

FACTS ABOUT TEA SERIES—No. 5

What 'Orange Pekoe' Means

Many buyers of tea have come to ask for 'Orange Pekoe' believing that it signifies fine quality. This is not, however, necessarily the case. In the trade 'Orange Pekoe' is only a name given to the first leaf below the bud or tip on any Indian or Ceylon tea bush. An 'Orange Pekoe' leaf grown at a high elevation usually possesses a very fine flavour. If, however, the plant is grown at a low elevation, it may still be 'Orange Pekoe' but also be of very poor quality. The consumer's only safeguard is to buy a tea of recognized goodness. High grown 'Orange Pekoes' comprise a large part of every blend of "SALADA" and give to "SALADA" its unequalled flavour.

"SALADA"

CHILDREN CRY FOR



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MOTHER:—Fletcher's Castoria is a pleasant, harmless Substitute for Castor Oil, Paregoric, Teething Drops and Soothing Syrups, especially prepared for Infants in arms and Children all ages.

To avoid imitations, always look for the signature of *Dr. H. H. Fletcher*. Proven directions on each package. Physicians everywhere recommend it.

Detroit welfare workers report that drunkenness among women in Detroit is increasing. Ninety-eight per cent. of the more than 1000 cases that come before the reconciliation bureau of the domestic relation court each month are due to alcoholism. An average of 400 persons are admitted to the county poor house each month; 60 per cent. of these are due to liquor. Hundreds of children in Detroit are assisting in the manufacture of home brew. More than five times as many acute alcoholic cases were admitted to Receiving hospital during 1924 as were admitted in 1921.

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SHORT LESSONS IN LAWN TENNIS

by Captain R. Innes-Taylor

1. Tennis is a Difficult Game. Lawn Tennis is not an easy game to master. Contrary to appearances, it is one of the most difficult of the major sports in which to attain any pre-eminent degree of skill. All great players have spent many laborious hours of close study and hard practice before reaching the pinnacle of their fame. The late Anthony Wilding, famous New Zealand player, was one of the most assiduous in the matter of practice. He did not disdain to spend hours at a time perfecting strokes against a wall.

In advance of any important match he would go out on the courts and knock up for half an hour in order to get his eye, muscles and touch into easy and perfect co-ordination, before starting in on the main battle of the day.

So that when, as a beginner, you start in to master the game of tennis don't play with the chief idea of beating your opponent, unless you are playing in a match, but work away at the shot you are in process of learning. Nor does this advice apply to beginners only. Fairly advanced players must be equally content to "hasten slowly" to progress by laborious practice; to work away patiently and untiringly at each new point until mastery of it is comparatively perfect. Tennis players are made, not born. Remember the great Wilding who by sheer hard practice made himself one of the outstanding players of all time.

2. Selecting Your Racquet.

Just as the good workman is careful in the selection of his tools, so the good tennis player in the selection of the racquet he is going to use. Do not buy a cheap racquet strung with Oriental gut. Cheap articles never pay. Better to go to a good shop and incur a little extra expense. Let your racquet, shoes and balls be all of good quality. This does not mean, on the other hand, that you need ask for the most expensive equipment in stock.

The most important thing in selecting a racquet is balance, and the best way to test it is to balance the racquet on one finger in the middle of the throat piece. If the weight is evenly distributed, it should balance at that point. The well balanced racquet will swing easily in your hand and if you give it a twist up with your wrist you can tell whether it is heavy in the head or not.

The easiest way to determine the size of the handle that suits you best is to take one you can grip completely round so that your thumb will overlap the middle finger about 3/4 of an inch. I am not in favor of an extra large handle, a recent fad; neither do I advocate a very small handle. About 5 to 5 1/2 suits most men players and about 4 1/2 to 5 most girls. The best weight for women is 13 to

13 1/2, for men 14 to 14 1/2 oz. Young girls and boys should not play with a racquet over 12 1/2 inches. The wood frame and lamb's gut undoubtedly hold their own, although several recent innovations have met with some success.

3. Grip.

Having selected your materials, the first thing to learn is how to grip your racquet. If you have already played, and your grip is wrong, change it. You may find this hard at first, but it should nevertheless be attempted. I believe many first class players who have unorthodox grips including Norman Brookes, the Australian, would now be rated a half fifteen better had they started in the right way.

Here are simple instructions. Get a friend to hold your racquet under his arm flat up against his side with the handle extended horizontally toward you. Then take hold of the handle as if you were going to shake hands with it, and you will have an easy, natural, correct grip for serving.

For the fore hand stroke hold your arm straight out in line with your chest, and let the head of the racquet drop until the leather on the end of the handle is touching the lower part of your palm and your racquet is in a straight line with your arm. Spread the fingers a little and put the fore finger slightly up the racquet. You will then have Tilden's forehand grip which in my opinion is the best of all. The English grip is slightly different from this.

The Doherty brothers held the head of the racquet at an angle of about 45 degrees from the straight arm line. Many players in England still use the grip which one cannot say is wrong because it was used by perhaps the greatest player the game has ever seen. But I recommend the other grip as it is simpler and to my mind more effective and easier to strike with.

4. General Advice.

Now that you know how to grip your racquet for forehand strokes at least, there are a few general points which you must strive to keep in mind whenever you are on the courts. Don't let the excitement of the game make you forget them.

At the beginning be content to play off the ground. Do not try to volley. Do not try, either, to hit too hard. Aim at drives of good length, dropping as close to your opponent's base line as possible, and in well controlled direction.

If you do have to smash the ball get your right shoulder well down and the trunk well back in anticipation, with head up and eyes firmly on the ball as it drops. Then give a full swing with the body and carry your racquet through so that the stroke ends near your left knee. This description applies to your service also.

Use exercises if possible to strengthen your wrist. Practice your strokes against the wall, always standing sideways, for this is the great secret of a good swinging stroke. From your waiting position you will pass easily into the forehand position. After making a stroke return to the waiting position. Do not lose your pose after serving, as you should be prepared to run in immediately.

It is a good thing to knock up before a match, as in this way you get your eye in. If you are a slow starter practice at least ten minutes before starting a match.

(To be Continued)
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KERWOOD

Mr. Brook spent Sunday at his home in Thedford.

Mr. R. A. Brunt and Miss Thelma Brunt have returned to Windsor.

Mr. Russell Johnson of London was home over the weekend.

Dr. and Mrs. Laverne Denning of Glencoe have returned. We are glad to welcome them back again.

Miss Belle Coulter of Hamilton attended the funeral of her cousin, Miss Margaret Brunt, and will spend some time with Mr. and Mrs. Thompson.

Mr. Wilson, of Bank of Toronto, spent Sunday in London.

Miss M. Dowling has returned home after spending the winter with her brother in Adelaide village.

Mr. and Mrs. Earl Wilson and little daughters of London were guests of Mr. and Mrs. C. E. Johnson.

The Women's Institute held their April meeting at the home of Mrs. Harry Eastabrooke with about twenty-five present. Meeting opened with the National Anthem and Roll Call was answered by hints on flower culture. Miss Jessie Callahan gave a delightful piano solo and Miss Nona Wilson gave a paper on Wild Flowers which was much enjoyed, a solo was then given by Mrs. Murby in her usual good style, and the paper on "Habits that make or break us," given by Miss Irene Eastabrooke was very beneficial. Some time was spent in community singing and a contest was entered into with much interest. The following officers were elected: president, Mrs. W. Gimlet; 1st vice pres., Mrs. Howard McLean; 2nd vice pres., Miss Jessie Callahan; sec-treas., Mrs. J. M. Brunt, directors, Mrs. H. Eastabrooke, Mrs. Pollock, Miss Redmond, Mrs. Freer; auditors, Mrs. Galbraith, Mrs. F. Hull; pianist, Mrs. H. Watson; ass't pianist, Miss Nona Wilson; reporter of current events, Mrs. H. Murby; delegate to convention, Mrs. H. McLean. The summer meeting held on 21st May will be at the home of Mrs. Pollock.

The funeral of Miss Margaret E. Brunt took place from the residence

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Provost, Alberta.—"Perhaps you will remember sending me one of your books a year ago. I was in a bad condition and would suffer awful pains at times and could not do anything. The doctor said I could not have children unless I went under an operation. I read testimonials of Lydia E. Pinkham's Vegetable Compound in the papers and a friend recommended me to take it. After taking three bottles I became much better and now I have a bonny baby girl four months old. I do my housework and help a little with the chores. I recommend the Vegetable Compound to my friends and am willing for you to use this testimonial letter."—Mrs. A. A. ADAMS, Box 54, Provost, Alberta.

Pains in Left Side

Lachine, Quebec.—"I took Lydia E. Pinkham's Vegetable Compound because I suffered with pains in my left side and back and with weakness and other troubles women so often have. I was this way about six months. I saw the Vegetable Compound advertised in the 'Montreal Standard,' and I have taken four bottles of it. I was a very sick woman and I feel so much better I would not be without it. I also use Lydia E. Pinkham's Sanative Wash. I recommend the medicines to my friends and I am willing for you to use my letter as a testimonial."—Mrs. M. W. ROSE, 580 Notre Dame St., Lachine, Quebec.

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of her brother-in-law, Mr. H. Thompson, 8th line, on Saturday afternoon and was largely attended. The service was in charge of her pastor, Rev. R. A. Brook. Mrs. Brunt, who has been ill for some time, was dearly loved by all who knew her and will be sadly missed in the community. The sympathy of the many friends go out to the bereaved brothers and sisters, George and Joseph of Kerwood, Robert of Windsor, and Mrs. H. Thompson of Kerwood, and Mrs. H. Luscombe of Grand Forks, B. C.