THE RACES IN THE CIRCUIT.

WALTER E. DEFEATS STEWART'S LITTLE ALBERT.

Hal Pointer Wins the Free-For-All Pace and Prince Herschel the 2.20 Class—Victoria Lawn Bowlers Win Again—Hyslop Wins at Goderich—General Sporting Gossip.

ROCHESTER, Aug. 17. — Hal Pointer proved a drawing card at the third day of the Grand Circuit to-day, the attendance being more than double what it was in the first two days combined. The heavy rain of last night had made the track heavy, and added to this the air was chilly and the sky cloudy, so that the time was far from fast. Another thing which tended to make slow time was the strong west wind which blew down the back stretch in the face of the horses. In the half-mile extra good time was made in almost all the heats.

Hal Pointer proved his value again by taking the free-for-all pace in straight heats. He did it easily at that.

Walter E., Bob Stewart's beauty, did the same thing in the free-for-all trot, taking the glory away from Little Albert in spite of the heavy backing the latter got in the pool boxes. Little Albert's backers say they are still believers in the little animal's capabilities and are ready to stand up for him at the next stopping-place.

Blue Sign was sent a mile as an exhibition and made the last half in 1.02¼. He will be sent to-morrow to beat the track record of 2.06¾. Summaries:

2.20 class, 4-year-olds; purse $3000:

Prince Herschel	2	1	1	1
Hildburn	1	2	5	2
Miss McGregor	3	4	2	3
Liva	5	3	3	4
Advance	4	5	4	5

Time—2.19¾, 2.18¾, 2.18¾, 2.19.

Free-for-all, trotting; purse $2000:

Walter E.	1	5	1	1
Little Albert	4	1	2	3
Hyland T.	2	2	4	6
Phoebe Wilkes	5	4	5	2
Nightingale	7	7	3	5
Muta Wilkes	6	6	6	4
Martha Wilkes	3	3	3	dr.

Time—2.15¼, 2.14¼, 2.13¼, 2.12¼.

Free-for-all, pace; purse $2000:

Hal Pointer	1	1	1	1
Manager	2	2	2	3
Major Wonder	3	3	3	3
Flying Jib	4	4	4	4
Blue Sign	5	5	5	5

Time—2.11¼, 2.10, 2.10.

Hamlet Won the 2.30 Race.

WELLAND, Aug. 17.—Local race—Sox 1, Crapshooter 2, Hickory Jim 3. Best time 2.41 1-2.

2.37 race—White Wings 1, Joe W. 2, May Rooker 3. Best time 2.29¼.

2.30 race—Capt. Sunter 1, Hamlet 2, Tommy R. 3, Dr. Forest 4, Mary E. 5. Time 2.29 1-2, 2.27 1-4, 2.27 1-4.

Pat Oakley Won the Steeplechase.

SARATOGA, Aug. 17.—First race, 5 furlongs, selling—Halcyon, 3—5, 1; Wang, 3—1, 2; Julia, 4—1, 3. Time 1.03¾.

Second race, 5 furlongs—Highland, 6—5, 1; Little Fred, 8—5, 2; Sandonne, 2—1, 3. Time 1.01¾.

Third race, ⅞ mile, selling—Ragner, 3—1, 1; Polydora, 8—5, 2; Marmose, 8—1, 3. Time 1.16.

Fourth race, 1 1-16 miles—Henry Young, 9—10, 1; Lotion, 12—1, 2; Maie K, 9—1, 3. Time 1.50.

Fifth race, 4½ furlongs—Fantina colt, 3—5, 1; Foxhound, 20—1, 2; Rebecca Rowett, 8—1, 3. Time 1.58.

Sixth race, steeplechase, full course, selling—Pat Oakley, 3—2, 1; Sleet, 3—2, 2; Lijero 4—1, 3.

Commodore Wins in 2.17 1-2.

TERRE HAUTE, Ind., Aug. 17.—The races to-day resulted as follows:

2.35 class, pacing, purse $400—Ed. Easton 1, Effie Powers 2, Irene 3. Best time 2.17¼.

2.50 trot, purse $400—Sam Weller 1, Kingmore 2, Duchess 3. Best time 2.26½.

2.25 trot, stakes $1000—Lasselle 1, Mambrino Swift 2, Fred H. 3. Best time 2.15¼.

2.25 pace, stake $1000—Vassar 1, Tippo Tip 2, Blairwood 3. Time 2.12½.

2.19 class, trot, stake $1000—Commodore 1, Billy D. 2, Persica 3. Best time 2.17½.

Racing at Fort Wayne.

FORT WAYNE, Ind., Aug. 17.—Yesterday's races postponed on account of rain were called early this afternoon. Seventeen heats were driven backed by much speculation. Summaries:

2.32 class, trotting—Strathallen 1, Wayne Chief 2, St. Hector 3. Best time 2.24¾.

2.20 class, pacing—A. P. 1, Myda Wilkes 2, Corncracker 3. Best time 2.14½.

2.15 class, trotting—Robbie P. 1, Idolf 2, Answer 3. Best time 2.14½.

Only one heat in the 2.35 pace was traveled on account of darkness. It will be completed to-morrow morning and stands as follows:

Cambridge Girl 1, Thorndale Prince 2, Glenwood 3. Time 2.19¼.

Raceland Wins a Race.

MONMOUTH PARK, Aug. 17.—First race, 5 furlongs—Venus-Burg 1, Blackhawk 2, Dolly colt 3. Time 1.00 1-2.

Second race, 7 furlongs—Vestibule 1, Sister Mary 2, Picknicker 3. Time 1.25.

Third race, 6 furlongs—Armitage 1, Stonnellie 2, Dorian 3. Time 1.12 3-4.

Fourth race, 1 1-8 miles—Kildeer 1, Bestbrand 2, Diablo 3. Time 1.55 1-2.

Fifth race, 5 furlongs—Minnehaha 1, Pallas 2, May Lose 3. Time 1.00.

Sixth race, 1 mile—Raceland 1, Julien 2, Treasure 3. Time 1.40.

Racing At Orangeville.

ORANGEVILLE, Aug. 17.—The races here opened to-day. Results:

Trotting and pacing, 2.15 class: purse $400—Gertie B. 1, Jack Hopper 2, Joe Mowat 3, Billy B. 4. Time, 2.26¼, 2.28¼, 2.28.

2.35 class, purse 2.50—Money Maid 1, Minnie May 2, Nimrod 3, Belmont Junior 4, Prince Edward 5. Time, 2.36, 2.33¼, 2.34¼, 2.33¼.

Running race, 1¼ mile dash; purse $400—Beefsteak 1, Colonist 2, Glendale 3.

To-Day's Card at Monmouth.

MONMOUTH PARK, Aug. 17.—First race, 5-8 mile, handicap—Stonenell 113, Sirocco, Correction 127, Wah Jim 119, Hugh Penny 112, Walcott, Lady Violet 110, White Rose 109, Hammie 108, Quiver 106.

Second race, 1 mile, selling—Madrid 107, Wormser 95, Colonel S. 91, Treasure Hiram 86.

Third race, 5-8 mile—Melody 105, Grasshopper, Sigurd, Elberon, Ixion 98 each, Miss Gallop, Madeline 95 each.

Fourth race, 7-8 mile—Midnight, Sabine, Roche, Young Arion 110 each, Evanatus 107, Bonaventure 105.

Fifth race, 3-4 mile—Gascon, Michael, Sourd More 112 each, Lizzie 107, Peril 100, Lochinvar 108.

Sixth race, 1 1-16 miles—Larchmont 106, Chief Justice 105, Miss Dixie 104, Miss Kitty 102.

Entries at the Springs.

SARATOGA, Aug. 17.—First race, 5 furlongs—French Lady, Maid of Ellerslie, Columbia, Why Not II., Annie Woodcock filly, Sadie W. 110 each.

Second race, 1 mile and 1 furlong—Lotion, Gettysburg 114 each, Manhansett, Panhandle 112 each, Dagmar, Marie K. 109 each.

Third race, ⅞ mile, selling—Belwood 107, Contribution 106, Van Wart, Wanderer II., Pat Woodcock 104 each, Lettoon, Minnie Cee 101 each, Tammany Hall, Naronic 94 each, Muffineer 85.

Fourth race, 1½ miles, selling—Clementine 107, Philora 105, Jugurtha 104, Ocean H. 88.

Fifth race, 4½ furlongs, selling—Dalsyrian, Helen, Marmose 105 each, Empress Frederick 103 each, Gorman 102, Fan King, Wrestler, Jester, Duke John 95 each, Julia 95.

Sixth race, 5 furlongs, selling—Foxhound, McDonald 106 each, Lucasta, Western Star 100 each, Red Cross, Annie Boleyn colt 94 each.

Turf Topics.

The Linden track has been granted a license of $5000 a year, to be paid to Linden Township.

Ramapo, the Omnibus Stakes winner at Monmouth, won for his owners, Gideon and Daly, a small fortune.

Port Huron's fall race meeting is from Sept. 5 to 8, Windsor following a week later. One of the features at Windsor is the 2.10 class, trotting or pacing.

The Great Northern Leger Stakes, about 1½ miles, was decided at Stockton, England, Wednesday. R. Swanwick's bay filly Queen of Navarre, by Galliard—Pampeluna, was first, with Sir R. Jardine's bay colt Canning, by Wisdom—Briony, second and W. Winn's chestnut colt by Tertius—Lady Salisbury, third.

It is possible that the Board of Control will disband, as there is much dissatisfaction among its members. The "Cheap John" measures proposed by one member are condemned in unmeasured terms by another. The reduction of the value of the purses at the fall meetings was opposed, but the majority ruled. One member said it looked cowardly for clubs that had prospered and made money by racing to begin to reduce the racing fund before they had booked a losing meeting.—N. Y. Tribune.

Cycling at Goderich.

GODERICH, Aug. 17.—The first annual meet of the Circular City Cycle Club took place to-day and was an immense success. The weather was all that could be desired. The following is the official score:

25 mile road race to Bayfield and return—Dr. Robinson, Stratford, 1, G. K. McKay 2, H. Tolton 3, J. F. Deaks 4 and time prize. Time 1 hour 25 4-7 secs.

Half mile, flying start—W. Hyslop 1, T. B. McCarthy 2, L. C. Robertson 3. Time 1.13 1-5.

2.50 class—Blayney 1, T. W. McCarthy 2, Young 3.

One mile, open—W. Hyslop 1, E. J. P. Smith 2, T. B. McCarthy 3. Time 2.45 1-5.

Three-mile, county—R. W. Livingstone 1, A. T. Cooper 2, A. C. Winter 3.

2-mile 6 min. class—Blayney 1, F. S. Gordon 2, W. P. Mitchell 3. Time 7 1-19.

Three-mile lap race—W. Hyslop 1, W. M. Carman 2. Time 8 min. 52 seconds.

Half-mile, 1.20 class—L. D. Robertson 1, Young 2, Manville 3. Time 1 min. 13 2-5 seconds.

5-mile open race—W. Hyslop 1, W. M. Carman 2, E. J. P. Smith 3. Time 13 min. 48 sec.

What the Cockneys Think of Us.

Toronto was well represented among the wheelmen, and every time there was an opportunity the Queen City representatives were right in the front rank, says The London Free Press. The only gentleman who intervened between Torontonians and first prizes was Mr. W. B. McCarthy, who carried a striped jacket to victory twice. It constituent McCarthy belongs to Stratford, and the Classic City has a fast man in him. His riding is characteristic of all the fast ones, and although this is practically his first year on the track an uncomfortable feeling already pervades those who start with him from the crack of the pistol. C. W. Young, a member of the Rollers of Toronto, the junior branch of the Wanderers' Club, was perhaps next to Hyslop, the most remarkable wheelman on the track. He is only a boy, whose merry laugh reminded one of a lad of 16 years, and whose glowing cheeks and sparkling eyes bespoke vigor and health. He rode in five events, was well up at the front each time and was as fresh at the finish as at the start. He can scarcely fail to be a very fast rider in a year or two.

This Time They Won By 22 Shots.

The Victoria lawn bowlers continued their series of successes yesterday afternoon at Prospect Park, when they won a 4-rink match by 22 shots as follows:

VICTORIA.		PROSPECT PARK.	
H. J. Coleman.		J. Manchee.	
A. Hamilton.		T. Mounce.	
J. Walter.		W. L. Patterson.	
J. H. Horsey, skip..	35	W. Forbes, skip.....	16
A. J. Williams.		J. C. Scott.	
A. Burns.		F. Manchee.	
W. H. Ketchum.		J. Wellington.	
C. E. Ryerson, skip..	16	J. W. Corcoran, sk..	30
Dr. Dame.		W. Eastwood.	
W. W. Belding.		Joseph Wright.	
W. B. Smith.		R. Rennie.	
E. H. Duggan, skip..	27	D. Carlyle, skip.....	16
G. H. Roberts.		P. O'Connor.	
A. H. Baines.		C. R. Cooper.	
A. M. Cosby.		George Hardy.	
S. Morrison, skip....	22	W. A. McCullough, sk.	16
Total.....	100	Total.....	78

Majority for Victoria, 22 shots.

Lawn Bowling in '44.

Up at the Caer Howell there is a pair of bowls which are the oldest in Toronto. They bear the date 1844 and then there was a flourishing lawn bowling club on the same green in Queen-street-avenue, where Henry Layton's hostelry still stands. The bowls are a serviceable pair and bear a silver bar with the inscription:

Presented to the Toronto Bowling Club for competition by John Ewart, Esq., won by R. G. Anderson, Sept. 12, 1844.

Mr. Ewart was the father of the many Ewarts well known here at present, and Mr. Anderson was an expert bowler of his day, and teller in the Bank of Upper Canada.

Although having intervals of suspended animation, the club is at present in a flourishing condition under the name of Caer-Howell. It was Henry Layton pere that conducted the Caer-Howell away back in the forties, and some of his records make interesting study. Of course he kept his accounts in L. S. & D., and all the present well-known family names figure in his ledger. A racquet club is shown to have been in existence at the Caer-Howell in those days.

Norway's Winning Cricketers.

The Butchers of Toronto were defeated by the Norway Cricket Club on the grounds of the latter on Wednesday by 31 runs. Oldfield was not allowed to bowl, but made a good stand at batting, being put out at last wicket. Hines batted well and Asson bowled well for the Butchers. Parker made a good catch worthy of mention for he Norwegians. The return match is to be played on Aug. 30, Oldfield being barred entirely. Score:

NORWAY.		BUTCHERS.	
Oldfield, c Hines, b Asson	44	Asson, b Hargreaves.	4
Burns, c and b Asson	2	Jones, c Oldfield, b Hargreaves	5
Grantham, b H. Norris	5	Adams, W., b H. Harris	3
Parker, c Jones, b Asson	3	Adams, T., c Parker, b H. Harris	0
Hargreaves, c and b Asson	0	Hines, run out	10
Harris, H., b Asson..	7	Hurst, c Hargreaves, b Parker	0
Cook, b Asson	0	Norris, T., b Hargreaves	1
Over, b Asson	1	Sims, c Oldfield, b Parker	5
Myers, run out	0	Norris, B., run out	1
Fogg, c Hines, b Asson	0	Heath, b Parker	5
Harris, W. J., not out	4	Dows, not out	2
Extras	4	Extras	3
Total	70	Total	39

East Toronto Wins Again.

STIRLING, Aug. 17.—The cricket match here to-day, between East Toronto and Stirling, was won by the former by seven wickets. Scores: First innings—Stirling 39 and 65, Toronto 81 and 24 for three wickets.

Lake Geneva Regatta.

LAKE GENEVA, Wis., Aug. 17.—Following are the summaries of to-day's races:

Junior double; Iowa State Rowing Association, heats, 1-4 mile and turn—1st heat, Riversides 3.39, Dubuques 3.50; 2nd heat, Riversides 3.34, Dubuques 3.37.

Junior fours; 1-4 mile and turn—1st heat, Dubuques 3.23⅘, Riversides did not finish; 2nd heat, Dubuques 3.16, Riversides 3.30¼.

Senior singles, ½ mile dash, international—Hedley, Passaics, 1. Time 1.17. F. A. Thompson, Argonauts, Toronto, 2; G. A. Thompson, Argonauts, 3.

Junior singles, ⅜ mile and turn, Chicago Navy only—Dale of Ontarios 1. Time 10.41. Blakeslee of Pullmans 2.

Junior doubles, Chicago Navy, ¾ mile and turn—Catlins 1; time 10.09. Delawares did not finish.

Junior fours, ¾ mile and turn, Chicago Navy only—Delawares 1, time 9.43⅘; Pullmans 2, Iroquois 3.

Senior four, international, ½ mile dash—1st heat, Delawares 1, time 1.15 1-4; Dons 2, Minnesotas 3.

Second heat—Delawares 1, time 1.13⅘; Minnesotas 2.

Swimming race for oarsmen only, 100 yards—S. Bachrach, Iroquois, won. Time 1.32⅘.

Sunnyside's Dilemma.

The directorate of the Sunnyside Boating Club are about to sell their furniture and have advertised for tenders for the rental of the club house. They have also asked for tenders for the subscription boats, and some of the old directorate don't want to see them sold. Although the club subscriptions have been reduced from $10 to $5 it is said that not a single fee has been received the past four months. Thus the club is at present in a sort of dilemma, and some of the members are anxious to have the old directorate reinstated.

A Yacht Club Special Meeting.

A special general meeting of the Royal Canadian Yacht Club will be held at the Island Club House on Tuesday evening next at 8.30 for the purpose of considering the advisability of improving the appearance of the old Toronto Rowing Club building about to be moved out and occupied by the Royal Canadian Yacht Club as their new premises. As this matter is of more than ordinary importance the members are urgently requested to be present. After the meeting a smoking concert will be held.

Yachting At Newport.

NEWPORT, R.I., Aug. 17.—The following is the summary of to-day's yacht races:

Name.	Start.	Finish.
Vigilant	11.36.19	3.39.11
Jubilee	11.32.31	3.43.34
Colonia	11.35.58	3.44.19
Pilgrim	11.35.26	No finish taken

The Alerts Defeat Galt.

GALT, Aug. 17.—A game of baseball was played here this afternoon between the London, Alerts and Galts, resulting as follows:

	R.	H.	E.
Galt	12	9	4
Alerts	15	10	5

Burnett-Thomas Cockman-Smith-J. Cockman; Shere-Hiscott-Webber.

Only Two National League Games.

		R.	H.	E.
At Philadelphia	0 0 1 0 0 0 0 2 0 —	3	11	6
Boston	0 1 0 2 0 2 2 0 x —	7	10	2
Carsey-Clements; Staley-Merritt. Keefe.				
At Baltimore	0 0 3 0 1 0 1 0 0 —	5	10	2
St. Louis	0 0 0 1 0 0 0 2 0 —	3	12	4
McMahon-Robinson; Hawley-Peitz. Emslie.				

Rain everywhere in the Eastern.

The Three V's.

A T.A.C. member writes: I see by The World this morning that the Toronto Athletic Club is making its first appearance in the field this fall. I suppose it is now in order for the subscribers to offer their advice "free gratis for nothing" as to the club colors. I would suggest blue and scarlet. A blue jersey with the "3 V's" in scarlet and the ribbon for the hat scarlet and blue —◁ ◁—longitudinally and the same for the flag. By the bye, I see the club intends the "three V's" to mean its motto, "health, With Strength and Virtue." I hope they will also mean three other v's, signifying, "I came, I saw and I conquered." I prophesy that in a short time the "3 V's" will be as well known as the "Cherry Diamond" was in the States.

Local Amateurs Sprint in Fast Time.

A much-talked-of foot race of 100 yards came off yesterday at 2.30 p.m. in the Queen's Park between W. J. Brewer, the well-known hatter of Queen-street west, and Mr. C. Clark, another well-known runner in the West End, for a prize valued at $25. The victor was Mr. Brewer by about four feet. Time, 11¼.

Sporting Spots.

Roberts, the English billiardist, has sailed for this country. Besides playing billiards with Ives he will tackle De Oro at pool.

A business meeting of the Huron Football Club will be held in the Spadina-avenue Y.M.C.A. Hall on Monday next at 7.30. All members are requested to attend.

The Amateur Athletic Union of the United States will hold its World's Fair sports at Chicago Sept. 13, 14, 15 and 16, under the auspices of the Chicago Athletic Association.

Jack Dempsey says there is a plot to make away with him, and that he is the victim of a lot of gamblers. He also says that Danny Needham tried to cut his throat while he was sleeping.

The Wellesleys easily defeated the Crescents on Wednesday afternoon on the Wellesleys' ground by 31 to 8. Three-base hits, Robertson and King. Batteries: Robertson-Scudds; Hortney-Gale.

The Elks Baseball Club of the Toronto Junior Amateur League would like to arrange a game with some team outside the city for Civic Holiday, Stouffville preferred. Address W. C. McDonald, 74 Berkeley-street.

An average attendance of 5000 people to a game at the Polo ground during the hot days of August shows how popular the United States national game has become once more. And all this in spite of New York being fifth in the race.

Frank Lenz, the globe circler, who was reported lost, and about whom great concern was felt, has turned up in the wilds of China safe and sound, but making very slow headway. A letter to his mother dated May 17 reports all well, weather hot and roads terrific.

Among the racing men who recently joined the Cash Prize League are: W. S. Campbell of the Riverside Wheelmen, C. W. Price of the Montclair Wheelmen, H. D. Hutchins of Boston, Carl Hess of the Atalanta Wheelmen, E. C. Bold of Buffalo and C. E. Simms of Sydney.

A Montreal paper writes that the Shamrocks are confident of winning all their games and are being backed therefor at 1 to 3. Their men are said to be in perfect shape and have cancelled their exhibition match rather than accept any chances of being injured before they meet the Torontos at Rosedale, Aug. 26.

George W. Orton, champion runner of America and Canada, writes to James E. Sullivan that he will not contest with Tommy Conneff at Boston on Aug. 26, as he will not be in condition at that time for a hard race. He, however, states that he will be at Bergen Point on Labor Day, Sept. 4, to compete in the New Jersey A.C. games, and if Conneff is anxious for a race he will meet him in the one mile. This will give the young Irishman an opportunity to see just how fast the Canadian can run.

THE ART OF SWIMMING.

VALUABLE INSTRUCTIONS TO THE NOVICE.

Side Strokes and Racing Strokes Explained—The Plunge and Dive—How Diving May be Done Gracefully—How to Make the Descent With Railway Speed.

After the rudimental points in swimming have been mastered, such as keeping afloat in the water, back swimming and the ordinary breast stroke, the beginner may turn to the English trudgeon stroke or hand-over-hand swimming. In this the right and left sides work alternately. It is a very fast style, but exhausting, and cannot be kept up any length of time. Lie in the water in the same position as the breast-stroke and with your hands in front of your chest, strike out with one hand clear out of the water. When the arm is fully extended in the water make a scoop of your hand and pull it hard towards you as if to drag yourself along. At the same moment turn slightly to the right or left side, whichever arm you have extended, and give a vicious kick with the leg. While drawing your hand through the water to the thigh, bring your other hand forward for its stroke and the leg up for its kick, and as soon as the stroke is finished turn to that side slightly and repeat, alternating the strokes. As said, it is a very fast style for a short distance.

THE SIDE STROKE

is the best mode of swimming and is used by all fast swimmers, amateur and professional, in their contests, they having what is called a racing side stroke. As its name implies, the stroke is made while lying in the water on the side. For endurance it is really the only style. A swimmer who can use both right and left sides can swim miles without any great distress. While the frog-like breast stroke really seems to be a man's natural way of water progression, the side stroke is far ahead of it in naturalness and easy progress. In breast-swimming a big strain is put upon the neck, keeping it out of its normal position; the body also offers much resistance to the water in chest-swimming, while in going side ways through the water, this resistance is greatly reduced. Now

AS TO HOW IT IS DONE.

It is a rather complicated stroke. Make a breast stroke in the usual manner and, as the arms are drawn back, turn on your side—not exactly clear on your side, but just a trifle inclined on the chest. The legs are then drawn up, the upper one crossing over the under and being in a position in which the kneecap of the under almost touches the back of the calf of the upper. Take a wide sweep with the legs, keeping the upper one about an inch under water. As they kick out the legs resemble nothing so much as the opening and closing of a pair of scissors. As you give the kick shoot out both hands past the head to their fullest extent. The under arm will reach further to the front. After the legs have come together, toes pointed back, send down your upper hand, slightly hollowed, in a straight line past your face and down to your thigh, 'Finish of the upper hand inside stroke,' Directly it reaches the thigh the elbow must be bent, but not so far as to show out of the water, and the hand must steal up to the breast, from whence a fresh stroke is taken.

AS THE UPPER HAND

reached the thigh the under hand should have swept through the water, the palm turned downward, until it reached almost of the bottom ribs by a semi-circle. While it was approaching the ribs the legs should have been drawn up for another kick, and as that was being given the under hand should have stolen up for another stroke. This style is like the schottische lesson your dancing master gives you: 'One, two, three; one, two, three; one, two, three.' Just keep this mind and repeat it with the strokes. 'One' is the legs, 'two' is the upper hand, and 'three' is the under hand. Get these strokes working without friction, working the 'one-two-three' refrain, and pretty soon you'll be a racer. In this side-stroke always swim as level as possible, near the surface of the water, with no part of the body except the tip of the uppermost shoulder in view. The face should be half immerse, breath being taken through the nostrils when the kick is given.

Of course you will want to

PLUNGE AND DIVE

as soon as you are expert at swimming. Diving is a very pleasurable as well as useful accomplishment. The first thing to learn is to keep your eyes open under water. Just sink yourself and try to discern some object in your hand. Don't be afraid of the salt water hurting your eyes. It will have no smart. When you can keep your eyes open under water get an egg, clam shell or some white object, and after throwing it in water not too deep, try to bring it up. Two things will surprise you. First, the enlarged size of the object and the difficulty in getting to it. Try and get it head-foremost. It will seem hard at first, but a little practice will do the trick. Then throw two or three into the water and see how many you can bring up. Smaller objects, down to coin, can then be practiced upon.

IN LEARNING TO DIVE,

the beginner must disabuse himself of the idea that the crash into the water is going to hurt him. At first, indeed, it will be painful at times, as his awkward falls will make him smart and sting. It is best to begin at a very low height, say a couple of feet from the water. Stoop over until you are nearly double, with your hands above your head, and then slip or rather fall into the water. Practice this constantly until the proper attitude is attained and then gradually increase the height. Then go back to the low height and begin to take a short run before making the head foremost plunge, keeping your hands at your side until you launch out. The legs should be kept right. The hands form a short wedge, which, cuts its way into the water, making room for your body. The hands also act as a rudder, and the further the palms are turned back the sharper the curve takes before emerging. The eyes should be closed on striking the water and the neck stiff, with the back hollowed. Once a swimmer gets up to ten or fifteen feet he will not be afraid to dive any distance within reason. The more boldly a swimmer dives the better chance there is of clean work. It is just as easy to learn to diver gracefully as it is to begin clumsily, a habit which may stick to you.

IN DIVING FEET FIRST,

stand as erect as possible, head back, toes pointed, knees stiffened, arms rigid by the side, as close as possible. Then give a slight spring, hold yourself straight and go down, holding in your breath. If you do not stir in mid-air, you will cleave the water straight and true. Going down to the bottom, you can stop yourself any time by spreading out your arms and legs, when a few kicks will send you to the surface. After this is learned, you can hold your arms perpendicularly above your head and go down through the air with railway speed.

Society, Sporting and General News items will always be welcome by The Sunday World.

AWOKE TO FIND BURGLARS.

They Couldn't Frighten Mrs. Lahn, But Got Her Savings.

NEW YORK, Aug. 17.—Two masked men got into the house of Peter Lahn, employed as night watchman in the Standard Oil yard in Long Island City, who resides with his aged wife at No. 585 Vernon-avenue, last night. Their house is a small one and stands alone.

Their nephew, James Kelly, 18 years old, who resides with them to keep Mrs. Lahn company, was with her in the house.

Mrs. Lahn awoke to find one of the men at the door of her room. The burglar held a light in one hand and a revolver in the other. He stood on the stairs leading to Mrs. Lahn's room, only his head and shoulders being above the floor.

"What are you doing in my house?" exclaimed Mrs. Lahn without a tremor in her voice.

"We want money," answered the burglar.

"Well, this is a poor place to get it," retorted Mrs. Lahn.

"That may be," he said, "but we are going to make a search anyhow."

Young Kelly hearing the conversation entered his aunt's room. When he saw the burglar he screamed. The man jumped up the stairs, followed by his companion, who boxed Kelly's ears and drove him back to bed at the point of a pistol. Then he stood guard in the doorway between the two rooms while the other burglar searched the room. Under a cloth cover on the washstand, near the head of Mrs. Lahn's bed, he found $160 and her pocketbook containing change to the amount of $1.15.

Warning the old lady and the boy not to raise an alarm the burglars then left. Mrs. Lahn and her nephew could only give a meagre description of the two men to the police, and there is little hope of their being caught. The money taken represents the savings of years.

Tried to Kill His Wife.

PATERSON, N.J., Aug. 17.—An attempt was made here to-night by A. W. Culliger, a plumber, of No. 300 First-avenue, New York, to kill his wife. Culliger visited her home at No. 144 Cedar-street, and asked her to return to New York. She refused and he drew a revolver, and aiming it at her heart, pulled the trigger.

The weapon missed fire and Mrs. Culliger ran screaming from the house. Neighbors hurried to her rescue and took the revolver from Culliger. When arrested he told the officer that he intended killing his wife and then ending his own life.

Mrs. Culliger left her husband because his jealousy had rendered her life miserable. She says he has previously made attempts on her life and that she was in constant dread of him.

Depression's Daily Dirge.

CHICAGO, Aug. 17.—The Hotel Imperial, Michigan Boulevard and Twelfth-street, capital $100,000, went into the hands of a receiver to-day.

USEFUL HINTS.

Many Little Pointers of Value in the Household.

It is said that alcohol will immediately remove grass stains from any white material.

The important points in canning are to have the fruit perfect in shape and quality, the syrup clear, rightly proportioned and boiling hot; the jars hot and filled to overflowing, and sealed quickly and thoroughly, that no air may be left inside. Have all utensils in order and at hand, that there may be no needless delay.

A new recipe for killing cockroaches is the following: A teacupful of well-bruised plaster of paris, mixed with double the quantity of oatmeal, to which add a little sugar (the latter is not essential). Strew it on the floor or the chinks where they frequent.

The white of an egg well beaten with quicklime, and a small quantity of very old cheese forms an excellent substitute for cement when wanted in a hurry, either for broken china or glassware.

A good cure for burns is to take one-third part of linseed oil, two-thirds lime water. Shake up well; apply to the burn, and wrap in soft linen. Until you can procure this keep the part covered with wood-soot mixed to a soft paste with lard, or if you have not these, with common molasses.

A wineglassful of eau de cologne, one of lemon juice and two cakes of brown soap, scraped to a powder and mixed to a paste, will, when hardened, make an excellent soap for whitening the hands.

To clean kid gloves put the gloves on, and wash them as if you were washing your hands, in spirits of turpentine. Be sure to wash them evenly. Wear them until nearly dry. Then remove them carefully, and let them hang in the air until the odor of turpentine has left them. Or wash them with a flannel dipped in milk and rubbed on brown soap.

An Afternoon Toilette.

This quiet, ladylike toilette is made of light grey woolen stuff, trimmed with silver braid and white silk braiding made with a braiding machine. The lining of the bodice is hooked down the middle in front and covered with a stomacher 8½ inches wide at the neck, lined with sateen, and trimmed like the stand-up collar at distances of ¾ in., with narrow silver braid. The stomacher is sewn down on the right side and hooked over to the lining on the left side. The lower edges of the blouse are gathered

AFTERNOON TOILETTE WITH BLOUSE BODICE.

and likewise fastened to the lining. The skirt is lined with sateen and trimmed with a ruche of double stuff pinked out at the edges, and rows of silver braid; it is drawn up over the basque of the bodice at the waist, a round band 2½ in. wide in front and 1½ in. at the back and sides, being set over the flat piped edge. The quantity of material required is 6 yards 21 inches, 1½ yards wide.

PASSENGER TRAFFIC.

CUNARD S.S. LINE

Every Saturday from New York.

BEAVER S. S. LINE

Every Wednesday at Daylight from Montreal.

For Special Rates Apply To

W. A. GEDDES,

69 Yonge-street. ed

New York, Boston, Philadelphia

And all points East and South.

SS. CARMONA, via

ROCHESTER ROUTE

Daily, from Geddes' Wharf, 9 p.m., Saturdays at 11 p.m. to Charlotte, N.Y. (Sunday excepted).

Single fare $2; return fare $3.75.

Saturday night round trips $2, returning Monday 5.30 a.m.

Tickets and freight rates at W. A. Geddes', 69 Yonge-street, or at office on dock or boat.

SPECIAL NOTICE—Trips Monday and Tuesday, the 21st and 22nd insts., cancelled.

CHEAP

Excursion to Oakville

Saturday, Aug. 19.

The splendid new steamer A. J. TYMON will leave Milloy's Wharf, Yonge-street, at 2 p.m., Oakville at 5.30 p.m. Tickets procured on board.

Toronto's Beauty Spot

It's "Worth Your While" to take a ride through the

Switzerland of Canada

Which you can do enjoyably in the Pullman cars of the

Toronto and Scarboro Electric Railway.

Direct connection at the Woodbine with the city street cars for Palmerston Park, Victoria Park, East Toronto, Little York, Blantyre Park and Scarboro. Transfer tickets over both roads—both ways—can be had at car office, cor. King and Church, and of conductors on the Scarboro Line for 15 cents.

Toronto To Montreal.

STEAMER OCEAN

Leaves Hamilton at 10 a.m. and Toronto at 4 p.m.

EVERY SATURDAY

Calling at Kingston, Brockville, Prescott and Cornwall.

Fare to Montreal $7 50

Return 14 00

Including Meals and Berth.

For particulars for passage apply to

W. A. GEDDES,

246 69 Yonge-street, Toronto.

GRAND UNION

EXCURSION

Of the C.O.O.F. to

Niagara Falls

AND Chippewa

On Thursday, August 24th,

By the Palace Steamer

Empress of India

G.T.R. and Niagara Falls Electric Railway.

Steamer leaves Milloy's Wharf at 7.50 a.m. arriving at Niagara Falls at 11 o'clock, where a special train of electric cars will be waiting to convey the excursionists to Chippewa.

ROUND TRIP $1.25.

Tickets at office on wharf and from Committee on Yonge morning of excursion.

AMUSEMENTS.

JACOBS & SPARROW'S OPERA HOUSE.

GRAND OPENING OF THE REGULAR SEASON.

Week commencing Monday, Aug. 14th,

E. J. HASSAN'S

SLAVES OF A CITY

Matinees Tuesday, Thursday and Saturday.

Next Attraction—"Cruiskeen Lawn."

GRAND UNION

ODDFELLOWS'

MOONLIGHT

EXCURSION

Under the auspices of Metropolitan Degree Lodge, No. 3, to

Long Branch, on Friday Evening, Aug. 18,

By Palace Steamer GARDEN CITY. Boat will leave Milloy's Wharf at 8.15 p.m., returning leave Long Branch at 12 o'clock. Street cars in waiting on return. Tickets—Gents 50c, ladies 25c. 1845

HANLAN'S POINT

Performances (weather permitting) every afternoon at 4 o'clock, every evening at 9 o'clock.

The Most Refined and Marvelous Contortion Act in Existence by

=:RETO:=

THE WONDER.

BANDS—Queen's Own to-night, Grenadiers Saturday afternoon, Queen's Own Saturday night.

JIMMY MATHERS in Beautiful Clog Dances Saturday night.

Next week—The Great ZANNONI BROS.

BRITISH TROOPS.

THE

ENGLISH

MILITARY

TOURNAMENT

"The Grandest Military Spectacle in the World."

BASEBALL GROUNDS

Aug. 21, 22, 23, 24.

Afternoons 3 o'clock. Evenings 8 o'clock.

200 SOLDIERS. 100 HORSES.

Admission 25c, Grand Stand 50c, Reserved Seats 75c, Promenade $1.

Plans open this morning at Messrs. Suckling & Sons', Yonge-street, at 9.30.

Special excursions on all railways and steamboats entering Toronto.

H. J. LESLIE, Man. Dir. Eng. Mil. Tour. I. E. SUCKLING, Manager.

PASSENGER TRAFFIC.

SPECIAL EXCURSION TO

50c St Catharines and Return 50c

Per Steamer

GARDEN CITY

Saturday, Aug. 19, at 2 p.m.,

From Milloy's Wharf, going through the lovely scenery of the Welland Canal and giving two hours in St. Catharines. Returning steamer leaves Lock 2 at 7 p.m.

FIRST GRAND

MOONLIGHT EXCURSION

—AND—

PROMENADE CONCERT

On the new Palace Steamer

CHIPPEWA

FRIDAY EVENING, AUG. 18th,

At 8.30.

Gilonna's Brass Band and Orchestra will be in attendance.

Gents 50c; Ladies 25c