

# EAT AND GROW THIN AT HOT SPRINGS, VA.

Resort Famed for Southern Dishes Awaits Arrival of Summer Colony

## A RECORD SPRING SEASON

Hot Springs, Va., June 11.—Following the most wonderful spring season in its history, the Homestead, at Hot Springs, Virginia, is drawing its first long breath, so to speak, and preparing for the almost immediate advent of its large summer colony.

The Homestead with its beautiful brick colonial structures which appear to have grown from the hillsides on which they stand, has been widely known as a spring, autumn and winter resort these twenty years and has been building up all this time the most exclusive of summer colonies, so that with its cure, its incomparable golf links and clay tennis courts, its miles of mountain trails for riding and its lovely drives, it has so many assets that it is not strange to learn that people are booked from almost every state in the Union for the coming summer.

No resort in America is more popular with lovers of riding and the large string of Kentucky and Virginia thoroughbred saddlers are in constant demand. Some of the most romantic rides and drives imaginable abound in the vicinity of Hot Springs and a favorite one is to the lofty summit of Flag Rock, more than 3000 feet above sea level, from whence an enchanting panorama of the mountains may be obtained. The rolling country with its emerald hillsides, rich pastures, and wooded heights is always beautiful and the quaint little villages of Warm Springs with its century-old hotel and cottages, Fasnigh Farm and Oak Grove where old Virginia chickens and waffle dinners are served along with real Virginia ham from seven-foot razorbills, cottage cheese, homemade pickles and jams, baked apples, spoon corn bread, flaky beaten biscuits and all sorts of delicious homemade things topped off with waffles and maple syrup and coffee—these are great drawing cards for folk who are tired of hotels and restaurants and long for a touch of something homelike.

There is a delightful climb up over a steep, winding mountain trail where wild flowers and maidenhair fern grow in luxuriant profusion to a candy kitchen where all sorts of delicious homemade sweets may be indulged in by those who did not come here to get thin. For those who did there is the steady ascent of the stone road to Mile End and back again, a hike which is guaranteed to start the perspiration so essential just before the bath in the great bath establishments. Here the treatments are scientific and thorough by trained attendants under the watchful eye of skilled physicians and one who cannot lose a few superfluous pounds



A CATSKILL STAGE

has only himself and his diet to thank for it. It takes self-control to eat and grow thin—but it can be done.

The Homestead itself is all that the name implies with its great tower that somehow never seems to lose its serenity. The writing and billiard rooms leading from it, the octagonal ballroom where dancing may be enjoyed nightly and the famous Japanese room where one may go for coffee after dinner, remain for the movies and then to imitable jazz music—dance to the wee wee hours. The Casino down over the hill from the hotel with its chairs upon the lawn and its view of the tennis courts and golf links is the social clearing house, and there are those, too, who like a cup of tea of an afternoon in the garden court where a fountain and lovely appointments suggest the gardens of some Italian villa. All in all, the Homestead has many things to recommend it, and its smart surrounding cottage colony also adds much to the delightful society for which the resort has so long been famed.

## Adirondacks' Call for 1919 is Heard

Continued From Preceding Page  
rier. The road through this pass, though not a state road, is of good construction, and a large appropriation has just been voted for its upkeep. It leaves the Quebec-Miami highway at the village of Keene Center, and on its way through the pass skirts the shores of the twin Cascade lakes. On either side of this narrow cut in the mountain the rock walls of the pass rise perpendicular in the air, reaching a height of 1000 feet. These two entrances to the heart of the hills, Wilmington Notch and Cascade Pass, with Indian Pass, another

famous one in the mountains, reached from Lake Placid over a long trail accessible only to mountain climbers, are counted among the wonders of the Adirondacks.

From Lake Placid, where the crest of the mountains is passed by the motor tourists at an altitude of 3000 feet above the sea, the state highway continues on to the village of Saranac Lake, ten miles distant, and to Paul Smith's, Meacham Lake and Malone, connecting at Saranac Lake with a branch of the state highway to Saranac Inn, on the Upper Saranac Lake, sixteen miles away.

What the Quebec-Miami highway is to the eastern slope of the Adirondacks the proposed new Adirondack highway from Old Forge on the Fulton chain of lakes to Saranac Inn on the Upper Saranac and the village of Saranac Lake will be to the western slope when constructed, affording direct entrance to this portion of the mountains via Utica.

The St. Regis chain of lakes, Lake Placid and the Saranac chain of lakes, all within a comparatively short distance of each other and at altitudes ranging from 1000 to 1500 feet above the sea, constitute one of the best-known camping regions in the Adirondacks. Among the beautiful camps found along the shores of the St. Regis chain, the Upper Saranac Lake and Lake Placid are several owned by well-known Philadelphians who annually spend the summer in the respective localities, identifying themselves with the social activities of the region. On Lake Placid, the Upper Saranac and the Upper St. Regis lakes yacht clubs are maintained and sailing and powerboat races are held each season. William H. Lyman, of Philadelphia, is commander of the Lake Placid Yacht Club, one of the most progressive of the mountain yacht clubs.

The Upper Saranac Lake, which is eight miles long and in some parts two miles wide, affords one of the finest courses for powerboat races in the Adirondacks. The sailing races of the Upper Saranac Yacht Club are held over a triangular course in full view of the porches of Saranac Inn. Paul Smith's hotel on the Lower St. Regis Lake is headquarters for the campers on the St. Regis chain and for the members of the large cottage colony in the immediate vicinity of the hotel.

Of the resorts identified with the Adirondack villages the best known are Lake Placid, Saranac Lake, Elizabethtown, Westport and Port Kent. Each has some distinctive charm in which returning sojourners season after season find new delights. Lake Placid, crowning the heights, is famous for the world over for its natural beauty. In addition to the lake from which the village takes its name is Mirror Lake, a companion body of water noted for its perfect reflections of the surrounding mountain tops. From the heights overlooking the village and both lakes there is a view of the Adirondack and southern range of mountains in the distance. It is a panorama embracing several hundred miles of territory.

The village of Saranac Lake, ten miles distant, is adjacent to Lake Flower and within a short distance of the Lower Saranac, the "lake of the clustered stars" for the Indians who named it thus because of the numbers of small islands to be found in it. Standing as it does at the head of the Saranac system of lakes, which embraces the Lower, Middle and Upper Saranacs, the village of Saranac Lake is headquarters for those touring the wonderful system of connecting waterways extending southward from that village to Old Forge on the Fulton chain of lakes. Also Saranac Lake is a principal business center. It has been styled "the metropolis of the Adirondacks" and not without reason.

### Where Golfers Gather

Elizabethtown, on the eastern slope of the mountains, is beautifully located in the heart of Pleasant Valley, which was rightly named for the region is one of the most attractive in the mountains. Next to its importance as a motor center Elizabethtown is known as a favorite haunt of the golfers. Golf is played at all of the Adirondack resorts, but in few if any of them on the scale on which it is played at Elizabethtown. The tournaments under the auspices of the Cobble Hill Golf Club attract some of the best players annually sojourning in the Adirondacks and the August events have become classics. Among the donors of cups is Frank A. Munsey, publisher, who last season purchased Garondah, a beautiful estate in the outskirts of the village, upon the development of which he is now spending much money. Contestants of many others in the Adirondacks, on Lake Champlain; at the city of Plattsburg, on Cumberland Bay, and at intervening points along the western shore of the lake, including Port Kent, Cliff Point and the Catholic Summer School of America at Cliff Haven, that one is brought face to face with reminders of the achievements of the forefathers of the Cobble Hill Club, opposite what is now the city of Plattsburg, that the famous naval battle of 1814, in which a Yankee fleet whipped a superior British fleet, took place.



MT. PISGAH

Two miles outside the village of Lake Placid is the grave of John Brown, famous abolitionist, whose body was brought there and buried following his execution at Harper's Ferry. The farm formerly owned by Brown, in which the grave is located, is now a reservation carved for by the state of New York. The history of Saranac Lake village is replete with stories of the famous "Philosophers' Camp," established years ago in the Wilderness; of the heroism of Trudeau, of the visits of Mark Twain, of Robert Louis Stevenson, who wrote much of his fascinating "Master of Ballantrae" there, and of the visits of other noted men. Throughout the Saranac and St. Regis regions are found continual reminders of the occupation of the Indians.

What is true of these regions is true of many others in the Adirondacks. That is a wonderful playground on the roof of New York state where the youthful, spirited present, typified by the summer season of 1919, walks hand in hand with an honored past amid natural beauties unexcelled.

# NARRAGANSETT PIER TAKING UP SPORTS

Polo, Tennis and Golfing to Be Rival Diversions There This Year

## YACHTING POPULAR AGAIN

Narragansett Pier, R. I., June 11.—The cottage season at Narragansett has opened auspiciously and many villas have been opened during the last week. There are indications of a revival of outdoor sports in this region during the summer, and already the arrival of several pleasure craft in the waters of Narragansett bay is a hint that the yachting season will be resumed again along the picturesque New England coast.

Although no definite announcement has been made public in regard to polo, it is probable that this popular sport will be in favor again this summer at Newport and Narragansett Pier.

The polo fields at Narragansett are considered among the finest in the country, and the lure of the sport is a potent one for members of the summer colony here and at Newport, across the bay.

Tennis and golfing at Wildfield Farm will be rival diversions this summer at Narragansett, and it is probable that several tournaments will be announced later in the season.

The Point Judith Country Club opened for tennis on Wednesday and will open for general sports on June 29. Mr. and Mrs. Edward L. Welsh, of Philadelphia, and their son, John L. Welsh, who was in the naval service, are at Shadow Farm, their country place at Wakefield, R. I., on the shores of Silver lake, several miles west of the Pier. Mr. and Mrs. Caryl Roberts, of Philadelphia, also will spend the summer at Wakefield, R. I., where they have a villa.

Owing to illness, Mrs. John H. Hannan decided to postpone the dance at the Towers for the soldiers returning from overseas, which was announced for June 6, until later in the season.

Mrs. Hannan plans to give a large entertainment some time during the summer for the soldiers at the Casino.

The new yacht Editha has just been placed in commission by John H. Hannan and sailed from New York today bound for Narragansett. Mr. and Mrs. Hannan plan to spend two weeks at Narragansett before going to Castledale, at Newport, R. I.

Mr. and Mrs. Talbot Hannan arrived here from New York this week and will occupy a pier cottage for the summer. Mr. and Mrs. Harrison S. Morris, of Philadelphia, will spend the summer at Narragansett, R. I. Miss Caroline Hazard has returned to Peacedale, R. I., from Santa Barbara, Calif.

William P. Ward, of New York, has arrived at his cottage at Tower Hill, where he will spend the summer. Nelson Whitney, of New Orleans, La., has arrived here for the season. Mr. and Mrs. Joseph E. Fletcher, of Providence, have arrived at Sagamore cottage for the season.

"Seamadow" cottage has been rented to Benjamin Chew, of Philadelphia, who will spend the summer here. Mrs. Alice Foster, of Wayne, Pa., has taken a pier cottage for the season.

W. A. Lieber, of Bryn Mawr, has rented a cottage on Caswell street for the summer. Mrs. Stanley Henshaw, of Greenville, Mississippi, will spend the summer at one of the cottages at Kentara Green.

Dr. Charles Hitchcock, of New York, will occupy his villa, Hopewell, on Ocean road for the season.

The North Seafield cottage has been rented to E. T. H. Metcalf, of Providence.

Mr. and Mrs. W. O. Griffith, of Philadelphia, plan to spend the summer at their cottage in Sauntertown, R. I.

# STAMFORD

New York

## In the Western Catskills

2000 feet above the seaboard—swept by the wonderfully exhilarating air for which this section is famous. Inspiring scenery; mountains, valleys, woods, lakes, streams. Land and water sports, indoor gayer. Stamford has electricity throughout, model sanitation, spring mountain water, five churches.

### Country Club—18-Hole Golf Course

Admitted by famous golf players to be the most beautifully located and sportiest course in America. Clubhouse recently completed and is the center of the social life for which Stamford is famous. Tennis, riding, canoeing, fishing, mountain climbing, indoor swimming pool, town band, concerts, dancing, tournaments; no dull moments.

### Up-to-Date Shops

where merchandise may be purchased at city prices or less.

Girolini Auto Trip from New York or Phila. State Road all the Way. 7 hours. 2 1/2 hours from N. Y. City by West Shore & Ulster & Del. R. R.

Address any of these houses for terms:

House	Guests	House	Guests	House	Guests
Churchill Hall	250	The Hamilton	50	Maple Rest	25
Berkners	150	The Madison	45	Craft Farm House	25
New Grant House	80	Westholm	40	Villa Belle Aire	25
Greycourt Inn	80	Gold Spr. Farm Inn	50	Terry Homestead	25
Rendall Place	75	Brookline Hall	35	Par View House	15
Mountain View	75	Stanford Lodge	35	Maple Ave. Farm	15
Ingliside	80	Elmwood	25	Hillcrest	15

For Furnished Cottages Address W. H. McAlpine.

### The New Country Club

## SUNSET PARK INN

Sunset Park, Haines Falls

Catskill Mts. Resort Hotel. Open June 20. Rooms or suite, with and without private bath. Golf, Tennis, Bowling, Pool, Billiards, Dancing, Daily concerts. Accommodates 250. Booklet. Now looking at 1180 B'way, N. Y. Phone 4748—Madison Square.

C. H. BECKER, Mgr.

# Lakewood Farm

## ROSROE N.Y. Inn ROSROE N.Y.

### An Exclusive Mountain Resort

Only 180 Miles From Philadelphia

Entirely Rebuilt and Enlarged in 1916

This magnificent new building located in the heart of a 500-acre tract of beautiful woodland, with an altitude that is just right (2700 feet), can comfortably accommodate 400 guests. Every room equipped with electric lights, steam heat, hot and cold running water, and so arranged that all guest chambers are outside rooms.

In fact there is nothing to distract from the wonderful climatic conditions and natural beauty with which nature has so lavishly endowed this section.

**H. F. BASSETT, Manager**  
1180 Broadway, N. Y.

After June 14th, Roscoe, N. Y., or  
Public Ledger Travel and Resort Bureau, 6th and Chestnut Sts., Phila.

Write for Booklet

# BANFF

IN THE HEART OF THE CANADIAN PACIFIC ROCKIES

HAVE you ever been to Banff? If not, go this summer. Banff, the majestic, the beautiful, nestling in an Alpine Fairyland, where people of tired cities go to rest and play; to get a deep breath of bracing air and a physical and mental uplift for working days to come. Banff, with its warm sulphur swimming pool, its trails for mountain ponies, its embarrassment of riches to lovers of outdoor sports—golfers, walkers, climbers, anglers. Or Banff, where you may leisure and loaf in a luxury of glorious scenery unapproached anywhere in the world. It is easy to get to Banff, and not expensive—but hard to get away, for at Banff is the world-famous

## BANFF SPRINGS HOTEL

so unique and ingenious, so complete in its modern appliances, so wholly comfortable that guests call it

The Mountain Inn of Ease

Unreservedly, it is one of the most, if not the most, appealing mountain hotels in the world. Here are life, music, endless opportunities for pleasure. Here a Paris and New York cuisine and the unapproachable service of a Canadian Pacific Hotel—and always most interesting and cosmopolitan companions. Good orchestra and dancing floor. Dining-room with capacity for 600 guests. 305 rooms.

Hotel Vancouver at Vancouver, and the Empress at Victoria continue this service to the coast.

Open to September 30. Write NOW for Information, Address

## CANADIAN PACIFIC HOTELS

629 Chestnut Street, Philadelphia 1231 Broadway, New York  
or Montreal, Canada