



FINE CLOTHES for Easter

WE announce the arrival of another shipment of New Spring Clothes from THE MOST FAMOUS TAILOR SHOPS IN CANADA, and we illustrate a few of the new spring styles above. These garments are unquestionably the finest made in Canada and are of such HIGH QUALITY that they are generally regarded as the standards and models of style, fit and tailoring. We know that every man who appreciates good clothes will enjoy an inspection of these new models.

WE send you free of charge, a very handsome FIFTY-PAGE book, entitled "Dress, a Magazine for Men," illustrating 40 new styles for Spring and Summer, 1910. Be sure you get a copy of this book before you buy your Spring suit and overcoat. You are entitled to the newest and best in clothes, and this book will acquaint you with what you SHOULD know before you buy. It also contains a dress guide for every occasion, which is invaluable to the good dresser. Instruct us to send you a copy.

A. GILMOUR, 68 King St. St. John.

Bowling
Basket Ball
Curling

SPORTS

Baseball
The Ring
Hockey

Mistah Artha To Face Court Tomorrow

Save half your fuel bill by using one of our

VILLA MODEL RANGES

BUY ONE - TRY ONE and if not perfectly satisfied we will refund your money.

Made and sold by

J. E. WILSON, Ltd.,

Stove repairing promptly attended to Phone 356, - 17 SYDNEY ST.

By hand when you can have a Typewriter for \$60.00 fully guaranteed.

WHY WRITE THE EMPIRE

FRANK R. FAIRWEATHER, Agent.
Main 663 63 Prince Wm. St. St. John, N. B.

Pointers On Training For Young Athletes

The training for pole vaulting is similar to that of high jumping, and the method of acquiring your "take-off" is worked out in the same manner. Every pole vaulter should be able to "run up his pole." By this is meant that he must get sufficient impetus from his run to send him up to the cross bar easily. After the bar is reached, the height of nine feet the vaulter must be able to control his body while in the air. He should be able to force his legs and trunk over the bar and turn the whole body when clearing the bar.

Pole vaulters in running toward the bar should run upon their toes, and the faster they sprint the higher they vault.

Begin with the bar five or six feet above the ground, paying especial attention to the distance between the hands where they grasp the pole. The proper distance is from 12 to 18 inches. The pole should be grasped so that both thumbs are up. Pole vaulters should practice the hand stand. They ought to be able to do a hand stand perfectly and even be able to lower their bodies from a hand stand to a bent arm stand and push up again to a hand stand.

Spend the first three weeks in practicing on form, but never indulge in sprint running during this time. Let the running be moderate as to speed and distance. The second three weeks increase the height from six inches to a foot and increase the speed.

The third three weeks increase the height six inches and speed up. Run 40 yards four or five times daily. The last three weeks gradually increase the height of the bar to within a few inches of what you think your best vault will be.

Correct form for the shot put is to hold the shot in the right hand; stand with your right foot close to the line forming the circle. The shoulder is thrown far back, and the arm is flexed upon the arm. The hand is slightly extended by the weight of the shot. The left foot is about a foot or two in front of the right, so as to balance the body properly. The whole body is nearly at right angles to the wooden arc; the head may be made to face the arc so as to judge the distance.

While in this position extend the left arm at right angles to your body, elevate the front foot a sufficient height to maintain your balance; then quickly hop forward with the right foot about three and one-half feet; turn so as to face the opposite direction; put the left foot on the ground, and extend the right arm vigorously as the right foot touches the ground.

The first three weeks should be spent in running short distances and working with dumb bells and Indian clubs. Practice putting the shot for form. Make the athlete exercise a little more severe the second three weeks and increase the distance of putting the shot.

During the third three weeks make the exercise still more severe and again increase the distance of putting the shot. During the last three weeks exercise so that the work produces a fair amount of fatigue. Putting the shot from 8 to 15 times a day will be found sufficient.

Keep Your Eye on This Space

NOVELTY TONIGHT--Dooley Referees the Big Fight

PETE IS AFRAID OF FIRE.....Comedy.
GEORGETTE.....Drama.
THE VILLIPATORY.....A Big Drama.
MULTITUDES SOUL.....Comedy
A WOMAN'S HEART.....Drama.
VIVIAN KING--IN You May Not Think I Love You But I Do.....Drama

WALKER MAY CROSS OCEAN

Famous South African Sprinter is Thinking of Coming to America--A. E. Wood Wins Great Race.

London, Mar. 21.--In conversation with R. E. Walker, today, the writer learned something of interest regarding the hero of the 100 metres race at the Olympic games. The little Natal sprinter finds the English climate very different to the warmth and sunshine of South Africa yet in spite of recent indisposition he says he agrees with him fairly well. Walker is very anxious to put on a few pounds in weight and as he has only just reached his majority, there is every reason to think he will fill out a bit. He considers his weak spot in sprinting is the disposition to slow up a trifle between the half-way and three-quarter mark, and he purposes devoting all his efforts to overcoming this. Many sprinters besides Walker start well and finish strongly after a slight ease at the half-way stage. This, of course is a falling, and sometimes due to a want of fitness. Once "on edge" however, a sprinter ought to travel faster every stride he takes, and E. J. Wefers (American's greatest sprinter) was an example. The wind plays a big part in sprinting, and athletes should concentrate their thoughts on the effort to increase

St. Joseph's Defeat Holy Trinity; C.P.R. Wallop Brock & Patterson

St. Josephs and Holy Trinity fought a draw in the Society League series on St. Peter's Alleys last evening. The Saints captured the first point by 41 sticks and although the valley boys took the remaining points, they were unable to cut down their opponent's lead and the game ended a tie.

The scores were:

St. Josephs	Holy Trinity
Griffith .. 80 81 87 248-82 13	Doherty .. 90 85 92 267-84
Gale .. 79 101 73 253-84 13	O'Brien .. 87 84 90 255-85
W. Phinney .. 92 90 108 290-96 23	
G. Phinney .. 91 78 82 251-83 23	
Hurley .. 108 86 82 276-92	
450 436 432 1318	

The scores were:

Brock and Patterson	C. P. R. Wins
McMichael .. 79 92 109 280-93 13	397 404 426 1227
Patterson .. 75 79 66 220-73 13	
Henderson .. 68 73 86 277-75 24	
Mahoney .. 91 83 74 248-82 23	
Masters .. 84 77 91 252-84	
397 404 426 1227	
C. P. R.	
Griffith .. 85 93 92 270-90	
McGowan .. 74 72 76 222-74	

KETCHEL AND KLAUS MIX TOMORROW

New York, March 21.--The most important contest of the week comes off at Pittsburgh Wednesday night, when Stanley Ketchel and Frank Klaus meet in a six round bout. No decisions are given in Pittsburgh, so the result of the bout, no matter how hard fought it may be, can have no bearing on the middleweight championship.

Even if Klaus should knock Ketchel out he would not win the middleweight title for the contest is at catch weights, and Ketchel will probably come in weighing in the neighborhood of 180 pounds. Klaus won't be much short of 165 to 170 himself.

A long time ago Ketchel frankly admitted that he was no longer a middleweight and that the day when he could make 153 pounds, even six hours before entering the ring was passed. For advertising purposes the bout Wednesday night is being billed as a championship contest, which, of course, it isn't. Still, if Klaus should win decisively, he would have a claim on the middleweight title that it would be hard to dispute, for Klaus can do 153 pounds whenever he wants to, and at that weight it's hard to pick any body in this country to beat him.

SEE ALSO PAGE TWO

HARRIERS TO ENTER TEAM

Y. M. C. A. to Put Nine in Proposed Amateur League--Baseball To Boom Here This Season.

At a largely attended meeting of the Y.M.C.A. Harriers, held last evening, the question of entering a team in the proposed senior amateur league was discussed and a committee was appointed to complete arrangements. A meeting of representatives from the Y.M.C.A., Every Day Club and AI conquis or Portlands will be held this week to discuss the possibility of forming the league to make arrangements for grounds. It is a question as to whether the city league will use the Every Day Club grounds this coming season. The commercial league will in all probability be reorganized and the present indications are that the E.D.C. grounds will be used by the commercial and amateur leagues, the Shamrock diamond being the battle ground of the Inter-Society and city leagues. It is also expected that Carleton will have a league of its own this summer. West end fans are clamoring for baseball and it is felt that they have the necessary timber right in their midst. Carleton has turned out some pretty classy diamond artists in the past, and it is thought that with a little support from the fans a general revival of the game will be seen this summer across the harbor.