

The OUTDOOR WOMAN

By Ruth Alexander Pepple

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ARCHERY A FAVORITE SPORT FOR WOMEN



A LESSON IN HORSEMANSHIP HANDLING THE REINS

WITHIN the past few years representatives of outdoor sports among the women of this country have multiplied and increased to a greater extent than in any previous era. Although in the years past there have been a few devotees of the more strenuous sports and recreations, the modern woman has just begun to realize all that outdoor life means to her, and the benefits she may derive thereby.

A great number of the women who are today living a life of health and pleasure in the outdoor world have developed from timid, feeble beings of no physique whatever, whose only so-called pleasures were found over cards and other social functions the nature of which not only sap the physical, but impair the mental vitality as well. These women date their convalescent period from the time these enervating pastimes were abandoned for a life free from petty worries and cares—the life of the great outdoors.

What a blessing it would be to womankind if more husbands and brothers, being sportsmen themselves, would say oftener: "Come, go with me into the woodland's cool retreat, to the clear lake where lurk the wily bass, and the air is filled with the fragrance of growing things," or perhaps, "Come where Bob White is hiding in the lonely willow swale."

As a rule, man is, or has been, a selfish creature where sport is concerned, and until recent years has considered his work well done when after a fortunate day of sport he came home, glowing with exercise and vigor bringing the fish or game for the "meek and humble" wife to prepare. But mankind also is beginning to "see the error of his ways," and each season there are more and more recruits to the army of happy men who have fitted their wives out with all necessary equipment for the life outdoors, whether to meet the requirements of the gentle art of angling or the more exerting though not less congenial recreation with the gun.

In the United States, those women who have asserted themselves, either for their inherent love for nature, or the acquired attachment that invariably springs up—the result of close communion with nature—have proven the equal, and not infrequently the superior of man contestants, in games that try the utmost skill and endurance in his or her special sport. To the woman who has, as she will probably express it, "lost her health," and whose strength and courage with which to combat every-day tribulations is fast deserting her, the one physician who can answer every time as positive to a permanent cure is old Doctor Outdoors, and his prescriptions are many and varied. This physician will never advise a timid, nervous woman to go for the first time, armed with shotgun, nor would he tell a woman who never had held before a more formidable weapon than a "straight flush" to start out after big game without some preliminary instructions in this line. The first advice would be: Learn to love the outer world, cultivate a taste for natural beauty, learn to look, learn to listen, learn to walk correctly, to tread the woodland paths lightly, and learn to breathe, fully and freely expanding, exhaling, till the blood coursing merrily through every vein brings a warm glow to cheeks that have long been pinched and faded.

In using the terms, looking and listening, I refer to the cultivation of the senses, without which life in the open air loses much of its enchantment. Cultivate the sense of hearing; when out alone in the woods, pause occasionally and note how many different sounds you can hear distinctly and remember. Perhaps it is the music of a stream as it ripples softly over a bed of gravel; maybe it is the voice of the waterfall as it tumbles over great boulders or through a narrow gorge, and simultaneously you may hear the twitter of feathered songsters in the neighboring trees, and the cry of some great bird of prey on its pilgrimage through the air, while away off in the opposite direction comes the faint tinkle of a cowbell. While grasping these separate, distinct sounds and storing them in your mind your eyes have kept busy. Perhaps you may notice a bent or broken twig or a bush near by, so your eye involuntarily follows the course of the path and seeks the next shrub to find more bent in the same manner. Your conclusions

are rapid. Some animal has passed that way. As the twigs alone, and not the branches being mutilated, you know the animal has not rushed in fright, and the nipped leaves higher up will indicate the leisurely passage of some herbivorous animal, and if you feel inclined to follow this trail you will be rewarded in the end by finding a stray horse, as at first surmised. Not big game, far from it, but you have learned one lesson in the book of woodcraft, which is only a page of the many volumes yet in store for the earnest student. It may have been smaller tracks that have claimed your attention, tracks that are visible in the soft earth. Learn to distinguish those of a rabbit from those of the squirrel has made. This is easy if you will remember that in running the rabbit places both fore feet close together and spreads the hind feet apart, while the squirrel places all feet at nearly equal distance apart. In using the olfactory sense you can stand perfectly still and tell what trees or bushes are in blossom.

Truly, one season spent out of doors in cultivation and close observation will be of more real benefit than years over books. These things, then, are the first rudiments toward that higher education, the education of the outdoor woman. Perhaps the most important thing to be considered during the preparatory stage is the clothing to be worn, for without comfortable attire, advanced lessons will be of little real benefit. Although the outing costume varies with the individual taste, and also with the expense to be considered, still the most popular and the one universally adapted to most needs is a suit consisting of a plain short skirt worn over knickerbockers, a coat of the same material, which may be made plain for camping purposes alone, or supplied with the proper pockets for hunting and fishing. A soft flannel shirt will be found more convenient than a waist, and stout shoes worn with leggings are lighter and less fatiguing than the high top boots, although they may be worn to advantage in colder weather or where there is a rough tramp to be taken. A soft felt hat, or cap with generous visor to protect the eyes completes the costume.

After simplicity, durability is an item to be considered. Strong, serviceable duck, canvas and khaki cloth are durable and easily cleaned, but of recent years whole suits of waterproof material can be had at such reasonable cost that it is folly and a greater expense to make one's outing garments at home.

Cultivate a love for nature, which you can do with neither rod nor gun, the use of which implements of pleasure should come after the first rudiments are mastered. With new strength and nerve gained through a life out of doors will also come new courage and confidence.

In some respects the prevailing variety of sport is characteristic of that portion of country wherein it is most indulged. In the southern and some of the eastern states, fox hunting is one of the most popular of recreations, as the physical features and topography of the country make it the natural home of the fox, red and gray; and in the sunny south for generations fox hounds have been bred with the exhilaration of the chase in view; horses have been judiciously bred in order to keep up with the hounds; and who may say but that the beauty of the famous women, especially of Kentucky, has not been

established through generations of riding to hounds in the open air, for it is a sport that is indulged in to a great extent by women, and it is worthy of note that they have proved to be the most fearless as well as most graceful of riders.

In the wilder portions of the west where the turbulent broncho and the fiery mustang hold supreme sway, riding is one of the prevalent modes of enjoyment, although in a very different manner from that of riding to hounds, for the western horsewoman differs as much from the cultivated horsewoman of the south and east as the broncho differs from the thoroughbred; and yet the daughters of the west are fearless riders, many of whom are expert ropers and spend their spare moments in the healthful, albeit rude, atmosphere of the camp.

Archery claims many devotees who are very enthusiastic over their favorite pastime, but as yet the game of William Tell has not gained national pre-eminence. It seems to be growing in popularity, however.

More than a century before our beloved Isaac Walton had published his immortal work, "The Complete Angler," another book was written on the subject so dear to the heart of the angler—this by a venerable dame, Juliana Berners. It was called "Treatyse of Fysshynge wyth an Angle," and even in that remote time (1496) there must have been the same existing charm of outdoor life and proof that a woman might profit by this recreation either beside still waters or running stream, as demonstrated in the old dame's words: "It neede be the dyspote of fysshynge wyth an angle that causeth a long life, and a merry." And truly, what life can be more full of the sweet, seductive charm than an outing beside a running brook?

Take a warm day in early spring when all nature is awakening from her long winter sleep. Go away off "far from the maddening crowd" to some sequestered nook where the trees are beginning to wear their green dress of the season, and where the lark sings. Take with you the light rod and little cozier, and try your luck with the finny tribe. It is not all luck, however, and it is interesting as well as instructive to note under what conditions the greatest amount of success in angling can be attained.

From a practical viewpoint, angling has much to recommend it as an enjoyable means of recreation, as the sport need not be made an expensive one, although with angling as with all other sports, it may be made as expensive as one would wish, according to the richness of the outfit to be employed and enjoyed. Many an old fisherman, and any little boy will tell you that he can catch more fish using a pole out of a neighboring tree, with home-made tackle, than with the most elaborate set of bamboo rods and flys ever manufactured.

Trap shooting is a great sport and claims a number of women devotees in this country as well as abroad; it is said that Queen Margherita of Italy is an adept with both shotgun and rifle, trap shooting being her favorite diversion.

Gradually but persistently the outdoor woman and lover of this means of recreation is asserting herself, and at present time plans are under way to perfect an organization composed of the women trap shooters of the United States. At the head of this movement is one of the most enthusiastic and able representatives of trap shooting among the fair sex. More than ever women are beginning to realize how much outdoor life means to them, and they will soon find that no one but the doctor has a kick coming if they spend their vacation in the wilderness or on the plains.

My advice is "Throw your powder rags and medicine bags to the first stray goat you meet and come with me into the open," thereby placing your name upon the great roster as an outdoor woman.

Jehoiakim Burns the Prophet's Book

Sunday School Lesson for Aug. 13, 1911
Specially Arranged for This Paper

LESSON TEXT—Jeremiah 36.
MEMORY VERSES, 23, 24.
GOLDEN TEXT—"The word of our God shall stand forever."—Isa. 40:8.
TIME—Jeremiah was prophet from B. C. 629, the 13th year of Josiah, till the destruction of Jerusalem, B. C. 588.
Jehoiakim reigned 11 years, B. C. 608-607.

Jeremiah's book was written B. C. 604. The Fast day, ninth month of B. C. 588. Jehoiakim burns the book soon after the fast.

PLACE—Jerusalem. The Temple courts and the king's palace. Nebuchadnezzar besieging Jerusalem, 1st year.

Daniel carried away captive. Jeremiah under disfavor. Jehoiakim an unwise king.

For twenty years Jeremiah had been trying, by oral teachings, to persuade the nation to repent and turn to God, but the people and their rulers had been deaf to his warnings. As a last resort, in the fourth year of Jehoiakim, the Lord commanded the prophet to write down the substance of his exhortations, and thus to focus them in one mighty blow upon the consciences of king and people. Moreover, for some reason Jeremiah was shut up, "restrained" from public utterance, being probably forbidden by the authorities to preach; so that for the time the written word was the only way by which Jeremiah could reach the ears of the people.

The chosen amanuensis was Baruch, the son of Neriah, a scribe. The book was not like ours, but was a roll of parchment, consisting of several skins sewed together, the edges cut even, and the whole rolled on wooden rods fastened at each end so that the parchment could be rolled from one to the other. The writing was arranged in columns, each like the page of a book. It must have taken Baruch some months to have written down such prophecies as Jeremiah wished to have read, and which constituted a considerable part of the present book of Jeremiah.

Jeremiah sent Baruch to the temple to read the book to the assembled crowds. It was a wintry day, Baruch went up into the chamber of a friendly noble, over a new gateway opening both ways into the inner and outer courts. There, from the window or balcony of the chamber, of from the platform or pillar on which the kings had stood on solemn occasions, he recited the long alternation of lament and invective to the vast congregation. Reading in this way was almost the only way by which the people could become acquainted with the word of God. Few could read. And copies of the law cost a small fortune.

The king sent Jehudi, one of his officers, to fetch the roll so that Jehoiakim might learn its contents at first hand and not from hearsay. The king sat in the winter house.

It seems probable that after Jehudi had read three or four columns, the king snatched the roll from his hands and, taking the knife used for sharpening the scribe's pens, cut up the roll himself, and cast it into the fire. Some think that only the first portion was read, when all the roll was consumed in the fire. But Professor Bennett says that the Hebrew implies that at the end of every three or four columns the king put out his hand for the roll, cut away the portion read, threw it on the fire, and handed the remainder back to Jehudi, repeating the process.

The king commanded the arrest of Baruch the scribe and Jeremiah. But the Lord hid them, by means of some unknown providence and guidance; or, as usual, by the use of means inspired by God. Shutting the eyes does not ward off the lightning's stroke. Fools, that think that by wringing the neck of the crowing cock they can prevent the coming of the morning.

When the word of the Lord came the book was destroyed, but its contents and its truths lived. "Take these . . . another roll, and write in it." Jeremiah knew what he had said before, and God gave him further revelations. Professor Brown thinks that Baruch's second roll contained the first seventeen chapters of our Jeremiah. "Thou shalt say to Jehoiakim that the prophecies should certainly come true."

Attempts to destroy the Bible have been made. When men are forbidden to read it, and everything is done to prevent its circulation. The frontispiece of Wycliffe's Bible represents the fire of true Christianity against which its enemies, Satan and infidelity, are blowing with all their might, trying to put it out; but the more they put themselves out of breath, the more brightly the fire burns.

Ingersoll's prophecy, twenty-six years ago, was that "in ten years the Bible will not be read." The fact is that vastly more Bibles are issued every year than when that prophecy was uttered, and in more languages.

Those destroy the Bible for some people, who for any reason give the impression that it is not true, diminish its authority, and fill the minds of the young with doubts. And yet every attack has made it read more, and caused it to shine in purer light. Those who disobey and neglect the Bible, refuse to let it be a lamp unto their feet and a light unto their path, who ignore its teachings, and refuse its truths—these destroy the Bible for themselves. But the laws of God move on just the same.

Jehoiakim was slain. His son was carried in chains to Babylon.

BRIGHT'S DISEASE.

How a Severe Case Was Cured After Doctors Gave Up Hope.

J. C. Reimers, Litchfield St., St. Paul, Minn., says: "I was so bad I could not arise from bed. Urine was dark and scant, I was thin and emaciated, and had intense pain in my back and head. My limbs swelled and stomach bloated. I got so low that I was kept alive by stimulants. The doctor told my family I was in the last stages of Bright's disease, and could not last three days."

As a last resort they gave me Doan's Kidney Pills and slight improvement was noticeable. I kept getting better and better until at last I was able to leave my bed. From then on I gained rapidly. It was but a short time before I was as well as ever."

Remember the name—Doan's. For sale by druggists and general storekeepers everywhere. Price 50c. Foster-Milburn Co., Buffalo, N. Y.

North Carolina Gold Mines. About Charlotte, N. C., are many historic spots. The Mecklenburg Declaration of Independence, signed May 20, 1775, represents the crown jewel of this "Queen City." Nearby also was born James K. Polk, the eleventh president of the United States. The pioneer gold mines of the United States were located in this historic county. Eighty-three gold mines were recorded, and up to the time of the discovery of California gold Mecklenburg mines took the lead in gold production.—National Magazine.

Laundry work at home would be much more satisfactory if the right starch were used. In order to get the desired stiffness, it is usually necessary to use so much starch that the beauty and fineness of the fabric is hidden behind a paste of varying thickness, which not only destroys the appearance, but also affects the wearing quality of the goods. This trouble can be entirely overcome by using Defiance Starch, as it can be applied much more thinly because of its greater strength than other makes.

A Distinction. Mrs. Gaddy—There are some distinctions in life which are very puzzling to me.

Professor Fundit—Like what, for instance?

Mrs. Gaddy—When you write everything bad and mean in a man's life in a book for everybody to read, it is biography; but when you just tell the same things to a few people on a front porch, it's gossip.

SASKATOON requires mixed farmers, market gardeners, poultrymen, dairymen, hog and stock raisers. Nowhere is there more room or greater opportunities for such. Agricultural laborers in great demand. Wages high. Work abundant. Why not get into this bigger life and participate in its wonderful prosperity? Write Commissioner, Board of Trade, Saskatoon, Saskatchewan, Western Canada.

A Matter of Repair. "I see," said Hicks, "that they have started a movement over in England to remodel the Ten Commandments." "Remodel, eh?" retorted Dorkins. "What a waste of time—all they need is restoration."—Harper's Weekly.

DISTEMPER In all its forms among all ages of horses, as well as dogs, cured and others in same stable prevented from having the disease with SPOHN'S DISTEMPER CURE. Every bottle guaranteed. Over 600,000 bottles sold last year \$2.50 and \$1.00. Any good druggist, or send to manufacturers. Agents wanted. Spohn Medical Co., Spec. Contagious Diseases, Goshen, Ind.

A Crime. "What do you think of the plot?" asked the theater manager. "That isn't a plot," replied the man who had paid two dollars to see the show. "That's a conspiracy."

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As Willie Saw It. Ma—Is the clock running, Willie? Willie—No, ma; it's just standing still and wagging its tail.—Judge.

Tell the dealer you want a Lewis' Single Binder straight 5c cigar.

A woman's idea of a good figure depends on whether she is thick or thin.

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It is a great help in cases of Stomach and Bowel Ills or Malarial Disorders. Try it today.