

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.

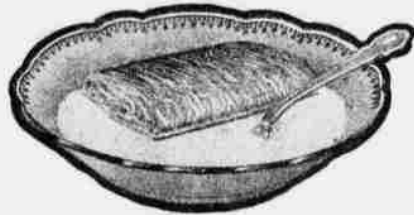
It is made of the whole wheat, cleaned, cooked and drawn into fine porous shreds and baked. These delicate shreds contain all the nutritive elements of the whole wheat grain and are taken up and assimilated when the stomach rejects all other foods.

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"



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Always Drink
**POLAND
WATER**

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HEALTH
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CLIMATES.

IT IS
VITALLY
IMPORTANT
FOR
ALL
TRAVELERS.

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.

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WILD TURKEY HUNTING

Interesting Facts Concerning the King of Game Birds.

**Nerve, Muscle and Wariness Make
Him Difficult to Find and
Hard to Kill.**



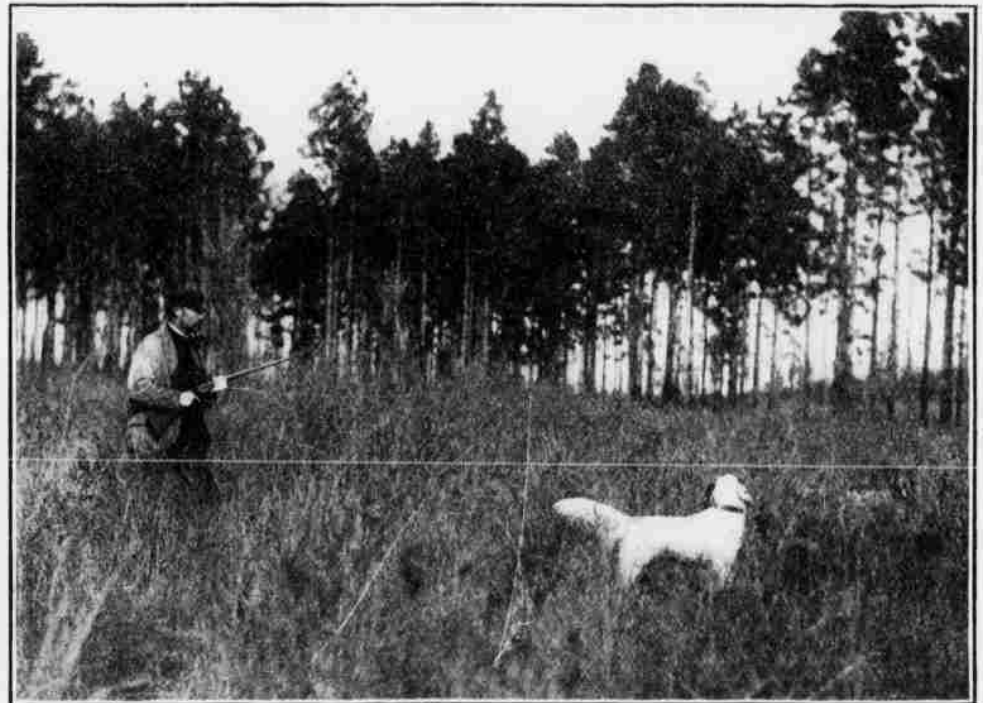
TURKEY hunting in North Carolina is a good deal like moose hunting in Maine—it is one of the things the sportsman anticipates doing. Nevertheless turkeys are plentiful, the sport is most fascinating, and the reward is one of the most delicious table game birds that flies.

"There is only one way to be really certain of bagging wild turkeys," says a southern sportsman, "even after the hunter has found a flock, and that is, to sneak at night into the grove where they

he has reached a safe distance, when he pitches again and resumes running.

"It is a clean sport, and exciting enough to warm any man's blood. But the true hunting of the wild turkey, with shotgun or rifle, that tests a man's strength and cunning and woodcraft and patience to the full, is still hunting. The best territory for it is in the Southern States. Virginia offers it in the country on both sides of the Blue Ridge, although it is not necessary to go so far to reach haunts of fine game. Culpeper county, where President Roosevelt hunted, is only a short distance from the national capital, and well east of the mountains.

"No man should decide to still-hunt wild turkeys without having considered the matter solemnly in the light of the experience of others. The bird is all nerve and muscle and wariness from the moment he opens his bright eyes to the dawn. He can see the hunter long before the hunter catches even the first fleeting bronze sheen of a single feather of his. Big as he is, he can melt away in the underbrush, stirring neither leaf nor twig as he goes at top speed. He can squat in a clump of dead grass, scarcely enough



"HERE THEY ARE!"

are known to roost, and shoot them while they are sleeping. The immense birds present an easy mark even on a pretty dark night. Sometimes two or more can be killed before the frightened things gather their wits enough to flap away. But that is assassination, and not sport.

"Hunting the wild bird with hound and horse is sport for the very select few; for not only is it necessary to find the birds first, but they must be found in open country where they cannot escape too easily by flying to cover. Therefore, coursing is limited to open country, where the turkey, not having been hunted so frequently, is incautious enough to feed in farm lands and open, flat country. The dogs are sent in to cut off the retreat to the woods, and then the mounted men break out of their hiding places and pounce down on them.

"The wild turkey runs and flies alternately. He lopes like an ostrich, though not so fast, and whenever he thus takes to running, the dogs and horses gain on him. When they get unpleasantly close, up booms the big bird and flies like a feathered projectile straight ahead until

to cover him, and lie there so close and motionless that the sportsman may almost step over his retreat without dreaming that a twenty pound gobbler is in it.

"When the bird is tracked on snow he will lead the shooter a chase of miles. The turkey can hear as keenly as he can see. A crackling twig will startle him even more quickly than it will a deer. Often the man will not be able to get a shot, although he may follow a flock all day long. Often he will get his shot only after he has walked the birds down—tired them out by close, patient, grim pursuit. The man who can do that is an athlete.

"If still-hunting and training is the finest form of turkey hunting, calling or yelping is perhaps the most thrilling. The turkey caller goes abroad while it is night. He selects his post in the bushes or thicket, with only starlight to help him. That position must be chosen with reference to two points: One, that the turkey roost shall be within hearing distance of the hunter's hiding place, and the other that the ground in front shall be open, so that the turkey when he is

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