

RE-TAILORED TO SUIT



3 Minute Mile Possible, Contends Hypnosis Expert

NEW YORK (UPI)—Even the three-minute mile is possible, a yoga and hypnosis expert named Ivan Tors contended today, if we will stop building ourselves into a race of muscle-bound beef-trusters.

This is akin to predicting the eight second 100-yard dash, a nine-foot high jump or the 18-foot pole vault. And if such contentions sound startling, they are.

"But," Tors argues with quiet vehemence, "it simply comes down to a matter of mental attitude and proper physical conditioning."

You might feel, at first, that this is merely a bid for publicity considering the fact that Tors is a television producer and has a new show called "The Man and The Challenge" making its debut Saturday night. But the very format of the show lends a certain amount of credence to his claims.

Studies Man's Endurance

"The main principle is testing survival factors and discovering what can be done to extend the endurance of man, including athletic," he said. "What we have found out is no bunk. And one of these factors is that weight lifting, as example, is actually detrimental."

This is going to cause an international earthquake as muscle builders around the world drop their staggering burdens and leap forward ponderously to challenge the gray-haired Hungarian. But Tors remains adamant.

"Muscle tone, not the size of biceps, is the important thing," he advises us poor little fat and panting creatures. "Don't try to lift pianos. A light weight used in exercising is much more effective and beneficial."

Tors has delved deeply into the physical and mental as related to muscular ability and endurance in reading his program. The one-time OSS man put himself through a series of brain washing and isolation tests at UCLA and his serious concerns fatigue and endurance factors in such sports as swimming, sky diving, mountain climbing, bull racing, rodeo riding and road fighting.

"Mental attitude is tremendously important," he asserted, "and for proof, you only have to look at the four-minute mile. Nobody had ever broken four minutes until Roger Bannister did it in 1954. Since then it has been broken 50 times by 21 runners."

And, he noted, none of these "supermen" has been of the bulging bicep brigade.

It is Tors' contention that potential athletes should fit their bodies to a sport and not the sport to their bodies.

"A little man can't ever expect to be a professional football full-back," he explained. "But have you ever noticed that the finest high divers and the best ski jumpers are little men? There is a sport to fit everybody, but as well as physical ability a competitor must have the proper mental approach as well as motivation."

National Hockey League Opens 43rd Season

MONTREAL (UPI)—The National Hockey League's 43rd season will open Oct. 7 with the New York Rangers playing the Chicago Black Hawks at Chicago, it was announced today by the league office.

Following the New York at Chicago opener, the defending champion Montreal Canadiens will be host to the Boston Bruins the following night. And all six teams will be in action Oct. 10 as the Detroit Red Wings visit Montreal, New York is at Boston and Toronto entertains Chicago.

'Amateur' Champion Takes Lead

COLORADO SPRINGS, Colo. (UPI)—Walker Cuppers Deane Berman, Billy Joe Patton and Dr. Frank Taylor today join the quest of the National Amateur golf championship which Charlie Coe shows no sign of readiness to relinquish.

If any of his 199 rivals in this year's tournament had any ideas about beating Coe out of his third amateur crown, he dispelled that with a masterful opening-round 7 and 8 victory over young Bob Meiering of Roswell, N.M., Monday.

The 35-year-old Oklahoma oil broker and captain of the U.S. Walker Cup team did not throw a single par until he had piled up a commanding lead by winning seven of the first eight holes from 21-year-old Meiering.

"I played better than I expected," commented Coe, who was pitted against James Mallory of Spokane, Wash., in today's second round. "The first match is always the hardest for me."

Berman, the 21-year-old British Amateur champion, Patton and Taylor, all of whom drew first round byes, get their chance today to try their luck on the mile-high Broadmoor Club layout with its difficult-to-read hilly greens and rarified Rocky Mountain atmosphere.

Berman met Dee Replogle of Oklahoma City in today's second round; the colorful Patton played Ken Finke of Tucson, Ariz., and Taylor was paired against Thomas Jamison Jr. of Oakmont, Pa.

Coe has played "50 or 60 rounds" at Broadmoor during the past 10 years. Many of his rivals, particularly Harvie Ward of San Francisco, played the course for the first time Monday — and showed it.

Ward, the 33-year-old Carolinian who like Coe is shooting for his third National Amateur crown, battled for 17 holes with 20-year-old Jim Grant of Atlanta before winning 2 and 1.

CHEVREFFILS QUILTS HOCKEY

DETROIT (UPI)—Real Chevrefils, a seven-year veteran of the National Hockey League, has called it a career. Chevrefils notified the Detroit Red Wings Monday that he is quitting and going home to Timmins, Ont. Last year he scored only one goal in 30 games with the Boston Bruins.

OUTDOORS: AROUND-ABOUT Someone Could Have Bagged A Few Birds?

If bird season — grouse and dove — has been of a spectacular nature in this section, we haven't been so informed at this stage of the game.

September is the month for mourning doves, pigeons — wild ones — and grouse, as well. Scattered boys have been out in the La Grande area but several we know of returned empty-handed.

A few bird hunters we have been in contact with had no particular reason for not having bagged either dove or grouse, much less seen any of these smart little fellows.

Rainy Opener

A rainy opening day for grouse could be termed two ways — it was too wet and miserable for even the birds; or it was too wet and miserable for the stoutest-hearted hunters.

Also on the open market of the gunners this month is the baird-tailed pigeon.

It could be that a lot of the boys are sitting tight and waiting for the daylight crack at ring-neck — or Chinese — pheasants. That's several weeks away for Oregonians.

Those old rusting automobile graveyards that often dot the U. S. countryside, destroying the beauty of nature, are finding new graves in some sections of America, notably along coastal regions.

Commission to create an artificial reef for a study on fishing conditions.

As soon as the car bodies settle on the Gulf floor, they become an attraction to all types of marine life.

As time goes by, they become encrusted with barnacles and covered with algae. That makes them even more attractive to small fish. Small fish naturally attract even larger fish and the cycle works until the largest fish in the Gulf are enticed.

According to a game and fish spokesman, the theory is an old one since stumps and sunken tree limbs in fresh water add to better fishing conditions, so why not scrap bodies of autos in the Gulf waters.

American Tennis Fortunes Slip To History's Low Ebb

FOREST HILLS, N.Y. (UPI)—United States tennis fortunes slipped to the lowest ebb in history today as both the men's and women's national tennis titles joined the Davis Cup in foreign hands for the first time in court annals.

The catastrophe reached its climax at Forest Hills Sunday—a site once ruled by the Tildens, the Budeges, the Kramers and the Wills, Jacobs, Betz and Connollys.

Australia, recent winner of the Davis Cup, sent its fourth consecutive son to victory in the men's singles as left-handed Neale Fraser swept to a 6-3, 5-7, 6-2, 6-4 victory over Alex Olmedo, the lead-lease star from Peru.

And the women's crown was taken by Maria Bueno, a 19-year-old school teacher from Sao Paulo Brazil, whose 6-1, 6-4 win over Christine Truman of Great Britain made her the first foreign winner of the women's championship in 22 years.

But the real ignominy was that for the first time in history both finals were contested without one of Uncle Sam's nephews or nieces sprinting around the premises.

Fraser, seeded second in the tournament, ruined Olmedo's dreams of gold and glory as he whipped the brown panther from Peru decisively. On the line for the son of the Incas was, in addition to a Wimbledon-U.S. slam, a \$100,000 pro offer.

When it was all over, and he had been swept off the court by Fraser's blinding service and his own volley errors, Olmedo's prospects weren't worth a plugged peso.

Prospects Not Rosy

Nor were the prospects regarded as rosy for the United States in the immediate future. Because neither the new Australian wonder boy nor the saucy Brazilian miss could be regarded as "cheese champions"—and both apparently will be around for some time.

The pros weren't, apparently, intending to lure Fraser into their ranks on the grounds that he is too fresh an arrival. Yet there was no doubt but what he "found" himself completely in the Davis Cup challenge round, where he downed both Olmedo and big Barry MacKay. For in the finals of the Nationals he was a court killer whose big serve, solid foundation in all strokes and gameness came through unquestionably.

So who is to beat him? MacKay, according to those who know, refuses to heed advice that he should take two or three months and get himself a solid first service, a confounding second service and a new forehand. The next 12 months, the experts contend, will tell the story for 19-year-old Butch Buchholz of St. Louis, so the main hope seems to be 18-year-old Charles McKinley of St. Ann, Mo., who is regarded by pro interests as a "really wonderful prospect."

Bowling Results

Grande Ronde Valley League Standings

	W.	L.	Total Pins
Glass Drug	4	1	2537
Daniel's	3	1	2594
West Coast Telephone	3	1	2504
Pacific NW Pipeline	3	1	2500
Baum's Insurance	3	1	2492
H.U.'s Office Mach.	2 1/2	1 1/2	2570
Inland Machinery	1 1/2	2 1/2	2570
Falks	1	3	2509
Singer Sewing Mach.	1	3	2477
Colonial Hut	1	3	2467
Reynolds Insurance	1	3	2422
Farnam's Supply	0	4	804

Glass Drug: (2527); Alice Hauenstein 181, 463.
 Daniel's: (2594) Eula Jones 173; Brownie Brimm 500.
 West Coast Telephone: (2504); Doris Roestock 166, 463.
 Pacific NW Pipeline: (2500); Evelyn Wilhelm 207, 469.
 Baum's Insurance: (2492); Florence Hardy 206, 471.
 Hill's Office Machinery: (2570); Judy Chadwick 198, 461.
 Inland Machinery: (2570); Elizabeth Sayre 185, 533.
 Falk's: (2509); Lorene Greenough 189; Crystal Book 496.
 Singer Sewing Machine: (2477); Virginia Widman 153, 424.
 Colonial Hut: (2467); Melba Cater 198, 500.
 Reynolds Insurance: (2422); Rita Cline (sub) 206, 501.
 Farnam's Supply: 804—(forfeited two games) Miriam King 190, 470

WARDS

Tire Sale 50% Off!

One group of 96 discontinued tires—tube type and tubeless—black or white wall.

REG. \$21.21
670-15 TUBELESS \$10⁶² Plus Fed. Tax

People try it... and they like it!

CARLING Black Label BEER

That's why CARLING Black Label Beer is NOW BREWED FOR YOU IN THE NORTHWEST

Now that Carling Black Label Beer is brewed right here in the Northwest, every day you'll be hearing more and more people sing out... "Mabel, Black Label."

It's as simple as this: People try it... people like it... they buy it... enjoy it... and tell their friends. That's the way it goes, and that's why Carling Black Label is the country's fastest growing beer.

Next time you buy, give Black Label a try.
 It's the quality beer now sold here at the popular, local price.

Mabel... Black Label

CARLING BREWING COMPANY—TACOMA, WASHINGTON

Free "Wild Birds" Mugs

A series of Birds in Flight on Attractive, Heat-resistant milk glass. Ideal for home or as gifts.

Free With Purchases of 10 Gallons or More At Your

Rainbow Gasoline Dealers

Collect a Complete Set

Where You Save ALL The Time

SAVE

ALL CREDIT CARDS ACCEPTED