

# MAKING HOT WEATHER MORE BEARABLE

MOODS

By Juanita Hamel

## My HEART and My HUSBAND

Adele Garrison's New Phase of Revelations of a Wife

How Madge Brought Her Interview With Mr. Stockbridge to an End.

I could not help but see the words which Miss Stockbridge scrawled across the envelope she had discovered in her husband's private desk. Indeed, when she had finished she shook the envelope before my eyes.

"There, tell that to your dear Kenny," she snarled, as my eyes read the words. "Which I hope will be soon," written underneath the request. Mr. Stockbridge had put upon the envelope holding his private papers.

She threw the envelope down upon the desk before her and advanced truculently toward me.

"Now you get out of here!" she said. "Oh, you needn't worry. I'm not going to break up any furniture, although I ought to take an axe to this thing. And, oh, what I ought to do to you and that other snake in the grass that I've trusted all these years. But I'll get even with all of you in a bunch, don't you worry. And first, you'll vamoose out of my husband's office. I'm going right now myself, but I won't let you get off and ordered around by any such—"

I closed the door softly between me and her ravings. I saw that she was fast working herself into a frenzy in which she would be capable of anything. Perhaps if I obeyed her she would be placated enough to keep her word and leave the office. I had seen enough to tell Miss Stockbridge that she had been tampering with his desk, and had opened the envelope he had marked not to be opened until his death. How much she had gleaned of his contents I had no means of knowing, or what she might do with the papers her husband had cherished, now that I was safe out of the room.

"Oh, I'm afraid—"

I listened intently for any sound within the room, but heard nothing. She looked exceedingly troubled when I had finished.

"I'm afraid she'll do something dreadful this time," she said. "She's jealous of every thought Kenny has, and she'll do anything to get it. I know every movement of her which she knew nothing will drive her wild. I know what she'll do. She'll get her hands on the pictures in that envelope."

Why Madge knew, I could not say. I saw her, I returned to her, but she might have been of anybody or of anything—you know what an enthusiastic



If there weren't changes of weather—storms, clouds and sunshine, with the innumerable variations of temperature from torrid heat to frigid cold—the world would be woefully monotonous, wouldn't it? And if there weren't transitions of temperament—



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moods as the weather, as many changes as those with which old earth forever presents a new face to those who love to study her. WHICH shall SHE put on—what one shall she don for HIM today? Sometimes it's very perplexing.

amateur photographer he is. Probably the things are most commonplace. It is only her vivid imagination that makes all the trouble.

"Perhaps," she said doubtfully. "But that doesn't make the danger of what she'll do any less threatening. The worst of it is that one can never predict her actions with any accuracy. Sometimes she flies into a rage at once, and raises all the Cain possible right here and there. At other times she'll brood over a fancied wrong for days, and will evolve some fantastic revenge of her own. But at any rate, Mr. Stockbridge will be forewarned this time. Tell me again what she said."

"I repeated Mrs. Stockbridge's words faithfully. Miss Holcombe's eyes widened at one clause, "that other snake in the grass that I've trusted all these years."

"Now, whom do you suppose she means by that?" she said. "I'm the only other person she's known for years, and surely—"

"No doubt she meant her husband," I said shortly. "I did not wish to add to my friend's worry by telling her that I was quite certain Mrs. Stockbridge had meant her and no other by the vicious words she had used."

"Oh, do you think so?" she returned, palpably relieved.

I nodded an emphatic assent.

"I wonder," when Mr. Stockbridge will be back," she said after a minute's thought. "He ought to know this as soon as possible, before he goes home at any rate. Will you watch out for him and tell him as soon as he comes in, or if he telephones ask him to be sure to come back to the school before going home?"

"I will tell him you wish to see him," I said firmly. "I'll deliver the telephone message from you to come back to the school before going home, but my dear, you mustn't ask me to make any accusation of Mrs. Stockbridge to her husband."

"Forgive me," she said with prompt contrition. "I should not have asked you. But I am nearly crazy with all this—you don't know."

As she turned and went swiftly into her classroom I said sadly to myself that I did know just what she was suffering. My eyes had not been blinded since I had taught in the Bayview school.

(To Be Continued in The News Monday.)

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## Winifred Black Writes About Real Vacations

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I had a dear old friend who had an expression which means a good deal, and although he has long passed into the world of the light I am often reminded of his occasional admonition.

"Let go all holts," he used to say, and then he would rig himself out in an old suit and big, clumpy shoes, and away he would go to the wilderness for two or three weeks of forgetfulness of all that the city glare, the city pavements and the city rush meant to him.

I used to envy my old friend when I thought of the ease with which he slipped the rope and left behind him the cares and responsibilities of everyday life. But his family knew that it took a great deal to get him to the point where he could take the step that meant so much to him. For he was a man of tremendous working capacity, and he worked himself to the limit of endurance all the time, so that really his power to "let go all holts" saved his life for a long time.

But at last, when his life conditions became such that he was unable to take any rest, had to remain with his feet in the daily treadmill without rest or change, he suddenly gave up and left the world and all its troubles behind him one bright June day when life seemed so full of joy for every one on this old planet.

I would like to preach the gospel of "letting go" to all the weary men and women who drive themselves far and who are oftentimes overdriven even by those who love them. First of all, the housewife who has no one to help her care and delight, but who often doesn't realize that her little dominion could get along after some fashion for a few weeks even in her absence. No one in the world needs a vacation more than the housemaker and housekeeper who really makes her home and keeps her house. A little excursion into new surroundings, a little string of experience among surroundings quite new, is a wonderful help to the overworked housewife. I don't mean the usual visit to relatives; very often this isn't a rest either to the visitor or the visited.

Transformed in Two Weeks.

Mind, I'll not say that it is never a rest, but it means in that a vacation sometimes fails to give the stimulant which comes from change, and change, from new thoughts, as well as new surroundings.

In our American homes there is a good deal of uniformity. Aunt Mary's

## Three-Minute Journeys

By Temple Manning.

Where Women Pay Debts of Gratitude

The architectural and religious pride of Burma is the Shwe Dagon pagoda, which rises above every other building in Rangoon. Situated upon a hilltop sacred in Burmese life, the pagoda is reached by what seems to the weary climber to be an endless stairway.

Not the least of the difficulties of the ascent is the procession of ailed native pilgrims. Going up and coming down in a never-ending stream, they carry their shoes in their hands, and scowl or smile indifferently at the shed feet of those who are not believers. But whether or not they wish they jostle the other pilgrims and the sightseers, sometimes enfolded in a crowd that is most uncomfortable.

Another discomfort is the bedlam of hawkers who line the stairway and endeavor to sell the things they think the pious ought to carry with them. On the summit is a village of shrines, but to unaccustomed eyes it looks more like a fair. In reality it is a bazaar which is stocked with every requisite a devotee may require, from liquor of a fiery character to the most delicate of native delicacies. There are also tables of the money-changers, and dealers for scribbles are not lacking. There the illiterate may write home for a tiny fee.

Among the shrines glittering in the sun are the shrines of both sexes and all ages. They set up candles before the serene-faced statues, or spread lotus blossoms at their feet. But the strangest sight of all, however, is near the top of that stairway, up which monks, women and children seem forever to come and go. At this spot there is a small clothes reel—the kind on which clothes are hung to dry after their washing on the lawn. But this clothes reel holds what appears to be nothing more than a mass of hair. The lot of a tribe of American Indians returned from a scalping expedition or the scalp of a woman with clogs-crowded hair pushed her way through the throng and added to the display a switch of jet-black hair. Her prayer of some earlier visit had been granted, and her hair testified to her gratitude.

If you wait long enough you will see a woman with clogs-crowded hair push her way through the throng and add to the display a switch of jet-black hair. Her prayer of some earlier visit had been granted, and her hair testified to her gratitude.

It is also very good. Start with fifteen drops and increase a drop at a time until thirty-five drops have been taken. Also have a dentist scrape the teeth, and take five grains each of hexamethyleneamine and citrate of lithia in a little water every four hours.

Q.—What can I do for cold hands?—T. H.

A.—Cold hands may be due to over-exercise or over-exertion, or they may be a perfectly normal condition. Have a complete examination made of the heart, lungs and other structures.

(Dr. Hirschberg will answer questions for readers in this paper on medical, hygienic and sanitation subjects that are of general interest. He cannot undertake to prescribe or offer advice for individual cases. Where the subject is not of general interest letters will be answered personally, if a stamped and addressed envelope is enclosed. Address all inquiries to Dr. L. K. Hirschberg, in care of this office.)

## TODAY'S FASHION



This Charming Morning Dress is of Old Blue Linen.

A charming shade of old blue linen makes this morning dress, which shows an effective trimming of black in the taffeta facing of the sleeves that show a line distinctly new.

The peplum of the blouse is also faced with black taffeta, and the line of black down the left side of the blouse and skirt is a binding of black taffeta. Bone buttons make another attractive note of black. The collar is white organdie, crisply cool, and the loosely knotted water of white organdie. The leather belt is a band of old blue suede, metal studded and mounted on black patent leather.

The smart hat is black lisle straw, with a feather trimming of old blue.

shoulder, put the arm in a sling. If a knee or ankle is involved, put the patient to bed and rest the joint on a pillow. Hot water compresses, a thick dressing large enough completely to wrap around the joint, and well above it are agreeable to the patient. Continue the compresses until the pain and swelling subside. Then cautiously begin rubbing with alcohol diluted with an equal quantity of water. Lay out a bandage to the rubbing, which should become gradually more vigorous, begin from the ankle, and move upward to the hand or foot and moving it in various directions. These motions should not be taken in putting the cast on. X-rays show no broken fragment.

Severe sprains which resist ordinary treatment have sometimes been greatly benefited by being baked in dry air at a very high temperature.

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## Secrets of Health and Happiness

### What "Charlie Horse" and Sprains Are—How Treated

(By Dr. Leonard Keene Hirschberg, A. B., M. A., M. D., Johns Hopkins University.)

"Charlie horse" is the name which arose perhaps when some Chinese took his first gallop on horseback. Forty-eight hours later, or sooner, Charlie was doubtless stiff and sore. Muscles, tendons and ligaments which he had never jostled or used so severely were stretched beyond their habitual endurance.

Baseball players in their early spring training suffer "Charlie Horse" of the throwing arm, the calves and ankles. Swimmers, tennis players and others suffer similarly. Sprains are sudden, abrupt injuries analogous to "Charlie Horse," but a bit more troublesome.

Wherever two or more bones come together they form a joint. The joint is surrounded by a closed sac called the joint capsule. This sac contains

a slippery fluid which serves to lubricate the joint and permits the bones to move smoothly. The joint capsule is not sufficiently strong to prevent the bones from being torn apart, so additional strength is furnished to the joint by strong bands of tissue, which are known as ligaments. It will be noted that some joints, such as those in the fingers, move only backward and forward, while other joints, as for example, the hip joint, will permit of movement in practically all directions.

Sprains are produced by a wrench or a twist of a joint, ankle, wrist, shoulder or knee.

There was an old saying that had sprains were worse than fractures. As a matter of fact, many of these sprains are in reality fractures, torn or broken in the fingers, ankle, wrist or shoulder, in severe sprains of the shoulder, wrist or ankle.

Physicians very frequently use plaster of paris casts in the treatment of severe sprains. The joint should be thoroughly protected by some resilient material, such as a woven bandage, a smoothly applied layer of cotton batting or a couple of thicknesses of cotton stockings. The cast is applied from just behind the toes to a little above the middle of the calf. Great care should be taken in putting the cast on that the circulation is not obstructed and the toes should be frequently examined in order to be certain of this point. If pain follows the application of the cast or the toes become blue or dark, the cast should be immediately removed.

ANSWERS TO HEALTH QUESTIONS

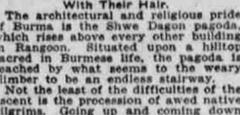
Q.—What can I do for falling hair?—A. Comrade.

Q.—Massage a little of the following in the scalp three times a week: Quinine, 1 dram; Pilocarpine, 3 1-2 grains; salicylic acid, 15 grains; lanolin, 2 ounce; petrolatum, 1-2 ounce.

Q.—What do you advise for pyorrhea?—A.—Vaccine injections of streptococcus and streptococcus bacteria is very good for pyorrhea. Iodide of potash

## Little Benny's Note Book

By Lee Pape



Yesterday me and Skinny Martin was walking along just walking along, and all of a sudden I saw something shining like gold, and I quick picked it up and was it but a medal saying on it, Puffs Gingeral, Highest Award at 5 Expositions.

G. I wonder if it's gold, I said. Wacky if it is. I was with you when you found it, said Skinny Martin. And we took turns dropping the medal on the pavement to see if it sounded like gold. Which it did, and Skinny said, Gosh, G. lets take it in a jewelry store and find out for sure, maybe its worth about a thousand dollars.

If its only worth about 500 I'd be satisfied, I said. Which I would of, and I kept on walking till we came to a jewelry store, and we went in and there was I ladled in there already and another one came in after us, saying, My goodness, I cant wait, theres too many ahead of me. Being a tall kind of a lady, and the jeweler sed, Just a moment, madam, just a moment and he'll be able to wait on you in a moment. Being a little jeweler with a worried expression and more empty space than hair, he went out, and the tall lady sed, Reely, I don't think I can wait.

Being a moment, and the jeweler, and he waited on the other lady and she went out, and the jeweler sed, Whose next?

Me, I sed.

Yes, said Skinny Martin. I cant wait, I reely cant, thats all there is to it, sed the tall lady. And she quick wawked out and the jeweler looked at it and his worried expression got worse and he sed to me and Skinny Martin, Well, will you please tell me if this is gold? I sed, And I reached up and put my hand on the counter, and the jeweler looked at it and his worried expression got worse, and he sed, Puffs Gingeral, Highest Award at 5 Expositions, and maybe she wanted to

## ADVICE TO GIRLS

(By Annie Laurie.)



Dear Annie Laurie—I am going away and I have kept company with a boy who is one year my senior for a long time. He is a bashful boy, and I know he wants me to write to him, but I'm too shy to ask. Would it be proper for me to write to him first, or should I wait for him to write first?

I have no mother, and my guardian thinks it all right to receive letters from this boy, because she thinks he is a nice boy and is fond of him. I'm not in love with this boy, but just like him as a friend.

An Orphan: There certainly can be no harm in a correspondence such as you mention. The trouble usually starts when the letters begin to get sentimental. Then for some reason you tire of the friendship, and after a while you may hear that these silly letters have been shown to some friend whose respect you may lose because of them. If you keep your letters sensible you will have no regrets.

Dear Annie Laurie: I am a young girl 19 years of age. I can't speak to anyone without blushing. Please tell me what to do to keep from blushing. I try to keep from it, but I can't. Is there a blushing disease; if so, what is the cure for it?

I get so downhearted sometimes I feel like going off and never speaking to any one again. Please tell me what to do.

Blue Eyes: You are self-conscious and must learn to interest yourself in things your friends are interested in, and then you can talk at ease. Forget about yourself, just think about your friends. Don't think of giving up your friends, for the only way you can overcome bashfulness is to go out all you can. You will find it easier each time you have controlled yourself.

(Annie Laurie will welcome letters of inquiry on subjects of feminine interest from young women readers of this paper. She will reply to them as far as columns. Letters to Miss Laurie should be addressed to her, care this office.)

## When I Feed My Baby

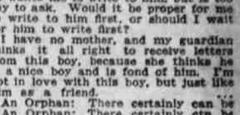
I LOVE to feed my baby. It seems somehow something more than just fixing his bottles and giving them to him.

It seems like giving him actual health—watching his cheeks grow pink, watching his little arms and legs fill out and dimple, watching him sleep better and smile oftener as he grows stronger and takes a firmer grip on life.

It was our old doctor who said, "Try Nestlé's. You know he must have milk in some form—and Nestlé's is a food made out of pure milk, only the curds of the milk are broken up and made easier to digest."

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