### CARDINALS PLAY-DOWNS

and supported by many triples, doubles

Chase, Louis Romualdi, Nick Lukon and Alex Stewart. Mordin and Beranard

tripled and Lukon and Romauldi

until the fourteen total was reached.

(Simcoe Reformer)

The swimming public in America i

stimated to have increased 450 per

cent in the last ten years. This in-

crease has not been entirely prompted

by life-saving desires, though from the

standpoint of human safety a know-

ledge of swimming is most important

Aside from this, no other exercise ap-

proaches swimming for all-round de-

velopment of the body, a fact which

emphasizes the importance of the

swimming pool in building up the

This angle is effectively discussed

in an article entitled "Learn How to

Swim" in the Summer issue of 'Health

Magazine. It is contributed by John

"Swimming exercises the large fun-

damental muscles of the trunk and

limbs. The leg kicks develop the lower

back and abdomen muscls along with

the leg musculature. The arm strokes

develop the chest and upper back

muscles. The muscles of respiration

are developed to an unusual degree.

The upward lifting and stretching of

the arms acts to lift and broaden the

chest. Suppleness is promoted gener-

to equalize the unbalanced muscle pull

associated with poor posture. Swim-

ming is one of the very few exercises

that promotes a symmetrical develop-

ment of the arms and legs, of antero-

metry. Swimming permits free and

unobstructed movements in the full

range of joint action without sudden

"A fact of considerable importance

to girls and women is that swimming is

associated with swimming is a smooth

apparatus or to the ground.

younger generation.

Pool to the Youngsters

Value of the Swimming

again, for doubles,

## Hollinger Gets Eighteen Hits From Weakened Timmins Outfit At Hollinger

Paste Offerings of Chambers, Who Got Bad Support in Field, All Over Hellinger Ball Park. Hit Five Consecutive Singles in One Inning. Timmins Team Made up of Veterans and Near Juniors.

Savoie, 1b

Lawton, lf

MeDonald, c

Rodney, cf

McCann, 1b

Chambers, p

Cordick, rf

Stonehouse, 3b

Flynn, lf

Fasting the offerings of Chambers all over the greensward in the new Hollinger ball park on Saturday afternoon, Hollinger defeated Timmins ten runs to four. The heavy hitting Hollinger crew smashed out eighteen hits against. a Timmins team which gave its hurler little support. In one inning alone the Hollinger crew hit five consecutive singles, about three of which never would have been tallied as hits had it not been for clumsy fielding.

The Timmins team was made up, as it has been since its recent player exodus, of oldsters and youngsters. Vet-Marks, 2b erans McCann, Chambers, Wagor and Rolly Flynn were supported by Copps, Cordick, Stonehouse, all players of near junior age. Jack Marks held down the second base assignment and did a fair job considering that he has not played senior ball at all this year.

Scarlett, first man to bat, banged out a single and scored on the two-base smash of Savole who followed him. Savoie tallied on Dorey's single.

In the fourth inning five consecutive Hollinger singles resulted in two runs, scored by McDonald and Dorey. The same players repeated in the next inning, and in the seventh Dorey got his third run of the day. Yasinchuck, Rudel and Savoie all counted in the eighth and ninth innings.

Copps walked for Timmins in the fourth and Rodney followed with a single. Copps made third when Mc-Cann was thrown out and scored on Flynn's single. Rodney came in on the same bingle.

The locals finished in a blaze of

Copps and Rodney hit consecutive doubles. Copps hit himself and scored on Rodney's two base hit. Rodney came in for the fourth run when Flynn was thrown out.

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SUNDAY?

# First Play-off Contest Today

Timmins Won 13 and Lost 5 in Schedule Battle. Macmen Won 10 and Lost 8.

Timmins and the McIntyre and scheduled to meet this afternoon in the first game of the camp ball finals. The game will be played today at 4.30 p.m.

on the new Hollinger ball park. Second game will be on Tuesday, It will be played at the McIntyre park at

At the end of the league the standing

	Won	Lost
Γimmins		5
McIntyre	10	8
Hollinger		11
Porcupine	6	12

### **Knights Smother** Imperials in Tilt For Leadership

Were Tied at End Softball D. Devlin, swimming director of Cen-Schedule. Met at South | tral Y. M. C. A., Toronto, who says in End In Sudden - Death part: Game. HRE

200 220 310-10 18 0 Tied at the end of the schedule the 000 200 002-4 7 2 Imperials and the Knights of Columbus met in a sudden-death softball duel at Earned Runs off Chambers, 8; off South Porcupine on Friday evening to decide who would occupy ranking bers, 2; off Dorey, 1. Struck out by place. When the game was over there Chambers, 6; Dorey, 2. Two base hits, was no doubt left in anyone's mind. The Knights won 14 to 0.

The Knights laid down a barrage of ally in all the joints and much is done hitting, topped by four circuit blows

#### Senators Carry Home runs were smashed by Frank North Bay Junior **Baseball Hopes**

Luken's home run in the first inning North Eay, Aug. 19.- The Senators, runs. Four more crossed in the next coached by "Scotty" McColeman, will inning and other runs straggled in carry North Bay's hopes in the junior throughout the remainder of the game baseball wars against outside enemies.

Going on an eight-run rampage in the fifth inning, the Senators won the city title Thursday night, by handing the C.Y.O. team a 12-6 beating in the third and deciding game of the series The Senators were trailing before they let loose in the fifth.

with Timiskaming, Quetec, for the district crown. The first game in this eries will be played here Saturday evening, with the second contest billed for the very next day in Timiskaming The winners will qualify to meet Copper Cliff's smart team in Northern Baseball Association playdowns.

In the first inning last night it looked very much as if the C.Y.O. lads were going to chalk up their second straight win and take the series. They scored five runs in their first time at bat Alyre Michaud, Senator pitcher, was removed in this frame and the assignment was turned over to Lionel Lalonde, who held the C.Y.O. to one run from then on.

#### Squizzato Leads Way

The Senators scored three times themselves in the last half of the first frame. Each team added one run in

the third. Going into the fifth, the Senators were two runs down. But then the fireworks started. There were two on the homer to send the Senators cut front. The run barrage continued until the Senators had eight for the inning. Larry Commanda, who did a fine job in game, was no mystery in this inning, though he remained on the hillock.

## Porcupine Chances Spoiled with Ruling on Churchill

Defeat Cardinals in Second Game Played in Downpour of Rain. First Game Ruled Out at Meeting Last Week Because Churchill Pitching Without Release from Mc-Intyre Club. Black Pitched for Timmins. Trail Early Part of Game.

Krkland Lake, Aug. 9-(Special)- s:cond and into deep right field for a Kirkland Lake Juniors won the right home run, scoring four runs to go into the next round of the Junior | On the game's play, both teams were Northern Baseball Association play- evenly matched but it was certain that downs here this afternoon by defeating the Timmins boys missed the pitching

drove him to the showers in the third inning after scoring 11 runs from six

age-limiters continued in their run-

scoring stride to add three more to

bring the score to 14-7. McLellan, on the Kirkland mound, die, 2b; McLellan p; Mason, cf. began to show signs of weakening in the sixth and in the following two innings gave up six runs to put the visitors withn striking distance. He was relieved by Murray who found it difficult to find the plate and walked three men in successive to give Timmins a

15-14 edge on the game. Things looked very black for the Kirkland Lakers as they came up for their last turn in the ninth and Davay didn't help matters any when he struck out. Then it was Luchen's turn to pathway when Alf Squizzato poled out a lose direction and he walked two, allowed one hit to cover the bases. Kovalchuk worked a walk to force Murray over with the winning run. Next man up, Hardie, hit out to left and Sam polishing off the Senators in the second | Mason came to the plate with three on and two out. Mason's first two efforts; went foul and then he drove one over

Runs batted in: Labag, 2; Dunn, 1

Double play, McIntyre, 1 (Richardson

Open Thursday Night

The new bowling alleys recently

erected by Leo Mascioli next to the

Palais Royal will open on Thursday

night this week. There are eight

bowling, is here to take charge of the

Sudbury Star-While none has yet

been found, there may be less drastic

ways of improving the ventilation of

London's railroad stations than check-

ing dynamite in the parcel room

The city champions will now hook up Porcuping Cardinals, 19-15, in a down and hitting of Bob Churchill, who was ruled ineligible at a Temiskaming After trailing by a 6-0 score in the League executive meeting on Friday early part of the second inning, the evening because he couldn't obtain his local boys opened by on Black and release from the McIntyre senior club, for which he pitched.

Timmins: Zadarozny, rf; Porrier, 2b; hits and a deluge of walks. Following Kosick, cf; McInnis, c; Plioplis, 1b; a weak Timmins attempt in the third Turcotte, 3b; Augustine, ss; Iannurelli,

which netted a single run, the Kirkland | lf; Black, p; Luchen, p. Kirkland Lake: Behle, lf; Tremblay, 1b; Davay, rf; Murray, cf-p; Redmond, 3b; Breakwell, ss; Kovalchuk, c; Har-051 101 250-15 21 4



### Porcupine Wins First Junior Play-off Tilt With Kirkland posterior posture, and of lateral sym-

44 10 18 27 11 (

32 4 7 24 11 5

Timmins

Dorey, . First base on balls off Cham-

Copps, Rodney. Stolen bases, Scarlett,

Savoie, McDonald, Dorey. Umpire, Wal-

ter Coleman; base Umpire, Karahan.

Bob Churchill Shuts Kirkland Out, Bats in Three Runs in or violent jars due to contact with One Inning and Scored Himself. Three Pitchers Used Against Hard Hitting Schumacher and Timmins Combines. Score 8 to 0.

first game of the series to determine first. the northern group winner in the battle for N. O. B. A. junior title. Church- in the seventh and the centre fielder ill pitched a shut-out against the visi- dropped the ball. He made two bases tors on Thursday afternoon. He al- and stole third. He came in when lowed the Kirkland outfit only four Zadoronozy singled.

Five of the nine hits obtained by the locals come in the fifth inning. With the bases loaded Churchill smashed a triple out into centre field to score all three men. He came in when Poirier smashed a McLellan offering into left field to make two bases.

Three pitchers were used by the visitors. Allan McLellan went in first and lasted for four and half innings. When the Porcupiners started to hit him he was pulled and replaced by his brother Bud McLellan. At the beginning of the sixth inning McLeilan changed places with Murrary, centre fielder, and Murray finished the game.

First Porcupine run came in the second inning. With two men out Mc-Innis hit to left field. He stole second base and made the other two n Churchill's single.

In the eventful fifth Zadoronozy led off with a single through second base. HILL - CLARK -Augustine walked and Turcott singled to load the bases. Zadoronzy scored when Plioplis was thrown out and Ovis fanned for the second out. McInnis 86 Pine St. S. Timmins Phone 4000 walked to again load the bases and Chenier's single brought Augustine in. With three on | nurchill made his triple to score three runs. Right after him Poirier was left on base when Zador- 5th and exchanged positions with Muronozy, up for his second time in that ray in the 6th. d-replaced B. Mcinning, flied out.

In the sixth inning the Porcupine pulled the only double play. Break-

DANCING

**EVERY** 

Wednesday

and

Saturday

one exercise that does not develop the body in a way harmful to physical Six runs in the fifth inning, three of well was on base and Divie hit one to beauty. The muscular development which were batted in and one scored short stop. Augustine scooped it up by Bob Churchill, ptcher, contributed and passed it to Poirier on second, who towards a Porcupine victory in the inturn, relayed the ball to Plicplis on by extremely hard, bunchy or knotty

muscles. Flexibility in all the joints is McInnis hit one out to centre field

Tir	nm	ins				
1	AB	R	H	PO	A	F
Poirier, 2b.	5	0	1	5	1	5
Zadoronozy, cf	4	1	2	0	0	(
Augustine, ss.	4	1	0	2	2	(
Turcotte, 3b.	3	1	1	0	0	(
Plioplis, 1b.	5	0	0	5	1	(
Ovis, 1f.					0	1
McInnis, c.	4	3	1	13	3	(
Chenier, rf.	2	1	1	1	0	(
Churchill, p.					2	(
Totals 3	4	9	-	97	0	-

Kirkland Lake

5	AB	R	H	PO	A	
	Behie, If4	0	1	1	0	
	Breakwell, ss 3	0	1	1	0	
	Redmen, 3b4	0	1	0	0	
	Davey, rf2	0	0	0	0	
1	Kovulchuk, c. 4	0	0	10	0	
1	Murray, cf and p. 2	0	1	1	2	
ì	Hardie, 2b3	0	0	2	3	
	Tremblay, 1b 2	0	0	9	0	
	A. McLelland, p. 2	0	0	0	1	
5	a Mason1	.0	0	0	0	
of Spirit	b Pleger1	0	0	0	0	
1	c B. McLelland	0	0	0	0	
10000	d Murray1	0	0	0	2	
1			-	-		
	PM - 1 3 00	100		-		

a-batted for Davey in the 7th. batted for Tremblay in the 8th. Poirier, doubled to score Churchill replaced A. McLelland pitching in the Lelland pitching in the 6th.

> 010 060 10x 8 9 3 Porcupine 000 000 000 004 Kirkland Summary

> Runs batted in-Phoplis, 1; Chenier 1; Churchill, 3; Poirier, 1; Zadoronozy, 1. First on balls off: Churchill 3; A. McLelland, 5; B. McLelland, 1; Murray, 2. Struck out by: Churchill. 13; A. McLelland, 4; B. McLelland, 1; Murray 4. Three base hits, Churchill Two base hits, Poirier. Double plays Porcupine, 1, (Augustine to Poirier to Plioplis). Wild pitches, Churchill, 1 Stolen bases, Zadoronozy,2; McInnis 2; Ovis, 1; Behie, 1; Breakwell, 1; Redman, 1; Tremblay, 1.

News About Gnus is Only News When Gnus are New

(From an Exchange) The superintendent of a zoo rang up the editor of a local paper. "We have some news about the

gnus.," he said. "Do you mean it's new news?" the

gnus." "But," protested the editor, slightly

harassed, "All news is new."

"Oh, we have some old gnus here," came the answer. "But I want to give for dressed lumber for planks in the you some gnu news about the new gnu various party platforms. that the old gnus have just got."

"Will you please write it," suggested the puzzled editor, "and send it in."

promoted which improves physical

on body weight is concerned." Carrots are the Thing for Safer Night Driving (From The Hamilton Spectator) There is no doubt about it; the diet experts are meddling too much with

> we need all of it we can get. These experts have no tact. Indeed, out horrible things about food, and Dunn to score and again clear the If you are going to do something walked the next four batters, Thayer, cpening will take place when the seceat a lot of jelly before you do it— walked on the quartet of walked play- Mansell, who has a notable record in Massachusetts State College nutrition- McShane, was responsible for the alleys. ist, a title that you can't very well ig- other two runs. nore, to say that before you go for that

Here is the explanation: Carrots ed on the throw-out at first base. contain vitamine A, which prevents night blindness. "A person whose vision Labag's homer. Patterson walked and in dim light is impaired, due to lack looked as though he was going to be of vitamine A." says Miss Foley, "can left standing on first base when Labag eat a serving of carrots before he goes contacted one of McShane's offerings out driving in the evening and be as- and drove the ball over centre fielder sured that his vision will be better." Dunn's head well out into the back-

eat a couple of carrots for safety.

typical. Here a whole generation has balls of the season and Patterson and been brought up on the theory that Labag both made home plate without carrots make the hair curl, and no undue effort. than the carrots are thrown right back McShane. No batter got a satisfacin their faces with a scientific leer, tory hit off either of the hurlers. Field-And, frankly, we think it is unfair to ing improved and the game settled

We believe carrots are good in their It was the one big inning, the only own way, but compulsion and food one they had, which won the game for don't mix. There was something rather the McIntyre and forced the Perkies appealing in the old-fashioned decep- well down into the cellar position in tiveness about fish giving you brain the league. power, onions resistance against colds, and spinach muscular fight. There is something cold and objectionable about Webber, rf the modern substitutes that are probably-and that is what really annoys Dunn, cf us-true.

It is hard, very hard, to picture the Thayer, if scenes ahead of us if the Foley type of advice is strictly adhered to.

"Give me my carrots, dear. I'm going out for a short spin in the country.'

ing to give you some gnu news about our two old gnus that have some baby The superintendent complied, and gnus. Both the old gnus and the new this is what he submitted: "I was try- gnus are doing very well." Totals

Inning Against Porcupine Lefty Gower, Who Recently Pitched a No-Hit Game, Struck For Six Runs in Big First Inning. Babe Labag Hits Circuit Cout, One of the Longest Home Runs

McIntyre

Scored in McIntyre Park This Year. Loss Puts Pork-

Macmen Score Six in First

ies in Cellar Position. Lefty Gower, who recently pitched a no-hit game for Porcupine, started ! grace in general. Even an excessive in Thursday's match against the Mc- McShane, 2. Earned runs: off Gower, amount of swimming will not make one Intyre. In the first inning, the only 1; Dominus, 7; McShane, 8. Bases on scrawny and thin nor will it add a inning he lasted in the box, the Mac- balls off: Gower, 4; Dominus, 1; Mcgreat deal of extra weight. Swimming me hit him once and took fullest ad- Shane, 2. Hit by pitcher, Gower, 1 as a recreational exercise has been vantage of walks and errors to score (Thayer). Stolen bases, Thayer, 1 called a normalizer as far as all effect six runs. The 6 to 2 McIntyre victory | Sacrifice hits, Dunn, McShane. Home put Porcupine into the cellar position run, Labag. Two base hits, Dowling,

in the league. Dominus, who took Gower's place in to Quinn to McNeill). the Porcupine pitcher's box, was not nearly so generous as his predecessor. He allowed the Macmen only three hits in the other eight innings and held them runless.

First batter to meet Gower was Web- New Bowling Alleys to human liberty, and just at a time when ber. He got to first on an error. Then Richardson walked and Dunn hit a single to centre field. The ball eluded there must be a streak of sadim in the fielder, Murray, and rolled far out, them. They are continually finding allowing Webber and Richardson and there is no end to their pontificating. bases. Gower struck McNeill out and alleys ready for Thursday. The formal strenuous, they declared not long ago, Quinn, Moran and Cooke. Thayer ond eight alleys are installed. Mr. jelly! And now comes Miss May Foley, ers. A squeeze play, started by George

McShane laid down the bunt as evening spin in your car you should Quinn was coming in from third base Moran was right behind and he scor Both Porcupine runs were scored on Note the ring of authority. It is lands. It was one of the longest hit

sconer do they free themselves from Reminder of the game was a pitcher's this yoke with a hearty iconoclasm battle between Dominus and George

McIntyre

AB R HPOAE Richardson, ss McNeill, 1b Quinn, 2b Moran, 3b Cooke, c McShane, p 31 6 4 27 13 0

Porcupine Cattarello, rf Dowling, 3b Patterson, 2b Knechtel, 1b Murray, cf Dominus, p

26 2 4 19 9

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