

Training for Track and Field

Over the next few weeks a series of articles on training for various sports will be published. The first of these is on track and field training by William L. (Bill) Hayward, veteran athlete and coach.

The 440-Yard Run

Of all the track events the 440 yard race is considered to be the hardest. If run properly, it combines both speed and endurance. It is the only race that should not be run except by men in good physical condition. There are two types of runners for this distance—the sprinter and the plunger. Of the two, the first is generally the better, provided he has the endurance to carry him through the 440 yards. The other is usually a half-mile runner who has a good uniform speed and is able to plug it through all the way. Best adapted for this race is the tall, rangy runner who has an easy, swinging stride.

Every 440-yard man should start like the sprinter and learn to get his stride quickly. The ability to start is just as important in this race as in the sprints. As most quarter-mile races are run on a circular track and the start is generally from thirty to forty yards from the first curve, the quickest starter has the best chance to get the pole on entering the turn, and this is something that must not be overlooked.

During the early training the runner should do considerable joggling at distances greater than the 440 yards.

LATE SPORT BULETINS

To Open New Tank

CORVALLIS, April 20.—Official opening of the new swimming tank at the Oregon Agricultural College here has been set for May 15. A special swimming meet and exhibition will be held.

Louis (Happy) Keuhn, holder of the world fancy diving title and Clarence Pinkston, high diving champion, are students at the college and are expected to bring many swimming honors to the school.

Twenty Games Scheduled

SEATTLE, April 23.—Twenty football games are to be played by University of Washington eleven this year. It was announced recently. Of these the varsity will play six and the freshmen and second varsity teams will represent the university in the others.

New Director Arrives

PORTLAND, April 23.—Maurice (Clipper) Smith, football star and all-around athlete, has arrived from Notre Dame University to become

director of athletics at Columbia College here. Smith succeeds his old Notre Dame classmate, Edward Madigan, who left Columbia to become coach at St. Mary's College, Oakland.

Annual Meet May 10

MISSOULA, Mont., April 23.—Plans have been completed for the holding in Missoula on May 10, 11, 12 and 13, inclusive, the 18th annual Montana interscholastic track meet at the University of Montana here. All high schools in the state have been invited to send participants. Last year 300 athletes competed in the track and field events and a total of 66 schools were represented.

George Varnell, of Spokane, will serve his fifth term as starter of the meet this year and D. D. Richards of Missoula, will serve his 10th term as clerk of the course.

Record Is Unusual

SAN FRANCISCO, April 23.—Seldom in Pacific Coast baseball

League history has a team won all seven games of the first series played at San Francisco did in the opening week against Portland. The Seals closed the series with a perfect record of seven won, not lost and a percentage of 1.000.

In taking all the games of the first series, San Francisco repeated its performance of last year when, in the opening week at Portland, the Seals captured all six contests.

Course for Coaches

STANFORD UNIVERSITY, April 23.—Courses for coaches and athletic directors in high schools and colleges of California are to be given at Stanford University summer quarter this year. The work will include coaching in American, rugby and soccer football, baseball, track and swimming. Walter Howell, varsity football and basketball coach, Duffy Seay, baseball coach and Harry Malony, physical director, will be among the instructors.

Schedules Christmas Game

OAKLAND, Cal., April 23.—Nearly 100 men turned out recently at St. Mary's College here when "Flash" Madigan, St. Mary's new football coach, issued a call for spring practice. Madigan, formerly a Notre Dame star, was coach at Columbia College, Portland, last year.

St. Mary's has a Christmas game scheduled with Notre Dame this year.

Would Welcome Applicant

EUGENE, April 23.—Any applicant for the position of graduate manager of the University of Oregon will be received with open arms by Marion McClain, who holds the position at present, and also by the athletic council.

McClain has tried to resign a dozen times but the usual reply of the council, to which he submits his resignation is to adjourn immediately. McClain is also manager of the university's co-operative campus store—a man-sized job in itself—and says he cannot do justice to both positions.

As graduate manager, McClain directs the business end of all Oregon athletic activities.

Sometimes They Have Bath

There are two reasons why some people don't mind their own business. One is that they haven't any mind, and the other that they haven't any business.—Exchange.

Mistakes We Often Make

There is a proverb which reads—"The man who never made a mistake never made anything else." There is a great deal of truth in that saying. Sometimes we come across one of those perfect individuals who claim never to make mistakes, but more often we find that these very same persons not only make mistakes but very grave ones.

LIVE STOCK

BIG VALUE OF SELF-FEEDER

Experiments Show Pigs Make More Gain Than When Hand-Fed by Man and Eat Less, Too.

Experiments made by the use of the self-feeding pig in preference to the hand-feeding system in the hog lot, an experiment was conducted at the Kansas State Agricultural college to show the value of the self-feeder in fattening 75-pound pigs, and at the same time to show the amount of tankage required to balance a corn ration. This experiment was carried on by Dr. C. W. McCampbell, E. F. Ferrin, and H. B. Winchester, in swine feeding investigations in 1918 and 1919.

Twenty pigs of the same age, quality, condition, and weight, were put into two dry lots in groups of ten. The pigs in lot 1 ate from a self-feeder, that was divided in two compartments, one having shelled corn and the other tankage. The pigs in lot 2 were given all they could eat twice a day of mixture of ten parts shelled corn and one part tankage. They were watered twice a day in both lots and the experiment was carried on for one hundred days. Three days at the beginning and end of the test the pigs were weighed and all weights and expenses were carefully recorded.

The pigs in lot one ate more corn and less tankage than the hand-fed pigs in lot 2. That a 5 per cent tankage could balance a corn ration in fattening 75-pound pigs was shown from this experiment, because the self-fed pigs consumed one part tankage and 20 parts corn.

A 100-pound gain in hand-fed pigs was produced by 6.8 bushels of corn and 38 pounds of tankage, and the same gain was produced in the self-fed lot by 5.8 bushels of corn and 17.66 pounds of tankage, that is to say that the corn with tankage produced 14.7 pounds of pork in the hand-fed lot and 17 pounds of pork in the self-fed lot.

The self-fed pig gets more exercise than the hand-fed in the many trips he makes to the feeder and in this way probably will get more good from



Self-Feeding Method Proved to Be Most Profitable at Kansas State College.

his food. The hand-fed pig is fed twice a day and he eats all he can hold at that time. Perhaps this is the reason why the self-fed pig took less food to produce this 100-pound gain.

At the end of this test the pigs in lot 1 made a profit of \$7.35 per head more than the hand-fed and they required less feed, and less labor to make the 100-pound gain.

FIGHT AGAINST HOG CHOLERA

Department of Agriculture Co-operated With 34 States in Campaign to Stop Disease.

The United States Department of Agriculture during the last fiscal year co-operated with 34 states in investigating reported outbreaks of hog cholera, administering treatment, preventing the disease from spreading, and stamping out the contagion by approved methods of cleaning and disinfecting premises, pens, and yards, where cholera-sick hogs had been held.

In addition, bureau of animal industry veterinarians conducted demonstrations, assisted veterinary practitioners in improving their technique, and conducted general educational work. During the greater part of the year, 140 veterinarians devoted their time to the control of hog cholera, but in the last quarter, when it became evident that such activities would be curtailed during the fiscal year 1921, owing to lack of funds, the number of veterinarians was reduced. For the same reason it became necessary to reduce the educational part of the work.

INDUCE SWINE TO EXERCISE

Keep Sleeping Quarters for Sows Some Distance From Feeding Place Is Good Plan.

A satisfactory means of inducing exercise on hog farms consists of keeping the sleeping quarters for the sows some distance from their feeding place so that the sows must travel this distance several times daily. However, if this cannot be done, sows will secure plenty of exercise eating hay from a low rack built for the purpose.

Feed for Young Colts. To the young colts, reasonable quantities of oats along with the roughage should be fed and pay good returns in making a big colt.

Don't Language Again. Fearing what you pay for riding on a ferry, but salvage is not what you spend for salvage riding, and the money you pay for cab riding is not cabbage. Railroad bonds are for running railroads, but baby bonds are for snoring babies.

FINDS MILLS ARE REOPENING

PORTLAND, Ore., April 23.—Reports received from the field representatives of the Loyal Legion of Loggers and Lumbermen, who cover the northwest lumber territory in a special manner, occur the following items of interest.

The camp of the Markham Shingle company, Grays Harbor, Washington, resume this week or next. Western Lumber company, Aberdeen, Washington, will open with a full crew on Monday, April 18.

A question of overtime at the Anderson, Washington, was settled amicably by Manager Anderson and the plant conference committee.

A difficulty of relative wages was satisfactorily handled in a similar manner to the foregoing paragraph at the Western Fir Lumber company, near Tacoma.

The Eureka Lumber company, Hoquiam, Washington, in order to help on the cost of living, is planning to buy staple supplies in carload lots. The company figures to turn the goods over to the men at cost and to go 50-50 on freight and delivery charges.

The Bryant Lumber & Shingle company, Seattle, one of the oldest and most stable of the sawmills in the northwest, will commence operations April 18 after a prolonged shut-down to adverse market conditions.

The National Lumber Co., Hoquiam, Washington, started operating nights last week with 200 men. The Potlatch Lumber company, Potlatch, Idaho, one of the largest of the inland Empire lumber manufacturing plants, now closed, is preparing to resume operations in the latter part of this month.

GOAT PICTURE CONTEST ON

Announcement has been made of a contest which is open to the public, and for which cash awards will be given for the best photos of babies whose lives were saved by the use of goat milk, or photos of babies who have just merely grown healthy on that diet, or pictures of the goats that have supplied the milk. The list of awards is as follows:

Best photo of baby raised on goat milk, with the goat that supplied the milk, \$5.00.

Best photo showing baby raised exclusively on goat milk \$5.00.

Best photo of milk goat that supplied milk exclusively for babies, with number of little folk served, \$4.00.

For best photo of Toggenburg milk goat, \$2.00.

For best photo of Saanen milk goat, \$2.00.

For best photo of Nubian milk goat, \$2.00.

A special award of \$5 will be given the baby whose picture is given first place, and \$5 for the picture of the milk goat that is given first place. Judges are to be Mayor George L. Baker, of Portland; City Commissioner John Mann, of Portland; and Mrs. J. D. Inlow of Portland. Pictures should be addressed to Photo Contest Department, the Goat Journal, Portland, Oregon.

Insects That Defy Winter

In the dead wood of old snags are many insects that live through the winter regardless of how cold it gets; creatures whose weak bodies seem to defy the frigid temperature. Pull off a bit of old bark from a snag, and note that there is life beneath it; little people that try to scurry for cover when their home is wrecked. They are not so agile as when the weather is warm, but they are not in a state of torpor.

FINANCIAL AND BUSINESS CONDITION IN THE U. S.

(Continued from Page One.)

Cottonseed 7s 5d for spot and 7s for futures.

SILVER: The silver market remains quiet with prices unchanged. Sellers for East St. Louis delivery or equivalent have been quoted 4.65c. The London market was quoted April 22 at 22s for spot and 22s 9/16 for futures.

ANTIMONY: The market has been very quiet for the past two weeks and without special feature. Prices range between 5c and 5 1/2c.

TUNGSTEN: The market has been improved by the elimination of cheap material. There have been several inquiries from consumers for tungsten of good quality. Sellers, however, show an inclination to wait and seem unwilling to shade below \$3 to \$3.35 per unit.

QUICKSILVER: The lack of demand has continued the depression of the price and the market remains very quiet. The official price is unchanged at \$50, but there have been sellers at from \$45 to \$45.

COPPER: Some small business has been reported in the copper market and there have been the usual inquiries. The demand however appears to have slackened. The tone of the market has remained firm at current quotations. April 4 12 3/4 was quoted for prompt and April copper and 13c for May.

TIN: No change for the better has been noted in the tin market. Consuming demand remains at a standstill and trading is confined to business between dealers. For spot and April tin sellers reduced their price April 4 to conform with the London decline and quoted 28 3/4c to 29c and 29c to 29 1/4c for May.

SILVER: New York domestic price for silver April 4 was 99 1/2c.

silver of foreign origin was quoted at 57c.

BUILDING MATERIAL: Soon after the decrease of the building business by high construction costs that autumn the demand came for a lowering of building material prices. According to facts gathered by the Calder Senate Committee on Reconstruction and Industry, building material prices by the seven months prior to February dropped 75 points from a peak in May 1920 of 272. The Department of Labor has reported a further drop in February of 10 points. New price reductions in Hudson common brick, plaster boards, fire brick, metals, flooring lumber and a change from 25 cents to 10 cents in empty cement bag rebates are announced by the current week's listing.

Might As Well Tell Him

Nine times out of ten, when a man asks for advice, what he really wants is to have you tell him he is doing exactly the right thing.



The Baseball Season, 1921, is now started.

Let's also start the ball a-rolling!

Wilson Bros. Tailors

Cleaning, Pressing and Hat Blocking

New Foley Building
La Grande, Ore.

Does Your Watch Keep Time?

If not, let us give you a price to put it in perfect shape. All work done by experts. We will save you money.

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Largest Jewelry Store in Eastern Oregon

Hazelwood Ice Cream

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Hazelwood Special—Chocolate Nut, Vanilla and Maple Nut
Take home a quart

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The quality of coal we sell contains the proper caloric units to make heating economical, the fuel for your stove or furnace

The poorest sort of economy is buying inferior grades of coal—this is especially true when the real SUPERIOR article is as fairly priced as you will find it here.

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