

## 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.**

## MANY VISITORS HERE

### Goodly Company Assembled Evidence that Season is Well Begun.

#### Pleasant Acquaintances Formed and Out-door Sports and Indoor Pleasures Enjoyed.

**T**HE goodly company of  
visitors now assembled  
here is visible evidence  
that the "season" is well  
begun. Bookings for the  
immediate future assure  
a large incoming, and Christmas will find  
an unusually large number gathered for  
the Holidays.

Out-door sports and pleasures are  
crowding social affairs more or less into  
the background, but pleasant acquaint-  
ances are being formed, and various in-  
formal functions enjoyed and others  
planned.

Christmas eve (Saturday) is receiving  
a share of attention and will be observed  
at The Inn in some special manner which  
will interest all of the Villagers. A sil-  
houette party followed by dancing, has  
been suggested and is being considered  
by a committee of which Mrs. George S.  
Hill is at the head.

#### AT THE HOLLY INN.

#### House Filling Rapidly with Congen- ial Company of Guests.

The week has been a busy one at The  
Inn and new and old friends have joined  
those already here. Various social pleas-  
ures added to the enjoyment of all.

The regular weekly card parties were  
resumed Thursday, with progressive  
whist, Mrs. C. Stacey Bender of New  
York and Mrs. George S. Hill of Marble-  
head, Mass., winning the women's and  
Mr. Aug. F. Brombacher of Brooklyn,  
the men's prizes. Euchre and hearts will  
add variety to these evenings during the  
season.

#### AMONG THE GUESTS.

Mr. and Mrs. R. B. Gregory of Chicago  
come to remain until well into January.  
Miss Madeline Hartman, of Waterbury,  
Conn., is here for a long sojourn.

Mr. and Mrs. William D. Harrison of  
Washington, D. C., are spending their  
honeymoon here.

Mr. and Mrs. C. M. Leonard of Phila-  
delphia, Mr. and Mrs. C. Stacey Bender  
of New York, and Mr. and Mrs. G. W.  
Fleming of West Virginia, are also here  
on their wedding journey.

Mr. and Mrs. J. T. Miller of Pittsburg,  
were guests of the week.

Mr. E. R. Johnson of Merwin, Pa., and  
B. G. Royal of London, Eng., are here  
for shooting. This is Mr. Johnson's sec-  
ond visit this season.

Mr. J. Madison Young of New Ro-  
chelle, N. Y., and his brother, H. H.  
Young of Riverhead are here for a short  
visit.

Mr. Harry W. Brown of Boston is en-

joying golf and horseback riding.

Mr. Walter B. Moorman of New York  
joins his mother.

Mr. E. R. Clark of Philadelphia spent  
a portion of the week here.

Mr. and Mrs. W. A. Wheeler of East  
Orange, N. J., are here for their first  
visit.

Mrs. Ella Miller of Philadelphia, will  
remain into January.

Mr. Fredk. K. Leatherbee, and Mr.  
Alex. G. Fisk of Boston, are spending  
several days here.

Mr. C. H. Adams, Jr., and Mr. J. P.  
Willing of Chicago, will remain through  
the week.

#### PREPARING FOR OPENING.

#### Managers Priest and Abbott Busy at Their Hotels.

General Hotel Manager H. W. Priest  
and Mrs. Priest of The Carolina, together  
with Manager F. H. Abbott and Mrs. Ab-  
bott of the Berkshire and Harvard, ar-  
rived during the week and are busily en-  
gaged preparing their hotels for opening.

The Berkshire opens January 1st, The  
Carolina January 12th, and The Harvard  
January 15th. Early bookings were  
never more satisfactory and record break-  
ing seasons are confidently expected.

#### At The Lenox and Cedars.

Season guests and returning friends are  
conspicuous among the week's arrivals at  
The Lenox and Cedars.

Mrs. Lucy E. Josselyn, Miss Ella L.  
Josselyn and Miss Emma B. Josselyn of  
Lawrence, Mass., return for their fourth  
winter here.

Mrs. H. S. Eldredge of Milford, Mass.,  
and Miss Florence Gray of Riceville, Pa.,  
are both here for their fifth season.

Mrs. A. B. Webster and Miss M. B.  
Webster of San Diego, come for a long  
sojourn, and Mrs. C. H. Platt of New  
Haven, Conn., will remain until spring.

#### At The Magnolia.

Mr. and Mrs. F. Read, Jr., and Miss  
Read of Philadelphia, are here for a short  
visit.

Miss Bessie Otis Hinckney of Chicago,  
and her mother are here for a short visit.

#### Guests of Cottagers.

William T. White of Trenton, N. J., is  
the guest of Mr. and Mrs. T. B. Cotter,  
and William F. Read, Jr., is visiting Mr.  
and Mrs. G. Lee Knight.

#### Good Bags of Quail.

A few rainy days have done much to  
improve the hunting conditions and the  
sportsmen are making excellent bags of  
quail. In six days shooting E. R. John-  
son, of Merwin, Pa., and B. G. Royal, of  
London, Eng., have bagged 77 birds,  
making one high line string of 20, and  
downing ten in Thursday's rain storm.

Leon F. Douglas, of Philadelphia, re-  
turns for the second visit of the season,  
and H. W. Toothaker, of Hartford, J.  
Madison Young, of New Rochelle, and  
H. H. Young, of Riverhead, are all en-  
joying occasional shooting.