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The Breadman

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of Ontario and Canada.
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PHONE 1953.

Northern Ontario's Latest Silver Find Creates Sensation

CAN YOU DIVE?

Eight Silver Cups Will Be Awarded to Winners of the Loew's-Advertiser Diving Competitions in Loew's Theatre Next Week—Famous Diving Expert Coming—Use Entry Form Below.

Next week, starting Monday, June 2, Madeline Berlo, famous diving expert, is coming to Loew's Theatre with her company of girl divers. With Miss Berlo's assistance, The Advertiser and Loew's Theatre will conduct diving competitions throughout the week in the theatre.

Fill in the entry form below and mail it to Manager Fred Jackson of Loew's Theatre. Entries close this Saturday.

Eight silver cups will be awarded to winners of the competition. Watch for complete details in The Advertiser, and read Miss Berlo's articles on diving, of which the second appears below.

The diving competitions are open to everyone between the ages of fourteen and twenty, inclusive.

LOEW'S--ADVERTISER DIVING COMPETITION

June 2 to June 7.

Please enter my name for the competitions and tell me when to appear.

Name..... Age.....
Address..... Weight.....

Proper Arching of Back Important Point In Diving

Adds Much To Beauty of Execution and Is Good For Health—Aids Mastery of Four New Dives Described in Today's Lessons.

EXPLAINS HOW TO MASTER MOVEMENTS

By MADELINE BERLO.
In the first article I tried to stress the importance of arching the back in diving. Aside from its health and beauty benefits, it is an important point in diving technique. Four of the dives I will write of today are dependent almost entirely upon this for beauty of execution. The first is the back handspring.

The Back Handspring.
Lie on your back and reach back, arms extended until your hands grasp the end of the board. Draw your body up into a vertical position. At first your weight will be on your neck and shoulders; keep elevating your body until you are standing on your hands. Hold your position with your back arched, as shown in the illustration. Cast off, feet first.

This is difficult, because your arms must be sufficiently strong to bear your weight. Fortunately for me I have unusually strong arms and shoulders. As a matter of fact, I have done every shoulder and arm exercise possible in order to strengthen these muscles. Praise and grace are not the only things one must possess for diving. It takes a great deal of brawn to properly achieve the rhythmic, birdlike lightness that characterizes good diving. A very excellent exercise for arm and shoulder development is walking by the hands on suspended rings. Chinning the bar is another. All gymnasts feature these.

The Hand Stand.
Take a position similar to that for the back handspring, except that you lie on your stomach, going through the same manoeuvres until you are standing on your hands at the edge of the board. This time instead of going off feet first, stand, back arched, and pitch off in a vertical position, head first.

The Hand Stand Walk.
This is a sister dive to the two foregoing. Drop into a hand stand position so that your arms reach about the middle of the board when your arms are extended. Upon you, in your body to position, standing on the hands, walk on your hands to the end of the board and cast off head first.

The Handspring.
Drop into a handspring position at the end of the board. Throw your body upward and out, and describe a half circle in the air, striking the water feet first.

In all somersaults where the body is whirled in the air, the perfect diver draws the knees up until they touch the chin and grasp the legs at the ankles. This is known as the "tuck in." In order to undo your position you must execute the "lay out" before striking the water. I described this in yesterday's lesson.

Next in order are two dives which combine the falling statue and the rocking dives, which I wrote about yesterday. I refer now to the standing sitting and the standing sitting standing dives.

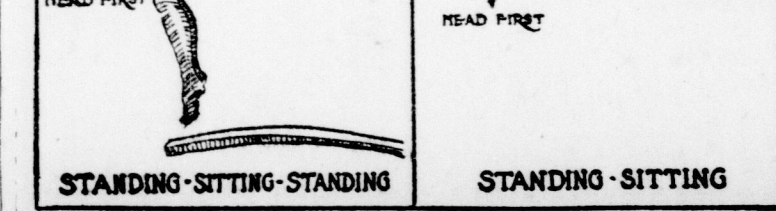
Standing-Sitting Dive.
Stand on the board, head erect, shoulders back, arms in graceful position. Cast the body upward, but not out, so that you will come down on the board in a sitting position, right at its edge. Do not use force, nor are you to spring up with any. Just give the impression of a slight spring, so as to come down on the board lightly. As soon as you are in a sitting position, do the rocking and dive, leaving the board in a vertical position, head first. After practice you will be able to combine these two perfectly, without a fraction of a second's hesitation between the sitting position and the casting off.

Standing-Sitting-Standing Dive.
Follow the same line of procedure up to the point of sitting on the board. As soon as you come down in the sitting position, bounce up (the springboard gives at the slight movement) into a vertical standing position. The minute you are on your feet, cast the body upward and out into the air, and come down in a vertical diving position.

This is not the standing-sitting-standing dive we Berlos demonstrate our act, but it is what I advise you to try at first. Our execution of this dive differs as follows: As we arrive in a standing position, after coming up from the sitting one, we whirl up and out into one complete circle and then enter the water in a vertical lay-out. This version of the dive requires the maximum number of changes in position. It is done at considerable height. In doing any of the somersault dives a diver must be sure to cast outward as well as upward so as to avoid striking the board in coming down into the water.

Aside from the benefits these dives will net you so far as your beauty and your muscles of the arms, shoulders, back and chest. That flabby fleshiness which is so detrimental to beauty of line is entirely done away with. A supple firmness takes its place. Arching the back constantly gives it the graceful lines beauty calls for and also tends to make the diver draw in her stomach. The result is a small waistline that symmetrically joins the limbs and torso.

Tomorrow's article will deal principally with the remainder of the dives not requiring somersaults and half circles.



SILVER STRIKE EXCITING MANY

Nothing So Spectacular Has Been Seen in North For Long Time.

SHOWS HIGH GRADE

Special to The Advertiser.

Cobalt, Ont., May 26.—A silver strike on Lorrain Consolidated, made Friday afternoon, has sensational aspects. The second round was taken out Sunday and it is richer than the first. The vein carries five to six-inch width of high grade, running better than 2,000 ounces and about a five-foot width of milling grade ore. For many months the company has been working in the vicinity of the contact, but without success. A few days ago L. L. Stendler, the president, and Horace Strong, mining engineer, examined the property with a view to changing mining policy. Strong is the man who put the mining corporation with such success into South Lorrain. He advised Stendler to work at a level about 85 feet higher. The shaft to open the new level was left. Silver was struck. The next round brought in high grade.

Nothing quite so suddenly spectacular has been seen in the north for a long time. Lorrain Consolidated joins the mining corporation to the east. Their high grade development is several hundred yards from Wood's vein. And therefore the enlargement of the camp's profitable zone is a very important development to South Lorrain. There is no geological reason why the new shoot should not grow to important size.

The north is greatly excited as it has been a very heavy speculator in the company's share. Manager Thurston of Lorrain Consolidated gave the following statement at noon today: "We have eight inches of high grade running from two to ten thousand ounces to the ton. We lugged along from part of the first round and gave a balance of that round and all of a second to sort. Today we started cutting into vein 30 feet below the high grade. The 175 foot level to cut an ore pass. If the high grade persists we will take a car of high grade out of this ore pass alone. Besides the high grade, we have four-foot width of rich milling rock."

CLOTHES IGNITED, WOMAN MAY DIE

Aged Resident of Ingersoll Burned While Destroying Old Papers.

Special to The Advertiser.

Ingersoll, May 26.—A woman, clothing ignited while burning old papers and other refuse in a summer kitchen at the rear of her home, King street west, Mrs. A. Dundas, an aged resident, was seriously, probably fatally burned today. She was alone in the house at the time, her daughter, Miss Agnes Dundas, being at Memorial school, where she is a member of the teaching staff. Neighbors heard the cries of Mrs. Dundas, and when they hurried to render assistance she was found in the kitchen, where she had fallen. She was at once rolled in old carpets to smother the flames. Attending physicians are not hopeful of her recovery.

The rear portion of the house caught fire, but the blaze was checked before serious damage resulted.

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TWO MINISTERS CELEBRATE THEIR DIAMOND JUBILEE

One of Most Unique Services in City's History Held in Centennial Church.

MET AT COLLEGE

Rev. L. W. Wicket and Rev. A. G. Harris Honored by London Congregation.

One of the most unique services ever held in any church in London was that held last evening at Centennial Methodist Church, when Rev. Lewis W. Wicket and Rev. Alexander G. Harris celebrated together their diamond jubilee. They first met each other at old Victoria College, Cobourg, in the year 1863, and have been bosom friends since. The pastor, Rev. A. E. M. Thomson was in charge of the service, and there were on the platform, together with Mr. Wicket and Mr. Harris, Rev. W. E. Millson, president of the London conference, and Rev. D. N. McCamus and Rev. George Jewitt, both past presidents of the conference.

Both of these past presidents gave a short account of their work in the ministry, and this was added to by Rev. Mr. Harris in a splendid address on "Sixty Years in the Methodist Ministry."

Mr. Harris was born in West Oxford Township in October, 1841. His parents were of U. E. Loyalist stock and he was reared on a farm. He was converted at a camp meeting in 1859, and joined the Wesleyan Church under the pastorate of the late Rev. Joseph Shepley, father of the noted lawyer, who was for many years in Toronto. He attended Victoria College for three years, and was recommended as a probationer for the ministry by the Ingersoll official board. This was then in the London district.

Stationed at Belmont.

He was stationed at Belmont under the superintendency of Rev. Samuel Tucker. Having spent four years on probation, he was ordained by Rev. W. Morley Funnish in the year 1868 at Kingston. There were twenty in this ordination class, of which four were from Belmont.

In 1869, Mr. Harris was married to Miss S. Margaret Williams of Ingersoll. He preached on twenty different circuits in Ontario and was promoted to a second term. In 1917, he retired from the active work, having spent 55 years in the work of the ministry.

Tells of Early Days.

Mr. Harris spoke to the Centennial congregation on the early days of the church, of the frame buildings used in those days, and the absence of the choir and the special music so greatly featured in modern services. A fiddle in the church in the early days, Mr. Harris said, was almost a disgrace. He spoke also of the kind of preachers, real giants, and of the congregations, men of great strength of character and purpose.

Mr. Wicket was born in the parish of Kilkhampton, Cornwall, England, in 1848. The family emigrated to Prince Edward Island in 1861. In 1863, he was ordained and began to preach almost immediately. He was officially received as a probationer in 1864, and was sent to Ohio. There he studied and remained for four years. Then he returned to the London conference, within the boundaries of which he has remained ever since. On retiring from the ministry, Mr. Wicket connected himself with Centennial Methodist Church, where he is considered one of the most valued members.

Special music featured the service. A quartet was given by Mrs. Hay, Mrs. McLeod, Miss and Messrs. Hall and Mills. A solo was given by Rev. W. E. Millson.

THREE CARS CRASH, FOUR PEOPLE HURT

Tillsonburg Man Is Held Charged With Speeding On Highway.

Canadian Press Despatch.

Orillia, May 26.—An automobile mix-up occurred on the provincial highway Sunday afternoon, three persons being injured. A motor car driven by Robert Small of Tillsonburg was going west when it collided with a sedan driven by Mrs. Knapp of Toronto. The impact of the collision swerved Small's car, and it swung across the highway and struck a third automobile, in which was an Orillia woman and six children.

Mrs. Small sustained a broken collarbone and her mother, Mrs. Wilcox, was badly bruised. Both were taken to the hospital. Two of the children were cut by flying glass.

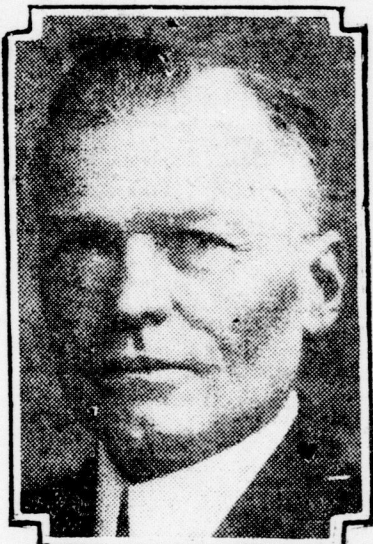
Settlement was made by Mr. Small, but he was charged by the police with exceeding the speed limit, released on \$1,500 bail, and will appear in the police court here next Monday.

BRITISH AVIATOR WIRES FOR HIS SPARE PLANE

Asks That Machine Waiting At Tokio Be Sent To Him.

Associated Press Despatch.

Akyab, Burma, May 26.—The hydro aeroplane in which Major A. Stuart MacLaren, the British aviator, was attempting a round-the-world flight, was completely wrecked when it crashed in the harbor last week. MacLaren's plans are uncertain, but he has cabled to England asking that the spare machine which is waiting for him in Tokio be sent here so that he can continue his flight.



DR. FORBES GODFREY.

minister of health in the provincial government, who announces that a dental annex will be added to his department in the near future if present plans are carried out.

CROSSEN FACING MURDER CHARGE

Charge Against Gamekeeper Changed As A. McCrodan Dies From Wounds.

Canadian Press Despatch.

Cobourg, May 26.—William J. Crossen, gamekeeper on the Crossen estate at Baltimore, Ont., appeared before Magistrate Floyd here this afternoon and was charged with murder in connection with the death of Byron A. McCrodan, who died in Wellesley Hospital, Toronto, this morning from wounds received when he was shot in the thigh a week ago by Crossen, who was patrolling a fishing preserve. He was remanded for eight days, no evidence being taken.

Crossen has been held on a charge of attempted murder, and this was changed this morning on instructions from the attorney-general's department. McCrodan was shot in the thigh, and at first his recovery was looked for. Gas gangrene set in early last week, however, and although a blood transfusion was made, his condition gradually grew worse.

The body was removed to the city morgue at the order of Chief Coroner Dr. George W. Graham, and an inquest will be opened some time this week by the chief coroner. Although the shooting took place in another county, the inquest must be held where death occurred. This morning Dr. W. L. Robinson conducted the post-mortem examination.

Hebrideans Make A Quaint Picture

Arrive With Fishing Baskets at Toronto Station.

Canadian Press Despatch.

Toronto, May 26.—Clad in their national costume, with the women members of the party carrying fishing baskets and tackle under their arms, 250 Hebrideans, said to be the largest party of Scotch people to come to Ontario to make their homes in the province, arrived here this morning. The entire party will remain in Ontario farm communities. Thirty-nine of the highest and most venerable clans are represented by the newcomers and the quota of "Mac" receives a boost of 170, no less than this number falling into this category.

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HAWKEN-LANG COAL COMPANY
PHONE 522

MEASURE PLANNED FOR TRANSFER VOTE

Change in Dominion Elections Act Proposed in New Measure.

FIRST READING

Canadian Press Despatch.

Ottawa, May 26.—A bill to introduce the principle of the transferable vote into the Dominion elections act was given a first reading in the House of Commons this afternoon, on the motion of Hon. Ernest Lapointe, minister of justice.

He explained that the new principle would apply to single member constituencies and when there were more than two candidates.

Rt. Hon. Arthur Meighen, Conservative leader, said the speech from the throne had spoken of "the alternative vote." Mr. Lapointe replied that the bill now before the house had the same purpose as the announcement from the speech from the throne.

MAN, FOUR CHILDREN DIE AS HOUSE BURNS

Mother Is Only Member of Family To Escape Death.

Canadian Press Despatch.

Medicine Hat, Alta., May 26.—Four children and their father perished in a fire at a homesteader's home near Alderson, Alberta, Sunday morning. The homesteader's name is Guest, according to meagre reports received here. Mrs. Guest was in the barn milking cows and escaped. The fire followed an explosion of gasoline, which the man was using to light the kitchen stove.

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STRONG'S Baking Powder
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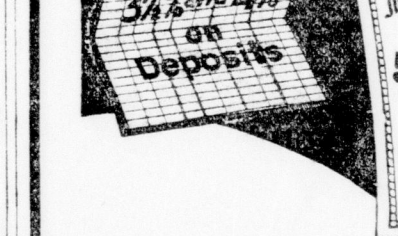
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HUME CRONIN, General Manager

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It explains the use to which the Debenture money is put; how your money is protected; how you may easily purchase a Debenture, and that Ontario Loan Debentures are one of the most remunerative investments consistent with safety.

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President, A. M. SMART.

Manager, T. H. MAIN.