

THE ADIRONDACK GIRL AT HOME IN A BOAT.

FADS OF THE NEW YORK GIRL.

She Looks Up Her Ancestors, and Finds an Artist in Beads.



CANOEING IN THE NORTH WOODS

THE ADIRONDACK CANOE GIRL

Of all the phases of summer life in the North Woods none has greater possibilities for the Adirondack girl than boating.

Boating is a general term that includes canoeing, sailing, rowing and the management of a launch, the last carrying with it a knowledge of marine engines.

In the beginning the highways of the North Woods were lakes and rivers that were connected by narrow strips of land over which one could carry a canoe.

This may easily be understood when it is explained that there are hundreds of lakes and ponds upon which one may sail or paddle or row a boat, and there are several rivers and chains of lakes that provide journeys of a hundred miles over the waterways which connect the principal resorts.

Another promoter of aquatics in this line of lakes is the craft which is typical of the region. Not only is the Adirondack guide boat picturesque, but it answers innumerable demands.

It possesses remarkable speed, will carry heavy loads and rides the choppy seas with surprising buoyancy, while it is at the same time light and easy to carry over the portages from waterway to waterway.

These boats are now seen in their highest development.

The Adirondack boat of to-day may be more or less with the foliage of the forests,

but the particular creation which is the pride of all woodmen and is at the same time the most expensive appears in the colors of the wood of which it is made.

The delicate graining of the pine or the spruce shows in the ribs, the knees and the bow and stern pieces. The decks are inlaid with maple or birch or cherry.

The strong, slender oars are of maple or ash.

A bit of color gleams in the oak locks or in the Brussels carpet which covers the bottom and the wickerwork of the seats.

The knees of these boats and the bow and stern pieces take their form in the roots of the spruce trees from which they are taken, and are therefore stronger than any steamed or twisted wood can ever be.

As young men and young women become familiar with the management of the guide boats they are inclined to test the speed of the craft, and races follow.

At such times the conduct of the young women is admirable and the spectators to enthusiasm.

In the North Woods there are many young women who sail the small craft suitable to these waters with skill.

Several women who have entered the races of the St. Regis Yacht Club possess beautiful cups to remind them of exciting moments when the result of a long and hard fought race depended upon a gust of wind.

In the North Woods young women are apt to be expert swimmers and are not a bit afraid of being thrown into the water.

Among the young women who visit the camps and cabins of the St. Regis lakes are half a dozen who have had severe experiences in the water, but their nerve never left them and they have come to regard a ducking in the water as a trifling matter.

The Misses Stokes, the Misses Earle, Miss Elizabeth Hotchkiss, Miss Anne Thompson and Miss Jean Reid frequently take an important part in the sailing of yachts in the events of the St. Regis Yacht Club and possess cups that they have won in open competition.

At Lake Placid this summer the Misses Carrelly, Farrelly, Keene, Bowen, Harlow, Allen and Lindenmeyer are distinguishing themselves in the regattas on West Lake.

also. The wrists had natural bracelets. There was a little dimpled ring around them as though they were tied by a ribbon.

To have ideal arms does not mean a difficult thing, but you must begin right and keep at it. Arms with rough elbows are not pretty.

There is a certain beauty of London who at the beginning of the season found herself the owner of a pair of elbows that were rough and hard.

She soaked the elbows in hot water, as one would soak one's finger tips before manicuring.

There are many ways of preparing a salmi of goose, but if the directions in the following recipe are closely adhered to, the result should be as pleasing as was the one constructed by the chef who gave me his formula.

Cut the remains of a roast into small pieces (not too small) and have ready a gravy made by boiling down the bones and tough scraps until you have a cup of strong stock.

There are two dishes for which I may be said to have a slight preference. These are fennel haddie and fried green peppers.

For fennel haddie the fish must be thoroughly washed and left in cold water for about an hour.

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actors' favorite recipes.

HARD WORK GIVES NICE ARMS.

HOUSEWORK, FOR INSTANCE, IS A BEAUTY MAKER.

So Also is Farm Work—Gymnasium Exercises and Boxing to Develop the Arms and Bust—Queen Victoria's Ideal Arms—Changes wrought by Massage.

"They say Mirode used to scrub the floor every day," whispered one physical culture girl to another, as the two stood gazing at a picture of the fair Cæsar.

"And they say she scrubbed it in earnest, too, using a big, hard scrubbing brush and a pair of rubber gloves to protect her hands.

She got up early in the morning so as to put her full strength to it."

"Langtry swears they say," rejoined the other girl, "and when she gets through sweeping she shakes the rugs. That is her way of getting arm exercise. She always packs her own trunk, too."

"I wish I had pretty arms," sighed the first girl. "I often look at the arms of our Bridget and envy her. She has wrists that are little and round, and big white arms that would grace any gown, no matter how short the sleeves."

"Pretty arms are a point of beauty to be obtained only by hard work. You cannot have nice arms in any royal way. You must work for them."

Three classes of women have nice arms. There is the physical culture girl, who swings by her hands in the gymnasium, and vaults and throws the ball and keeps her arms moving.

Then there is the girl who exercises out of doors, doing a natural kind of work, chores and milking the cows. This kind of girl should have been put first, for her arms are always the prettiest to be found anywhere.

Calvé gets away in the summer and pitches hay to make her arms nice. She realizes that no matter how good the figure, the arms will be scrawny unless they are treated to a course of physical culture.

Sembrich climbs the Alps, and uses her arms with the alpenstock. Emma Eames gets arm exercise in the orchard and garden. She swings her husband in a hammock and she uses her arms in the indulgence in flower gardening. Outdoor exercise is the best thing in the world to develop the arms.

The third class of women who have good arms is the houseworker. The women who sweep and scrub the floor, who do the washing and who perform other manual tasks, have the best developed arms.

The poorly developed arms are those of the woman of leisure who sews a little, but never lifts her hand except to feed herself. Such a woman will have a forearm so thin as to seem emaciated. When in elbow or wrist sleeves she is obliged to hide her arms with billows of lace, or to the ribbon bands around the thin portions, or to hide the arms in bracelets.

There is one thing upon which all depend upon for conditions. First of all, there is the color. Even a thin arm may be made presentable if it be white and well cared for.

The second quality is shapeliness. The arm should curve prettily.

Then there comes the question of development. The arm should not be lumpy. It should not be muscular. It should not be aggressive. It should be fat, but it should not show the muscle lump below the shoulder.

There, fourth, there is the quality of smoothness. Rough arms are the heritage of many. But they can be cured. The smoothness of every painter is not confined to paintings and to portraits. It is sometimes found in real life. Queen Victoria was not a pretty woman, but she had lovely arms.

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