

A Page for Misses

TENNIS FOR YOUNG GIRLS THE PRACTICAL POINT OF VIEW

Grip of the Racket for the Forehand Stroke.

WITH the present great popularity of tennis, most girls either play it or wish they could play it. Probably all the girls of today have tried, some have succeeded and others have become discouraged.

BEFORE beginning to play one should be correctly and conveniently dressed. The skirt must be quite short and not very heavy. The best material is a rather stiff duck for a soft skirt that hangs in around the legs will interfere very much with the movements.

For the game itself, the first and most important principle is to hold the racket tight. If it is loosely and carelessly held, no good stroke can ever be made.

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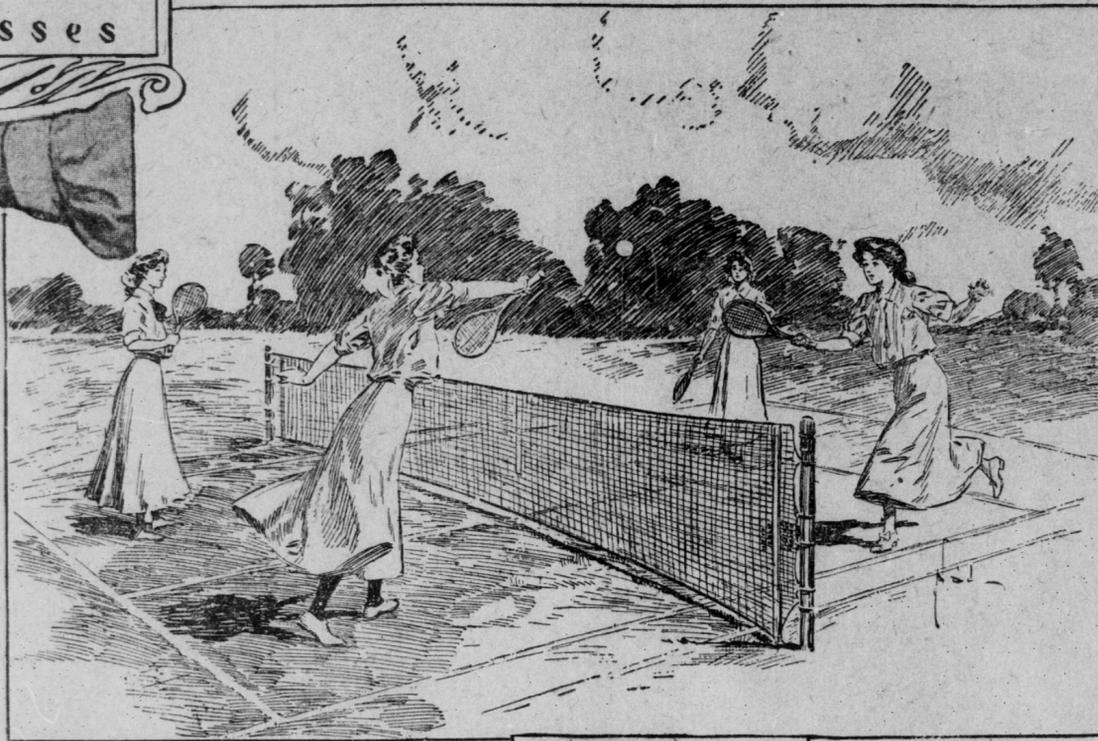
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Receiving.



Serving.

strained, but it will grow easier with practice.

THE second principle is to keep away from the ball. All beginners and some comparatively good players get too close to the ball. It is harder to teach girls to keep back far enough and wait long enough to make the

stroke than it is with boys, probably because the boys are more used to ball games of different kinds and have always played them. A girl who is learning to play tennis has to be told every few moments to stand back and wait for the ball. Until one is quite an experienced player, the ball should not be struck until it has reached the top of the bounce, and often it is better to let it begin to drop before striking it.

Another important point is that a step forward just as the ball is struck gives added force to the stroke and the farther back the racket is swung the more force is gained as it strikes the ball. Then, too, it is important that the ball should strike the center of the racket; no clean stroke can be made when the ball strikes the edge of the stringing. A racket, which has been used long by a good player, will have a little dark spot in the middle of the stringing, showing that the ball has always been hit in that one place.

FEW inexperienced players know that there should be a "follow through" in tennis, as there is in golf. This helps very much to guide the ball in a straight and accurate line. The racket, in hitting the ball, moves in the direction the ball is to go, and the longer it keeps on in that direction the better the chance of the stroke being a true and swift one.

After any stroke has been made the player must immediately run back to the center of the baseline and be ready there to move whichever way she must for the next stroke. If she does not do this, her opponent will probably place the ball just where she can not reach it. Many girls, after they have struck the ball, stand still and watch it, only moving when it is too late. Great quickness is most necessary in tennis. A player must think of several things at once, and the habit of always getting back to the same position between strokes soon becomes mechanical and is a great help.

A very general fault of girls who are learning tennis is bending the elbow, and it is hard for them to realize that

the arm must be kept straight and the ball hit while it is below the level of the waist line. Of course, it is struck much higher in the air in volleying, but few girls succeed in volleying well and they should not try to use that stroke often, except in doubles when playing at the net.

ON the other hand, it is a very good thing to learn to lob well. It is an easy stroke and very helpful when one wants to gain time. Some players are also so bothered by it that it gives their opponent a great advantage.

When a girl has had some little experience in playing and has learned how to make the strokes fairly well, she should begin to practice placing the ball in different parts of the court. This is done by turning the wrist a little as the ball is struck. At first it will be rather discouraging, for a large number of the balls will go out of court, but everything new that one attempts in tennis takes much practice and some day it will suddenly seem easy and the player will begin to find she has considerable control over her racket and can come pretty near sending the ball in just the spot she wants to.

So far I have said nothing about the service. But of course it is of the utmost importance to develop a swift and accurate service. The ball should be thrown up in the air, the racket swung back over the right shoulder and swiftly forward, hitting the ball just before it begins to fall. It will take a lot of practice to serve a fast ball, but it can be done, though, of course, no girl can ever compete with men on the question of a tennis service.

It is a great help to a girl who can play tennis moderately well to play with men or in mixed doubles. If she can play singles with some man who plays well and is willing to adapt his game to her degree of skill, that is the greatest advantage possible. But, failing that, the experience of a man's swifter game that is gained in mixed doubles will improve her game very much.

Some Interesting and Useful Hints

FOR a summer room a most fascinating box to hold fancy shoes and slippers can be made of light wood covered with cretonne and linen. To make the box unique, have it hexagonal shape, which any carpenter can do, and have a cover to fit, fastened at the back with small hinges.

Design the covering of the sides of the box in panels, selecting a French cretonne which lends itself to the idea, the prettiest new ones being those that have figures of girls and of little Cupids on them. Cut the material to get the figure exactly in the center of the panel, and then on the next panel of the box put linen of a color to form an artistic contrast to the cretonne. Alternate this way until the box is covered, finishing the edges of the two materials with strips of fancy linen braid, which heightens the panel effect.

The cover should be padded slightly, then covered with linen, ornamented with a large centerpiece of the figured cretonne, which is sewed to the linen before the linen is tacked on the cover. The edge of the cretonne centerpiece is covered with linen braid to match the panels on the box, and when finished the proud owner has a veritable piece of resistance.

sponges are a natural product, they are so rarely of perfect shape and quality that the choice specimens bring large prices and are usually designated as "extra choice." Next come the "firsts," which are of imperfect shape but of good texture, while the "seconds" are those of awkward shape and coarse texture. An American Zimocca or Bahama hard head sponge is usually sold by stationers, while the Bahama reef sponge—soft, fine and velvety, but not especially durable—is to be found at a toilet counter. West India velvet sponges, although of coarse, open texture, are considered very desirable for the face, but a Florida sheep's wool sponge is one of the best for general bathing, as its fiber does not become soggy with use. Another type of bath sponge which is soft and springy comes from Mediterranean waters. Turkey silk sponges, which are best of all for the complexion, may be recognized by their almost perfect cup shape and the flexibility of their texture.

A girl should, of course, own a large standard dictionary, but for everyday use to turn to every time a letter is written she should keep on her desk or in her portfolio a small pocket dictionary. There are to be had tiny books which in small print contain practically every word in everyday use, with a key at the commencement explaining how to add plurals, form adverbs and adjectives, etc., from each word given. A dictionary of this description, kept always at hand, will help. A word once looked up and seen written in black and white is not liable to be forgotten, and thus each time the dictionary is consulted, the spelling of one more word is learned. It may seem bothersome at first to carry out this plan, but surely the amount of trouble is small compared to the feeling of shame on realizing that a formal note has been sent in which are one or more incorrectly spelled words.

AUTOMOBILE dressing pouches are rapidly superseding all kindred receptacles, as they not only hold an amazing amount of luggage but may be crowded into a surprisingly small space. They are made of tan or stone gray waterproof moire, leather lined and strap handled, of khaki rubber proof material, English pigskin, patent leather, russet or black, alligator and genuine walrus skin.

Grain leathers of various kinds of finish are employed for combination bags which have a lower portion adapted for holding skirts and an upper section supplied with cold cream, boracic acid and soap receptacles, as well as compartments for brushes and manicure tools.

While club, kit, Oxford and Gladstone bags in real walrus skin are deemed exceedingly smart, they are rather difficult to handle, whereas the oblong shaped leather lined wicker dressing bags are wonderfully light of weight, capacious and the very latest device for holding motoring luggage.

LUNCHEON set suitable for a young girl's entertainment includes a center piece and six plates, finger bowl and tumbler doilies. It is made of fine lawn squares and finished with an inch wide hemstitched border headed with a slender vine of embroidery in white, green, Delft or rose.

Batiste embroidered in a tulip or violet pattern in heavy nun's stitch or worked in all-over spray designs broken by Cluny medallions makes an attractive looking luncheon set. Or the Valenciennes butterfly medallions may be applied to the edges and centers of a number of French linen squares of the requisite size.

Substantial looking luncheon sets are made of white buckram's linen embroidered in round medallions and finished with fine scalloping, or the linen may be stamped in oak leaf pattern and done in natural colors with rice braiding.

Scalloping also edges the thistle, shamrock and rose patterned fine damask luncheon sets, initial marked in all white, as well as those quaint sets made from Java prints in blocked and cretonne designs. These latter, however, are only suitable for a luncheon given at a simply furnished summer camp.

THE only way of ever learning to spell is by keeping a dictionary always at hand and consulting this whenever there is doubt about any

DAINTY looking lingerie handbags made of one medium sized sheer linen handkerchief having a rather deep border of machine embroidery. They are doubled once, joined at the end with a seam running just inside the inner edge of the border and shirred at the top with a narrow ribbon run through a button heading set below the outer edge of the border.

The more lined satcheled linen and pongee bags, which are used in white, tan, blue, green and mauve, may be made by an amateur, but must be taken to a jeweler to be mounted on gilt frames, to which are attached link chain handles.

Rope handled raffia bags, of circular, oblong and square shape, trimmed with hand embroidery, braid, cording or fringes, are novel, but decidedly unique are the hand made bags that are decorated in pea sized round ribbon beads which are dyed in all the fashionable colors and made up in combinations of two harmonizing shades like old blue or taupe with black and brown with dull green.

An intermingling of red with blue or black is a marked feature of the bags developed in patent and brilliantly finished belts. Some of these receptacles are composed of one color and half of another, or they are piped and decorated in colors of striking contrast. Usually they are mounted on a German silver frame, made up in one piece of leather and equipped with a continuous flap extending from the back to a metal lock placed low on the front side.

RED cedar enters largely into the dressing room accessory furnishings of the young girl who appreciates the importance of taking good care of her wardrobe. If the red cedar bed box is not so long as the skirts of her worsted gown she closes the placket and places it flatly against the center of the front board, which must be kept perfectly smooth. If the receptacle is so short that the skirt must be twice double a roll of tissue paper placed between the folds keeps the garment from wrinkling.

For worsted sweaters and flannel blouses the safest storage place is a moth proof red cedar shirt waist box. For lingerie blouses, however, the daintiest receptacles are the six-sectioned shirt waist cabinets of white enameled wood lined with dark blue paper, while flower and feather trimmed summer hats may be put away in a white enameled wood hat cabinet fitted with several chintz covered hat boxes.

Some of the most useful boxes of wood and chintz include a hat compartment and a waist drawer fitted with an accessory section. Of similar materials are the five drawer utility cases for the dressing table and the work cabinets, having an upper portion composed of three brass handled drawers and a daintily lined lower section fitted with all manner of sewing implements.

Poke Bonnet Motor Hats

THE new motor hats in Paris show a direct return to the poke bonnet of half a century and more ago, and for real comfort in touring it is stated that nothing has yet equaled this wide brimmed hat, which protects at one time the eyes from glare, the face from burning and the hair from dust.

Some of these hoods are marvelous concoctions in silk, lace and flowers; other are severely simple, of either linen or straw, and bear close resemblance to the garden sunbonnet. Trimmed with the hood part of lace and silk and the brim adorned with tiny rosettes and fern leaves, the elaborate bonnets could scarcely be called practical for the purpose for which they are said to be designed. The simpler models, however, are excellent, and with a small veil of lace or chiffon over the face are most comfortable.

A girl who does not care to be a pioneer in her dress and likes always to keep to the conservative can make for herself an extremely pretty motor hat, with just sufficient of the bonnet lines to be comfortable and becoming without giving any suggestion of exaggeration. She should buy first a plain flat hat of some soft straw that can be bent in any lines desired and then wire the brim and bend the straw in at the back and down at the sides, leaving a brim in front to shade the eyes. As the frame must be a wide one to allow of the brim covering the hair in the back, it will be necessary to cut off some of the front and sides, binding the straw with ribbon. A large wired ribbon bow is then placed just in the center of the front, with end turned about the crown. A chiffon or net veil is then fastened over the crown of the hat and tied down under the chin.

Any narrow brimmed round hat with a simple bow of ribbon at the front and the veil placed over the crown and drawing the sides of the hat in somewhat will be good for automobile use. A sailor shape if not too large will always make a comfortable motor hat and the brim in front will prove the greatest protection to the eyes. Naturally this hat must be held down firmly with a veil, but so does even the smartest toggle require to be kept on by this means.

There is no need for an automobile hat to be either dark in color or unbecomingly in shape. Better have two or three light colored straw hats with simple attractive ribbon trimming, which, when faded or out of shape, can be discarded, than to buy one intensely practical motor hat (at the beginning of the summer) which, because of its costliness, one feels must needs be worn throughout the entire season.

Pongee is perhaps the most satisfactory for a motor coat for hot weather, but natural colored linen made to fasten up well at the throat and cover the dress to the very hem is also smart. Linen has the double advantage of being inexpensive at the commencement and can be washed as long as the material holds together—which is an almost indefinite length of time—looking better after each washing.

Washable chamois gloves are the only thing possible in warm weather. Silk gloves are worn for motoring, it is true, and there are pongee gloves, which are thought very good, but the chamois, either in white or tan, are really smartest.

TURQUOISE collar pins developed in rose, green or Roman gold are in a variety of jeweled fancy shapes as well as in large ovals centered with cameo or hand painted medallions.

Jungle pins of stamped white metal, of gun, gold, silver or baroque pearl, serve as a base for lion, tiger, monkey and elephant heads, some of which have jeweled eyes and tongue.

Turquoises are set in oval gilt metal frames of directoire pattern, in oblong surrounded with rhinestones and in semicircular shaped pieces framing gilt metal dragons, the latter upon mounted and in the act of catching a pearl riveted above in the turquoise.

Empire pins show porcelain medallion heads against a cobalt blue or dark green background framed in rose finished metal.

Pearl wishbones and bunches of grapes combined with gold, silver and green enameled leaves, varicolored Persian enamel with semiprecious and gold rope decoration, and filigree finished in antique gilt, framing a feldspar cameo head topped with an Egyptian head-dress, are among unique Dutch collar pins.

The latest collar pin is a triple looped double end bow made of strip metal stamped, colored and sheen finished to perfectly simulate taffeta ribbon.

FEW of the schoolgirls who habitually use sponges for one purpose or another comprehend the terms applied to the various qualities. As

Young Girls' Gloves

LOVES especially adapted for tennis playing girls are of one button length in white or yellow chamois, a material which will not only withstand boiling but become softer and more flexible with every laundering.

The most practical gloves for golfing are the mousquetaires of colored mocha, which come with quite long wrists. For driving and riding there is nothing quite so smart as the white leather gloves with black buttons, stitching and gaudiness.

Tan, mode, white and black gloves are of fine French glove kid, in three and six button lengths and of finely spun silk, with double finger tips and composition clasp fastenings.

Young girls' summer party gloves are of white or delicately tinted twisted silk in elbow lengths. They are seamless, the thumbs hemstitched and some of them are exquisitely embroidered.

Social Amenities for the School Girl

IN RUNNING around to see your girl friends, whether formally or informally, do not utterly disregard the hours for meals in their homes.

It is not good form when you have not been previously invited for the meal to linger on to the luncheon or dinner hour. If you do so you are likely to place your friend or her mother in an awkward position. Either she asks you to remain because she feels it courteous to do so, or she has the meal delayed waiting for you to take your departure. It is well to carefully avoid putting yourself in the position of allowing either of these alternatives to occur. No house keeper likes her routine interfered with, and unexpected guests are not apt to be popular.

In all well regulated houses the table is as conventionally laid for luncheon as for dinner, and to rearrange it at the last moment necessitates considerable change, accompanied by special orders to the kitchen, all of which mothers avoid if possible, and therefore they do not encourage inviting the girl at the last moment to stay.

If you are really wanted you should understand that you will be asked during the early part of your call. Suppose you go about 11 to see a girl friend. If she wishes you to remain to luncheon she will slip away in a moment to consult her mother about it, and if her mother consents she will return and ask you immediately, while you, if you wish to stay, will accept without hesitation, remove your things, and settle down for a nice long visit.

But if she does not ask you in this spontaneous way do not embarrass her by staying right up to the moment the meal is announced and forcing her either to ask you under protest or feeling uncomfortable because she does not invite you. Keep track of the time and start away a good half hour before the meal hour. And when you start to take your departure "stand not upon the order of your going," but get off with dispatch. Some girls take a most astonishing time to say goodby. It would seem as if all the most important, exciting and engrossing topics of conversation occurred to them at the last moment, and they will chatter on even after they have said goodby, forgetting time or meals or the fact that others may be waiting for them.

All girls should wish to do and strive to be popular with their elders, who are not only deserving of every consideration, but have it in their power to make things very delightful for the young people whom they like. And they do not like girls who delay their meals, either by loitering when they should go or by being unpunctual when house guests. So many of us would not for worlds intentionally offend in these matters, and do not always realize that we do offend because we do not stop to think about them. But thoughtlessness is easily remedied by setting a careful watch over ourselves and trying to see that our actions give pleasure rather than annoyance to those about us.

Magazine and envelope cutters of ivory, celluloid and mother of pearl have owls, green lizards, monkeys and elephants carved upon their handles. All metal cutters of dull silver, green gold or gun finish have handles chased in floral and Greek designs, while crystal bladed cutters have richly colored lacquered wood handles. Some of these paper knives are accompanied by steel library shears fitted with ornamental handles and go into compartment cases of alligator, morocco, suede, seal or pig.

Stationery holders of two compartments are of plain brass or copper, etched with laurel wreaths designed to inclose a monogram; of crystal ornamented with gold or silver corners or ball feet, and of femish oak studded with metal nail heads. Most practical of all the new stationery holders is one of silver embossed ebony, which is equipped with a lead pencil secured by an ornamental metal chain, which automatically rolls out of and into an attachment. Another useful fitting for a girl's desk is a brass handled pen brush, which holds a perpetual calendar.

Individual desk lights are in the form of miniature six sided Japanese lanterns with lacquered frames and hand painted silk panels, oriental brass lamps fitted with silk lined and fringe trimmed filigree brass shades, two and six armed synagoge candelabra and silver or gilt Benares candelabrum.

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