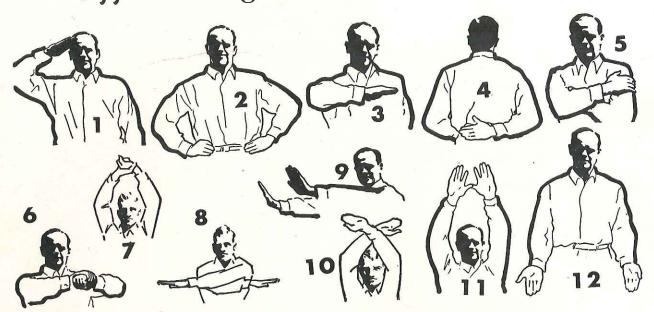


Official Signals With Penalties



1. Military Salute

Unnecessary roughness, illegal defensive use of the hands. (Penalty, 15 yards). Also used for clipping, followed by striking the back of the knee with hand. (Penalty, 15 yards). Signal also used for disqualification fouls and for running into or roughing the kicker. In the latter case, the military salute is followed by swinging the legs as though punting.

- 2. Hands on Hips Offside and violation of kick-off formation. (Penalty, 5 yards).
- 3. Horizontal Arc of Either Hand Player illegally in motion. (Penalty, 5 yards. If from shift or huddle, 15 yards).
- 4. Waving Hand Behind Back Illegal Forward Pass.
- 5. Arms Folded Delay of game or extra time-outs. (Penalty, 5 yards).
- 6. Holding One Wrist Holding. (Penalty—by offense, 15 yards; by defense, 5 yards).

- 7. Safety
- 8. Swinging Arms Horizontally Penalty refused, incomplete pass, missed field goal or conversion, both sides offside, etc.
- 9. Pushing Hands Forward from Shoulders Interference with forward pass, pass touching ineligible player, or "screening" pass receiver. (If penalty on offense, when interference occurs beyond line of scrimmage, 15 yards and loss of down; on or behind line of scrimmage, loss of down only. Interference by defense, ball to offense on spot of foul as first down).
- 10. Time Out
- 11. Hands Above Head Score. (Used after touchdown, field goal, or convert).
- 12. Pushing Movement of Hands to Front with Arms in a Vertical Position Crawling, pushing or helping ball-carrier. (Penalty, helping ball-carrier, 15 yards; otherwise, 5 yards).

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Do you smoke the cig

Pacific Lutheran College SQUAD

Name Weight Pos. 30 Sigurdson, S. 186. E. 31 Martin, D. 172....G. Harshman, S. 169. .H. 32 Harshman, M. 193. . F. 33 Pedersen, Ed 160..H. 34 Taylor, Blair 170..Q. 35 Odell, Danny 170. E. 36 37 Whitehead, S. 168. C. Swanson, Hugo 197.T. 38 39 Jungek, L. 203 G. 41 Harmon, Ernie 204.F. 42 Tommervik, M. 171 H. Huseby, G. 180 ... T. 43 Freberg, Art 197 . . C. 44 45 Thorliefson, G. 178.G. 46 Anderson, Geo. 202.T. 47 Kapus, Ray 157 . . . Q. 48 Peterson, Pere 179 C. 49 Pflueger, Ray 178. . G. 50 Platt, Earl 178 ...E. North, Martin 174. . E. 52 Tommervik, B. 182 H. Holand, E. 176 G. 53 Krueger, F. 165 ...Q. 54 Lumsden, T. 170 . . H . 55 Croft, Bliss 185 ...T. 56 Fallstrom, G. 231. T. 57 Broz, George 181..G.

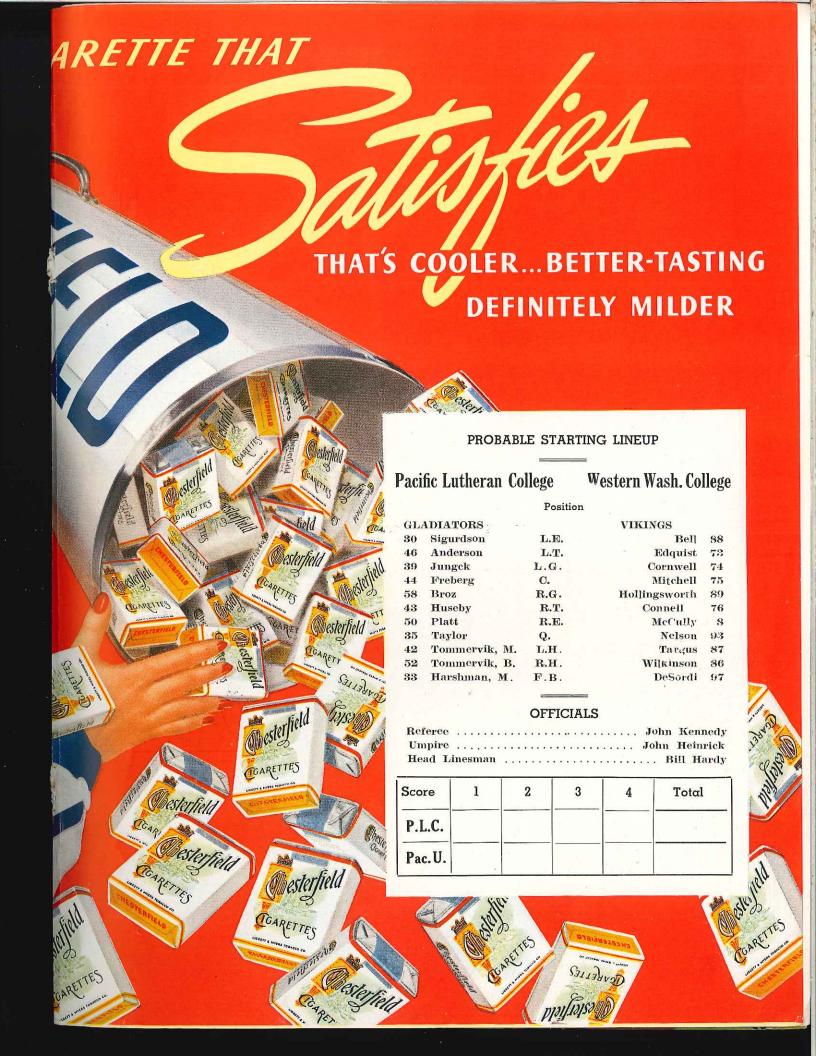
Polillo, P. 171 E.

OR

Western Wash. College

	SQUAD
No.	Name Position
7	Nash
8	McCullyE.
9	Fleming T.
10	HarangF.
11	ForsenE.
12	Smith
14	Shephard
15	Schnee
20	Cobb
24	Bainter
25	Thornton T.
40	NelsonE.
42	ParadisE
46	Muhliman
55	BergmannH.
59	McGrathQ.
60	Wanner E.
71	Thomas E.
72	Brock F.
73	Edquist T.
74	Cornwell G.
75	Mitchell C.
76	Connell T.
78	Ruffino T.
79	Nurmi Q.
80	Lund G.
81	Bedell C
82	Johnson T.
88	Goodman G.
84	Little C.
85	Eiswald H.
86	Wilkinson H.
87	Targus H.
88	Bell E.
89	Hollingsworth G.
91	Buswell C.
92	Herrin G.
93	Nelson H.
94	Lisherness E. Dombroski
95	Domoroski / A. H.
96	Munizza E





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ATHLETES in leading universities throughout the country now drink Knox Gelatine regularly, because they have found this to be a food that fights fatigue and builds endurance.

TRAINERS of over 200 college athletic teams have found that while Knox can not make a team win, it builds up endurance, helps their men recover more quickly from hard competition.

WHAT CAN KNOX DO for you? Look at these reports of tests made on twenty-three different occupational groups who volunteered to follow the Knox 28-Day Build-Up Plan.

BUSINESS EXECUTIVES; housewives, policemen, models, truck drivers, engineers were included in these tests. From 2 out of 3 who started, and 9 out of 10 who completed the Knox test came the amazing report: Knox definitely reduces tiredness.

IF YOU ARE TIRED, perhaps you don't get enough protein in your daily meals. Why don't you try drinking Knox? Knox is all protein. Send for free details on the Knox 28-Day Build-Up Plan.

Knox Gelatine A Food That Fights Fatigue





TEAR THIS OUT AS A REMINDER

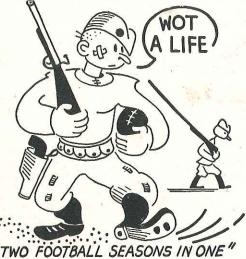
THIS WAY: Empty 1 env. Knox Gelatine in glass 3/4 full of cold water or fruit juice (or half water, half fruit juice). Let liquid absorb gelatine. Stir briskly, drink rapidly or it will thicken. Take 4 env. a day for 2 weeks, then 2 env. a day. (Before or after meals.) Try it for a month. Notice the difference.

CAUTION: Be sure you use pure, unflavored Knox Gelatine. Only Knox was used in the scientific experiments. Ready-flavored gelatine desserts which are about 85% sugar and only about 10% gelatine will not do. Free Booklet on energy feeding. Write to Knox Gelatine Co., Johnstown, New York.





GAINS 350 YDS. BUT FAILS TO SCORE"
JOHN MAULBETSCH, GREAT PLUNGING FULLBACK,
GAINED 350 YARDS FOR MICHIGAN AGAINST HARVARD
IN 1913. EACH TIME THE BALL WAS TAKEN NEAR THE
HARVARD GOAL LINE MICHIGAN BACKS FAILED TO GAIN.
FINAL SCORE: HARVARD 7 MICHIGAN



TWO FOOTBALL SEASONS IN ONE"
BOB. HIGGINS LIKED FOOTBALL SO WELL HE PLAYED
16 GAMES - COMPARABLE TO TWO FOOTBALL
SEASONS IN ONE YEAR. HIGGINS, AFTER PLAYING8 GAMES WITH PENN. STATE, PLAYED 8 MORE
GAMES WITH THE 89TH DIVISION OF THE A.E.F.
THIS WAS IN 1919

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