

The Realms of Sport

FOOTBALL FIXTURES

(Season 1924)

24.—C.E.L. vs. Saints.
25.—Feldians vs. Cadets.
26.—C.L.E. vs. Guards.

FOOTBALL SEASON OPENS TONIGHT—SAINTS VS. B. I. S.

The opening football match for the season takes place to-night at St. George's Field, when the B. I. S. and Saints will try conclusions. Both teams have several changes in their line-ups and with the new blood in evidence, the game promises to be a good one. The St. Andrew's have been strengthened by the addition of T. Roberts, who had from England, while "Jimmy" Young, who figured last year with the Cadets, will again be in harness with his former team. Arrangements have been made to have those present kept continually informed of the latest election counts. The time-ups for to-night will be as follows:—

SAINTS—Goal, C. Beibin; backs, H. Burrige, T. Roberts; halves, G. Elton, A. Foster, L. Calvert; forwards, Clark, W. Hopkins, J. Young, H. Sawyers, B. Sawyers.

TRAINING FOR FOOTBALL

By An Expert Soccer Player.
How To Play Centre-Half.

The outstanding job of a centre-half—if it can be truthfully said that he has one, so wide is his scope and so varied after the opposing centre-forward, but each centre-half must use his own discretion as to the amount of attention necessary, some centre-forwards are so incapable that they "beat themselves," as the saying is, "This means that even when unhindered, they are unable to make the best use of the ball when they get it, and when this is discovered the centre-half can let himself go a bit, and become more enterprising than he would in different circumstances. On the other hand, the opposing centre-forward may be a most dangerous player if one who given the slightest freedom is off for a goal. Then it is the business of the centre-half to concentrate on him, and see that his chances are reduced to a minimum. I have heard it described as "not playing the game," but I see nothing unfair about it. After all, it is the duty of one side to discover where possible the strength of the other, and if a centre-half is forced persistently to mark his man, it necessarily means he has little time to do anything else. I have often seen some of the best centre-forwards reduced almost to impotence by the close attention of a centre-half, and sometimes they get so "fed up" over it that they give up trying long before the finish.

Next article "Heading Ball."

Banditry Blossoms in Manchuria

WITH THE ADVENT OF SUMMER

HARBIN, Manchuria, May 17 (A.P.)—The notorious bandits of Manchuria, called in Chinese "Hunhuts" or Red Beards, have begun to reappear with the advent of warm weather. Their favorite field of operations is along the 900-mile line of the Chinese Eastern railway, among the prosperous settlements populated by Russian railway employees and Chinese farmers.

The hold of the winter serves to keep these bandits more or less quiescent, maintaining themselves as best they can on booty acquired during the summer season. Nevertheless, they do not find it necessary to hide in the mountains or forests during their period of inactivity. On the contrary they mingle freely in the life of the towns as peaceable citizens, sometimes occupying themselves with some petty trade, or begging in the streets.

Occasionally one chance to be recognized, in which case punishment is swift and sure at the hands of an executioner who wields a two-edged sword, or in a locality dominated by the military, before a firing squad. In either case the occasion is public.

The severity of their punishment when caught suggests the fear with which the populace regards the bandits, and there is plenty of reason for this. In the summer they actually terrorize the railway towns, levy taxes on the lumber concessionaries, fight battles with the troops and are too often successful, and interrupt navigation on the rivers. They operate in well armed disciplined bands and thus far opposition to them has met with doubtful success. Railway guards exist but are poorly armed and poorly organized, so that railway employees living along the line are resigning their posts and moving to places of safety.

Work in the lumber concessions becomes intermittent in the summer because of frequent attacks, capture of employees, heavy taxes and forest fires of suspected origin. Steamers and junks on the rivers are occasionally fired at, boarded and plundered.

No remedy is as yet even suggested. Troops have been used against the bandits but never in sufficient numbers to accomplish anything, and in the opinion of observers they never will be exterminated by force of arms so long as present political conditions continue.

LAWN TENNIS

By An Expert of The Game.
Volleying.

Begin volleying gradually. Take up your stand about five feet away from the wall and starting how to low volley. I advise learning the forehand first. You will therefore hit the ball from below the line marked on the wall, which represents the height of the net, and endeavor to get it just above that line. Practice this assiduously, because volleying up is of a necessity a defensive stroke, but the closer you can keep the ball to the top of the net, the stronger your defence. When you are satisfied you have gained the correct trajectory with sufficient accuracy, then establish your backhand volley. I am not going to lay down any rule or state a theory as to which is the proper method of holding your racket for these low volleys. It is of such a controversial nature that if I were to attempt to describe the different ideas you would only get confused. One thing I will say is that if you get hold of a book written in dogmatic language, telling how a low volley should be played, and if that way does not suit you, then don't persevere with it, because everyone is not made alike. We are not Ford motor cars with all the parts the same, but are human beings, everyone being different, and obviously what suits one does not suit everybody. But I digress, to return to volleying. Having learned the defensive or low volley, you are then permitted to try the attacking variety—that is the ball that is higher than the net, at the time of volleying it. The stroke must be hit down, otherwise it loses its efficiency. Your distance away from the net to get the best result should be about three feet. You therefore move closer to the wall and hit the ball from the level of your hip, and endeavor to hit it (not too hard) so as to get the rebound of the wall, about the same height. This will enable you to keep the rally going, and at the same time you are using the same action that keeps the ball down.

(To be continued)

Good Recipes

Lemon and Banana Pie.

Two bananas, one-half cup orange juice, one-half cup cold water, one cup sugar, pastry, one-quarter cup lemon juice, two eggs, one-quarter teaspoon salt, six tablespoons sugar, two tablespoons corn starch. Line a medium-size pie plate with pastry having a fluted edge, and bake in a hot oven for twelve minutes. Place the cornstarch, salt, cold water, one cupful of sugar, and the orange juice in the top of a double-boiler and cook twenty minutes. Then add, slowly, stirring constantly, the egg-yolk beaten. Cook until thick. Cool and add the lemon juice, and one banana sliced thin. Blend well. Pile in a previously baked pastry shell, then slice the remaining banana over the top. Cover all with a meringue made from the stiffly beaten egg-whites and the six tablespoonsful of sugar. Place in a moderate oven for fifteen minutes to set and brown the meringue. Serve cold.

Roller Salad Dressing.

One and one-half cups milk, two eggs slightly beaten, four tablespoons sugar, two and one-half teaspoons mustard, two teaspoons salt, three tablespoons melted butter, two tablespoons flour, cayenne pepper, one-half cup vinegar. Mix the dry ingredients, and blend with them one-fourth cup of the milk. Heat the rest of the milk to boiling, add the butter, thicken with the first mixture and boil for two minutes. Cautiously pour this hot liquid in the slightly beaten eggs, stirring constantly. Cook over hot water until it begins to thicken; remove, gradually stir in the vinegar, and then carefully reheat until it thickens again. Cool so as to prevent curdling and pour into scalded glasses. This rule makes more than a pint of rather mild dressing which will keep for a long time in a cold place.

Gooseberry Fod.

Put one quart green gooseberries into a stewpan with sugar dissolved in water to make one pint of syrup. When gooseberries begin to turn yellow and swell, drain water from them and pass through a sieve. Put a pint of milk in a stewpan with the beaten yolks of two eggs. Stir over the fire till it begins to simmer, then remove and mix gradually with gooseberry pulp. Let it stand till cold, then put in custard glasses.

Fudge Frosting.

Two cups sugar, one-half cup milk, four teaspoons butter, chocolate and corn syrup together to the very soft ball stage (the ball will test firm, it cannot be picked up). Remove from the fire and stir in the marshmallow whip. Cool and add vanilla and beat

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