

SPORT NEWS

Baseball

AMERICAN LEAGUE

Club	Won	Lost	Pct.
New York	45	30	.600
Cleveland	44	31	.587
St. Louis	42	34	.553
Detroit	41	35	.540
Chicago	40	36	.526
Philadelphia	39	37	.513
Washington	38	38	.500
Boston	35	41	.459

NATIONAL LEAGUE

Club	Won	Lost	Pct.
New York	41	33	.556
Pittsburgh	37	37	.500
Cincinnati	36	38	.487
Chicago	35	39	.474
Brooklyn	34	40	.460
St. Louis	33	41	.446
Philadelphia	32	42	.433
Boston	25	49	.338

PACIFIC COAST LEAGUE

Club	Won	Lost	Pct.
San Francisco	34	26	.567
Sacramento	33	27	.550
Portland	32	28	.533
Salt Lake	31	29	.517
Los Angeles	30	30	.500
Vernon	29	31	.483
Seattle	28	32	.467
Oakland	27	33	.450

PACIFIC COAST LEAGUE
Sacramento 13-10, Salt Lake 5-13

SALT LAKE—R. H. E. 13 21 9
Sacramento 9 12 3
Batteries—Proulx and Schang; Singleton, Combs and d'Potera.
Second game: R. H. E. 19 12 0
Sacramento 19 12 0
Salt Lake 13 21 9
Batteries—Penny, Shea and Kofler; Gould, McFate and Jenkins.

SAN FRANCISCO—R. H. E. 9 17 3
Vernon 9 17 3
San Francisco 3 11 2
Batteries—Shellenback and Han- naly; Hooge and Yello.
Second game: R. H. E. 7 7 2
Vernon 7 7 2
San Francisco 7 10 3
Batteries—Alton and D. Murphy; Courtney and Agnew.

Oakland 9-2, Los Angeles 3-1
LOS ANGELES—R. H. E. 9 12 1
Oakland 9 12 1
Los Angeles 3 6 1
Batteries—Mills and Baker; Hughes, Thomas, Wallace, Hannah and Baldwin.
Second game: R. H. E. 2 7 0
Oakland 2 7 0
Los Angeles 9 12 1
Batteries—Kremer and Road; Crandall and Byler.

Portland 3-5, Seattle 2-3
PORTLAND—R. H. E. 3 9 0
Seattle 3 9 0
Portland 3 6 2
Batteries—Gardner and Yarron; Yarron and Day.
Second game: R. H. E. 3 7 1
Seattle 3 7 1
Portland 5 12 3
Batteries—Blake and T. B. N.; Schroeder, Sutherland and Onslow.

We Offer

A good lot in good location, size 100 by 142. Four room old house, large shed of two rooms, small chicken house. There are a few good fruit trees. City water on lot. Close to school. Here is a chance for some one to make repairs and reap the benefit. Terms, \$200.00 cash, balance monthly payments.

A fine lot in good location, size 65x202, on which there is a good six room house with room for bath. City water in house. Wired for lights. House has good stone foundation. All rooms have been painted and papered, fine shape throughout. Several good trees on lot. Close to R. H. shops and school. This property can be bought with \$250.00 cash, balance monthly.

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SLIM MEN BEST BET, LONGEVITY

(By Associated Press)
NEW YORK, July 30.—Thirty is the magical age in the health development of the ordinary person's life. At thirty he is supposed more nearly to approach the normal. Under thirty he may well weigh a number of pounds above the average called for in the standard height, weight and age tables, but after thirty the longest life span prevails among those whose weights are uniformly below the average, according to figures compiled by the Metropolitan Life Insurance Company, of this city, and given out by the American Child Health Association.

The association asks everyone to keep track of his or her weight, and to remedy any excess by diet and right living. In a statement accompanying the figures Dr. Louis T. Dublin, of the insurance company, who compiled them, says: "After thirty, people who weigh less than the average have a better chance for long life, the records of the insurance companies show. After this age it is a decided advantage to be slight and a serious handicap to gain materially in weight; provided, of course, that the light weight is not the result of sudden loss in weight which may be the result of organic disease."

"But the weight tables posted on public scales," he continues, "should not be taken too literally. Young persons may well weigh a number of pounds above the average called for by the tables, in excess of ten pounds is associated with the most favorable conditions among people between twenty and twenty-five years old. The public should realize these facts and accommodate their habits of diet and exercise to them. In America we eat too much and too well, the oriental cook and the European peasant do an enormous amount of physical work on a meagre diet. No one advocates a return to primitive conditions or to lower standards of living, but it would be well for us to keep in mind the exact requirements of the adult body. We should recognize that when we have grown up we no longer need food for growth, and that for the replacement of burned up tissues we need only about 2,500

calories a day. This is equivalent to two very light meals and one hearty meal a day. Let me illustrate with a menu for an entire day for an active adult which will contain the required 2,500 calories. For breakfast he may have a small average serving of cooked fruit or an apple or of bread or one muffin or roll with butter, a cup of coffee with sugar and cream. This will contain about 400 calories. The luncheon may consist of a salad, bread and butter, a choice of coffee, tea or cocoa, with sugar and cream and a dessert. This will account for 450 calories. The important meal of the day, or dinner may consist of a soup, an average serving of meat, potato, two green vegetables, bread and butter and a dessert. If average portions are served, a total of about 1,200 calories will be included. This would make the total for the day approximately 2,500 calories.

"If more people checked their diet to the reasonable limits of their body requirements, there would be a great improvement in the general health of the nation."

Exact Shortage Given.

DENVER, July 30.—The exact shortage in the accounts of the Hillman Bank and Trust Company, which closed yesterday, amounted to \$447,333, a check today showed, Maurice Mandell, a Denver broker, got all but a few dollars, according to stories by Leo P. Floyd, the bank secretary, and John Harrington, the teller.

He has two chronologists and two pyrotechnicians in London, a taxidermist in Baltimore, a golf club manufacturer in Earlfield, and four dozen wire merchants in various parts of the Empire. Other who hold royal warrant to the King supply fish, sausage and game food, turtle soup, leathers, horse hair, Edinburgh rock, incubators, oysters, and sheep dips.

The Queen's "appointed" include manufacturers of pins and hair pins, Christmas crackers and theatre and concert tickets and a straw merchant in Delhi.

The Prince of Wales obtains his clothes from nine tailors, including one in Australia. He also deals with manufacturers of safety razors, mineral waters, musical instruments and dental cream. He is supplied with beer and cider from Southsea and silks from Kyoto, Japan.

Soap manufacturers "by appointment" number about 60. The royal warrant granted to traders is so valuable in their various businesses, that holders have formed an association which takes legal action against unauthorized people who use the royal arms. Such people render themselves liable to a fine of 20 pounds sterling.

One Dollar Saved Represents Ten Dollars Earned.

The average man does not save to exceed ten per cent of his earnings. He must spend nine dollars in living

Royal List of Tradesmen Reaches Round the World

(By the Associated Press)
LONDON, July 29.—Among many societies and associations in England, there is one called the "Royal Warrant Holders' Association," whose members total over one thousand. They dine together once a year and have the right to send presents and offer congratulations to the royal family. The members of this association are traders authorized to use the magic words "By Appointment" to the King, the Queen, Prince of Wales, Queen Alexandra, etc., using the appropriate arms in each case at the head of their stationery and on their pieces of business.

From the official London Gazette, which gives a list of these privileged traders, it is gathered that King George has a list manufacturer in Edinburgh, a lamb food manufacturer in Kings Lynn, a cake manufacturer in Liverpool, purveyors of angostura bitters in Trinidad, orange curacao in Amsterdam, hat liners, tennis courts in Lewton, royal cipher badges and socks in India and post office directories in New Zealand and Australia. The King's manufacturer, according to the list, is Miss Kelly of London, his physical culture instructor is Eugene Sandow.

He has two chronologists and two

expenses for every dollar saved. That being the case he can not be too careful about unnecessary expenses. Very often a few cents properly invested, like buying seeds for his garden, will save several dollars outlay later on. It is the same in buying Chamberlain's Colic and Diarrhoea Remedy. It costs but a few cents, and a bottle of it in the house often saves a doctor's bill of several dollars.—Adv.

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The Palace

Tuesday, July 31, the Last Day of

CARR'S JULY CLEARANCE SALE

Tomorrow is the last day of Carr's July Clearance Sales—and marks the end of one of the most successful merchandise events in our entire career. We are more than pleased with the results and feel sure that those that participated in the savings of our Greatest July Sale are also. Tuesday will be a busy day at Carr's, as many people will be on hand to take advantage of the big reductions on the last day. SHOP EARLY. A small deposit will hold a ny article for future delivery.

Buy Now--Save 10% to 50%--Use Your Credit

Bed Room Furniture	Dining Room Furniture	Living Room Furniture
\$75.00 Ivory Dresser, 42 inches long, with 28x30 mirror; all drawers have center guides—a beautiful dresser for— \$50.00	6-piece cadet gray Dining Suite, consists of table, 4 chairs and buffet. Regular \$135.00 value. \$99.50	\$245.00 Living Room Suite, consists of davenport, ar mchair and rocker, all with loose cushions, upholstered in velour or tapestry—a wonderful buy at— \$183.50
\$75.00 Ivory Vanity Dresser with triple mirror. Save one-third on this case. \$50.00	8-piece Jacobean Oak Suite in William and Mary period, 48 in. table, 6 chairs with blue leather seats and buffet. Reg. \$175 value \$137.00	\$125.00 Velour or Tapestry Davenport, luxurious upholstery spring seats. Reduced to \$92.00
\$45.00 Ivory Bed, full size and matches above dressers. \$30.00	Odd chairs, tables and buffets in all finishes, greatly reduced. Hundred of items not listed are reduced.	\$30.00 Combination Walnut Davenport Table, top measures 18x60 in., Queen Ann period. Reduced to \$19.90
\$65.00 Ivory Chiffonier, with 16x20 mirror, 3 large and 2 small drawers. \$43.35		

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