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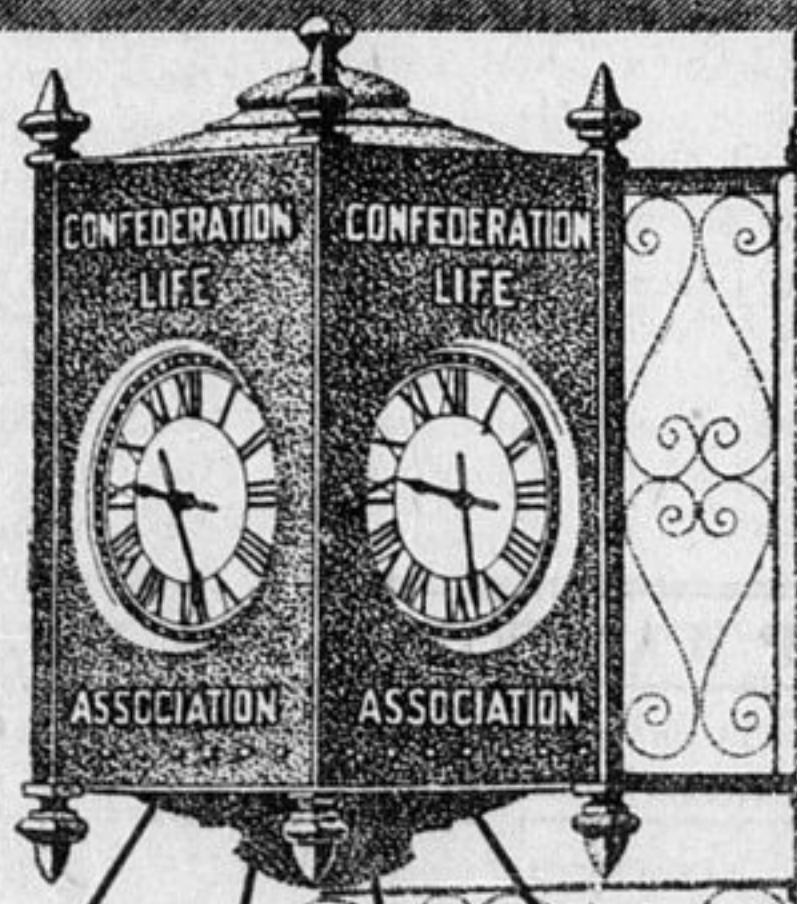
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- are synonymous terms when applied to The Bank of Nova Scotia. For over 92 years this Bank has been serving the Canadian public; and its present standing, showing Capital of \$10,000,000, Reserve Fund of \$19,500,000 and Total Assets of \$210,000,000,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

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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 8.

In all games there is a certain analogous method by which the muscles work. It does not seem possible to do any work starting the muscles from rest. The baseball batter keeps his bat more or less in motion before he strikes. The pitcher has a preliminary wind up before he delivers the ball, the hammer-thrower has quite a preliminary before he shoots and so on through every sport.

Ask the physiologist about such problems, and he will explain that there are opposing and contributing sets of muscles which must be set in motion before the desired muscular effort may be accomplished. Golf is no exception. It has its preliminary wind up called the waggle. No good golfer is without a preliminary movement of some kind, any more than a good pitcher is without a wind up.

Quite recently Duncan has advised players to hit or swing with their tails. The very novelty of such advice has attracted attention. Duncan claims that prior to the pivot in the back swing, the right hip turns towards the ball and I suppose if the right turns the left does also. Chic Evans also draws attention to the forward press. That is before the hands start in the back swing they go a little distance in the opposite direction. In several good players the hands seem to press the club head, down, and in the direction of the hole immediately prior to the swing.

These points are very interesting from the stand point of analysis, but in practical golf do not try to make them consciously or artificially. If they are to be of advantage to one's particular game, they will take place naturally and unconsciously. Indeed the attempt to perform such movements will render a natural swing impossible.

The practical problem for the golfer is to send the club head through the ball, and in order to do this it will be necessary to feel the club head at all times. One can not feel the

club head unless the hands are active and full of life. Negative evidence of the role the hands play in the golf swing may be had from winter golf. One who has played golf on a cold day when the hands are numb, knows how sluggish and impotent the shots become. After all the point of contact between the body and the club takes place at the hands, and it is quite apparent that ultimately whatever power is transmitted to the club head, must go through the hands. From this view point the hands become the all important factor in swinging the club. One can play excellent golf with only one leg, as has been demonstrated. If one had to choose between the loss of a leg or arm for golf purposes, it would be better to sacrifice the leg.

It does become important then, the method of gripping the club. All good players irrespective of whether the finger or palm grip is adopted, grip the club so that it is possible to see at least one knuckle of the left hand and with most good players it is possible to see two or more. This seems to be absolutely essential if anything approaching good golf is desired. The reason for this is quite apparent, for a much harder blow can be delivered with the back of the left hand slightly facing directly to the hole. If anyone doubts this he can easily demonstrate it for himself.

Whether one should adopt the overlapping grip or not depends on the individual. At all events the club should be held in that manner which enables the player to have the greatest control over it. On a priori ground this would point to the finger grip.

The intensity of the grip is important. To firm a grip tightens the muscles and prevents the head of the club being felt, and too slack a grip must be avoided for the very same reason; if the club head cannot be felt the grip is either wrong or the hands are inactive.

BRAVE AND INTELLIGENT DOG BURNED AS A HERO

A True Story for Lovers of Dogs to Remember When Dogs are Slandered.

Last week The Advance made reference to the fine defence of the dog made by The New Liskeard Speaker. The Speaker referred to the value of the dog as a comrade, friend and helper to man, and left the suggestion that man should remember these things when talk turns against the dog just because one or two happen to be a nuisance. If all men were muzzled on chained up because some men are a nuisance or a curse, well, you know the answer. The women would be worked to death making muzzles and chains.

Every year about this time there are people who get the antidogmania. An excellent antidote for this softening of the place where the brain should be is the style of article such as The Speaker frequently publishes. Here is one of these articles published by The Speaker last week:-

"We find that our readers young and old are interested in the dog stories we have from time to time published in The Speaker. All lovers of pets must be interested, for the dog is not the only kind of lower animal which sometimes shows almost human intelligence. We have some facts illustrating the sagacity of the dog which we have not published, and although certain breeds of dogs are singled out as being more easily trained to become 'trick' dogs, than other breeds, we do not think there is as much difference as is generally supposed.

"The Collie generally gets credit for being the 'wise dog,' but we imagine this is because this breed is more useful on the farm, and are practiced in their work. But it is a fact that wonderful deeds have been performed by different breeds. Sometimes, even the bull dog has surprised his owner by being helpful in cases of need. Then, there is the Newfoundland, probably the greatest of water dogs, and useful in times of wrecks of vessels. Of course, the St. Bernard, for helping in times of snow-storm in Switzerland is a very noted breed, but even the Great Dane, which some may have thought is only useful as a fighter, shows up well in the following story vouched for by 'Boyland.'

"Jim, a dog who saved the life of Dr. H. T. Galpin, his master, of New York City, was one of the cleverest and bravest dogs that ever lived. As a result of his heroism the brindled-colored Great Dane was treated roy-

ally by being given medals, entertained, and finally buried as a hero.

"The first great act of intelligence and heroism occurred one morning when a vacuum cleaner exploded in the basement, blowing twenty gas-meter caps off the pipes, causing the gas to escape at an enormous rate. After a time fumes penetrated the apartment nearby in which Dr. Galpin, his brother and friend were sleeping. The dog sensed the danger and tried to awaken his master, the big 158 pound dog grabbed him by the arm and not too gently dragged him out of the room to a door. Here a draft of fresh air soon revived him. Whereupon he hurried into the room and roused his brother and friend from asphyxiation.

"For this unusual act of bravery the faithful dog was given a gold medal which was attached to his collar; another medal was also presented to him by the Canadian Camp in New York.

"Jim always guarded his master's property. Many times he was left in the doctor's automobile. One day a policeman made as though he was going to take a pair of gloves from the car. Like a flash, Jim jerked it away from him and skinned his hand.

"Jim almost lost his life in defense of his master's property. He was left on guard in the doctor's drug store. When, one night a burglar broke in and started to drill the safe. But just then Jim appeared, grabbed the robber, and would have probably overcome him had not his accomplice struck the dog with a black jack, breaking ribs. Nevertheless, in his wounded condition he put up a very brave fight as evidenced by the blood stains which led from the safe to the street, where the accomplice helped the safe-breaker into his automobile.

"Dr. Galpin did all he possibly could for his brave dog, but peritonitis set in and proved fatal. On being called by the Bellevue Hospital the following day, Dr. Galpin was surprised to find the burglar there, having been identified by coins found in his pockets, as the one who broke into the store. He was dying from wounds inflicted by the heroic dog. The burglar was buried in a potter's field as an unknown criminal. Jim was buried a hero."

"There are just two things that break up most of the happy homes nowadays."

"What are they?"
"Woman's love for dry goods and man's love for wet goods."

-More Pep.

No Satisfactory Substitute for Knitted Summer Underwear

EACH season brings new underwear ideas and innovations, yet knitted underwear—Penmans Balbriggans—still leads in underwear value.

Penmans Balbriggans can be obtained in all styles including loose-fitting styles, so desirable for summer. These loose-fitting garments have all the advantages of flimsy summer underwear with twice the strength and three times the wear. They do not tear.

Made in bleached white and cream shades with no sleeves, half sleeves or full length sleeves, or in ankle and knee lengths.

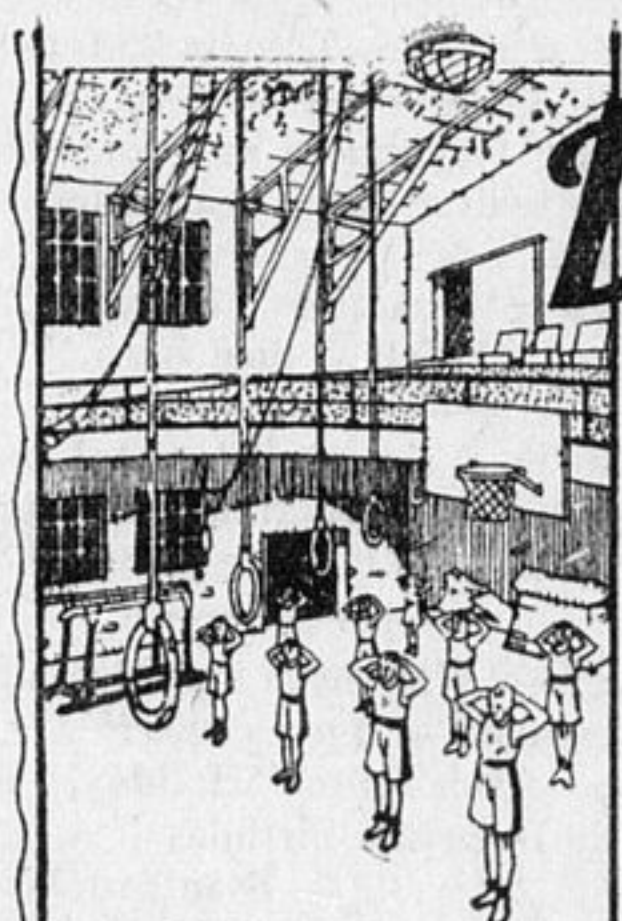
"The best known numbers are 222 and 46. The number appears directly below the trade mark in the cloth label attached to every garment. Also made in lower priced lines, which, however, always bear the trade mark. If your dealer has no stock he can obtain it."

Penmans
UNDERWEAR
for Summer



The sea can offer no finer delicacy than "King Oscar" Sardines, the pick of the catch from cold Norwegian waters. Uniform in size, packed in pure olive oil. Your grocer sells them.

KING OSCAR SARDINES



Before You go on the Gym floor

Crunch a bar of JERSEY MILK chocolate

Neilson's Jersey Milk bar has wonderful sustaining power. Before you go on the gym floor—or the tennis court—the ball ground—or before you make any sustained exertion—eat a Jersey Milk bar. You will be surprised at the way you can "snap into" the work without tiring.

Jersey Milk is plain, solid milk chocolate of the highest possible quality—with a new and distinctive flavor. Try out today. You'll love it, as thousands of others do.

5c, 10c and 25c sizes.



Solid Milk Chocolate