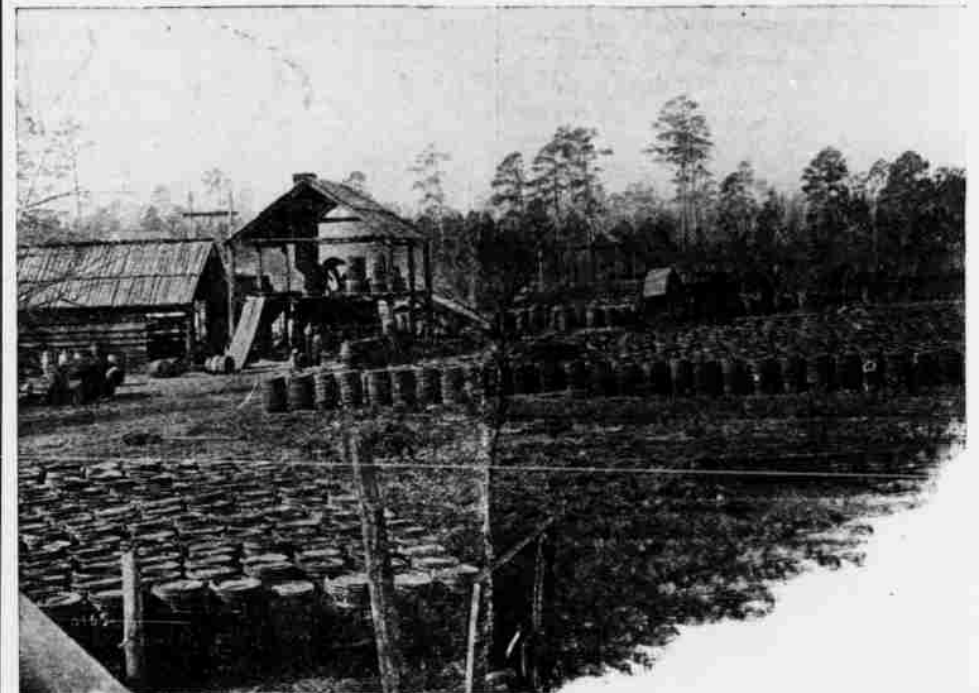
THE CAROLINA.

Danzl	126	150	105	381
Wheeler	98	91	137	326
Albee	111	127	126	364
Austin	161	103	137	401
Francill	94	114	158	366
	590	585	663	1,838

THE STANDING.

This makes two games won in succession by The Holly Inn team from The Carolina, and places The Inn team very close to the leaders, the Department Store. These rivals will meet next Tuesday evening and a red hot match is assured, as both teams are out for "blood," as the captains express it.

Yeager, of The Inn team, now holds the three string record, with 451 putting aside Austin, of The Carolina, who previously held it, with 433.



A TURPENTINE DISTILLERY.

games bowled, and led by ten points on the total pin fall.

The scores follow:

DEPARTMENT STORE.

Ellis	87	116	95	298
Ward	107	97	100	304
Baxter	116	163	135	414
Stillings	120	115	139	364
Robinson	157	106	161	424
	587	597	630	1,814

VILLAGE.

Veno	126	123	112	361
Carroll	135	126	102	363
Peppard	153	128	133	414
McGovern	98	96	98	292
Savage	136	107	125	368
	648	580	570	1,798

WEDNESDAY'S MATCH.

In Wednesday evening's match The Holly Inn team won two out of three games bowled, and led by a total of 169 points, and the season's record for total pin fall, 2,007.

The standing of the teams on the matches already rolled is as follows:

	Won.	Lost.	Per Ct.
Department Store	6	3	666
Holly Inn	5	4	555
Carolina	4	5	444
Village	3	6	333

A Very Sick Clock.

This is an age of clever advertising and here is something not only unique, but amusing:

A VERY SICK CLOCK.

Systolic Action,	Very weak.
Diastolic Action,	Below normal, irregular.
Respiration,	16 2-3.
Pulse Action,	Feeble and intermittent.

Above is the diagnosis of a very sick clock that was restored to perfect health by our horological expert, greatly to the joy of its owner. Similar cases are being cured every day. If either your watch or clock is ailing, bring it to our SPECIALIST, and you will be gratified by a complete recovery.

N. D. WELLS' HOROLOGICAL HOSPITAL.