

Age —  
Steady Growth —  
Sound Policies —

— are synonymous terms when applied to The Bank of Nova Scotia. For over 92 years this Bank has been serving the Canadian public; and its present standing, showing Capital of \$10,000,000, Reserve Fund of \$19,500,000 and Total Assets of \$210,000,000, bears witness to the soundness of its policies.

The experience of 92 years is at your service at any branch of

**THE Bank of Nova Scotia**

ESTABLISHED 1832  
Paid-up Capital \$ 10,000,000  
Reserve - - - 19,500,000  
Total Assets - 210,000,000

W. S. JAMIESON, Manager

*It pays to use*  
**MARTIN-SENOUR**  
**RED SCHOOL HOUSE PAINT**  
*For Barns and Outbuildings*  
*it has no equal*

Write to Head Office, Montreal for Free Booklet  
HOME PAINTING MADE EASY

SOLD BY  
GEO. TAYLOR HARDWARE, LTD.  
Timmins Ontario



For Sure Results Try Our Want Ad Column

**GOLF SWINGS**

By the Brothers, Frank Thompson, present Canadian Amateur champion, and W. J. Thompson, Ontario Amateur champion and last year's champion of Canada. They are native-born and resident Canadians, members of a family of five famous golfing brothers.

Number 2.  
George Duncan and Abe Mitchell paid a week's visit to Toronto a few months ago and have preached a new gospel of the golf swing. Duncan calls it the flail, after the old implement for threshing. The idea fired the imagination of many golfers. Heretofore golfers have been accustomed to look on the golf swing as a sling. Now they are asked to visualize it as a flail. Personally I prefer sling, and so far as Canada is concerned I am sure more people have a clearer idea of sling than flail. The term, however, is not important so long as the method is grasped.

The new teaching contrasts as sharply as possible with the old. Not that the golf swing has changed, for it has remained the same except for minor details caused by the rubber cored ball for over three hundred years, but only the method of teaching it. I do not know of a clearer way of describing Duncan's method than of contrasting it with the old teaching which advocated the moving of the club head first.

The new method says that the club head moves last and Duncan to emphasize this oftentimes places his foot on the club head and then asks the pupil to swing. This causes the hands of the club behind. This is head of the club behind. This is another way of saying that the golf swing is a body swing and not an arm one, or, perhaps better still that the upswing is initiated by body movement and the down swing also.

In previous articles details of the body movement have been given but because of Duncan's visit and the importance attached to the body method, it may be a help for many to briefly outline the body method. After the waggle (and Duncan believes in a free waggle) and immediately prior to what may be called the swing proper there is a knuckling down to the ball called by some the forward press. This knuckling down is perceptible, as a rule, at the hands or the right hip. In Duncan

it is quite noticeable at his right hip which turns slightly toward the hole before the swing proper commences.

There seems to be some deep rooted physiological law connected with the muscles for this same phenomenon is observed in many games. This is an interesting point, and the reader if further interested can, no doubt, get some doctor friend to explain. After the knuckling down is in process, the pictures show certain activity taking place at the left heel and in order to turn the hips freely it is necessary that the left heel should be eased from the ground somewhat, as anyone may demonstrate for himself by attempting to turn the hips with the left heel fixed.

All the muscles of both legs are, of course, employed in turning the



W. J. THOMPSON

hips. The turning of the hips, of course turns the shoulders and these in turn pull the arms with them. The hands must follow the arms, but fastened to the hands is the club and the club's inertia must be overcome. It is because of the resistance offered by the club that the strain is felt at the wrists, and is so apparent in the pictures. Until the club's inertia is overcome it will not move, and the last resistance is shown in the club head. Before it starts moving the hands have moved a few inches.

Now the weaker the wrists, assuming the body swing is employed the more strain will be noticed at the wrist joints. As soon as the club head starts moving it acquires a certain momentum and it is not very long before it gets ahead of the hands and the arms. In the initial stage the left wrist becomes extended and the left arm, straightens at the elbow joint, due in both instances to the strain caused by the club's inertia. If the body swing is used and this is the natural swing, the left arm will straighten naturally.

This is quite different to straightening the left arm as advised by some teachers, and as employed by some Americans. Prior to the hips turning there seems to be a slight sway, and so flexible is the spinal column that it is quite possible to shoot the hips to the right a few inches without perceptibly moving the head. As pointed out before one should not worry about a stationary head as this is an incidental. The head of the club, if a body swing is employed will be seen to travel back along the line of flight for a considerable distance. This is caused by the strain at the wrists and also due to the body sway. If the hips turned immediately the club head would leave the line of flight almost immediately in the back swing. But this does not happen as can be demonstrated apart from pictures by placing a ball a foot or more behind the ball to be hit.

In the back swing the club head will knock the ball away. Sooner or later the club head, shaft, and the left arm will form a straight line. This is an important part of the swing. The greater part of the weight must be at this point on the right foot. If the weight is on the left foot at this stage, the club must be pushed back and the weight cannot get behind the club so that it can be slung. Duncan is insistent about the weight being on the right foot. With good golfers the weight seems to get onto the right foot very early in the swing.

The completion of the body movement and the reverse movements have been explained in other articles. So far as Duncan's teaching is concerned he places the emphasis on the hip action and the extension of the wrists.

Copyrighted.

North Bay Fair this year will be on Sept. 15th to 19th inclusive.

The name "Red Rose" has been a guarantee of quality for 30 years

**RED ROSE**  
**TEA "is good tea"**

The ORANGE PEKOE is extra good. Try it!

Gordon Building, - Timmins.

**Dr. JNO. B. AIKEN**

DENTIST

Phone 201

**Dr. Clara Hubbert**

CHIROPRACTOR

Goldfield Theatre Bldg.  
-13-26p

**DR. J. H. KNOX**

Doctor of Veterinary Science  
Treating diseases of all domesticated animals. Calls promptly attended to day or night.  
15 years in active practice.  
67½ BALSAM SOUTH  
PHONE 512-J.  
Auctioneer's License

**Timmins Gold Nugget**  
**Rebekah Lodge, No 173**

Meets every Thursday in the month in the Oddfellows' Hall, Third Ave. Visiting Brothers and Sisters always welcome.  
Rose Anderson Ruby McCarthy,  
N.G. Rec. Sec.

**New and Second-Hand Store**

All Kinds of Furniture, Bought, Sold or Exchanged.

Best Prices on all Goods Purchased.  
Lowest Prices on all Goods Sold.

Satisfaction assured you here, whether you Buy or Sell. Give us a Trial. Goods Delivered Free.

**N. GREENBERG**  
36 Wilson Ave., cor. Preston St.  
Phone 610-J.

**Frank J. Kehoe**

BARRISTER, SOLICITOR, ETC.

Gordon Block Timmins

**Geo. L. T. Bull**

Barrister, Solicitor, Notary Public, Etc.

61 MAIN STREET, WEST  
NORTH BAY, ONT.  
-9-14.

**HERON & CO.**

Members Toronto Stock Exchange

SPECIALISTS

**MINING SHARES**

(Since 1896)

Reliability, Efficiency, Promptness

MARKET SUMMARY ON REQUEST

4 Colborne St. - Toronto

Opp. Woolworth's, 12 Third Ave.

**Dr. H. JACKSON**

DENTIST

Phone 77

Specialist in Plate Work and Crown and Bridge Work.

Save Money and Delay:

**DOORS**

SASH - MOULDINGS - PANELS

Supplied as quickly as transportation will carry them to destination.

Our illustrated catalog, mailed free on request, gives you a wide range to select from—house, bungalow or garage doors.

**PANNILL DOOR**

COMPANY, LIMITED  
131 FRONT ST. EAST, TORONTO

MORNING - NOON & NIGHT

USE  
**EPLETT'S DAIRY FOODS**



LET US SERVE YOU

We want you to have your daily share of this good milk. Will you phone your order? It is milk at its full-creamed best—we want you to try it.

**EPLETT'S DAIRY**  
"YOUR MILKMAN"

PHONE 514

**Singer Sewing Machines**  
Pianos and Phonographs

Sold for Cash or on Terms by

**O. SEGUIN**

69 MAPLE ST. SOUTH,

TIMMINS, ONT.

P.O. Box 75 Phone 254-W.

Our Sewing Machine Repair Charges are Reasonable.

**Steamship Tickets All Lines**

Round Trip Third Cabin fares at a Reduced Rate.

If you are taking a trip to the Old Country or wish to send for friends.

Write, Phone or Call

**TICKET OFFICE**

T. & N. O. Station.

Phone 200 Box 68  
R. RICHARDSON, Agent.

**Birthday**  
and  
**Wedding**  
Cakes

Mail Orders Given Prompt and Careful Attention.



**MACKIE'S**  
**ELECTRIC**  
**BAKERY**

13 Wilson Ave., (River Rd.)  
Telephone 231-B.

**O.K.**  
*The motorwise*  
*car-buyer*

The original Star Car was designed three years ago upon the following sound principles

- ✓ Durability.
- ✓ Utmost Accessibility.
- ✓ Low price with high price design and quality.

The public's O.K. has been placed upon these principles.

**MARSHALL-ECCLESTONE**

LIMITED  
CORNER PINE ST. & THIRD AVE. TIMMINS

**The Star Car**

"To-morrow's Car To-day"