

Miss Charlotte Boyle of New York, Holder of World's Record for Women in Plunge for Distance.



Will American Girls Lead the World as Swimmers?

Winter Swimming Pools Attracting Young Feminine Champions Who Have Made Remarkable New Records.



Miss Josephine Bartlett, Runner-up in National High Diving Championship.

By L. de B. Handley
Authority on Water Sports.

SWIMMING contests for women continue to be among the most interesting features of the winter season in sports. In rapid succession the improvement of technique, so brilliant their recent performances, that there is no doubt they are not approaching all-round world leadership, and many believe they may attain the coveted goal which English girls on the last of the season's meet.

Breaking World's Records.

Last summer, for the first time in history, three American mermaids succeeded in challenging world's records in full compliance with the strict requirements of the International Federation of Swimmers. Miss Dorothy Burns of the Los Angeles Athletic Club, thrashed 50 yards in 29.45 seconds, and 100 yards in 1 minute 7.42 seconds, both straightaway, the fastest times ever made in open water by a member of the sex. Miss Claire Gulligan of the New York Women's Swimming Association, lowered to 7 minutes 31.15 seconds the world's figure for 100 yards in a pool, and Miss Charlotte Boyle of the latter organization, bettered the international standard in plunging for distance by gliding 50 feet in 51 seconds.

When it is considered that all three of the foregoing champions are not yet virtually at the outset of a complete career, likely to develop swiftly hereafter, and that there are several other

AMERICA'S GREATEST OUTDOOR GIRL SWIMMERS

Miss Claire Gulligan of New York and Miss Dorothy Burns of Los Angeles. Both Holders of World's Records.



Helen Wainwright, 11-Year-Old Swimming Prodigy

youthful stars already, striving with world's might and progressing in sight, it is seen that the outlook is very bright, indeed.

The instance is almost a foregone conclusion that Miss Olga Dorfner of the Philadelphia Yacht Club will officially land in the record books in the near future. Last spring she covered 100 yards under world's time, and only the fact that the performance was made in a pool shorter than 75 feet, the limit set by the Fédération, prevented its acceptance. Previous to that she had turned 50 and 100 yards within an eye of the standards. Obviously, then, she may be expected at any moment to repeat her feat in the longer distance under the wanted conditions, or bridge the slight difference at the shorter. The chances are five to one in her favor in that she will certainly have been rivaled at the hands of her 15-year-old teammate, Miss Gertrude Xpohl, who won the national 100-yard outdoor title swim in September and may herself prove a record breaker at anytime.

Another little wonder maid of 15 in line for honors is Miss Thelma Darby of Indianapolis, who has been credited with both the free style and back strokes. Her recent victory over Miss Gulligan at 500 yards in 7 minutes 31 seconds, 60-foot pool, makes probable her earning world's brackets

Miss Olga Dorfner of Philadelphia, National A. A. U. Champion at 50 to 400 Yards.



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Miss Frances Cowells of San Francisco, Holder of Middle-Distance Records for Women.

Miss Thelma Darby, 15-Year-Old Girl of Indianapolis, Who Has Covered Middle-Distance in Close to Record Time.

Miss Aileen Allen of Los Angeles, National A. I. A. U. Champion in High and Fancy Diving.

York city are as good as, if not better than, their ablest foreign rivals. And to this trio may soon be added an immature maid under 12—Helen Wainwright, of New York city. A few weeks ago she won by a wide margin an open A. A. U. scratch high diving contest from the 17-foot platform, not only defeating, among others, Miss Florence McLaughlin of Philadelphia, victor the previous week over Miss Elizabeth Becker, third to place in the national championship, but also returning an almost perfect score. Three judges awarded her an average of 68 points out of a possible 72. Such an exhibition makes her indisputably a strong candidate for coming title laurels.

In addition to these mermaids of tested ability who have fully demonstrated their class in the open field, there are many more fast developing national calibre. Some should reach the top this season.

The country-wide popularity of water sports for women further improves prospects, because it insures greater activity than ever before. Plans are on foot in several cities for big water carnivals to which will be invited the foremost girl contestants in all branches of aquatic, and this bringing together of the district champions should help materially toward the accomplishment of notable feats, for there is nothing like keen and close competition to spur on to greater efforts and to bring out the best that is in athlete, man or woman.

In the middle distance at the first opportunity offered her in a bath of the regulation length.

They have in Miss Frances Cowells and Mrs. Marjorie Frank Smith, of San Francisco. Miss Cowells showed herself a worthy opponent to Miss Burns and Miss Gulligan throughout the summer, so that very little improvement will place her among the champions, while Mrs. Smith has actually beaten middle-distance records, but unofficially.

"High and Fancy Diving."

In high and fancy diving there is no positive way of comparing our leaders with those of other nations, for scores depend largely on the variable personal opinions of the judges as to what constitutes perfect form. Nevertheless, competent authorities having seen in action the American and European champions claim that the latter have nothing these days on our best springboard or high divers. They believe that at least Miss Aileen Allen of Los Angeles, Miss Constance Meyer of Portland, Or., and Miss Josephine Bartlett of New

How Bread Is Made With Sea Water

IN CERTAIN parts of France it has long been a custom to make up the dough for bread with sea water instead of using, as is customary, fresh water with the addition of the salt required to make the bread both healthful and appetizing. M. Albert Saint Serain, a French naval pharmacist of the first class, urges the wider adoption of this practice, which has, according to him, several advantages: the bread keeps moist longer, owing to the affinity for water possessed by the magnesium chlorid sea water constituent; it is very wholesome, since it provides not only the chlorids of sodium and magnesium, but other mineral substances which the body can make use of. In a communication to the Revue Scientifique (Paris) he says:

"By way of reducing the traffic movement of salt, it is highly desirable that there should be legislation authorizing bakers in coast towns to make use of sea water. . . . Rolls made

with sea water are said to remain fresh for more than a week. During a journey of five months made from Havre to San Francisco, in a sailing vessel carrying 160 passengers and a crew of 25, . . . exclusive use was made of such bread and there was not a single case of illness on board."

The water must be collected at a suitable distance from land and should be taken from a depth of six or seven yards if possible. The yeast must be prepared with fresh water and the salt water used for mixing the dough. Along the English channel and the Atlantic ocean the water is of suitable salt content to be used directly. Mediterranean water, however, has a salt content so much higher that it is advisable to use one part of fresh water to three parts of salt water.

M. Serain says that bread made with sea water, useful for everybody, is to be especially recommended for growing children, for convalescents and for all those who need to repair the wastes due to fever or to hard labor.

