

From the file of
Dottie Collins

A GUIDE FOR
ALL AMERICAN GIRLS

HOW TO

LOOK BETTER

FEEL BETTER

BE MORE POPULAR

FOREWORD

When you become a player in the All-American Girls Baseball League you have reached the highest position that a girl can attain in this sport. The All-American Girls Baseball League is getting great public attention because it is pioneering a new sport for women.

You have certain responsibilities because you too, are in the limelight. Your actions and appearance both on and off the field reflect on the whole profession. It is not only your duty to do your best to hold up the standard of this profession but to do your level best to keep others in line.

The girls in our League are rapidly becoming the heroines of youngsters as well as grownups all over the world. People want to be able to respect their heroines at all times. The All-American Girls Baseball League is attempting to establish a high standard that will make you proud that you are a player in years to come.

We hand you this manual to help guide you in your personal appearance. We ask you to follow the rules of behavior for your own good as well as that of the future success of girls' baseball.

In these few pages you will find many of the simple and brief suggestions which should prove useful to you during the busy baseball season. If you plan your days to establish an easy and simple routine, so that your meals are regular and well balanced, so that you have time for outside play and relaxation, so that you sleep at least eight hours each night and so that your normal functions are regular, you will be on the alert, do your job well and gain the greatest joy from living. Always remember that your mind and your body are interrelated and you cannot neglect one without causing the other to suffer. A healthy mind and a healthy body are the true attributes of the All American girl.

Your
ALL AMERICAN GIRLS BASEBALL LEAGUE BEAUTY KIT
Should always contain the following:

Cleansing Cream
Lipstick
Rouge - Medium
Cream Deodorant
Mild Astringent
Face Powder for Brunette
Hand Lotion
Hair Remover

You should be the best judge of your own beauty requirements. Keep your own kit replenished with the things you need for your own toilette and your beauty culture and care. Remember the skin, the hair, the teeth and the eyes. It is most desirable in your own interests, that of your teammates and fellow players, as well as from the standpoint of the public relations of the league that each girl be at all times presentable and attractive, whether on the playing field or at leisure. Study your own beauty culture possibilities and without overdoing your beauty treatment at the risk of attaining gaudiness, practise the little measure that will reflect well on your appearance and personality as a real All American girl.

SUGGESTED BEAUTY ROUTINE

"After the Game"

Remember, the All American girl is subjected to greater exposure through her activities on the diamond, through exertion in greater body warmth and perspiration, through exposure to dirt, grime and dust and through vigorous play to scratches, cuts, abrasions and sprains. This means extra precaution to assure all the niceties of toilette and personality. Especially "after the game," the All American girl should take time to observe the necessary beauty ritual, to protect both her health and appearance. Here are a few simple rules that should prove helpful and healthful "after the game."

1. Shower well and soap the skin.
2. Dry thoroughly to avoid chapping or chafing.
3. Apply cleansing cream to face - remove with tissue.
4. Wash face with soap and water.
5. Apply skin astringent.
6. Apply rouge moderately but carefully.
7. Apply lipstick with moderate taste.
8. Apply eye make-up if considered desirable.
9. Apply powder.
10. Check all cuts, abrasions or minor injuries.

If you suffer any skin abrasion or injury, or if you discern any aches or pains that do not appear to be normal, report them at once to your coach-chaperon or the person responsible for treatment and first aid. Don't laugh off slight ailments as trivialities because they can often develop into serious infection or troublesome conditions that can handicap your play and cause personal inconvenience. See that your injuries, however slight, receive immediate attention. Guard your health and welfare.

ADDITIONAL BEAUTY ROUTINE

"Morning and Night"

In the morning, when you have more time to attend to your beauty needs, you will undoubtedly be enabled to perform a more thorough job. Use your cleansing cream around your neck as well as over the face. Remove it completely and apply a second time to be sure that you remove all dust, grease and grime. Wipe off thoroughly with cleansing tissue. Apply hand lotion to keep your hands as lovely as possible. Use your manicure set to preserve your nails in a presentable condition and in keeping with the practical needs of your hands in playing ball.

TEETH

Not a great deal need be said about the teeth, because every All American girl instinctively recognizes their importance to her health, her appearance and her personality. There are many good tooth cleansing preparations on the market and they should be used regularly to keep the teeth and gums clean and healthy. A regular visit to a reliable dentist is recommended and certainly no tooth ailment should be neglected for a moment.

BODY

Unwanted or superfluous hair is often quite common and it is no problem to cope with in these days when so many beauty preparations are available. If you have such hair on arms or legs, there are a number of methods by which it can be easily removed. There is an odorless liquid cream which can be applied in a few moments, permitted to dry and then showered off.

DEODORANTS

There are a number of very fine deodorants on the market which can be used freely all over the body. The most important feature of some of these products is the fact that the fragrance stays perspiration-proof all day long. These deodorants can be used especially where excess perspiration occurs and can be used safely and effectively without retarding natural perspiration. The All American girl is naturally susceptible because of her vigorous activities and it certainly pays dividends to be on the safe side. Deodorant keeps you fresh and gives you assurance and confidence in your social contacts.

EYES

"The Eyes are the Windows of the Soul"

The eyes indicate your physical fitness and therefore need your thoughtful attention and care. They bespeak your innermost thoughts - they reflect your own joy of living - or they can sometimes falsely bespeak the listlessness of mind and body. Perhaps no other feature of your face has more to do with the impression of beauty, sparkle and personality which you portray.

A simple little exercise for the eyes and one which does not take much time can do much to strengthen your eyes and add to their sparkle and allure. Turn your eyes to the corner of the room for a short space of time, then change to the other corner. Then gaze at the ceiling and at the floor alternately. Rotating or rolling your eyes constitutes an exercise and your eyes will repay you for the attention that you give to them. There are also vitamins prescribed for the care of the eyes. Drink plenty of water and eat plenty of vegetables. We all know well that the armed forces found carrots a definite dietary aid to eyesight. Use a good eyewash frequently and for complete relaxation at opportune moments, lie down and apply an eye pad to your eyes for several minutes.

HAIR

"WOMAN'S CROWNING GLORY."

One of the most noticeable attributes of a girl is her hair, woman's crowning glory. No matter the features, the clothes, the inner charm or personality - they can all suffer beneath a sloppy or stringy coiffure. Neither is it necessary to feature a fancy or extravagant hair-do, because a daily program for the hair will help to keep it in healthful and attractive condition.

Neatness is the first and greatest requirement. Arrange your hair neatly in a manner that will best retain its natural style despite vigorous play. Off the diamond, you can readily arrange it in a softer and more feminine style, if you wish. But above all, keep your hair as neat as possible, on or off the field.

Brushing the hair will help a great deal more than is realized. It helps to stimulate the scalp which is the source of healthful hair growth. It develops the natural beauty and lustre of the hair. And it will not spoil the hair-do. When brushing, bend over and let your head hang down. Then brush your hair downward until the scalp tingles. Just a few minutes of this treatment each day will tend to keep your scalp in fine condition and enhance the beauty of your "crowning glory."

MOUTH

Every woman wants to have an attractive and pleasing mouth. As you speak, people watch your mouth and you can do much, with a few of the very simplest tools, to make your mouth invitingly bespeak your personality. Your beauty aids should, of course, include an appropriate type of lipstick and a brush. They should be selected with consideration and care.

With your lipstick, apply two curves to your upper lip. Press your lips together. Then, run your brush over the lipstick and apply it to your lips, outlining them smoothly. This is the artistic part of the treatment in creating a lovely mouth.

Patient practice and care make perfect. Open your mouth and outline your own natural curves. If your lips are too thin to please you, shape them into fuller curves. Now, use a tissue between your lips and press lightly to take off excess lipstick. If you wish to have a "firmer foundation", use the lipstick a second time and use the tissue "press" again.

Caution: Now that you have completed the job, be sure that the lipstick has not smeared your teeth. Your mirror will tell the tale - and it is those little final touches that really count.

HANDS

The hands are certainly among the most expressive accoutrements of the body - they are always prominent and noticeable - and while feminine hands can be lovely and lily white, as described in the ads, the All American girl has to exercise practical good sense in preserving the hands that serve her so faithfully and well in her activities. Cleanliness and neatness again come to the fore. Your hands should be thoroughly cleaned and washed as frequently as seems desirable or necessary, and especially after games, they should be cleaned to remove all dust and grime. Soap and water and pumice will do this job to perfection. Then a protective cream should be applied to keep hands soft and pliable and to avoid crack and over-dryness. Your nails should be gone over lightly each day, filing to prevent cracks and splits, oiling for the cuticle.

The length of your nails, of course, depends largely upon the requirements of your play. Keep them neat and clean and your hands will always be attractive.

FACE

"ALL BEAUTY COMES FROM WITHIN"

To the All American girl, who is exposed to the elements, to the sun, to the wind and to the dust, it is most essential that every precaution be taken for the care of the skin. It should be covered with a protective substance of cream or liquid, depending entirely upon whether your skin is dry or oily. If it is dry, the cream type is recommended and if it is oily, you should use the liquid type. A good cleansing cream can serve as a cleanser, a powder base, a night cream and also a hand lotion. It is a good idea to have such an all-around utility cream on hand at all times and to use it regularly for these purposes.

FOR YOUR COLORING - again it depends on your particular complexion and whether you have an abundance of natural color tones or need very little coloring. You can determine this in keeping with good taste to acquire the necessary results. People who are naturally pale, of course, need the coloring to help their complexion.

PHYSICAL FITNESS

A prime requisite of the All American girl is physical fitness in the highest degree attainable. Your daily performance depends largely on your own physical condition and you will play better ball if you are relaxed, rested, clear of eye and mind and functioning properly in all parts of your physical make-up. Regular hours, plenty of sleep and good, wholesome foods at regular hours are highly important to you and to your success. It is necessary for every active person to consume the basic foods like milk, meat, fruits, vegetables, potatoes and bread. Everyone is familiar with the types of food that are not good if eaten to excess and select a list of those things which are good for you and eaten in good balance. If you are inclined to be overweight or gain too much, you naturally cut down on the butter, cream, sweets, sodas and similar fattening foods. If you are underweight, you can eat these things in greater abundance, drink lots of milk, take a snack between meals, get plenty of rest and eat a little more of the "don'ts." Players who are active in the game every day should not have too much trouble from

the standpoint of gaining weight. Exercise and activity helps to burn up food and it also burns up energy. That's why you need plenty of rest as well as wholesome, balanced meals. Invest good sense in your body and it will pay you dividends.

To avoid stiffness from exercise and exertion, it is advisable to take hot baths with plenty of sal soda dissolved therein. Baths should be taken as soon as possible after workouts. Vaseline can be used on any slight abrasion or cut. Avoid spending too much time too often in a real hot bath, as overdoing this has a tendency to weaken your strength and resistance. In all things, practice moderation.

- To relax at night lie flat on the back with arms down at sides, low pillow and breathe in three sections - first inflating the abdomen for two counts - then the diaphragm for two counts and lastly the chest for two counts. Exhale in the same manner; chest first, then the diaphragm and finally the abdomen. As more control is gained four counts should be taken for each section.

Before rising in the morning a healthy stretch will start the circulation through the muscles. Lie flat on the back and alternately tighten and relax the body. Point the toes toward the foot of the bed and stretch the arms overhead, then point the toes up and pull the heels toward the foot of the bed at the same time lowering the arms to the sides and pushing palms of hands toward the foot of the bed.

Roll onto L. side and stretch R. arm overhead and R. leg straight down, bending the L. knee slightly. Reverse and repeat several times.

FOR GENERAL LOOSENING AND CIRCULATION

(Max Carey Special)

1. Stand with weight even, heels and toes touching;
raise alternate heel from floor arching instep 8 times.
Continue the action lifting feet slightly from floor (RUNNING IN PLACE.)
Continue lifting knees as high as possible 8 times. (PONY TROT.)
Continue lowering knees (running in place.)
REPEAT FROM BEGINNING.
Jump feet apart and inhale stretching upwards and outwards with both arms;
exhale lowering arms.
2. FOR SHOULDERS. Stand with feet slightly apart, one arm behind back. Swing the free arm, from the shoulder, fist lightly clenched, in rapid backward circle 16 times; repeat with other arm; then reverse the swing forward with either arm.
3. FOR CHEST AND UPPER BACK. Stand erect, both arms extended straight forward, palms down. Keeping arms taut, cross and uncross wrists 9 times and swing arms wide open and back on shoulder level.
4. TO RELAX NERVES IN BACK OF NECK.
Drop head forward and reach down with chin as far as possible toward chest, then roll head slowly straight back completely relaxed, rotate head in circle to the L. twice and a half so that chin finishes on chest. Reverse the rotation twice to the R. drop the head back again as far as possible, then forward reaching to the chest with the chin again.
5. FOR ANKLES AND KNEES. With one foot advanced slightly ahead of the other, hands on hips, bounce 4 times on balls of feet with relaxed knees; reverse with other foot forward. Repeat same using more elevation on the bounce.

6. FOR ABDOMEN AND WAIST. Stand with weight on R. foot, L. foot pointed to side, both arms raised to the R. Bending both knees, swing arms and body down, across and up to the L. putting the weight on to the L. ft. The R. arm is now curved over the head and body inclined as far as possible to the L. Reverse. Repeat twice. Swing torso in a complete circle down to the L. across and up to the L, back and around to the R. Reverse.
7. FOR ELASTICITY (TENNIS JUMP). Run 4 steps, R.L.R.L. and swing R. leg to side (making a jump and landing on both feet simultaneously, feet together and knees bent) spring straight up, swing both arms overhead and arching torso. Reverse beginning with L. foot, Repeat to R. and L. Run 8 steps backward, picking feet up in back. Then repeat first part one to R. and once to L.

ON THE FLOOR

1. FOR MUSCLES OF ABDOMEN. Lie flat on back with hands under the seat, palms on floor. Push down on the hands with the lower back, contracting the muscles of the abdomen. Raise both legs slowly to upright position and lower to ground.
2. FOR LEGS AND THIGHS. Lie flat on back, arms out at sides. Eight straight kicks up and down with R. leg, reverse with L. leg - Repeat 2 with R. leg and 4 with L. leg then 2 with R. leg and 2 with L. leg.
3. FOR INSIDES OF THIGHS AND WAIST. Sit up with legs wide apart as possible, arms extended on shoulder level. Sway body and head over to L. leg R. arm overhead, L. arm forward, straighten body opening arms on shoulder level; reverse; repeat on both sides. Then with arms extended to sides, swing over touching R. hand to L. leg, body and head forward, arms straight. Raise body and reverse. Do this 8 times close legs together and bend body forward over knees, arms stretched toward feet. Slowly roll back to lying position.
4. To reduce thighs and seat. Sit erect, both legs straight forward, feet together, toes turned up, fingertips in back of head. Move forward, shifting weight from side to side (walking on seat).
5. SHOULDER STAND. (This exercise should not be used if one is overweight.) With elbows braced on the floor, hands supporting either side of waist, pull up, and stand on shoulders, legs straight up. Keeping knees straight, kick down with alternate feet, touching floor in back of head 8 times, straighten legs and lower to floor swinging body and head forward on to knees.
6. SPINE FLEXERS.
 - a. Sit erect (do not arch back) hands around knees which are bent up to chest slowly slide feet forward keeping hand around knees and drop head forward, completely arching back and pull against the knees, return to original position.
 - b. Kneel down and sitting back on heels fold up, dropping body forward over knees, forehead resting on ground, both arms stretched back with backs of hands relaxed on floor. Come up gradually straightening body (head and arms last) and raising arms overhead, knees up straight. Lower body to original position.
7. FOR SPINE AND CHEST. Kneel on one leg, stretch the other leg back as straight as possible, stretch body forward, chin up and lower torso forward, raising clasped hands in back, arms straight.
8. FOR HIPPS. Sit on side, both legs straight out, torso raised and supported by both hands on floor, palms down fingertips facing elbows slightly bent. Bend

knee of uppermost leg up, so that pointed toe touches knee of other leg. Kick leg straight up turning head towards it but keeping torso facing front. Lower leg to original position. Repeat 3 times, then keeping feet together and slightly off floor swing around on seat to original position on other side. Reverse.

9. FOR CIRCULATION. Lie on back completely relaxed, arms overhead, palms up. Begin rolling over first from waist down stretching the leg muscles and resisting from the waist up; continue in one direction for several times and then reverse.

CLOTHES

Clothes, of course, have always been one of woman's great problems and it might seem so to the All American girl. However, with the exercising of good taste, the All American Girls Baseball League player can solve her problem in a tasteful manner and without great expense, without being encumbered with too great a wardrobe for the summer months. The accent, of course, is on neatness and feminine appeal. That is true of appearances on the playing field, on the street or in leisure moments. The uniforms adopted by the league have been designed for style and appeal and there is a tremendous advantage to the girl and to the team which makes the best of its equipment. From the standpoint of team morale, there is a real "lift" noticeable in the smartly turned out and neatly arrayed aggregation. And from the public appeal standpoint, it is surprising how the crowd will respond to the team that appears on the field with a neatness and "snap" in its appearance. The smart looking teams invariably play smart ball and you can add to your own drawing power and crowd appeal by looking the part of a ball player on the field. Wear your cap and keep it securely in place. Keep your uniform as clean and neat as possible. Always secure your stockings so that they are smooth and neat and remain in place. Keep your shoes clean and shining. And see if you don't feel better and play better ball.

Here are some suggestions for the type of wardrobe which will prove most useful and practical for you during the ball playing season:

1. A dark suit made of material that is not easily crushed. (A dark suit is suggested in preference to a light suit because it will retain its neatness better in travelling and also in inclement weather.)
2. Blouses that are easily laundered will add sparkle and versatility to your suit.
3. Skirts, blouses and sweaters are worn a great deal and will simplify your baggage problem on road trips.
4. Sports jackets and sports coats are very popular and are worn with skirts a great deal in leisure moments at home or on road trips.
5. It is recommended that you include a dress or two for civic luncheons and other social functions in which you may participate during the summer.
6. Slacks are not permitted for street wear but depending upon your other recreation and sports activities, you might want to include shorts or sportswear for tennis, golfing togs, swim suit or such other items as you feel you may need.

7. Shoes are for the most part casual. For street wear and travel the various types of sport shoes are popular - flat oxfords, walking shoes, saddle oxfords, etc. It is suggested that at least one pair of dress shoes be included for wear with frocks at more dressy affairs or social functions and luncheons.
8. Hats are seldom worn but if you wish to adorn your tresses, you will find that the small type of sports hat is often popular in the form of a cap or small brimmed slouch hat.
9. Bobby socks are generally acceptable but of course, you will want two or three pairs of regular stockings for dress wear.
10. A raincoat is a desirable item of the wardrobe and it might be desirable to have a light-weight, compact type to simplify your baggage problem on road trips.
11. Always carry your beauty kit with you when you go on road trips and equip yourself with all necessary articles for your toilette.

ETIQUETTE

Emily Post says that "charm cannot exist without good manners." You do not have manners that follow particular rules but the continued practice of kind and friendly impulses, a kind, proper and courteous approach, cannot help but add to your personality and give you a big advantage in dealing with your every day contacts. Here are some simple suggestions that will help you in your development of a pleasing personality on and off the playing field.

1. INTRODUCTIONS. Always acknowledge and always make an introduction in a pleasant and correct way. A man is always presented to a lady, such as: "Miss Young, may I present Mr. Smith," or "Miss Young, may I introduce Mr. Smith." The words "present" and "introduce" are equally proper. You can also present two people without the formal words of presentation merely by pronouncing the two names, such as: "Miss Young! - Miss Jones!" Never say: "Miss Young, shakes hands with Mr. Smith" or "Miss Young, I want to make you acquainted with Mr. Smith." Under all possible circumstances the reply to an introduction is "How do you do?" Well bred people do not say; "Pleased to meet you" but when it is actually true, you can say: "I am VERY glad to meet you." When a gentleman is introduced to a lady, she smiles, bows lightly and says: "How do you do!" It is her place to offer her hand or not, as she chooses, but if he puts out his hand, she of course gives him hers.

2. SPEECH. "You know she is a lady as soon as she opens her mouth." The first requirement for charm of speech is a pleasing voice. A low voice, instead of a high-pitched voice, is always most pleasing. Making yourself heard is also most desirable. Speak out clearly and enunciate properly. Be careful of the use of slang and the slurring of words in your contacts and conversations with the public.

3. IN PUBLIC PLACES. The All American girl should avoid behavior that would make her conspicuous in public. One of the cardinal rules is not to talk loudly. She should avoid using other people's names in a loud voice or making personal remarks that might be overheard by others. And there is nothing more vulgar than bragging about personal possessions, accomplishments or achievement. Do not use a loud voice, do not stare at people, do not knock into people and do not indulge in loud argument in public. In short, avoid attracting attention to yourself through poor manners.

4. SPORTSMANSHIP. Sportsmanship on the field and off is definitely aligned with etiquette. There is such a thing as wanting to win and fighting to win with all your heart and this is both commendable and desirable. It is another thing, however, to become known as a "poor loser" who cannot accept the inevitable defeats in good grace. When you play ball, play hard and play for all you are worth. It is understandable, in the heat of excitement and the intense desire to win, that you may occasionally differ with a decision and impulse to protest violently is hard to control. The usually accepted pattern of a sportsman is the one who gives no expression or gesture of either chagrin or satisfaction and this is an admirable pattern. However, it is hard to control emotions completely and it is expected that a player might show dissatisfaction in the face of a bad "break" in the game and equal pleasure with a successful maneuver. Your pleasure at accomplishing a good play or winning a game, however, should not take on the appearance of gloating or bragging over your opponents. Win gracefully and modestly and lose gracefully too, if you can. Above all, avoid the show-off attitude in front of your opponents and the public. Be courteous and considerate in the event of unavoidable accidents or contacts on the field. Play the game hard and fair and you will earn the recognition and respect of teammates, opponents and public.

5. THE BASEBALL FAN. There is an old saying that "The customer is always right." This, in a sense, holds true of the baseball fan, who exercises the right to talk to you without knowing you, to shout at you from the stands and to voice his opinion, good or bad, of the play on the field. After all, he is your customer and he feels that you, as a player, and the team, belong to him. For the most part, the fans encountered in the All American Girls Baseball League are understanding and considerate. They are loyal to their home team and its players and it is not often that a player is subjected to even good natured verbal abuse for any shortcomings or failures. In other cities but your home town, you may expect the crowd to be good naturedly hostile to your cause. It is naturally pulling for the home town to win. Don't let this attitude bother your play. Ball players who hear all the pointed shouts and remarks in the stands are said to have "rabbit ears". Above all, don't let the remarks of any fans arouse your own ire to the point where you make a scene or display poor sportsmanship. Fans who become seriously objectionable in language or actions are automatically taken care of by the management and the fans at All American Girls League games are the highest calibre attending any sport in America.

6. DEALING WITH THE PUBLIC. Because you are a ball player and a member of the team in your home town city, it is taken for granted that you will be popular and well known by sight. Both younger and older people will be interested in you and you will soon get over being surprised when strangers approach you and call you by your name. You may not know them and may never have seen them before but at the ball park, especially, you will know that they are fans who are interested in you or interested in the team. You will be asked for autographs and you will be asked questions about yourself and about the team. Be as friendly and gracious as you possibly can on these occasions. Your own personality represents your team and all of the girls in the All American League. Don't be abrupt or rude to fans if you can possibly avoid it. Letting them feel that they know you, giving them a good impression through your speech and mannerisms, will help to make them regular and steady fans and will develop more "customers" for the league and greater success for you personally. Autograph "hounds" and other people can sometimes appear to be pests but these things must go with success and exposure to an admiring public. Do what you can to make them happy and if the situation becomes difficult at a busy time or when your presence is requested elsewhere, avoid it gracefully without hurting their feelings and promise that you will attend to them later or at some other time. Away from the park, if people approach you in a friendly manner, be polite and agreeable. On occasion, if any person should attempt to be over

friendly or obnoxious, extricate yourself from the situation without being rude or abusive yourself. There is always a way in which a lady can politely avoid unwanted company or attention. If you conduct yourself as a lady at all times you will retain your own self respect and that of others.

7. PUBLIC RELATIONS. Publicity is important to you as a ball player and highly important to your team and the All American Girls Baseball League. In the interests of publicizing you as an individual or your team and league in general, you might be expected to cooperate with the publicity managers in various cities or with the newspaper and magazine writers. Don't look upon this as too much of a chore because it usually brings pleasing results. If the newsmen and photographers want special pictures or interviews and articles, do what you can to help them because in doing so you will help yourself and the future of girls baseball. Give all the information you can that you think will be helpful to them and try to give the time that is necessary and desirable in order that they, in turn, may present the facts and information in an intelligent manner.

8. Your chaperon is your friend, your counsellor and guide. She comes into the All American Girls Baseball League with a specific assignment and she has her job to do in keeping with her duties and her responsibilities, just as you have your own job to fill. Be helpful, friendly and cooperative with her and do not take advantage of her good nature or her desire to be your friend. She has a direct responsibility to you, to your family, to the club which employs her and to the League which she represents. Adhere to the rules and regulations in a manner that will not reflect upon her. Feel free to go to her with any of your personal problems and you will all derive a greater enjoyment and a finer benefit from your association.

9. Accept invitations or decline them with graciousness. You may have opportunities to attend local functions and whenever it is in the best interests of the team and league, make every attempt to cooperate. Choose your new found friends carefully and well and when you participate in the social life of the community, always act and behave in good taste. If you are gracious, lady like, friendly and cooperative, you will have the opportunity of choosing your own friends. Don't become over friendly or too forward among new acquaintances or those in the community who wish to entertain you or you can readily outwear your welcome. Express your thanks and appreciation for the kindnesses and hospitality that are extended to you and make yourself welcome again.

10. In a final summing up, be neat and presentable in your appearance and dress, be clean and wholesome in appearance, be polite and considerate in your daily contacts, avoid noisy, rough and raucous talk and actions and be in all respects a truly All American girl.

There has grown up in our modern civilization, especially in this country, a false notion of the capacity of women for physical development. It has been assumed, not only by the majority of the general public, but by many medical men as well, that physical training for girls must be confined to calisthenics, carefully planned out gymnastic movements, and gymnastic dancing. All of the more vigorous forms of play and exercise have been looked upon with more or less disapproval.

A careful study of the objections raised to vigorous activities for girls will show that they are based on two quite different assumptions, namely, (1) the unalterable physiological make-up of women which, it is claimed, makes strenuous athletics undesirable in that it interferes with her greatest function--child bearing; (2) the delicacy of structure, general motor inferiority, relative lack of strength, and frailty as compared with man make the attempting of athletics inadvisable if not impossible. In connection with this idea goes the fear that the rougher sports will destroy "femininity".

As for the physiological characteristics of women, which are unalterable and which are said to prohibit anything of a strenuous nature, the simple fact of the existence of these characteristics does not, when all the evidence is considered, seem to lead to any such conclusion. If woman were fundamentally, through sex characteristics, unfitted for muscular exertion, it would have to be shown that in all periods of civilization she was thus unfitted. That is to say, it would not be sufficient proof to take as examples women living under a given set of conditions, and to say that it is their fundamental sex characteristics which make them unfit for strenuous exercise. We would have to show first that it was not the living conditions themselves that had brought about the unfitness.

In summary, we point out that vigorous play taught to girls during their period of physical supremacy leads to a confidence in self, a control and coordination of muscle, and a general energizing of the whole system that can be developed in no other way quite so well. It alone can develop and store up in the girl a reserve strength which will stand her in good stead through the emergencies of her life. Self-preservation may depend on her ability to run, jump, vault, climb and swim, and the learning of these things will of necessity develop a strong, vigorous heart which is ever the foundation of courage and exultation.

The development of leadership, initiative, and self-confidence in the girls who are to have the tremendously increased responsibilities of women must carry in another generation is surely of vast importance. If they can be encouraged to think, judge, and act on their own responsibility they gain an asset that should prove of great future value. In Detroit the girl leaders are surprisingly reliable and efficient, and with the support of the teacher and the Physical Education Department, are getting most satisfactory results.

Quoted from "Health by Stunts" by Captain N. H. Pearl, U. S. Army Athletic Officer, 32nd Div. A. E. F. and Captain H. E. Brown, U. S. Army Athletic Director, War Dept. Commission of Training Camp Activities, chapters written by Esther Sherman in charge of Girls' Athletics.

120 Girls 120 Open Ball League Training in Peru

Washington park in Peru furnished a lively and colorful scene this morning as 120 girls of the All-American Girls Professional Ball league, which has its local headquarters at the Hotel Peru, went through the first phases of their 10-day training period here.

The girls, who are under regular league contract, with weekly salaries that range from \$45 to \$95, arrived over the weekend from all over the United States and from six provinces in Canada. Arriving with them was Ken Sells, league president, former assistant to the general manager of the Chicago Cubs. The young ball players will be at Washington park for all day sessions, which will include setting-up exercises, blackboard chalk talks, sidding instructions in specially constructed sand pits, hitting, pitching and catching instruction, and infield and outfield play. Coaching them, in addition to Sells and Jimmy Hamilton, vice president of the league, will be six "old time" hands in the coaching game. Hamilton, former Chicago Cubs scout, is chief scout in the league.

Last year, 90 girls practiced at Wrigley Field in Chicago, but that space was considered too small for this year's turnout. However, although there are now 120 in the roster, some of the girls will begin to be eliminated by mid-week. Those who fall out will be allowed two weeks' severance pay plus their transportation home. When the 10-day training period is over, there will be six clubs, with about 18 members to each. Later, that number will drop to 15. League members will leave here May 25, and will open their professional season two days later at Minneapolis, Milwaukee and Racine. About 50 girls who finished last season are back on the present rosters.

There were four teams in last year's league—Kenosha, Racine—last year's champs—South Bend and Rockford. This year, the league includes 10 more teams—Milwaukee and Minneapolis.

- ATG PBL
Spring Training

Baseball Girls to Be "Mary Girls" And Not "Tom Boys"

That typical American sports scene in which the rosters of 10 ball teams gang up in mid-game on the umpire with howls of "what a thief! throw him out of the park" may never be enacted when members of the All-American Girls Professional Ball league play on the diamonds this summer.

One of the reasons is that the girls are on the lady-like side to begin with. The other is that the girls are now attending a school of instructions nightly in the "social graces" at the Hotel Peru, with the Ruth Tiffany school of Chicago furnishing the pointers.

For two hours last night—from 8 to 10 p. m.—113 sun-burned stars-to-be heard Mrs. Ray Morrow of the school staff talk on the art of walking, sitting, picking up articles from the table or floor, etc. A note of merriment was injected when the team managers generally assisted in the demonstrations.

Title of last night's lecture was "Come In To My Parlor." Tonight's will be "Oh, What a Beautiful Morning," with Miss Frances McCune, director of the school, and Miss Gertrude Hendriks, publicity counsel, scheduled to coach the girls in the fine art of being "Mary girls" instead of the "Tom boys" they might otherwise be expected to be.

- charm school

Spring 1944
source unknown.
Probably local
paper in
Lasalle - Peru,
Illinois