That golf is being taken much more seriously by women than was the case a few years ago, is shown clearly by the ever-increasing number of women golfers, and by the marked all-round improvement in their play. Some suggestions, then, from one who has made a special study of the game from the woman’s point of view, as to how to avoid the chief faults which hinder the progress to the scratch mark of the ambitious player, may be welcome.

It would be useless to deny the fact that the average woman must always be at a disadvantage in the game of golf when compared with the average man.
She must necessarily be inferior at golf, as at other outdoor sports, by reason of her slighter physique. This cannot be disputed; but I believe that the difference in the standard of the two sexes at the present time is wider than can be accounted for by this natural disadvantage.

Woman's limited success at the present time is undoubtedly largely due to the fact that she has not yet mastered the art of holding her clubs properly. This is the weakest spot in the woman's game, even among first-class players who are on or near the scratch mark, and who have distinguished themselves in the various Championship events. There is hardly a single player above criticism in this respect, though Miss Mabel Harrison, in my opinion, comes nearest to the desired
goal. When women have conquered this weakness, men players of the same handicaps will find it as much as they can do to concede a third, instead of the half that is at present customary.

Naturally, however, there are other matters that demand attention. In the following pages, I have explained the principles which experience has shown to be of the greatest utility in the playing of golf under modern conditions. They are adapted particularly for the guidance of the woman golfer, and I can only say that they comprise the advice which I would give to any such player whom I had to instruct in the game. In all humility, I think they may be helpful.

C. G. D.

Hanger Hill.
<table>
<thead>
<tr>
<th>CHAPTER</th>
<th>CONTENTS</th>
<th>PAGE</th>
</tr>
</thead>
<tbody>
<tr>
<td>I.</td>
<td>ON MAKING A BEGINNING</td>
<td>3</td>
</tr>
<tr>
<td>II.</td>
<td>GRIP AND STANCE</td>
<td>13</td>
</tr>
<tr>
<td>III.</td>
<td>THE SWING</td>
<td>25</td>
</tr>
<tr>
<td>IV.</td>
<td>WOODEN CLUB PLAY</td>
<td>37</td>
</tr>
<tr>
<td>V.</td>
<td>IRON CLUB PLAY</td>
<td>47</td>
</tr>
<tr>
<td>VI.</td>
<td>THE MASHIE</td>
<td>59</td>
</tr>
<tr>
<td>VII.</td>
<td>THE NIBLICK AND BUNKER PLAY</td>
<td>71</td>
</tr>
<tr>
<td>VIII.</td>
<td>PUTTING</td>
<td>81</td>
</tr>
<tr>
<td>IX.</td>
<td>DIFFICULT SHOTS AND HOW TO EXECUTE THEM</td>
<td>91</td>
</tr>
<tr>
<td>CHAPTER</td>
<td>PAGE</td>
<td></td>
</tr>
<tr>
<td>---------------------------------------------</td>
<td>------</td>
<td></td>
</tr>
<tr>
<td>X. COMMON FAULTS AND HOW TO CORRECT THEM</td>
<td>103</td>
<td></td>
</tr>
<tr>
<td>XI. SPECIAL HINTS FOR THE SCRATCH PLAYER</td>
<td>113</td>
<td></td>
</tr>
<tr>
<td>XII. COMPETITION PLAY</td>
<td>123</td>
<td></td>
</tr>
<tr>
<td>XIII. METHODS OF FAMOUS PLAYERS</td>
<td>133</td>
<td></td>
</tr>
<tr>
<td>XIV. SUITABLE COURSES</td>
<td>147</td>
<td></td>
</tr>
<tr>
<td>XV. CAUSES OF FAILURE AND THEIR REMEDIES</td>
<td>157</td>
<td></td>
</tr>
<tr>
<td>THE RULES OF GOLF</td>
<td>175</td>
<td></td>
</tr>
</tbody>
</table>
LIST OF ILLUSTRATIONS

THE AUTHOR - - - - - - frontispiece

A PERFECT "TWO-V" GRIP. MRS. F. W. BROWN - - - - - - facing page 14

AN ADMIRABLE EXAMPLE OF AN OVERLAPPING FINGER GRIP - - - facing page 14

MISS MABEL HARRISON, THRICE CHAMPION OF IRELAND - - - facing page 16

THE PULLER'S GRIP - - - facing page 18

THE SQUARE STANCE. MISS MURIEL DODD, LADY CHAMPION, 1913 - - facing page 20

THE OPEN STANCE. MISS CECIL LEITCH, WINNER OF "GOLF ILLUSTRATED" LADIES' CUP - - - facing page 22

A PERFECT SWING. MISS MURIEL DODD, LADY CHAMPION - - - facing page 32

FINISH OF UPRIGHT SWING. MISS GLADYS RAVENSCROFT - - - facing page 34

A FULL FINISH TO A FLAT SWING. MISS CECIL LEITCH - - - facing page 44

TOO MUCH FOLLOW-THROUGH WITH THE IRON - - - facing page 48
LIST OF ILLUSTRATIONS

THE IRON. FINISH OF THE THREE-
QUARTER SHOT - - - facing page 56

AN IDEAL FINISH FOR THE BACK-SPIN
SHOT WITH THE MASHIE. THE FACE
OF THE CLUB IS SQUARE TO THE
HOLE. MRS. CRAWSHAY WILLIAMS - facing page 62

WRONG FINISH TO BUNKER SHOT - - facing page 72

CORRECT FINISH TO A BUNKER SHOT - facing page 73

MISS CHUBB. RUNNER-UP IN LADIES’
CHAMPIONSHIP - - - facing page 74

A GOOD METHOD OF PUTTING. THE LEFT
ELBOW POINTING AT THE HOLE.
HANDS IN LINE WITH PUTTER HEAD.
MISS LILY MOORE, ENGLISH INTER-
ATIONALIST - - - facing page 86

A SUCCESSFUL SHOT OUT OF WATER. THE
PLAYER HAS KEPT HER EYES ON THE
BALL AND HAS NOT FLINCHED FROM
THE SPLASH - - - facing page 98
A SUCCESSFUL SHOT OUT OF WATER.
The player has kept her eye on the ball and has not flinched from the splash.
CHAPTER II

GRIP AND STANCE

The grip is the first thing to learn, and the pupil should insist on being taught the overlapping finger grip, even if it is difficult to acquire. Undoubtedly this grip has been the main factor in bringing golf to the high standard of excellence it has reached to-day.

All other ball games are played with a palm grip, which is useless in golf, as it nearly always produces a wooden wrist and a rigid forearm. One has to admit that the palm grip is used by some famous players, including Miss Ravenscroft, Mr. John Ball, and Sandy Herd,
but they must be regarded as the exceptions that prove the rule. Girls who have played hockey, lawn-tennis, cricket, etc., before taking up golf, naturally adopt the palm grip, as they feel it gives them power over the club. This instinctive feeling must be overcome. The overlapping finger grip will give all the power that is needed, and it has the overwhelming advantage of allowing the player to hold the club firmly without stiffening the wrist and the forearm.

In my opinion, therefore, it is impossible to attach too much importance to this particular point. If the pupil feels doubtful whether she is holding her club properly she should not hesitate to say, "Is my grip right?" even at the risk of seeming tedious.
A PERFECT "TWO-V" GRIP.
Mrs. F. W. Brown.
There is another grip called the "two-V" grip, which is also a finger grip, but it has the disadvantage that the two hands are not working as one, and as most bad shots are caused by a loose grip at the top of the swing, it is best to adopt a grip that the player can hold on with till the ball has been hit.

The grip for the driver, brassie, spoon, cleek, full iron shots, and three-quarter iron shots is always the same; so the following instructions apply to shots made from any distance over a hundred yards:—

The club must first be gripped in the left hand, as much in the fingers as possible, with the thumb pointing straight down the back of the shaft—not down the middle, which helps a slice. Then put the right hand on the club. The little
finger of the right hand must fit on the knuckle of the first finger of the left hand, as shown in the illustration of Miss Mabel Harrison’s grip. The pupil should leave as small a space as possible between the thumb and first finger of the right hand by clasping them as closely together as possible, almost to the tip of the thumb, so that very little of the shaft is visible. If this is done the pupil will then have the club sufficiently in the fingers. The space between the thumb and the first finger forms a small triangle, the top of which should point a shade to the right and should not be quite on the centre of the shaft of the club—if the triangle points too much to the right a pull will result. With a correct overlapping grip the left thumb should be hidden.
AN ADMIRABLE EXAMPLE OF AN OVERLAPPING FINGER GRIP.
Miss Mabel Harrison, thrice Champion of Ireland.
GRIP AND STANCE

When a shot is to be made within a hundred yards' distance, bring the left thumb a little more on to the top of the shaft of the club, allowing it to point straight down the middle; the right hand should not be altered.

Miss Mabel Harrison has an admirable overlapping finger grip, which is shown in the accompanying illustration. She would probably help her distance if both hands were turned just a trifle to the right. This slight alteration would make her grip an ideal one.

Mrs. F. W. Brown, the English lady champion, has a perfect two-V finger grip; but I consider that this grip has the great disadvantage that the two hands cannot work together as well as with an overlapping finger grip, so I do not recommend it. Even the slightest
GOLF FOR WOMEN

space between the hands gives a tendency to inaccuracy. The great aim in golf is to get the two hands to work together as one.

Another illustration shows the puller's grip—the left hand being too much over, and the right hand too much under, the shaft of the club. This would be quite a good two-V finger grip if the hands were turned a shade to the left. With this grip it is practically impossible to make the ball fly from left to right.

Many women wear gloves when playing golf, but it is best to do without them, if possible. As a rule, people with plump hands find no inconvenience from dispensing with gloves, but thin people are sometimes obliged to wear them. In any case they should be worn regularly or not at all, as the grips of the club
THE PULLER’S GRIP.
GRIP AND STANCE

need to be slightly smaller for gloved hands. Lady champions are seldom seen wearing gloves, though Mrs. Hurd (née Dorothy Campbell) uses them.

The next thing to learn is the stance—i.e. the correct position to stand in when preparing to hit the ball. There are two correct stances, the square and the open. In the first the toes are in a line with one another at right-angles with the shaft of the club; while in the open stance the right foot is from 6 to 12 inches in front of the left. I recommend the square stance, as it allows equal freedom in the up swing and in the follow through. The open stance rather tends to make the player lift or swing the club up too straight, which makes the ball go in the wrong direction. On the other hand, the open stance allows more freedom in the
follow through, but it is important to bear in mind that the follow through is of little use if the club has not been taken back in the right way.

Miss Muriel Dodd, the lady open champion, has a square stance which is to be recommended, but it would leave a small margin for error if the right heel were turned out slightly. Miss Cecil Leitch has a wonderful natural balance which enables her to use an open stance very successfully.

When the grip and the stance have been settled satisfactorily—and it is best not to take too long about it—the player should relax all the muscles slightly. Even players of great experience have an inclination to stiffen all the muscles when addressing the ball, and lack of confidence causes the novice to exaggerate this fault.
THE SQUARE STANCE.
Miss Muriel Dodd, Lady Champion, 1913.
GRIP AND STANCE

The right elbow should just touch the side and the left arm should be straight, but not stiff. The wrists should be dropped slightly, so that the hands are a little nearer the ground than might perhaps seem natural. The hands must be in a straight line with the ball, and the toe of the club immediately behind the centre of the ball. The weight should be mostly on the right foot, with both knees very slightly bent and the right one pointing towards the ball.

Most players find it useful to waggle the club to ensure the free action of the wrists, but two waggles should be enough for anybody. Many people exaggerate this, so it is well to guard against acquiring eccentric habits on the links, as they annoy other players and put them off their game.
THE OPEN STANCE.
Miss Cecil Leitch, winner of “Golf Illustrated” Ladies’ Cup.
CHAPTER VIII

PUTTING

One of the peculiarities of putting is that the player must not look at the object aimed at (as in various other sports, such as shooting, billiards, etc.), but the eye must be kept on the ball.

The novice, as a rule, does not worry very much about putting. But many matches are won and lost on the green, so it is well to pay particular attention to this part of the game and to realise its importance. Some authorities contend that putters are born and not made. This is not my opinion. Anyone can learn to putt, because there is a right
way and a wrong way to hit the ball; and it is possible to acquire the art with patience and perseverance, though possibly a great deal of practice will be needed.

The best way to practise putting is to use only one ball. From fifteen to twenty minutes is long enough to practise at a time. When the player finds that she cannot concentrate her mind any longer on the ball it is time to leave off. Some players make the mistake of practising putting with three or more balls. It is just as difficult to hole the first as when playing a round. The second and third shots seem easier, as the player tries the same putt over again, and she generally succeeds in holing these. It is very difficult to keep the mind concentrated while five or six balls are being hit; and
PUTTING

For approach putting I advise the following methods to be adopted. It is immaterial whether the overlapping grip is used or not, but the club should never be gripped too tightly. Both hands should be slightly more underneath the shaft than with other shots, and both thumbs should be kept straight. The hands being slightly underneath the shaft will cause the elbows to point out a little, which seems to make it easier for the club head to travel in a straight line. The stance will be natural, with the weight inclining on the left foot, which should point towards the hole as much as possible. The club should be taken back with the left hand and arm, and the club head must be kept as close to the ground as possible. The right wrist must not be allowed to bend. The player
will now hit naturally, follow through, and finish with the hands in a line with the club head.

For putts inside three yards one or two alterations should be made. The right hand should do all the work: the left elbow should point more at the hole: and the feet should be a little closer together. The club head should not come back so close to the ground: it should come back more abruptly, so that the player can hit slightly down on the ball (which should bite the turf a little). The follow through should only just pass the spot where the ball lay.

Stymies, of course, are a nuisance. However, it is necessary to learn how to play them.

To play a stymie correctly the mashie-niblick should be held very loosely.
A GOOD METHOD OF PUTTING.
The left elbow pointing at the hole. Hands in line with putter head.
Miss Lily Moore, English International.
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