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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  
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"IT'S ALL IN THE SHREDS"



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Always Drink  
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IN  
ALL  
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IT IS  
VITALLY  
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## TIN WHISTLE TOURNAMENTS

### Medal Play Handicaps for Men and Women Week's Feature.

**J. C. Head and Mrs. George Dutton Carry off Principal Trophies in Keen Play.**



THE NINTH of the Tin Whistle tournaments, a medal play handicap for the H. W. Priest cup, silver and bronze medals, interested a big field, J. C. Head of Latrobe, Pa., whose handicap was ten, leading the field with a card of seventy-five and a margin of two strokes.

Next in line were H. C. Fownes of Pittsburg, (scratch,) and J. R. Shoaff of New York (12,) who tied at seventy-seven, with the balance of the field well up, L. D. Pierce (5,) C. West Taintor (4,) and Fred J. Bailey (11,) tying at seventy-nine for fourth place.

#### THE SCORES:

J. C. Head,	41	44	85	10	75
H. C. Fownes,	38	39	77	0	77
J. R. Shoaff,	48	41	89	12	77
W. C. Fownes,	40	41	81	2	79
L. D. Pierce,	40	44	84	5	79
F. J. Bailey,	46	44	90	11	79
C. West Taintor,	43	42	85	4	81
Harry Dutton,	49	48	97	16	81
J. R. Towle,	48	43	91	10	81
E. W. Walker,	48	48	96	15	81
C. A. Taft,	44	49	93	12	81
J. E. Kellogg,	45	50	95	12	83
D. H. Hostetter,	46	49	95	12	83
A. C. Aborn,	44	45	89	5	84
W. E. Baillie,	47	50	97	13	84
H. W. Ormsbee,	46	47	93	8	85
F. G. Dodd,	49	49	98	12	86
David Fleming, Jr.,	44	43	87	0	87
D. E. Little,	46	45	91	3	88
N. S. Hurd,	45	56	101	10	91
W. S. North,	45	51	106	13	93
T. R. Newbold,	46	52	98	2	96

T. S. Lippy (0,) J. P. Gardner (5,) Geo. O. Russell (10,) C. A. Lockwood (24,) T. B. Cotter (20,) I. C. Bates Dana (9,) Wm. L. Hurd (14,) C. B. Fownes (4,) no cards.

### MRS. GEORGE C. DUTTON WINS.

Defeats Mrs. St. John Smith in Tie Play-off Match.

Mrs. George C. Dutton of the Oakley Country Club, playing with a handicap of 7, and Mrs. H. St. John Smith of Portland, whose allowance was 15, tied for first at ninety-two each in the Tin Whistles' medal play handicap for women, Mrs. Dutton winning first and Mrs. Smith second, on the play-off. The best gross score of the day was made by Miss Molly B. Adams of the Oakley Club, who made ninety-three, leading the field by six strokes, Mrs. Dutton being her nearest opponent.

Mrs. George Dutton,	48	51	99	7	92
Mrs. H. St. John Smith,	50	57	107	15	92
Miss Molly B. Adams,	45	48	93	0	93
Miss E. M. Sinclair,	54	57	111	18	93
Miss Ethel Check,	52	51	103	9	94
Mrs. T. S. Lippy,	69	60	129	30	99
Miss Marjorie W. Phelps,	52	52	104	4	100
Mrs. J. R. Shoaff,	73	71	144	30	114

Mrs. C. H. Rosenfeld, Miss Mary C. Dutton, Mrs. Geo. O. Russell, Mrs. R. S. Farr, no cards.

## PROF. MOORE'S LECTURE.

### Coming of Weather Bureau Chief is Anticipated With Keen Interest.

The coming of Professor Willis L. Moore, chief of the United States Weather Bureau and President of the National Geographic Society upon Monday evening, March eighteenth, is being anticipated with special pleasure, for Professor Moore is one of the authorities of the world in his particular line and he is specially gifted as an orator.

His subject, "The Story of the Air", is full of human interest, and interesting bits of personal reminiscence and experience gained as chief of the largest and most perfect weather service in the world, are happily combined with scientific facts.

One learns where our air comes from, whither it goes, and how it is retained. Storms, cold waves, hurricanes and tornadoes are treated in a popular manner, interspersed with many interesting incidents relative to the phenomena of each, and the manner of forecasting them. Few have any conception of the vast and varied uses of the weather bureau, or the important part played by the weather in our business, our health, and our happiness. The lecture makes it plain.

One gets a new idea of the wonders of nature and of the utilities of meteorological science; of the method of making weather charts, detecting the inception of storms, and forecasting their future course, area and intensity. There are vivid scenes of the phenomena of tornadoes, hurricanes and floods, and of the formation and sweep of cold waves.

The lecture will be given in the Music Hall of The Carolina, and a collection for the benefit of the Dickinson colored school will be taken during the evening.

### Championship Events Next Week.

Among the important events booked for the coming week is the annual gun club championship, Monday, Tuesday and Wednesday, and the annual club championship tennis tournaments, Thursday, Friday and Saturday, and including men and women singles and mixed doubles.

### Mrs. Shoaff Sings.

Mrs. J. R. Shoaff of New York, contributed much to the pleasure of the Sunday evening concert at The Carolina with soprano solos. Her first number was "Ave Maria" and the encore, "Slumber Boat," the second, "Jesus Lover of my Soul" and for an encore, "The Rosary."

### Thursday is the Date.

Everything is in readiness for Thursday evening's Tin Whistle Mother Goose party at The Carolina and for variety of costume and a general good time the affair promises to be a winner.

### Six Years Old.

The sixth birthday anniversary of little Miss Marjorie Spaulding was the occasion for a huge pink and white birthday cake surmounted by six tiny candles, at The Berkshire, Thursday.

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