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Are laden with Health and Happiness for the Worn-out Wrestler with the Strenuous Life.

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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
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Because of its unequalled purity and unchanging diuretic qualities, Poland Water is the most important of all dietetic factors in overcoming the attacks on health which always menace tourists.

To drink Poland Water always is to be free from all dangers of locality always.

If you have any difficulty obtaining Poland Water in your travels, we would esteem the information.

HIRAM RICKER & SONS

POLAND SPRING, SOUTH POLAND, MAINE

THE "SWATFEST" TESTED

Western Golf Novelty Delights Participants and Onlookers.

Any Number May Start, but Process of Elimination is Rapid--The Game in Detail.



SWATFEST golf, a novelty introduced in the West last summer, entertained Saturday afternoon, a good field of contestants with a big gallery enjoying the fun. Ball sweepstake prizes of eight, five and three were offered, O. B. Prescott of Newton, F. G. Godd of Zanesville, O., and H. W. Ormsbee of Brooklyn winning. Other contestants and the order in which they finished, were: Becker, Lippy, Wright, Robinson, Hall, Bunzl, Roe, Johnson, Newbold, White, Lyon, Schindler and Dr. Hill.

The word "swatfest" is somewhat of a misnomer, selected because the game permits any number of starters who tee off together. The plan is to eliminate the high men, hole by hole, so that there will be but one survival at the finish, and the game is by no means as much of a joke as the name implies. To be sure a good player, through hard luck, may be put out at any period of play, but a steady player is pretty sure to hang until the last and, taken all in all, the game is an excellent test of golf, especially steadiness.

When there are nineteen starters, for instance, one would (the high man) be dropped at each hole throughout the entire eighteen. In case of ties, additional holes are played and one or more players, according to the number of holes played, are dropped to maintain the elimination process. In case of thirty-seven players two would be dropped at each hole, and in case of a larger number they would be disposed of in lots, according to the number of high scores.

When the field is reduced to six or eight, the swatfest becomes as exciting golf as one wished to see, much after the form of the play-off of a qualification tie, and when only one pair is left it is nothing more or less than an ordinary match which one hole decides.

One should not class the swatfest with such frolics as monkey golf and the like, but rather as a test of steadiness, and the interest shown in the opening tournament here is indicative of its becoming genuinely popular. One of its strong features is its social side, and when this is combined with much that is novel and excellent and little that can be found fault with, it is sure to stand high among golf competitions which are ranked as novelties.

The Midwinter Tourney.

Interest in the annual midwinter golf tourney booked for January 17, 18, 19, and 21, and the advertising contest which precedes it continues, thus early indicating a field of about one hundred and fifty contestants.

ON THREE BALL SYSTEM.

Novel Team Match Entertains Christmas Day Golfers.

A team match on what, for want of a better name, may be called the "three ball scoring system," filled in Christmas afternoon, and its novelty was much enjoyed. Three teams of seven men each were captained by Daniel Fleming, C. L. Becker and T. S. Lippy, and the members numbered from 1 to 7, the contestants on each team whose numbers corresponded, playing a match play three-some. Captain Fleming's men won with two hundred and eighty-three points, with Mr. Becker's men second with two hundred and seventy-six and Mr. Lippy's third with one hundred and ninety-seven.

Six points were to be accounted for on each hole and various combinations were possible. For instance if all halved each secured two points; if 2 contestants halved with the best score they secured three each and the loser ought; if 1 contestant won with the best score and the other 2 halved, the winner got four and the other 2 one each; if 1 contestant won from 1 and lost to the other, he got two, the winner four and the loser ought; if 1 contestant won from the other 2 he got four.

THE SCORES:

Fleming	40	Becker	38	Lippy	30
White	29	Newbold	44	Spalding	35
Taft	47	Ormsbee	37	Johnson	24
Johnson (NY)	35	Creamer	40	Prescott	33
Roe	52	Dr. Hill	49	Honeyman	7
Hatch	30	Hall	32	Lightbourn	46
Turner	50	Watson	36	Wright	22
	283		276		197

U. S. G. A. Annual.

The annual meeting of the United States Golf Association is announced for Friday evening, January 18, at the Auditorium Hotel, Chicago. The officers nominated by the usual committee include the following:

President, Daniel Chauncey, Garden City Golf Club; Vice Presidents, Fred S. James, Glen View Club, Alex. Britton, Chevy-Chase Club; Secretary, Wm. Fellowes Morgan, Baltusrol Golf Club; Treasurer, Samuel Y. Heebner, Philadelphia Cricket Club; Executive Committee, Leighton Calkins, Plainfield Country Club, Warren Dickinson, Des Moines Golf and Country Club, Herbert Jaques, The Country Club, Brookline, Silas H. Strawn, Midlothian Country Club.

Christmas Day Trap Shoot.

An informal trap shoot filled in Christmas morning, David Fleming of Philadelphia leading with "high gun." Other contestants were I. D. H. Ralph, Philadelphia; Jay V. Hall, Pittsburgh; Thomas H. Bauchle, Jr., New York; and Leonard Tufts, Boston.

At The Cedars and Lenox.

A pleasant feature of the week at The Lenox and Cedars were presentations to Manager and Mrs. J. Milton Robinson upon Christmas eve.

Miss M. M. Clark of Elbridge, N. Y., is spending the Holidays here.

~ ~ Hotel Preston ~ ~

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