

# Great Falls High School Girls Developing Muscle

## Indulging in Various Kinds of Athletics Supervised by Instructress.

Somewhere on the long, long trail that leads back to the days when our grandmothers were in their teens, a great and glorious evolution took place in the girl of high school age. Somewhere along that trail the old variety of girl whose chief occupation in life was to arrange her hair, be frilled and be tucked, on a sickly pillow and after sewing for hours on the finest of seams to indulge in the presumably hilarious amusement of playing "Auld Lang Syne" on the harp or, on rare occasions, in dancing the stately minuet, has disappeared.

In her place has come the rollicking, mischievous, lively, red-cheeked, out of doors high school girl, who is totally unable to appreciate the mild "new a fine seam" sort of life. She needs action of mind and action of body. She has to play tennis, basketball or go in for hiking. It's in her make up. Heretofore girls were more creatures of the kitchen and fireside than of the great outdoors and the present generation of young women have more muscle and more lung capacity than their own mothers.

**Athletics Responsible.**  
The growth of athletics for girls is largely responsible for this great change which has been so baffling, so elusive a subject for discussion. There is still much said pro and con for athletics for girls and women in high schools and colleges, but for the past several years the adverse criticism has been dying a slow but sure death and only arguments in



Photo by Heyn.  
**MISS DORIS THORLEY**  
Physical director of girls' work at Central High School.

today is that we lose sight of all things except the desire to win—to win by fair means or foul—to beat the other side. Hence the importance of the recreative side—the joy in the playing—is entirely lost.

Miss Doris Thornley, for the past two

## Basketball Most Popular Sport. Swimming Proves Highly Beneficial.

Kind of stroke and for each additional stroke she learns three more points are given if she swims the required distance, and if she is able to swim double the distance she receives twice as many points.

Points are given for hikes, depending entirely upon their length. Last fall, just before the closing of the school, a hare and hound race was staged. The hike extended to the waterworks park and was three miles in length. Forty girls entered the race and were awarded three points. When the warmer weather comes again hikes of various distances will be planned as hiking is one of the popular ways of winning points when the weather is favorable.

## Basketball Popular.

Of all the variety of sports indulged in by high school girls basketball is perhaps of interest to the greater number of students. When the announcement for basketball practice was first given 130 girls appeared on the floor and announced their purpose of playing thru the season, and even after the teams were chosen—the logical time for non-team girls to lose interest—the girls came out and played consistently all thru the season. The four captains—Bessie Marshall senior, Amanda Velikanje junior, Helen Dorrance sophomore and Myra Weidman freshman—worked in cooperation with Miss Thornley in planning the tournament.

In the tournament proper, which started Friday, January 17, the seniors seemed to be booked as winners, but after the games were all played and the scores checked up the freshmen were eliminated after losing every game and the three upper classes each won two games. So with the tie score the three teams played again and last Wednesday afternoon the juniors defeated the sophomores, thus winning the 1919 tournament.

The swimming pool with its comfortably warm water is the center of attraction for a number of the high school girls every Monday afternoon after school hours. Some of the girls have successfully mastered one stroke and several have learned a number. Annette Kellerman, who has won the reputation as the most famous diver and swimmer in the world, makes an interesting statement in her article, "Why and How Girls Should Swim."

She states that although in almost every line of athletic endeavor women are outclassed by men, the fact of the matter is that girls are naturally better fitted for swimming than men. On account of their small bones and frames, which are fully padded with soft, buoyant flesh, they do not sink so readily as most men, and so practically none of their strength needs to be spent on merely keeping up their bodies.

## Swimming Beneficial.

And from the standpoint of health Miss Thornley states the girls actually receive more physical benefit from swimming than any other. A number of the girls have become excellent swimmers and those who have won points this semester are Opal McVinch, Lona Brandriff, Marian Schmitz, Isabelle Saunders and Ruth Danielson.

Next week the beginning of the new semester will mark the beginning of football. After playing for a while teams are organized, captains are appointed and a tournament staged. Later in the season comes indoor baseball and hiking. Points will be awarded in each of these and the number of girls who will receive emblems and embellishments appears to be greatly increased over last year when 40 emblems were awarded.

A new course is to begin for the senior girls with the beginning of the new semester. The course, which in itself is not exactly in the athletic line, will be given in Miss Thornley's department. The course is in hygiene and home care of the sick. Classes will be given once a week.

and will include lectures by Miss Thornley and Miss Ella Gantz, one of the local Red Cross nurses.  
It is planned that eventually this course, or similar courses, will be given more thoroughly in all the high school classes. The course is given at the urgent request of the government, which strongly urges that high school students be of such a course some time during their four years' study.

## ADVERTISING IS SECRET OF RISE

### Great Growth of Pictorial Review Due to Belief in Heralding Its Value.

By WILLIAM C. FREEMAN.  
"Pictorial Review" is a monument to the value of advertising. William P. Ahnelt, the president—a genius with an ideal as well as a big idea—started this magazine about 20 years ago in a little office hardly large enough to turn around in. Today his company owns a 13-story building, devoted entirely to the necessities of "Pictorial Review" and the Pictorial Review Pattern company, and still its growth is so marvellous that additional space in two other buildings in New York is required, besides numerous branch offices in the leading cities of the world.

When Mr. Ahnelt, 12 years ago, attained a circulation of 100,000 he thought he was going some. Optimistic as he is and always has been, it is a question if he ever dreamed that the circulation of "Pictorial Review" would grow in one short decade to 1,000,000, which is the circulation for the March, 1919, issue.

When "Pictorial Review" had a circulation of 100,000 its selling price was 10 cents the copy. Now the selling price is 20 cents the copy and the demand for it is 16 times greater than it was 12 years ago. Why, do you suppose? No publication gets an impetus of this kind unless its merits justify it. And even when it is most meritorious it cannot grow to such proportions as "Pictorial Review" has grown, unless people are informed about it thru advertising.

President Ahnelt has always invested liberally in advertising. He always has had the good judgment to tell as many people as possible why they should read "Pictorial Review." It would have been easy to let his publication grow slowly, based on its merits (it has always had real merit) and to put aside all of his company's profits for the proverbial rainy day; but no, that was not his idea. He knew that the only way to make a big success was to put back into the business all of the money he took in—and that is what he did for many years—until today, thru persistent advertising and publishing a great magazine, he has established a place in the publishing world of which he can justly be proud.

It is a great thing for a publisher to be able to produce a publication that is wanted in approximately one-sixteenth of all of the homes in America.  
You will be interested in knowing that the entire advertising revenue of "Pictorial Review," not more than 12 years ago, was \$32,000 for an entire year—12 issues.

To show you how its value has grown in the estimation of the shrewdest advertisers in the country, all I need to tell you is that the amount of advertising in the March, 1919, issue—one issue, mind you—represents the enormous sum of \$415,000.  
Another illustration will impress on your minds the great value of advertising in a medium that is so close to its readers as is "Pictorial Review."

About 12 years ago the back cover, in brown, brought a price of only \$100. Now advertisers are glad to pay \$10,500 for the back cover one time. Why? Only because it pays. The price is less than seven-tenths of a cent per page per home at that! Think of it! Advertising works wonders!

## OVERLOOKED IN THE CRUSH.

"You used to say you were a reformer."  
"I was a reformer," replied Senator Sargham, "and I still am. But there has been so much competition in the reform business of late that I have kind of been lost sight of."—Washington Star.

## United War Veterans

America for Americans—One Country  
One Language and One Flag

We urge comrades to maintain their memberships in other semi-military organizations, and, in addition, join the United War Veterans in order to have one large organization of all soldiers and sailors of all wars—Civil War, Spanish War and World War.

We ask comrades to urge the members of the State Legislature from their county to support the bill which we have presented to the Legislature now in session providing that soldiers and sailors shall be given the preference in all public employments. Tell your members of the Legislature: "No camouflage. Pass the bill." Many States now have similar laws, in some States applicable only to veterans of the Civil War, other States should include the veterans of ALL Wars. Comrades, ORGANIZE. In unity there is strength.

Write for information pertaining to organization of Camp and membership-at-large. Address, Headquarters, UNITED WAR VETERANS, Kalispell, Montana.

## How About Your Teeth?

You are as old as you look and if your teeth are in good condition they will make you look younger. After you get your adult teeth you cannot grow any more. When you lose one you are that much nearer a toothless old age—or maybe a middle age.

Or false teeth!

The best aid to keeping your teeth is a tooth brush and a good tooth paste. If you do not use one you are more liable to lose your teeth.

A poor brush is a nuisance as the bristles come out and the efficiency of the brush is impaired.

Why take a chance?

Throw away the old brush and get a PYORASEPTIC TOOTH BRUSH. Better teeth, better health.

## BRIDGEMAN DRUG COMPANY

424 Central Avenue Prescription Druggists We Deliver

## CONRAD BANKING CO.

GREAT FALLS, MONTANA

## Is Your Account Here

If not, we want it.  
The Conrad Banking Company is carefully conducted—obliging—ever ready to serve you.

## WAGONER BARABY WRITES GRANDPA

### Tells of Army Life Among the Horses—Says He Detests French "Booze."

Wagoner Charles D. Baraby has written his grandfather, Charles K. Giles, who is now 78 years old and has been an enthusiastic follower of the world war events. Wagoner Baraby tells of life among the army horses at the remount station and says he has led a model life in the army and, above all, he detests French "booze." He writes:

Gieves, France, Jan. 1, 1919.  
Dear Folks: I will drop you a few lines to let you know I am well and hope this finds you the same. It rains most of the time here now. I am looking forward to the time when I get back home again. I am afraid it will be several months before we get back again; things are looking awful gloomy now to us. We have traveled over a good deal of France. We never had horses or equipment of any kind.

We never got to the front; we started to go up and when the war stopped we were on a train going some place to get

our stuff. The place we eat at now is a large camp center for supplies. Thousands of horses go through this place, which is also a remount station. We are working in this place, doing a little bit of everything, working all the time—Sundays and all.

We landed in England on July 19, and from there we went to France. We put in all our time drilling, except about two weeks, when we attended a motor school to learn to drive trucks. We then thought we were going to be a motor outfit, but they turned us back into a horse outfit, same as we were in the states.

We started for another place and got out outfit on the train and went about 30 miles, and were put on a side track for a while.

We dried some more for a month or so, when we started for our stuff to go to the front, when it was called off. We were put in a camp in a cold, muddy place. We had to stand guard there for the whole camp, which was easy, as it only came every third day. We stayed there about a month and did nothing but guard duty. We went from there to the place we are at now. It is the only one we had to work in so far.

We have been split up, so that only two companies of our outfit are together now, about 350 men. The rest of the battalion is scattered around the country. I hope they did not get into a place like this. Considering what some

of the boys have gone through, our battalion has had a bed of roses all the way through. We have had no sickness since we came across the pond. We have lost but two men by accident; they being on a truck that fell through a bridge, and were not from my company. We get up at 5:15 and do about eight and one-half hours' work a day. We try and see how slow we can work all the time, so you see we are not so bad off as we could be. We have a good place to sleep and get enough to eat. I have not had any trouble since being in the army.

I don't like the French booze. I have not drunk any since the first week we were here. I tried everthing they had in town, but could not find anything that I liked, so I quit it for good.

We are not living near a town now, but have lived in some towns, one being Billom. We had nice stone houses to live in there. We are living in long frame sheds which are fairly comfortable. We have plenty of clothes and can get new ones most any time we need them.

Let me know how you all are; how ma and the boys are; if you have seen any of them. I haven't received any letters from you for two weeks. I get papers most every week now.

Let me know if you have seen any of the boys that are coming back. Well, write soon.

WAGONER CHARLES D. BARABY, Company F, 316 Am. Tr., American Expeditionary Force.



Photo by Heyn.  
**Champions of High School Interclass Series.**  
Top row, left to right: Marie Lamere, Amanda Velikanje, (captain), Marie Comer. Second row: Hazel Dalve and Edith Jones. Bottom row, left to right: Dorotha Reeter, Thelma Fullmer and Frances Bruner.

favor of girls' athletics are considered by the average mind in these days.  
Yet there are still champions of the old-fashioned girl who are trying desperately to get the whole world to believe that womanhood has already become a distorted Amazon creature to be talked about and wondered at, but no longer to be loved and admired.

But it is safe to say that the people who really would rejoice to see the return of the girl of yesterday with her pale face, her narrow chest, her tiny waist, and deadly fear of the "night air" are few in comparison with those who admire the modern girl with her unspeakable pep, vivacity and boundless energy.

A few years ago, when athletics for women were first advocated, school officials uplifted their hands in horror. Later colleges for women more or less grudgingly made room for their curriculums for gymnastics and athletics, and then the non-collegiate world followed and made athletic sports accessible to women.

Many people honestly believe, and loudly proclaim their belief that athletics are making girls bold, masculine and overassertive; that they are destroying the lines of her figure and taking away her charm. Others believe athletics are injurious to the girl's health. These objections have been the cause of long and heated arguments and have been recognized to have a degree of truth if girls indulge in athletics immoderately.

## Danger Is Small.

But in these days when the high school girl has a variety of interests and rushes from her Latin classes to her sewing, from sewing to swimming and to the home to her music, she is likely to limit her strenuous physical activities to but a few hours each week, and in that case there is not much danger of her injuring either her health or personality by athletics, while, at the same time, she is bringing muscles into play and developing a healthy body to enable her best to enjoy her various other activities.

Senda Berenson, formerly director of physical training at Smith college, gives a statement regarding athletics for women. She says, "Today we believe that physical education not only should produce health, endurance, poise and self-control, but that it can be made the most direct way of bringing out the physical, mental and moral forces—making the human organism a splendid instrument with which to meet life's activities more easily, more vitally, more sanely and more joyously."

Miss Berenson goes on to say: "Granting that we make gymnastics and simple hygienic living the basis of physical training, athletics more than anything else develop the psychological, social and moral side. Organized games teach obedience to law, develop self-control, unselfishness, naturalness, quickness of mind and body, altruism and group loyalty. Games and sports deal so intimately with our instincts, our emotions, our dramatic life, that they must easily influence for good or ill."

## Competition Too Keen.

She then takes up the danger in athletics for American girls and in clear and adequate terms states her opinion, which briefly includes most of the ideas advanced by authorities on this question. "The American people take things too seriously. The great evil in our athletics

years director of physical training for girls in the Great Falls high school, has been working systematically to increase the interest of the girls in athletics and her aim, which she is successfully carrying out, is to interest not a few girls, but all girls—in physical training.

Miss Thornley's idea is that the real value in girls' athletics lies not wholly in the gymnasium classes which are required once each week, but in the optional work in swimming, hiking, basketball and the other sports that each girl may take part in after school hours. There are large numbers of girls who for various reasons find it absolutely impossible to indulge in athletics outside of school hours no matter how eager they are to play indoor baseball, kickball or any of the other games.

These girls take the keenest interest in their gymnasium classes, but as one hour a week does not offer great opportunities for development, it is hoped that in the near future the course can be organized so that two hours a week of gym work may be given the girls. The gymnasium work includes military marching, calisthenic work with wands and Indian clubs, natural folk games, and a well organized system of general games.

## Creating Interest.

The point system started by Miss Thornley last year has been one of the devices to promote interest in athletics. It gives a definite method of advancement and the girls are given an emblem which tells the story of their progress from year to year.

A girl may win 50 points each semester and after getting her first blue "G. F. H. S." on the white ground she receives the border for the emblem, then chevrons until at the end of four years, if she has won the 50 points each semester, she will be wearing the complete emblem of the G. F. H. S. Points may be won in various ways. In regular gymnasium work the girls are awarded 25 points if they receive a passing grade. Those who play in tournament games of basketball, volleyball or indoor baseball are given five points for each game. Thus the girls on the basketball teams who played on every game of the recent tournament received 20 and 25 points, according to the cases they happened to be in.

In swimming 15 points are given when a girl learns to swim 25 feet with one

## WOMEN SHAVE UNKNOWINGLY

When you only remove hair from the surface of the skin the result is the same as toeing. The only common-sense way to remove hair is to attack it under the skin. DeMiracle, the original anti-hairing liquid, does this by absorption.

Only genuine DeMiracle has a money-back guarantee in each package. At retail counters in 60c, \$1 and \$2 sizes, or by mail from us in plain wrapper on receipt of price.

FREE book mailed in plain sealed envelope on request. DE-MIRACLE, 129th St. and Park Ave., New York.

## When the Baby Needs a Laxative---

No one knows better than the ever-watchful mother—the natural doctor of the family in all the small ills—that when the baby is out of sorts it is usually due to indigestion or constipation.

It is always well, in any of its illnesses, to look for this cause. The diet may have to be changed, but before good can result from it, the bowels must be moved.

The mother has the choice of many medicines—cathartics, purgatives, bitter-waters, pills, physics, etc. But the little body doesn't need such harsh remedies for they wrench the system and do only temporary good, so often followed by an unpleasant reaction.

A better plan is to employ a mild, gentle laxative of which only a little is required. There is a combination of simple laxative herbs with pepsin sold by druggists under the name of Dr. Caldwell's Syrup Pepsin that thousands of mothers have used successfully for baby's constipation and its accompanying ills, such as belching, wind colic, restlessness, sleeplessness, etc.

The nursing mother will also find it ideal for herself, and it is especially important that she be free from constipation.

Syrup Pepsin is guaranteed to do as promised or the druggist will refund the money. Thousands of cautious families have it in the house, secure against the little ills.

### Dr. Caldwell's SYRUP PEPSIN

The Perfect Laxative

PRICE AS ALWAYS

In spite of greatly increased laboratory costs due to the war by sacrificing profits and absorbing war taxes we have maintained the price at which this family laxative has been sold by druggists for the past 16 years. Two sizes—50c and \$1.00.

FREE SAMPLES

If you have never used Dr. Caldwell's Syrup Pepsin send for a free trial bottle to Dr. W. B. Caldwell, 468 Washington St., Monticello, N. Y. If you are babies at home, ask for a copy of Dr. Caldwell's book, "The Care of Baby."

# RUGS

WE WISH to announce to the lovers of the home beautiful that we have obtained the agency for the famous Whittall Rugs

These rugs are now on display on our second floor and we invite all who are interested in floor coverings of quality, whether you intend to buy or not, to view this display.

Rug Section, 2nd Floor

## Strain Brothers

THE ILLUSTORI