



TACOMA TROOP BEATS SEATTLE BOY SCOUTS

Although outwitted by the Seattle boy scouts, the Tacoma eleven showed their superiority Saturday by winning the football game, 13 to 0. Slyter was the star of the game and his sensational work on the offense aided materially in the scoring of his eleven's points. The game was lively all the way through.

The Tacoma scouts were selected from four different troops by Dr. F. J. Soule, who coached them for the fray.

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LIMITED TRAINS — 7:00, 8:00, 9:00, 10:00, 11:00, a. m.; 12:00, 1:00, 2:00, 3:00, 4:00 and 5:00 p. m.

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FOUR-DAY SHORT LINE
Tacoma and Seattle
Leave Tacoma 7:15, 8:15, 9:15, 10:15, 11:15, a. m. and 1:15, 2:15, 3:15, 4:15, 5:15, 6:15, 7:15, 8:15, 9:15, 10:15, 11:15 p. m.

Daily except Sunday.

EXERISE FOR THE INDOOR MAN

SIMPLE MOVEMENTS DESCRIBED FOR TIMES READERS BY THE FAMOUS INSTRUCTORS WHO TRAINS CHICAGO UNIVERSITY ATHLETES.

BY DR. D. B. REED, Professor of Physical Culture in the University of Chicago. With Pictures Especially Posed by J. H. Nichols, Gymnasium Instructor of the University.

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LESSON NO. 1.

In response to request for simple and effective exercises for men who work, but who get no exercise in their work, it may be said at the outset that the ideal type of exercise is one which provides fun in addition to the benefits to be derived from muscular contraction. If a man has the opportunity to play tennis or handball or volleyball, or to skate or swim, by all means let him do so and gain the nervous and mental relaxation and recreation which make bodily exercise immensely more valuable.

For the purpose of the "exerciseless workers" the emphasis should not be placed upon the generally overworked hoops nor the thick neck the shoulder, but upon the too-often neglected abdomen, the condition of the muscles and contents of which are of great importance to his general well-being. The most desirable times for these exercises about two hours before the mid-day or evening meal, are probably impossible for the average man and, of the remaining times, that immediately after rising is much better than the evening.

The place should be out of doors or in a well-ventilated room and a cold or cool bath may well be taken afterwards if the man reacts well—that is to say, if he feels a warm glow immediately after leaving the water and REMAINS WARM. In general the less vigorous exercises should be taken first and the order given may well be followed each morning.

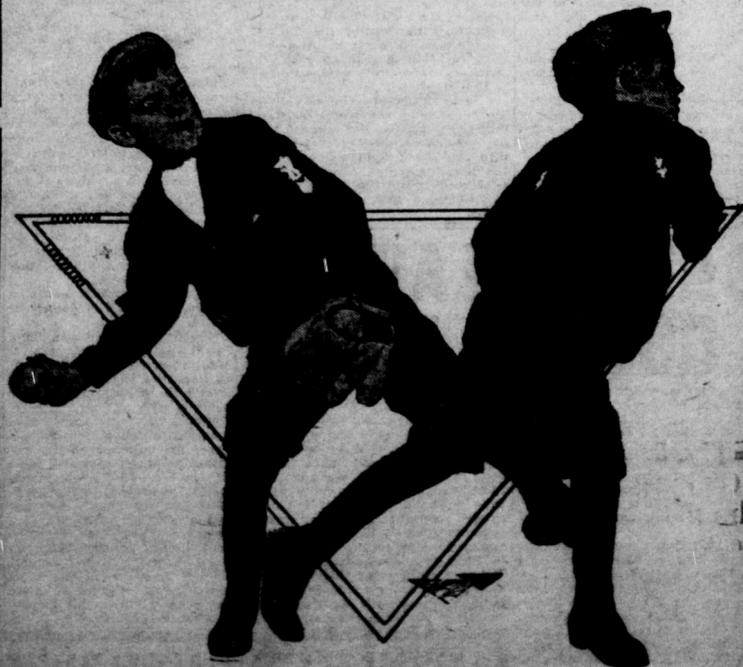
WANT CHANGES

NEW YORK, Dec. 22.—Changes in the Davis cup and general tennis rules are being advocated by the English Lawn Tennis association. The Britons have been stirred up by the victories of Americans and are taking a lively interest in tennis matters.

COOMBS BETTER

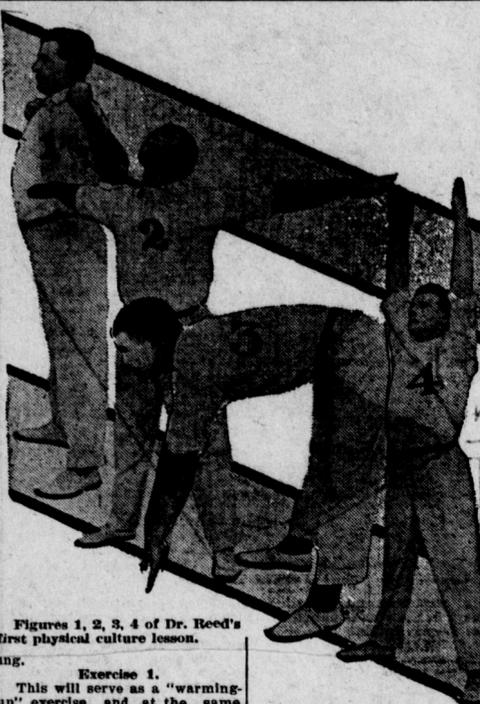
Jack Coombs is recovering health rapidly, and will probably be able to play next season. He says he feels 10 times better than he did six months ago.

"Little Six" Shows How "Big Six" Does It



Christie Mathewson, Jr., aged 7—"Little Six," son of the world-famed "Big Six," the celebrated veteran baseball pitcher with the New York Giants of the National League, is caught by the camera demonstrating some of the tricks that have made his father famous. He shows the start and release of that famous Christie Mathewson curve, the "break" of which is so baffling to heavy swatters with high averages.

"Little Six" says:
"My papa says you must practice your curves every day."
"And my papa says, too, that you have to learn to hit."
"And papa says you should go to all the ball games and look out for other people's mistakes—that's the way to be a famous pitcher."



Figures 1, 2, 3, 4 of Dr. Reed's first physical culture lesson.

Exercise 1.
This will serve as a "warming-up" exercise and, at the same time, tends to correct the faulty position of head and shoulders which sitting at a desk or in similar positions tends to produce.

From the position shown in Figure 1, with fists doubled and elbows close to the sides, extend the arms to the side and slightly backward and upward, at the same time forcing the head back until the position shown in Figure 2 is assumed. Care should be taken to keep the abdomen in and NOT to hollow the lower back. Return to the first position vigorously and repeat from ten to twenty times. In this and the succeeding exercises the movement should be quick and hard and each position should be held momentarily.

Exercise 2.
This is a somewhat more vigorous one, involving the back as well as the arms and shoulders. From the position of Figure 1 bend forward and extend the

arms downward to the position of Figure 3. Return to the first position and then extend the arms upward to the position of Figure 4, keeping head and arms well back, but without hollowing of the lower back. Return again to first position. This makes the exercise complete with four parts and it may be repeated from five to ten times at first and more later.

Dr. Reed's second physical culture lesson will appear in tomorrow's Times.

WILL NOT PLAY

NEW YORK, Dec. 22.—Harry Payne Whitney will not play with the American polo team next year, but will merely act as head coach. Larry Waterbury or Foxhall Keene may lead the poloists.

GOLF CADDIES PLAY TOURNEY THIS FRIDAY

The annual golf tournament of the Country club caddies will be held Friday. The youngsters will play 18 holes, medal scores and a number of prizes go to the caddy with the low score for the day. The kids have been practicing for this event for weeks.

YALE WILL HAVE HUGE STADIUM

NEW HAVEN, Dec. 22.—Work has begun on the construction of Yale's new stadium which will seat 62,000 to 100,000 people, and which is much larger than Harvard. It is hoped that it will be completed in time for the annual game with the Crimson.

TINKER BALKY

CHICAGO, Dec. 22.—Joe Tinker is not yet a member of the Brooklyn team. Wilbert Robinson, manager of the Superbas, says his salary demands are too excessive.

Short Sport

Earl Conners looks to be a very promising 115-pounder. He has not much of a punch, but he's mighty clever.

Joe Bonds challenged Farmer at the Eagles' smoker and the loser crawled through the ropes with the evident intention of occupying the deck, but somehow did not go through with it.

It is more than likely that Jack Knight, the big first baseman of the New York Highlanders, will cover the initial bag for Toledo next season.

Mike Lynch is said to be dickering for First Baseman Hester of Great Falls.

Eddie Shannon said at the Eagles' smoker that it was a great night for the Irish, and so it was.

Jim O'Brien is getting better in every one of his contests, and is as clever a boxer as any of the lads in this section.

James Coffman, boxing instructor of the Y. M. C. A., is a great fan, and can be found at the ringside whenever there is a smoker.

J. M. Barnes, the golfer, is another boxing enthusiast. The basketball season will soon be in full swing.

BEAUTIFUL SILVERWARE FOR TIMES READERS

A set of six beautifully decorated French finish Rogers Silver Tea Spoons free to mail subscribers to the Times. They are of beautiful design and will last a lifetime. A set of these spoons could not be duplicated at any store for less than \$2.50. We have bought them in such large quantities that we are able to give them to our subscribers. All that is necessary for you to do is to pay your subscription to the Times one year in advance (\$2.50), and the spoons will be sent you, charges paid. If your subscription does not expire for some time, you can take advantage of this offer now and renew for a year from the time it expires, or by interesting a friend in the Times and taking a year's subscription at the regular price you will receive the spoons just the same. They will make a fine Christmas present if you do not need them yourself. This offer does not apply to agents.

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WILL BE WARM SESSION AT PORTLAND TODAY

There will probably be a warm old time when the Northwestern league magnates get together at Portland today. Nearly all of them have demands they declare must be satisfied, and naturally will tread upon the toes of each other.

Iron Man McGinnity and Judge McCredie are after the opening week with Seattle, and fur is bound to fly over the matter. The Iron Man declares Tacoma has not had the opening date with the Tillkums since the league began. Portland laid their first series on the Yesler way park last year, so it looks as if McGinnity was within his rights.

In the meantime Cupid Dugdale is threatening dire things unless he is given 18 weeks of baseball out of 24—a rank hold-up, if anyone should ask. He threatens to establish a minor league if this is not done and give Seattle continuous ball. The other magnates are not fretting.

Vancouver and Victoria also have demands that they want satisfied, so it promises to be a high old time all the way around. There may be a number of trades consummated at the meeting. McGinnity has his eye out for Delmas and Lamb of Victoria, and may try to land them.

OLD IKE ROCKENFIELD GETS DROPPED BY LINCOLN

Released by Lincoln, Neb.—Ike Rockenfield was always high class and his baserunning likewise.

He had just one fault, common with a great many professional athletes. He had a marked fondness for the flowing bowl, and it would not be surprising to learn that this has been responsible for his downfall.

Ike left Tacoma two or three seasons ago to play with Kansas City, who released him after a bit to Lincoln. And now he has been dropped by the Western leaguers.

CROUP AND COUGH REMEDY
Croup is a terrible disease. It attacks children so suddenly they are very apt to choke unless given the proper remedy at once. There is nothing better in the world than Dr. King's New Discovery. Lewis Chamberlain, of Manchester, Ohio, writes about his children: "Sometimes in severe attacks we were afraid they would die, but since we proved what a certain remedy Dr. King's New Discovery is, we have no fear. We rely on it for croup, coughs and colds." So can you. 50c and \$1.00. A bottle should be in every home. At all Druggists. H. E. Bucklen & Co., Philadelphia, St. Louis.

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CAUTION!

The great popularity of the clean, pure, healthful WRIGLEY'S SPEARMINT is causing unscrupulous persons to wrap rank imitations that are not even real chewing gum so they resemble genuine WRIGLEY'S. The better class of stores will not try to fool you with these imitations. They will be offered to you principally by street fakirs, peddlers and the candy departments of some 5 and 10 cent stores. These rank imitations cost dealers one cent a package or even less and are sold to careless people for almost any price. If you want Wrigley's look before you buy. Get what you pay for. **Be sure it's WRIGLEY'S.**

We are inserting the above caution solely to protect our customers, who are constantly writing us that they have been deceived by imitations which they purchased thinking they were WRIGLEY'S.