

# WOMEN OF TODAY NO LONGER MOLLYCODDLES IN THE WORLD OF SPORTS, EXPERTS DECLARE

### From Croquet, Knitting and Ping Pong They Have Leaped to Football, Baseball, Track and Other Strenuous Athletics; Coaches and Trainers See Day When They Will Be Equal to Men.

### BELIEVE MERRY OLD EARTH WILL AGAIN WITNESS CROP OF 20th CENTURY ATALANTAS

### Molla, Janet Snow, Gertrude Artelt, Eleanor Uhl, Catherine Kelly, and Bettie Schenkel Are Some of Present Shining Lights, Who Have Brought Fame to Their Sex and Nation.

WOMAN is no longer the mollycoddle of sports. Lost in the history of the nineteenth century is the triumphant hour of that pale, shrinking flower of maidenhood who succumbed to mere mention of physical exercise more strenuous than knitting.

"From croquet and an etiolated variety of ping pong to foot races, high jumping and football" tells the story of woman's amazing evolution in the field of competitive sports.

Experts who really know insist that the day of the woman in athletics is here, and that the day is near when she will compete successfully against men in any department of physical activity requiring courage, endurance and dexterity.

These experts believe that if women are allowed a childhood physically as active as a boy's, and of a young womanhood as carefully trained as an athlete's, they are destined to smash world's records with the same gay, grim, heart-tearing determination of men.

The Amateur Athletic Union is sanguine over this prospect. It enthusiastically encourages recreation centers all over the country to train girls as well as boys in competitive games, in various forms of track activities, in swimming.

More extensively than ever before are girls introduced to the delights of physical contests. It all began with potato races and bean bags, but it is fast spreading into the higher and more rigorous realms of sportdom, so that even boxing is no longer taboo.

### Physical Directors See Great Hope for Future

And physical directors throughout the country look to the future with a great deal of hope. They tell us that in the golden days of Greece there were many examples of women as physically powerful as men, and that the Hellenic women contended with men in public games, equally splendid in strength, skill and that more intangible quality of sheer sportsmanship.

And these experts ask: "Why isn't it possible that this merry old earth will again witness a crop of twentieth century Atalantas, who will bring the blush of impotent envy to the cheeks of even that fair daughter of old mythology who lost her best-known race only because her masculine opponent stooped to the wiles of the serpent of Eden and used an apple—nay! he had to use three apples, Atalanta was so swift—and golden ones at that."

Women athletes are not only going to win races like men, but they are going to wear clothes like men in which to win the races.

Modern civilization forces women to be more artificial than men, and forces them into the indoor habit of life," says Harry J. McGrath, who directs the track and field athletics of the Curtis Country Club. "And with that limitation, it's ridiculous further to burden the young feminine aspirants with bloomers and middie blouses. Women need track trunks and jerseys, and soon they will all be wearing them."

The average middie blouse weighs three and a half pounds, bloomers weigh four pounds. In addition, heavy stockings, gradually growing into dresses with the increased interest of girls and young women in sports, are bound to the legs with a tight elastic.

"And along with the heavy hand that holds up the old-fashioned bloomers, there is there a freedom of movement," says Director McGrath. "It's like hanging an anchor on an eight-ounce shell."

### "Whiz of a Sprinter" Is Miss Margaret Kilkenny

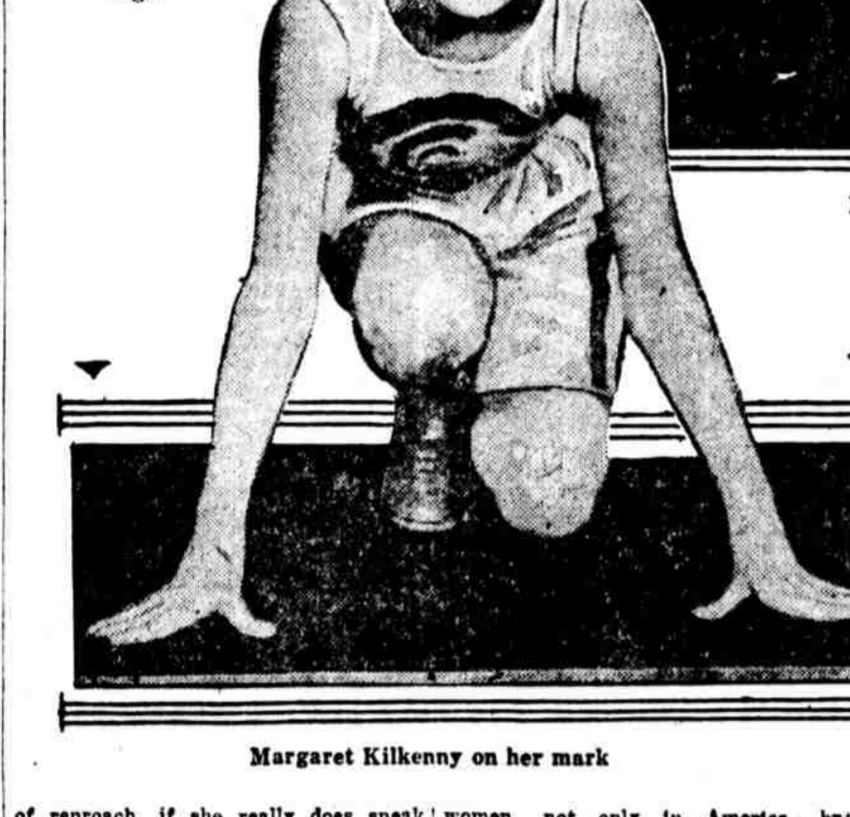
Mr. McGrath has developed what might be termed, in the sports vernacular, a "whiz" of a sprinter in Miss Margaret Kilkenny, who represents the Curtis Country Club. This eighteen-year-old marvel is a slim, dainty creature with a merry twinkle in her eye. She is a little—and justly—proud of her ability, and trains with the enthusiasm of an Olympian.

She has done her 75-yard sprint in 13 1/2 seconds on the Country Club track, and Mr. McGrath opines that, with careful instruction in getaway and in running form she will clip the time considerably.

boys look up to the ideal man athlete. And that kind of incentive is necessary, if we ever want women to be able to compete with the men in the more strenuous sports.



"Dottie" Baugh is some sprinter. She believes in discarding the bloomers and middie blouse for the real track togs.



Margaret Kilkenny on her mark.

of reproach, if she really does sneak a climb over the back fence. And what is the answer?

"When the boy is a young man he is strong and vigorous. When a girl is a young woman, she is weak. Unfortunately, she must often contend with the stunning athletic girl with fine carriage, beautiful complexion and enviable health. And you cannot blame her. She hasn't been brought up wisely."

### Women Can't Run Through They Lack Brute Strength

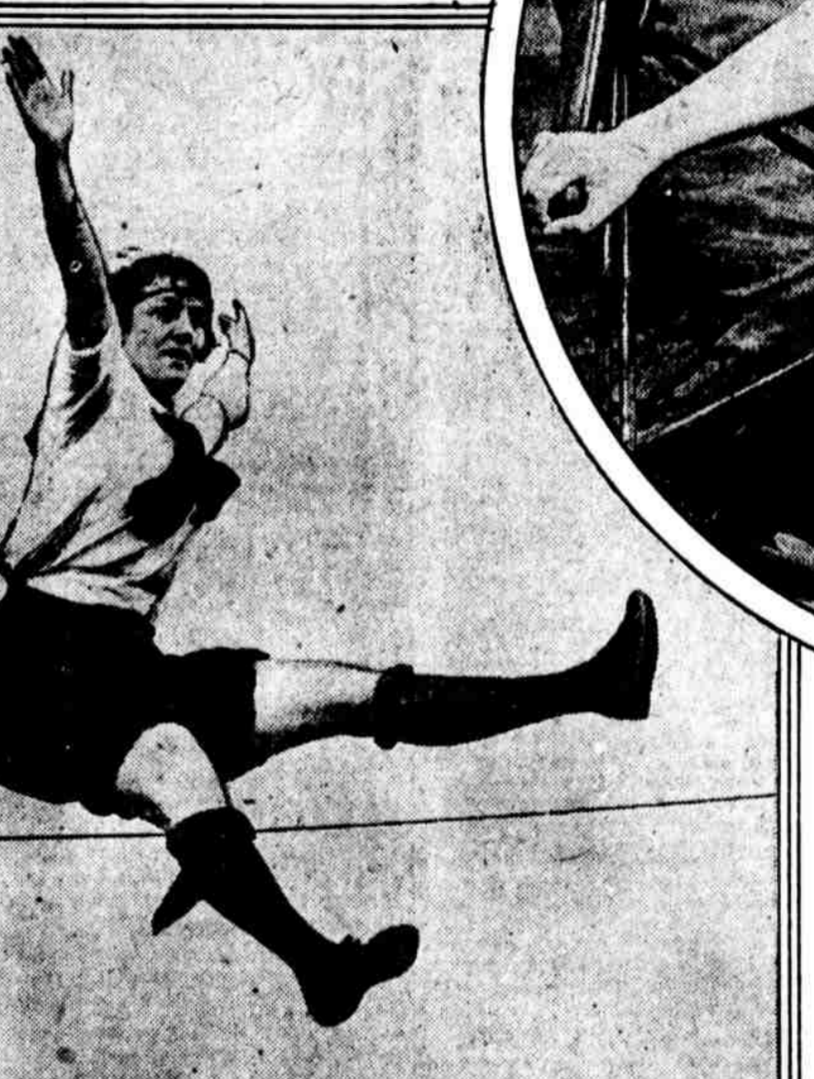
"They can't run through, if you understand what I mean," explains Mr. Dallas. "They haven't the brute strength, the flash, the fire, that come out somewhere where the race is hardest. Besides, they don't gather strength as they go along. They fritter out."

### Must First Learn That Women Are Equal to Men

"Yes, sir," says "Dottie" Baugh's trainer. "We have to learn first of all to believe women are potentially the equals of men physically. They lack only training, proper training."

"Look at these muscular women who can carry six or seven men in the circus. They have been properly trained to compete with men, and they do it successfully."

and mentally the equal of a high school boy. She can clear a bar at 3 feet 6 inches. She is rangy and has no fear. It all comes of consistent practice."



Miss Adelaide Gehring, a fencer and jumper. Her high-jumping form is very nearly perfect.



Competitor in international women's athletic meet.

state dogmatically that it isn't possible for them to outstrip men in contests of endurance and physical skill, but today I doubt if they ever will. They must develop stamina first and a better quality of endurance.

One of the women mentioned above as the superior type is Betty Schenkel, who works in an office. She has challenged any girl in the country to a devaluation of sports for the world's championship.

She already is a better athlete than most men. She holds all kinds of cups, medals, ribbons, certificates. She can live on roller skates. She is an accomplished horsewoman. She has won any number of bicycle races. She is an expert at billiards. She played on a boys' football team at Atlantic City. She captained her soccer team in an Atlantic City public school. She boxes and is an adept at field hockey, volleyball, rifle shooting, swimming, fancy diving. She does the 100-yard dash in 13 1/2 seconds, has done 7 feet in the steeple jump, and 14 feet, 0 inches in the running broad jump. She holds the record for throwing the baseball 198 feet.

Miss Eleanor Uhl, of Lansdowne, Pa., another of our superior women, won swimming honors at the recent Olympic in Antwerp, is the holder of six cups and twenty-nine medals.



Fair sculler—Marie Gaus is seen here stroking a double on the Schuylkill.

Philadelphia star, was unofficially selected from among 2000 others girls as the "Modern Venus" of the most perfect athletic form. The girls met in Chicago, coming from all parts of the United States, to take part in the tournament of the American Gymnastic Union.

Miss Artelt began to achieve success as a swimmer when she was fourteen years old. She received most of her athletic training at the Philadelphia Y.M.C.A. swimming pool.

This is Betty Schenkel, captain of the P. R. R. unbeaten basketball team. She challenges any girl to compete in ten or more sports.



English girl athlete throwing javelin.

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at fifty, and hopelessly old at sixty. This is a generalization, of course. And "all generalizations are false, including this one," as certain gay Frenchmen would have it. But all generalizations are true to a degree. And if the "settled down" woman of a day that is gradually pasturing man's fat at forty she was lean and got leaner each decade.

The athletic woman, however, is girlish at thirty, at forty her charm is but little impaired, and at fifty she is still magnetic and attractive. This is no generalization, as doctors and physical directors will admit. By the "athletic woman" is not meant the woman who is "athletic" with a vengeance. She is a rather impossible person, or just simply an overly enthusiastic one.

She suffers because she is "extreme," as the male athlete suffers if he works too hard at his game. He ages soon, develops an "athletic heart," or consumption. But the woman who is moderately athletic—and it is possible to be moderate and a champion to boot—is in the eyes of the world a woman who is "made at home."

It seems to be the consensus of the physical experts that this newer type of female competitor will increase public interest in athletic contests. He says that men no longer go to women's meets solely out of curiosity.

"They go to see a real athlete run, jump, hurdle, row, swim, pole vault, use dogwood, and that's a rich sight for any man to see. Men, witnessing the spectacle of women developed in physical prowess, will be inspired to enter the lists themselves. In the end this interest in athletic contests will meet solely out of curiosity."

### Women Competed With Men Ages Ago in Greece

And this circle is really a picture in little of that greater cycle of development in health of the entire Caucasian world. Ages ago women competed with men in competitive games. That was in ancient Greece, where everything for a time seemed to be done wisely. But in a later day women, chained to their households, victims of a peculiarly cloistered environment, became more artificial than even their men folks.

Pallor was believed to be desirable, a mark of aristocracy. Work was not to go on horseback, or perhaps play croquet. But she wanted to do more. She saw what a gay time the young man had, and she was stirred by a spirit of envy and rivalry. So she took a long walk in the country. It was a courageous beginning and she returned to her paternal home quite fatigued.

Her parents were shocked that she exerted herself so. And the neighbors, too, were shocked because she took so much exercise.

And it now has been heard that this young woman who so evidently outraged convention, for in 1801 he wrote a poem and he entitled it:

### TO A YOUNG LADY Who Has Been Reprorched for Taking Long Walks in the Country.

And the poem read:  
Dear Child of Nature, let them rail—  
—There is a nest in a green dale,  
A harbor and a hold:  
Where thou, a Wife and Friend, shalt  
Thy own heart-stirring days, and be  
A fight to young and old.

There, healthy as a shepherd boy,  
And treading among flowers of joy  
Which, at a season fade,  
Thou, while thy babes around thee cling  
Shalt show us how divine a thing  
A Woman may be made.