GOOD CROWD SAW BASKETBALL GAMES

No Unusual Features at Series; Seniors Closely Contested

Colts, 22; Sons of Canada, 37.
Regiment, 16; Colts, 38.
Maple Leafs, 14; Gil's 7?

There were no outstanding features about last night's basketball matches although the games were interesting enough and attracted good crowds of fans. The results were quite in accordance with the way things have been going all season.

The closest game of the evening was the Senior League affair between the Sons of Canada and Colts in which the former were good value for their win over the latter. Dave Balfour refereed and the teams lined up as follows:

Colts—W. Mitchell, Douglas Frizzell, E. Zetterman, E. McLean and W. Wrathall.

Sons of Canada—Vic Menzies, Harry Menzies, R. B. Skinner, G. Hill and Alex Mitchell.

Intermediate League

The Colts again improved their position in the Intermediate League with a handy victory over the Regiment. Alex Mitchell refereed and the players were:

Regiment — W. Horrobin, S. Bazett-Jones, C. McKeown, Spiro Gurvich, Albert Palmer and H. Floyd.

Colts—W. Wrathall, A. Phillips, Chester Clapp, Douglas Frizzell and E. McLean.

Ladies' League

Once again the Maple Leafs were successful over the Gil's, beating them by a two-to-one score. George Mitchell refereed and the line-ups were:

Maple Leafs—Margaret Graham, Myra Harvey, Aileen Stephens, Lillian Lowe, J. Calderone, Laura Frizzell and M. Casey.

Gil's—M. Long, Caroline Mitchell, A. Morrison, Willa Dyer, Leona Parker and C. Harvey.

League standings to date are as follows:

Senior League

	W.	L.	Pts.
Elks	7	3	14
Sons of Canada	7	4	14
Colts	2	9	4

Intermediate League

Grotto	8	2	16
Colts	7	4	14
Regiment	1	10	2

Ladies' League

Maple Leafs	5	2	12
Gil's	2	6	4

Junior League

Tiny Tims	6	2	12
Colts	2	6	4

TIMBER SALE, X 6603.

There will be offered for sale at Public Auction at noon on the 5th day of March, 1925, in the office of the Forest Supervisor, Smithers, B.C., the Licence X 6603, to cut 964,000 lineal feet of Cedar Poles and Piling on an area situated on Bell Lake, six miles, southwest of Hazelton, Cassiar district.

Five (5) years will be allowed for removal of timber.

Provided that any one unable to attend the auction in person may submit a sealed tender to be opened at the hour of auction and treated as one bid.

Further particulars of the Chief Forester, Victoria, B.C., or District Forester, Prince Rupert, B.C.

TIMBER SALE x 6603.

There will be offered for sale at Public Auction, at noon on the 5th day of February, 1925, in the office of the Forest Supervisor, Smithers, B.C., the Licence X6603, to cut 964,000 lineal feet of Cedar Poles and Piling on an area situated on Bell Lake, six miles southwest of Hazelton, Cassiar District.

Five (5) years will be allowed for removal of timber.

Provided that any one unable to attend the auction in person may submit a sealed tender to be opened at the hour of auction and treated as one bid.

Further particulars of the Chief Forester, Victoria, B.C., or District Forester, Prince Rupert, B.C.

TIMBER SALE X 6830.

Sealed Tenders will be received by the Minister of Lands, at Victoria, not later than noon on the 26th day of January, 1925, for the purchase of Licence X 6830, to cut 4,691,000 feet of Spruce, Cedar and Hemlock, on an area situated on Sewell Inlet, Queen Charlotte Islands District.

Two (2) years will be allowed for removal of timber.

Further particulars of the Chief Forester, Victoria, B.C., or District Forester, Prince Rupert, B.C.

TIMBER SALE X 6838.

Sealed Tenders will be received by the Minister of Lands, at Victoria, not later than noon on the 5th day of February, 1925, for the purchase of Licence X 6838, to cut 5,250,000 feet of Spruce, Cedar and Hemlock, on an area adjoining Lot 1936, Selwyn Inlet, Queen Charlotte Islands Land District.

Two (2) years will be allowed for removal of timber.

Further particulars of the Chief Forester, Victoria, B.C., or District Forester, Prince Rupert, B.C.

LAND ACT

Notice of Intention to Apply to Lease Land

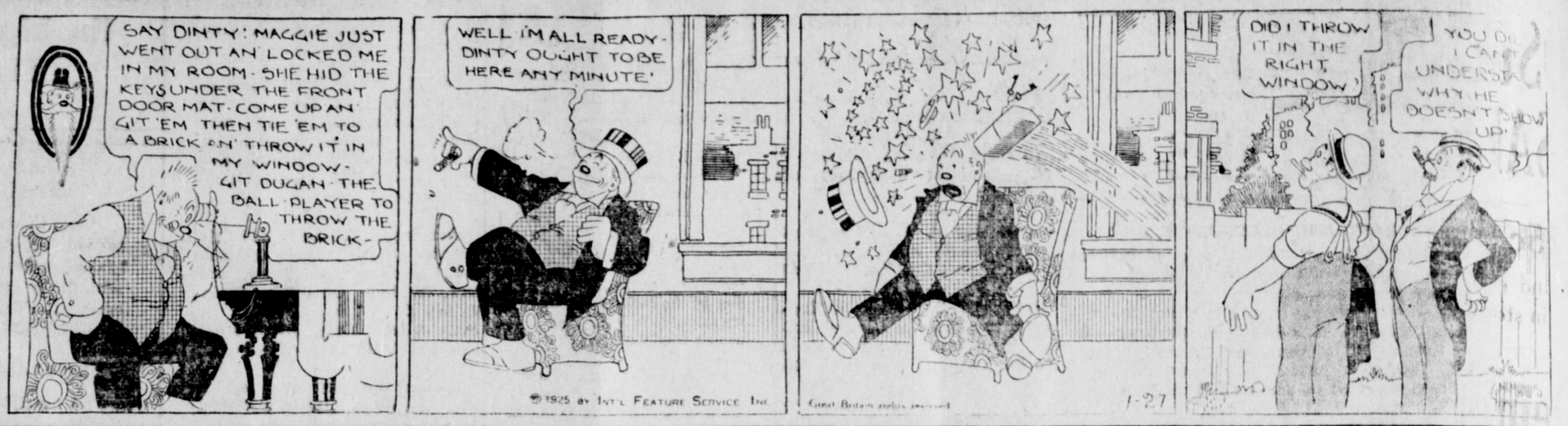
In Prince Rupert Land District. Recording District of Prince Rupert, and situate at Barnard Cove, Princess Royal Island, B.C.

Take Notice that Somerville Cannery Company Limited, of Vancouver, B.C., intends to apply for permission to lease the following described lands: Commencing at the head of Barnard Cove, Princess Royal Island; thence east five (5) chains; thence north forty (40) chains; thence west ten (10) chains, more or less, to low water mark; thence south along low water mark to point of commencement, and containing fifteen (15) acres, more or less.

SOMERVILLE CANNERY COMPANY LIMITED
Name of Applicant.
W. J. Jefferson, Agent.
Dated December 17th, 1924.

BRINGING UP FATHER

By George McManus



TRAINING FOR FOOTBALL

Good Advice to Amateurs, much of which would apply to all Athletes

(By "Andy" Ducat, Manager of Fulham Club.)
(Reprinted from "Greenock Herald")

Football is so much a game of the strong and swift that perfect condition in every member of the team is essential.

Practice in sprinting helps your speed. To kick a ball up against a wall is test for your skill. "Pick-up" games reveal the strength and weaknesses of individual players. Every team should meet two or three times a week. If funds run to it a hall may well be hired.

Your training is in four parts:—

"Keeping Fit." — Follow the rules of sensible living every day.

Training—Be careful not to overdo it. Half-an-hour two or three times a week is enough.

Practice—Just as much ball practice as you can get in.

Diet—Don't.

Skipping is marvellous practice for football. There's nothing feminine about skipping. Dempsey is an expert at it. Ball-punching, too, plays a big part in the training of professional footballers. Morning — when mind and body are fresh —is the best time for training. Nearly all amateur teams are compelled to meet in the evenings after a day's work. That is why my earnest advice to trainers is: "Be careful!"

Tiring training—especially of youngsters—is not good for them.

When Athletes Crack

You can train a sprinter up to a pitch where, having broken the hundred yards record, he cracks and takes a long rest. This is good enough for men who are called upon to produce their best only a few times a year. Footballers, however, play regularly for long stretches week after week. Artificial training is deadly. Footballers must never be forced.

Walking is fine exercise. It brings into play muscles used heavily in football. There's a lot of difference, though, between a walk and a stroll. Brisk walking should be indulged in every day by individual members of the team. You don't need a gymnasium to walk in.

Once a week is enough for sprinting. I am talking now of amateurs who have other work to do, not professionals.

Skipping and ball punching provide a lot of fun and may be undertaken as often as you can get your men together.

Training is all right as long as you can feel benefit from it. Even walking, of course, makes your feet ache and your soles sore. Any man of sense recognises these "healthy aches" as distinct from that "cracked feeling" that comes from over training.

Teams are more often over trained than under trained. On the other hand, a man who lounges about all the week and plays football on Saturday is laying up trouble for himself.

Training is different from practice. You can practice as often as you like.

You can learn a lot by kicking a ball up against a wall. A tennis ball is as good for this purpose as a football. A goalkeeper especially can kick low shots and high shots to himself and save them.

Wall and Ball Practice

Practice against a wall helps you to trap balls neatly and securely; you may learn drop kicks, shots on the volley, and half-volley shots. Your object in training is to make yourself as dexterous with your right foot as you are with your left. You will never completely achieve this desirable object, but that is the last reason in the world why you should'nt try.

A forward who can shoot straight with both feet is as good as three "one-sided" footballers.

Two players who get together and kick the ball to and fro at all angles and elevations improve themselves more than they would do if they played together in a match for the same length of time. Heading the ball to each other from various angles is also splendid practice.

Even if you cannot get your team out for practice on weekdays, you need never despair while individual players are working for improvement. Private practice is more important than people think. Team practice is not quite so good as it is sometimes considered to be.

Should you diet? Certainly not. Personally, I have never found it necessary to give up any food I enjoyed. But then I never was a devotee of pastries and chocolates.

What Footballers Eat

You might, without dieting yourself, cultivate the habit o' looking the other way when second helpings of pudding are about, and asking for more when the meat is lean. Rice—one of the foods we normally dislike—is extremely nourishing for footballers. Such foods as bread and butter and cheese ought not to be eaten before a match. Dry toast is best. Fish and boiled mutton are also excellent.

Young men who live on dry toast because they play football, however, deserve what they get.

Health experts recommend water. I know a footballer who makes for the tap immediately he gets up and stays there for ten minutes. Most players, however, find liquid in large quantities rather weakening. If you must drink, drink water. Ale is a fine tonic, and a number of sturdy fellows seem to thrive on it. Ginger beer, but not too much of it, is a popular beverage with all athletes. A lemon —without sugar—is the best refresher of all.

Players who get plenty of fresh air—sleeping with the windows wide open—find more staying power than over-trained athletes. The effect of getting up early in the morning is astonishing. The Prince of Wales, who lives an unusually trying life, is always out and about by seven o'clock.

Professional teams are more systematically trained than amateurs. You must remember, however, that what is good for a professional may be too much for men with a day's work behind them. That is why I recommend sensible living and plenty of practice for amateurs.

DOES EVERY MEAL CAUSE YOU DISTRESS?

IF IT DOES YOU SHOULD TAKE

BURDOCK BLOOD BITTERS

Mr. M. P. Eldridge, Beaver Harbor, N.B., writes:—"I was troubled with my stomach for some time, and everything I ate seemed to distress me. I tried many different medicines, but without any results. Finally I was advised to try B.B.B., and after having taken several bottles I was completely relieved of my trouble. I can now eat anything I wish, thanks to B.B.B."

Burdock Blood Bitters puts the stomach into perfect shape by promoting proper digestion; and during the past 46 years it has been on the market has made a reputation, second to none, for relieving all stomach troubles.

Put up only by The T. Milburn Co., Limited, Toronto, Ont

Sport Chat

A New York sport writer states that Tex Rickard expects to match Jack Dempsey for a title bout with either Tom Gibbons or Harry Wills, in spite of the champion's announcement that he will retire from the ring and marry this spring.

Rickard's plan would be to match Dempsey in a return go with Gibbons early in June. If victorious, the titleholder then would be sought for the long-awaited bout with Wills, negro challenger, in September. If the champion declines more than one bout, however, Rickard will give him a choice of either Gibbons or Wills as an opponent.

Tommy Gibbons will accept a match in London with Luis Angel Firpo, South American heavyweight, if the National Sporting club will guarantee him $75,000 and $3,000 expenses. According to Gibbons' manager, "Peggy" Bettinson, a well known London sportsman, has made a bid for the match, and is quoted in a cable from London as saying he knew what Firpo was worth, but did not know what Gibbons was worth, or was not sure of it. This authority figures that Firpo is worth $25,000 and would be lucky if he got that much. Record books ought to show Bettinson how much Gibbons is worth and how much Firpo is worth. Gibbons went 15 rounds with Jack Dempsey and Firpo did not last two rounds. Firpo was punched into jelly by Charley Weinert. Eddie Kane said "Firpo doesn't want to fight Gibbons. He's, appearing so willingly in London and Paris because he knows that Gibbons is worth more money and might not accept the offer. He's pulling the ready stuff purely for publicity. If the London promoters want Tom Gibbons, they'll have to meet his terms. It is not our fault if they cannot pay as much money as American promoters can for an important match. They know our terms and it is now up to them."

360 GOLF CLUBS THROUGHOUT CANADA

TORONTO, Jan. 27. — There are 360 golf clubs in Canada; according to the latest estimate. As a large number of clubs are to be started this spring, 400 would be a conservative estimate of the number by the end of 1925.

Ontario leads the provinces with 123 clubs, Quebec has 53, Alberta 48, Saskatchewan 47, Manitoba 38, British Columbia 28, Nova Scotia 13, New Brunswick 9, and Prince Edward Island one.

Toronto would seem to be the "golfiest" city in the Dominion. The Queen City has 21 clubs, Montreal has 19 and Winnipeg 16. Calgary has six, Victoria and Vancouver each five.

Dr. Martel's Female Pills

Have assisted nature thousands cases last half century, correcting cause, building up and strengthening organs, relieving DELAYED, and PAINFUL MENSTRUATION, NERVOUSNESS, BACKACHE, DIZZINESS, etc, no dangerous drugs. Sold only in Sealed Hinge-Cover TIN BOX with our signature. Druggists everywhere, or direct by mail, plain package $2.00 Knickerbocker Remedy Co., 71 E. Front St., Toronto, Can. Circular mailed on request.

CRIBBAGE LEAGUE

Following are results of cribbage games played last night:

L.O.L. 15, Elks 12.
102nd 16, S.O.C. 11.
St. Andrew's 16, G.W.V.A. 11.
Moose 16, Grotto 11.

League Standing

	W.	L.	Pts.
L. O. L.	3	0	3
Elks	2	1	2
St. Andrew's	2	1	2
102nd	2	1	2
Dry Dock	1	1	1
G. W. V. A.	1	1	1
Moose	1	2	1
Grotto	0	2	0
S. O. C.	0	3	0

BILLIARD AVERAGES

First Division

	Games.	Tll.	Av.
Col. McMordie (V.)	5	1250	250
Sgt. Jebson (V.)	5	1250	250
J. Hillman (G.)	1	250	250
W. J. Nelson (G.)	2	485	243
W. Stewarrt (G.)	4	250	250
F. Stephens (B.P.)	5	1217	243
A. A. Easson (B.P.)	5	1212	242
B. Jelich (B.P.)	5	1195	239
G. McIlmoyle (B.P.)	5	1194	239
Alex. Volume (V.)	2	462	231
Dr. West (V.)	1	227	227
G. P. Tinker (V.)	4	899	225
C. Balagno (B.P.)	5	1122	224
E. Pearce (G.)	6	1332	222
F. Pyle (V.)	5	1098	220
J. Walsh (V.)	3	655	218
D. Brown (G.)	6	1267	211
B. Morgan (G.)	6	1256	209
G. Blythe (G.)	2	411	206
G. Waugh (G.)	6	1219	203

Second Division

J. Beesley (G.)	6	900	150
A. Donald (B.P.)	3	450	150
F. Zieman (B.P.)	3	450	150
I. Hillman (G.)	3	450	150
J. Weir (G.)	1	450	150
D. Howe (B.P.)	5	738	148
I. Brown (S.A.)	5	735	147
W. J. Nelson (G.)	4	588	147
W. Stewart (G.)	2	292	146
Babe Fortin (B.P.)	6	844	141
Dr. West (V.)	7	982	140
J. Andrews (S.A.)	6	842	140
G. Blythe (G.)	4	558	140
S. Suga (G.)	6	833	139
M. Andrews (S.A.)	5	695	139
F. Aldridge (B.P.)	5	695	139
M. MacLachlan (S.A.)	4	553	138
J. Allan (S.A.)	5	686	137
S. Macdonald (S.A.)	5	680	136
C. L. Youngman (V.)	5	673	135
G. Mallet (B.P.)	2	267	134
W. Murray (G.)	3	400	133
D. McAuley (G.)	6	783	131
J. Maclean (G.)	3	391	130
G. P. Tinker (V.)	3	391	130
I. Fleming (V.)	2	260	130
W. Mitchell (B.P.)	6	773	129
J. May (C.S.)	7	897	128
H. Wearmouth (V.)	4	510	128
E. Fenelon (V.)	7	889	127
D. McLean (G.)	6	763	127
G. Kelsey (C.S.)	5	637	127
M. Lamb (G.)	6	754	126
S. Darton (C.S.)	7	871	124
J. Bulger (C.S.)	6	744	124
S. L. Warrior (V.)	7	831	119
H. Parr (C.S.)	5	555	111
W. Williscroft (G.)	5	531	106
M. Stephens (G.)	2	210	105
A. Bales (C.S.)	5	502	100
J. McDougall (G.)	1	89	89
W. Anderson (C.)	1	82	82
W. H. Jarman (G.)	1	69	69

Daily News Classified Ads.

2 CENTS PER WORD IN ADVANCE. No Advertisement Taken for Less than 50c

TO RENT

TO RENT.—House, four rooms, 731 Fraser Street. Apply William Denholm, Provincial Building. tf

ROOM for rent in private house for respectable man. Address Box 228 Daily News office. 24

FOR RENT. — Singer Sewing Machines. Phone Blue 389. tf

ROYAL CANADIAN NAVAL VOLUNTEER RESERVE

RECRUITS WANTED. — Sea experience not necessary. Regular Naval instructor being appointed. For full particulars apply Naval Headquarters, Hays Building, near Totem Pole, on Mondays, Wednesdays and Fridays, 7 to 9 p.m.

BOARD AND ROOM

BOARD and Room at the Inlander centrally located, one half block from Post Office, 830 Second Aven. Phone 137. tf

ACCOUNTANCY

BOOKS written up — Balance sheets, financial statements and income tax returns prepared by expert accountants. Rates reasonable. Write P.O. Box 835. tf

DRESSMAKING

MRS. HAMILTON, experienced dressmaker, Federal block.—Dressmaking, alterations, suits and coats. First class work. Reasonable prices. Phone Black 416. tf

CHIROPRACTOR

R. E. EYOLFSON
Graduate of the National College of Chiropractic, Chicago,
No. 1 Stephen's Block
Hours: 10 to 12; 2 to 5; 7 to 8. Saturday afternoons and Sundays by appointment.
Phone Blue 85.

TAXI

Taxi 67 Phone
(Call George, Paul or Gust)
Prompt Service and Comfort
Day or Night
Stand:
BOSS BROS. POOL ROOM
Meeker Block,
Across from Empress Hotel

FURNITURE.

New and Secondhand Furniture Store. We Buy, Sell and Exchange New and Secondhand Goods.
GEO. PAPADOPULIS,
839 Third Ave. Phone 646.

AUCTIONEERS

IT will pay you to consult us when you desire to sell or purchase furniture, or any article. PRINCE RUPERT EXCHANGE, Auctioneers.

DEPARTMENT OF LANDS. NOTICE

Application for Grazing Permits for the Season 1925.

Applications for permits to graze livestock on the Crown range within each grazing district of the Province of British Columbia, must be filed with the District Forester at Cranbrook, Fort George, Kamloops, Nelson, Prince Rupert, Vancouver, Vernon and Williams Lake on or before March 31st, 1925.

Blank forms upon which to submit applications may be obtained from the District Foresters at the above named places, or from the Department of Lands at Victoria, B.C.

G. R. NADEN,
Deputy Minister of Lands.
Department of Lands,
Victoria, B.C.
January 9th, 1925.

LAND ACT.

Notice of Intention to Apply to Lease Land

In Skeena Land District, Recording District of Prince Rupert, and situate approximately two miles southeast Junction of the Skeena and Oestall Rivers on the Skeena River.

Take Notice that George Frizzell, of Prince Rupert, B.C., occupation merchant, intends to apply for permission to lease the following described lands:—

Commencing at a post planted on the south side of Skeena River, thence southwest 5 chains; thence southeast 10 chains; thence northeast 5 chains; thence northwest 10 chains along the bank of the Skeena River to the point of commencement, and containing 15 acres, more or less.

GEORGE G. FRIZZELL,
Name of Applicant.
Dated January 8th, 1925.

CANCELLATION OF RESERVE.

NOTICE IS HEREBY GIVEN that the reserve covering Lot 4435, Cassiar District, is cancelled.

G. R. NADEN,
Deputy Minister of Lands.
Lands Department,
Victoria, B.C.,
10th December, 1924.

MAIL SCHEDULE

For the East—
Mondays, Wednesdays and Saturdays, closes at 4 p.m.
From the East—
Mondays, Wednesdays and Fridays, due at 7 a.m.
To Vancouver—
Tuesdays—
Mail closes at 4:15 P.M.
Saturdays ..... A.M.
Saturdays via train ..... 4 P.M.
Fridays, ... 8:15 A.M.
C.P.R. January 16 and 30.
From Vancouver—
Sundays ..... P.M.
Tuesdays via train due 4 P.M.
Wednesdays ..... 3 P.M.
Thursdays ..... P.M.
C.P.R. January 12 and 26.
To Anyox, Alice Arm, Stewart and Premier—
Wednesdays ..... 10:15 P.M.
Sundays ..... 7 P.M.
From Anyox, Alice Arm, Stewart and Premier—
Tuesdays ..... P.M.
Fridays ..... 6 A.M.
To Port Simpson and Naas River Points—
Thursdays ..... P.M.
From Port Simpson and Naas River Points—
Saturdays ..... A.M.
To Alaska Points—
January 12 and 26.
From Alaska Points—
January 16 and 30.
To Queen Charlotte Island Points—
January 17 and 31.
From Queen Charlotte Island Points—
January 15 and 29.

BOX COLLECTION

	P.M.	P.M.
Graham & Atlin Aves.	2.15	8.15
1st Ave. & Eighth St.	2.20	8.20
5th Ave. & Fulton St.	2.25	8.25
8th Ave. & Thompson st.	2.30	8.30
11th Ave. & Sherbrooke Ave.	2.35	8.35
11ht Ave. & Conrad St.	2.40	8.40
6th Ave. & Hays Cove Ave.	2.45	8.45
6th Ave. & Hays Cove Circle	2.50	8.50
8th Ave. & Cotton St.	2.55	8.55
5th Ave. & McBride St.	3.00	9.00
Pro. Gov. Bldgs.	3.5	9.5
Prov. Gov. Wharf	3.10	9.10
G.T.P. Wharf	3.15	9.15
2nd Ave. & 2nd St.	3.20	9.20
3rd Ave. & Fulton St.	3.25	9.25
3rd Ave & 6th St.	3.30	9.30

MINERAL ACT.

HAWK MINERAL CLAIM

Situate in the Skeena Mining Division of the Range 5, Coast District. Where located, South of Falls Creek, Whitsalkum Lake, and adjoining the Wilson on the East end of it. Lawful holder W. Treston and D. Wilson: No. of Holder's Free Miners' Certificate, Treston 67010C, Wilson 67004C.

Take Notice that we, W. Treston, F.M.C. No. 67010C, and David Wilson, F.M.C. No. 67004C, intend at the end of sixty days from the date hereof to apply to the Mining Recorder for a Certificate of Improvements for the purpose of obtaining a Crown Grant of the above claim, and furthermore take notice that Action under Sec. 85 of the Mineral Act must be commenced before the issuance of such certificate of Improvements.

Dated this 30th day of Nov., 1924.

W. F. TRESTON, and
DAVID WILSON, Owners.
E. T. Kenny, Agent.

NOTICE OF CANCELLATION OF RESERVE

NOTICE IS HEREBY GIVEN, that the reserve covering Lots 6529 to 6539, inclusive, Range 5, Coast District, is cancelled.

G. R. NADEN,
Deputy Minister of Lands.
Department of Lands,
Victoria, B.C.,
November 10th, 1924.

LAND ACT

Notice of Intention to Apply to Lease Land

In Massett Inlet, Queen Charlotte Islands Land District, Recording District of Prince Rupert, B.C., and situate about one mile south of Ross Island, Massett Inlet, and in Yestalton Bay on timber limit No.

Take Notice that Eugene H. Simpson of Massett, B.C., occupation Canning Manager, intends to apply for permission to lease the following described lands:—

Commencing at a post planted on the west side of Yestalton Bay; thence south 5 chains; thence east 10 chains; thence north 5 chains; thence west 10 chains, and containing 15 acres, more or less.

EUGENE H. SIMPSON,
Name of Applicant.
Dated December 10th, 1924.