

causes the ball to turn and roll off into the gutter. The fingers should be well spread, so that the pressure on the ball as it leaves the hand is equal in all directions. Any violation of this rule is going to cause trouble in the end. The bowler should also be certain to keep the second finger held in the direct line with the alley.

Newcomers in the game often think it is necessary to take a long run to set the ball going in good shape. This is a serious mistake. Don't stand too far back. About three steps are enough to take. When a bowler takes a long run he generally finds that when he is ready to deliver the sphere he is somewhat off his balance, and the ball rolls untrue.

When you have determined the proper distance at which to stand, don't

look around the room or gaze at your feet. Fix your eye on the head or centre pin. Remain motionless an instant, while the brain receives the proper photograph of the alley.

The head pin is what you must aim for. Unless you strike it attempts to bowl good scores will be failures. Hit the head pin three-quarters full on either the left or the right side, it matters not, and a strike is almost certain to result.

While waiting to start the ball, keep your mind fixed on this one idea of where the ball must go to make a strike, and allow nothing else to distract your attention. Don't start to deliver the ball until you are ready. Too much hurry is sure to spoil your chance for a good score.

Don't use a short, jerky swing of

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