

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., 257 Main Street, Bangor, Maine.

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

FOR THE YOUNG FOLKS

A HEARTY RESPONSE.

Editor's Request Meets with Favor Among Youthful Readers.



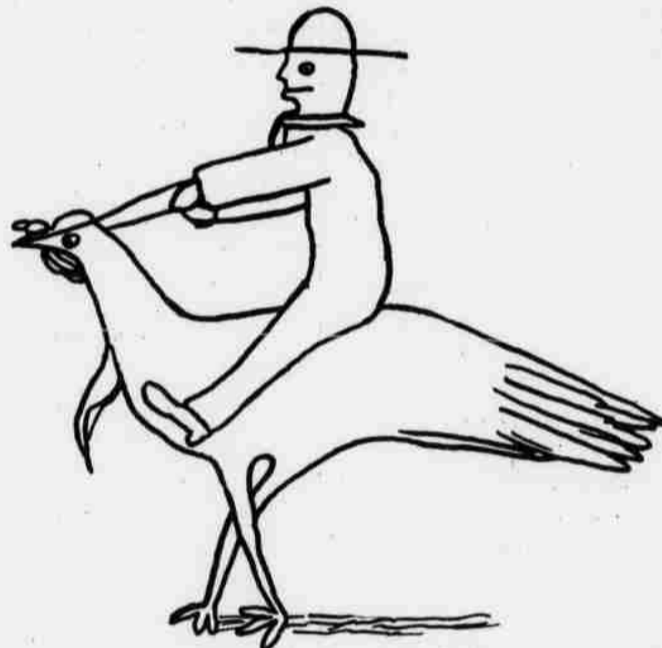
THE Editor's request, in the first issue of THE OUTLOOK, for stories by youthful readers, has met with a hearty response and already several manuscripts have been received, and the prizes offered awarded. Others are working away with might and main, for there is hardly a boy who does not prize a fine base ball glove, and few little girls who would not like to really win, through her own efforts, a dainty water color box.

Numerous queries have also been received from children outside the Village asking if they might contribute, and in view of this, it has been decided to make the offer include all of the youthful read-

set off for Kelley Everett's, a noted turkey hunter, where they got a real live wild turkey. This was crated and put on a little cart which Bobby started to wheel home. Bobby got half way all right, but then the rough roads tipped the cart over, the crate broke, and out came the turkey.

Quick as flash however, Bobby jumped on his back, tied a string around the turkey's bill, and drove him towards Pinehurst. It was great fun galloping through the woods, but when home was reached Bobby could not stop the turkey, and so he went scampering up the front steps, through the parlor, and into the kitchen where he was captured by the cook. He fought and pecked so hard, however, that they could not kill him until Bobby's father, who had been left far behind and was much worried, came running in, and killed him with an axe.

Thanksgiving day the turkey was cooked for dinner and a very merry din-



"QUICK AS A FLASH BOBBY JUMPED ON THE TURKEY'S BACK."

ers of the paper. In a word from now on, to any boy or girl sending in a story or verse which is acceptable, will be sent a base ball glove or water color box with camel's hair brush.

As stated previously, all stories should be written on one side of the paper and the pages carefully numbered. Whenever possible original illustrations by the youthful authors, should accompany the articles.

This week one of the first of the stories received is printed, selection being made because of the appropriateness of the subject and illustrations, and other contributions will follow in order.

BOBBY'S THANKSGIVING.

A Thrilling Wild Turkey Story More
of Fiction Than Fact.

Illustrations by the Author.

Bobby and his father, were sent out to find a turkey for Thanksgiving, so they

ner it was, and everybody said the turkey was much better because of its long run, and so it was.

After dinner Bobby and his sister, Mary, went out into the back yard and made pictures of Bobby's wild experience with the turkey in the sand. When they were all done they called their mother and she said they were very good pictures, and that she wished the children would draw them on paper for her, which they did. A little later Bobby's cousin, Billy, came over and they all spent a merry afternoon digging in the sand, playing tag and other games, bringing to a close a very eventful Thanksgiving.

RICHARD SISE TUFTS.

Conundrums.

When is a lady like a watch chain?
When she has many charms.
When are dogs like hens?
When setters.
When are men like grain?
When bearded.

Hotel Preston

H. W. PRIEST, PROPRIETOR.

Beach Bluff, Massachusetts.

An Ideal Summer Resort on the North Shore.