Bowring Bros., Ltd., Hardware Department

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> ASBESTOS, CEMENT, MILLBOARD, ETC.

Bowring Bros., Ltd., Hardware Department

Title Holder Imparts Interesting Information

TACTICS TO BE USED TO ATTAIN EFFICIENCY IN RING PERFORM.

ROBERT EDGREN

Syndicate) Georges Carpentier said of Dempsey: "They told me he could not box, but he is the best boxer I ever saw.'

I've often heard people say that Dempsey can't box; that he is just a big strong fellow who hits hard. That seems to be a general impression. founded on nothing more than the fact that Dempsey doesn't stand in the

in his action, with trimmings of his else. I'm not crazy.

Up in the Maine woods on a huntchat, so I asked Dempsey for his when you get inside one of these big merely ordered him to come up for

notion of boxing. "Well." said Jack, "there are only helpless as a turtle turned on its House rung with cheers. two things in boxing. One is to hit back. the other fellow, and the othes is to keen him from hitting you.

THE CHEEK BONE PUNCH.

"Another reason why a body punch is the best punch is that now-a-days most fighters don't think of anything but socking the other bird on the chin and most any hoxer covers his chin fairly well.

"If I want to hit 'em on the chin I hit 'em on the body first to bring their guard down or make them bend over to where they'll be easy to hit. It never bothered me to fight tall men. They come down to my height when I double them up with a body blow. Sometimes that one punch is enough, One punch in the solar plexus dropped Carl Morris on his nose.

In an ordinary scrap between fellows who aren't professional boxers the one who can deliver a good body punch wins. A fellow who isn't a boxer never expects a body punch and ha no defence for it.

"The knockout punch on the head that everybody knows about is the chin. But maybe you notice that I often land my first head punch a little high—on the cheekbonc, maybe. That's because I'm trying to drop one over just above the eye tooth and at the side of the nose-a better knockout point than the chin if you reach

"If your punch is chopping down it may graze the chin, and a grazing punch on the chin is a better K.O. sock than & punch square on the but-

"Another nice point for a punch is back of the ear at the base of the skull. A hard wallop there may be dangerous, but a few little chops just make a fellow woozy so he doesn't know where he is, and then the

finishing is easy. That's what got Carpentier. I liked Georges and didn't want to mark him when I knocked him out. Of course knocking him out was part of the game, same as it would be for him to knock me out if he could.

"Landing punches is a matter of making your man move the way you want him to, so he'll leave openings. and then being in position to hit when

you get the chance. "Take that fight at Toledo. Lots of people say a fighter can't tell how he'll fight until the fight starts. Of course a fighter can't be so dumb that he won't change his plans if he sees a better way to win, but I never

punch and thinks he's tough becaus it doesn't knock his head back. know he's cuckoo. I've seen boxers train with big gloves so they wouldn't get hurt if they don't move in time. I'd rather have my trainers put horseshoes in their gloves so I the Nickel Theatre who attend to

night's show. wouldn't forget to move. "That's one thing a fighter's got to

"That's where speed comes in. you can move faster and hit harder than the other fellow it's easy to win

"Speed is the great thing in boxadvantage in speed over the men I is said to unfold with the utmost fought. I could punch with them lucidity despite the absence of exand beat them to it. All the skill in planatory titles. the world ain't much good unless you have speed with it. When I find myself losing the old pep and snap in my punches I'm going to buy an crange grove and quit fighting."

The Thirck Railway Disaster.

One of the most disastrous and pathetic accidents that has ever happened on an English railway was that which occurred at Thirsk, on the Northeastern Line on November 2. 1892. The second part of the Great Northern East Coast route express left Edinburgh at eleven o'clock on the night of November 1, on its long run to town. Early next morning. ow will do and what I'll do to fool when going at the rate of nearly sixty miles an hour between Otterington "At Toledo I knew Willard would and Thirsk, in Yorkshire, it dashed stand up and wait for me to come in, into a goods train that had just startcock-sure I'd rush him and he'd up- ed from the signal station at Manor House junction, with the result that "Well, you always want to do what ten passengers were killed, and the other guy doesn't want you to do, thirty-nine seriously injured. The Willard wanted to let me lead and let leading third class carriage of the him counter. So instead of leading I express was broken into pieces, while turned my back on him two or three six other carriages were wrecked, times as if I was afraid of him, and and the brake van of the goods train and eight trucks were destroyed by "He changed his plan and stepped the fire which broke out near the enout after me, and I turned and went, gine soon after the accident. It was under his arm as he jabbed and tor- thought that the train had been fired by the compressed gas with which "It's almost as important to get the vehicles were lighted, but invesold pose of the Jem Mace school, hold ing. Nothing tires and discourages a due to the wreckage igniting at the away from punches as to do the sock- tigation proved that the outbreak was

his left arm out nearly straight in fighter like missing with good punch- engine fire. The signalman on duty at front of him, with the right pressed es. He feels like Babe Ruth when the Manor House box it appeared against his side, elbow crooked and Babe expects to poke one over the had been unnerved by the death of glove laid across his stomach to act right field fence and strikes out. I his child, and had asked to be relievused to tie my hands down so I ed, but was refused; he had fallen My own opinion is that if Jack couldn't hit, and then having my asleep from fatigue, and so was re-Dempsey can't box, Bob Fitzsimmons sparring partner try to sock me. I sponsible for he accident. Tried at and Stanley Ketchel didn't know a had to duck and move around or take Vork Assizes for manslaughter, he glove from a horse shoe. Dempsey a poke on the nose, and I don't care was found guilty with a recommenhas much of Fitzsimmons and Ketchel any more for being hit than anyone dation to mercy. Mr. Justice Charles thought he had been punished "I learned how to keep moving so enough; the fact scared his mind for my chin would be a bad target. That life, that his negligence had caused swaying stuff gets me inside and the disaster, and when the Judge

> "Besides, swaying and ducking around the way I do lets me pull away with a punch if it does land,

> > Skin Eruptions

Are Usually Due to.

Constipation

When you are constipated, not enough of Nature's lubricating liquid is produced in the bowel to keep the food waste soft and

moving. Doctors prescribe Nujel lecause it acts like this natural lubricant and

thus replaces it. Nujol is a lubricent—not a

medicine or laxative — so

and takes all the kick out of it.

ty near knowing what the other fel-

walked away a couple of steps.

pedoed him

him and beat him to it.

Star Movie Friday.

WONDERFUL STORY, "THE FOX."

fellow's punches vou have him as judgment if called upon, the old Court

The story is one that Carey has wanted to produce for ten years. He wrote it, gathering most of the material from his wealth of picturesque experiences on the Western range. It embodies all of those qualities that countless fans have told Carey they liked most. Carrying a dramatic punch and a quivering thrill of suspense in every one of its surprising Mustad's Hooks twists, it sweeps everything before it in its swift rush of plot—its blow upon blow of the most absorbing situations ever devised. And through all of the vigorous action and thrills and spectacle runs a thread of sentiment that binds the interest with a strength as

powerful and as satisfying as human sympathy itself. Step by step the story builds-now tense, now humanly humorous, now thrilling, now breathless, now tender—and all pyramiding up to a climax that will leave any audience in the world breathless-and satisfied! Don't miss it.

For Gentlemen of good taste -Cub Cigarettes .- sept28.tr

When I see a fighter with a big "The Journey's End" A Cinema Novelty.

NICKEL SCORES ANOTHER MOVIE

"The Journey's End" is a Hugo do-keep moving. He's got to figure Ballin production released by Hodwhat's in the other fellow's mind and kinson and represents one of the distinct cinema novelties of the current season, inasmuch as it is the first serious drama ever made without a single sub-title from beginning to end. And yet critics who have been given an opportunity of reviewing ing. When a man loses it he is this splendid production declare it to through. I've almost always had an be a marvel of clearness, and the story

> There are three Mammoth Star attractions coming to the Nickel shortly namely "In Old Kentucky," featuring Anita Stewart, Norma Talmadge, in "The Sign on the Door" and Jackie Coogan in his greatest picture "My Boy." Be sure and see these produc-

Ready for Delivery

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Nice Ripe Yellow BANANAS.

Last call this season for

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No. 1's and Domestics.

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A Shipment of **Chimney Tops**

The Great Norwegian Fish

Killer. THEY NEVER MISS Ask for Mustad's.

HUGO BALLIN PRODUCTIONS Presents

MABEL BALLIN & WYNDHAM STANDING

'The Journey's End'

The daring and bravery of iron-workers and their fearless handling

The collapse of a New York Skyscraper while in course of construction. How the pure innocence of a little child averted a tragedy. And many other scenes of rare beauty and thrills.

Norma Talmadge "The Sign On the Door" and Anita Stewart "Old Kentucky" and Jackie Coogan _ IN _ "My Boy."

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Boy

Vulcanite Roofings

Are Fire Retardant.

Wooden Shingles for roof covering are a dangerous hazard, and are prohibited under the City Charter.

WE SELL,-

Vulcanite Sanded Roofing, full size rolls, \$6.50 per Roll.

Vulcanite Smooth Surfaced Roofing, full size Rolls, containing 108 square feet, will cover 100 square feet of roof surface \$5.00 per Roll.

And are sold complete with nails and centent, ready to use.

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A Square consists of 2 Bundles and will cover 100 Square feet of roof surface.

You can see those Fire Retardant Shingles on House No. 83 Duckworth Street. They won't turn up in wind storms; they do not require to be painted; they give an artistic finish to any roof. Vulcanite Shingles are cheapest in the long run

Houses covered with Vulcanite Roofing or Vulcanite Shingles pay lower insurance rates than if covered with felt. Vulcanite retards fire.

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A soda fountain on a tea-tras

Make your own Soda Water from an ENGLISH RECIPE with a

Sparklet Soda Syphon

Your Druggist or Grocer will sell you a Sparklet Syphon complete with a supply of makins' for \$5.00.

SODA WATER AIDS DIGESTION and will improve your favorite drink. No messy bottles to worry you just draw off Soda as required-

it won't go flat.

many a backache be saved.

To insure better blending when making cocoa, add the sugar to the cocoa after the cocoa and water have been cooked together. A high stool should have a place of honor in every kitchen. Many tasks

can be done with sitting down and

Household Notes.

the fat may be used for frying. hen a tin can has been emptied.

If you wish your fruit cake to be smooth for icing, line the tin with nediately turn the cover down and plain batter before pouring it in and a delicious combination which idental cuts before it is thrown batter.

so that it will not the cause of afterward spread the top with plain

This is an excellent time to watch When the family gets tired of plain for Christmas "opportunities." Odds ed cheese

pumpkin pie, spread the pies with and ends can be purchased a the trimmings, from your meat damson plum jam and whipped cream. prices, while there is plenty of the chases. The bones make good soup. They will ask for this dessert again.

would potatoes au Gratin, using

MUTT AND JEFF

MUTT NEVER LIES TO HIS WIFE By Bud I sher DEAR, I'M TERRIBLY COME ON, JEFF, AND SHUT UP YOU HIRELING! I NOW THAT THOSE LETTERS ARE GET BUSY ON THE NEUER LIE TO MY WIFE! SORRY BUT I WON'T BE TO THE LION TAMERS CLUB! N. O.P. Q.R.S.T. TYPE WRITER! TAKE DOWN WHAT I HOME UNTIL LATE DICTATE! ALL RIGHT, TONIGHT AS I HAVE MUTT, BUT TO DICTATE OVER WE'RE DUE AT I WISH YOU TWENTY LETTERS! THE LION WOULDN'T TAMERS' CLUB WORK SO RIGHT NOW, SHOOT: HARD!