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FAT

People who are confined within doors

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 oxygencarrying 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 1 or 20 counds above normal or the strong muscless and vitality and the formation of unsightly and unhealthy fat is the result.

If you are 1 or 20 counds above normal or the strong of the sexcess 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.

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NEAL of the NAVY

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was a matter of importance and the identification was complete.

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 re-

markably 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. Ho 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

"Dolores," continued the negro, "is a republic on the coast of Central

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 Her-

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

The insurrecto showed his white "Oil stoves," he returned, "oil

stoves-of the Mauser type-of any

type—made in America."
"How many do you need?" queried

Martinique. It has come by devio routes from the United States. It 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

"Ah," returned the other, "twentythirty-a hundredfold, when the rev-

Hernandez tapped himself upon the hest. "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

The negro thrust a hand across the

senor," he exclaimed. Then suddenly

he stiffened once again. He bent for ward in a listening attitude. He low-ered his voice. "There is someone

Hernandez strode to the door, drew

A woman entered—Inez Castro. "Senor," said Hernandez to the in-surrecto agent, "this is Senorita Inez

Inez nodded to the agent a bit

"You bring news?" said Hernandez.

"You have been discreet, I trust."

"I have been more than that," re-

turned Inez. "The governor of Mar-tinique himself has identified my pho-

tograph as the heiress of Lost Isle." Hernandez was plainly puzzled.

"Who induced him to put his name

Hernandez started back.

to place his seal upon this photo-

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,

"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.

he returns to the "Inited States."
Inez shook he "nead. "Returns

not," she answered. "The cruiser Albany comes to him—comes here."

glanced at Hernandez significantly

(To Be Continued.)

"Senor," he added, "we have no time

The insurrecto agent stepped back pace. "Come here," he said. He

"Good," exclaimed Hernandez. "Then

"Annette Ilington and I-" she be-

"Annette

"Good news," said Inez. "I have dispatched a letter to the fathers of the Santa Maria mission in lower Cali-

just outside the door," he said.

back the bolts and opened.

Castro. She is one of us."

curtly

said Hernandez.

graph?" he inquired

this Annette Ilington."

"You are a man among men,

what after delivery?

olution has succeeded.'

will take a chance."

'Twenty-five hundred rifles will suffice," said the other man, "including ammunition to correspond. And this cargo, senor," he added, "is here in

"Senor Hernandez," he exclaimed, "I am from Dolores."
"So I understand," said Hernandez.

saluted.

America."

nandez.

Hernandez.

Hernandez nodded.

surreptitiously, she mailed it. She was quite right. Identification

Annette sprang to her feet. "Never," she cried. "Never will I give it up. The lost isle is mine. It is my father's, too. I am fighting for him, Irene, and he is fighting in me. His blood is in my blood."

THURSDAY EVENING,

There was a knock upon the door. "Come in," said Mrs. Hardin.

The door opened and a man in the uniform of a common seaman entered.
"Hardin," he said, "been looking for you everywhere. The commander vants you to report to him at once. He grinned a bit sheepishly. that," he added, "he told me I might hand you this."

He passed to Neal a folded sheet of paper. Neal opened it and read it. A flush crept into his face and his

eyes sparkled.
"Godfrey," he exclaimed, "I never thought-

He handed the paper to his mother. "Annette—Irene." he said, "I have been promoted—promoted from sea-man on the Jackson to gunner on the cruiser Albany.'

The bearer of the note saluted once ore. "Rank—chief petty officer," he explained, "and the cruiser Albany is due hereabouts this week." Ten minutes later when the excite-

ment in that hotel suite at Martinique had subsided-at least to some extent, Irene Courtier leaned forward toward Annette.

"Charming friend," she began, "let us get down to cases—let us look things in the face. What is the situation now?

"For one thing," Annette returned, "these pirates don't know—can't know—that I am alive."

Irene Courtier smiled a reassuring "Of course," she responded. "How could they know?"

"They've got me at a disadvantage," went on Annette. "They've got my parchment map of the lost Isle of Cinnabar-and my locket with my fa-

"Ah," said Irene, leaning farther forward, "map or no map we shall spike their guns. Let me plan out a campaign.'

INDOOR LIFE MAKES FAT

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

Campaign.

She rose, seized a sheet of paper and an envelope and placed them before annette Ilington. "Charming triend," she said, "write as I dictate."

At the end of five minutes Irene took the sheet of paper from the table and read it aloud. This is what shee

and read it aloud. This is what she read:

To the Fathers of Santa Maria Mission, Santa Maria, Lower California. Reverend Fathers: As sole heir of the family of Ilington I am entitled to possession of the original grant to the lost Isle of Cinnabar—the same isle granted to my ancestor by Joseph Bonaparte, the king of Spain, more than a century ago. I have solved the secret of the map and am on my way to you. I inclose my photograph for the purpose of identification.

Sincerely,
ANNETTE ILINGTON. "So far so good," said Irene Cour-er. "Now add this postscript,

please: P. S. My photograph is identified

upon the back by the signature and seal of the governor of Martinique.

"But it isn't," exclaimed Annette. Irene held up her hand. "You have photograph," she said. "Get it at

Annette obeyed.

'Now," went on Irene, adjusting her hat, "let us go on to the governor of In half an hour they were in his

presence. Annette proffered quest. The governor nodded. Annette proffered her re-If you have large, Varicose Veins, the quickest and easlest way to reduce them to normal size is to apply Moone's Emerald Oil (full directions advise.

Start this easy treatment to-day and you will rejoice to notice that the

"Now, charming friend," said Irene Courtier, "let me have the photo-

graph.' She placed it in the envelope and sealed the letter. On their way back

to the hotel she darted into the local post office, darting out aknost immediately.

"The deed is done," she said, "the identification is complete."

Half an hour later, in the solitude of her own room at the hotel in Martinique, Inez Castro took from the folds of her dress the letter—the letter which she had not mailed in the post office. She tore it open rapidly and dropped the photograph upon her dressing table. With a keen-edged knife she performed an operation. Then she pasted her own photograph upon Annette's cardboard. When she had completed this performance she held up the finished product with sat-

'So," she said to her own counterfeit presentment, "it is you whom the governor of Martinique vouches for as the heir of the Ilingtons. So far good. Let us complete the identifica-

She sat down and wrote-wrote the same letter that Annette had written at her dictation, and she signed it Annette Ilington. Then she placed it in an envelope, addressed the en velope and affixed a stamp. Later,

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