

THE BALMY BREEZES OF THE SUNNY SOUTH

Are laden with Health and Happiness for the Worn-out
Wrestler with the Strenuous Life.

But you cannot repair wasted tissue or restore strength to
jangled nerves with air and sunshine alone.

The stomach calls for a food that supplies body-building
material in its most digestible form. Such a food is

Shredded Whole Wheat.

It is made of the whole wheat, cleaned, cooked and drawn
into fine porous shreds and baked. These delicate shreds con-
tain all the nutritive elements of the whole wheat grain and
are taken up and assimilated when the stomach rejects all
other foods.

**Shredded Wheat is made in two forms--BISCUIT and
TRISCUIT. The BISCUIT is delicious for breakfast with
hot or cold milk or cream, or for any meal in combination
with fruit or vegetables. TRISCUIT is the shredded whole
wheat cracker, crisp, nourishing and appetizing. Delicious
as a toast with beverages or with cheese or preserves.**

"It's All in the Shreds."

THE NATURAL FOOD COMPANY

Niagara Falls, N. Y.

Pinehurst Department Store.

We carry a full line of Fancy and Heavy

== GROCERIES ==

Such brands as are handled by New England Grocers.

The Dry Goods and Shoe Departments
are complete. Stock bought in Northern Markets. Quality Standard for selec-
tion. Full line of Columbia, Saxony Floss and Germantown Yarns.

A Complete Assortment of Finest Ribbons and Embroidery Silks.

The Latest Styles of Stationery, both Printed and Plain.

GENERAL SUPPLY OF

FIELD AND TRAP SMOKLESS AMMUNITION.

Prices on par with New England Markets.



Ebbitt House

Army and Navy Headquarters
WASHINGTON, D. C.

American Plan, Rates \$3, \$3.50 and \$4 per day.
Rooms with Baths, \$5. Parlors extra.
Special Rates to the Clergy.

H. C. BURCH, Proprietor.

- Blooded Dogs For Sale -

Call or address, G. Dan Morgan.

PINEHURST KENNELS.

NOW 'TIS THE SAND BATH

**Burrow Deep in Golden Grains and
Bask Long in Warm Sunshine.**

**Twentieth Century Goes Ancient His-
tory One Better in Bath-
ing Novelty.**

PECULIARITIES or fads
concerning bathing, have
been in effect for so many
centuries, that they may
reasonably be looked
upon as a leader in this
particular, but the twentieth century, as
in many other things, is a bit in the lead.

The latest of the novelties is the sand
bath, but strange as it may seem the
"sand hill region" has not yet adopted
this new method of bathing as a panacea
for bodily ills, in spite of the marked ad-
vantages.

The plan is a simple one, the bather

bathe. Even when banished she still
continued the habit, although constrained
to content herself with 50 asses only. Is-
abel of Bavaria, was likewise a believer
in lacteal ablution. In the matter of
bathing, however, she had a catholic
taste.

The bath of Marie Antoinette consisted
of a decoction of serpolet, laurel leaves,
wild thyme and marjoram, to which was
added a little sea salt. Crushed straw-
berries and raspberries were to Mme.
Tallien's taste. To a bath of perfumed
water were added twenty pounds of
strawberries and two pounds of rasp-
berries, forming a mixture that rendered
the skin as soft as velvet.

John Law, the originator of the Mis-
sissippi bubble scheme, was wont to add
to the already perfumed and aromatic
water of his bath the yolks of 100 eggs.

Wine baths have been of frequent use.
In France, during the seventeenth cen-
tury, they were in special vogue among
the beauties of the court, and other nov-
elties have been in vogue.



THE SCHOOLHOUSE FROM THE PINE GROVE.

burrowing in the sand until completely
covered with golden grains, and here
basking, warmed by the hot sun's rays,
and fanned by cool breezes, gaining
health and strength from the close con-
tact with nature. A warm or cold tub
and a brisk run complete the treatment.

The sand bath is no doubt, the out-
growth of the mud bath, which was ad-
vocated as early as the fourteenth cen-
tury by an Italian named Glacomo de
Dondis, and at the present day, many
flock to St. Amand-les-Eaux in Italy to
immerse themselves for periods varying
from half an hour to five hours in the
peaty, boggy turf that composes the mud
or "moor," which, after treatment, can
be easily removed from the skin by a
warm douche.

Not a few celebrities have indulged in
the luxury of a milk bath. That famous
gambler, the Duke of Queensberry, bet-
ter known as "Old Q," took one every
morning. Another milk bather was Beau
Brummel.

Poppea, wife of the tyrant Nero, kept
500 asses for the purpose of supplying
her with milk in which to wash and

A Sad Catastrophe.

Commander Brownson tells of a Ger-
man, a recruit in the naval service, who,
during a certain watch, was in accordance
with the regulations calling the hours.

"Seven bells and all iss vell!" called
the German correctly enough. Those
who heard the next call were much as-
tonished by this amusing variation:

"Eight bells and all iss not vell! I haf
droppit my hat overboard!"—*Collier's
Weekly.*

Pistol Shoot Today

A scratch, novice pistol shoot has been
arranged for this (Saturday) afternoon
at 3 o'clock in which considerable interest
is being manifested. The event is open
to all "novices," and entrance may be
made at the targets.

Pointer Club Trials.

Trainer Morgan is at Barber, N. C.,
taking part in the Pointer Club trials
with two entries from the local kennels,
Winona, and Gibson Girl, 2d.