

# LOCAL NEWS



Chief Dispatcher A. V. Gavin went to the east end of the division on business Tuesday evening.

Dispatcher Archie Gregory went to Deadwood Wednesday to relieve Dispatcher Bronkurst for a few days.

STORAGE COAL at lowest prices. Forest Lumber Company. 36-1f-5941

Louis Griffin returned Sunday from his two weeks' vacation, which he spent at Denver and Estes Park.

Rev. Morphy of the Baptist church has returned from his vacation and will fill the pulpit again on Sunday.

Skinner's Macaroni Products, made in Nebraska. Ask your grocer.—Adv.

Miss Mary Graves, of Edgemont, who had been visiting for the past week with the D. E. Ford family, departed Wednesday for Chicago to attend school next year.

A special equity term of district court has been called by District Judge Westover, to start September 23.

FRESH MEATS—All kinds, mutton, pork, beef, and chickens. Rodgers' Grocery, Phone 54. 27-1f-5660

T. Roup, superintendent of motive power of the Burlington on lines west of the Missouri, went through Alliance Tuesday on 44, enroute to Lincoln from Billings.

Mrs. F. M. Boone was here from Tippets, Nebr., Wednesday visiting with her mother, Mrs. J. Wright.

FRESH MEATS—All kinds, mutton, pork, beef, and chickens. Rodgers' Grocery, Phone 54. 27-1f-5660

A. E. Cady, Jr., of the Nebraska Mercantile Company, wholesale grocers of Grand Island, Nebr., was in the city Wednesday with R. C. Strong, their traveling representative for this territory.

Mrs. R. Finner, of Ravenna, mother of Mrs. Geo. Eckhardt, came up Monday noon for a week's visit with her daughter and family.

County Agent Seidell expects next week to make a detailed report on his oats smut findings over the county, showing the per cent of damage and other data of interest to the farmers.

J. J. Vlasak, cashier of the Bank of Prague, and wife, are here today attending to business matters and visiting with friends.

FRESH MEATS—All kinds, mutton, pork, beef, and chickens. Rodgers' Grocery, Phone 54. 27-1f-5660

J. E. Selby, the first-class Boot Black, is located at Mounts' barber shop, 216 Box Butte. Phone 298 and I will call at any part of the city for any kind of shoes and deliver them for 5 cents extra.

STORAGE COAL at lowest prices. Forest Lumber Company. 36-1f-5941

The north room of the Rumer building is being refitted throughout and will be occupied by the Alliance Electrical Works, of which Charles Schafer is manager. A basement is being excavated and it will be used for a work room. The new location for the electrical works will be much more convenient and will furnish a better means of displaying the goods, there being a large plate glass window in the front. The goods will probably be moved the latter part of this week.

J. H. Leslie, a special representative of the Maxwell Motor Sales Corporation, selling the Maxwell automobile, was in the city Wednesday with George F. Hedgecock of Hemingford, agent for Box Butte county for the Maxwell. Mr. Leslie stated that the Maxwell people have recently established a branch in Denver where parts to the value of \$100,000 will be carried and from 25 to 200 cars will be in stock, so that dealers can be kept supplied.

A small blaze in West Lawn addition, west of the railroad tracks, called out the fire department Tuesday at noon. Jess Selby, colored porter at Mounts Barber Shop, and his family were living at the house, which is the property of Mrs. Shandorf of Scottsbluff. The damage was estimated at \$50. The city water mains do not reach that far and there would undoubtedly have been greater damage had it not been for the good work done by the chemical truck of the fire department, which made the run in record time.

A letter to Alliance friends from Rev. Charles W. Ray who was pastor of the Methodist church here for a number of years, states that he has been transferred to the pastorate at Lyons, Nebr. From Alliance Rev. Ray was transferred to Norfolk, and from Norfolk to Columbus, where he is located at present. Since leaving Alliance, Rev. Ray has visited Europe three times, and expects to again cross the water as soon as the war has subsided. An effort has been made to induce him to enter the congressional race, but Rev. Ray stated in his letter that he did not care to enter the political arena. It will be remembered that his young wife died here about ten years ago.

Animal Taken Up. Stray mule, two years old, taken up. Owner can have same by identifying and paying costs. CHARLES JEFFERS. 37-1f-5975

Washing Wanted by competent colored lady. Phone Black 845. 37-2f-5988

Lost—Plain gold wedding ring somewhere on main streets of Alliance on Wednesday, August 18. Reward for return to Herald office. 37-1f-5986

Buy your receipt books, legal blanks, blank notes, all kinds of stationery, at The Herald office. Price reasonable. A big assortment.

# LEARN HOW TO SWIM

In a Series of Ten Articles, Famous Expert Louis De B. Handley of the N. Y. A. C., Gives Advice to Beginners and Veterans.

Article No. 5.—Swimming on the Back.

By LOUIS DE B. HANDLEY.

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It is to be regretted that swimming on the back is so much neglected in this country. The average bather seldom gives it a thought and seems satisfied with any old stroke, while the number of racing men competing in the very few events held at this style of natation is conspicuously small.

Yet swimming on the back is not only an essential feature of the life saver's art, but an excellent means of physical development and a speedy and comfortable method of aquatic progression. A correct back stroke carries along at good pace and can be sustained over the distance. Furthermore, other muscles are brought into play than those used in free style swimming, so that considerable intervals can be saved by resorting to it at intervals in covering long courses, either for pleasure or in competition.

Several forms of back stroke are the disposal of the swimmer. In fact, in fact, adopt the movements of

ing and is solely a speed stroke, but facts prove the contrary. There is no reason, indeed, why practically the same kick which free style swimmers have held with ease over courses of ten and more miles should tire its occupants so readily when performed in supine position.

Considerable discussion has taken place in regard to the application of power in back crawl thrash, some maintaining that the legs should press up hard and be lowered slowly, others that both movements should be made vigorously. In the writer's opinion both methods are incorrect. If we dissect the crawl thrash, in fact, we find it composed of a sequence of very narrow scissor kicks from which impetus is gained in snapping the legs together, first one and then the other, playing the leading role, as does the under leg in the scissor kick used with the trudgeon.

If this be admitted the logical conclusion is that the thrashing legs perform a positive and driving movement only from widest opening to when they meet, then starting to recover in narrow



Photo copyright, 1915, by American Press Association. SWIMMING ON THE BACK.

Swimming on the back is one of the most useful accomplishments of the aquatic expert. A round, full armed sweep of both arms over the head, with hands slightly cupped and with a kick, as described in the accompanying article, will propel one at a fair rate of speed.

breast stroke, trudgeon, crawl and trudgeon-crawl, changing only to the extent of meeting the requirements of the altered position of the body.

The double over arm, better known as the English racing stroke, is practically an inverted breast stroke. The arms start from down alongside and sweep upward in recovery—hands passing over the middle of the body—then straighten above the head, dip with palms turned outward, catch the water firmly and drive down to the thighs with strong, even pull, straight at the elbow, hands slightly cupped, fingers close together, thumbs uppermost, performing a half circle just below the surface.

The legs open with a downward and outward movement, so that the knees will not rise above water, then snap upward and inward vigorously. This gives double impetus to the drive, for both the upward swing of feet and shins and the energetic closing of the legs afford propulsion.

The opening of the legs should begin as the arms start in recovery, so that the snap together may be made as soon as the arms attain full reach above the head. During the arm pull the legs trail on the surface, stretched out and relaxed, with feet close and pointing back, as in standing on tip-toe. Particular attention should be paid to opening the legs very slowly as the movement is a negative one of resistance.

It is possible to use a narrow scissor kick or crawl thrash with his strokes instead of the frog kick, but these drives adapt themselves far better to an alternate action of the arms.

The back trudgeon, crawl and trudgeon-crawl all call for this alternate arm pull, and the difference between them is merely one of kick, though it is advisable to roll a little more heavily in the trudgeon and trudgeon-crawl in order to secure a slanting and more effective direction in performing the narrow scissor prescribed.

In all three strokes the arms follow one another equidistantly—namely, as one enters the water to drive the other should be leaving it in recovery. Both perform the same movements, starting from alongside, going up over the body bent at the elbow, then catching as the body rolls and whipping down vigorously to the hips, comfortably extended.

Leading authorities advocate a comparatively short reach on the plea that if the arms are fully outstretched the muscles are subjected to unecessary strain, and there is also loss of time and energy, for the first part of the drive is then made outward, and the applied pressure throws the swimmer sideways instead of pushing him ahead.

In combining the scissor kick of the trudgeon with his arm stroke it is not possible to make it quite horizontal as the body does not roll sufficiently so the opening should be adjusted accordingly that the legs may remain entirely submerged and find the wanted leverage.

In swimming the back crawl the legs move up and down alternately and continuously at whatever speed is suitable to the resources of the individual and the distance to be covered. The rhythmic thrashes consist of two, four and six beats to each complete stroke of the two arms like in the true crawl and it must be left to the swimmer to experiment and discover which best fits his natural characteristics.

It is still claimed by many that the back crawl can be used only for sprint

movement of resistance until they are again fully opened. Obviously, therefore, half the upward sweep of the under leg and half the downward beat of the upper should be made energetic, and the other half of both with relaxed muscles. This, of course, in the back crawl, for in the crawl proper the driving movements are reversed.

To the average swimmer the points may seem small and immaterial, but it is just these small distinctions which make all the difference in swimming. Unfortunately most competitors will not take the trouble to analyze their strokes and study them in detail.

The back trudgeon-crawl may be performed with one or two small scissor kicks and a fluttering motion of the feet between to make the action continuous. The major drives or scissors are all that distinguish it from the back crawl.

Air should be inhaled as the arms are carried over the body in recovery and exhaled while the arms are driving. This method is the very opposite of the one used in swimming face down, but there are excellent reasons for advocating it.

To begin with, the movement lends itself to this mode of respiration, for in raising the arms to recover, the chest is expanded, and this facilitates the intake, while in driving the arms are lowered, which tends to contract the chest and expel the air from the lungs. Then, too, the lifting of the arms results in a slight sinking of the body, and it is possible to counteract it in part by inflating the lungs and thus increasing the buoyancy.

One of the most difficult problems in back stroke swimming is to find the most advantageous position. If the head is thrown back too far it not only offers unnecessary resistance, but the water will splash over the face and interfere with one's breathing, while if the head is held too high the body sags in the middle, and the drag is even greater.

Practice only can tell the exact slant to be sought, but the aim should be to minimize as much as possible the resisting surface and at the same time ease the action of the arms. It is well to give the matter deep consideration.

That the modern back strokes have yet to be fully exploited is the prevalent opinion among experts and the fact is not surprising, for the sportsman has a small following. There is reason to believe, however, that as the back crawl and trudgeon-crawl become better known the present records will be smashed to pieces and very fast times made.

Already Harry Hebner of the Illinois Athletic Club of Chicago has upset all preconceived notions by covering 100 yards in 1 minute 8 2/5 seconds and showing ability to lower the classic 150 yard world's figures almost at will. This he has done without special training and while competing in free style events of all kinds, so that there can be no doubt of the great possibilities of the stroke he uses—the back trudgeon-crawl.

In swimming the middle and long distances on the back some excellent performances have been made. G. H. Webster of Halifax, the English champion, is credited with swimming a mile in 26 minutes 26 seconds, about a minute behind the American free style record, and in the five mile championship of the Thames he finished fifth in a field of thirty. This indicates that the back strokes are not as slow as generally supposed.

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### International Dry Farming Congress

Denver, October 4th to 7th

### International Soil Products Exposition

Denver, September 27th to October 9th

The City of Denver is in the center of a region whose acres are steadily increasing in value, due to the better knowledge of farming these lands. This Congress teaches that drought can be conquered and crop yields increased in all regions of deficient or irregular rainfall and that these lands are becoming the permanent solution of the live stock and dairying business; the discussions will cover farm soils, tillage methods, crops and breeding, forestry, live stock and dairying, farm management, farm education and the farm home.

The Soil Products Exposition, lasting two weeks, will be the greatest exhibit of farm crops ever given in America. Denver, with its summer attractions, and its nearness to attractive mountain resorts, Estes Park, Colorado Springs, Manitou and a hundred others, offers a delightful vacation tour, in connection with this Congress. **J. KRIDELBAUGH**, Ticket Agent, Alliance, Neb. **L. W. WAKELEY**, General Passenger Agent, 1004 Farnam Street, Omaha, Nebraska



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Robert Walters returned Saturday night from a visit to Sheridan. Mrs. G. J. Appleburg stopped off in Alliance Monday afternoon on her return to her home at Hot Springs.