

in this way loses time in getting away from the plate. Getting started quickly toward first base is something that demands close attention. Many a base hit has been lost by a slow start from the plate and many a base hit has been made by getting away quickly.

"The batter who swings completely around loses his balance and before he recovers himself he has lost the equivalent of at least two full strides. Two strides of say five feet each, mean that he has lost more than three yards in the thirty yard dash to first. And three yards is quite a handicap.

"There are many more things about batting but these are the chief things to remember and to practice."

What Stops the Cough

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Best cough medicine; its soothing effects is felt almost instantly. Clears and makes expectoration cost stubborn cough.

Children and the aged can be given with confidence. The genuine is in a vial.

14
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