

## 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 left at The Magnolia.

### N. D. WELLS,

Southern Pines, N. C.

### JEWELER AND OPTICIAN.

Complete line of Watches, Clocks, Jewelry, Silverware, Souvenirs and Novelties.  
Select Line of Souvenirs and Novelties.  
Fine Watch and Optical Repairing.  
**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.

### A DECEIVING YOUNG MAN.

He Was a Summer Boarder Who Expected to Die.

"I ain't sayin' that all the young fellers in Detroit are like the one I took in as a summer boarder through July and August," said the Oakland County farmer, "but I'm tellin' you that I can't be done for agin right away. He come drivin' up one day, lookin' as pale as a ghost and havin' a lonesome cough on him, and he explained that he wanted a quiet, restful place 'til he got ready to die of consumption. All he wanted for any meal in the day was a glass of buttermilk, and he said he allus went to bed at sundown. He talked about death and graveyards and angels 'til he got my pity up, and I

gave him an appetite. I looked to see him in bed soon after dusk, but he was moonin' around the farm 'til after midnight, and slept so late in the mornin' that he had to have a special breakfast. That was only a beginnin'.

"When I think of the pork and beans an' taters that young feller stowed away in the two months I wonder how I can ever pay my taxes this fall. It was eat and drink all day long, with a special lunch at night. A pan of sweet milk was only a sip for him, and a boiled dinner vanished before him like frost before a hot sun. I ought to have had at least ten bushels of harvest apples to sell, but he ate all but about two pecks. He gobbled on to my pears and plums and peaches, and he drank up the last of my hard cider and currant wine. Six fresh eggs beat



LATHROP E. BALDWIN, NEW YORK, RUNNER-UP,  
FIRST DIVISION CONSOLATION.

finally agreed to take him for \$2.50 per week."

"And did he die on your hands?" was asked.

"Not if the color of my hair is black! Lands save ye, but he's somewhere in town this very minit, and he's most too fat to walk around and lookin' healthy 'nuff to live for a hundred years to come."

"What happened?"

"Well, that cough disappeared before he had been with us two hours, and that night at supper he just cleaned off the table and left me 'n the old woman still hungry. He'd got away with a gallon of buttermilk before the meal, but it only

up was only a taste for him in the mornin', and a dozen boiled or fried at supper time seemed to be about his fit. Me 'n the old woman could figger that he ate at least \$4 worth of stuff a week, to say nuthin' of his bein' a trouble.

"But when he finally come to take his departure he figured that the board he had contributed would pay off the mortgage on my farm and buy a new mowin' machine to boot. I may take another summer boarder sometime, but you can bet your life it won't be one that's got consumption and is expectin' to pass through the pearly gates before blackberries are ripe"

—Detroit Free Press.