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INDOOR LIFE MAKES FAT

TAKE OIL OF KOREIN TO KEEP WEIGHT DOWN, OR TO REDUCE SUPERFLUOUS FAT

People who are confined within doors and who are deprived of fresh, invigorating air and exercise must take precaution to guard against over-stoutness, as fat acquired by indoor life is unhealthy and a danger to the vital organs of the body. Lack of exercise in the fresh air weakens the oxygen-carrying power of the blood, so that it is unable to produce strong muscles and vitality and the formation of unsightly and unhealthy fat is the result. If you are 15 or 20 pounds above normal weight you are daily drawing on your reserve strength and are constantly lowering your vitality by carrying this excess burden. Any person who is satisfied in their own mind that they are too stout should go to a good druggist and get a box of oil of korein capsules, and take one after each meal and one just before retiring at night. Even a few days' treatment should show a noticeable reduction in weight, digestion should improve, energy return, footsteps become lighter and the skin less flabby in appearance. Oil of korein is inexpensive, cannot injure, helps the digestion and is designed to increase the oxygen-carrying power of the blood. Any person who wants to reduce their weight 15 or 20 pounds should give this treatment a trial. There is nothing better.—Advertisement.

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NEAL of the NAVY By WILLIAM HAMILTON OSBORNE

Author of "Red Mouse," "Running Fight," "Catspaw," "Blue Buckle," etc. Novelized from the Photo Play of the Same Name Produced by the Pathe Exchange, Inc.

CHAPTER XXX. Behind Closed Doors. There are many cubby holes on the Isle of Martinique. In one of these cubby holes or hiding places in a remarkably secreted district of St. Pierre, behind doors closely locked and barred, there sat a man. He was a negro, tall and gaunt; he wore a mustache and an imperial; even as he sat at ease his bearing was military. Suddenly he stiffened. There were three taps upon the barred door. He rose, strode swiftly to the door and noisily threw back its bars and bolts. The door opened and three men crept into the cellar. The negro saluted. "Senor Hernandez," he exclaimed, "I am from Dolores." "So I understand," said Hernandez. "Dolores," continued the negro, "is a republic on the coast of Central America." Hernandez nodded. "The other man leaned forward. "Senor," he said, "I am the agent of the insurrecto party in Dolores. The insurrecto party in Dolores will one day own Dolores, body and soul. That day is sure to come. It needs but one thing, senor." "And that one thing?" queried Hernandez. "The insurrecto smiled. "We need a man who will take chances," he went on, "a man who will stake little to win much; a man who will put up money and put up brains to get us what we need—to deliver us the goods." "And what goods do you need?" queried Hernandez, smiling in his turn. "The insurrecto showed his white teeth. "Oil stoves," he returned, "oil stoves—of the Mauser type—of any type—made in America." "How many do you need?" queried Hernandez. "Twenty-five hundred rifles will suffice," said the other man, "including ammunition to correspond. And this cargo, senor," he added, "is here in Martinique. It has come by devious routes from the United States. It is being watched—closely, jealously watched, by secret service officers—by the government of the United States." Hernandez sighed. "What return does this man of daring get?" "We will pay you tenfold," said the spy, "when you land the rifles." Hernandez smiled. "What more—what after delivery?" "Ah," returned the other, "twenty—thirty—a hundredfold, when the revolution has succeeded." Hernandez tapped himself upon the chest. "It will succeed," he said. "I shall bring to it something more than rifles. I shall bring the brains of Hernandez. I am a gambler, senor, and I will take a chance." The negro thrust a hand across the table. "You are a man among men, senor," he exclaimed. Then suddenly he stiffened once again. He bent forward in a listening attitude. He lowered his voice. "There is someone just outside the door," he said. Hernandez strode to the door, drew back the bolts and opened. A woman entered—Inez Castro. "Senor," said Hernandez to the insurrecto agent, "this is Senorita Inez Castro. She is one of us." Inez nodded to the agent a bit curtly. "You bring news?" said Hernandez. "Good news," said Inez. "I have dispatched a letter to the fathers of the Santa Maria mission in lower California." "You have been discreet, I trust," said Hernandez. "I have been more than that," returned Inez. "The governor of Martinique himself has identified my photograph as the heiress of Lost Isle." Hernandez was plainly puzzled. "Who induced him to put his name—to place his seal upon this photograph?" he inquired. "Annette Ilington and I—" she began. Hernandez started back. "Annette Ilington and you," he faltered. "Oh, I forgot," said Inez. "I have been getting messages from you, but I could get none to you. She still lives, this Annette Ilington." "Incredible," exclaimed Hernandez. "And what of her companion—what of this sailor boy?" "He lives, too," said Inez. "He will be a gunner or a gunner's mate on the cruiser Albany," she said. "Good," exclaimed Hernandez. "Then he returns to the United States." Inez shook her head. "Returns—not," she answered. "The cruiser Albany comes to him—comes here." The insurrecto agent stepped back a pace. "Come here," he said. He glanced at Hernandez significantly. "Senor," he added, "we have no time to lose." (To Be Continued.)

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