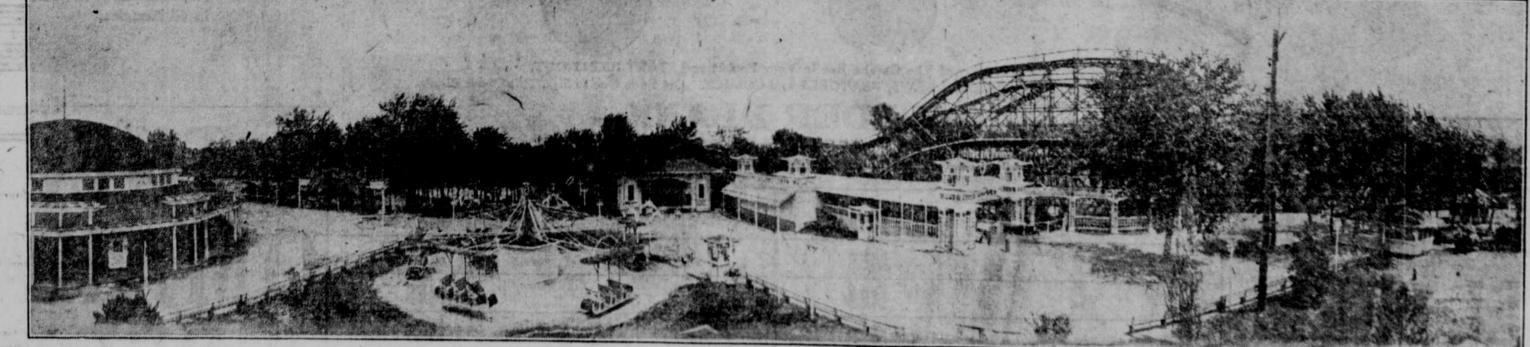


| Buvers in New York | and transforms into energy and heat | Total | First Red Cross swimming class | picture theaters, while at no cost the | e recertains to riterine | | camp this year will be sent to the |
|--|--|--|--|--|--|--|---|
| Dujero mirien rom | Surplus energy and heat are stored | Luncheon. | 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 |
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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