



## HEENEY TRAINS IN HIS OWN WAY

Editors Note: Artie McGovern, famous physical culturist and trainer of Babe Ruth, Johnny Farrell and Gene Sarazen, describes in the following article the training methods of Tom Heenev, now preparing for his coming heavyweight championship fight with Gene Tunney for the world's title, and contrasts them with the methods of the champion, which he recently pictured through International News Service.

By Artie McGovern.  
Written expressly for INS.  
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Fair Haven, N. J., July 20.—If Tom Heenev defeats Gene Tunney in the contest for the heavyweight championship next Thursday, dietetic experts will have to take a back seat! Heenev "sets up his rest and makes his feast, with a crust of brown bread and a pot of good ale."

I asked Heenev if he followed any set of rules in regard to diet while in training. He told me that the only rules he follows are common sense ideas. Heenev says that he does not believe in eating foods that he does not like, regardless of the fact that they may be more beneficial to his system. Heenev's methods of training and dieting are his own. He claims that from his long experience in training for athletics during the past 15 years, he knows what best agrees with him.

The challenger has only two meals a day and at the training table he is comparatively a light eater.

His training day begins at 6 o'clock each morning. This early rising is contrary to American methods of training.

Road work for Heenev is as much play as work. He seems to enjoy pranks at the expense of his trainers and the hour he spends on the road is given over to running, jumping, pushing his partners around and having a general good time!

He returns to the camp in a good perspiration and rests for a half hour until his body becomes cool, before taking his shower. After a thirty minute massage he dresses and is ready for his breakfast at 10:30. At two o'clock he sleeps for an hour before his afternoon session which begins at 3:30 and includes two hours of shadow boxing, two rounds of bag punching and four rounds of boxing with his two sparring partners.

Dinner, Heenev's second meal of the day, is served at 5:30, after which he plays cards or checks or amuses the reporters by singing some of the old English songs.

At 9 o'clock Heenev returns to the cottage for his 'alf and 'alf, the English vernacular for beer and ale, which the challenger claims is both a medicine and tonic. It makes him sleep "like a top", keeps his weight up and has good food value.

## Golf Tennis Sport Fever Baseball Swimming

We've been looking for a good fish story to pass along. Cash Keller, of the Huntington Herald, comes to the rescue with the following: "Someone caught a 19½ pound pickerel in Lake Wawasee the other day and the monster was 42 inches long. Just another good reason for vacationing in Hoosierland."

The Bluffton golfers suffered a 56-18 defeat at the hands of the Elwood club, in a Northeastern Indiana Golf League match, at Elwood, Wednesday. Peru will play a league match at Bluffton next Wednesday.

"Sunday, August 26, has been set as the date for the first race to be held at the Speedway park racecourse, now under construction, just east of this city.

Among the daredevil drivers who are expected to be piloting fast-built cars at the opening event are "Dutch" Bauman, Louis Schneider, Wilbur Shaw and Shorty Cantlon, all of whom have been strong contenders for the first prizes at the 500-mile race each year at Indianapolis," Huntington Herald.

The Celina, Ohio baseball team will play the Berne nine, at Berne, Saturday afternoon. The game will be called at 2:30 o'clock. Celina defeated Berne earlier in the season 5-4.

The three-day outdoor swim championship meet of the Indiana-Kentucky A. A. U. will be held at Lake Wawasee August 23, 24 and 25. The program is being arranged to attract swimmers of all classes, both male and female including some of the crack performers

of the country.

Local golfers are working diligently this week to perfect their strokes in preparation for the annual handicap tournament for the Rice Hotel Trophy, which will be played on the Country Club course Sunday.

Nine new all-wool bathing suits for children have been donated to the city swimming pool by the Rotary Club. The suits will be rented to children.

Plans are being made for holding the first annual caddies tournament, at the Decatur Country Club. John T. Myers and Son, local clothiers, will donate a trophy for the tournament, which will be known as the John T. Myers trophy. The date for the first tourney has not been set.

## HUNTER WINS FIRST MATCH

By Frederick K. Abbott.  
INS Staff Correspondent

Roland Garros Stadium, Paris, July 20.—Francis T. Hunter, who replaced William T. Tilden as captain of the American Davis Cup tennis team, this afternoon drew first blood for the Americans in their clash with the Italians to determine which country shall meet France in the challenge round. Hunter won in easy fashion from Caslini, who at the last moment replaced Stefani, who had been scheduled to meet the American team captain. Hunter won in straight sets 6-1, 6-1 and 6-0.

### YESTERDAY'S RESULTS

**Central League**  
Canton 6; Fort Wayne 1.  
Erie 12; Dayton 7.  
Springfield 12; Akron 4.

**National League**  
Boston 9; Cincinnati 4.  
Brooklyn 3; Pittsburgh 0.  
St. Louis 6; Philadelphia 5.  
New York-Chicago, wet grounds.

**American League**  
New York 6; Chicago 4.  
Boston 3; Cleveland 2.  
Philadelphia 2-4; St. Louis 0-3.  
Detroit 9-2; Washington 3-7.

**American Association**  
Minneapolis 4; Indianapolis 3.  
Louisville 3; St. Paul 2.  
Columbus 9; Milwaukee 6.  
Kansas City 5; Toledo 3.

## WITH THE BIG LEAGUE STARS

—(U.P.)—  
Babe Ruth: Hit two home runs in three times at bat.  
Lou Gehrig: Singled once in three attempts.  
Harry Heilmann: Failed to hit in four attempts in each game.  
Paul Waner: Doubled and singled in four times at bat.  
Rogers Hornsby: Got one single in five attempts.  
Hack Wilson, Frank Frisch and Ty Cobb did not play.

### Watching The Scoreboard

—(U.P.)—  
Yesterday's hero: Rube Walberg, Athletics' pitcher, who held the St. Louis Browns to two hits. The Athletics could get only four hits off Sam Gray, their former team-mate, but they were enough to win the first game, 2 to 0. Philadelphia won the second game by bunting its seven hits against Blaholder. The score was 4 to 3.

Ed Morris pitched steadily for Boston and the Red Sox defeated Cleveland, 3 to 2.

Home runs by Hafev and Harper enabled the St. Louis Cardinals to defeat the Phillies, 6 to 5.

Four Cincinnati pitchers were touched for thirteen hits and Boston defeated the Reds, 9 to 4. Greenfield and Delaney pitched well for the Braves.

Doug McWeeny stopped the Pittsburgh Pirates after they had won nine straight games. The Dodgers' pitcher gave nine hits, Brooklyn winning, 3 to 0.

Washington and Detroit divided a double-header, the Tigers taking the first game, 9 to 3, losing the second, 2 to 7.

Babe Ruth's two home runs enabled New York to win another game from the Chicago White Sox, 6 to 4.

### Octagonal Currency

In the California gold rush days, the standard of value was the "octagonal," a gold piece worth \$50 that took its name from its shape. For many years octagonal \$1 gold pieces were coined for use in the West.

Get the Habit—Trade at Home, it Pays

## OLYMPIC TEAM REACHES EUROPE

By Frank Getty.  
UP Sports Editor  
Amsterdam, Holland, July 20.—(U.P.)—America's Olympic team, sent on repeating the 1924 victory of Paris, arrived here today after a thoroughly comfortable voyage from the United States aboard the S. S. President Roosevelt.

The scores of athletes, all appearing in perfect condition, rushed to go ashore so they might begin active training for the great track, field and water tests that start nine days hence. As soon as the Roosevelt docked the athletes went ashore searching for their various training fields. Boxers and wrestlers alone are without facilities and at present will remain aboard the Roosevelt, going ashore only for road work.

The spirit of America's army to this ninth Olympiad was remarkable. They all appeared to have enjoyed the crossing immensely and all seemed unusually eager to start the nine days training that will precede the actual opening of the international track event.

### YESTERDAY'S HOME RUNS

Player and Club	S.T.
Ruth, Yankees (2)	38
Hurst, Phillies (1)	12
Harper, Cardinals (1)	12
Hafev, Cardinals (1)	12
Simmons, Athletics (1)	8
Sothorn, Phillies (1)	4
Haas, Athletics (1)	1

The leaders: Ruth, 38; Hack Wilson, 22; Bottomley, 20; Gehrig, 19; Bissonette, 18; Hornsby, 16; Hauser, 14.

League totals: National, 359; American, 320.

### THE BIG FIVE

Player	G.	AB	R	H	HR	Pct.
Hornsby	78	274	58	108	16	.394
Gehrig	88	319	83	118	19	.370
Cobb	82	331	49	109	1	.329
Ruth	88	304	95	97	38	.319
Speaker	58	188	28	51	3	.271



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## BERNE HIGH TO HAVE NEW COACH

Berne, July 20.—(Special)—Harold S. Johnson, of Monrovia, has been employed by the Berne school board to teach in the local high school and coach the high school athletic teams. Johnson has been coaching at Fremont high school for the last two years.

Berne's new coach comes with high recommendations. He learned basketball under the tutelage of the Curtis Brothers, Glen, who is coach at Martinsville, and Herb, who is Decatur high school's athletic director and coach. While coaching at Fremont, Mr. Johnson turned out strong basketball teams.

## Indiana And Notre Dame To Meet In Football Games

Bloomington, Ind., July 20.—(U.P.)—Arrangements are completed for home-and-home football games between Notre Dame, and Indiana University. It was announced today by Z. G. Clevenger, athletic director of Indiana University. The first of the two games will be played at Bloomington October 5, 1929. The Hoosiers will meet the Irishmen at South Bend, in 1930. Clevenger also announced the scheduling of Notre Dame for a basketball game at South Bend, December 21, 1928. Notre Dame will come here the following season.

## Rockne And Party To Sail For Europe Tonight

New York, July 20.—(INS)—Knut K. Rockne, famous football coach of Notre Dame University, sails for Europe tonight on the Sunard Carmania, leading a party of more than 200 sports enthusiasts on his Olympic and European tour.

His first venture in the tourist field is a "sellout," for all his space was disposed of nearly three weeks ago. In Rockne's party are such sport notables as Glen "Pop" Warner, Dean of American football coaches, and Miss Aileen Riggan, Olympic diving champion, who is hostess for the party.

## Fort Wayne Pro Leads Field In Golf Tourney

French Lick, Ind., July 20.—(U.P.)—With Guy Paulsen, Fort Wayne, leading the field, some 70 golfers today began the second 36 holes of the Indiana open golf tournament, in progress here.

gress here.

Paulsen went into the first position when he negotiated the first 36 holes in 143. The Fort Wayne player turned in a beautiful 69 in the afternoon round, to add to his 74 of the morning session, yesterday.

Jimmy Noonan, Gary, was second with 145, and Johnny Simpson, Terre Haute, was third, with 146.

Paulsen went into the lead in the afternoon after George Lance, Terre Haute, had been first in the morning round with a 70. However, Lance turned in an 80 in the afternoon.

## Two Northern Indiana Women Reach Finals

Terre Haute, Ind., July 20.—(INS)—Two northern Indiana women will fight it out at the Terre Haute Country Club today for the state women's golf championship!

The two players are Mrs. Naomi Hull Gipson of the Christiana Country club of Elkhart and Mrs. A. E. Bulson of Fort Wayne.

Mrs. Gipson toppled the defending champion, Miss Elizabeth Dunn of Indianapolis, from her throne yesterday, 4 up and 3 to play.

Mrs. Bulson had a more difficult time in disposing of her fellow towns-woman, Mrs. Scott Snyder, 1 up. She got her winning point on the 18th green.

Miss Dunn has been state champion for two years.

**AIRPLANE PASSENGER  
FLIGHTS** over Decatur all day Sunday, July 22, from Geimer field, south of Decatur. It

## Skin Eruptions successfully treated from within

**SKILLED** physicians recognize the appearance of pimples, boils and other skin eruptions as being an indication of an abnormal condition of the system.

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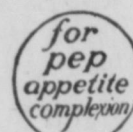
You owe it to yourself and friends to give S.S.S. a trial. It helps Nature build rich, red blood—those vitalizing elements in the blood that build and sustain the body.

In building rich, red blood cells, S.S.S. improves the processes by which the body is nourished.

"I suffered from impure blood—was weak, and I had lost so much weight, I didn't look natural. I had pimples, and was also bothered with a breaking-out that itched terribly. I also had different kinds of another. I tried different kinds of remedies, but nothing did me any good until a friend advised me to take S.S.S., which I did. This was some time ago. Now I feel well,

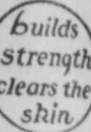
and I am getting along fine. S.S.S. stopped the itching and it cured me of boils. I advise all weak and run-down people to give S.S.S. a trial. It clears up the skin and makes you strong and fills you with energy."—Mrs. J. W. Barker, 1237 Walnut Street, Cincinnati, Ohio.

All drug stores sell S.S.S. in two sizes. Get the larger size. It is more economical.

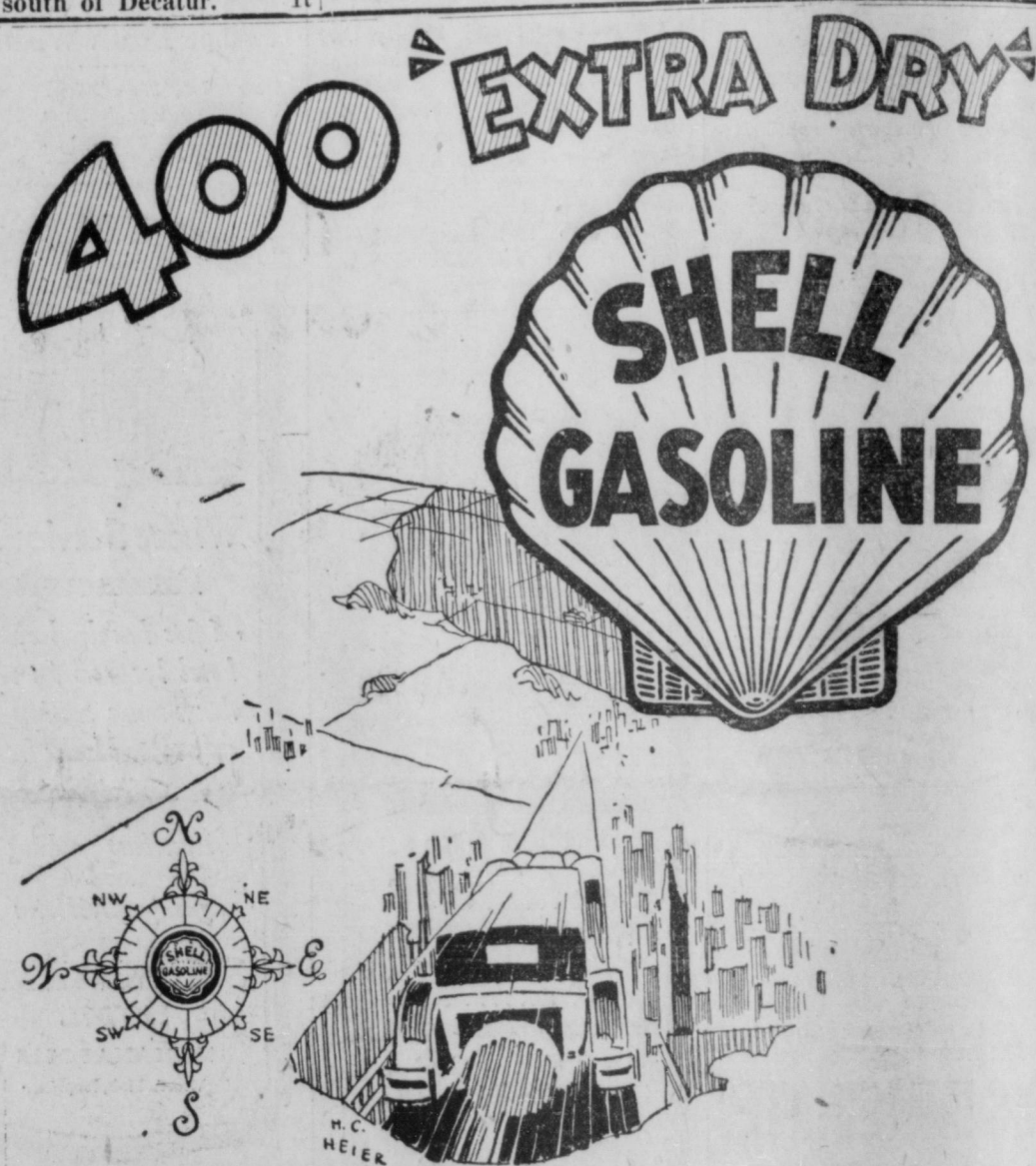


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