

**ST. ANDREW'S
BASE BALL
CLUB
CHAMPIONS
WEST END
AND
INTER-ASSOCIATION
SENIOR LEAGUE**

1907

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|----------------------------------|--|-------------------------------------|-------------------------------------|-----------------------|
| H. KION CENTREFIELD | F. SMITH CAPT. 3 RD BASE | G. GOULDING 3 RD BASE | F. SWEETMAN 3 RD BASE | E. ROE RIGHT FIELD |
| H. ACHESON CATCHER | REV. J.M. DONALD HON. PRESIDENT | W.A. ACHESON MANAGER | W. MONTEITH PITCHER | |
| A. HEWER L. FIELD, PITCHER | W. GOULDING PRESIDENT | W.J. BARRELL SECT. TREAS. | ED. JACOBS 1 ST BASE | |
| H. SMITH 2 ND BASE | A. McLEAN OUTFIELD | W. BRYNE 2 ND BASE | R. BADGLEY OUTFIELD | J. EDMONDS CATCHER |

WHEN BEAUTY FADES



**"Art of Massage" Discussed
for the Benefit of Toronto
Women.**

"Few attractive women can lay claim to real beauty of face and form and it is not essential as many of our most fascinating specimens of womanhood can lay claim to more than passing comeliness. But to be attractive she must bear no disfiguring blemishes. It is due to the eradication of blemishes of face and form that Massage has gained so many staunch followers among women whose appearance has been marred by those annoying little "crow's feet" that steal around the eyes, lines that creep about the mouth and furrows that crease the forehead. Their stealthy advance is almost imperceptible at first, but with a woman whose time is fully occupied, either socially, at home or earning her livelihood, they steadily grow more and more pronounced, until she awakens, terrified by the fact that she is no longer young. It is no idle saying that 'A woman is as young as she looks,' and it is her duty to herself to take the very best care that she can of the charms that a benevolent Providence has bestowed upon her, because, hard as it is to acknowledge it, there also a fading of her happiness. What woman can face the realization that she is less lovely than yesterday and be happy?"

"Perhaps it is sickness that has sapped her vitality and left her with hollow cheeks, a scrawny neck, wasted arms, or worse than all, with shrunken breasts. Or it may be mal-nutrition of the tissues that underlie the skin of one who is otherwise apparently in good health, but whose skin has the appearance of extreme age. In either instance there is a sure way to remedy these defects and build up the parts to their normal size and condition, and more than this, there are thousands upon thousands of grateful women who are ready to testify that they have developed their figures and built up firm, solid flesh by means of a course of massage treatment."

"The refreshing influence of massage properly administered, is proof positive of its benefits, but right here I wish to speak a word of warning to those who have not had the opportunity of learning the right way of going about it. Naturally it must be done in a way to smooth out the wrinkled surface and to give the tissues and tiny cells a chance to increase and develop. These vesicles or cells are fed by hundreds and thousands of hungry little mouths called pores, that must be fed and stimulated into activity when they become sluggish or closed entirely by their secretions or foreign substances which frequently bear the germs of disease. The food provided should be free from fatty substances such as are found in cold creams; they should be a diet specially prepared by a physician who understands the skin, tissue and miscellaneous requirements. I know of none that I have ever used that is so well adapted to this particular purpose as is the Dr. Charles Fish Food. In the first place it is dainty and satisfying, filling all of the requirements of a cold cream, while it is intended for the purpose of flesh building."

This is an extract from a talk given by Julia M. Wakely on the benefits of massage in a recent issue of a prominent periodical. It is good advice and the women of Toronto would do well to take heed. This most excellent preparation, Dr. Charles Fish Food, is to be found at the toilet goods department of the Robert Simpson Company, as is also



A THOROUGHLY MODERN OPTICAL ESTABLISHMENT is now being installed at 131 Yonge Street by Joseph C. Williams, and will include the first **LENS GRINDING PLANT** in Canada to make lenses from the rough lump of glass to the finished lens. Every style and kind of lenses, including the "Kryptok" Invisible Bifocals, will be ground in this factory. Wait for the Canadian "Kryptok" at Canadian prices.

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A BOUNCING BOY
Little Harrison Heath of Toronto.

telephoning has begun, few would expect this prediction. Yet, as The Times points out, the whole problem turns on a spark rate which will run up to figures as yet unattained. With electric impulses of only 300 to 500 a second, sound and not speech would be transmitted by telephone. When these were increased in number to several hundred thousand per second, it was possible as in 1906, to send speech twenty miles in this country and in Germany fifty miles.

But this rapid rate was not intense enough for long distances. This is being met. A dynamo giving more than two kilowatts alternating at 100,000 per second has now been made where with in a short time 20,000, to 30,000 a second was the limit.

RECORDS OF BLIND ATHLETES.

The most popular of all outdoor events, probably, is the 35-yard dash. Now, nobody with or without eyes can run straight very far unless it be toward some mark. The sighted sprinter has his alley to guide him and the tape in front. So for the blind boys a string of sleigh bells is rung at the finish. Collisions resulted twice only during last season. The abandon which the boys display in this race is a revelation, and their performances are very creditable. It is the opinion of the writer that, other conditions being equal, the sightless boy gets a faster



READY FOR PLAY
Little Miss Reta Rodden of Farley-ave.

start than his seeing brother; the blind boy never looks out of the "tail of his eye," and his co-ordination between ear and muscle is closed and more nicely adjusted.

The success of blind boys in athletics, the same as with boys who know the light, is determined largely by the personal equation. Some boys are naturally graceful, others naturally awkward. Some will earn a gymnastic feat almost without effort, others, only after the most faithful labor. In short, some have a well-developed muscular sense, while others have but the faintest traces of it. For those who measure success by marks, the records made by sightless athletes at the Wisconsin School for the Blind will be interesting. These records should not be supposed to equal performances of high school boys, because the training was for all-round development. No one specialized in any one event.

- Standing broad jump 7 ft. 9 in.
- Standing high jump 5 ft. 7 in.
- Running broad jump 17 ft. 8 in.
- Running high jump 4 ft. 8 in.
- Shot-put (12 lb.) 37 ft. 8 in.

Discus throw 85 ft.
Football punt 39 yds. 1 ft.
Hundred yard dash 12 sec.
35-yard dash 4 sec. flat
- J. E. Baker, in The Outing Magazine for January.

THE FINANCIAL SITUATION.

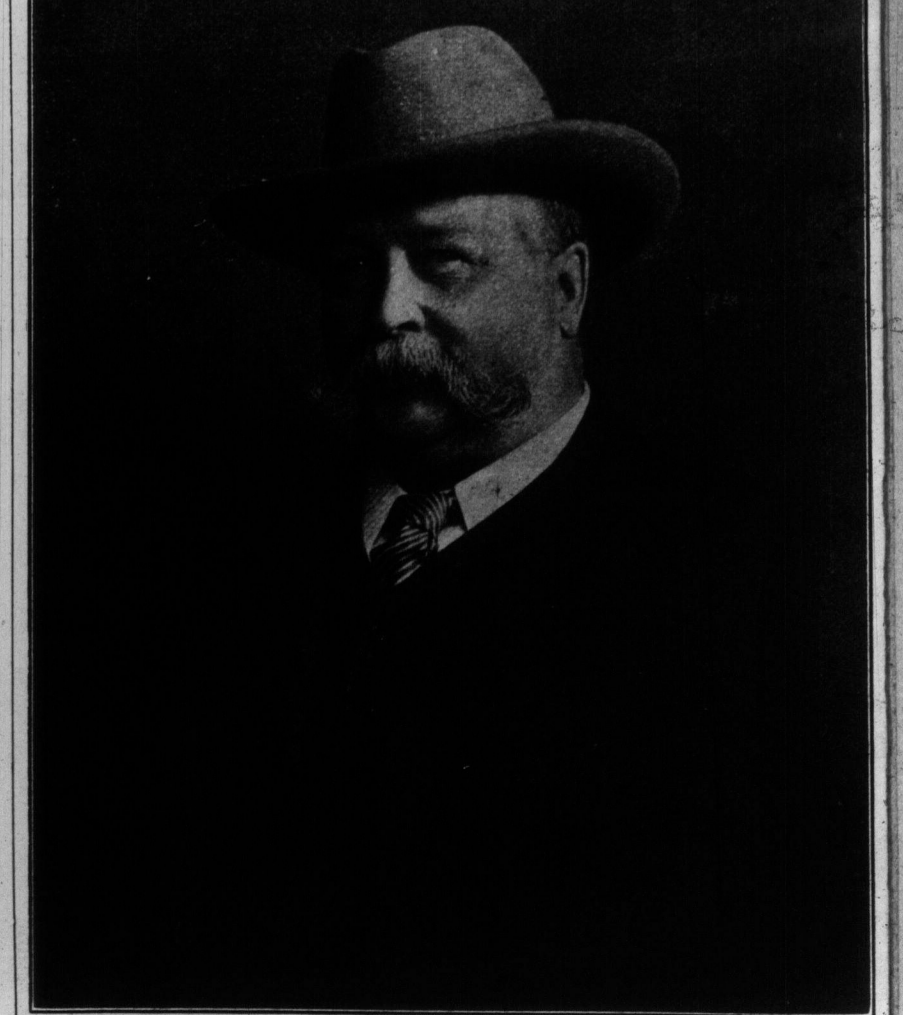
The financial situation in little! They were both of that type known in the expressive French tongue as "gamins." One stood in the drizzling rain, negligently cracking nuts. The other leaned gloomily against a lamp-post. Something had evidently gone very wrong with him, and at last he gave up

language. "I've lost a 'al'penny," he jerked out fiercely. "I ain't got yer 'al'penny," returned the possessor of nuts. The other, with the persistence of childhood, reiterated his complaint. "I've lost a 'al'penny," he said again. "Tell ye I ain't got yer bloomin' 'al'penny," repeated his friend, irritably. The plaintive one thrusts his hands into his empty pockets and leaned forward: "I don't say you 'ave," he said; "all I know is that I've lost a 'al'penny—and you're eating nuts!"

"I got a letter from him yesterday written on a typewriter."
"That's too much like business."
"Well, he meant business."



SCENE FROM THOMAS E. SHEA'S NEW ROMAN PLAY, "A SOLDIER OF THE CROSS," AT THE GRAND THIS WEEK.



Late John Robson Cameron, editor for many years of The Hamilton Spectator who died last week.

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