By BOB PERRY

It's a mid-winter night in the Appalachians. A blizzard assails the mountain peaks, and sweeps through the ravines. You are a woman, middle-aged, 5 foot, and clothed only in tunic and trousers, a jacket and a pair of tennis shoes.

What do you do?

Easy. You climb beneath a bridge where you find a large cardboard carton containing some wrapping paper. You get into the carton, wrap yourself in the wrapping paper, and grab some sleep while the blizzard blows itself out.

When you awaken and ascend, the skies clear up, you climb out of the carton. You reach into the carpenter's apron type pocket around the bottom of your tunic where you keep the sum total of your worldly possessions. You draw forth a comb and a toothbrush and one or two other items and make yourself pretty again.

Then you proceed on your way.

Oh, yes, one other thing is necessary to the success of this procedure. Your name has to be Peace Pilgrim.

Walking To Hartford

She comes from no place in particular and when she began she was headed for 50 different places. When she got to Waterbury last night, she had already been in 41 of them. At journey's end she will have covered 10,000 miles on foot. When she gets to Hartford in a day or two, she will have only 800 miles to go.

Why does Peace Pilgrim walk?

The answer is her vow that: "I shall remain a wanderer until mankind has learned the way of peace, walking until I am given shelter and fasting until I am given food."

Thus she has lived through three-and-one-half years including 300 walking days on the highways of the continent, from Los Angeles to New York, from Ottawa to Mexico City.

She has missed no more than four meals in a row, only infrequently sleeps on the ground, has not suffered as much as a headache, and from every outward indication is in the best of bodily health.

Her routes are not haphazard. She has the following definite plan: To walk 100 miles in every state of the union, 100 each in Mexico and Canada and add them to the first 5,000 miles which was zig-zagged across the continent.

Her milage she measures by distances as marked between towns on road maps. Pedestrians, she says, are sometimes confused because of having offered her a ride during her 100 mile trek and having received a refusal.

Often, people join her in her walk for five or 10 miles, and Peace Pilgrim, and once a husky member of a walking club, apparently a little skeptical, kept company for 33 miles.

Sets Brisk Pace

"He didn't believe me and decided not to go. He started out at a brisk pace, but at the end of 33 miles, he wasn't getting the pace anymore," she smiled.

She averages 25 miles a day, and has done as many as 50. The most luxurious place she was ever given shelter was a $15 a-day suite. Although the following night she slept on the concrete floor of an all-night gas station.

And her most luxurious meal was the Waldorf Astoria, New York City, says Peace Pilgrim. "I know just two millionaires, and it was one of them who bought me that meal."

She also knows the governors of at least half the states in which she's so far done her 100 mile trek, says Peace Pilgrim, and among her few possessions are letters from some of them.

The front of her tunic bears the words "Peace Pilgrim" and the back she wears the words "Walking 10,000 miles for World Disarmament, which is one phase of her world peace campaign."

She doesn't preach, says Peace Pilgrim. "I only answer questions. The tunic and the walking program, etc., serve to stimulate the questions."

She has lectured on request before church groups, and in college classes, and in a large variety of ways on "The kernel of my message: This is the way of peace—overcome evil with good, falsehood with truth, and hatred with love."

Simple Message

She makes no denial of the simplicity of the message. "Everybody knows this," says Peace Pilgrim. "What we must have now is practice."

Her new book suggests that Peace Pilgrim practices only what she practices, and then only upon request. "I shall not accept more than I need, and only when others in the world have less."

She apparently needs very little. "Mother Nature very often offers food," says Peace Pilgrim. "I plant blueberries, and in Connecticut they are excellent. So are the apples and peaches."

Clothing is given to her as she needs it, she says. She has no special kind of shoes, but her shoes are only worn to avoid blisters.

Peace Pilgrim gets about 1,000 miles to a pair of shoes, though sometimes less, and has worn out about one dozen pair since her pilgrimage began. "I am a real pilgrim, on a real pilgrimage," she says, "undertaken on foot and with faith both as a prayer and as an opportunity to contact people."

She has contacted many yet: "I have never had a bad experience.

She can be contacted by others by addressing "Peace Pilgrim, Colgate, N. J.," and contacting Peace Pilgrim is an excellent experience.