

worth, Miss A. M. Dodsworth, Miss M. E. Dodsworth and Miss N. A. Dodsworth, Englewood, N. J.; Miss J. Ogilvie, Miss Ogilvie and L. C. Ogilvie, Montreal; Mr. and Mrs. Bancroft C. Davis, Miss Davis, Miss Martha A. Davis, Weston, Mass.; Luther Loomis, W. W. Loomis and H. L. Loomis, New Rochelle, and the Rev. E. M. Chapman, St. Johnsbury, Vt.

COTTAGE NOTES.

H. A. Laughlin and family, have taken the Mandeville cottage for the winter. Mr. Laughlin is one of the famous Pittsburg Steel Magnates.

Another Pittsburg man who has taken a cottage is Dr. L. Crawford, General Manager of the National Tube Co. With his family he is now settled in the George Little place.

W. L. Coulter, Architect of the Vanderbilt and other well known Adirondack camps is once more in his own picturesque bungalow on Hobkirk Hill.

Mr. and Mrs. W. N. Kerr, after a years absence in California, have returned to "Mostly Hall" where they are dispensing their accustomed hospitality.

Reginold Gault and family, of Montreal, are at their residence Rawdon Place, for the season.

Another Montreal family is Mr. and Mrs. H. M. Redpath, who are at the Moore cottage.

Mr. and Mrs. J. McClurg Hays arrived this week with a string of horses and are occupying the Whistler Estate, "Tall Pines."

Mrs. A. C. Chapman and Miss Chapman, Gilbertsville, N. Y., have taken the C. C. Moore cottage for the season.

Mrs. Geo. B. Fowler and Mrs. D. K. Filer, Detroit, Michigan, are in the Villegaigne cottage.

Mr. and Mrs. Thos. Middleton, of N. Y., are in the Salmond cottage.

R. L. BARSTOW, JR.

Season Opening Well at Palm Beach.

Palm Beach, Fla., January 10, 1906—The tide of winter tourist travel is rising rapidly and already the trains are heavy laden. The surf has never been in better condition for bathing or the recreation more popular, golf is opening up well and sports and pleasures, both indoors and out, are coming rapidly into prominence. One of the prettiest of the scenes here is the big crowd which daily assembles upon the wide verandas of The Breakers, to see and to be seen, to bask in the sunlight, to listen to the music and to converse.

The motor boat races which take place from January 29th to February 2nd, are already being looked forward to with interest and many prominent entries being received. Mr. E. R. Thomas, of New York, has entered the "Dixie," the fastest moter boat in the world, and Mr. H. L. Bowden, who holds the world's record on the Florida Beach automobile race course, will run "The Flying Dutchman." Mr. James K. Clarke, of Pittsburg, is building a boat on the shores of Lake Worth, which he hopes will figure prominently in the races.

In connection with the races is to be a water carnival, similar to the wind-up of last year's event, and in which a parade

of gaily decorated floats will be a feature. At night the floats will be illuminated and the contest for the handsome trophies which are to be offered as prizes will be keen. All sorts of original conceptions will be seen, and the most brilliant affair of its kind in the history of the south is anticipated.

Mr. John B. Caldwell is high line among the fishermen taking a nine foot shark during the week after a hard battle which lasted an hour. It was necessary to shoot the shark four times before he could be landed. Mr. Caldwell caught some fifty odd sharks from the big ocean pier here last winter.

Mr. J. R. Bradley, of New York, an enthusiastic sportsman, and one of the directors of the Beach Club, is expected during the week. He brings with him some rare trophies secured during a hunt in Africa during the past summer.

Mr. and Mrs. Henry M. Flagler are expected to occupy their magnificent \$300,000 mansion, Whitehall, soon. This magnificent home is of Spanish architecture and the finest residence in the south. The beautiful gardens about the place are rich in tropical fruits and flowers and many notable social functions there are looked for this season.

General Summers and Miss Summers, of Washington, D. C., are planning to spend another winter here, having written for their suite in the Hotel Palm Beach which they have occupied for four seasons.

Golf professional A. H. Fenn, who is located at the Hotel here for the winter, has the local course in excellent shape and is planning a few important improvements and changes.

Dr. Walter F. Robinson, of New York, returns for his third season as resident house physician at the Hotel Palm Beach.

The Florida East Coast Railway System is introducing this year, new cars of the Pullman type with an observation car as a special feature, which are much appreciated by tourists.

A special and very low rate for the transportation of automobiles to and from Florida has been arranged with the railroad.

For People of Thirty.

"If you reach the age of thirty without having had any serious illness you will be likely to live till seventy or more," says a physician. "All the old folk I know reached thirty without any alarming maladies scored against them.

"From thirty on all you need do is to be careful, to observe a few simple rules of health. I should say that these rules—and they are the rules that have been adopted by the German emperor—were simple and good.

"Eat fruit at breakfast and at luncheon.

"Avoid pastry, muffins, hot bread and buttered toast.

"Eat potatoes only once a day.

"Walk at least four miles in the open air daily.

"Do not drink tea or coffee.

"Take a daily bath and wash the face with warm water before retiring.

"Sleep eight hours."

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LEON H. CILLEY, Manager, Maplewood, N. H.

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