



When visiting New York on the return journey stop at

The Hotel Woodward

Broadway and 55th Street

A few days spent in New York will prove a pleasant termination to the winter's travels. The select and exclusive character of the patronage of the Hotel Woodward, its refined environment and easy reach of the shops, theatres and railroad stations, make it an ideal place from which to enjoy the many pleasures of a short sojourn or permanent residence.

A modern fire-proof building, admirably equipped and furnished. The cuisine and service exemplify the best achievements in the culinary arts.

T. D. GREEN, - - - Manager

Also Hotel Edgemere, Edgemere, Long Island.

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.



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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.

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THE WHITE AND BLACK

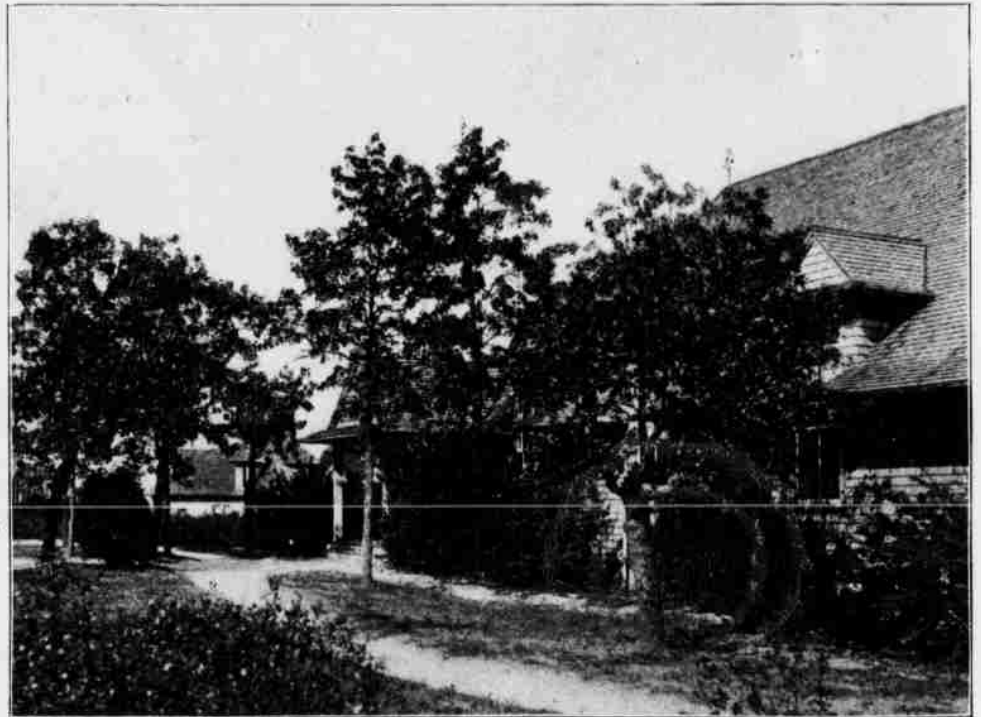


HE lecture by Dr. George T. Winston, President of the North Carolina College of Agriculture and Mechanic Arts, Raleigh, at the Village Hall, Saturday evening, delighted a good sized audience and provided an evening of rare entertainment and instruction. The subject, "Industrial Education for White and Black in the South," is one which has come to Dr. Winston from the school of wide experience, and he treats it with a master hand; not only as an educator and close student of human nature, but with all the charm and humor of the typical southern gentleman.

Dr. Winston is a native of the State, and of a most distinguished family, his father being one of the State's leading lawyers of his time and the owner of many slaves, which as Dr. Winston faceti-

and omens, sees "hants" in the woods, and explains ordinary happenings by the intervention of "speerits." One who knows the negro thoroughly, can understand and appreciate the works of Homer and Virgil, in which the gods intervene constantly in the affairs of men. These are stories of the same nature as those in which the negro so earnestly believes.

The salvation of the negroes is in industrial training and education, for they are not so thoroughly trained industrially now, as they were in the slavery days. Then every large plantation, in addition to the field hands, had its well-trained artisans. There were two or more carpenters, who were able to do the best kind of work at that trade; one or more blacksmiths, who could not only shoe the horses, but could and did make the ploughs, harrows, hoes, rakes and all other farming utensils, and much ma-



A BIT OF THE VILLAGE HALL.

ously remarks, he kept principally because it was "fashionable."

Dr. Winston not only grew up in daily contact with slavery, but passed through the perilous times of reconstruction as well, and through all his life has made the negro the subject of painstaking and loving study. Receiving his education in a northern university and marrying a northern woman, he has been especially fortunate in being able to consider the subject from the southern, and from the northern view point, as well, and as a result his work and views have attained national prominence. He has been a frequent contributor to magazines, and as a lecturer his services are in constant demand. Pinehurst considers itself fortunate in having heard him, and an interest has been awakened which will make anticipation of further visits a pleasure.



DR. WINSTON'S LECTURE.

The negro, said Dr. Winston in opening, is a child. All of his ideas of nature and its method of work, are those of the childhood of a race. He believes in signs

chinery that was used about the place; there were shoemakers who made and repaired the family boots and shoes; there were masons and bricklayers; perfectly trained household servants, cooks, laundresses, and seamstresses—in fact, a very large portion of the slave population were the equals in training of the best that have been produced since their emancipation. Moreover, there were many who were well educated in the essentials of "book learning." There were house-keepers who could run the manifold interests of the "great house," superintend the buying, keep the accounts, attend to the spinning, weaving and dyeing of woolen and cotton cloth, design, cut and make the garments not only for the slaves, but also for the family of the master.

They were trained, too, to be trustworthy. They had the greatest pride in the honor of the family. A deep aversion and a constant hostility existed between the negro slave and the non-slaveholding whites, and in this connection I recall a song which the negroes used to sing with great gusto, accompanied by jig