This tip is from Nick Stagg and it deals with Re-turning Roughed Out Bowls.

Sorby makes a revolving Steb tail center and I've used it mostly for spindle turning. It was in the lathe when I was re-turning roughed out bowls. To do this I face the top of the bowl to the headstock and friction drive it with a wooden mandrel faced in old carpet underlayment. I used the Steb center to support it and I found that the serrated outer rim of the tail center gave a very positive hold. More importantly, when it came time to reverse the bowl to remove the foot, I brought up the tailstock and found that by lining up the impressions made by the serrations, the bowls run very true; much more than with a normal tail center.