

# How to be Healthy and Beautiful

by Mrs. Henry Symes

## BASEBALL AS AN EXERCISE FOR WOMEN

PROVERBIAL the American girl is the most fortunately situated in the world. Perhaps her most cherished privilege—or, to speak more correctly, her almost exclusive right—is that of competing with her brothers and her cousins and her uncles, not only in business, professional and social life, but even in the sports to which they are so devoted. So it is meet that at last her attention has been turned to the "great American game," and that she has added baseball to her manifold list of accomplishments.

Although many women have been "fans" for years, ability to criticize does not always—unfortunately—constitute also ability to do. Therefore, though the feminine "rooter" may be able to talk with an air of infinite wisdom of "three-baggers" and "sacrifices," yet when she herself comes to the bat, or takes first base, she may find her "hopelessly at sea" if her vaunted learning be not supplemented by practical instruction.

To such a woman a knowledge of baseball technicalities will not, therefore, come far amiss, and may some day assist—who knows!—in scoring a wonderful victory for the ladies' team!

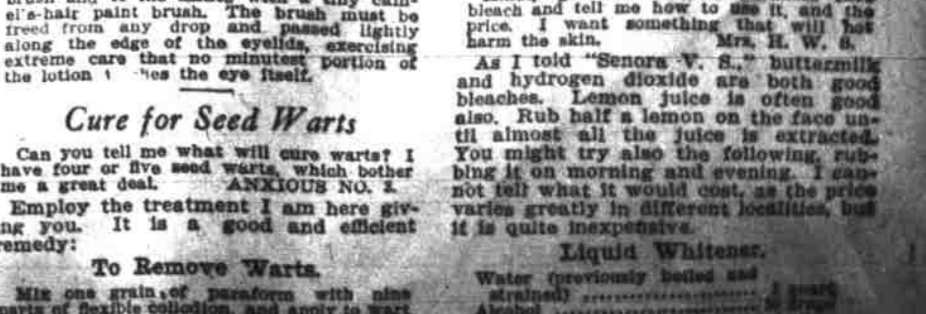
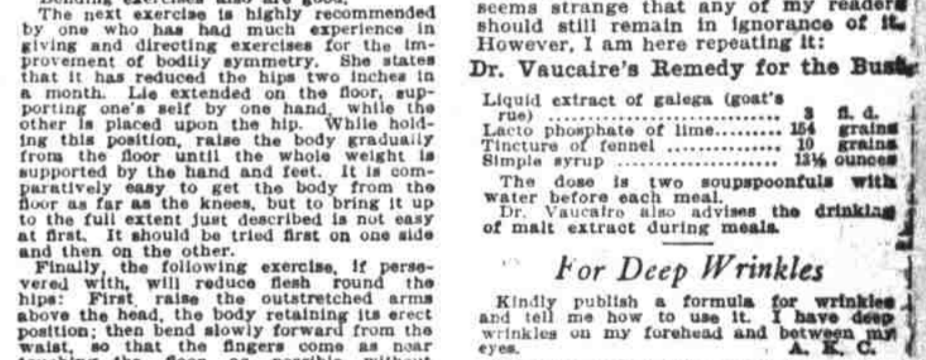
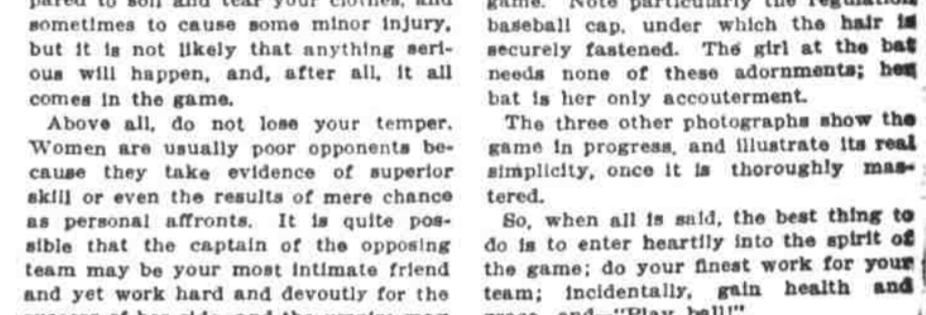
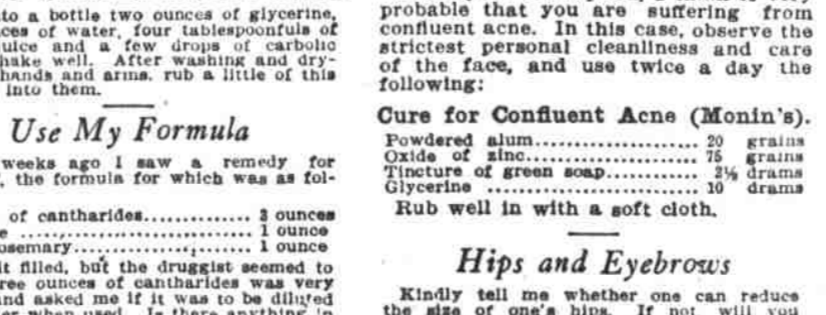
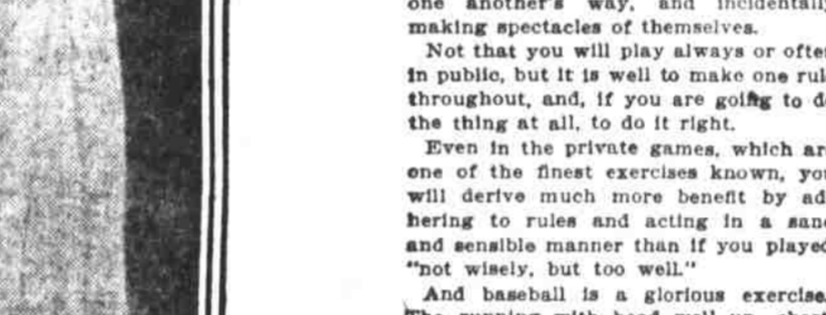
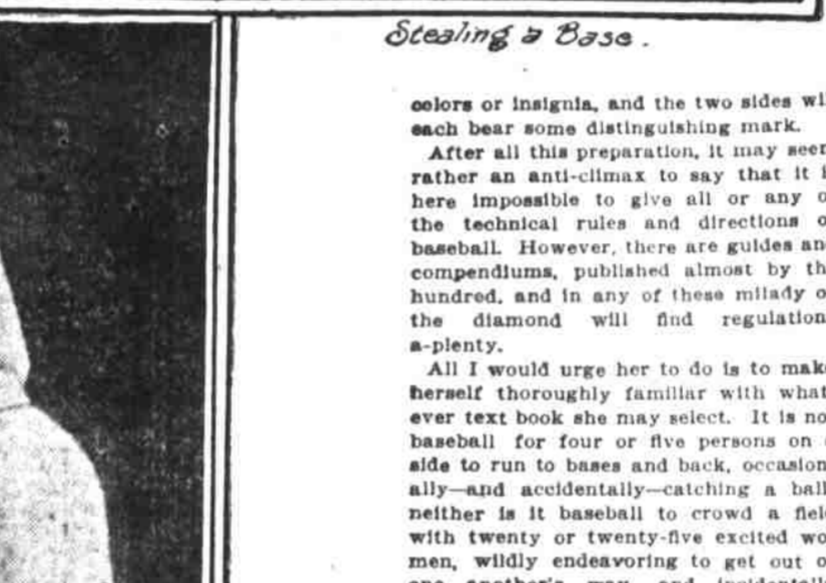
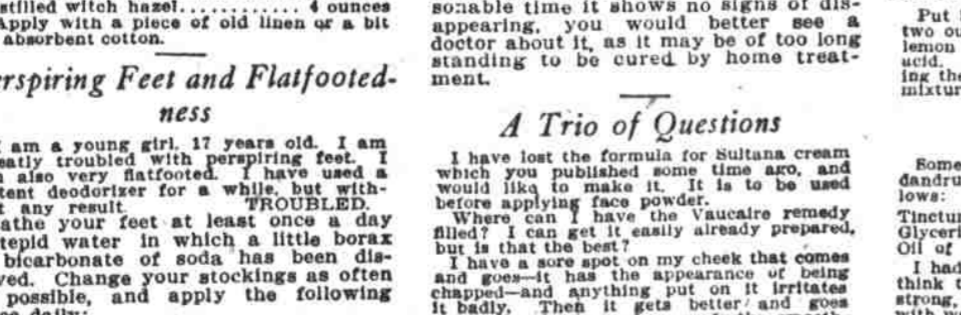
### THE EQUIPMENT

First, a word as to equipment. Of course, there is the regular catcher's outfit—the mask, the padded chest protector and the glove, all of which are as absolutely necessary as are the bat and ball. If your home dealers have not yet awakened to the possibilities that lie in the supplying of baseball accoutrements to women, those made for large boys or small men will probably fit you.

Since the regulation trousers are, of course, barred, see to it that your skirts are as short as possible, wearing ordinary ones over them, if you wish, until you enter the field.

White linen is very picturesque, but it is not suited for sliding to bases; something harmonizing with the earth in color would be more appropriate. Wear dark cloth if you can, or, failing that, crash or natural-colored linen. Let your shirtwaist, your stock and your belt be as simple and as washable as you can make them, and, of course, wear no jewelry of any sort.

Wear either regular baseball or tennis shoes, or, if you cannot procure these, or even gymnasium shoes, then plain, comfortable oxfords—no, I pray you, too loose ones, or an embarrass-



ing accident might take place, not to mention the danger of sprained ankles therefrom.

Whatever you do, do not dream of pumps or slippers, or of any color other than black or brown. White will soon become unfit for public appearance. Finally, if you belong to an organized team, club or school, you will wear your

colors or insignia, and the two sides will each bear some distinguishing mark.

After all this preparation, it may seem rather an anti-climax to say that it is here impossible to give all or any of the technical rules and directions of baseball. However, there are guides and compendiums, published almost by the hundred, and in any of these military of the diamond will find regulations a-plenty.

All I would urge her to do is to make herself thoroughly familiar with whatever text book she may select. It is not baseball for four or five persons on a side to run to bases and back, occasionally—and accidentally—catching a ball; neither is it baseball to crowd a field with twenty or twenty-five excited women, wildly endeavoring to get out of one another's way, and incidentally making spectacles of themselves.

Not that they will play always or often in public, but it will be make one rule throughout, and, if you are going to do the thing at all, to do it right.

Even in the private games, which are one of the finest exercises known, you will derive much more benefit by adhering to rules and acting in a sane and sensible manner than if you played "not wisely, but too well."

And baseball is a glorious exercise. The running with head well up, chest

out and abdomen in, benefits the lungs greatly by the influx of oxygen it brings, and is likely, too, to reduce superfluous flesh, though the really stout woman is, of course, out of place on the diamond. The stretching to catch develops the chest and shoulders, and the stooping and bending are good to strengthen the sides, back and abdomen.

Even the neck and throat, and most of all the arms and legs, are developed, and the muscles strengthened and hardened.

The game is a prime inducement to grace also. Unconsciously one learns to run, to reach, to pitch, to catch, with less and less awkwardness and clumsiness, until at last it becomes almost a sort of rhythmic drill, in which each muscle and sinew knows its work and responds easily and quickly to the stimulus of the mind. Then, and then only, does baseball become not only intensely interesting and exciting, but healthful, beautiful and beauty making.

Of course, there are drawbacks even in the "incomparable game." If you are not careful, the hard ball—it is impossible to play correctly with anything but the regulation variety—will callous or skin the hands but the wearing of a proper glove and, better still, the acquiring of knowledge of the right way to hold the hand for catching, so that the ball will not rebound against a rigid surface, but will be clasped and held tightly, will prevent either of these annoyances.

Again, in sliding, you must be prepared to soil and tear your clothes, and sometimes to cause some minor injury, but it is not likely that anything serious will happen, and, after all, it all comes in the game.

Above all, do not lose your temper. Women are usually poor opponents because they take evidence of superior skill or even the results of mere chance as personal affronts. It is quite possible that the captain of the opposing team may be your most intimate friend and yet work hard and devoutly for the success of her side, and the umpire may

be your own sister and still decide against you. Remember that all's fair in love and war, and that baseball is both, according to your opinion of it!

As practical illustration of what is herein said, let us turn to the photographs above. The picture of the catcher shows admirably just what a woman should wear during a baseball game. Note particularly the regulation baseball cap, under which the hair is securely fastened. The girl at the bat needs none of these adornments; her hat is her only accoutrement.

The three other photographs show the game in progress, and illustrate its real simplicity, once it is thoroughly mastered.

So, when all is said, the best thing to do is to enter heartily into the spirit of the game; do your finest work for your team; incidentally, gain health and grace, and—"Play ball!"

At the Bat.

Choosing Up.

Catching a Base.

Throwing a Curve.

The Catcher.

Timely Advice by Mrs. Henry Symes

Bleach and Rouge

Liquid Bloom of Roses

Training Short Hairs

Perfectly Harmless

For Whitening the Skin—A Liquid Fo-uer.

Results of Improper X-Ray Treatment

Perspiring Feet and Flatfootedness

The Woes of a Young Girl

For a Ringworm

For Two Summer Troubles

For Obsolete Freckles

A Case of Acne

Obstinate Blackheads of the Skin

Use My Formula

To Remove Dandruff

To Reduce the Hips

Hips and Eyebrows

Cure for Seed Warts

To Remove Warts

Liquid Whitener

Some Aids to Correspondents

A Wonderful Cream

For Deep Wrinkles

For Pimples and Blackheads

Fossati Cream for Pimples

A Good Face Bleach

Water (previously boiled and strained)

Oil of Olive

Glycerine

White wax

Oil of sweet orange

Extrait of violet

Half fill a saucepan with boiling water

Stand a jam jar in this. Shred the wax and spermaceti into the jar. Let it dissolve. Heat almost to boiling and add the wax. Heat orange-water; add it half a teaspoonful at a time until the mixture thickens. Lift the jar out of the saucepan. Heat mixture with the whisk. Heat until it is cold. Put in pots and cover with parchment.

Kindly give me the formula for the Vaucaire remedy.

ONE WHO DOESN'T KNOW IT.

I probably answer this question three times as often as any other. It seems strange that any of my readers should still remain in ignorance of it. However, I am here repeating it:

Dr. Vaucaire's Remedy for the Bushy

Liquid extract of galega (goat's rue) 3 f. d.

Lacto phosphate of lime 1/4 grains

Structure of fennel 10 grains

Simple syrup 1 1/2 ounces

The dose is two souppoonfuls with water before each meal.

Dr. Vaucaire also advises the drinking of malt extract during meals.

For Deep Wrinkles

Kindly publish a formula for wrinkles and tell me how to use it. I have deep wrinkles on my forehead and between my eyes.

Massage twice daily with the cream. I am giving you. Be careful not to let the cream touch the eyes, for it will irritate them, as any cream will, if it gets into them.

Cream of Sweet Oranges (A Skin Food)

Sweet oil of almonds 1 ounce

Bread-cloves water 3 ounces

White wax 1/2 ounce

Oil of sweet orange 1 dram

Extrait of violet 1/2 dram

Half fill a saucepan with boiling water. Stand a jam jar in this. Shred the wax and spermaceti into the jar. Let it dissolve. Heat almost to boiling and add the wax. Heat orange-water; add it half a teaspoonful at a time until the mixture thickens. Lift the jar out of the saucepan. Heat mixture with the whisk. Heat until it is cold. Put in pots and cover with parchment.

Kindly let me know the quickest, easiest and cheapest way to cure pimples and blackheads permanently.

These two formulas will, I think, fill all your requirements. Use the cream and the lotion on alternate days.

Fossati Cream for Pimples

Lanolin 1/2 ounce

Sulphur precipitate 1/2 ounce

Oil of sweet orange 1/2 dram

Extrait of violet 1/2 dram

Green Soap Treatment for Blackheads

Tincture of green soap 1/2 ounce

Distilled witch hazel 1/2 ounce

Let this mixture stay on only a few minutes. Wash off with hot water and apply a cold cream.

Green soap may be purchased at any drug store. It is not a "cake soap," but is about the consistency of custard.

A Good Face Bleach

Kindly give me a good harmless face bleach and tell me how to use it, and the price. I want something that will last long.

As I told "Senora V. S.," buttermilk and hydrogen dioxide are both good bleaches. Lemon juice is often good also. Rub half a lemon on the face until almost all the juice is extracted. You might try also the following: Rub it on morning and evening. I cannot tell what it would cost, as the price varies greatly in different localities, but it is quite inexpensive.

Liquid Whitener

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