AMATEUR BASEBALL—BLOW TO C. H. S.—BASKETBALL SCANDAL

LONG DISTANCE RACER NEEDS COURAGE AND ROUTINE WORKOUTS

Schedule of Daily Training for Aspiring Athlete—Two Years' Work Required for Successful Runner—Diet Important

Article VIII

Distance running—that is, events which are five miles and above—is one of the most fascinating branches of athletic sport. Here an athlete has, possibly, the greatest opportunity for head work. Cutting out the proper pace for the distance to be run, gauging the speed of the competing field, taking advantage of the lay of the land if the event happens to be a cross-country run, and the incentive to lead a great pack over the route are points which already have appealed to thousands.

Right here let it be known that the distance game is not for mollycoddles. It is for real men. The ambitious youngster must be naturally strong to take up this branch.

In distance, as in other contests, the athlete will have to be patient and develop. A distance man will find that it will take at least two years to round into anything like a good runner.

Hard and conscientious work is required of the candidate for distance laurels. Not only must he train daily during the early part of the training period, but he must go through his distance once a week if he hopes to be fit the day of the contest. It is not necessary to go the course at full racing speed; it is far better to jog carefully, paying attention to stride and general form. When the day of the race rolls around he should be able to say: "I can go that distance at such and such a clip, for I have been over the route six times in training and I know I can stick." The man who has not that quality of "you-can't-beat-me" in his make-up might as well try some other sport. His place is not in the distance run, where endurance, pluck, skill, courage and every other asset of the athlete is taxed to the utmost.

Courage is the greatest quality of all in running, and some fellows are never beaten, even when they do not win the race. They are so constituted that even a terrible physical mauling would not dampen their ardor.

The man who broods over his defeat and feels resentment toward the man who has beaten him is not a true sportsman. Health is the foundation necessary to enjoyment of any pastime, but the value of sportsmanship is next. With these two, great things can be accomplished.

The same training plan for a squad of distance runners would not be practical, as some men can stand and need more work than others. The best way is to run your distance once a week, when that distance is 10 miles and under, and twice a month for the Marathon distances (15, 20 and 25 miles). For a 10-mile run an athlete should do light preparatory work about two months ahead of time. For the Marathon six months' time is needed.

Monday, Wednesday and Saturday should find the runners jogging, speeding and taking care of the form in training. Tuesday the half and mile distances should be covered at a rattling pace after having rested between the events. Thursday no road work should be done, calisthenic exercise of half an hour being far more beneficial. Saturday jog your distance. Sunday should be a complete day of rest. This weekly schedule should be entered within two weeks of the race, when good judgment, which only comes with experience, will indicate when to taper off the training work. Light work the last week—just enough distance to keep the muscles supple—will be all that is required. Eight hours' sleep is necessary daily and intoxicants are taboo. Eat all wholesome foods. Cut out pastry of all sorts. If one has trained properly he should be feeling peppy on the day of the contest, an indication of fitness.

MORAVIAN BALL SCHEDULE

A Dozen Games Are on Program for This Season.

BETHLEHEM, Pa., April 2.—The baseball schedule of the Moravian College, delayed somewhat in its formation because of the fact that Manager Kuehl was suddenly stricken with appendicitis, was announced yesterday by Captain Masaryk. It will call for a dozen games, among which will be Delaware College, Blair Hall and Drexel Institute. The outlook is bright for a good team, with eight veterans back and much good new material. The schedule follows: April 28, Blair Hall, wrestling, away; May 1, Keystone State Normal School, here; May 5, Lehigh University Freshmen, here; May 8, open; May 12, Delaware College, away; May 15, Schuylkill Seminary, here; May 19, open; May 22, Keystone State Normal School, away; May 26, open; May 29, Drexel Institute, of Philadelphia, here; June 2, Coopersburg, away; June 9, Alumni, here.

Eastern Polo Opening Tomorrow

NEW YORK, April 2.—The polo season in the East will be opened at Lakewood, N. J., tomorrow by informal practice at Georgian Court, the estate of George Gould, it was announced yesterday. The tournament which will begin the regular season will be held there on April 15. Twenty players have accepted invitations to take part in the event, and the Cleveland team will make its first Eastern appearance at this tournament. Sets of cups have been donated by Mrs. George Gould and P. S. F. Randolph, Sr.

PORT OF PHILADELPHIA

Vessels Arriving Today

Str. Alaskan (Amer.), Hilo, sugar, W. P. Bagar & Son Co.

Str. Guernsey (Nor.), Tocopilla, ore, J. A. McCarthy.

Str. John A. Hooper, Tocopilla, ore, J. A. McCarthy.

Str. Delaware, New York, merchandise, Clyde Steamship Company.

Steamships to Arrive

FREIGHT.

Name.	From.	Sailed.
Bjoldberg	Algiers	Jan. 29
Castlemoor	Rotterdam	Feb. 14
Laura	Agua Amarga	Feb. 18
Jeta Mendi	Huelva	Feb. 19
Dominion	Calcutta	Feb. 23
Century	Calcutta	Feb. 28
Mandahar	Algiers	Mar. 5
Frisian	Huelva	Mar. 5
Tunsarra	Shields	Mar. 6
Vulcan	Lisbon	Mar. 8
Kentuckian	Hilo	Mar. 10
Paralos	Rotterdam	Mar. 11
Alf	Sauerfjord	Mar. 13
Winelaland	Methel	Mar. 13
Tafna	Huelva	Mar. 13
Gerd	Shields	Mar. 13
Sommelsdyk	Rotterdam	Mar. 16
Henrik Ibsen	Valparaiso	Mar. 19
Liverpool	Shields	Mar. 22
Manchester Miller	Manchester	Mar. 23
Guernsey	Cristobal	Mar. 23
Alden	Copenhagen	Mar. 24
Vasco da Gama	Hartlepool	Mar. 25
Pelicians	London	Mar. 25
Talos	Nima Nima	Mar. 27
Mackinaw	London	Mar. 28
Tordenskjold	Nima Nima	Mar. 29
Ran	Shields	Mar. 30

Steamships to Leave

FREIGHT.

Name.	For.	Date.
Crown Point	London	Apr. 3
Queen Wilhelmina	Leith	Apr. 3
Manchester Shipper	Manchester	Apr. 3
Tuniania	Baltimore	Apr. 3

PORT OF NEW YORK

Steamships Due Today

Name.	From.	Sailed.
Hermine	Bordeaux	Feb. 14
Chicago	Havre	Mar. 22

Steamships to Leave

Name.	For.	Date.
Louisiana	Liverpool	Apr. 3
Caronia	Glasgow	Apr. 3
Duca d'Aosta	Genoa	Apr. 3
Chicago	Bordeaux	Apr. 3
New York	Liverpool	Apr. 3

Movements of Vessels

Str. Finland, for New York, steamed from Gibraltar March 31.

Str. Philadelphia, for New York, steamed from Liverpool March 31.

Str. Maine (Br.), for Philadelphia, steamed from London April 1.

Str. Edda (Nor.), from Philadelphia, arrived at Macoris March 30.

Bgs. Sonna (Nor.), and Joseph J. Cuneo, for Philadelphia, steamed from Port Antonio March 31.

Str. Indiano, for Philadelphia, steamed from Boston April 1.

Str. Quantico, for Philadelphia, steamed from Savannah April 2.

Str. William P. Palmer, from Philadelphia, arrived at Port Arthur April 1.

Str. Gulfstream, from Philadelphia, arrived at Port Arthur April 1.

Str. Suwanee, Philadelphia for Jacksonville, was 31 miles south of Winter Quarter lightship at noon April 1.

Str. Lexington, Philadelphia for Boston, passed Fire Island at 12.30 p. m. April 1.

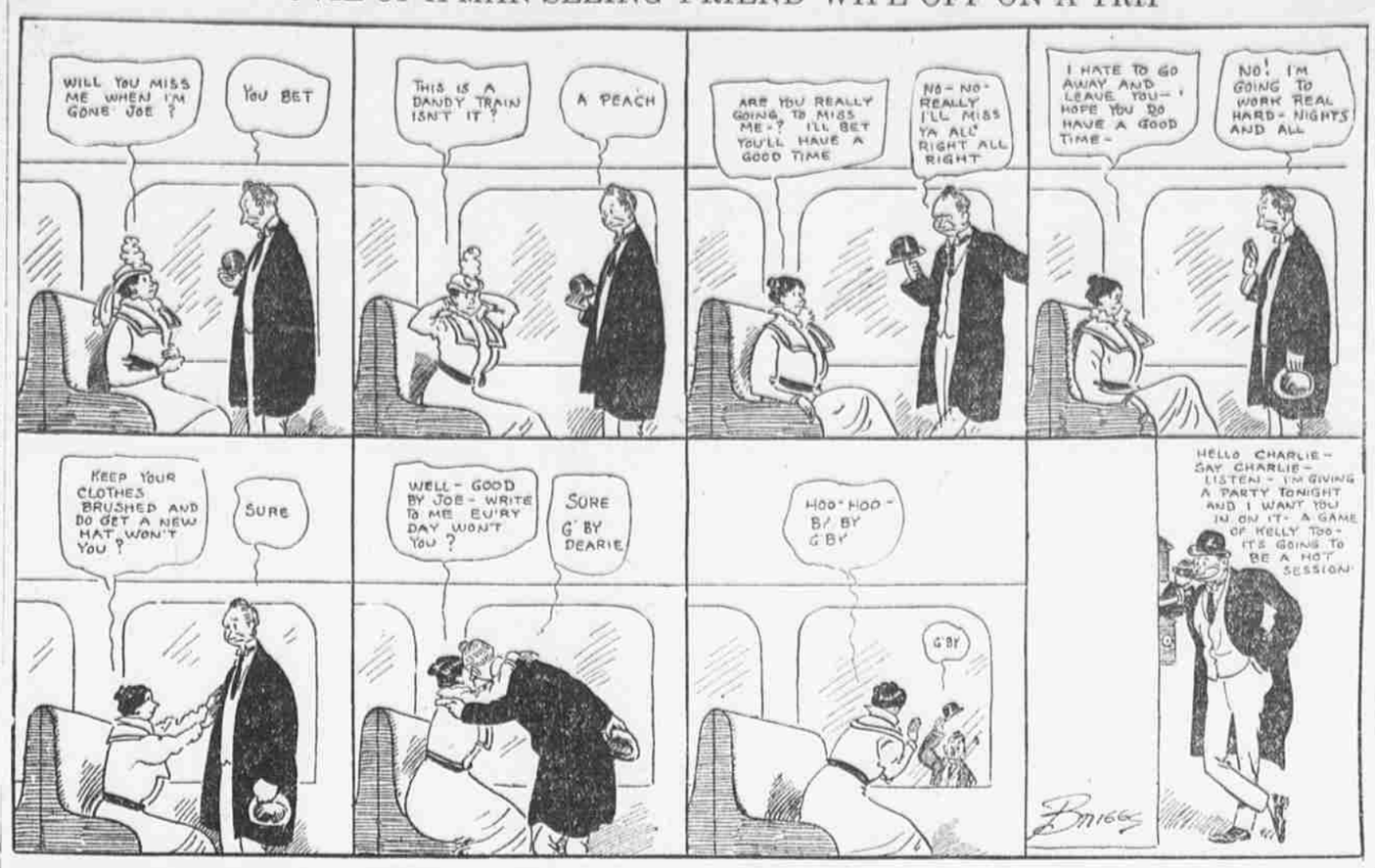
Str. Toledo, towing schr. Delaware Sun, from Arthur for Philadelphia, was 245 miles east of Sable Bay at 6 p. m. April 1.

Str. Kristianiafjord (Nor.), Bergen for New York, was 1050 miles east of Ambrose Channel lightship at noon March 31.

Str. Vinemont, for Philadelphia, sailed from Boston April 1.

Str. John B. Manning, Fernandina for Philadelphia, passed Diamond Shoal lightship at 8 a. m. April 1.

MOVIE OF A MAN SEEING FRIEND WIFE OFF ON A TRIP



EASTERN BASKETBALL CLEARED OF SCANDAL

Expulsion of Two Managers Restores Confidence and Will Benefit Sport.

Officials of the Eastern Basketball League acted wisely in the expulsion of Al Berliner, owner and manager of the Reading quintet, and Howard Henry, playing manager of the Camden team. This was done at a meeting last night to settle the ticket controversy which resulted in the basketball fiasco last Saturday night, when hundreds of fans were disappointed. Reading refused to play after Camden's refusal to reserve a certain number of tickets.

The action of the officials restores the confidence that had been lost in the squareness of the game. It will mean a good season for the clubs next year.

Last night's meeting was for investigating Henry's charges of crookedness in the game and resulted in a queer mixup. Henry denied having made the statements and Berliner admitted that they were true. He admitted having approached the Camden management. Sears was cleared by Berliner's further statement that in approaching Adams Sears was acting under instructions from his manager.

President Scheffer took action, forever disqualifying Berliner and Henry from participating in any capacity in the Eastern League. The charge against Berliner was conspiracy in attempting to hippodrome the league race, and Henry was charged with having connived at Berliner's offense by not having informed the league of it until after the season.

It is possible for either man to be reinstated, but only after a three-fourths vote of the league managers.

THIRTEEN C. H. S. MEN INELIGIBLE FOR NINE

Monthly Report Places Some of Best Athletes on Blacklist. Only One Catcher Left.

The Central High School baseball team received a severe setback yesterday, when the monthly reports were given out. Thirteen members of the first and second teams received more hours on their report than is allowed by the faculty, and they will be unable to represent the Crimson and Gold until they receive their next report, the latter part of this month. Nine members of the first team and four of the second team are among the ineligibles.

Central will have but one catcher to depend on in the first 10 games, Krug the only backstopper who is eligible. Klinger, Doctor O'Brien's new pitching find, is also among the ineligibles. The following are ineligible: First team—Riley, third base; Bingham, centre field; Butler, first base; Bittersdorf, utility outfielder; Bareiss, Zelenziger and Klinger, pitchers, and Stout and Gotwals, catchers. Second team—McNerney and Koff, pitchers; Groves, catcher, and Simendinger, right fielder.

TRAP DUALS TOMORROW

Philadelphia Trapshooters' League Contests Should Be Interesting.

With the Meadow Springs and S. S. White Gun Clubs tied for first place in the Philadelphia Trapshooters' League, the last shoot of the season tomorrow afternoon promises some snappy contests. Clubs in the league shooting tomorrow are:

At Clearview vs. Lansdale.
At Meadow Springs vs. S. S. White.
At Camden Shooting Association vs. Highland.
At Du Pont vs. Glen Willow.

The Du Pont club will award tickets to the Sousa concert for next week at the league shoot.

Regular weekly shoots will be held at the following gun clubs: Mt. Moriah, Curtis Country Club, Philadelphia Electric, Beideman, Fox Gun Club and Highland Park Country Club.

Newcomb, Foord, Severn, Sidebotham, Griffith, Wilson, Cantrell, Sloan, Williams, Soley, Ford, Coleman, Torpey and Heffman are some of the gunners who will toe the mark.

OLYMPIA CLUB'S CARD

Kid Williams, the world's bantamweight boss, and Louisiana, the crack bantam of this city, meet in the windup at the Olympia next Monday night. In the semi Tommy Coleman faces Kid Henry, of Troy. The third number will be between Joe Heffernan and Frankie Hart. K. O. O'Donnell encounters Nell McCue, while Jimmy Carson and Phil Chip will open the show.

Best Shirts in Town
$1.15
3 for $3.00
EASTER CRAVATS
50c
GEO. W. JACOBY
THE SHIRT WIZARD
620 CHESTNUT STREET

OLYMPIA A. A. Broad and Hambridge
Harry Edwards, Mgr.
MONDAY NIGHT, APRIL 5
KID WILLIAMS vs. LOUISIANA
Adm. 55c. Bal. Res. 50c. Arena Res. 75c. $1.

Manager Owen S. Young, of the West Side Young Men's League, of the West Side Presbyterian Church, of Germantown, has issued the first call to his boys for the first baseball practice of the season. Manager Young has quite a big band of candidates and he promises good things for the followers of the Red and Black team. The season will open on or about April 24, at 31st street and Indian Queen lane. Manager Young announces a few of his players as follows: Talbert Simpson, Edward Robson, John Snyder, Norton Rinker, Linn Wilson, George Kinsle, Woodruff Thompson, Carle Werner, John Lister, Frank Baker, Don Brownlee, Edward Smith, George Craignile, Artie Batchellor, John Girrer, Harry Ayers, Artie Olson, Charles Endkard, H. Bodtel, F. Leopold, Wm. Nassaw and Edward Clark.

Any first-class team desiring to book a good attraction, write J. Howard Povey, 5045 Funston street. Would like to hear from two or three good outfielders who are willing to play for sport.

North Side Professionals have reorganized for the season and would like to hear from first-class teams in Pennsylvania, New Jersey and Delaware. Teams played last season, for dates in April, May and June, address John J. Hoover, 2056 North American street, or phone Bell, Kensington 35-29.

The Cramp Athletic Association baseball team will be represented this season with one of the fastest semiprofessional traveling teams in the city and would like to hear from all strictly first-class in or out-of-town teams offering fair inducements for a first-class attraction. Address R. M. Simons, 2326 East Indiana avenue. Bell phone, Kens. 1864-d, or call William Cramp and Sons Ship and Engine Building Company, both phones, between 9 a. m. and 4 p. m.

Matchner Field Club, one of Camden's fast traveling teams, would like to hear from all first-class teams paying a fair guarantee. Address H. Kyler, 203 Erie st., Camden, N. J.

The Borell A. C., formerly Oak Leaf A. C., a fast 18-year-old uniformed traveling team, would like to book games in Pennsylvania, New Jersey and Delaware with all teams giving a fair guarantee. The team won 28 out of 32 games last year. For games, A. Elenterio, 1109 Gerritt street.

Jasper F. C., of Kensington, won 24 out of 29 games in 1914. It would like to hear from all semiprofessional teams having grounds and offering a good guarantee. Would like to hear from such teams as Stetson A. A., Fairhill A. C., Southwark F. C., Laurel Springs, Gibbstown, Cedar Park, Addingham, Camden A. C., Paulsboro, Maple Shade, Cape May, Conestoga, Ocean City, Forest Hill and Melrose. Address James Clark, 1859 East Clementine street.

Arlington A. A. is fast filling its schedule for 1915. Manager Edelston has already booked ten games with some of the fastest semiprofessional home teams in the State. All teams wishing a stellar attraction, having good grounds and offering reasonable inducements, address N. H. Edelston, 3210 West Dauphin street.

Northeast, one of the strongest 17-18-year-old teams in the northeast section, desires to arrange games with teams offering a reasonable guarantee. Address Louis Grasmick, 847 East Hilton street.

The Fontenoy baseball team, a fast first-class team, which is made up of some of the best players in the city, would like to hear from all teams in and out of the city having grounds and playing Sunday ball. All teams wishing this team for a Sunday attraction address William Kucker, 2310 North Camac street.

The Aba Daba Club of West Philadelphia has organized for the coming season. Charles Brown has been elected manager and Jack Freemon captain. The club has decided to travel, and would like to hear from any fast 17-18-year-old team paying a fair guarantee. Address 736 South 60th street.

West Walnut A. A. is after the scalp of any 16-17-year-old team having grounds and offering a reasonable guarantee. They will be a few Sherwood stars in the line-up this year, such as McCann, Haffey and McGuigan. For games, address John McGuigan, 5933 Catharine street.

Sam Wheatman, basketball player of the Indiana Boys' Club, who has been recently chosen to lead the Indiana ball team for the season, is working hard to whip his men into proper shape. A hard schedule is being arranged by Joseph Mieman, who has been selected to look after the business affairs. Some of the most promising of the new candidates are Myers, Goldberg, Danzig, Horwitz, Solomon, Gold and Glass. The opening game, which was to have been with the Melrose team of Atlantic City, has been cancelled for a later date, and instead the Indians will open the season at Chesanar on May 1 with Field Day. The following day the team will travel to Addingham and play the Addingham Professionals. First-class semiprofessional home teams desiring a good attraction write to Joseph Mieman, 216 North 5th street.

The Philadelphia Orioles, one of the fastest semiprofessional traveling teams in the city, are now filling their schedule and would like to hear from all first-class clubs in Pennsylvania, Delaware and New Jersey for Saturday and Sunday games. I. C. R. C. and Clifton Heights preferred for Sunday. Address Ulrich Miller, 3210 Locust street.

The Dudley A. C. of Wissahickon has again got together for the box ball season. After considering the record of 1914, winning 19 out of 22 semiprofessional games, the management would like to hear from such teams as P. R. R. Y. M. C. A., Logan A. A., Stetson, Strawbridge & Clothier, Meadowbrook (of the Wanamaker store); Potter A. A., Ocean City, Cape May, Wildwood, Stone Harbor, Sea Isle City, Victrix, Clifton Heights and other first-class semiprofessional teams having grounds in or out of Pennsylvania and offering a reasonable guarantee. Dudley opens its season April 10 with the Girard College team, and will line up as follows: Hissell, c.; Bedis, p.; Standeven, 1b.; W. Hope, 2b.; W. Mettlas, 3b.; C. De Haven, ss.; F. Gresch, lf.; W. Malloy, cf.; J. Hague, rf.; F. Gresh and H. Hope, utility men. For games write C. J. De Haven, 2425 Clifford street.

The Edouard Professionals a first-class club, has open dates commencing May 1, and would like to hear from Stetson, Southwark, Logan, Victrix, Ardmore, Camden city and other home teams paying good inducement. All of last year's players will report at Hunting Park April 10, where practice will commence. Also all semiprofessional players who wish to make the team. Address A. J. Graef, 408 West Susquehanna avenue.

LIVE STOCK QUOTATIONS

CHICAGO, April 2.—HOGS—Receipts, 12,000; market strong, 5c higher. Mixed and butchers, $6.80@6.95; good heavy, $6.75@6.85; rough heavy, $6.45@6.60; light, $6.65@6.90; pigs, $5.75@6.40; bulk, $6.80@6.90.

CATTLE—Receipts, 1100; market steady. Beeves, $7.15@8.40; cows and heifers, $3@8; calves, $8.25@9.25.

SHEEP—Receipts, 5000; market steady. Native and Western, $7.25@9; lambs, $8.50@10.15.

Joe Dalton Wins With Cue

In an exciting game Joe Dalton, of West Philadelphia, defeated Willie Lewis, 100 to 95, at Fritz's Billiard Room, 60th and Market streets. Lewis had a high run of 15.

Fluctuations

Prices fluctuate—intrinsic value remains the same.

The purchase or sale of a security for the purpose of profiting by mere change in price is speculation—to buy it because of its intrinsic worth is investment.

One seeks profit in fluctuations, the other in stability—one takes an extraordinary risk, the other takes the minimum.

Our offerings are based upon actual value in established successes. Fluctuations in price are slight and rare. Speculation is absent.

Get our booklet.

The White Investing Co.
Walter Whetstone, Phila. Mgr.
Morris Building

DIVIDENDS

LEHIGH VALLEY RAILROAD COMPANY

Philadelphia, March 31, 1915.

The Board of Directors of the Lehigh Valley Railroad Company have this day declared a quarterly dividend of two and one-half per cent. (or $1.25 per share) on its preferred stock to stockholders of record, March 25, 1915, and a quarterly dividend of two and one-half per cent. (or $1.25 per share) on its common stock to stockholders of record, March 27, 1915; both payable April 30, 1915.

Checks will be mailed.

C. J. KULP,
Treasurer

LEGAL ADVERTISEMENTS

LOUIS FARBER AND SAMUEL SIMON, trading as George Shoe Co., 141 N. 8th st., have dissolved partnership April 1, 1915. Mr. Simon to pay all bills previous to this date. Will not be responsible for any bills contracted on this date and hereafter. LOUIS FARBER.

No Auto Thrives with Grit in the Gears

Every man when cleaning out the crank case of his engine has seen a black, gritty substance that he has taken for sand or dirt. Friend, that isn't dirt. It's the little particles of steel that imperfect lubrication permits to grind off in the daily whirl of travel. The same thing is going on in the gears and bearings. "But," you say, "how can that be when I put in good lubricants?" Oil and grease alone will never prevent this grinding. Friction is the constant filing over each other of little microscopic pins and roughnesses that are found even in the most highly polished bearings. Oil and grease merely smear these over. Heat thins the oil or grease and it runs in and out of these roughnesses. They are constantly wearing away and breaking off. There is only one way to put a stop to this mischief. Dixon's selected flake graphite as combined in Dixon's Graphite Greases makes a lubricant that fills up every surface irregularity and puts an unctuous, smooth veneer over the entire bearing, so that metal cannot come in contact with metal. The more it is rubbed, the more brilliant finish and polish it takes on. There is only one form of flake graphite that will do this trick, and this is produced only by the Joseph Dixon Crucible Company. A car thoroughly lubricated with Dixon's Graphite Automobile Lubricants gives greater satisfaction than any car doped with any other lubricant. Buy a can of **Dixon's Transmission and Differential Grease No. 677,** and put this claim to a test. All dealers and garages who are in business to sell service as well as take your money sell Dixon's Graphite Automobile Lubricants.

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No. 677
For Transmissions and Differentials

Ask your dealer for the Dixon Lubricating Chart.

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SUNDAY'S
PUBLIC LEDGER

"The Nation in Arms"
By Field Marshal Baron von der Goltz

What this war means to the Germany at home and the important part played by universal military service. Baron von der Goltz is Von Moltke's most noted pupil and is now the German representative with the Turkish forces. He writes from his actual experiences, citing vividly realistic examples from his own activities as tactician and strategist.

Opportunities in Chili for American Capital
By Roger W. Babson
This is the second of the series of articles on "The Truth About South America." Babson is the most noted statistician in this country and he never writes before he has the facts. The resources of Chili are presented, together with the opportunities for exploitation by American capitalists.

Who Wrote Morgan Robertson's Stories?
By Henry W. Francis
Francis lived with the writer for more than a year. He knew him intimately—knew that he was uneducated and illiterate. Robertson believed a literary "spirit" dictated those matchless tales of the sea. Once he said he was "hypnotized" into creating an invention. Francis writes a most interesting story about this peculiar author.

Who Built the Panama Canal?
One man you don't hear of very often in connection with this gigantic enterprise—but his work went far toward insuring the ultimate success. A high official tells of the labors of Theodore P. Shonts, head of the Second Isthmian Commission—the man who brought order out of chaos and turned over a perfectly oiled and smooth-running machine to his successor.

The Real Secretary of State
Giving credit where credit is due, we lift up the curtains in the world of diplomacy—just a little—to present a few of the activities of Mr. Robert Lansing, counselor of the State Department and virtually the director of our foreign policies.

Women in Kansas and Chicago Elections
While the East is still debating the question, women have secured the franchise in most of the Western States. What have they accomplished? How has women's suffrage worked out in practice? There are women mayors, senators and other officials. This article gives their ideas and accomplishments.

Intaglio Offers "The Easter Bride"
and a host of other interesting and beautiful pictures. Houseboats, Spring in the War Zone, Billy Sunday's Campaign Aides, Prominent Actors and Opera Stars Who Seek New Laurels in Vaudeville.

News From Rocap About Willard and Johnson
William H. Rocap, Sports Editor of the Public Ledger, is down at Havana watching both fighters training for the world's heavy-weight championship. The fight is on Monday—but a last-minute story of how the two big fellows look will be in Sunday's Ledger. Automobiles, baseball news, rowing and other spring news of sports, together with an instructive "Physical Training Number" of the Sports Magazine.

Of Interest to Women
Peggy Shippen's letter of society chit-chat, two full pages of society news and notes, household suggestions and a host of other helpful hints on the new styles, cookery and the diverse matters of feminine interest.

All in the Sunday, April 4th
PUBLIC LEDGER
Order From Your Dealer Today