

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 contain 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 selection. 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.

JACKSON SPRINGS HOTEL, JACKSON SPRINGS, N. C.

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

Hotel modern in every respect,

Golf, Tennis, Shooting, Fishing, Boating.

For booklet or information, address

ROBERT IRVIN, Manager.

OUR YOUNG FOLKS

WON BY A SINGLE STROKE.

Boys Medal Play Handicap Develops Close Contest.

One of the special golf features of the week which made up in enthusiasm what it lacked in the number of its entries, was a boys nine-hole medal play handicap for cups presented by Harry Dutton and Herbert L. Jillson. There were two classes, A and B, with cups for the winner and runner-up in the first, and a cup for the winner in the second.

Class A developed into a close contest

How Bunny Lost His Tail.

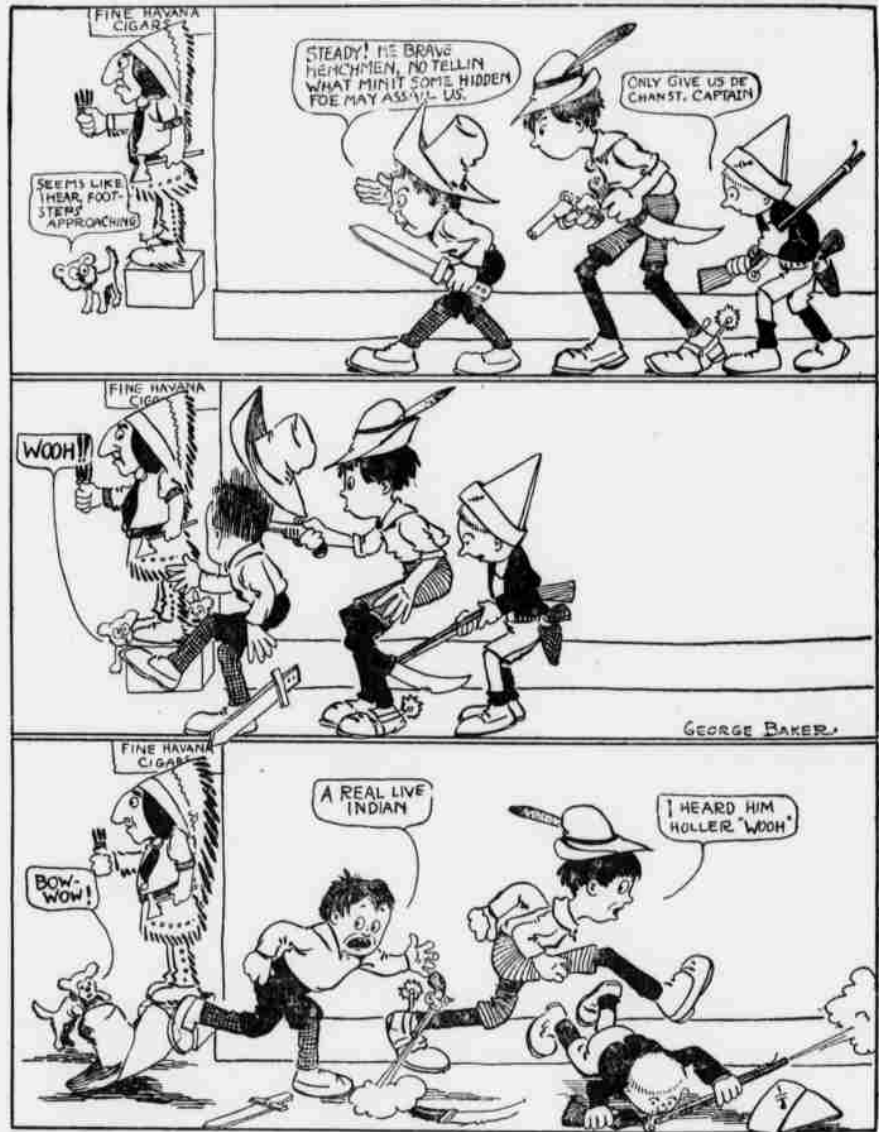
(An Indian Legend.)

Jo, the Indian guide, was dozing beside the camp fire, one evening, when he turned to me quickly and queried softly:

"Ever know how the rabbit lose his tail?"

With the shake of my head Jo pulled a bit of yellow birch bark, heated almost to the point of burning, from one of the logs in the fire and began to chew it meditatively.

"One day, long, long time ago," he began, presently, "the father of all rabbits



— AND THE BATTLE ENDED THERE!

Tommy 'd read of Indians
Till he was full of fight;
So he formed an army
To put them all to flight.

They started out with vigor
Prepared to do and dare;
They stepped 'round the corner—
The battle ended there!

between Russell Jones, scratch, and Richard Tufts, thirteen, Master Jones winning with forty-four and a single stroke.

THE CARDS:

Master Jones 5 4 5 5 5 5 4 6 5—44—0-44
Master Tufts 7 5 8 7 5 8 5 7 0—55-13-45

In class B Harry Carroll won with eighty-seven to one hundred and two for Nathan Tufts, both scratch.

THE CARDS:

Master Carroll 12 7 10 12 7 15 5 12 7—87
Master Tufts 20 7 16 10 10 16 5 11 7-102

OTHER EVENTS PLANNED.

Other events are planned, among them a match play handicap contest, and a putting competition open to both boys and girls.

sneaked into the garden of Clote Scarpe, the great spirit, and ate every young cabbage he could find, even though he knew they had been planted so that when men were made they could have boiled dinners once every week.

"The Great Spirit came out of his lodge just as Mr. Rabbit was eating the last piece, and said quietly:

"Come here, little rabbit, and tell me why you have been stealing what I was raising for the new animal who is to come to this earth and rule over you all?"

"Mr. Rabbit was ashamed, for he thought Clote Scarpe had gone away and that he could eat all he wanted without anybody knowing who destroyed the