

Fun for the Whole Family

SPARKY WATTS



By BOODY ROGERS



REG'LAR FELLERS—Prompt Customers



POP—An Apt Definition



MANY years ago Ellsworth Vines, the star tennis player, and not a bad golfer, made this remark--

"It's surprising how long it takes a fellow to get into hard competitive condition--and what a short time it takes to get out again." And Vines was a hard trainer.

This happens to be completely true. It is one answer to Gunder Haegg's showing in the recent IC 4A games at Madison Square Garden where he practically collapsed in the mile run. Haegg, the great Swedish flash, outdoors and in shape, has run the mile in 4.02. He was timed around

Gunder Haegg 4.31 over an indoor track with no chance to train, soon after he landed.

This means a lost or missing margin close to 29 seconds--or some thing more than 150 yards. In the best mile that Haegg ever ran he would have beaten Rafferty's 4:16.4 mile by over 90 yards. For a 4.16 mile is barely more than a gallop. Looking as far back as Joie Ray, a 4.16 mile would have been a common canter for the old-timer.

Rafferty has always been a fighting miler. Then we had Nurmi's 4:10.4. And Nurmi was one of the great runners of all time. From that mile to 10,000 meters. From that point on down to Arne Andersson's record mile in 4:1.6 we have seen the records fall--via Glen Cunningham, Lovelock, Haegg and others who hammered the figures down, split second by split second.

But in all this natural ability has needed the hardest sort of work, plus able trainers and able coaches who have yet to receive the credit they deserved.

The Greatest Race

To me the mile has always been the greatest of all races. It combines more in the way of speed and stamina than any other distance. The 100 yards--the 220--even the quarter--are largely speed tests. Although it must be admitted that the 440 yard dash, or the quarter, is also a killing distance, calling for extended speed. But the mile is something in between the sprints and the longer distance races, leading up to the marathon.

The average, normal human being from city and farm, usually talks and thinks in terms of the mile. It is a mile to some place--or 5 miles--or 10 miles. You know just about what that means.

The mile today is the ideal combination of speed and stamina--a race that draws and keeps the crowds interest. The 100 and the 220 are over in too much of a hurry while the 2 and 3 mile races are too long to watch.

In this country most of our best running has been turned in from the 100 yard dash to the mile. We have had few runners with the patience to train for longer distances. We have been better at the shorter distances with Paddock, Wykoff, Tolian, Jesse Owens, and many others. Here it was largely a matter of a flash--or half a stride.

But the main or major goal in track racing has been to reach the mile in four minutes flat. Here is something that demands both speed and stamina to the ultimate limit. The time may come when some one will beat four minutes. But that is the big target now.

Arne Andersson has brought the mile to just a trifle more than a second from the four minute mark. Four minutes will be reached and beaten, but hardly through the war period. For with all the ability one may have, there is still the matter of condition and hard training through a long period.

For example, Gunder Haegg is still the greatest distance runner in the world, over the one, two and three-mile tests. His record is one of the most amazing in all sport. Yet, out of condition, his last showing at the mile and his best showing at the mile, are close to 29 seconds apart. We have always believed there are no supermen in sport. Records are only made to be broken. What they all want is the target. Sooner or later they bowl this target over.

It has been said--"There is no substitute for work." Also--"There is no substitute for experience." Certainly in a mile run there is no substitute for a long, hard training period that brings the legs and the wind working together as a team. And that goes for a Mercury.

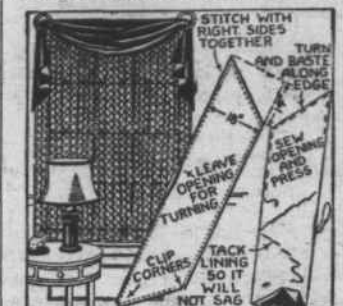
Tops in Training

While we're speaking of condition, if anyone cares to know about the all-time top in physical training, it wouldn't be a bad idea to visit the four navy pre-flight schools at North Carolina, Georgia, St. Mary's and Iowa. These four major pre-flight headquarters were first set up by Comdr. Tom Hamilton, carried on by Comdr. Frank Wickhorst and are now under Comdr. "Killer" Kane. In addition to the academic and military side they have done an incredible job of conditioning.

Plain Draped Valance With Sheer Curtains

EVEN the plainest of straight net or scrim curtains will take on an air of elegance without being too formal if you add a simple draped valance. Such a valance is also pretty with ruffled curtains, and it may be made of figured chintz as well as of plain material.

Festoon rings at the upper corners of the window frame are all that you need in the way of dra-



pery fixtures. The diagrams show how to cut and line the valance which is pulled through these rings. You can avoid pleatings by using 36-inch-wide material cut lengthwise. A half width makes the depth of the valance. The length is the width of the window plus the amount to hang down at each side.

NOTE--This curtain idea is from the 32-page booklet MAKE YOUR OWN CURTAINS by Ruth Wyeth Spears. This booklet shows you the newest and most appropriate curtain and drapery styles for all types of windows with cutting and making methods fully illustrated. To get a copy enclose 15 cents with name and address direct to:

MRS. RUTH WYETH SPEARS
Bedford Hills New York
Drawer 10
Enclose 15 cents for booklet "Make Your Own Curtains."
Name _____
Address _____

SNAPPY FACTS ABOUT RUBBER

There are two big "unknowns" in trying to anticipate the eventual "balance of power" between natural and synthetic rubber, in the opinion of John L. Collier, President of The B. F. Goodrich Co. These unknowns are respective production costs and the relative value of these types of rubber in different kinds of products several years hence.

During the manufacture of one variety of synthetic rubber, materials must be kept at a temperature of 100 degrees below zero.

Use of rayon has improved the performance of synthetic truck tires as much as 37.5 per cent compared with tires made of cotton cord, some industry authorities report.



AT FIRST SIGN OF A COLD USE 666 Cold Preparations as directed

DON'T SEED SOYBEANS WITHOUT



Don't risk your land, labor and seed ... inoculate with NITRAGIN. Give soybeans more vigor to fight weeds and drought. Get bigger, surer crops and conserve soil fertility. NITRAGIN is good crop insurance for every planting of legumes. It's the oldest inoculant, used by farmers for 45 years. Costs about 12 cents an acre, takes a few minutes to use. Produced by trained scientists in a modern laboratory. Get it, in the yellow can, at seed dealers. FREE--Write today for free soybean, alfalfa, and other legume booklets. Address below.

