

moisture. Then the next process is to turn them inside out, fill them with "sennegraes," or sedge, if one have it, thrust one's feet in, and creep into the sleeping-bag with them on.* For milder weather later on we had provided ourselves with leather boots of the "komager" type, such as the Lapps use in summer. In this case they were made of under-tanned ox-hide, with soles of the skin of the blue seal (*Phoca barbata*); well rubbed in with a composition of tar and tallow, they make a wonderfully strong and water-tight boot, especially for use in wet weather. Inside the "finsko" we used, at the beginning of our journey, this "sennegraes" (*Carex asicaria*), of which we had taken a supply. This is most effective in keeping the feet dry and warm, and if used Lapp-wise, *i.e.*, with bare feet; it draws all moisture to itself. At night the wet "sennegraes" must be removed from the boots, well pulled out with the fingers, so that it does not cling together, and then dried during the night by being worn inside the coat or trousers-leg. In the morning it will be about dry, and can be pressed into the boots again. Little by little, however, it becomes used up, and if it is to last out a long journey a good supply must be taken.

We also had with us socks made of sheep's wool and human hair, which were both warm and durable. Then, too, we took squares of "vadmél," or Norwegian home-

* Compare my description of "finsko," in *The First Crossing of Greenland*, pp. 47 and 48.