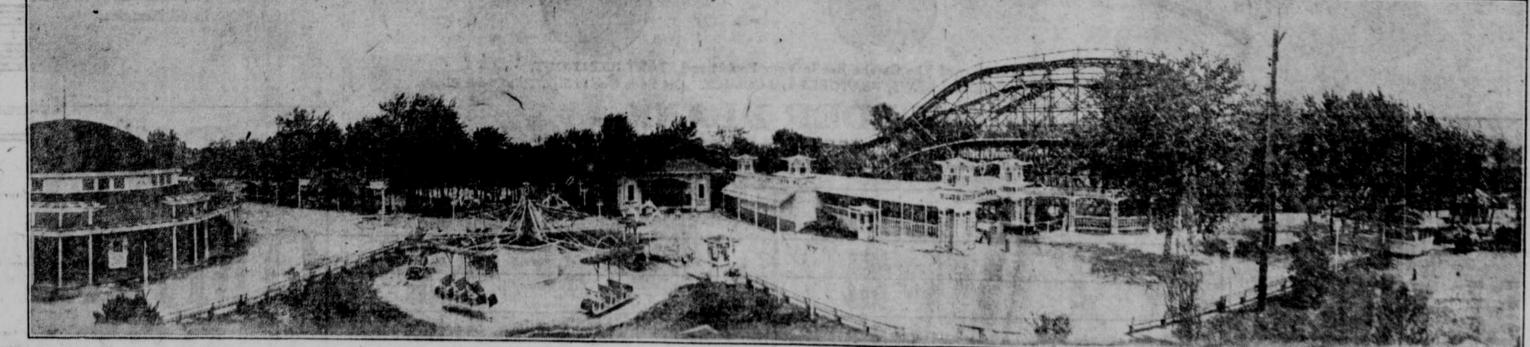


Buvers in New York	and transforms into energy and heat	Total	First Red Cross swimming class	picture theaters, while at no cost the	e recertains to riterine		camp this year will be sent to the
Dujero mirien rom	Surplus energy and heat are stored	Luncheon.	for beginners will complete its cours	e public parks offer him their shade	at Knug Park Friday	Program Announced for	national rifle match at Camp Perry
mi dettenden bereine of menorie	up in the body.	Roast beef 150	this week and will be given tests i		at Hug Lark I Haug		Ohio, in September, with all expenses
The following buyers of women's wearing apparel for the Nebraska	Fats give off more than two and	d Bread	Krug park pool Friday and Satur			Concert This Afternoon	and with pay of their grade."
Clothing company are in the New	one-fourth times as much heat or	Coffee with cream and sugar 190	day mornings at 9 to determine men	. Never are the parks used so much	The first big local gathering of ex	Fourth concert of the season under	The camp this year will be held
York markets:	energy as either protein or carbo	- One ear of corn 100	bers eligible to Red Cross beginner		service men since their return in 1911	the auspices of the City Concert elub	August 6 to 20, and will be the first
Miss Sora Barker, women's and	hydrate, the other two foodstuffs.	Total 1.000	certificates.	gust, declares Park Commissioner J		I whit be given this afternoon at a at	held on the Ashland range since the
misses' dresses.	Food Needs Vary.	Dinner,	Each student will be required t		under auspices of the Douglas Coun	Riverview park. Arthur E. Smith	war.
Miss M. Greenberg, blouses, skirts,	Each person needs a certain num		float, swim on face and back, an	d from its usual time. On cool or		will conduct.	Several vacancies exist in the Na-
sweaters, kimonos, bath robes,	ber of calories a day, depending up	Vegetables, potatoes, beans, etc 150	give a demonstration in life savin	g cloudy Sundays the crowd is largest		Following is the program:	tional guard organization and any
Mrs. J. Knopp, suits and coats.	on his age, weight and physical ac	Salad with mayonnaise	and resuscitation, using the Schaefe		their families are invited to be the	March-"The Arcade Girl" Pryor	persons desiring to enroll in time for
	tivities. The baby and the growing	100 00000000000000000000000000000000000	prone system of artifical respiration	ever, the park will be almost de-		Waltz-"Souvenir de Baden-Baden"	camp are requested to call the Na-
section, coats, suits, dresses/	child for instance need more calories	Total 1.385	The class is comprised largely o	f serted at this hour, the public pre-	the American Legion at the picnic.		tional guard armory, 1612 Harney
	a day for each pound of their weight	Total for the day	Omaha grade school teachers, clu	b lerring to lon at nome in the mini-	A program of athletic events and	(a) "Pizzicarto Polka"	street.
Veterinarians Will Meet	than does the adult who has only to	I Hat is above our calories over me	women and children. Anyone wh	o mum of clothes. At 8 in the evening	novelty contests will be staged and	(b) "Manzanieilo" Bobyn Descriptive Fantasia-"The Dance of	
	supply his energy and repair tissues	needs. Lating more than his body	can successfully pass the test regard	nickers and merry-makers, and the	prizes will be awarded, the Legion	the Goblins" Loraine	Man-Arrested in Kansas.
in Convention Monday	Overweight persons require less than	irequires for its maintenance, fre m	less of whether he has had previou		The second s	Time-Near 12 o'clock. Crickets and Dighthards are heard. The stoople clock	Special Dispatch to The Omaha Bee.
The 30th annual convention of the	the average weight adult. The more	storing away the surplus rule in his	Red Cross instruction, may enroll i	automobiles.	Tickets for admission to the park	strikes the hour. The goblins assemble	Beatrice, Neb., July 21James
Missouri Valley Veterinary associa-	LACTIVE THE DELADA THE HOLE CHORIES	body in the form of glowing clinkers	the advanced class, which will star	the second secon	baliroom, bathing beach and rides wa	dance. They are frightened by the watch-	Dutton, wanted here for a statutory
tion will open Monday at Hotel Rome,	needed is the rule.	How to Determine Your Food.	at 9 Monday, July 30, at Krug poo	L supply of cold, clear drinking water,	IDD RIVEH ALCO ID GHL AUTHOU DEL TANS	man's pistol. They return and dance	crime against the 15-year-old daughter
and continue for three days.	Suppose a person's quota of calories		Demiliter C D 1	is the most popular place where Mr.	men and appe at the region orners	stearnboat whiatle is heard. A second	of J. C. Overton, was arrested at
On Monday and Tuesday, meetings	is 2,250 a day. If he is a trifle cor	Here's an easy way to determine the number of calories your body nor-	Requisition for Broker	and Mrs. Common Citizen repair to	in the court ouse.	shot frightens the gobling away. They scatter in all directions.	Troy, Kan., and will be brought back
with be next at the noter, white on	pulent it is because he has been eat	mally requires: Multiply the number	Honored by Iowa Governo	r forget the heat, although Carter lake,	A baby show for children of ex	March	to Beatrice. According to word re-
Wednesday a clinic will be conducted	ing more food than his body requires	s of inches you are over five feet in		with its bathing beach, runs it a close	service men will be a feature. Nurse	Selection- Prince of Pilsen Luders	ceived by Sheriff Sailing, Dutton has
at the sales pavilion of the Union	land storing the surprus as fat. Le	beight by five and one-half and add			of Douglas county post are in charge	Charactoristic - Coacoanut Dance"	agreed to return without extradition
stockyards in South Omaha.	him cut down his number of calories	8 110	Kendall honored regulation paper	the ball games suffers a marked fall.	of this contest, with Miss Elizabeth		papers.
The following men will have charge		That will give you your ideal		Ing off when the mercury soars. But	I DEBUILDED HIS CHAILING OF CHE COM	Jiediey- Songs From the Old Folks	
of the clinics: A. T. Kinsley, Kansas City: H. R. Raffensperger, Washing-	and carorises are equal to the ounces	" weight, Say that weight is 154. Now,		equatorial temperatures seem unable	Prizes for the most perfect bables	Finis-"The Star Spangled Banner"Key	Farmhouse Destroyed.
ton, D. C.; P. C. Molgard, Eldora, Ia.;	for the, i wo ounces of the a day	the adult needs from 15.20 calories a		to daunt the enthusiasm of the golf	will be awarded in three classes, as		Special Dispatch to The Omaha Bee.
J. C. Flynn, Kansas City; J. W. Con-	would average about four pounds a	I down too such nound of maight If		a fans, who swarm to the links as	follows: 6 months to 1 year; 1 year	17 Towns to Send Visitors	
naway, Columbus, Mo., and C. A. Je-	month or 48 pounds difference in his	you are not particularly active, take		faithfully on hot Sundays as on cool.	to 18 months; 18 months to 2 years.		Beaver City, Neb., July 21 The
rome of Omaha.	include at the ond of one year.	the lowest figure and multiply your				to Amusement Park Today	two-story frame farmhouse of M. J.
rome of omana.	Average Man Needs 2,000 Daily.	Ideal weight by it Thus you find		cury, according to men at Omaha	Lack \$127,000 for Hotel.	Seventeen Nebraska towns will	Rummel, 12 miles south of Beaver City, burned to the ground Saturday
Injured While Swimming.	It is estimated that inactive mer	your number of calories should total	Schell was arrested att Waterloo	, filling stations. Then there are al-	and the second se	"run" excursions to Omaha today, ac-	morning. The loss is estimated at
Special Dispatch to The Omaha Bee,	require 1,800 to 2,000 calories every	2,310 per day.	Ia., after being trailed over the mid	1. ways the week-enders, who leave Sat-	Beatrice, Neb., July 21 As it will	cording to Fred Ingersoll, Krug park	\$5,000. The fire was started by an oil
	24 hours; one in a sedentary occupa tion about 2,200 to 2,800, and a labor	To be comfortable in hot weather,	dle west for four months. He	is urday or in the gray dawn of Sun-		manager, with whom the towns made	stove which exploded in the kitchen.
Laff of Monroe, Neb., suffered severe	tion about 2,200 to 2,800, and a labor	cut down on the foods high in cal-	said to have been connected with	a day to outrace the heat by a speedy		application for reservations,	store which explored in the kitchen.
injuries when swimming in the Loup	er from 3,500 to 4,000. An inactive	oric values.	ring of fake stock promoters that	t trip to Okoboji or Spirit lake.		Crowds from the following towns	Saar Uanding Sail
river. He engaged in a frien by tussle	woman requires from 1,500 to 2,000		have embezzled several hundre			will be at the amusement park: Nash-	Sees Harding Sail.
with George Troop, Hastings, his	tions from 2000 to 2200; in occupa	Gage County Picnic.	thousand dollars through stock ma	The base is many many an analysis to	the board of directors to mortgage the		Paul Richter, chef at the Harmony
brother-in-law, and was thrown into	tions from 2,000 to 2,200; in occupa		nipulations in Missouri and Kansa	s where it never seems to occur to		Tekamah, Craig, Oakland, West Point,	cafeteria, has just returned from a
the water, his body striking a sub-	or harder labor 2 200 to 2 500 and in	be held Saturday, July 28, at Miller	in the last two years.	some people to go to keep cool on a	ed through the sale of bonds. The	Snyder, Scribner, Hooper, Winslow,	month's vacation in the Canadian
merged stump.	work requiring more strength, such			s. Most mortals, it seems, would vast-	hotel complete will cost approximate-	Nickerson, Arlington, Washington,	
	work requiring more accengen, auch	i park.	Des want Aus Floudes Result	all alost mortais, it seems, would vast-	-119 \$325,000.	Bennington and Irvington.	ing and his party sail for Alaska.
TT . TTT	T CTTT T	0 1 0	TTTTTT T				
Lano'a M	hana llha	()mapping D	a Mill D				
THERE'S W	nere ine	Umana B	PP WIII R	e Host to	Alluman	A NOVE M	DUDDUDUD
	nore rne	Omana D	CC IIII D		In Oman	a INCAU W	Culleguav
in an and the first the second second					· · · · · · · · · · · · · · · · · · ·		
a had a second a second	and the second	to share the second states	A CONTRACTOR OF THE OWNER OWNER OF THE OWNER	A CONTRACTOR OF THE STREET	and the second second second	A REAL PROPERTY AND A REAL	Carlos and the second second second



Here is just a camera glimpse of for admission to the park and for a Karls will Charles Gardner of Ak-Sar-Ben, and coaster, shown in the photograph, dren, particularly, will have a won-benches and other picnic conveni-old-fashioned picnic and family out-of the amusement concessions. performance for The Omaha Bee Goods company will be in charge of string of free tickets to other amuse-Plan to Be There.

ing will be held, starting at 2 next The big outing is being planned by guests. The Omaha Bee with the co-operation Wednesday afternoon. A coupon, appearing in today's of the park management. Many spe-issue of this newspaper, will be good cial events will be held. Valuable prizes will

the contests. Series of Contests Several other surprise attractions There will be a series of contests are planned. be awarded. | Many tickets for

ments.

Make plans to spend the afternoor It's going to be a great day and and evening there. Get the family tickets at The Omaha Bee booth

roller his friends should attend. The chil-lunch. There are plenty of tables, to the park.

Everyone must have a which will be exchanged for the free them.

Clip the coupon now and mark the date on your calendar. Tell the chilcoupon dren of the good time in store for

every reader of The Omaha Bee and basket ready and bring your own which will be located at the entrance ing you as its guests that day. The Omaha Bee is desirous of har-A "good time will be had