

Confessions Of A Husband!

The Man's Side of Married Life

"IT WAS MY FAULT!"

First, Dr. Parkinson, who lived in the neighborhood and whom I had awakened out of a sound sleep, arrived. He was hardly inside the apartment before Dot and George opened the door, and I had to tell Dot, without breaking the shock of spring her in any way, that Bobbie was very sick again.

Then Dr. Harris, our regular physician, reached the apartment in a tremendous hurry. He had called up his home after leaving the theater and had received my message.

Dot took the announcement bravely. In a moment she had thrown off her evening wrap and was busy caring for Bobbie. Edith and George, seeing that there was nothing further they could do for us, went home.

Edith's goodnight to me was very cold. Perhaps mine to her was no more cordial. My own emotions were conflicting, but the predominant one was that of shame.

The two physicians, after a short consultation, told us that Bobbie's condition though serious, was not necessarily dangerous. We had to get what comfort we could from that.

"I should never have gone out tonight; I shouldn't have gone out," Dot kept repeating.

My self-condemnation stung me like a lash, for I knew that Bobbie would never have become ill at all and that there never would have been any danger of a relapse if it had not been for that.

Sunday afternoon in the park when I was so interested in Edith that I did not notice how cold it became. "It's all my fault, I was afraid he was sick. It was cruel of me to go out," Dot repeated, then said to the child: "You've got a mean, thoughtless mother. Oh, forgive her, Bobbie, please forgive her!"

I felt like going down on my knees to that blessed pair and asking their forgiveness for so much. But surely that was not the time, when Dot already was facing one possible tragedy.

Neither of us got any sleep that night. Poor Bobbie was awake almost all the time, fretful, uncomfortable, feverish.

To us both he was the most precious thing on earth, and we knew that that blessed pair and his very life hung upon obeying implicitly the minutest detail of the physicians' instructions.

Toward morning I persuaded Dot to lie down a few moments and try to snatch a little rest. Bobbie was more comfortable, and the powders we had, very much against his will, compelled him to take, seemed to have had a remarkably good effect.

I sat in a corner of the room, and whenever he stirred I would watch him carefully to make sure that he did not get uncovered.

Suddenly I heard a voice from our bedchamber—"It was my fault," Dot was talking in her sleep.

But I knew whose fault it had been.

FEMINISMS

By Annette Bradshaw



ONE OF THOSE MOMENTS THAT WE NEVER FORGET

Annette Bradshaw

MISS ENGAGED (seeing HIS baby picture for the first time)—Did he ever look like that?

NEW LOCATION
After August 1st the Chas. H. Nies Drug Store will be located at 111 West Washington ave., now occupied by Herr & Herr. 75-31



OUR COAL MAKES WARM FRIENDS
COAL
KNOBLOCK & MARTIN

SOUTH SHORE LINE Excursions

—on—
SUNDAY, JULY 31 and AUGUST 7
\$1.75 to Gary and Return.
\$1.25 to Tremont Station and Return.

Wonderful Bathing Beaches, Parks, Picnic Grounds.
Good on all trains. For information call
C. L. S. & S. B. Ry., South Bend Ticket Agent

Try NEWS-TIMES Want Ads



A Young Man and his Future

"The first thousand dollars often decides a young man's career between success and mediocrity."

JAMES J. HILL, who carved an empire out of the great barren northwest, once said: "If you want to know whether you are destined to be a success or a failure in life, you can easily find out. The test is simple and it is infallible. ARE YOU ABLE TO SAVE MONEY? If not, the seed of success is not in you."

The purpose of this advertisement is to offer young men the cooperation of this institution for saving their first thousand dollars—the first thousand that often means the difference between success and failure.

You can do it. It may take time and patience, but you can do it. If you are interested in this important subject, call and talk it over with us. We will outline a plan for saving, based on the amount you earn, to insure a definite sum of money to accumulate within a stated period of time. There is nothing mysterious or uncertain about our plan. We merely help you to determine the amount you can afford to save, and then arrange a schedule of payments to be deposited in an Interest Paying Account. All we ask is your earnest determination. Time and compound interest will do the rest. Think—and act TODAY.

ST. JOSEPH LOAN & TRUST CO.
ST. JOSEPH COUNTY SAVINGS BANK
7 M. S. Building

YOUR HEALTH

How to Take Care of One Suffering from a Snake Bite

By ROYAL S. COPELAND, M. D.
Commissioner of Health, New York City

Late in the summer when the water dries up in the hills and mountains, the snakes come down into the meadows. They seek water and food.

It is at this season of the year we are apt to run across the dangerous snakes. At all times, of course, the common garden snake, or striped snake, is to be seen.

It is remarkable that comparatively few persons are bitten by snakes. Instinctively the average person hates snakes. So inborn is the dread of them that we consider "queer" the occasional individual who says he likes them. I suppose it is the dread of snakes and the constant watching for them in the grass and weeds that has guarded us against their attacks.

It would be interesting if every fatal case or serious illness following snake bite could be recorded and studied. This would determine how important is the extermination of the venomous snakes.

I have seen animals which have been bitten by snakes, but always after a few days of illness they have recovered good health. However, there can be no doubt that snake bites are to be dreaded, and whether many persons die from this cause or not, we should all know exactly what to do if bitten.

The danger comes, not from the immediate effect of the wound, because this is very trifling, but from the effects of the poison upon the heart and nervous system. On this account the purpose of treatment is to prevent the poison from getting into the general blood supply, by which it would be carried to every part of the body.

When any one is bitten, the wounded part should immediately be washed off from the rest of the body. For instance, if the hand or foot has been wounded, a ligature of some sort should be tightly tied about the limb, above the wound or between the wound and the heart. A string, rope or torn strip of handkerchief or shirt, shoelace, necktie, wire, piece of gauze, flexible switch or tough bark may be used. Whatever is thus employed should be tied firmly and then a stick should be inserted under the ligature and tightly twisted.

The wound should be washed out—no harm will come if the mouth is healthy—and washed with soap and water if they are available.

Permanente of potash crystals, if they can be had, should be rubbed into the wound.

The patient should be kept warm until the doctor arrives.

There are various serums which

may be injected, but these should be used by the doctor.

ADLER BROS
On Michigan at Washington
Since 1874
THE STORE FOR MEN AND BOYS

Exide BATTERIES
A Size for Every Car
Recharging & Rebuilding
Hagedorn & Webster
DISTRIBUTORS
216-22 E. JEFFERSON BLVD.

STATE LOAN CO.
Capital \$500,000.00
TERMS
made to suit your present day income. Payments small and due monthly, quarterly, or as suits your day. Lowest interest rate.
An old reliable company with a record of sixteen years of satisfactory service. Main Bldg.
State Loan Co.
Established 1905
Suite 2, Merchants Bank Bldg.
231 S. Michigan Open 8 to 5 P.M.

How to Make Your Play Keep You Well Proportioned

By LUCREZIA BORI
The Famous Spanish Prima Donna

Many women who realize they are growing stout strenuously object to undergoing any special treatment to counteract the tendency. If exercise and suggestion they select such a suggestion, for this means an effort of will. They refuse to make this effort, despite the possible benefits which might accrue.

They may concede to modify their diet a trifle, and cut out any fat-producing foods which do not especially appeal to them. However, there are other ways which may be more agreeable, as they do not at first glance seem to have anything to do with the reduction of excess fat.

One way to reduce may be adapted even by the woman who lives in a small apartment, and that is, to play ball. Of course, a little wall space is necessary but in most houses there are a few inches of space which are not devoted to pictures or other adornments.

All you need for this diverting way of reducing your superfluous fat is a tennis ball. The wall space you use for this purpose may be covered with an old sheet for protection. Pitch the ball at the wall, and keep volleys for about five minutes. Of course, if you are not accustomed to hitting a ball you may miss it many times. Do not be distressed about this, as the extra motions in picking up the ball will exercise more of the muscles of your body.

Even if you are a good ball player, no doubt you will find you have to stoop down to the floor several times and pick up your ball. Besides the various bendings which such an exercise demands there are other advantages. Perhaps when you begin to play ball you will feel rather tired mentally. Keep up the ball playing, and you will find it's one of the best things for making you alert.

Your eye must follow the ball, and you must be ready to hit it without a moment's delay. As you practice this fascinating game you may become an expert and not miss a single strike. It may pay to keep a score of the results.

As you become more alert mentally you will not grudge any effort which you may make to rid yourself of superfluous fat. You will devise new ways of overcoming this beauty detractor.

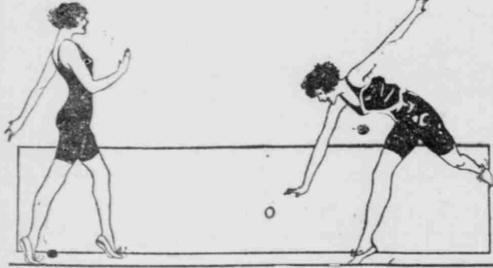
You may change the way of throwing the ball. You may pitch it to the floor, and as it bounces up keep returning it. You may even vary the way in which you do this. You may hop on one foot until you have hit the ball ten times. Then you may hop on the other foot. You may strike the ball with your left hand and then you may continue the process with your right. At the same time your free and may be suspended by your side or held behind your back.

There are innumerable variations of this health and beauty promoting play. One of the greatest advantages this game offers you is that you may play for a few minutes at any time.

This exercise is specially adapted to women whose work demands that they be seated most of the day. Not only will it help them in their fight against accumulating superfluous fat, but it will rest them when they are utterly wearied sitting still.

If you are living where you may practice this ball playing in the open air the value of this exercise will be greatly enhanced.

Whenever you are exercising, whether from a rigorous sense of duty as a protection against the tendency toward adipose tissue or merely for pleasure, exercise in very light clothing.



Play a Few Minutes Every Day.

Berton Braley's Daily Poem Taboo

BERTON BRADLEY'S DAILY POEM
You may write me from the mountains or the sea,
You may rave about the tennis and croquet,
You may sing a song of unrestricted glee
As you chronicle your happiness at play;
You may tell me all about all the fun I miss
In the cards and in the letters you indite;
I can stand it if you'll only spare me this—
"We are sleeping under blankets every night!"
I've no doubt you've found a most enchanting spot
Where the swimming and the motoring are fine;
I'll admit the city's furiously hot
(I am getting too much fahrenheit in mine);
You may write to me of matters such as these
And I'll take them very calmly, but I'll fight
If you spill that superannuated wheeze,
"We are sleeping under blankets every night!"
When I'm sleeping in an oven of a room,
When I'm tossing on a mattress filled with fire,
It does not at all alleviate my gloom
As I cast away each vestige of attire,
To be told of gentle winds and chilly airs,
So, I warn you to be careful what you write,
For I'm gonna kill the lollipop who declares
"We are sleeping under blankets every night!"
(Copyright 1921)

Try NEWS-TIMES Want Ads

There is a World of Interest In Reading Advertisements

Y-O-U-R Daily Newspaper is far brighter and more interesting for the advertisements it contains. You get information from them. You learn all about many little things that are of so much personal importance in your life. They keep you posted. They tell you what is new and desirable.

☐ Sometimes they keep you from making an unwise purchase by pointing out just the reasons why one article suits your needs better than another.

☐ Reading advertisements helps you to economize. You know that economy is not alone a matter of saving money but of spending money to advantage. Advertising identifies goods of unquestioned value.

☐ When a store or manufacturer puts a name on goods and tells you about them you may be sure they are worth while because it does not pay to advertise merchandise that is not good.



Make a practice of reading advertisements—read them as news from the business world—published for your benefit.

They will help you to live better and dress better and make more of your income in every way.