

**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 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, 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 OPENING**

March 2d and 3d at Mrs. Hayes Millinery Parlors, New Hampshire Avenue, Southern Pines.

A male milliner is in charge of the trimming department.

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 FERGUSON,**  
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.

**OUTLOOK'S WHIST PROBLEM**

Working Out its Solution Puzzles and Entertains Card Players.

Few Were Able to Figure Out Way in Which Discard Could be Forced—The Solution Given.



THE whist problem in last week's OUTLOOK puzzled the experts and few solutions were received by the editor. The key is, of course, in forcing the discard. The problem and solution are printed below:



**THE PROBLEM.**

All hands exposed. Spades trumps. South leads King of Clubs. Make North

**THE OUTLOOK'S SOLUTION.**

Trick.	S.	W.	N.	E.
1	<u>c Ki</u>	c 7	c 2	c 4
2	d 10	d Kn	<u>d Ki</u>	d 5
3	<u>s Kn</u>	d 9	d 2	d 6
4	s 2	s 5	s 8	s 6
5	<u>s Qu</u>	d Qu	d 3	d 7
6	s 3	s 9	s 10	s 7
7	h 2	s Ki	<u>s Ace</u>	c 5
8	h 3	h 5	<u>d Ace</u>	d 8
9	h 4	h 6	d 4	h 8
10	h Ki	c 8	<u>s 4</u>	h 9

NOTE—W may also discard Ace of hearts. If he does so N makes Qu hearts and leads club 3 to c Qu, Ace.

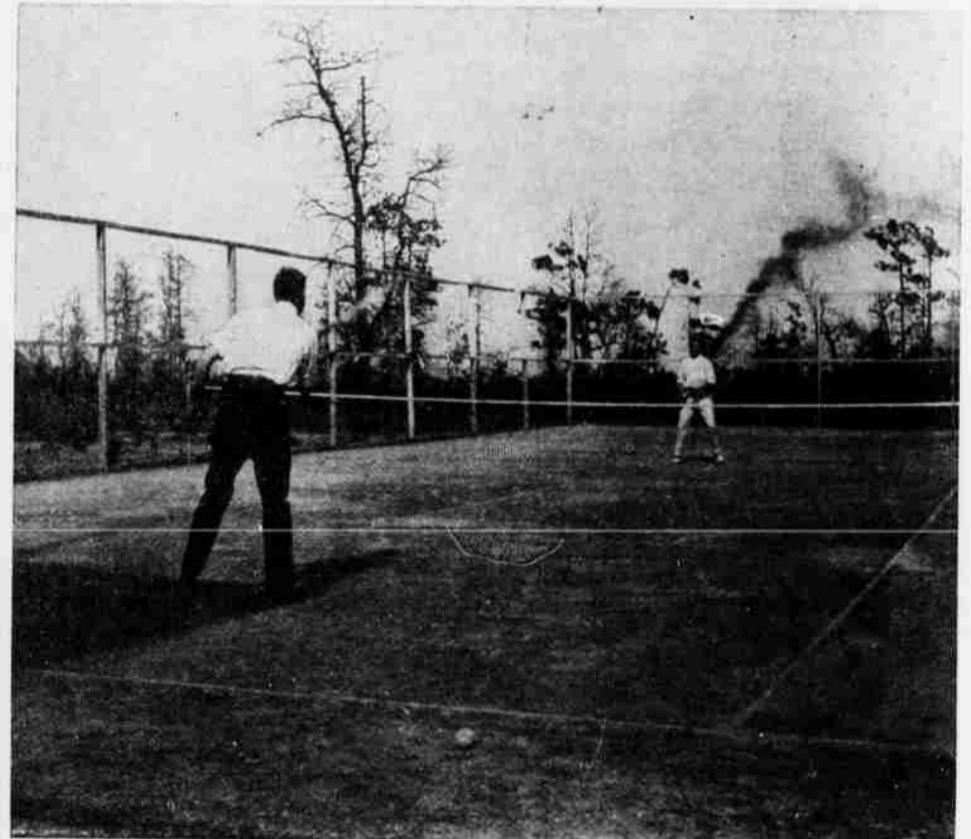
11	<u>c Qu</u>	...	...	...
12	<u>c Ace</u>	...	...	...
13	<u>c 10</u>	...	...	...

NOTE—Underlining means that this card takes the trick.



**R. M. H.'S SOLUTION.**

Trick	N	S	E	W
1	C. 3	C. 4	<u>C. Kl.</u>	C. 7



**A HOT ROUND IN THE FINALS.**

and South take every trick.

**SOUTH.**

H—King, 4, 3, 2.  
D—10.  
C—Ace, King, Queen, 10.  
S—Queen, Knight, 3, 2.

**WEST.**

H—Ace, 6, 5.  
D—Queen, Knight, 9.  
C—Knight, 9, 8, 7.  
S—King, 9, 5.

**NORTH.**

H—Queen, 7.  
D—Ace, King, 4, 3, 2.  
C—3, 2.  
S—Ace, 10, 8, 4.

**EAST.**

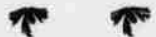
H—Knight, 10, 9, 8.  
D—8, 7, 6, 5.  
C—6, 5, 4.  
S—7, 6.

2	<u>D. Kl.</u>	D. 5	D. 10	D. Kn
3	D. A.	D. 6	H. 2	D. 9
4	D. 2	D. 7	S. 2	D. Kn
5	<u>S. Ace</u>	S. 4	S. Qu.	S. Kl.
6	<u>D. 3</u>	D. 8	S. Kn.	H. 5
7	<u>S. 7</u>	S. 6	S. 3	S. 5
8	<u>S. 10</u>	C. 5	H. 3	S. 9
9	<u>D. 4</u>	C. 6	H. 4	C. 8
10	<u>S. 8</u>	H. 8	H. Qu.	H. 6
11	C. 2	H. 9	<u>C. Qu.</u>	C. 9
12	H. 7	H. 10	<u>C. Ace.</u>	C. Kn.
13	H. Kl.	H. Kn.	<u>C. 10.</u>	H. Ace.



**Bowling Parties Popular.**

Afternoon or evening bowling parties are becoming popular among the Village guests, and a number have been given recently.



**R. R. Perkins Wins Putting.**

The leather fob and charm offered for the best score for six holes at the Club House on Tuesday afternoon, was won by R. R. Perkins, New York.