

once, so that as you come to the three the shoulders are in line with the circle of which the three is a part.

Keep the balance foot behind the skating foot in all forward "threes."

At the start of the outside backward three put the balance foot slightly across the print and over the skating foot. Keep this position to the end of the "three."

For the inside backward "three" the balance foot may be carried in front or behind the skating foot; if carried behind sink strongly on the skating leg when making the three and straighten the body immediately after.

The inside backward to outside forward "three" is started as for the inside circle backward, but the shoulder over the skating foot is turned strongly away from the center of the circle. In making the "three" turn balance the body strongly backward and execute the turn on the heel of the skate.

The next figure now is the double "threes" and they are not so difficult forward as backward.

Start the double "three" on the outside edge with a gentle thrust forward from the foot on the ice. Make a single forward "three" on the outside edge.

After making the first "three" when the skater is on the inside edge backward, carry the balance foot rather high at first and gradually bring it close to the skating foot, ready to make the second three. During the first three slowly turn the shoulders away from the center of the circle preparatory for the second three.

In making second "three" bend the skating leg strongly and turn the body into position for the outside edge forward. Keep balance foot slightly behind skating foot until the third portion of the curve of the completed figure is skated, then bring it into the usual position for the outside edge forward.

The second half of the double "three" are skated backward. Start the figure on the outside edge forward. In skating the first three keep balance foot in front of the body, over the print and close to the skating foot; during second curve carry the balance foot forward, keep there up to second three, when it is brought close to skating foot and directly over it. Bend the skating knee decidedly in second three. Take the usual position for the backward outside edge circle and the figure is finished.

Start the inside backward double "three" in the same way as for single "three," only get a more vigorous thrust. Carry the balance foot well across the print up to the moment of the first three, then bring it close to and directly over the skating foot.

The second "three" is performed exactly as described in the forward outside "three," and finish the figure on the inside backward edge.

(Another lesson by Charlotte will appear in The Day Book tomorrow.)

WHAT HAS BECOME OF—



THE BAKER WHO PUT IN A FEW EXTRA BOLS.