

The Ideal Resort for Health or Pleasure Seekers



The Mecklenburg Mineral Springs and Hotel CHASE CITY, VIRGINIA.

On the Southern Railway, ninety miles south of Richmond. Hotel thoroughly modern. Rooms single and en suite, private baths, steam heat, electric lights, elevator. Winter climate ideal, location and surroundings superb; cuisine and service the best. All popular diversions; orchestra. Game preserves of thirty thousand acres; quail, deer, turkey and small game abundant. Fox hunting. Fine livery.

Baruch and Nauheim system of baths. The famous Mecklenburg Springs water—Lithia and Chloride Calcium—served to guests. Tourists rates from all points. Stop over privileges on all tourist tickets. Weekly rates, \$15.00 and up. For booklets address

THE MECKLENBURG,
Chase City, Virginia.

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 fresh or preserved fruit. **TRISCUIT** is the Shredded Whole Wheat wafer, crisp, nourishing and appetizing. Delicious as a toast with beverages or with butter, cheese or marmalade. Both the **BISCUIT** and **TRISCUIT** should be thoroughly heated in the oven just before serving.



“There's Health and Strength in Every Shred”

THE MOST DELIGHTFUL SUMMER RESORT IN THE WHITE MOUNTAINS
a modern village 1600 feet above sea level, is

BETHLEHEM, N. H.

No better place for rest and recreation. Every amusement and sport common to resorts is found here, while the natural advantages and scenic beauties are unsurpassed.

THE ARLINGTON is one of the best of the many home-like hotels at a moderate price. Splendid location—excellent cuisine—modern in all its appointments. Fine golf links, tennis; orchestra. Long distance telephone. Furnished cottages for rent, \$250 to \$700.
F. C. ABBE, PROP.

FOR THE YOUNG FOLKS

The Riot in the Nursery.

PEGGY Pepper, five years old, was queen of the nursery. She had a great domain, too, over which to rule. There were three nice dolls, with natural hair, and eyes that would open and shut. There were two “coon” dolls—Sambo and Samantha, by name—and a Japanese doll with a comical face. Then there was the animal kingdom! And how funny it was, too, to see the four-leggers living in peace with the two-leggers! You'd have thought that the lion would have eaten Sambo and Samantha, and that the Teddy bear would have hugged the beautiful dolls to death, and that the watchdog would have chased the Japanese doll out of the nursery. But no, there was never a bit of trouble in the nursery till one day Peggy came in with a toy kitten. As soon as the kitten—a white, woolly mite, with a pink nose—was placed on a rug near to Rover, the watchdog, things became a bit unsettled. Rover snarled, and the kitten—by name Lucretia—spat and struck out with her pretty paw.

a pair of frightened “coon” dolls behind a doll's cradle. There he would have killed and devoured them had it not been for the Japanese doll, who, with drawn sword in hand came to their rescue. With true aim the Japanese arm struck a blow, sending the lion's head tumbling across the room. Then, turning in defense of the three beautiful dolls that were “treed” up the bedpost, the Japanese doll put the Teddy bear to flight.

And all the time Rover and Lucretia fought, Lucretia holding on to the howling and fighting dog's nose. About the room they tumbled and rolled, the other occupants giving them a wide berth, for so terrible was the claw-to-nose conflict that done dared to interfere.

And Peggy, the queen of the nursery, sat on her chair, with feet drawn up for safety, and watched the battle. She saw that there was no use her interfering. Rover and Lucretia must fight it out, one of them becoming the victor.

After about half an hour Rover became exhausted and dropped on a rug as limp as a rag. Lucretia slowly loosened her sharp claws and withdrew



HE WOULD HAVE KILLED AND DEVoured THEM HAD IT NOT BEEN FOR THE JAPANESE DOLL.”

This excited the lion, and he gave vent to a roar that frightened everyone, the two-legged as well as the four-legged creatures. Peggy tried to reason with Lucretia and Rover, saying: “Now, ain't you ashamed of yourselves, fighting and quarreling like cat and dog! I'll punish you both if you don't behave better.”

But Rover kept on snarling at Lucretia till it got on her nerves. (You know cats are very nervous animals and can't stand to be teased or quarreled at). So after enduring about as much as she could she made a leap at Rover and caught his face between her paws, holding on like grim death, as the saying goes. Well, Rover snarled, bit, snapped, jumped about in the air like one bereft of reason, and still Lucretia hung on to his nose with firm and sharp claws. And so noisy did the melee become that Teddy bear became excited and chased the three beautiful dolls up the bedpost, where they perched in mortal fear, while Teddy remained below looking up at them with flaming eyes and mouth wide open, displaying his sharp teeth. The lion took out after Sambo and Samantha, roaring with deafening loudness as he cornered

them from Rover's nose. Then, purring victoriously, she walked to the other end of the rug and sat down, washing her face. The fight was over, and Lucretia's supremacy established. From that day on Rover—nor any of the others of the four-leggers—would not dare to wink an eye at her.

And Peggy, queen of the nursery, picked up the maimed lion to carry to the toy's hospital, saying as she did so: “Even a weentsy-teentsy kitten can make an awful riot when it tries.”

Hints for Young Magicians.

CLAIRVOYANCE—A complete pack of cards is brought forward and passed to different members of the audience to “cut” as often as desired. The pack is then placed upon a small stand or chair just in front of the audience. The performer retires to stage and names the top card. One of the audience is requested to remove and exhibit it. It is found to be correct. He then in like manner names in succession ten or twelve more—each being found to be correct. One of the audience is then requested to “cut” or remove a portion of the re-