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Mr. Joe LaMantia, Strathroy, fruit portant task in introducing labor-saving devices into farm houses. Through gentle agitation as a body of women, the Institutes persuaded the men of the farms to see that labor-saving devices were as import-labor-saving devices were as importlabor-saving devices were as important in the farmhouse as out of doors. As a result, housework on the farm has become easier and the farmer's wife has more time to take her place in the community. And all this because a little group of women with vision began the Women's Institute movement at Stoney Creek over 25 and all vision began the Women's Institute in tidying up. About \$30 in silver was movement at Stoney Creek over 25 and all vision began the women's Institute in tidying up. About \$30 in silver was movement at Stoney Creek over 25 and all vision began the women's Institute in tidying up. About \$30 in silver was movement at Stoney Creek over 25 and all vision began the women's Institute in tidying up. About \$30 in silver was movement at Stoney Creek over 25 and all vision began the women's Institute in the same and th movement at Stoney Creek over 25 salvaged from the ashes, but the bills years ago.

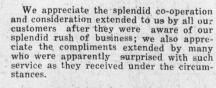
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Guide-Advocate

SHORT LESSONS IN LAWN TENNIS

by Captain R. Innes-Taylor (Copyrighted 1925)

(Continued from last week)

16. Follow Through.

We come now to one of the most difficult things for the beginner to learn, namely to continue the stroke after the ball has been hit. A beginner will feel after he has hit the ball that as far as he is concerned he cannot control it any further, and he will proceed to recover his balance is obvious that after the ball is hit your continued swing does not fundamentally govern the ball's flight, the mere fact that you carry through ensures your applying the stroke perfectly at the moment of impact.

17. Volleying if the same as in golf. In both golf and tennis the stroke must be conceived and carried out as a state of mental slovenliness which is almost certain to react on perfect execution up to and at the instant of impact.

17. Volleying.

After you have more or less mast cred your fore and backhand drives and have achieved consistency in your service, you may take up volleying. Volleying differs very much from driving in that there is very little stroke in the blow. Good volleying consists rather of rapid and clever anticipation of where the ball is going to drop so that your racquet, firmly held, can intercept it at the correct angle.

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firmly held, can intercept to at encorrect angle.
You need to use your wrist in volleying and the racquet should be held at a point further in front of the body than for a driving stroke. the body than for a driving stroke. Incessant practise is essential to successful volleying. Get your young brother or sister, or any member of the family, to come out on the court and throw balls up in the air for you for a quarter of an hour every day. Gradually you will come to judge the speed and position of the ball; you will time it properly, balance yourself, and at the psychological instant in its downward flight give it a smart, swift blow, downward and a smart, swift blow, downward and forward. And be sure to carry through.

18. Volleying After Service.

If you have developed a service so good that it justifies you follow ing it up to the net, you will have many chances to cultivate your volmany chances to cultivate your volleying. It is quite useless to go to the net on a short ball, whether it is a service or a drive, but whilst you are practising it is well to go up on everything as it will help you develop a service that will justify your going to the net

ing to the net. Possibly the best service to go to the net on is the American service, which was first invented by Holcombo Ward. This service has not only break but kick as well. It was de-veloped in a great degree by Morrice McLaughlin and in these days, probably Patterson has the best service of this kind. I am not, however, ad vocating that this service should be used alone. It is very tiring, and I have often seen players, who used it, completely exhausted before the cnd

completely exhausted before the cnd of the match.

This service is made by swinging the arm behind the back and striking the ball as it swings upwards and forwards and from the right to the left as the racquet passes from behind the right shoulder till it passes in front of the head. The ball must be struck as the racquet has this upward movement. This produces the over spin ment. This produces the over spin which is essential to the American

service.
19. The Lob.

Should your opponent run up to the net to volley, there are two things you can do. Either lob the ball over his head or, if you are expert enough, endeavor to drive so fast and accurately that you were him down that ately that you pass him down the side line without your ball going out of the court. The mistake most players make in lobbing is that they do ors make in lobbing is that they do not hit the ball high enough in the air. A good lob should be well out of reach of your opponent and should drop near the corner of the base line on your opponent's court from which point it is much more difficult to make an effective return than from the centre of the court

an effective return than from the centre of the court.

The Kinsey Brothers of California have been ranked in the last few years, quite high in the United States, and their success is much due to effective lobbing at the right moment. They lob high and put a bit of running under-top on, which makes the ball jump forward when it hits the ground. Colonel Foulkes, who has won more championships than any won more championships than any other Canadian, relies much on the lob, at which he is an expert, and which has enabled him to defeat many fundamentally more brilliant play-

20. Fancy Strokes.

A cannot impress too strongly on my readers the fallacy of attempting fancy strokes. The simpler and orthodox strokes are much easier to learn and much more effective in practise, nad the player who makes a point of attempting slashing strokes all the time and hitting the ball as hard as he can, is sure to make a failure of the game.

It will take you thousands of practise strokes to learn to master one

Perfect timing with body swing and follow through, have more to do with pace than anything. H. L. Doherty got more pace on the ball with less effort than any player I have ever seen, just from perfect co-ordination of these principles.

(To be Continued)

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