



Throwing for the Basket

A Foul

**B**ASKETBALL as a game for women is increasing in popularity each year. It was invented about twelve years ago by an instructor in a training school for boys. The students had tired of the monotony of regular gymnastics, and the teacher endeavored to plan a new game—one that would be beneficial to body and mind, and yet be interesting to the participants. Several things were tried, but basketball fell at once into popular favor.

For a while the men and boys monopolized the game, but instructors in physical training for women soon recognized its merit, and it was then adopted in women's colleges. It supplied a long-felt want, combining as it does, the beneficial results of gymnastic exercise and the interest of competitive sport.

Interesting the game most certainly is both to the participants and spectators. There is very little expense attached to it, and it is very easy of comprehension, so that I cannot think of a better game to recommend to my readers who are looking for a healthful sport.

It has the advantage of being both an indoor and outdoor game, and girls who are thinking of getting up a team for the winter could not do better than be-

gin practicing in the open air. The first cool days make playing delightful. Besides a small plot of ground upon which to play, there are very few requisites. The size of the playing ground varies according to the available space, although the general rule is that it shall not exceed 300 square feet. The goals are at opposite sides of the field on the boundary line. These are baskets made of hammock nets of cord suspended from metal rings and placed ten feet above the ground.

The object of each team is to put the ball in the basket of its opponent and thereby make a "goal." The rules are simple, and may be obtained from any dealer in sporting goods. The team is composed of not more than ten and not less than five players on a side. The game consists of two halves of twenty minutes each, with an intermission of ten minutes between.

A picture costume for the regulation gymnasium suit of bloomers and a loose blouse of some light-weight woolen material is usually worn. A picturesque costume for outdoor play is short skirt of cloth, with sweater or flannel, red, white or blue costumes are particularly good. Team work is the stronghold in basketball, and the sacrifice of personal glory to the general success of the team is an excellent lesson in self-control.

The woman or girl who goes in for basketball will find her most valuable assets to be speed, accuracy, strength, endurance and, above all, control of temper.

A game that requires these qualifications is bound to have a wholesome effect on mind and body.

Ready for a Long Pass



Held Ball

PHOTOGRAPHS

SHOWING

HOW

BASKET BALL

BENEFITS

THE

DIFFERENT

PARTS OF THE

BODY

## VALUABLE HINTS ON RELIEF FOR YOUR BLEMISHES BY MRS. SYMES

### Afraid to Use Remedy

I saw your remedy for a large blemish on my face, and I was afraid to use it. I have used it, and it has done me so much good, that I am now able to use it with confidence. I have used it, and it has done me so much good, that I am now able to use it with confidence.

The remedy for reduction of bust will have no harmful effect. During treatment frequent applications of cold water and brisk rubbing with a coarse towel will aid in keeping the bust firm.

**Troubled With Blackheads**

Will you please give me, through your valuable column, a remedy for red blotches left by squeezing blackheads? I have pressed them, and now my face looks like a map. I have used your remedy, and it has done me so much good, that I am now able to use it with confidence.

Try the following treatment for blackheads, and afterward use the lotion for which I am giving you formula. It will rid my face of inflammation, and is also very good for the enlarged pores which sometimes follow blackheads.

**Treatment for Blackheads.**  
Get the correct camel's-hair face scrub brush, a bland toilet soap, a little cold cream of toilet cream, and a few cubes of conium washing soda. If the black points are very distinct, press them out, if not, scrub the face with the brush at night with hot water, into which you have put a bit of the soda about a pint in size to each quart of hot water; scrub the brush out of the pores. Dry carefully and apply a cream or toilet balsam; any good emollient will answer.

**Lotion for Inflamed Skin.**  
Boric acid, 1 dram; distilled water, 2 ounces. Use as a wash two or three times a day.

**To Darken Blonde Hair**

Kindly inform me if a hair stain can be made for blonde hair that will not be reddish and what it may be? I have tried many, but none of them. I have tried a greenish shade. Can it be toned down to suit blonde hair, not a reddish hue? A. S. F.

**Tea Hair Tonic.**  
Black tea as a basis for hair tonic is suc-

### The Use of Pumice

I had been interested in reading the paper, and you give advice to people that need help. I am a girl of 20 years, and have been troubled with the pimple stone growing on my body. I don't know what to do. I would ask you to kindly assist me.

**Pumice Treatment for Superfluous Hair.**  
Get an ordinary 5-cent cake of pumice stone, and a small piece of fine sand. Rub the sand on the skin affected with the pimple stone, and then rub the pumice stone on the skin. This will remove the hair.

**Red Hands and Face**  
Will you give me a remedy for red hands and face? My face and hands are not sunburned, but are always very red, and I will appreciate some remedy which will make my face and hands white. If you will publish one in your column, I will certainly thank you in mine. A. S. F.

**To Whiten the Hands.**  
Lanolin, 10 grains; paraffin, 25 grains; extract of vanilla, 10 drops; oil of rose, 1 drop.

**To Make Cosmetic Gloves.**  
Use soft, heavy leather gloves, three or four sizes too large. Rip them open and wash them in hot water. Then wash them in cold water, and then wash them in a cream or toilet balsam; any good emollient will answer.

**Cosmetic Glove Paste.**  
Ground berries, the white of an egg, a teaspoonful of glycerine and one ounce of honey.

**Cosmetic Glove Paste—No. 2.**  
Home-made soft soap, ½ pound; olive oil, 1 gill; mutton tallow, 1 ounce.

**Dandruff Causes Hair to Fall**  
After boiling these together remove them from the fire before adding. Sprinkle with 1 gill of ambergris or some other perfume to an amount to suit the taste, always being on your guard not to scent things too highly.

**Dandruff Causes Hair to Fall**

### Quinine Hair Tonic

Saltpetre of quinine, 1 dram; rosewater, 8 ounces; dilute sulphuric acid, 15 minims; rectified spirits, 2 ounces; mix, then further add glycerine, ½ ounce; essence royale or dandruff, 1 ounce.

**To Remove Wrinkles**  
I am a new reader of your paper, and ask some good advice to remove wrinkles, which have creased under my eyes, and one goes across my nose, connecting with the laughing wrinkles. I am 16 years old, and very stout. Please tell me how to remove them? F. C. S.

**Pores Too Large**  
I am very much troubled with enlarged pores and blackheads. On my nose and

**Strawberry Natural Blush.**  
Fresh, ripe strawberries, 2 quarts; distilled water, 1 pint. Place in a fruit jar and set the jar in a saucepan of water over a slow fire.

**Complexion a Worry**  
My complexion is the source of a great deal of worry to me, and I feel most uncomfortable. I have freckles, not large, heavy freckles, but I believe I prefer those to the kind I am afflicted with, for I call it an affliction, but, indeed, they are light yellow and very close together on the sides of my face. I also have them on other parts of my face, and my hands, too, have the same kind, just heavy enough to be noticeable. At times I just get so discouraged, especially after

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