

Insurance Man Holds Exercise Period for Help

Physical Culture Found to Improve Efficiency of Indoor Workers in Des Moines Office.

By The Associated Press. Des Moines, Ia., March 31.—Pretty stenographers, with muscles as well conditioned as those of an athlete are being developed in the office of E. W. Brown, head of an insurance company here, who besides being the executive of the company, is a big game hunter, deep sea fisherman, and an ardent lover of the outdoors.

Physical culture and deep breathing exercises, taken each day during working hours under the direction of Dr. M. D. Cramer, trainer of Drake university's athletic teams, is the method by which Mr. Brown's employees are keeping themselves fit in the face of the dulling physical inactivity of office work.

Most of the inefficiency of modern workers is the result of lack of exercise and fresh air, Mr. Brown believes, and instituted the novel idea of holding physical culture classes during working hours to counteract this condition.

The low point of efficiency among indoor workers is reached in mid-afternoon, Mr. Brown believes, and therefore holds the exercise period at 2.

At the ringing of a bell, work in the office ceases, and the 30 or more employees, including the middle-aged department heads, as well as the newest stenographer, stand in place behind their desks and await instructions from Dr. Cramer. Doors and windows are opened, and the brisk March air sweeps through the room.

"Altogether now! Inhale deeply, raising arms over head" is the command, and the exercises begin. Feet and arms fly in rapid rhythm as the various exercises are taken up one after another. There are bending and twisting exercises, and a high value for purposes of reducing, stationary running and arm and body movements.

Hatter Newmark Store Opened in Omaha



Omaha has a new hat store, a unit of the Hatter Newmark system, located at 1499 Douglas street. The Hatter Newmark system operates in principal cities all over the United States.

The shop is a model in modern store equipment, embracing new advances in interior design, Omaha is among the first of more than 50 cities to be entered by Hatter Newmark during 1923.

Students Fight Bellevue Blaze

Prompt Action by Vocational Men Prevents Serious Fire in Residence.

The cry of "Fire! Fire! Fire!" reverberated throughout the village of Bellevue Saturday morning at 10, when the two-story brick residence of Mrs. Marie Martin was the scene of a conflagration.

Students of the Bellevue Vocational school immediately were dismissed to aid the elderly victim who lived alone in the house. Other residents of the town rushed to the Martin home, which is four blocks east of the vocational school.

Sidney Harstick of the school led the firefighters. Mr. Harstick fell through the roof which had been weakened by the flames. He was extricated from a perilous position. Obtaining a ladder, he again started to return to the roof, but the ladder broke. Slight bruises were the only injuries Mr. Harstick suffered.

He continued his leadership until the fire was extinguished. The fire was discovered in the roof over the bathroom of the second floor. There are conflicting reports as to whether the blaze was due to a defective flue or to electric wires. The damage to the home by fire was nominal compared to the loss caused by water and smoke.

Bellevue is protected by water service from a reservoir on Elk hill, gravity pressure being obtained for the service in the lower parts of town. This pressure can be supplemented by an electric pump.

Nearly 100 students volunteered for fire duty, but all were not needed. Their prompt action prevented what would have been a serious fire, citizens say.

The state prosecutors felt satisfied as to the outcome when they obtained the frank admission from Foster on the witness stand that he wished to see the government of the United States supplanted by a workers' dictatorship in accordance with the communist philosophy which he is advocating. The transaction, he said, probably would result in a soviet form of government similar to that at present in Russia, although he would not regard this as necessary or altogether advisable.

Palolive Salesmen in Conference at Fontenelle. The sales organization of the local branch office of the Palolive company is holding a two-day conference at Hotel Fontenelle. District Manager Frank A. Freeman and 29 field men are discussing the business of the first quarter of the year and planning big things for the remaining months of the year.

Receivers Appointed for Constantine Refining Firm. Muskogee, Okl., March 31.—Receivers for the Constantine Refining company of Tulsa, one of the largest independent operators in the mid-south oil field, were appointed by Judge Robert L. Williams, in United States district court here yesterday on petition of the Spitzer-Roerick Trust and Savings bank of Toledo, O. It became known today. The petition charged the company had defaulted in payments on a \$5,000,000 bond issue.

Sugar Separates Hoover-Wallace

Agriculture Head Predicts Record Crops—Scouts Rumors of Shortage.

Washington, March 31.—A sharp conflict of opinion between two members of President Harding's cabinet over the sugar situation now being investigated by the Department of Justice and the tariff commission stirred official circles yesterday.

Secretary Wallace of the Department of Agriculture issued a statement estimating that the sugar crop for 1923 will be the largest in the world's history. It will amount to 20,450,000 short tons, Secretary Wallace said. This is 200,000 tons greater than the 1921-22 crop and 2,000,000 above the prewar average.

This estimate is a flat contradiction of the statement issued by Secretary of Commerce Hoover, which was generally interpreted as predicting a shortage, and was made use of by the sugar manipulators to "rig" the market and boost retail prices of sugar up to 10 cents.

Secretary Wallace intimates that the prevailing high price will operate to reduce consumption, thereby making more than certain that there will be no shortage. This is in further dispute of the conclusions reached by Secretary Hoover in making his report.

Second annual convention of the District Luther League of Omaha will be held the evening of April 10 at 8 in St. Mark Lutheran church, Twentieth and Burdette streets. Theme of the convention will be "Leadership."

Rev. F. J. Weertz will lead the devotions. The following topics will be discussed by the persons named: "Why a District League?" H. W. Fischer; "Lutheran Literature," Eugene Stevens; "Good and Bad Music," Paul Kistler; "An Ideal Devotional Meeting," O. E. Schellberg; "Are Social Activities Overdone?" Bertha C. Engelhardt. Musical numbers also will be included in the program.

Reports of committees and election of officers for the coming year will take place at the business session. A social hour will follow the election.

Sims Brands U. S. Military Record as "Disgraceful" San Francisco, March 31.—The military history of the United States was characterized as "disgraceful and appalling" by Read Admiral Williams S. Sims, retired, in an address before the Commonwealth club yesterday. Unnecessary sacrifices of blood and treasure as the result of unpreparedness from a record of which America cannot be proud, he said.

Admiral Sims said there was great need for submarines and airplanes as a first line of national defense, and urged establishment of naval bases in mid-Pacific, especially at Guam. He criticized the Navy department severely for its conduct in the last war.

A Queer World

Now That "Long Distance" Dancing Record Stands at 24 Hours and 20 Minutes.

Tabor Made. Paris, March 31.—Cesar Leone has bettered the record for "long distance" dancing made recently by a Marseilles dancing master, Leone, who is an amateur dancer, his regular profession being tailoring, danced 24 hours and 20 minutes, starting at 10 o'clock Thursday night. He had four women partners who relieved one another at intervals. The record beaten was 21 hours, 4 minutes and 5 seconds.

Honolulu, March 31.—The superintendent of police of Tokio has issued an order making it unlawful for Japanese to possess swords exceeding three and one-half inches in length, according to a cable dispatch to the Nippu Jiji.

Violation of the order is punishable to fine or imprisonment or both, the dispatch states.

Armenian Envoy Dies. New York, March 31.—Dr. Garo Padermajian, Armenian diplomatic representative at Washington since April 23, 1920, died Thursday of heart failure in Geneva, Switzerland, where he was visiting his family, friends here learned by cable today. Dr. Padermajian left New York January 29, 1921, for Paris to attend a conference on Russia.

Fail in Endurance Flight. Dayton, O., March 31.—Lieutenants John A. MacReady and Oakley Kelly, making an attempt to eclipse the world's endurance flight record, were forced down at 12:05 this morning when their engine developed serious trouble. They had taken off at 4:15 yesterday afternoon in the plane T12, with which they had attempted a transcontinental flight last fall.

Millions for Colorado from Its Tourist Travel. Colorado Springs, Colo., March 31.—Tourist travel is a recognized industry in Colorado, where, in 1922, visitors spent \$42,000,000, according to a canvass made by the Denver tourist bureau.

Ex-Preacher Says He Made Bomb

Herbert Wilson, Doomed Slayer, Avers He Designed Fatal Wall Street Explosive.

Los Angeles, March 31.—Many of the details of the purported confession of Herbert Wilson, convicted murderer, alleged mail robber, and former evangelist, that he manufactured the explosives in the bomb which killed 39 persons and destroyed property valued at thousands of dollars in Wall street, New York city, September 17, 1920, are withheld from the public "for the present," it was admitted today by county and federal officials.

Wilson has been questioned at length many times by groups of deputy sheriffs and postal inspectors, according to the Los Angeles Times and these officers expect others of various branches of the federal government, including W. J. Burns, director of the bureau of investigation of the Department of Justice, to come here to try to obtain fuller information than they yet have persuaded Wilson to give. Wilson is said by Los Angeles officials to have told them he had designed the bomb and manufactured some of its most intricate parts at his home here, while under the impression it was to be used by bank burglars who wanted to wreck a vault to hide evidence of having opened it by using the combination. He stated he went east in August, before the September tragedy and at a point near New York city met a man who employed him to manufacture the engine of destruction, which he turned over a few days prior to the explosion.

Wilson himself indicated he was actuated by regret for "earlier mistakes." New York, March 31.—The report from Los Angeles last night, that Herbert Wilson had told the police he could solve the Wall Street bomb

explosion mystery today was received differently in different quarters. "Bunk" pronounced Chief William J. Burns of the bureau of investigation of the Department of Justice when the report was shown to him at Miami, Fla.

"Interesting if true," commented officials of the Burns detective agency here, when they were informed, They predicted that if Wilson reveals "any names, we shall be able to make interesting disclosures."

"Bunk," re-echoed William J. Flynn, former chief of the Department of Justice, when the dispatches were read to him here.

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Coupe (4-pass.) ... \$1475	Special Sedan .. \$1695	Roadster (3-pass.) .. \$2695	Limousine (7-pass.) .. \$3435
Sedan (5-pass.) \$1495	Prices at Detroit. Tax extra	Brougham (5-pass.) .. \$2850	Prices at Detroit. Tax extra

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Students' Questionnaire Stumps School Faculty

By International News Service. Cincinnati, O., March 31.—Undergraduates at the University of Cincinnati were snickering today over a questionnaire put to members of the faculty which proved to the satisfaction of the students that doctors of philosophy might be primed to the muzzle with ancient lore and still be shy on the elements of applied modernity.

Slang current events and the extremely up-to-date drama were among those on which the professors failed to score, according to the students.

One bearded pedagogic explained "the snake's hips" as a serpentine waist effect in feminine raiment. "A permanent wave" was described by another educator as "the pet gesture of an amorous co-ed."

"Spark Plug," according to a colleague, is a brand of eating tobacco.

"Fillet mignon" was classed as something worn by girls. But "agravatio" was familiar to devotees of jazz, was misused widely by all the faculty members, one professor referring to it as "the favorite American sport for the purpose of getting mopey."

Denver Confidence Man to Betray L. A. Swindlers

Denver, Colo., March 31.—"Len" Reamey, confessed confidence man who turned state's evidence in the international bunco ring trials here recently, will go to Los Angeles to give testimony against alleged confidence men there, according to Thomas Lee Woolwine, Mr. Woolwine, district attorney of Los Angeles county, has been in Denver for the last few days gathering information to be used in the trials to be held on the western coast.

Reamey's testimony, it is pointed out, played an important part in the conviction of 20 alleged confidence men here. He is still held in jail, pending the final outcome of the case, and a trip to California, Mr. Woolwine said, will not be without the approval of District Attorney Van Cise of Denver.

Paris Fetes to Restore Versailles and Gardens

Paris, March 31.—Paris will be gay in the spring with celebrations which are now being planned in order to raise money to restore Versailles and the gardens.

"Les Fetes de France," under the direction of M. Bernard, minister of the beautiful arts, will extend over a period of several days and will include the best artists of France. No definite plans can be announced for the moment, but it is probable that there will be some interesting performances at the famous opera of Versailles and in the Theater de la Ville at the Trianon palace. Fairy-like festivals in the gardens amid the great trees and illuminated fountains ought to bring forth a jolly big crowd and beaucoup francs.

Turks Suppress Figures on Deaths From Plagues

Constantinople, March 30.—The Turkish government has suppressed publication of the recent mortality figures growing out of the typhus and anthrax epidemics. It is understood, however, there has been no diminution in the number of deaths, which are averaging more than five hundred weekly.

A number of cases, both smallpox and typhus, have appeared in the foreign colony and some deaths among the Greek medical staff have been announced.

Klan Issues City Ticket.

Little Rock, Ark., March 30.—Participation of the Ku Klux Klan in Little Rock city politics was indicated here tonight by the circulation of an alleged Klan ticket, according to which seven of the nine democratic nominees for aldermen are acceptable to the organization. The election will be held Tuesday.