

Meyer's Cereo Vinegar Absolutely Pure



Meyer's Cereo Vinegar
The most healthful vinegar in the world. Sold by best grocers everywhere. If you are sick, keep it, send us his name and we will send you a sample bottle, prepaid, with receipt by Mrs. Elizabeth O. Miller, Freeport Domestic Science Training School, for the delicious new Salad a la Vera, FREE.

CAUTION: Many bad vinegars are sold here with acids which are unwholesome and unwholesome. In getting Meyer's Cereo Vinegar—sold only in bottles. Write for our booklet on Pure Food Vinegar.

CHASE MEYER & CO.
Freeport, Me.

Good Health for Girls

By Emma E. Walker, M.D.

Directions of general interest to the young people of both sexes who are interested in the healthful and enjoyable game of tennis.

A Tennis Game for the Smallest Yard



A game that will be a boon to the smallest yard, and that will better the health of the player.

Seasonable Hints About Health

CULTIVATION OF SKIN. We should bear in mind as a matter of fact that we are naturally thirsty for pure water. The old-fashioned ideas concerning stuffy clothing and bed rooms are now, fortunately, out of date. A bath should never be taken.

A clear skin is one of the essentals of good health and beauty, and nothing conduces more to this end than frequent baths and brisk rubbings. They will do much to keep the skin soft and the white, easy, vigorous.

Are you always careful how the weight of your clothing is distributed? Have as much weight as possible suspended from the shoulders. More energy needed for other purposes is expended in carrying about heavy clothes.

Ocean voyages are often very beneficial in cases of worry, sleeplessness, overwork, mental "break-down," and intensely nervous conditions. A sea trip is often beneficial for those individuals who are very susceptible to "colds" and rheumatism.

Starchy foods, such as potatoes and cereals, should always be thoroughly cooked so that the starch granules may be made easy to digest.

It is a good plan to take a walk or a run after dinner. The game is more appropriate for the cooler days than Court Tennis, especially when doubles are played. It requires great coolness of eye and agility; otherwise there is a good chance of being hit with the ball.

There are various advantages in this sport over the old-fashioned tennis. The space demanded is very small; an area twenty feet square is quite sufficient. The balls do not have to be chased, and there are none of the long waits as in Court Tennis when you are looking for a lost ball. The umpire does not have the nice decisions to make that often come up in the older game.

The expense of the game is far less than that of Court Tennis, as there are no sets of backstops to be provided. It is rapid and interesting, and can be played by girls as well as boys, and, on account of these various advantages, deserves to be popular.

FOR BACKHEADS. Enlarged pores at the sides of the nose it is a good plan once or twice a week, after washing the face with hot water and soap at night, to press out the contents of the engorged pores. Rub on these spots soap lather and let it dry and remain on the parts overnight. It will help to reduce the size of the pores.

The girl with round shoulders will find the following exercises beneficial. Stretch the arms out at the sides at a level with the shoulders, palms up; rotate the arms in small circles, well back. Take the exaggerated correct standing position and hold it long.

A good lotion for freckles is composed of a teaspoonful of ammonium chloride to four ounces of distilled water.

Tea is most laxative when taken between meals, for its course is not then impeded by the presence of other food. The laxative action is also increased by drinking at the same time a glass or two of water. Kipe cherries and plums are very healthful on account of the vegetable acids and salts which they contain.

Lawn Tennis as an Exercise for Girls

PROBABLY most girls go through with the same stages in tennis, and at the end make only fairly good players. Various reasons are given for this, such as deficient strength and lack of physical training. However, most of us enjoy tennis, and do not lose our love for it even though new sports claim our attention. Tennis is a healthy exercise for both body and mind.

To play to the best advantage the court should be properly laid out, especially in regard to space, light and drainage. The court itself should occupy a square sixty feet by one hundred and twenty, and it should be surrounded by five backstop nettings ten or twelve feet high, and at the same distance from the lines. It should be laid out from north to south, never from east to west, as in the latter case the players on one side will always be blinded by the sun. It should be in a space always flooded by sunlight, where no shadow can cross it. Its background should be green or black, or any dark, even color. The ground should be either naturally or artificially leveled, otherwise there will be many times after a rain when you will not be able to play without treading your feet.



POSITION FOR SERVING

It must be timed correctly, and this depends entirely upon the eye. Unfortunately this fine observation cannot be taught. If you adopt a good style at first then persistence will bring progressive improvement. It is a good plan to begin by driving a ball against a wall. You must never allow any stiffness of arm or elbow. Do not aim at grace or effect. All correct strokes allow easy, free body-movements which are bound to be natural and graceful. Every muscle of the body is exercised in a vigorous game of tennis. Agility and grace are cultivated by the free swing of legs and arms.

Another factor of value is the running. Learn to run hard. In this way many a ball that would otherwise be out of reach may be returned.

FOR a forehanded stroke the left foot should be advanced, not first, but just as you are ready for the stroke, so that the weight of the body, the swing of the arms, and the strength of the wrist all act together. The body is held sideways, and the balance at the time of striking is on the left foot. In this attitude the strokes attain greatest freedom, and the body is held quite steady. The correct position of the legs contributes greatly to successful playing. There are, of course, many strokes in which the arm and wrist play the chief part. Accuracy and rapidity of stroke are also essential to good playing.

The shoulder-joints are made supple, and the sinews of the wrist are strengthened. Tennis develops the muscles of the arms and legs especially, as well as those of the chest. In order to play as you ought you should wear a comfortable costume. The dress should be loose and light, while the weight of the clothing should be borne from the shoulders. The collar should be low and the sleeves short.

The First Taste

Considers you of the superiority of ice creams and legs made with a **WHITE MOUNTAIN FREEZER**. Avoid all the "lazy folks freezer" that claim to do all the work. They cannot make smooth, fine ice cream, without heating the mixture. The Triple Motion gives most pleasing in the least time and freezes the quickest. The best ice cream can be made in four minutes with a

TRIPLE MOTION White Mountain Ice Cream Freezer

It is the standard freezer of the world; the most famous, the best constructed and most enduring. Examined at the nearest hardware or house-furnishing stores. **Freeze - FREE** A new edition, illustrated, handsomely illustrated, is ready. Send your name.

WHITE MOUNTAIN FREEZER CO.
Dept. F
Nashua, N. H.

What Shall We Have for Dessert?

This question arises in the family every day. Let us answer it to-day. Try

Jell-O

A DELICIOUS and HEALTHFUL DESSERT

Prepared in 2 minutes. No boiling. No baking. Simply add boiling water and set to cool.

FLAVORS: Lemon, Orange, Raspberry, and Strawberry.

Get a package at your grocer's to-day. 10 cents.

PREPARED BY **THE GENESEE PURE FOOD CO.,**
Le Roy, N. Y.

CALIFORNIA

For real concentrated deliciousness there is no fruit put up in the world today that will compare with **BISHOP'S CALIFORNIA ORANGATE**. It's refreshing, appetizing—change from the ordinary run of preserved fruits.

If your grocer does not have it send us his name and \$1 for four full-size jars, express paid.

BISHOP & COMPANY
Los Angeles, Cal.

ORANGATE ALABASTINE

CANT STOP TO COOK LUNCH

Too busy? It is not necessary to cook.

Take a jasty lunch with crackers or bread together with

UNDERWOOD'S DEVILED HAM

Requires no Cooking

A K-H, can costing but 15c. will make twelve sandwiches, enough for a lunch for the whole family.

Made of the Finest Ham and Choicest Spices.

Pure, wholesome, appetizing and economical.

WM. UNDERWOOD CO., Boston, Mass.

WONDERLAND PUDDING TABLETS

For One Cent

WONDERLAND PUDDING TABLETS are a delicious and economical treat for the whole family. They are made of the finest ingredients and are so prepared that they can be eaten at any time of the day or night. They are a most refreshing and healthful dessert.

WONDERLAND PUDDING TABLETS

WONDERLAND PUDDING TABLETS are a delicious and economical treat for the whole family. They are made of the finest ingredients and are so prepared that they can be eaten at any time of the day or night. They are a most refreshing and healthful dessert.