



FIRST NIGHT HIKE TO THE HOMESTEAD INN. On Thursday, January 10 (To-night), first night hike of the season. There will be two trails, as in the past, one for the strong, seasoned skiers and one for the debutants. The Long Trail is in charge of Colonel Hill; the short one in charge of Mrs. Dickson. Both trailers, long and short, take the Wrightville car, Hull Electric station, foot of Chateau Laurier, but the long ones must take the 7 p.m. car, and the short ones the 7.45 car. Both go to the end of the car line at Wrightville and put on their skis there.

How to find one's way. Follow the leader, the lanterns and the ski tracks, of which there will be many but all going in the same direction. To make doubly sure, you are advised to carry a small flash light to pick up the ski track again if you should lose it. It is not easy to see a ski track at night. The lanterns may go out, you know, so be prepared. And, by the way, make sure of your fittings before you leave home. Loose fittings are bad enough in day time but at night, in below-zero weather—well, you know the sensation. We have heard of some engagements broken just on account of that—because the boys' fittings came off and the poor girl had to wait.

How to behave on the trail. Stick to the track and stay with the crowd. Be sociable and congenial. If you must pass people or if they pass you exchange words of greeting. A word of cheer does wonders in a dark night. Anyhow, this is not a club of snubs. Only fishes are dumb. Don't be a fish. And if you know any catchy song let us hear it.

How to behave at the Inn. Leave your skis in the basement, brush the snow off your clothes, go up, and if you want to dance. (The Orchestra will be playing.) Take your boots off (Ski boots with metal plates are hard on waxed floors). When the refreshments are served (10 o'clock sharp) sit down quietly and wait patiently until you are waited on, unless you are one of those who have been asked to serve. Too many times last year timid skiers went hungry while the "more pushing" ones had more to eat than was good for them, and there were disgraceful scenes at the counter. A score of men, called for the purpose, will go to the counter; all the others must remain in their places. It takes only a few minutes to wait on a couple of hundred people when there is system.

On Friday, there will be a Junior Night Hike, under Mrs. Dickson's supervision, to Mr. Fred. Brown's place at Fairy Lake. Juniors must take the Wrightville car at 6 p.m.

Mrs. Fred Brown's Tea House, at Fairy Lake (Two houses west of the Cliffside Tea House) has our patronage for the season, and our members are urged to go there for refreshments any time or for lunch, or supper on their way down from the mountain. **This will be the Ottawa Ski Club Lodge at Fairy Lake for the season.** If you want to arrange for an evening party phone Mr. Fred Brown, Centre Theatre, after 1 p.m.

Young men of the Club start training. Races will start very soon. Get into shape by clean living and proper training. If you have the strength and the time, it is a duty for you to compete for your Club. A club cannot long endure as such if all the members think only of their own selfish enjoyment. Your Club has a high reputation among athletic circles. Do your share to maintain it. We are still much too far behind the Norwegians in this game of skiing and there is no reason why we should be. Anyhow, training will repay you a hundredfold for the time you spend on it.

How to train. There are three things you must strive to acquire: **Endurance, speed and skill.** A daily run of two or three miles, fifteen minutes of daily practice at turns will work wonders in a short time. Do not overdo it. Avoid exhaustion and staleness. Keep fit all the time. Avoid anything that may place an extra strain upon the heart. A sound heart will never be injured by athletics; it is the useless things, outside of athletics, that injure the heart. Drop smoking, eat sparingly, but enough, and retire early. Stop all work three days before a race to store up energy. Remember that the man who wins the race is the man who trains properly.

On Saturday, January 12th the first preliminary race for seniors and juniors will be run on the Ironsides Trail, starting from the end of the car line at 3 p.m. sharp. Prizes will be presented at the Lodge immediately after the race.

CORRECTION

(over)

Geo. Bourne's advertisement in last week's circular should read—Bourne's Patent Ski Poles—\$2.50 and \$3.00 net

The 2 M A C S

LIMITED

"HEADQUARTERS FOR COMPLETE SKIING OUTFITS"

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Custom Tailored to your
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Ski Suits for ladies or gentlemen in imported sport fabrics, styled the way you want them. Hand-somely tailored and finished in our own workshops and every suit guaranteed for quality and fit. **January Sale Specials at \$30 and \$35**

We know skiing from the trail as well as from the counter—that's why everything we sell for this great winter sport is exactly right. Everything's here! Ski suits, breeches, sweaters, boots, hosiery, gloves, caps,—everything for the lady or gentleman who skis.

10% discount to members of the Ski Club.

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Breeches, \$5 to \$15

Sweaters, \$3.50 to \$14

Boots, \$7.50 and \$8

Hosiery, \$1.00 to \$3.50

Gloves, 75c. to \$3.50

Caps \$2.25

On Sunday, January 13, all trails will lead again to Camp Fortune. Be sure to be there this time with the 1924 badge.

On Sunday, January 13. A box of candies will be offered to the girl arriving first at Camp Fortune from Kirk's Ferry.

Our members are reminded that just across the creek from Camp Fortune is one of the best hills in the country, as good if not better than the Dome hill. In the old days, before lodges were built, skiers used to come all the way from the City to try that hill, and they would go back to Kingsmere for lunch. Try a slide or two next time.

Have you got a friend—Bring him along. On Saturday, January 12th, Beginner's Day at Ironsides. This means that every member of the Club coming to Ironsides that day must bring a beginner along. Start early and take good care of your charge along the way. Don't rush him (or her) and don't make him take all the hills just for the fun of seeing him falling. On arriving at the lodge, introduce your charge to Miss Dorothy Weston who will inquire if there are any complaints and go after you if there are. If you bring no one, or if you lose your charge on the way, be prepared to pay a fine. No excuse will be accepted.

Congratulations to our Vice-President, Allan Snowdon, re-elected Alderman for Central Ward.

More apologies. Through some mistake there was no trail from Cascades to Camp Fortune last Sunday, and a party of six wandered out of their way, and arrived at the Camp at 4 p.m. The snow was very heavy and Geo. Audette could spare no guides for Cascades. If any party desires to set out from Cascades this week-end please 'phone Geo. Audette (R. 40). Phone early.

You will leave your orange peels, will you? Colonel Hill is a terrible man! He caught little Teddie trying to conceal a bushel or so of orange and apple peels under the table, as they used to do in the good old days, before Camp Fortune was studded with gold nails, and he made him eat 'em to the last one. Next time Little Teddie will hide them in the garbage pail, where they belong. A good motto for our lodges would be: **Eat what you can, and can what you can't in the garbage can.**

Take Crilley's Hill and Black Lake Slopes. A party will set out from Camp Fortune at 2 p.m. on Sunday to take Crilley's hill and the Black Lake slopes. Be sure to join.

Eighty Treasury Notes of Ottawa Ski Club at \$10 are still going begging. Who will help us by investing money with us?

Four hundred skiers were out last week end. Amazing progress of skiing they say. But what is 400 to a population of 120,000. Only three and a half in a thousand! What were the nine hundred and ninety six and a half doing?

Pansies may bloom in Toronto, but not at Camp Fortune. "I saw something moving swiftly," said Captain Morin, as he came up from the creek with two buckets of water in the 'early morn' on New Year's day. "I don't know just what it was, but, I am dead sure it was not pansies."

Just because he wanted to see how it feels to spend a whole Sunday in the City, and not because his wife specially requested him to do so, a member of the Executive elected to quit skiing for a whole day last week-end. He got up at 10, feeling a bit out of sorts, and got both ears frozen stiff going to Church. Blood circulation was poor, evidently. Went back home and spent the day shaking the furnace trying to keep warm. Went out again and met only people shivering and talking about the cold. A gloomy feeling crept over him, and towards the end of the day he felt like running up to Kingsmere and taking George's trail in the dark. The only cheerful sight he saw was two skiers in a light canvas coat, without sweaters, talking about the great day they had!

In future, the Ironsides Lodge will be open on Sundays from 11 a.m. to 5 p.m., as well as on Saturdays. There will be no Cafeteria on Sunday.

Contributions Received.—Gold Nails, Mrs. J. R. Dickson. Silver Nail, Miss Winnifred Ray.

Mr. Wilfrid Winters, an old member of our Club is now a representative of the Sun Life Assurance Company of Canada—Canada's Leading Company—with Headquarters in the City.

SKI BOOTS

Designed by Ralph Monsen

You want the best in Ski Boots. These boots, designed by Ralph Monsen, and made by Palmers of Fredericton are the finest ever offered in Ottawa, in fact, they are the first really satisfactory ski boots made in Canada.

MEN'S SHORT, \$8.50 less 10%, \$7.65

MEN'S 12-inch, \$10.00 less 10% \$9.00

LADIES' 12-inch, \$9.00 less 10% \$8.00

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