

# Play That Means Health, Strength and Fun for California Maids.

# Popular Contests That Are Played With Unusual Vigor and Good Will.



**B**ASKET BALL has come to stay. It is an absolute certainty that football and baseball will never be popular with women. One is too rough and the other requires skill in throwing, and the woman who can toss a straight ball is the very rarest exception.

Girls have not taken up basket ball as a fad, but as part of their regular gymnastic training. In the larger cities where there are a number of teams the rivalry is intense.

The families and friends of the players range themselves on either side of the hall and cheer their own team with as much vigor and good will as their brothers do at an intercollegiate game.

Candy by the pound is the favorite wager, and many a box is lost or won according as one's faith in one's team is justified or not. In fact, basket ball is the question of the day. It is not considered quite the proper thing to manifest no interest in the sport and woe to the girl who does not throw her hat in the air and shriek "Hurrah!" at the top of her lungs.

Have you seen the girls in their suits? Very picturesque they look in their bloomers and sweaters or with their neat suits of varied colors and their hair in youthful braids. Once in a while the entire team will be dressed exactly alike and then they look ever so much more formidable and ever so much more business-like.

In the body is brought into use; not only the muscles in the arms and limbs, but those of the body and neck also. And, what a girl thinks more of, her eyes are brightened and her cheeks take on that healthy color that defies imitation.

Thin girls should play ball for a term or two and then they need never fear an evening frock or a bathing suit. The muscles in the legs are used in running, and the calves become rounded. When the ball is flung from goal to goal the arms become plump and well curved. Nature responds eagerly to every opportunity that is given her and she acts with quickness and ability. The jumping and tumbling stir up the circulation so that the blood is sent to every tissue in great quantities.

Instead of sitting at home and doing all kinds of fancy work, join a basket ball team and get down to hard work. Play a while each day and see if the kink in your back does not uncoil. You will feel better all around. The soft flesh, which is more of a hindrance than anything else, will harden, and when muscle develops, as it will, you will not only be symmetrical, but healthy.

Ball playing cultivates flexibility at the waist. In the bending and twisting of the trunk and limbs the vital organs receive such exercise as will make them strong. Who ever heard of a girl who is an enthusiast over ball having indigestion?

Don't you know a fellow who got a



CHICO NORMAL SCHOOL

If a point had been scored, but to gain one's patience to the fullest extent.

A regular game is played always the same. The large ball is of rubber enclosed in a tightly laced leather case, and it weighs about eighteen ounces. The goals are hammock nets of cord suspended from rings eighteen inches in diameter. One is placed at either end of the field and about ten feet from the ground.

Of course the object of the game is to throw the ball into the basket and to prevent the opposite side from doing the same. When each girl has her place the referee starts the game by putting the ball into play. She tosses it in the air and at the same time blows her whistle. Before anybody can throw it, one of the centers who stand ready to jump for it must have touched it. Then follows a general rush from both sides. The ball goes whizzing toward the goal and then back again, just as luck wills it.

Fouls are common. If a girl runs with the ball the whistle blows and the other side have a free throw for the basket. Such a basket counts 1, while a throw from the field counts 3. Kicking or striking with the flats, or tackling an opponent counts for a free trial for the opposite side, which does not mean much glory.

The game is played in two parts of twenty minutes each with an intermission

Honodel, Maybelle Lewis, Greta Peterson, Clara Crisler (captain), Grace Kermod, Ora Taylor, Lillian Branham and G. Bryan—and they put up a rattling good game.

Violet Cohn, Florence Johnson, Nellie Davis, Grace Braddock, Fay Dickey, Cleo McMahon, Stella Dickey, Belle Sanford and Ethel Martin make the nine Stockton girls who are coming to the front in this play of girls. The Reno girls have just played a game with Berkeley, and the girls who play under blue and gold have returned to Nevada to return the compliment, but before they started on their journey the challenge of Stockton and Chico was accepted and the girls are all training for the contest.

### One Hundred Years Ago.

Virginia had one-fifth of the population of the United States.

Two stages carried all the travel between Boston and New York.

Two shillings was a day's pay.

Twelve to fourteen hours was a day's work.

One factory made all the hats.

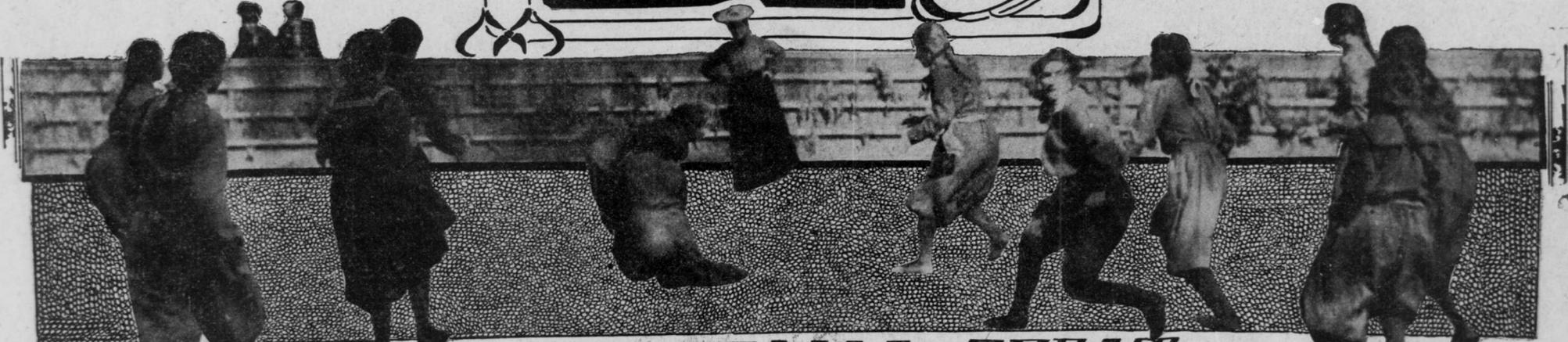
They were all cocked hats.

The whipping post and pillory stood in Boston.

Trousers were fastened with pegs and lacing.

Every housewife raised her own flax and wool and spun her own linen and cloth.

There were no railroads, telegraphs,

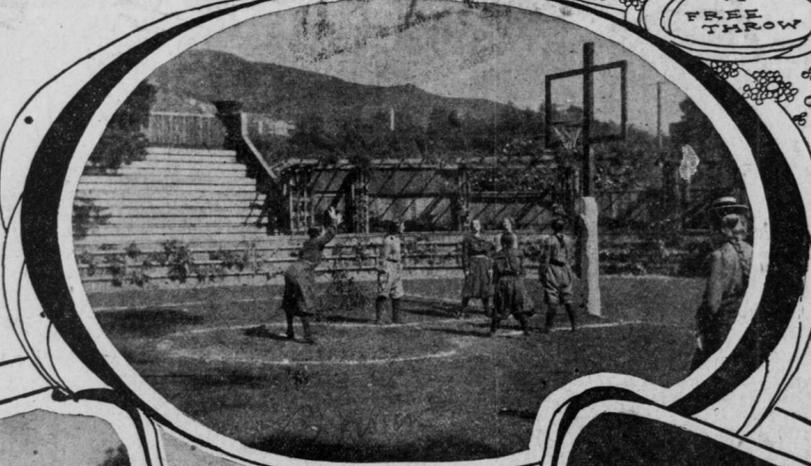


## BASKETBALL THE GREAT GAME FOR SCHOOL GIRLS

It is nothing unusual now to see men seated on the bleachers and howling for dear life. There was a time when a man who appeared fatherly was allowed in, or on rare occasions some fellow was specially invited for some very good reason, but woe to the stray chap who blundered in. He was no sooner seated than he was told that his presence was distinctly superfluous, and that if he did not get out in a hurry he might suffer bodily harm.

This sudden popularity of basket-ball has a good foundation. There isn't anything that develops or beautifies the body

nasty cat on the arm or a dislocated bone from football? Ten to one when it was being dressed a sympathizing friend said, "I don't believe it will leave a scar," and ten to one the injured chap answered, "Oh won't it," just as though it meant life and death. That exactly describes the girls. They dive for a ball on the hard earth, and a few bruises more or less amount to nothing. One girl who had two black eyes laughingly said, "Oh, I mean to patent them. They're pretty fine!" Because they had been received in a good cause she was duly proud of her beauty marks.



A FREE THROW

tion of ten minutes. After the "rest" the girls change fields and contend for the opposite basket. However one plays it, whatever rules are followed or the number that constitute a game—none of this mass makes any difference in the running or throwing. The exercise part of it is the same. It is bound to develop great agility and endurance, for unless one scampers lively it means knocks, cuffs and even kicks, and a few of these go a long way.

There is a game called the "line ball," where every girl stays strictly within her own line, but that game is not universally popular, as it restricts action greatly. The girls who are the most vigorous scorn such ball and refer to it as "sissy," which expresses their contempt for it. When the rules that men use are accepted we may know that the women have been trained to more physical endurance than they have at the present time.

The coast championship is a question that causes a great many discussions,

steamboats, gas, kerosene, telephones or electricity.

There were no millions of gold to lend to foreign nations or to buy the Philippines.

Men wore muffs to keep their hands warm.

There were no expositions, horse shows, food fairs or music halls.

There were no daily papers or typesetting machines.

There was but one type foundry. Type was made by pouring metal into a mold, letter by letter, and sold for \$4 a pound.

There were no cylinder presses. Hand presses, requiring a single impression for each sheet, were good enough.

There were taxes, and they were one-sixth to one-tenth of the total value yearly.

Church collections were made in a bag fastened to a long stick, and a bell attached to be rung when the expected contributor was asleep.

There were no raglans or fancy mixed drinks.

There were no after-dinner speakers.

He—There was one peculiar thing about



U. C. GIRLS WITH THEIR MASCOT



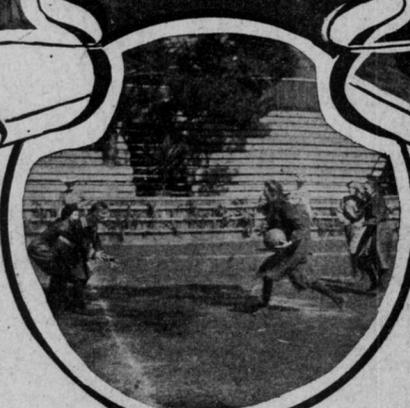
STOCKTON HIGH SCHOOL

nearly as well. Beauty of face does not necessarily fascinate. Gracefulness of form and wit combined are frequently the secret of a woman's power. And what woman under the shining sun would not go through all kinds of torments to have such charms?

Basket ball is a sure agent as a beautifier. There is nothing so far that will take its place as an all-around, exhilarating exercise except tennis. Every muscle

The game is an easy one to understand. As a rule there are nine girls on a side, but when only five constitute a team, the work is too hard.

Each "man" has her own place. There is the center, left forward center, left back center, left guard, right guard, left and right forward and two extra men. So you see each "man" has her own responsibility; she plans positions; she must run at the right time and pass the ball



PASSING THE BALL

to the proper person. Perhaps you do not think one's temper is exercised as well. Imagine getting a rattling good push and sprawling on the floor as hard as possible. And the worst part of it too, is losing the ball. One might be able to get over the black eye

and, if the truth be told, more than a few tiffs. Last year Berkeley held it, but Reno defeated her and won it. Now the Chico girls are living in high hopes, for they in turn have defeated Reno. The Chico girls, by the way, are H. J. Crisler, Daisy

our minister's sermon. He didn't dilate on the other side of the question. She—No, but don't you remember he declared "as to the other side I have nothing to say"? He—Of course, but why didn't he follow his usual plan and say it?—Philadelphia Press.