

# The Sports Clinic

An Official Department of Sports College  
Conducted by Lloyd Percival

## GOAL BALL

Here's a type of game that two or more people can play. It's lots of fun and especially good fielding practice. Here's the idea:

First, set up a goal about 50 feet away from the batter. The goal consists of two sticks or poles stuck in the ground 30 feet apart. One player goes in goal and the other does the hitting. The hitter tosses the ball up and tries to hit the ball through the goal.

The felder in the goal tries to stop the ball from scoring. If he fields it clearly without a fumble there is no score. If he stops the ball with his hand, legs or any other part of his body but doesn't get it safely in his hands the batter counts one point. If the ball goes through the goal the batter scores two points.

The ball must be hit so that it bounces at least once before it gets to the goal. The batter takes 15 cracks at scoring and then the players change places.

An official game is three innings of 15 hits for each player and whoever has more points at the end of the game is the winner. The idea is to "place" the ball in the open spaces of the goal — the closer to the goal post the better.

## OVER STRIDING — A BIG FAULT

Probably the most common fault of the young athlete running the middle distance events is over striding. This is a fault that must be avoided at all costs.

It is better to understride than over stride.

The heel should be brought up under the buttocks at the end of each push-off but not pulled through under the buttocks as far as in the sprints. The heel comes up and under and then is allowed to fall through and onto the track.

## CARE AND PURCHASE OF EQUIPMENT

When purchasing sports equipment, if at all possible, buy the best equipment you can. This is not only sound from a financial viewpoint but also with the better equipment you will enjoy your sporting activities more and the actual playing of the sport will be made easier. Remember too, that proper care of your equipment adds to its durability.

## \$2,500 Purse

# Expect 75 Lap Championship To Draw Top Speed Artists

The second annual \$2500 International 75-lap quarter-mile stock car championship is the next "big" event slated for Pinerest Speedway, the concrete oval on No. 7 highway just two miles west of Dufferin Street.

**Held Earlier**  
This year's renewal of the star-studded show will be held Wednesday, July 21 — exactly two months' earlier than the 1953 inaugural. When you recall that last year's International drew a record entry, despite the late date, it's practically assured all the best drivers in the business will be on hand this time.

And when we said it was a 'big event, we weren't foolin'. First prize for the championship is \$1,000 in cold cash. Second pays \$400 with \$250, \$150, \$100 and \$50 going to third, fourth, fifth and sixth place finishers respectively. But that isn't all. The four heats pay \$100 each with \$40 for the winners. The three fastest time trials cars divide \$125 and there's \$25 for the trophy dash.

**Leads For Carling Trophy**  
All this suggesting that Toronto's Ivan Moore, last year's winner and current Carling trophy point leader at Pinerest will have to be at his best if he has any ideas of doing a repeat.

Although the top Canadian stock car pilots were participants in 1953, it was a couple of Yankee aces — Joey Sykes and Ken "Pappy" Warming of Buffalo — who gave Moore his toughest opposition. Ivan didn't catch "Pappy" until the 46th lap and Sykes came on to cop second slot. An eight-car jam at the midway mark caused a re-start.

**American Drivers**  
With fellows like Jeff Calp, Rex Crofoot, Fred Boggs and Merrill "Wheaties" Smith, all of Indiana, expected back plus Lockport's Bill Hall, Ohio's I. Feagin and New Jersey's George Watson, as well as the local favorites, it shapes up as a classic. Incidentally, "Wheaties" Smith is believed to be the world's largest stock car driver. He and his 390 pounds panicked last year's crowd.

**S-o-o, mark down Wednesday, July 21, as a "must" date on your calendar for stock car racing.** The trials will start at 7 p.m. with the heats beginning at the usual 8:30 p.m. starting time.

In the meantime, the stocks are humming along each Saturday evening at the Joe Cappy-Norm Smith diggings. While Wednesday nights are being used for special events, a visit to the No. 7 highway speed factory is sure to be exciting anytime. Bring the kids. They're on the house.

## Richmond Hill Wins Top Prizes

Richmond Hill rinks took the three top places in the ladies' Legge Trophy tournament in the village on July 8. The trophy was won by Mrs. Littleford and rink from Aurora winning first place. High for two wins were Wilson Berestord, skip, Pete Savage and W. Scrivener.

The Carruthers trophy was won by a Richmond Hill rink, R. Lynett, skip, and Dr. R. K. Young, who played in the men's doubles tournament for the trophy on July 10 at Bowmanville.

The next bowling meet will be a men's doubles tournament on Tuesday, July 20, at Richmond Hill.

# DISTRICT SPORT NEWS

## Former Village Resident Now In England Enquires About Shares In Artificial Ice

Many people are interested in the campaign for artificial ice in our Arena. Recently the Association received a request for some debentures from a former Richmond Hill resident who now lives in England and has been following the campaign progress to see how his former fellow citizens will make out.

**Sends Clipping**  
Another local resident who is keenly interested in seeing that the youth of the area get skating, sent me a half page clipping from the Miami Herald on Miami's summer skating program. The article has three photographs along with it showing various skating scenes plus the crowd lined up to get in.

The article is entitled "Skating Expansion Planned" and reads like this: —  
**Plan Expansion**  
The opening night of the youth skate night program sponsored by the Greater Miami Council of Churches was so successful that expansion of the project already is being planned.

Rev. W. P. Harman, executive secretary of the council, said nearly 500 church young people and their parents crowded into the Coral Gables Coliseum Tuesday night and that about 150 were turned away when the supply of rental skates ran out. (It appears the population does not own their own skates as it isn't very practical in Florida's hot winters.)

It's not very practical in Richmond Hill either until we get ice!  
He said the program probably will be expanded to run on both Tuesday and Thursday nights within two weeks instead of the originally planned schedule of every Tuesday night.

Under the new arrangement, one of the nights may be set aside for younger children and the other for older teenagers and young adults, he added, but that is not yet definite.

**Hope To Combat Delinquency.**  
Rev. Harman said the reaction of ministers in the area has been very favorable to the opening of the "Make skate night your date night" to fight the upsurge of juvenile delinquency.

**Plan To Combine Evangelism**  
He said the council hopes to take advantage of the general church youth movement, apparently being started by the skating program to organize youth evangelism.

**Repertoire of Dirty Tricks**  
Both Al and Mangotich used every dirty trick in the book to wear out Joe Greenfield and while Mango held Joe in a standing crotch, Orlando leaned on Mango and with the double pressure managed to pin him.

**Repeat Performance**  
The last fall was a repeat of the previous fall and while Jack "Blind Man" Flicker could only see Greenfield coming into the ring, Orlando and Mangotich worked Red over and took another fall with both leaning on him. Garner became enraged with this and threw both of his opponents out and hammered them around. Although victorious they didn't look it, and retired to the dressing room licking their wounds.

**Two Coloured Wrestlers**  
Next Thursday, July 22, those two great coloured wrestlers, The Black Panther and the Balm Beach sensation, Ottem Fisher, who is undefeated in 65 bouts will meet the fearsome pair, Hassan Bey and the giant Jean Val Jean.

**Semi Final**  
In the semi final Killer Mangotich will test Joe Greenfield and as all the fans know both boys dislike each other intensely. This one should be a real scramble.

**Import Rare Nutria**  
Mr. and Mrs. Len Thompson, proprietors of 'High Peak' nutria and chinchilla ranch have added a herd of white and honey blonde nutria to their thriving herd of standard nutria. These colours and specimens are very rare and are the first of their kind in Canada and the United States.

They were shipped from Germany 5:20 p.m. Saturday, July 10, and arrived on the morning train in Richmond Hill on Monday, July 12.

## NORTH RICHVALE NEWS

CORRESPONDENT: MRS. M. BLACKBURN  
Phone TU. 4-2617

Mr. and Mrs. P. A. Johns of Yongehurst Rd., spent Saturday, July 3, with Mr. and Mrs. Lemon and Mrs. Pipher in Toronto. On Sunday they enjoyed a chicken dinner with Mr. and Mrs. Thompson of Weston. Last Saturday they attended the Orange parade in Toronto, and Saturday evening attended a birthday party at the home of Mr. and Mrs. Jennings in Toronto. Mr. and Mrs. Donald Graham of Elgin Mills was the accompanist while Mr. Johns entertained the group with several selections on his violin.

We welcome to our community Mr. and Mrs. A. Burrows of New Toronto, who last Saturday took residence on Avenue Road.

Stephen Sim, who left for the West two weeks ago, has been sending glowing accounts home of his exciting experiences with the Calgary Stampede, Indians and Western Cowboys. Stephen

## King Dominion Day Features Wrestling

There were nine wrestling bouts provided by the King City Wrestling Club at the Dominion Day sports celebration. The nine contestants from 8 to 13 years of age were Bob McWaters, Larry Monkman, Jimmy Rutledge, Dennis Guthro, Charlie Shields, Bill Cairns, Roddy Bell, Donald Gordon and Jack Wallace. The referee was the coach Bob McLeod and the timer was Matt Bell.

The show started with an impromptu display of warm up exercises and acrobatics. The bouts reflected the results of consistent training. The comment was overheard of the splendid physiques of the boys. Each match was very evenly contested with the exception of one novice.

The bouts were fast and aggressive with the best of goodwill and sportsmanship. Not one foul hold was attempted during the entire contest. The most outstanding performance was given by Roddy Bell in winning three bouts and Jimmy Rutledge with his acrobatic display and winning two bouts one against a much larger adversary.

## Hill Sluggers Take Downsview Team 5-4

In the Maple and District Softball League game on July 6, Richmond Hill took Downsview to task with a 5-4 score. Playing in Richmond Hill Park, the locals faced a 4-3 score in favour of Downsview when they came to bat in the last half of the seventh inning.

With one away, Ken Fray walked, Howard Bennett hit a double and Stan Ransom cleared the bases to take the game for the Hill. The local lads played well behind the fine pitching of Don (Cannon Ball) Huntley.

Two home runs were chalked up by Harold Van Dyke and Tony Roman.

## Bears Bigger Worry Than The Raccoons

Getting rid of "nuisance" animals is usually a headache for Fish and Wildlife staff of the Department of Lands and Forests, but they seem to have temporarily solved the problem for unwanted raccoons.

With the co-operation of the Riverdale Zoo in Toronto, a shipment of 300 raccoons were recently shipped to the Ross County Coonhunters' Association in Ohio. As Ohio sportsmen claimed a 17 pound animal something of a record in that state, local officials decided to include some "whoppers" in the shipment — most of the coons however were healthy young ones which should flourish in the Ohio hills.

Notwithstanding the sizeable express bill, the cooperative gesture was much appreciated by sportsmen across the line.

Raccoons are one thing but healthy 250 pound bears are something else. There seems to be no difficulty in disposing of bear cubs, but few people are interested in the full-grown variety. Present owners on being checked by Conservation Officers found they lacked either enough land or money to construct a regulation pen which measures a minimum of 20' x 20'. Pens of the required type, up to specifications usually cost from \$200.00 to \$350.00.

## Temperanceville Leads Pee Wees

On Tuesday July 6, in the Pee-Wee League scores were King City 15 - Strange Kinghorn 8; on Friday July 9, Temperanceville 16 - Hope-Bryson 6.

**Standings**  
As of July 9  
Temperanceville 3 wins, 1 loss King City 3 wins, 2 losses Hope-Bryson 2 wins, 3 losses Strange-Kinghorn 1 win, 3 losses

## King Batters Take Nobleton 7 To 6

On Monday, July 5, King boys baseball team played Nobleton team at King City with the score of King 7-Nobleton 6. Buck Emerson, Edgar Dodson and George Oldfield each scored a home run for Nobleton.

On Thursday, July 8 King lost to Woodbridge 11-5. Gord Orr hit a homer for King.

## MAPLE Community Centre Bowling Alleys Opening Soon

Bookings now being arranged

Contact Alex Strachan Maple 174W after 6 p.m.

Game Time 7.30 p.m.

## Local Ball Club Asks For Public Support Of Games

Richmond Hill came out on top in their last two ball games played against Concord and Vellore with playing by Roman, Huntley, Mabley, and Grinnell pushing the team to winning place. In the July 8 game at Richmond Hill, the Hill boys played a terrific game of ball and had Concord beaten from the beginning of play. Tony Roman highlighted the game with a home run, and his superb pitching sparked the team to good ball. The final score was 6-4 for the Hill.

On July 12 at Vellore, Don (Cannon-ball) Huntley beat Vellore, pitching a 14-5 game for the Hill, and was assisted by Mabley and Grinnell who banged in home runs.

The lineup for the Hill is: Catchers, Bob (Red) McKee, Dave Grinnell; pitchers, T. Roman, D. Huntley, H. Bennett; 1st base, R. Davidson, H. Van Dyke, P. Ducharme; shortstop, Tom White; 3rd base, Stan (Suky) Ransom; outfield, J. Mabley, L. Boyle and K. Fray. The boys would appreciate some public support at their games and guarantee a good game of ball to any spectators. Game time is 7.30 p.m. Home games are played in the village park.

## Visit To Holland Marsh Feature Ontario Potato Day On Thurs. August 12

The third annual Provincial Potato Day will take an entirely different form this year with the growers and processors on the Bradford or Holland Marsh providing a tour of that famous vegetable growing area and visits to storages and processing plants on Thursday, August 12.

The potato committee met with the local committee last week at Bradford and themselves made a "test, flight" of the three-hour tour which has been planned as a come and go open house sort of informal day. Instead of a programme of speeches, there will be guides to accompany each group to explain points of interest and also commentators at each stop on the marsh or in the plants visited.

The committee is preparing an illustrated folder with a map of this 7,000 acre garden, giving some of the highlights of its history, development and economic place in Ontario agriculture. These will be mailed shortly to all potato growers and extra copies to the Agricultural Representatives.

The Marsh, located 35 miles north of Toronto on Yonge St., or No. 11 Highway, straddles the Schomberg River which divides York and Simcoe counties. It is not surprising then that the committee for the day consists of W. M. Cockburn, Newmarket, Agric. Representative for York as chairman; R. E. Goodin, Crops Branch, Toronto, Secretary and J. K. L. McRuer, Alliston, Agricultural Representative for South Simcoe, Assistant Secretary, with local growers, plant managers and vegetable inspectors as members.

## Men, Women! Old at 40, 50, 60! Want Pep?

Want to Feel Years Younger? Thousands amazed what a little "pepping up" with Ostrex has done. For body old after 40 just because low in iron. Introductory or "get-acquainted" size only 60c. Try Ostrex Tonic Tablets for new pep, vigor and younger feeling, this very day. At all drug stores.

## STOCK CAR RACES PINEREST TORONTO

RAIN or SHINE  
No. 7 HWY.  
FREE PARKING  
Adults \$1.00  
Children Free WITH PARENTS

EVERY SAT. 8:30 p.m.

Second Annual \$2500. International Quarter-Mile Championship (75 laps)  
Wednesday, July 21  
Featuring top U.S. and Canadian Drivers

STUART PAXTON  
Electrician  
WIRING LINE WORK  
Phone Turner 4-1016

DUFFERIN  
TWIN-SCREEN  
DRIVE-IN  
Theatre  
TWIN PLAYGROUNDS  
TWIN REFRESHMENT STANDS  
SOUTH OF NO. 7 HIGHWAY  
ON DUFFERIN ST.

Thurs. and Fri. JULY 15, 16  
CRIMSON PIRATE (Technicolor)  
Burt Lancaster  
Nick Travat  
NATURE'S HALF ACRE (Technicolor)  
Street Car Named Silvester  
Cartoon News

Sat. and Mon. JULY 17, 19  
SAN FRANCISCO STORY (Technicolor)  
Yvonne DeCarlo  
Joel McCrea  
Pleasure Treasure  
Crop Chasers  
Cartoon News

JULY 20, 21  
Tues. and Wed. DOUBLE FEATURE  
ONE GIRL'S CONFESSION  
Cleo Moore  
Hugo Hass  
SINS OF JEZEBEL (Technicolor)  
Paulette Goddard  
Punch and Judo  
Cartoon News

CHILDREN UNDER 12 YEARS FREE  
2 SHOWS NIGHTLY - RAIN OR CLEAR

## OPEN HOUSE

Everyone welcome to inspection night at Maple Community Hall

FRIDAY - JULY 16  
AT 8 P.M.  
FREE LUNCH

"You'll be amazed at the size and facilities at this Community Centre"

## Enjoy... OPEN BOWLING At Its Best At The Comfortable RICHMOND BOWL

7 P.M. TO CLOSING  
WED. & SAT. - 2 P.M. TO CLOSING

## Tips On Summer Foot Care

Don't let aching feet take the joy out of your vacation — whether you're spending it in the Laurentians, the Gaspé region or whatever your favorite vacation spot.

Here are a few simple rules prepared by foot doctors to keep you happy underfoot in the dog days:

Make sure that your shoes fit. If they're painfully tight, something is going to give, and the chances are it'll be your feet — and your temper. So buy shoes that are roomy up front with plenty of wriggling space for the toes, but be sure the heel counter fits snugly to avoid any up-and-down rubbing that chafes the skin.

See that all your shoes are made of leather, top and bottom. Leather is sturdy enough to cushion your feet on hard surfaces, yet supple and flexible enough to give them freedom of movement at the same time. Also, leather's breathing pores permit a continuous change of air inside the shoe which evaporates moisture speedily.

If your feet get really tired on summer days, soak them awhile in warm water mixed with a handful of epsom salts or bicarbonate of soda. When you step out between the toes.



To be both fashionable and comfortable this summer, your shoe wardrobe should include: leather shoes for longdays mid-heeled leather pumps for shopping; and smooth-and-suede leather sneakers for dress-up.

# THIS IS IT!!

## RICHMOND HILL ARENA

THURSDAY - JULY 22 - 8:45 P.M.

### TEAM MATCH

OATTEM FISHER Negro Sensation	VS.	HASSAN BEY Turkish Star
THE BLACK PANTHER Negro Powerhouse	VS.	JEAN VALJEAN Montreal Giant

Killer Mangotich	VS.	Jack Flicker	VS.	Ron Heffner
Joe Greenfield	VS.	Stoney Brooks	VS.	Murray Starr

Ringside \$1.00    General 65c    Children 25c  
Central Canadian Wrestling Association