

FACTS ABOUT TEA SERIES—No. 8

The Consumption of Tea

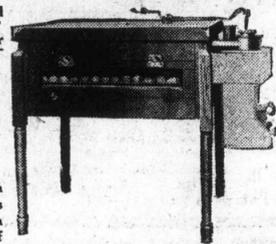
Tea as a beverage is used in nearly every country in the world. It is estimated over 200 billion cups are consumed annually. Australia leads in tea drinking with an annual per capita consumption of about nine pounds, which means that every Australian consumes from six to eight cups of tea every day. The consumption per capita in England is 8½ lbs., and in Canada nearly 5 lbs. In the United States, it is less than 1 lb., but this is largely because Americans have not been able to get fine teas until comparatively recently. "SALADA" is considered one of the choicest blends on the market, and is the largest selling tea in either United States or Canada.

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FALL FAIR DATES

Strathroy.....Sept. 14, 15, 16.
Wilkesport.....Sept. 17.
WATFORD.....Sept. 17, 18.
Petrolia.....Sept. 21, 22.
Sarnia.....Sept. 23, 24, 25.

Theford.....Sept. 28, 29.
Brigden.....Sept. 28, 29.
Sarnia Reserve.....Sept. 29, 30.
Wyoming.....Sept. 30, Oct. 1.
Florence.....Oct. 1, 2.
Forest.....Oct. 5, 6.
Alvinston.....Oct. 6, 7, 8.

HELP! We're Busy

Help Us by Giving Your Printing Orders Early

APRIL and May have been exceptionally busy months in your local printing plant and many of our customers have been considerably inconvenienced for a few days by our being unable to get their orders through on time.

While we have constantly endeavored to give all our customers prompt delivery of their printing orders, the capacity of any plant, no matter how large, can be easily taxed.

We appreciate the splendid co-operation and consideration extended to us by all our customers after they were aware of our splendid rush of business; we also appreciate the compliments extended by many who were apparently surprised with such service as they received under the circumstances.

The month of June is always a very heavy one for printers, and this year promises to be no exception to the rule. WE WOULD, THEREFORE, ASK ALL OUR CUSTOMERS TO PLACE THEIR ORDERS AS EARLY AS POSSIBLE, in order that we may maintain that prompt delivery service which is so essential to both the customer and ourselves.



Guide-Advocate

SHORT LESSONS IN LAWN TENNIS

by
Captain R. Innes-Taylor
(Copyrighted 1925)

(Continued from last week)

11. The Twist Service.
While attaining comfort and accuracy in the delivery of the service stroke, learn to improve its effectiveness by imparting twist. This is added by striking the ball slightly on its right hand side with a glancing blow, instead of with an entirely flat racquet, causing the ball to curl away to the left during its flight, and to break to the left when it touches the ground.

While the average beginner will do well to concentrate on the mastery of one form of service it is an undoubted advantage to be able to offer one's opponent a variant, and the reverse service, obtained by striking the ball on the left hand instead of the right hand side, and thereby causing it to break to the right, affords the most suitable one.

To increase the amount of twist on either the straight or reverse service, simply swing your racquet more across your body as it comes down on the ball.

Keep these points always in mind in serving. They are easy ones, but important:—

1.—Don't attempt to look into the other court during the process of serving. This is fatal.

2.—Change of pace will put a hard hitter off. Don't continuously serve into the corners or in the same place. Learn to place your service. Hit the ball at full arm length.

3.—Don't attempt to run up on your service unless it is placed well back in the court.

12. Foot Faulting.

The use of the feet in serving has probably caused more trouble to lawn tennis associations who have endeavored to frame a comprehensive rule than anything else. A great majority of foot faulting is due to not taking enough care in planting the foot well behind the base line before serving.

A well-known English tennis authority, Wallace Myers, puts his foot behind the line before serving, but as soon as he throws the ball into the air plants it closer to the line and then shuffles it over the line before he hits the ball. Just carelessness! When it is pointed out to him he stops, but I have seen him play a whole set and foot fault on every service.

Get into the habit, therefore, of carefully watching yourself when you are serving and remember that both feet must be behind the line when the ball is hit and one of them continuously in contact with the ground. There is nothing so disturbing to a player during a match as to have a foot fault called on him. If the foot crosses the line before the racquet touches the ball it is a fault just as much as if you serve the ball out of the court.

The Forehand Drive.
The strokes of lawn tennis can be classified in the following order of importance: service, forehand drive, backhand drive, back and forehand volleying, overhead volleying, stop volleying, chop and cut strokes, and the lob and the drop shot. The foundation of every first class game is good ground strokes and the principle question of these is embodied in the forehand drive.

It has been proved without question that the straight forehand drive with top spin is the most effective stroke as it gives the ball a more rapid trajectory and in consequence an increased area to play into. Your whole body should be relaxed and your knee slightly bent for the forehand stroke, your racquet in position to come forward before the ball reaches you. Let your arm swing forward naturally. When your arm is level with the centre of your body your wrist will gradually turn over and your knuckles will be facing the sky at the end of the stroke; your right shoulder will have come forward and the trunk of your body will be facing the net with the weight then almost entirely on the left foot.

This stroke imparts top spin to the ball, thus bringing it down in the latter part of the flight. Don't attempt to bring the ball into the other court, by bringing the head of the racquet down. At the end of the follow through your racquet head should be just above the level of your head. H. L. Doherty, W. W. Tilden, J. O. Anderson, S. H. Smith and W. Johnston are probably the greatest forehand experts the game has developed.

14. The Back Hand Drive.
The back hand drive is practically the reverse of the forehand drive. The grip for this stroke should, however, be changed somewhat, the hand being moved around the handle about a quarter of a circle with the thumb either straight up the handle or partly so. The racquet should be in position to come forward before the ball reaches you and the ball should be taken at about the level of the net. Bring the arm straight through, allowing the fingers to turn over naturally until at the end of the stroke your fingers will be pointing to the sky and the head of your racquet will be just level with your head.

Just before this stroke the weight of your body will be fairly evenly distributed between your two feet, if anything a little more weight on the left. As you come through with the stroke you will raise your left foot

and transfer the weight of your body to the right. As in the forehand stroke your whole body should be relaxed and your knees slightly bent and at the finish of the stroke your left shoulder will have come forward and the trunk of your body will be facing the net. This stroke is the one used by Tilden, the present American champion, and I believe it is the most effective one. Johnston uses a sliced back hand which is quite effective, but has less speed.

15. Use of the Chop Stroke
The greatest exponent of the chop stroke is probably Wallace Johnson, who came nearer to winning the American championship than did any other celebrated chop stroke player. Undoubtedly the chop stroke is a good one to develop, but the greatest American player, Tilden, uses it only as a secondary stroke. There was a time when he endeavored to build his game up on the chop, fore and backhand drive, but he never got to the top thereby. So he developed the amazing back and forehand drives that wins him tournaments today, but nevertheless retains his chop stroke, scoring quite a number of points with it.

It stands to reason that a ball which you chop almost underneath, putting thereby a back spin on it, will not have the same speed as the ball on which you put running top. There are times, however, when the chop stroke is a most useful one and I believe one can be more accurate with this than with any other. Lafontaine, the French Canadian star, uses it successfully, but I cannot help thinking his game would be stronger if he employed more straight forehand drives.

Use the chop stroke to obtain a change of pace. If your opponent has been playing back at or behind his own baseline, it will confuse him to have to run suddenly up to the net to return your chop stroke.

The chop stroke can be used with advantage on any fairly high-bouncing ball near the net. It should not be attempted on low or swift balls.

(To be Continued)

WHEN BABY IS ILL

When the baby is ill; when he cries a great deal and no amount of attention or petting makes him happy, Baby's Own Tablets should be given him without delay. The Tablets are a mild but thorough laxative which regulate the bowels and sweeten the stomach and thus drive out constipation and indigestion; break up colds and simple fevers and make teething easy. They are absolutely guaranteed to be free from opiates and narcotics and can be given to even the new-born babe with perfect safety and always with beneficial results. The Tablets are sold by medicine dealers or by mail at 25c a box from The Dr. Williams' Medicine Co., Brockville, Ont.



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Mrs. Hart wants to help other women and is willing to answer letters from sick women asking about the Vegetable Compound.

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