

THE STORY OF BOWLING (Cont.)

First Step: A natural step with the left foot (right foot for left-handers). The bowler starts to move forward, ball is lowered.

The hands part and the ball swings down as the step is completed. The bowler maintains his sight fix.

Second Step: In the second step the ball is swung back to the end of the arc. Bowler bends slightly, left arm moves outward.

Third Step: The slide starts on the third step. The ball swings forward. Left arm well out for balance as body lowered.

Just Before Release: Right knee drops, body balanced between left foot and right toe brace. Ball its own width from floor.

Just After Release: The ball is released as the straight right arm commences its upward swing away from the bowler.

The Follow-Through: The follow-through with unbent arm after release terminates with the wrist in direct line with the mark.

Four-Step Approach: Ten-pin bowlers favour the four-step approach. The first step is with the right foot (left foot for left handed bowlers), as the ball is pushed out in front of the body. On the second step the ball is swung back reaching the extent of the back swing on the third step. The fourth step and glide terminate with the delivery. No matter which method is used the approach is not a series of unrelated actions but a smooth, graceful progress.

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MEN'S TEN PIN

All entry fees must be turned in to the league, chairman by October 24th. All scores turned in after this date without entry fees will not be allowed.

Bowling Results October 3/56

Team	Prev. Pts.	1st Game	2nd Game	3rd Game	Pts.	Total Pts.
Braves	16	685	695	659	12	28
Royals	14	633	720	701	13	27
Engineers	13	703	717	632	14	27
Overheads	20	641	677	616	3	23
Domats	7	661	716	751	14	21
Warriors	3	678	728	657	15	18
Kettles	8	622	700	628	4	12
Bears	3	673	653	662	9	12

(Cont. on next col.)

MEN'S TEN PIN (Cont.)

High Games - E. Niemi - 185,185,202 - 572
 T. Stachiw - 167, 184 - 490
 T. Williscroft-175,162 - 461
 C. Buck - 167,164 - 457

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SAFETY SLOGAN

Winners of this week's Safety Slogan were: J. Kilby, J. Yates, C. Gresdal, J. Long, J. Shubaly, J. Zigman, L. Vachon, N. Rennett, N. Banks, and J. Desaulniers.

Those who missed were: E. Young, L. Walker, R. Ferguson, W. Corrigan, M. Osmar, S. Matuszak, H. Roberts, J. Wainwright, J. Kennedy, B. Wallin, G. Delong, R. Jylha, E. Storvold, A. Babeschuk, M. Ross.

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NOTE OF THANKS

Paul and I take this opportunity to thank everyone who has helped in any way during and after our recent accident. We deeply appreciated the kindness and get well wishes. Thank you.

Marion and Paul Pluta

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FOR SALE

One pair blue hockey pants and one pair hockey gloves for 12-14 year old boy. Both in very good condition. Phone 351.

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One Chesterfield and chesterfield (colour maroon) chair. Priced reasonable and in excellent condition. Phone 267 at the mill or contact E. Aho, Schreiber, Ont.

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One pair only girls figure skates - size 3. Phone 251 or call House 93.

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Frigidaire Electric Stove
 Living Room Drapes
 One large mirror
 One large oil painting
 One Cedar Chest
 One pair skis 6-1/4', harness poles and boots
 One baby scales
 One High chair

Apply House 84 or phone 253.

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