

**KILL  
KARE  
KAMP**

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# KILL-KARE KAMP

*A Summer Camp for Girls*



FLYING POND  
MOUNT VERNON, MAINE

## *Kill-Kare Kamp*

### *The Aim of the Camp*

ONE of the most serious problems confronting thousands of parents at the present time is "What shall we do with the children during the summer months?" A trip to Europe, a month or two at some fashionable resort, or the many other summer pleasures which appear most attractive to the parents, are utterly unsuited to the needs of the children. An attempt to make one form of vacation answer for the whole family only serves to add to the expenses, while it restricts the parents' pleasure by burdening them with the care of the children and does the children more harm than good. This is especially unfortunate, as the child needs to be refreshed and reinvigorated even more, as a rule, than the parents. In most cases the parents' vacation is regarded as a matter of pleasure; in the case of the child, it is an absolute necessity. The artificial character of our present-day civilization and the "forcing" system so prevalent in our schools make it necessary to devote at least two months of the year to the physical well-being which is so neglected and imposed upon during the other ten months of the year. These conditions have become so thoroughly recognized that many experiments have been tried, with a view to providing the child with a summer vacation best suited to his or her require-





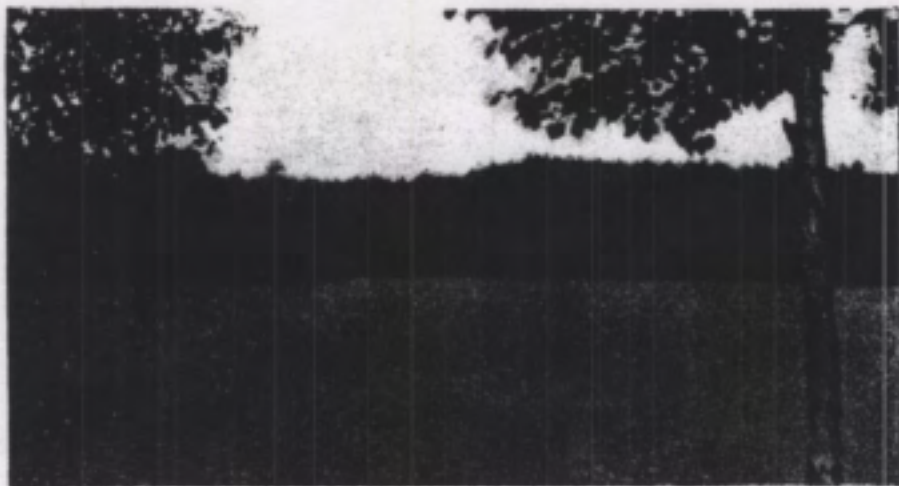
KILL-KARE COTTAGE

ments, and the well-managed summer camp has proved to be the most practical and most satisfactory for this purpose. One may easily find many excellent camps for the growing boy, and the girl of college age is also fortunate in having several such camps to choose from, but the younger girl who is entering upon, or passing through a period of functional development which demands all the physical vigor she may possess, has been very much neglected. This is due to the fact that young girls are more dependent and require more personal attention and care than older girls or boys. The larger camps cannot give them the individual attention necessary and do not want to be bothered with them.

Recognizing these conditions, we will take only a limited number of girls, and without neglecting the older

A GLIMPSE OF THE ROAD NEAR KILL-KARE KAMP





KILL-KARE POINT AND BOAT-HOUSE—TREES SCREEN BUILDINGS FROM VIEW

girl in any manner, it is our aim to look after the needs of the younger girl also and provide her with all the advantages of outdoor life which heretofore have been enjoyed by her brother and older sister; to send her back to her home refreshed in mind and body with a fund of physical vigor to carry her through her school year, with a deeper appreciation of the beauties of Nature and of Him who created them, and with a greater interest in the things which make life worth living.

### *Location*

**T**HE Camp is located on the shore of Flying Pond, a beautiful sheet of water about three miles in length and from one-quarter to a mile in width. It is about a mile from the village of Mount Vernon, eleven miles from Readfield Depot, and fifty miles from Portland. It is connected with the outside world by telephone, telegraph, and rural mail delivery. The Camp



occupies a point of land comprising about forty acres, which is surrounded on three sides by water. In the center of this tract is a large open space affording an ideal location for the athletic grounds, while on all sides the land slopes gently to the water's edge and is covered with a growth of balsam and pine. The soil is sandy and porous, affording perfect sanitation. The air is dry and bracing and the life-giving odors of balsam and pine are conducive to sound and refreshing sleep. A large area of shallow water affords the youngsters an opportunity to wade, paddle and swim, in perfect safety, and to their hearts' content. The Camp is secluded enough for absolute rest and quiet, yet, should emergency arise, anything which might be needed in the way of supplies, medicines, or physicians' attendance, can be quickly obtained.

### *Management*

**T**HE Camp is under the direct supervision of Miss Marguerite E. McQuaide, a graduate of Dean Academy, Franklin, Mass., at present a teacher in the Mount Vernon (Maine) High School; and Miss Minnie E. Porter, a graduate of Farmington (Maine) State Normal School, at present a teacher in the Mount Vernon Grammar School. These young ladies are eminently fitted, both by training and temperament, to look after the welfare of the girls entrusted to their care. Two competent matrons will have a general oversight of the Camp, to act as advisors where mature judgment is required, and to provide many little attentions which only a mother can bestow. Swimming will be taught by a prominent Boston athletic instructor, who will also act as general athletic advisor. The Superintendent of Schools of Mount Vernon will visit the Camp regularly,



A CORNER OF THE LIVING ROOM

and his advice and counsel will be available at all times. The entire Camp life will be under the personal supervision of competent councilors, chaperones and guides, and parents may feel confident that every means will be employed to insure the safety and promote the health and happiness of their daughters.

### *Camp Quarters*

**T**HE main building is a comfortable cottage with large dining room and living room with open fire place. The bed rooms are cheerful and well ventilated. Girls who prefer to do so, may sleep in tents. A Camp Councilor occupies each sleeping tent with the girls. Each girl is provided with a cot bed with good

springs and mattress. Each girl furnishes her own sheets, blankets, pillow and pillow slips, and is expected to take care of her own room. One of the most attractive features is the "open camp," a building entirely open on one side with the floor piled deep with fragrant balsam boughs and a cheerful camp fire on the ground in front. This is the favorite loafing place where, with blanket and pillow, the girl can lounge on the springy boughs and pass the hours away, on stormy days, with a piece of needlework or some favorite book; in the evenings, with song and story or in dreams of the future, while, under the refining influence of the great romance of Nature, the girls' thoughts naturally follow the sparks from the camp fire as they are gently wafted upward until lost in the universe above.



A MONARCH OF THE FOREST



## *Camp Life*

**O**UR object is to keep the girls out of doors whenever the weather will permit. Our principal amusements are tennis, basket ball, bowling, croquet, canoeing, rowing, swimming, fishing, tramping through the woods, simple nature study, excursions, straw rides, picnics, corn roasts, and such outdoor and indoor games as may seem best suited to the physical condition of the campers. Many nearby lakes, streams, and mountains offer objective points for "hiking" and for short camping trips. As a matter of precaution, no girl will be permitted to use a canoe until she has shown a certain proficiency in swimming, and then only when accompanied by a Camp Councilor.

## *Camp Routine*

**F**ORTUNATELY, the combination of exercise and fresh air is conducive to early retiring. We do everything possible to encourage this habit, and 9 o'clock, or 9.30, finds the campers in bed and asleep, not as the result of an arbitrary camp rule, but because they are sleepy enough to want to go to bed. The same influences soon establish a healthy "woods appetite" and the campers are always ready for their meals, which are served at regular hours. Further than this we do not attempt to carry out a fixed program. We find that any fixed routine, no matter how attractive it may seem at first, soon becomes irksome. Consequently each day in camp is an epoch in itself, and its exercises are arranged in such a way as seems best suited to the existing conditions. The Councilors plan to always have something



" FAITH, HOPE AND CHARITY "

interesting in store for the campers, so there is no chance for monotony in the Camp routine.

### *Food*

**O**UR own farms of 250 acres supply the Camp table with an abundance of fresh milk, cream, butter, eggs, poultry, fruits, vegetables and produce. Fresh fish from adjacent waters, and fresh meats from local markets complete a bill-of-fare which is very attractive to youthful appetites. Pure water is supplied from nearby springs.

### *Tutoring and Instruction*

**T**UTORING can be had at reasonable rates, if desired, but we do not advise it unless the parents consider it absolutely necessary. It is our desire to make the Camp life as far removed from the school



AEROPLANE VIEW OF PLAYING POND, WHITE SHORE I

room as possible. To those who desire it, a course in Domestic Science is offered. Each girl is taught how to prepare, cook and serve the food of the average home. She is also instructed in the use of the needle to the extent of mending her own clothing and the making of simple garments. All this is done in such a manner that it is considered a great "lark" by the girls, and each one strives to excel in her self-imposed household duties. The Domestic Science course is \$25.00 extra.

### *Sunday*

**S**UNDAY in Camp is a day of rest. The morning is devoted to a simple religious service, or a visit to the village churches. The afternoon is spent in reading and letter writing. The evening is devoted to sacred songs around the camp fire.





E AT EXTREME LEFT OF PICTURE SHOWS KILL-KARE POINT.

### *Requirements*

**A**LL applications for membership must be accompanied by satisfactory reference. Delicate girls and convalescents will receive special care, but no girl will be accepted who shows symptoms of any contagious or infectious disease. The Directors reserve the right to reject any applicant, if the best interests of the Camp seem to render such a course necessary.

### *Terms*

**T**HE regular Camp season is from July 1st to August 31st. The rates are \$85.00 for the month of July, \$100.00 for the month of August, or \$150.00 for the two months, all payable in advance. Parents who prefer to send their daughters earlier, or have them

remain longer than the regular Camp season, may do so at a rate of \$15.00 per week in June or September. The rates mentioned above include everything except Domestic Science, tutoring, laundry, and personal incidentals.

A payment of \$10.00 must accompany each application, and parents are requested to remit the balance of the season fee before their daughters leave home. We also suggest that parents deposit \$10.00 with us to cover each girl's incidental expenses. A strict account of these items will be kept and any balance refunded at the end of the term.

No reduction will be made from the regular charges in the case of girls who leave before their term expires. The Directors reserve the right to sever any girl's connection with the Camp, if her presence proves injurious to the other campers. In such a case, a fee of \$25.00 per week will be charged for such time as the girl has spent in Camp, and the balance of the fee refunded.

### *Outfit Needed*

**I**T is advisable for each girl to have two pairs of woolen blankets (dark red preferred), three sheets for cot beds (girls who wish to sleep in tents should bring two pairs of cotton blankets instead of the three sheets), one pillow, two pillow slips, two laundry bags, towels, bathing suit, cap and sandals, warm bath robe, hot water bag, khaki middy blouses and bloomers, one white middy blouse and skirt, dark blue ties, warm sweater (dark blue preferred), rubber coat or poncho, high shoes (sensible heels), rubbers, rubber blanket, rubber boots, soft felt hat (dark blue preferred), stout stockings, tennis shoes, plain underwear, Bible, napkin ring, enamelled drinking cup, thimble, safety ink well.



OUR OUT-DOOR BOWLING ALLEY



Pajamas of outing flannel are advisable for girls who expect to sleep in tents. One simple light dress will be sufficient for all social functions. All articles must be



"COME ON IN, THE WATER'S FINE"

plainly marked. The following articles will add greatly to Camp life: Musical instruments, music, camera, books, hammock, cushion, fishing tackle, and games of

all kinds. Do not exceed the capacity of a steamer trunk. Bedding and bulky articles must be sent by express before the arrival of the girl. All jewelry and valuables should be left at home.

### *How to Reach Camp*

**C**AMPERS should leave Boston North Station on 8.55 A. M. train. Take through car to Readfield, Maine, avoiding change of cars. Lunch can be obtained on the train or at Portland Union Station. Train arrives at Readfield about 3 o'clock P. M., where Mount Vernon stage is taken direct to Camp. Arrangements can be made, if desired, for Camp Councilors to meet girls at any place, and convey them to the Camp at the parents' expense. Telegrams, telephone messages, and mail should be addressed to Mount Vernon, Maine; freight and express to Readfield, Maine.

For further information address

MISS MARGUERITE E. McQUAIDE

or

MISS MINNIE E. PORTER

Mount Vernon, Maine