

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; also covered with Huyler Chocolate make a delicious confection.

"IT'S ALL IN THE SHREDS."

The Natural
Food Company.

NIAGARA FALLS, N. Y.



"IT'S ALL IN THE SHREDS"



This Swinging Gate carries from one to ten garments, steamer rug, umbrella, cane and laundry bag.

This section a complete, convenient and capacious bureau.

This section a complete clothespress (holds 1 to 20 garments.)

When open, as shown in cut, occupies half the space required for ordinary trunk.

THIS TRUNK OUR P & S "Holds-All"

Wardrobe type, offers trunk perfection; carries clothing as in one's home clothespress and bureau; need never be unpacked; has hangers for all garments; individual drawers for neckties, shirts, underwear, etc., and hat holder; carries few or many articles equally well; keeps garments free from wrinkles and so always ready to wear. Capacity one-third greater than of ordinary trunks of same size. No trays to lift; no stopping to pack; all parts readily accessible. Handsome; extra strong; written guarantee of durability with each trunk. Steamer, three-quarters and regular sizes, \$25 to \$40. All special indestructible theatrical type. Sold by John Wanamaker, New York; R. H. White Co., Boston, and other trunk dealers.

Write us for Illustrated Booklet.

The J. F. Parkhurst & Son Co., 287 Main Street, Bangor, Maine.

Factories: Bangor and Augusta, Maine. Boston Office, 67 Essex St.

Hotel Preston

H. W. PRIEST, PROPRIETOR.

Beach Bluff, Massachusetts.

An Ideal Summer Resort on the North Shore.

HAPPY CHILDREN'S FROLICS

They Provide Many a Merry Afternoon
During the Season.

Something About Attractions of Village for Boys and Girls--The Winter's Plans.



AMONG the many out-of-door features which provide entertainment for the Village guests during the season there are none which are more generally enjoyed, both by participants and onlookers, than the various frolics arranged for the boys and girls who annually assemble here in large numbers. Conspicuous among these are the events which have been arranged in connection with the equestrian gymkhanas, and in which there has been rollicking fun from start to finish.

Not only are there the familiar sack,

Another novelty is the egg race in which, by aid of table spoons, the children are required to transfer a certain number of eggs, scattered along the ground, to a nest, the first to accomplish the feat winning. The start is made from the empty nest, and the eggs must be picked up by the spoon alone, it not being permitted to touch the egg with the fingers. If you have never tried carrying an egg in a spoon just see how hard it is, and then multiply this by about four to make allowance for the trouble which ensues when one is hurried or excited.

Clever features are also introduced in the obstacle races, one of the most amusing being where the children are asked to run a certain distance to where a barrel with both ends gone, lies upon the ground. Through this they must crawl, arise, walk to the end of the line, pick up an apple with their teeth and without the aid of the hands, and return to the starting point, as they came.

Upon several occasions events have also been arranged for those who ride, in the way of simple tests, such as the lance and ring contest, in which hanging rings are pierced with a long stick while riding about a ring; the potato race, in



READY AND EAGER FOR A FROLIC.

three-legged and other races, but various new departures, one of the most ludicrous being the pig driving contest, with native razor-back shoats as the obstreperous steeds. Clever little russet harnesses are made which fit tightly over the pigs chests, just back of the fore-legs, and again across the snouts, with the cutest of little reins, the whole gaily bedecked with bright-colored ribbons; the driver's further equipment being a small riding whip.

The peculiar feature about the native pig is that it desires to do just the opposite thing desired of it, and it always keeps on the contrary side, no matter how often or how rapidly the one who is trying to handle it changes his mind. The result is all sorts of laughable situations, in which the pig is usually a bit in the lead. Sometimes the pigs run, always, of course, in the opposite direction to that desired; sometimes they balk and refuse to move; not infrequently the particular place they desire to go is between the legs of their drivers; and never do they fail to make full use of the vigorous squeal with which they are endowed. And all the while the children, rosy-faced and eager, are striving to reach the goal; striving as only children can.

which potatoes are transferred from one box to another, or the apple race in which apples are pulled with the teeth from a very elusive string on which they dangle, and carried across the ring.

Ribbons of blue, red, and white, designating first, second, and third prizes, are given to the winners, and that the trophies are highly valued is evinced by the sparkle of eyes which comes when they are pinned upon the victors.

OTHER PASTIMES AT PINEHURST.

But there are numerous other pastimes for the children here, for there is no winter, and they all live of out doors in the fresh air and sunshine. There is, of course, golf, tennis and croquet, which both boys and girls enjoy; base ball, basket ball and other games for the boys, and the splendid sand to play in and the loveliest flowers to gather for the girls, not to mention the pretty walks on which to take dolly for an airing, or the tea parties at the homes of girl friends.



CHILDREN'S SPORTS.

Interesting Facts Concerning Pastimes of Long Ago.

Among the oldest of the sports enjoyed