

## 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.

The Advance

## SPRING STYLES

### IN SHIRT WAISTS

and Waistings, India Linons, Persian Lawns, French Lawns,  
Eoliennes, Latoscas, Arnold Serges, Silks and Mercerizings,

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**Pinehurst Department Store.**



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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.

## JACKSON SPRINGS HOTEL, JACKSON SPRINGS, N. C.

Close by the famous Mineral Spring, water from which was award-  
ed silver medal at St. Louis exposition.

Hotel modern in every respect,  
Golf, Tennis, Shooting, Fishing, Boating.

For booklet or information, address

ROBERT IRVIN, Manager.

## FOR THE YOUNG FOLKS

### A Brave Little Quakeress.

Dorcas, my little heroine, was fourteen  
years old on that day about which I am  
writing; but she had had no birthday  
gifts, and she had never heard of a birth-  
day party!

The only thing that had happened to  
her was that her hair had been gathered  
up into a cap like her mother's and her  
sister's, and that her new dress came  
down quite to her shoe tops.

She had a white kerchief round her  
throat instead of a collar; she wore a  
white apron over her gray stuff gown,  
and white stockings, with large steel  
buckles on her little square-toed black  
shoes.

Her eyes were dark and bright, and  
her silky hair would curl in rings on her  
forehead in spite of the hard brushing it  
got; her cheeks were as red as June roses,  
and her teeth were as white and even as  
the grains on a young ear of sweet corn.

Dorcas was looking out of the window  
into the narrow street, which was full of  
men in red coats, such as Dorcas had

before—but suddenly a voice said:

"Take off thy suit, brother, and all thy  
clothes, and go to bed."

All turned and saw Dorcas, who con-  
tinued:

"We will take up the bricks in front of  
this hearth and dig out the sand under  
them, and bury brother's suit; and he  
must be very sick, till we can get him  
away."

"And what shall I do?" asked her  
brother-in-law.

"Thee must put on black Judah's  
clothes. He ran away when the firing  
began, and thee must be the butler."

This seemed to be the only thing they  
could think of. The bricks were taken  
up, the sand removed, and the army  
clothes hidden. Dorcas' brother went to  
bed, and Captain Adams, her brother-  
in-law, dressed in the old butler's loose  
clothes and apron, sat in the pantry and  
cleaned silver.

They were none too soon, for the Brit-  
ish soldiers were looking for Americans  
in every house, and a tremendous knock-



Hitch the steed up to the sled,  
Then in you jump and go  
Like the very wind across  
The white and glistening snow.

Up the hill and down the dale  
As sleigh-bells ring-a-ting;  
To the breezes cast all fear,  
As through the air you sing.

Hold the reins in firm and snug,  
For he's a fiery steed  
And may upset the sled, you know,  
When going at such speed.

So hold him tight and guide him right,  
As o'er the snow you glide.  
Now, was there e'er such sport as this?  
A crisp and brisk sleigh ride!

never seen before.

The panes of glass in the window she  
was looking through were small and set  
in leaden frames, and the little girl made  
a pretty picture as she stood there.

A noise behind her made her turn  
round, and she saw her brother and her  
brother-in-law standing in the hall. She  
was going to cry out joyfully to them,  
for she had not seen them for a long  
time, and she loved them very much, but  
her brother put his finger on his lips, and  
made a sign that she must not speak.

Then they softly went upstairs, and  
she followed to the third story, where  
she found her mother and her sister sit-  
ting before a great fire, crying and trem-  
bling. She heard her brother say that  
the British had taken the town and that  
they would probably be caught and put  
in prison.

"I have no other clothes here," he said,  
"and the sight of this uniform would be  
enough to seal my fate!"

Then the two ladies cried harder than

ing warned them that the enemy was at  
hand.

Dorcas went to the door, opened it, and  
saw a young officer with four men stand-  
ing there. She did not wait for the of-  
ficer to speak, but in her pretty Quaker  
fashion gave him a "good morning."

He was greatly surprised to see this  
pretty, dainty little figure demurely  
standing in the doorway, but he was as  
polite as she, and returned her greeting  
courteously.

She told him that a relative of the fam-  
ily had come into the city, and had been  
obliged to take to his bed, and asked him  
to allow his men to protect her while she  
crossed the street to the house of an aunt  
who lived opposite, where she wanted to  
borrow something necessary for the com-  
fort of the visitor.

The officer was rather pleased that the  
pretty girl should show such confidence  
in him, and at once sent two men to es-  
cort her.

She hastily told her aunt that she mus-