

# Dominion Tires

600 x 16

Special — \$15.75

Paris Auto Supply Ltd.

Turner 4-1541

For Your Building Needs —

SEE

LOUGHLIN

HOME SUPPLY CO., LTD.

DEALERS IN

Rough & Dressed Lumber  
Doors, Sash, Trim, Plywood

Phone BA. 1-7500-AV. 5-2101

Stop 21A, Yonge ST. Richvale

HOURS: 8 A.M. TO 7.30 P.M.

SATURDAY 8 A.M. TO 4.30 P.M.

keep in step  
with  
prosperity  
VOTE LIBERAL

1946-1953  
these have been  
GOOD YEARS  
with the  
BEST yet  
to come!

RE - ELECT



JACK SMITH  
IN  
NORTH YORK

A MEMBER YOU KNOW —  
A member who has served faithfully  
and well, all the people of  
North York

Campaign Headquarters, Newmarket

TELEPHONE NEWMARKET 95

For information Telephone Richmond Hill TU. 4-1261

North York Liberal Association

# DISTRICT SPORT NEWS

## 30 Years Old Father Of 3 Is Stock Jockey

With new stock car racing plants opening all over the place, it's hard to keep track of who's racing where or when. However, Don Reid who pilots No. 16 at Pincrest Speedway every Saturday and Wednesday nights, thinks there's nothing like jalopy-jockeying for a sport.

"Do you make any money at it?" he was asked.

"Money!" replied the 30-year-old father of three. "Not very much but haven't been doing bad lately. Generally manage to get in for a bit of money."

Reid's best fan is his wife, who commutes each racing night between Orangeville and the No. 7 highway track.

"I love stock car racing," Mrs. Reid will tell you. "Very seldom does anyone get hurt and there's a wonderful spirit among the boys. And, on top of that, it's so exciting."

Reid, president of the Humber Springs Racing Club up in the Caledon hills, ran into a bit of car trouble early in the Pincrest season when he took out two front ends in a week.

After he got his buggy tuned up again — he's a mechanic — Don had a good month in July. He finished first in qualifying heats on four occasions, grabbed a pair of seconds and as many fourths. As Pincrest has a share-the-wealth plan instead of giving the feature winners all the dough, Reid has been making ends meet.

August, he hopes, will be bigger success for the Reid family. A feature victory would be most welcome and after grabbing fifth spot in the 50-lap midseason championship, Don thinks he'll hold his own from here in.

Join the Reids, Browns, Jones, etc., for a cool, exciting evening — the kids are admitted free — at Pincrest any Wednesday and Saturday. Action starts at 8.30 p.m. — and there's always plenty of it.

## The Sports Clinic

An Official Department of Sports College  
Conducted by Lloyd Percival

### A Power Hitting Tip

Marty Marion, famous shortstop and baseball authority claims that "tight hard swinging" is a very common weakness especially with the younger players. This is caused by over anxiety to hit and especially over anxiety to hit a long ball. Marty in referring to "tight hard swinging" means the habit so many hitters have of tightening up their muscles tensely when they swing. This naturally spoils the efficiency of the swing and means the hitting attempt is likely to be spoiled. This is especially understandable with those hitters who are trying to give the ball an extra long ride.

Marty suggests that the hitter should analyze himself at the plate and if he notices any tightness or tension when he swings, he should try to correct this by developing a more easy swing with the shoulders relaxed all the way through.

Trying to hit hard according to Marion is one sure way of not hitting hard. He claims the secret of hitting a long ball is a smooth relaxed swing that features timing and a proper flow of strength. Muscular tension destroys all these things. Incidentally, this point applies to softball as well as baseball. So remember if you want to start hitting that long ball make your swing as smooth and relaxed as you can.

### When To Breathe

In the 100 Yard Dash  
There is some difference of opinion regarding this question but the top level experts claim that a sprinter should take a deep breath during the "get set" position and should hold this for 50 or 60 yards. Then he should try to take another deep breath and hold it to the end.

The idea of breathing in this way is not because of the fact that the sprinter needs oxygen but be-

cause when you have taken a deep breath it lifts your chest into an ideal high position which means that your stomach and lower groin muscles will be pulled up and out of the way of all the action that is taking place in the hip area. A lot of sprinters let their chests deflate at the 50 or 60 yard mark and this causes them to lose form from the resulting poor posture. The idea is to take a big breath on the "get set" and another around the 60 yard mark.

### Don't Be a "One-Sided" Fielder

You may not realize it but the odds are that you are not as good at fielding balls hit to your left side as you are those hit to your right side, except, of course, if you are left handed, then just the opposite would be the case.

It is only natural that a right-handed ball player should be able to field better when the ball comes to his right side. It is easier for him to move this way to take the ball. The record book shows that 75% of all the errors made in amateur hardball and softball are made when the ball is hit to the left side of a fielder. So, if you want to cut down on your errors and improve your all-around fielding game, no matter what position you play, make sure you improve your fielding on the left side. Every day make sure you get someone to give you some extra practise fielding and catching balls hit to your left side.

"Big league" managers call a player who can't field equally well on both sides a "one-sider." A player who earns such a title never makes a "big league" team.

### Lay Back For Greater Height

The one fundamental that will probably make the most difference to a pole vaulter if he remembers it well and puts it into practise is the development of a proper lay-back. It is the lay-back that enables you to get your legs and hips up to a good height and upper body well back. Then when you feel your legs moving upward apply the pull. Without a proper lay-back everything else that makes up a good pole vaulter is impossible, with a good lay-back you will be surprised at how easy it is to get up and over heights that are now just wishful thinking.

The proper sequence is to plant your pole, swing up with your pole, letting it do the work, and then as you feel yourself going up with the pole lay your head and upper body well back. Then when you feel your legs moving upward apply the pull. Without a proper lay-back everything else that makes up a good pole vaulter is impossible, with a good lay-back you will be surprised at how easy it is to get up and over heights that are now just wishful thinking.

### Hot And Cold For Sore Muscles

Recent study by training experts has proved that the best way to cure shin splints and other muscle discomfort caused by hard physical activity, especially when you are not used to it, is to bathe the painful area with alternate hot and cold applications.

Start off with hot and finish with hot. The schedule suggested is hot for 4 minutes, cold for 1 and for the best results do this for 20 minutes several times per day. The hot water should be about 115 degrees and the cold as cold as you can get it. Remember, start with hot and finish with hot and use hot for 4 minutes, cold for 1.

### Make the smartest play you can

and join Sports College, and take full advantage of its many services. Write us a note saying you would like to become a member and we will do the rest. Membership is free, everyone can join as there are divisions for all ages. Just write that note saying you would like to become a member and send it to: Sports college, Box 99, Toronto 1, Ont.

## High School Prelim. Bout

## Mangotich's Lightning Start Ends In Loss To Mexico's Lopez

By Quintin Wight

The main event of the evening at the Richmond Hill arena got off to a flying start as they say, when Gori Mangotich pinned Juan Lopez of Mexico for the first fall, almost before the starting bell had finished ringing.

Mangotich, who had already fought one bout on the same card, came sailing out of his corner as the bell rang and tossed the startled Lopez all over the ring. Then he ran back into the ropes, bounced off, caught Lopez in a flying body block and slammed on a top spread for the pin. Lopez didn't even get time to say "ouch."

Lopez didn't give Gori a chance to try the same tactics in the second round. He stayed near the ropes till he could get a good grip on Mangotich, then when he did grab a hold, he held him down and proceeded to kick the living daylight out of him. Lopez doesn't need tape to be a villain. He seems to have a great profusion of elbows, knees and fists which have a way of unerringly seeking out his opponent's most sensitive spots. He held Gori from behind, then punched him repeatedly in the spine until Ed collapsed. Then he applied his back neck twist and forced a submission fall.

Both men got in a few licks in the third fall. The leglock was most commonly used, accompanied of course by a series of kicks to the kidneys. Gori worked a figure four leg-lock on Lopez, then used some of Juan's old tricks and pounded him in the spine. Lopez replied by biting Mangotich, then backing him into the ropes and knocking him silly. A final application of his neck twist left Gori a heap on the canvas, and Lopez the winner of the bout.

The second main bout of the evening was a rematch of the great battle between The Black Panther and Waldo Von Sieber, which ended so indecisively some weeks ago. Sieber, taking a leaf from Angus Scott's book, opened the match with a series of flying drop-kicks, which took the Panther somewhat by surprise, and knocked him flat on his back. The Panther rose,

shook hands with the astonished Von Sieber and, flashing a beautiful set of choppers posed politely to the audience. For some time he was baffled by the speed and great agility of Von Sieber, but managed to catch him in a series of arm-and-shoulder throws, then applied his Conk Bonk and a body press to take the first fall.

Von Sieber, appearing quite fresh for the second round, began with a barrage of mule kicks, punches and knee lifts to the face. He continued by kicking the Panther out of the ring altogether. When the Panther came back in again the Teuton Terror caught him in a double bar arm scissors, rammed his head in the mat a few times, then lifted him way into the wild blue yonder and brought him crashing to the mat. A flying body smash, followed by a unique top-spread temporarily disposed of the negro gentleman.

The Black Panther was full of fight at the opening of the third round. He pounded Von Sieber incessantly, then tossed him to the cement at ringside. He then followed him out and started a Battle Royal on the floor. When this was broken up the Panther grabbed Von Sieber by the neck and started bouncing his coiffeure in the ring turnbuckles. Von Sieber didn't like it, but he couldn't say much about it, because he was being strangled at the same time. The referee — dozing in a corner it seems, finally woke up to the fact that this was illegal though, and disqualified the Panther, giving Von Sieber the fall and the match.

In the third bout of the night, Gori Ed Mangotich worked Antonio Rocci over thoroughly before pinning him with a reverse Mexican back crab.

Jaques DuBois, of Sault Ste. Marie, was disqualified in his match with Wilhelm Bauer for kicking the referee out of the ring.

In the first preliminary of the evening, two High School boys, Gordon Sharpe and Bob Tomlinson, gave an exhibition of Olympic wrestling. Tomlinson pinned Sharpe with a body press.

## Hold Water Safety Beginners' Classes At The Thornhill Pool

Pupils and instructors have been working hard during the past month in preparation for the new Red Cross award, "The Water Safety Beginner." This test has been introduced to interest beginner swimmers in various skills, both in and out of the water, which are basically important for all swimmers.

This test includes water safety knowledge, reaching assists, safety skills, and a swimming test. The majority of those who have already passed this test were unable to swim across the pool at the start of the season.

The following boys and girls are the proud holders of the "Water Safety Beginner" pin and are now working on the next award — The Red Cross Junior Swimmer.

Thornhill District  
Garry McFarlane, Dianne Burton, Sharon Lewis, Jim McGhee, Pat Vlassoff, Bruce Ince, Sheila Craig, Penny Edwards, Paul Donkersley, Jim McTaggart-Cowan, Fred Taylor, Ann Wainwright, Andy Trevalaric, Carolyn Martin, Yvonne Robinson, Mel Ward, Mar-

ion Robinson, Brock Napier, David Walker, Billie McCallum, Terry Higgs, Lynn Bolwell, Carol Mason, Dennis Robinson, Betty Vautier, Bill Gage, Sally Bracket, Billie Ball, Jackie Duncan, Frank Higgs, Pat Harvey, Beth Boal, Wendy Sowdon, Rosemary Curtis, Pat Atkinson, Carol Neeland, Norma Lenton, Carol Jarman, Gervace Huestis, Angela Mickelborough, Anne Rogers, Gall Cumming, David Voigt, McClaren Beveridge, Allan Spence, John Richardson, Janet Crain, Jackie Barber, John Lightfoot and Frank Maw Jr. Richmond Hill  
Garry Kozak, Glen Dawson, Ken Dawson, Steve Ripley, Barbara Southwell.  
Willowdale and District  
Nancy Utterly, Cathie Sinclair, Barbara Baird, Roger Taylor, Arlene Fowler, John Bateman, Karen Clark, Danny Harris, Robert French, Marion Stevens, Peter Fisher.  
Woodbridge  
Diana James and Ann Blake.  
Toronto  
Sue Priddle

## Church Vacation School Held In Henderson School

Many girls and boys of the High-lad Park and Doncaster areas have had an especially good time the past two weeks by attending Church Vacation School in the Henderson Ave. Public School. The school was under the direction of Miss Sara Harrison and Mrs. M. E. L. Mercer, deaconess, who are on the staff of the Toronto Home Missions Council of the United Church. They, with Miss Barbara Barrow, a graduate of the Ontario College of Education, were the department leaders. The parents of the community showed their appreciation and 20 mothers and young women assisted in the school, about six helping each day.

The school was for girls and boys 5 to 11 years of age, and was held from 1.30 p.m. to 4 p.m. One hundred and forty-five were enrolled and the average attendance was 100. Certificates were presented for 80% attendance.

The theme of the school was "Learning from Jesus" and the program included Bible study, worship, hymns and songs, handicraft and recreation. Miss Kim of Korea visited the school and spoke to each department. An offering was taken for needy children in Korea.

Last Thursday evening parents and friends were invited to a program presented by the girls and boys. More than 200 persons attended and many expressed their thanks and their hopes for a Vacation School again next year. Dr. E. E. Kent was one of the visitors and expressed appreciation for the school.

SEE US FOR  
**COMPLETE TIRE SERVICE**

★ INSPECTION  
★ TIRE REPAIRS  
★ NEW TIRES

Expert  
Tire Service  
Means Thousands of  
Extra Miles

Williams' Sunoco  
Service Station  
Yonge St., Richmond Hill  
Phone Turner 4-2133

**STOCK CAR RACES**  
**PINÉCREST**  
(No. 7 HIGHWAY 2 MILES WEST OF DUFFERIN)  
RAIN OR SHINE • Free Parking  
Adults \$1.00 • Children under 12 With Parents FREE  
EVERY WED. & SAT. - 8.30 p.m.

LET **JAMES J.** DO IT  
Hurry!  
Hurry!  
It's not only good luck, but good sense to keep your plumbing in tip top condition. Most householders find it pays to let us meet plumbing emergencies. With our complete facilities, we are more than qualified to give you guaranteed satisfaction.

Look close and watch the lady fall for all the things that we install.

**JAMES J. WALL**  
PLUMBING HEATING  
SHEET METAL WORK EAVESTROUGHING  
OAK RIDGES P.O. PHONES KING 111 AURORA 46-J

**DYNAMITE**  
Richmond Hill Arena Tue., August 11 8:30 P.M.  
**TEAM MATCH**  
**Lopez & Orlando**  
vs.  
**MANGOTICH & VON SIEBER**  
plus 3 Outstanding Bouts  
Ringside \$1.00 General 65c Children 25c  
FREE PARKING



**WOMEN TODAY...**  
They do most of the family buying, much of family banking. They find the bank a safe, handy place to keep money; they like to pay larger bills by cheque. Going to the bank is often as much a part of the shopping day as a trip to the local stores.

THE BANKS SERVING YOUR COMMUNITY