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## SECRET OF KEEPING IN SHAPE KNOWN BY WISE ONES

Conditioning Not Over  
After Training Days—  
Tunney, Dempsey Ex-  
amples Who Know  
How To Stay Fit.

The average athlete, champion or otherwise, figures that conditioning and training days are over the morning after he quits competition and decides to retire.

This happens to be the spot where the toughest job should begin. For surplus weight builds up quickly and with the incentive of competition closed out, any form of training job is pretty sure to be a bore and a grind.

If there is one man who should know his share about condition from 15 to 85, it is Keene Fitzpatrick, the former coach and trainer at Yale, Michigan and Princeton, with a background of more than forty years in this service.

"Any man or any woman who starts piling on fat is making a mistake," Fitzpatrick says.

"The fat man or woman, especially one who has passed forty, is more inclined to pick up various illnesses—with less resistance at hand. I am not advocating any strict diets that bring about too much loss of weight. I don't believe in quick reducing. I do believe in watching your weight from the start. This applies especially to ex-athletes—former football players, trackmen, oarsmen, &c. If they get careless they soon begin to put on weight in a hurry, and after that it's not an easy job to bring themselves back."

### Leading Examples

Two of the best examples I know in watching weight and condition after retirement are Jack Dempsey and Gene Tunney.

Dempsey weighed around 198 the night he fought Tunney in Chicago. Eight years later Jack tips the scale at 203 pounds, only a slight gain.

I was with Dempsey one day when his tailor took his measurements for a suit and found almost no changes to make in the figures dating from the last of Jack's fighting days.

The same is true of Tunney. Gene weighed close to 190 in Chicago when he met Dempsey for the last time. Tunney today is around 200 pounds, but Tunney, like Dempsey, is over six feet and heavily muscled.

I asked Gene the type of setting up exercises he follows.

"The important ones," he said, "are those that affect the stomach and the stomach muscles. It is necessary to

## McGill Gridmen Out September 9

MONTREAL, Aug. 25—Joe O'Brien is sending out a letter today to all former McGill football players asking them to report for practice on Sept. 9, the earliest date at which a practice is permitted by the university, and asking them to be in the best possible physical condition for the opening of the training season.

O'Brien has already been in touch with several of last year's teams including Fred Wigle, captain-elect who will come down from Hamilton for opening day, and Bob Drury, Hugh Savage, Johnny Riddell and Ken McQuarrie.

Training plans as outlined by Coach O'Brien include preliminary conditioning before the players arrive here for the first roll call. The inaugural drill is set for 3 o'clock Monday afternoon September 9.

## SPORT SHORTS

NEW YORK, Aug. 25—Following the example set by Ty Cobb when the Georgian led the American League in batting, Johnny Moore, leading hitter of the Phils, always swings a bat made of lead during the batting drill. When the game begins he uses his regular wood and it feels as light as a feather.

### LEO DIEGEL WINS

HERSHEY, Pa., Aug. 25—Leo Diegel, Philadelphia veteran, carded a five under par 63 to assume a two-stroke lead yesterday in the third annual Hershey 72-hole open golf tournament.

Denny Shute, 1933 British Open Champion, shot 70, the second low score of the day. Bobby Cruickshank was third with a 71.

### IMPORTS OF BUTTER AND CHEESE

Imports of butter in July amounted to 22,550 pounds of which 17,696 came from New Zealand and 4,854 from the United States. A year ago the importation was 6,042 pounds.

Imports of cheese amounted to 132,758 pounds, coming mainly from New Zealand, Italy, Switzerland and the United States.

have the stomach covered with muscular protection to keep out any flabbiness. You can see the shape I'm keeping in. Take a good poke with right or left if you care to."

Dempsey is still the same high strung, nervous type he was back in his early and championship days. He is still as restless as the west wind. Tunney moves along at a much calmer pace, with a working philosophy that could be a big help to high and low alike.

### Other Stars

Two or three years back Bobby Jones decided he had to look after his increasing weight. Bobby always had a battle to face along this line.

Through dieting and exercising he took off eighteen pounds in twenty days, a rather hurried process, but he has kept his reduced weight ever since.

Bobby Jones today weighs less than he weighed ten years ago when he was still in the thick of championship golf.

But they haven't all been like Dempsey, Tunney and Bobby Jones.

After his last stand, or his last fall, Jess Willard allowed his weight to run from 260 to something like 350 pounds. Firpo fought Dempsey at 221 and from last accounts the wild bull of the faraway pampas had moved up to well over 300, which is many pounds above par.

Firpo and Willard together on the scales would tip the beam at 700 pounds which borders on what you might call the excessive side.

One of the greatest shocks an old timer gets is meeting Packy McFarlane, the once great lightweight. Packy let his once slender system run up to 200 pounds before trying to build up a barrier.

What about old time ball players? Rube Marquard looks as slender and willowy today as he did when piling up 19 straight.

Nap Rucker, now mayor of a Georgia city, has taken good care of himself—which Nap always did.

I played golf a few months ago with Ty Cobb. The Georgia Peach has moved up from 185 to 200, which isn't so much. Tris Speaker has changed but little.

One athlete who has a battle ahead is Babe Ruth. The Babe still likes his food. On one of our meetings in the South he inhaled twelve stone crabs, which are about the size of a lobster.

But the Babe weighed 251 when he hit his sixty home runs, and he is still well below the weight that helped to break a record.

## GIANTS FEAR CARDINALS; BUY PITCHER

NEW YORK, Aug. 25—The Giants feeling the pressure again as their own pitchers tire and the Cardinals move up, have obtained Earl Moore from the Phillies at the waiver price of \$7,500. In this connection it is recalled that the purchase of a pitcher by the Giants in similar circumstances some years ago hastened the decision of the club owners to put up the bars against the transfer of players except on waiver after June 15.

In the late season of 1922 the Giants, who had been out in front from the very beginning, were challenged for the lead by the Cardinals, then managed by Branch Rickey. The Giant pitching staff was faltering and the Cardinals had better than an outside chance of crowding past the Giants to win the pennant, but John McGraw put a stop to that nonsense. He purchased Hughie McQuillan from the Braves for a price said to have been \$100,000. The Cardinals, financially strapped, were in no position to counter by going out and getting some high priced reserves, too, and right there the life went out of the pennant race.

The present arrangement, therefore, is a great improvement over the old. If the Giants can clinch the pennant with a \$7,500 pitcher salvaged from Hazleton, Pa., where he had been consigned by the Phillies, the sentiment, even in St. Louis, must be: "More power to them."

### Blondy Adds New Life

The struggle of the Yankees to overhaul the Tigers has taken on new life with their acquisition of Blandy Ryan. It may be too much to expect Blondy to overhaul the Tigers single handed but it is certain that the prospect doesn't dismay him and that he is facing it with every hope of succeeding. Surely his spirit counted heavily in the winning of the National League pennant and the world series by the Giants in 1933. The Giants looked up to Blondy in those days and listened to everything he had to say.

What happened to him at the Polo Grounds last year has never been quite clear, at least to this writer. He appears to have been the chief casualty in the downward sweep of the club that not even Bill Terry could check. Less confusing was the fate that overtook him in Philadelphia. Blondy isn't the type that rests easily on a club sunk hopelessly in the second division and it is easy to believe that he might have got on the nerves of the harassed Jimmy Wilson.

He can be a big help to the Yankees. They are still in the thick of the turmoil and Blondy, a quiet and peaceful young man off the field, thrives on turmoil once he is in uniform.

## TOTEM POLE GOLF TOURNEY IN ALBERTA

MONCTON, N. B., Aug. 24—Miss Ada MacKenzie, present holder of the Canadian Ladies' Golf championship and one of the greatest women golfers ever produced in Canada has filed her entry for the tenth annual Totem Pole tournament to be played here September 1 to 7. Miss MacKenzie will be accompanied by Mrs. Charles Eddis of Toronto, another of the ranking women golfers of the Dominion.

Miss MacKenzie, who plays from a handicap of one, shares the distinction of being the lowest handicapped player in the Canadian Ladies' Golf Union with Mrs. Alex A. Fraser of Ottawa. Mrs. Eddis plays from a handicap of three and with Miss MacKenzie has been an outstanding figure in Canadian golf circles for many years.

Miss MacKenzie and Mrs. Eddis are now in St. Paul participating in the United States Golf Championship following which they will come here for the Totem Pole golf week. At the conclusion of the golf week the noted visitors will proceed to the Pacific Coast where they will play in the Canadian Ladies' Golf Championships at Vancouver and Victoria.

This will be the first visit of Miss MacKenzie and Mrs. Eddis to Jasper and both are looking forward to testing their acknowledged well known skill with what old man par has to offer over this beautiful mountain course. Their appearance here will be looked forward to by what promises to be a very large entry this year.

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## CANADIAN OPEN GOLF TOURNEY ON TOP SOON

Heavy Week Faces Golf  
Pros at Montreal —  
Golfers Arrive.

MONTREAL, Aug. 23—Opportunity to prime their games to the highest tournament pitch in preparation for the Canadian Open golf championship for Canadian professionals, who find themselves faced with a series of exacting competitive tests which reach their climax with the start of the Canadian Open at the Summerlea Golf Club on the 29th of this month.

Commencing with the Quebec Open at the Royal Montreal Golf Club on Friday, the leading professionals of the East have a rigorous program ahead of them. They warm up their firing irons with a 36-hole medal play competition over the Elegant Dixie course on Friday as a preliminary for several other big events. On Monday and Tuesday they move to the Elmridge Golf Club where the foremost pros of the country gather for the annual Canadian Professionals golf championships, embracing seventy-two holes of medal play before the purses are distributed. Thus with three days of sustained tournament play back of them, the Canadian delegation aspiring for Dominion honors in the classic of the year should be well schooled for the concentration and expert shot-making required by such a tough competition as the Canadian Open, in which the greatest figures in North American golf will vie for a title that has been shared by world-famous golfers. August fades out with a series of notable events pressing close on one another, with the Canadian Open at Summerlea standing out in bold relief as one of the epic events in Canadian golfing history through the high merit of the international field which is assembled.

Lex Robson, Ontario open champion, is the first out-of-town professional to arrive here in preparation for the above tournaments. The Islington Club representative played a practice round over the Summerlea course yesterday and posted a 71, one over par.

## MISS CROCKET WINNER LADIES' SINGLES TITLE

The York County tennis tournament which is nearing its final stages saw Miss Muriel Crockett capture the junior ladies' singles championship on Saturday. Miss Crockett beat Miss Pauline Rowan 6-2, 6-3 in the final. The weekend results follow:

Junior ladies' singles: M. Crockett defeated P. Rowan, 6-2, 6-3 (final).

Men's singles: S. Page defeated H. Lingley 6-0, 6-3 (quarter final).

Men's doubles: S. Bartlett and J. Kilburn defeated S. Page and W. Peterson 4-6, 6-1, 6-4 (semi-final).

Ladies' singles: M. Crockett defeated A. Webb 6-2, 7-5. H. Spilke defeated B. Inch 7-5, 7-5 (semi-finals).

Mixed doubles: Mr. and Mrs. S. Page defeated E. Bartlett and B. Armstrong 8-6, 7-5 (third round).

### DEVON PROTESTS

The Devon baseball nine has protested to the New Brunswick Baseball Association the third game of the semi-final N. B. playdowns with St. Stephen-Milltown Kiwanis at St. Stephen on Friday basing their protest on the ineligibility of Arthur Lowe, who was used in left field during that game. St. Stephen-Milltown Kiwanis management last night stated that Lowe was eligible to play and has been playing with the Kiwanis during the year.

There was a sharp increase in the export of agricultural implements in July, the value rising from a year ago at \$386,000 to \$1,124,000. Copper increased from \$1,763,000 to \$2,541,000, nickel from \$2,645,000 to \$3,309,000. There was a comparatively small increase in lead but aluminum dropped from \$999,000 to \$363,000.

There were declines in wheat, wheat flour, fruits, cheese, fish, furs, lumber pulpwood and wood pulp, as well as automobiles, but gains in barley, whiskey, meats, leather, binder twine, raw wool, shingles, machinery, asbestos, coal and silver.

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