

Skating On Ice Is Easy If One Obtains Correct Start

Here Are Some Hints on How To Learn To Skate Gracefully.

All over the country ice rinks are now catering to those who seek fun and exercise on the ice.

There are, however, many people who are nervous of the supposed difficulties of skating.

Actually, skating is easy. The floundering novice who ventures on to the glassy surface of a rink for the first time, without any aid and without any idea of what to do, may think otherwise, but a little preparation would have made most of that "hopeless and helpless" feeling disappear in a few minutes.

It is true that you cannot learn to skate at home, but you can practise many things that will help you.

If you have a convenient spot at the rear of your house, don your skates—taking care to lace your boots tightly over the instep, but loosely up the leg—and commence to practise the art of easy balancing.

Just standing about while wearing skates will take away much of the stiff and awkward feeling that makes the novices' feet seem like lumps of lead.

Another great advantage of practising balancing before venturing on to the ice is that you will be much less likely to suffer from aching ankles.

The main fault of the novice is trying to skate with a stiff leg. You will never be any good until you are prepared to glide on one leg with the knee bent, instead of holding it rigid.

To skate well, you must be graceful. When you walk after a spell on the ice, you will find that you have a more erect carriage than usual, because you have discovered that you must keep your shoulders well back and your spine straight if you are to move easily.

When you lean forward to bring your weight directly over the foot on which you are gliding, the movement must be from the hips alone, and not with a curved body.

Even without wearing skates, you can learn good balance before starting on the ice.

Standing on one leg with a bent knee while swinging the other leg is a good exercise to practise, while picking a piece of paper from the floor half a dozen times running while on one leg will quickly help to induce a sense of balance.

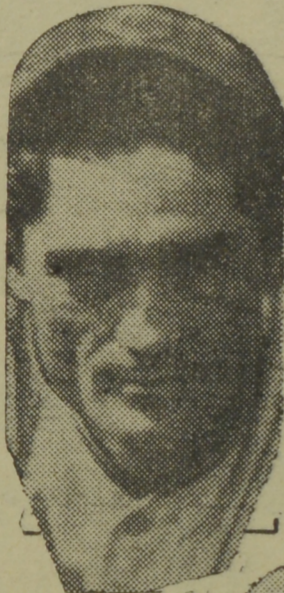
When you can carry out these simple exercises easily, try them while wearing your skates.

When actually on the rink, commence by standing with your feet together, toes pointing slightly outward. To strike off, lean your weight on your left foot, bending your left knee. The ice will take you forward, so there is no need for any "push."

Keep your body turned in the direction that you are travelling, taking care that your weight is always directly over the foot on which you are skating. The other foot should stretch out behind.

(Continued on Page 14, Col. 5)

PLAYERS IN OFF-SEASON TRADES



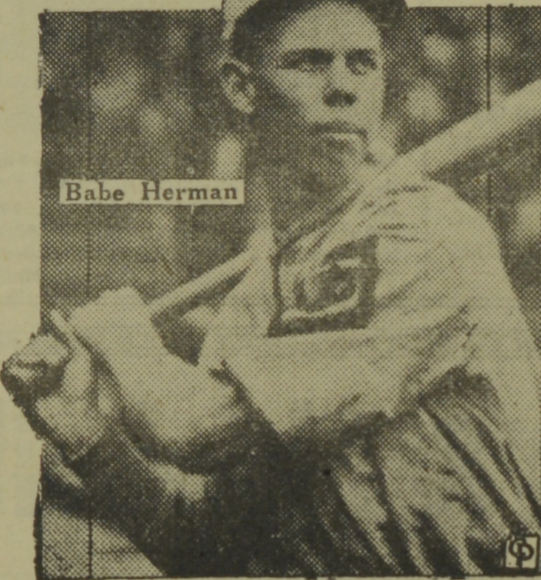
Guy Bush



Fred Lindstrom



Jim Weaver



Babe Herman



Larry French

In one of the most important baseball trades of the year, Fred Lindstrom, outfielder, and Larry French, pitcher, of the Pittsburgh Pirates, were sent to the Chicago Cubs in exchange for Jim Weaver and Guy Bush, pitchers, and Babe Herman, outfielder. The trade was negotiated at the meeting of minor loop heads in Louisville, Kentucky.

Fifteen Cash Winners In Our Big Hockey Contest For Fourth Week

Hockey fans from all over the Maritimes are taking part in this most interesting Contest. So far 52 prize-winning cheques have been mailed out.

We would remind contestants that this Contest is for goals scored. All that is necessary is to estimate and mark in in the periods the actual goals you think will be scored. Do not mark anything in the periods in which you think no goals will be scored. Leave them blank. Entries are judged only on the goals.

Send in YOUR estimate—or as many as you like—using the chart provided on page 11 of this issue, and you may find yourself a winner of a cheque from \$1.00 to \$500.00.

Cheques for the Contest, week beginning November 26, have been mailed to:—

- HARRY PEEBLES, Box 436, Stellarton, N. S.
- ALONZO BOUDREAU, Box 321, Campbellton, N. B.
- ROBERT MURRAY, 10 Railway Avenue, Moncton, N. B.
- R. S. SPRAGG, Petitcodiac, N. B.
- JAMES E. HOWES, Sussex, N. B.
- W. J. ALLEN, 129 St. James St., West Saint John, N. B.
- GEORGE H. DRYDEN, Sussex, N. B.
- MRS. ALBERT GALLOP, Dalhousie, N. B.
- H. G. MEISNER, 90 Birmingham St., Halifax, N. S.
- ARNOLD LeBLANC, Campbellton, N. B.
- GORDON E. MCGILL, Bridgetown, N. S.
- FRANK E. HAWKES, The Range, Queens Co., N. B.
- LEONARD G. BROWN, 111 Metcalf St., Saint John, N. B.
- J. REG. McKNIGHT, 35 Weldon St., Moncton, N. B.

EDITOR'S NOTE:—There was also received one winning chart without any signature and we are therefore unable to send cheque. If the contestant has a copy of the chart and will mail it in, if it agrees with the one in question, cheque will be forwarded.

RADIOS RICHEST VOICE



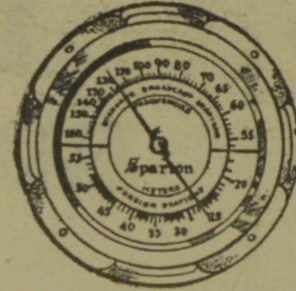
\$121⁵⁰

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CONSTERNATION AT N.Y.U.

Visiting Gaelic football players stood on the sidelines at University of New York stadium watching the local footballers at practice. A loose ball rolled to the sidelines and Mike Connaire, one of the visitors, picked it up casually and drop-kicked the oval between the posts from sixty yards out. The local heroes stood rooted to the spot.

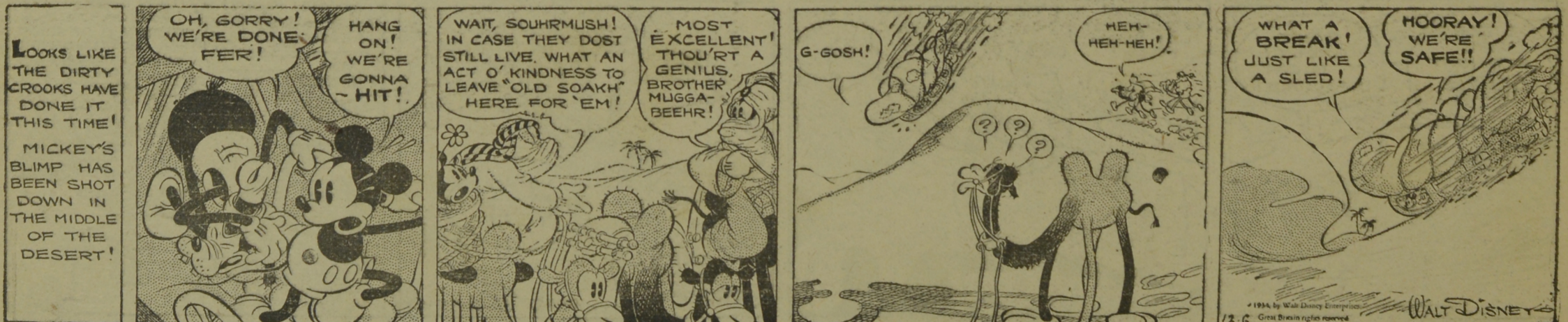
GENEROUS GESTURE

Featherweight Champion Freddie Miller of Cincinnati was credited with a most generous act. Boxing Gilbert Johnstone, the Scotch champion, at Glasgow in a bout proceeds of which were devoted to the benefit of families of 35 miners killed in an accident, Miller asked only \$1,000 for his purse. After the match he gave the entire amount to the fund.

MICKY MOUSE

THE SANDS OF THE DESERT GROW COLD

By WALT DISNEY



LOOKS LIKE THE DIRTY CROOKS HAVE DONE IT THIS TIME!
MICKY'S BLIMP HAS BEEN SHOT DOWN IN THE MIDDLE OF THE DESERT!

OH, GORRY! WE'RE DONE FER!
HANG ON! WE'RE GONNA HIT!

WAIT, SOUHRMUSH! IN CASE THEY DOST STILL LIVE, WHAT AN ACT O' KINDNESS TO LEAVE 'OLD SOAKH' HERE FOR 'EM!
... MOST EXCELLENT! THOU'RT A GENIUS, BROTHER MUGGA-BEEHR!

G-GOSH!
HEH-HEH-HEH!

WHAT A BREAK! JUST LIKE A SLED!
HOORAY! WE'RE SAFE!!

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