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TACOMA BEGINS SEASON UP IN VANCOUVER

PORTLAND, Dec. 23.—When the directors of the Northwestern league baseball club adjourned at an early hour this morning, they had reached a tentative agreement on an opening schedule as follows: Portland at Seattle, Tacoma at Vancouver, and Victoria at Spokane.

Arrangements were also made for a series with the Colored Giants.

The 1914 season will probably open April 14 and close September 27. As yet, no trades have been consummated by any of the magnates.

Those present at the meeting are President Fielder A. Jones, H. C. Farr, Spokane; Joe McGinnity and Frank Redpath, Tacoma; D. E. Dugdale, Seattle; L. A. Watalet, Victoria; William W. McCredie, Portland; Robert Brown, Vancouver, and Mike Lynch, Spokane.

MEET SET OVER UNTIL AFTER HOLIDAYS

Because of the holidays, the workout between grapplers of the Y. M. C. A. and Cushman school, set for last night, has been postponed until January 2. It will not be a meet between the two schools, but will just be in the nature of affording the men practice with strangers.

LEVINSKY WINS ANOTHER FIGHT

NEW YORK, Dec. 23.—Although he gave away 26 pounds to Jim Coffey, Battling Levinsky had the better of the Dublin giant in nine out of ten rounds and easily won the decision.

George Rodel defeated Jim Flynn without much trouble.

SWEET DREAMS?

President Gilmore of the Federal league says that he has 30 major leaguers signed to play with his organization next season.

EXERCISE 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.

LESSON NO. II.

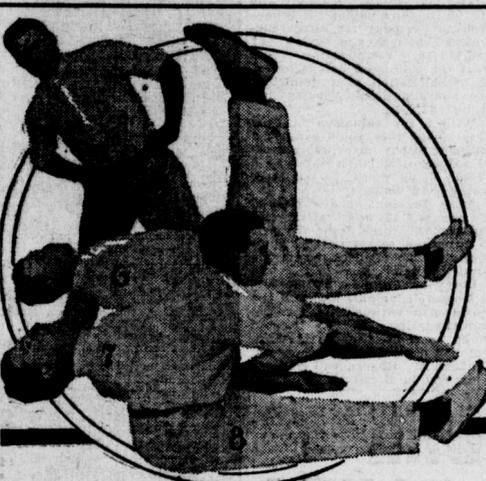
The next three exercises involve the waist or abdominal muscles and are of especial value in that they tend to reduce a prominent abdominal wall, to promote the movement of the intestinal contents and thus aid digestion and prevent constipation. They are very likely to cause soreness at first and must be taken in moderation during the first few days.

Exercise 3.

This is designed for the muscles at the sides of the abdomen. From the position of Figure 1, but with hands on hips, bend to the side as far as possible, assuming the position of Figure 5. Return to the first position and repeat to the other side. The feet should remain flat upon the floor throughout and the hips should not be moved; the entire movement being just above the hips. The movement should be fairly quick at first and may be repeated ten times to each side. Later it may be made more quick and vigorous and repeated more times.

Exercise 4.

This and the following exercise are for the muscles on the front of the spine and particularly for those on the front of the abdomen and are especially valuable.



Dr. Reed's second physical culture lesson. Pictures posed by J. H. Nichols, gymnasium instructor of the Chicago university.

They alone of the exercises which are suggested should be taken slowly.

Starting from the position of Figure 6 raise the legs to the position of Figure 7, hold them there an instant and return them slowly to the first position, keeping the knees straight throughout. Do not let the feet fall to the floor nor the knees bend, but retain control of the legs and lower them lightly to the floor. It may be wise to repeat this but two or three times the first morning and gradually increase the number. If it causes soreness do not increase the number for a week or until the soreness has nearly disappeared.

Exercise 5.

From the same starting position as in Exercise 4, as shown in Figure 6, sit up and reach for the toes with the fingers, as in Figure 8, keeping the knees straight and the back fairly flat and the head back. Return to the first position and repeat perhaps five times at first, increasing the number later. This also should be done slowly.

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

XMAS SUGGESTIONS



French Fold Four-in-Hand Ties, in diagonal stripes and plain shades, all done up in neat boxes, 19c, 25c and 50c.

Fancy Suspenders, large assortment; prices 50c, 75c, \$1.00; in neat Xmas box.

Matched sets of Men's Silk Hose, Silk Supporters and Silk Arm Bands, in Holly Boxes; Price 50c to \$1.50.

Kerchiefs, pure linen, 1/2 dozen in fancy Xmas box, \$1.00 to \$1.50.

Better Late Than Never

MINNEAPOLIS, Dec. 23.—Sixty-three "M's" will be distributed to former University of Minnesota football players from 1890 to 1899, who never received their letters.

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 (\$3.25), 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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LISTEN, FELLOWS, THESE BOYS HAD LADY FOOTBALL COACH

COVINGTON, Ky., Dec. 23.—Mrs. Carrie Burkhardt—all the boys call her "Coach"—believes all girls and women who are not physically unable would derive much benefit from paying football. Believing this Mrs. Carrie Burkhardt is going to organize a girl's football team next year. She will play quarterback and captain the team. It is probable that her team will line up against the Price Hill High eleven to give the latter practice work between regular games.

"I don't recommend football for all women," said Mrs. Burkhardt, "because the game is too strenuous for some boys. I do not understand, though, why all women don't go in for sports, outdoor sports preferred. I started playing boys' games (I don't see why they are called boys' games) when I was young. I had five brothers and had to play their games to keep from being lonesome, and now I'm glad I did."

COVINGTON, Ky., Dec. 23.—By outpointing Joe Hill of Tacoma last night, Tex Vernon of this city won the featherweight title of the Northwest. The two little fellows boxed six rounds at the K. P. smoker. For the first few rounds the go was an even affair, but Vernon grew stronger at the close and easily made a better showing in the last round.

This is the third time Vernon and Hill have met. Their first encounter was a draw, and Vernon was given the decision in the second.

JOE HILL LOSES TO TEX VERNON AT ABERDEEN

ABERDEEN, Dec. 23.—By outpointing Joe Hill of Tacoma last night, Tex Vernon of this city won the featherweight title of the Northwest. The two little fellows boxed six rounds at the K. P. smoker. For the first few rounds the go was an even affair, but Vernon grew stronger at the close and easily made a better showing in the last round.

This is the third time Vernon and Hill have met. Their first encounter was a draw, and Vernon was given the decision in the second.

TRANSFER MADE

NEW YORK, Dec. 23.—Joe Tinker was formally transferred to Brooklyn yesterday by Secretary Heydler of the National league.

The Book Store, 926 Pacific av. "Advertisement."

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SUITS \$15-\$20-\$25
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Bonafide Testimonials From Thankful People
Cured by the wonderful N. Yow Chinese cures.
The following is one of many gratifying testimonials which we receive:
"Twenty-five years ago I contracted blood poison and have been troubled with it constantly. Since I have doctor-ized and have tried everything recommended to me by friends and others without success or result, I was at last advised to try N. Yow Chinese Remedy Co. and I am now glad to relate that I am well and healthy."
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N. Yow Chinese Remedy Co. has cured others let them cure you.
118 1/2 Pacific av., 119 1/2 Commerce, Phone Main 232.
Give us your symptoms and we enclose stamped envelope and we will tell what disease you have.

BOY SCOUTS ARE GIVEN TALK ON GAME BIRDS

A talk on the different kinds of game birds was given by George Barlow to the boys composing the newly organized scout game patrol. There were 16 boys in attendance and they listened carefully to Mr. Barlow's remarks.

The Book Store, 926 Pacific av. "Advertisement."

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FREE Wine For Christmas

Beginning Tuesday, December 23, and continuing until Wednesday night, we will give away free of charge, one bottle of special 75c port wine with each purchase of \$2.00 or over. (Excepting beer from above free offer.)

This applies also to deliveries made to your home without any extra charge.

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We have what you want in our line. We are the oldest house in the city and we have the oldest whisky in the city, and we can prove it. Phone Main 6022.

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Trains Leave 8th and A Streets, Tacoma
LIMITED TRAINS—7:30, 8:30, 9:30, 10:30, 11:30, a. m.; 12:30, 1:30, 2:30, 3:30, 4:30 and 5:30 p. m.
All Limited Trains Stop at Auburn and Kent.
LOCAL TRAINS leave at 6 a. m., 7 a. m., 8 a. m., 9 a. m., 11 a. m., 1 p. m., and hourly until 9 p. m. Then 10:00 p. m. and 11:30 p. m. (last train).
PUYALLUP SHORT LINES—Trains will leave Tacoma at 6:10, 7:10, 8:10, 9:10 and 10:10 a. m.; 1:10, 2:10, 3:10, 4:10, 5:10, 6:10, 7:10, 8:10 and 11:30 p. m.
*Daily except Sunday.