



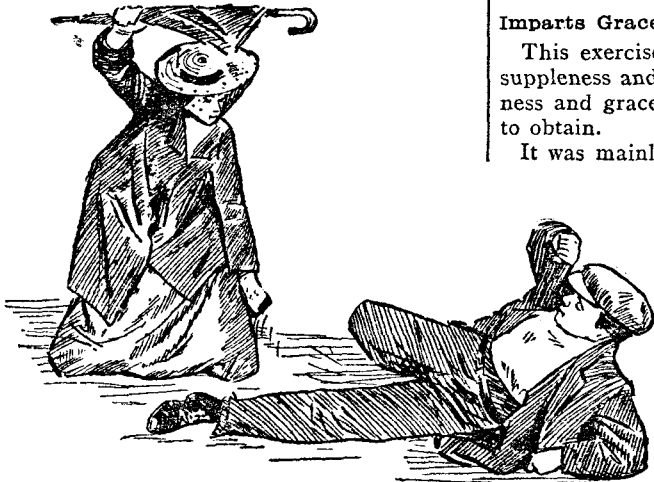
Self-Defence With an Umbrella.

HINTS FOR WOMEN WHO TRAVEL ALONE.

The dangers unprotected ladies incur when they travel alone was not long ago strikingly illustrated by a terrible assault perpetrated in a railway train.

It is all very well to tender advice, which in everyday life is almost impossible to act upon, recommending ladies never to travel alone, nor walk down lonely lanes or rough neighbourhoods unattended by a male escort.

Modern conditions make advice of this



Tripped up and at her mercy.

nature impracticable, even if the independence of the modern maid did not rebel against the restrictions which were de rigueur in the days of her grandmother, and the lesson for the lady of to-day to learn is self-reliance, in self-defence, even as in other things.

Unknown to herself almost every woman carries with her a perfect means of protection from either lunatic or hooligan when she walks abroad or travels, in the shape of that inseparable companion of womanhood—an umbrella or parasol!

Match for any Ruffian.

All that is necessary is a little practice in the use of the umbrella, and the self-confidence which knowledge of its potency as a weapon of self-defence will give, for the most delicately-nurtured lady to feel herself more than a match for any cowardly ruffian of the streets.

Madame Vigny, the wife of the well-known maître d'armes, has elaborated a perfect system of self-defence with an umbrella or parasol by combining some of the "wads and thrusts" used in fencing with passes suitable to the make of the umbrella, along with certain throws, similar to those used in Ju-Jit-Su or Japanese wrestling, recently described and illustrated in the *Daily Mirror*.

The Purse Snatcher.

Suppose, for instance, a lady is walking along a lonely street carrying a purse in her hand, with her umbrella swinging on her arm. A lurking ruffian suddenly approaches her and snatches her purse from her hand. The correct thing for her to do is to relinquish her hold of the purse, grasp her umbrella about two-thirds of its length from the point, and swing it rapidly towards the fellow's head.

Instinctively he will throw up his arm to ward off the blow, and if he understands boxing will probably strike out with his fist. The lady draws back on her left foot and suddenly, with a dexterous twist of the wrist, lunges forth, as with a rapier, and strikes her assailant with the point of her weapon behind the ear.

Brought to the Ground.

Should he be as strong as Sandow, the concussion will bring him to the ground, and the lady can then pick up her purse and call for the police, meanwhile mounting guard over her prostrate foe, with her umbrella firmly grasped ready to strike again should the occasion require it.

Suppose, on the other hand, that the purse is so rapidly snatched that the fellow is making off with his booty before the lady has time to perform the evolutions described above.

Nothing is simpler than to "hook" him by the ankle as he is running off, and bring him to the ground in confusion.

Should he prove to be a really desperate fellow, he will probably have recourse to that

dangerous weapon of the hooligan, a studded belt.

Even if he does this there is no reason for the mistress of umbrella self-defence to feel alarmed. Let her regard him steadily, and place her left arm at an angle, and advance it to meet the descending belt.

If she thus meets the blow the belt will coil round her arm without hurting her in the slightest, and then, while she clutches the wrist of her assailant, she thrusts the umbrella with all her force into his neck.

The rough is not living who can survive a second experience of this nature, and with experience a lady can hold at bay not one but two or three assailants.

Imparts Grace and Suppleness.

This exercise imparts to its votaries great suppleness and gives to the figure that erectness and grace which only fencers can hope to obtain.

It was mainly for the gracefulness of contour which fencing gives that popularised the foils amongst ladies and caused such noted exponents of the art as Miss Annie Lowther and Miss Esmé Beringer to be the envy of all observers.

Beyond this, fencing has no practical use, but, when the principles of swordsmanship are applied to the umbrella, the woman who has become mistress of the art will feel a sense of security when travelling or alone that hitherto even the bravest of the fair sex have been strangers to.

SUNNY SKIES.

WINTER RESORTS FOR THE MIDDLE CLASS PURSE.

As opposed to Egypt and the fashionable Riviera resorts where the wealthy congregate at this season of the year, far from fogs and dismal weather, there are many Continental centres that are not hackneyed, and are healthy and charming, where visitors of limited means may find a pleasant winter harbourage.

Malta is rapidly rising in winter favour, especially with those bringing plenty of introductions. The P. and O. steamers have done

much to promote the influx of visitors, and there is, apart from this, a daily steamer service connecting this place with Syracuse, so that they who like may soon flit on to that lovely spot. Weekly steamers go to Tunis, which province the railway is now so greatly opening up, and which, with its fine new hotel, managed in the interests of tourists, is also coming into winter favour.

Syracuse and Palermo attract now far more visitors than they did twenty years ago.

Palermo bears the palm, perhaps, for health purposes, though Syracuse runs it close, so also Taormina. Not many of those who have been there forget the wondrous view of Etna, the Greek theatre, and the Ionian Sea. The realm of the painter par excellence is this lovely island.

Corfu, with its olive trees and sunny climate, is perhaps the most charming of the Ionian group of islands; and has this other attraction for family parties: that good shooting, comprising quail, snipe, and woodcock, can be had by those desiring it. The climate is very equable and warm, and the island is accessible from both Brindisi and Trieste. There is no doubt its accommodation will still more improve as tourists discover its many great beauties. Wonderfully healthy is the verdict passed upon Corfu by, perhaps, the greatest globe-trotter of his day.

The Coasts of Italy.

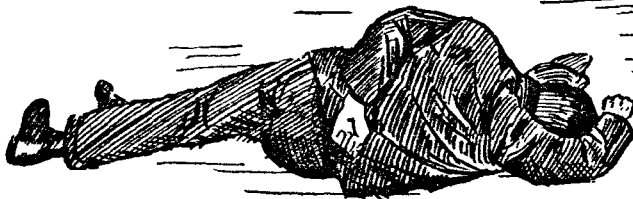
Then there is another charming resort—Abbazia, near Trieste, easily accessible from Fiume, with scenery tropical in luxuriance, and a truly admirable and healthy climate. Those who have tried it once hark back again, and say each time they value it more as a friend; and yet many tourists who know Venice well have never crossed that silver streak, the Adriatic! Is it not wonderful the boundaries set, to even travelling people, by a gulf, inlet, or bay?

Two places rather widely apart, Alassio and Rapallo, come next on the list. The first is easily placed with regard to San Remo, on the Riviera, with beautiful scenery, and a climate specially favourable to those afflicted with asthmatic affection, though not large enough a place to be swamped by invalids. Orchards of orange trees, a sunny beach, and sheltering hills inland help to form a glorious whole.

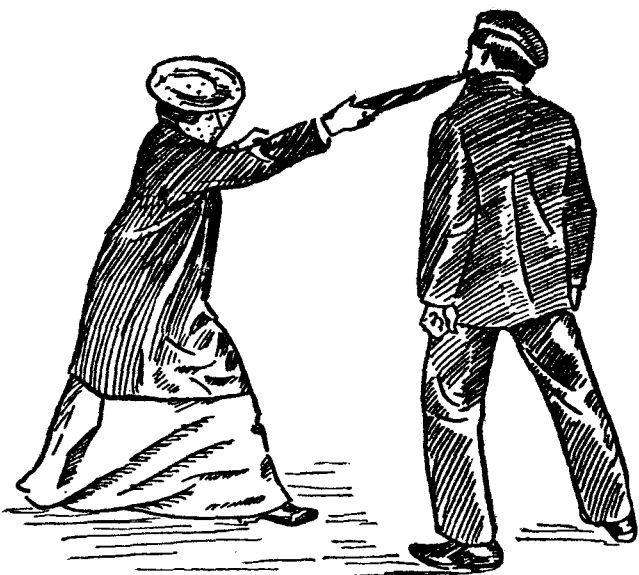
Palms and Orange Groves.

Rapallo, on the other hand, is just beyond Genoa, where the rail winds in and out amongst palms and orange groves. The sea is translucent, the views and drives are perfect, and the climate is mild in the extreme. Villas are cropping up, it is true; English tourists are few and far between. Thus here is a truly perfect, quiet invalid winter resort.

In France there are two places that are fairly inexpensive, both of which are fascinating in winter—Bagnères de Luchon and St. Jean de Luz. The scenery of Luchon is quite unrivalled, and the waters are very efficient in cases of rheumatism. St. Jean de Luz, from its accessibility to Biarritz, gains all the social advantages of that charming,



Rendered helpless



A quick stroke with the point.



When a thief snatches a lady's purse she may force him to drop it by a quick blow.

THE KING'S DAIRY.

PRECAUTIONS TAKEN TO SECURE GOOD BUTTER FOR THE COURT.

Miss Mary Child, of Wroxall, near Bristol, has quite settled down to her duties as chief dairymaid at the beautiful royal dairy at Windsor, and it is said that she is a splendid butter maker.

The dairy was built in 1858 under the direction of the Prince Consort, and displaced the old buildings of George III.'s reign, which were not by any means well arranged. The site chosen for the dairy was a plot of dry gravel; the floor is supported on brick arches which have vacant spaces underneath of something like three feet in depth; the external walls are hollow and well ventilated,



She thrusts her umbrella with all her force into his neck.

and asphalted felt covers the roof, and to this the laths which support the tiles are nailed.

Both the floor and the walls are covered with ornamental tiles of beautiful patterns, the walls sustaining a number of majolica bas-reliefs illustrative of agriculture and medallions of the Royal Family. The ceiling, both on its flat and sloping surfaces, is also highly and artistically ornamented in paint and enamel, free passages for air being introduced at numerous points. Ornamental fountains of majolica stand one at each end of the dairy, and a third—a water-nymph pouring water from a jar, worked in statuary marble—occupies the south side.

The tables are of white marble, and have frames and supports of coloured marbles, and underneath them are tiled reservoirs through which a constant stream of water can be kept flowing. The windows are of stained glass, on which are delightfully depicted daisies and primroses; and here again ventilation is a primary consideration.

A Superb Establishment.

The exterior of the royal dairy is in the Renaissance style, the windows being formed of Bath stone. A frieze and cornice, with a perforated parapet of a lace-like pattern, surmount the whole building, with the arms of his Majesty at one end and at the other those of the Prince Consort.

A churning-room, scullery, and dairy-woman's cottage protect the dairy on the south side, and an arcade of handsome design serves the same purpose on the west. About two hundred and forty gallons of milk can be dealt with at one time, and in the best manner, in this superb establishment.

An eminent agriculturist a few years ago gave his opinion of the dairy in the following terms:—"Having seen many dairies—the charming chalet of the Queen at Sandringham, the simple ducal dairy at Woburn, the pretty and isolated one of Lady Walsingham, and other dairies at home and abroad; having seen, also, many of the great Cathedrals of Europe—Rheims, Tours, Chartres, in France, and others in Spain—yet there are two buildings which always remain apart in my memory as complete temples in themselves for the purposes designed—they are a lace-like chapel interior, in Moorish Valencia, in Spain, and the royal dairy."