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East Oregonian

DAILY SEMI-WEEKLY INDEPENDENT

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DAILY EAST OREGONIAN, PENDLETON, OREGON, THURSDAY EVENING, JULY 28, 1921.

WORLD'S WOMAN TENNIS STAR EXPLAINS HOW TO PLAY A GRACEFUL, WINNING GAME

Poise and Regularity in Taking Exercise Two Necessities to Play Says French Champ.

PARIS, July 28.—(I. N. S.)—Mlle. Suzanne Lenglen, world's champion women's singles tennis player, speaks English almost as well as she plays tennis.

She is a typical Frenchwoman, tall, graceful, with a wonderful carriage and a pleasant personality. She radiates vitality. When asked to tell the women tennis players of America how she manages to keep so wonderfully fit she volunteered readily.

"To play tennis well," said Mlle. Lenglen, "one must be in perfect physical condition. It also follows that if you are not in perfect condition you cannot play."

"Skipping and running are good exercises, but they should not be kept up for too long a period. Leave off just before you are getting short of breath."

"But above all things one must become supple. I attribute what agility I possess to doing Lieutenant Muller's exercises. Never a day passes but what I take those exercises—sometimes in the evening, and sometimes both. There is no necessity to strain oneself; five to ten minutes will suffice to keep anyone supple and in good condition."

"If a girl came to me and asked me how to start tennis I should tell her to take Muller's exercises every day and never forget them. Then do some skipping and high kicking."

Value of the Toes
"When on the courts keep on the toes all the time. It is surprising how many people keep the flat of their feet or on their heels when playing tennis."

"It is a fatal mistake for one can never start quickly other than from the toes. Those people who will not heed this advice will discover that they are always just too late for the ball."

"After the pupil has mastered these highly important matters and has become much more supple than she was before she started she should learn to hold her racket properly."

"There is only one way to do this. Grip the end of the handle firmly in the playing hand and keep the grip on when playing a stroke."

"Always cultivate the 'follow through' in a stroke much in the same way as in driving at golf or at billiards. Don't work from the elbow, but use the whips of the arms when making a stroke. Then the back-hand and volleys will be learned more easily."

"And here is another point which is priceless. Keep your eyes on the ball. Anticipate where it is going to pitch, and be there to meet it. Never



Mlle. Suzanne Lenglen

let the ball out of your sight. Watch it every fraction of a second and keep on your toes ready to speed after it."

"If the student will keep these hints in mind she will have something material to go on. The real is a matter of practice and the development of the instinct of knowing where the ball is going to pitch."

"But above all things she should not forget her Muller exercises, for they are all important."
(Note—The Muller exercises are gymnastic exercises similar to those taught in America for physical development.)

'Round the Sport Circle

WITH JACK VEIOCK,
International News Sporting Editor

NEW YORK, July 28.—(I. N. S.)—Jack Dempsey may have fractured all high-powered, money-earning records for time elapsed in knocking out Georges Carpentier, but if reports regarding what Joe Lynch received for boxing Sammy Sandow last June are correct the West Side bantam takes the belt.

Dempsey, on the basis of \$300,000 for his bit, earned something like \$117.25 per second against Carpentier.

Lynch, who fought Sandow at the Boxing Dome in the Bronx earlier in the year, was reported to have taken down \$10,000 for his end. As Sandow lasted just fifty-five seconds with Lynch, the bantam boxer was paid \$181.81 per second for his efforts. Of this fifty-five seconds Sandow spent twenty-six taking counts, so Lynch really was at work only twenty-nine seconds at the rate of \$244.83 per second. All of which is going some.

Speaking of records, this bird "Batting" Ghee made on for getting in and out of the spotlight at Atlantic City.

A change of uniform certainly works wonders with some baseball players. Trades and sales during the recent winter caused many a player to swap uniforms when the big league races got under way last spring, and not a few of them are playing better ball than ever before.

Habbit Maranville is a vivid example. Maranville, of course, has long been a wonderful player, but he has seldom shone to better advantage than since he donned a Pittsburgh uniform.

By the same token Johnny Rawlings, who came to the Giants from Boston via the Phillies, has succeeded in filling a yawning gap on Mister McGraw's infield, and Jeff Pfeffer, who went to the Cards from Brooklyn, had little trouble finding himself.

The trade between Boston and Pittsburgh, by the way, was perhaps the most beneficial to both clubs of any that has been made in recent years. Southworth, Nicholson and Barbare have gone a long way toward rejuvenating the punching power of the Braves, and Aronville has certainly done much toward "making" the Pirates.

From recent peeks at the tennis news one comes to the conclusion that Tilden and Johnston will be able to settle the Japanese question if Kumagae and Shimidzu get into the final argument. "Itchey and Shimmy," apparently, will have an anxious time.

Jeff Smith, Jersey's erstwhile globe trotting middleweight, feels the urge of the big coin again and steps forth to say that he would like to mingle with anybody from the best middleweights to the light heavies, which means Johnny Wilson, Mike or Tom Gibbons and Georges Carpentier. Jeff begs to recall to the minds of the jettisoned fans that he went twenty rounds with Carpentier in France and is the only man who was ever credited with a defeat of the late Les Darcy.

The lively ball no doubt has had much to do with the remarkable increase in long-distance hitting this season. It has certainly come as a hoodoo to some of our best little infielders as well. Sharp raps down to the infielders look more wicked from the press boxes than ever before, the ball often taking quick, crazy bounds that demand lightning-like speed and judgment on the part of the players guarding the inner circle if they succeed in hitting or fielding must be taken too seriously. The game would be devoid of most of its thrills if it was played well-nigh perfect.

TENNIS COURT PROVES AN ANCIENT CEMETERY

WESTERLY, R. I., July 28.—(I. N. S.)—Skeletons, believed to be those of men and women buried more than 1000 years ago, have been unearthed by laborers at work on the Moore tennis courts here. The bones have been turned over to experts for examination.

GOLF WAGER TEST

WORCESTER, Mass., July 28.—(I. N. S.)—An attempt will soon be made to drive a golf ball across Lake Quinsigamond from the Washington Club to Winchester's. Jack Hickey, of the Municipal Club will make the try. It all grew out of a wager. Hickey will be given three chances. The distance across the lake is about 225 yards. The average drive with a golf ball is about 250 yards, counting the roll. Hickey is a long driver with an especially high ball, which should aid him in his attempt.

JUDGE BERRY ON RAISINS

COLUMBUS, Ohio, July 28.—(I. N. S.)—A religious question was decided in a booze case here. Arraigned in municipal court, Ben Markeson declared that booze, found in a raid on his house, No. 68 Parsons avenue, was intended for religious purposes. Deciding that raisin whiskey, customarily, is not used for sacramental purposes, Judge Berry fined Markeson \$100 and costs.

It is said that the baby daughter of the Chinese minister in London spoke both Chinese and English when she was 18 months of age.

WOMAN AVOIDS AN OPERATION

Hope Nearly Gone, but Lydia E. Pinkham's Vegetable Compound Saved Her

Star, N. C.—"My monthly spells gave me so much trouble, sometimes they would last two weeks. I was treated by two doctors without relief and they both said I would have to have an operation. I had my trouble four years and was unfit to do anything, and had given up all hope of ever getting any better. I read about your medicine in the 'Primitive Baptist' paper and decided to try it. I have used Lydia E. Pinkham's Vegetable Compound and Lydia E. Pinkham's Liver Pills for about seven months and now I am able to do my work. I shall never forget your medicine and you may publish this if you want to as it is true."—Mrs. J. F. Hursey, Star, N. C.

Here is another woman who adds her testimony to the many whose letters we have already published, proving that Lydia E. Pinkham's Vegetable Compound often restores health to suffering women even after they have gone so far that an operation is deemed advisable. Therefore it will surely pay any woman who suffers from ailments peculiar to her sex to give this good old fashioned remedy a fair trial.

BASEBALL SUMMARY

National League Standings

W.	L.	Pct.	
Pittsburgh	59	33	.647
New York	57	34	.626
Boston	51	38	.574
Brooklyn	48	46	.511
St. Louis	47	47	.500
Chicago	46	50	.481
Cincinnati	38	52	.422
Philadelphia	28	63	.309

American League Standings

W.	L.	Pct.	
Cleveland	59	34	.634
New York	56	34	.622
Washington	50	47	.515
Detroit	46	48	.489
St. Louis	44	49	.475
Boston	42	50	.457
Chicago	40	53	.430
Philadelphia	35	56	.385

Pacific Coast League Standings

W.	L.	Pct.	
San Francisco	74	42	.638
Sacramento	67	48	.583
Los Angeles	61	48	.560
Oakland	62	49	.559
Seattle	61	49	.555
Vernon	58	57	.504
Salt Lake	49	70	.414
Portland	24	84	.222

Yesterday's Results

At Portland 7, Vernon 15.
At Seattle 12, Oakland 11.
At San Francisco 1, Salt Lake 5.
At Los Angeles 2, Sacramento 4.

American Association Results

Columbus 7-4, St. Paul 8-1.
Indianapolis 1-8, Kansas City 2-3.
Louisville 2, Milwaukee 4.
Toledo 5, Minneapolis 9.

German Champ



Miss Erna Murray is the girl swimming champion of Germany, having just won that title against a large field of competitors.



Your rifle's life

is measured by the priming in the cartridges

Every shot has some effect on the barrel. If you use a cartridge with an ordinary priming, the fouling attracts rust and digs little pits in the surface of the barrel. Coarse priming will scratch and wear the barrel.

These destroy accuracy, make the rifle hard to clean and keep clean, and eventually "wear out" the bore.

The U. S. Cartridge Company has developed a priming for car-

tridges which minimizes the effect on the barrel. This priming is in the famous N. R. A. .22s and all U S Rim-Fires. A rifle lasts longer at the time when it is most valuable—that is, when you have had it long enough to know it and regard it with real affection.

Be good to your rifle. Use only U S Cartridges. We sell them in all popular styles and sizes. Money back if not satisfied.

US CARTRIDGES AND SHELLS

UNITED STATES CARTRIDGE COMPANY, New York, Manufacturers

W. J. CLARKE

Pendleton, Ore.

Western League Results

Omaha 7, Joplin 3.
Des Moines 7, Oklahoma City 12.
St. Joseph 7, Wichita 6.
Sioux City 5, Tulsa 4.

A SHOCKING TALE

MARTIN'S FERRY, Ohio, July 28.—(I. N. S.)—Dr. John Johns' coach dog joined a crowd watching linemen restore wires torn down during a storm.

The dog sat down on a live wire, startling the crowd with its yelp.

A board was used in freeing him from his involuntary electrical massage.



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12 Lbs. Sugar	\$1.00
12 Lbs. Head Rice	\$1.00
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Olympic Pancake Flour, large package, each	30c
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