## DUTH ATLANTIC Sydney Parkman PUBLISHED BY SPECIAL ARRANGEMENT

CHAPTER XIX. "LAND AHEAD"

fore peak where he deposited the dirty altruism. plates he was carrying on the floor

boards.

night. Me an' Zach offer fo' to give coast for the wreck of the sloop! him a spell but dey 'ain't nuthin' doin'." "What's the time?" she demanded.

had brekfuss, but de Majah he say fo' Majah'll want to know 'bout dat!" I guess yo'll want sumfin' fo' to sorter stay yo' stummick?"

for some moments, collecting her thoughts and then she rose to her feet the cabin. and followed him.

The Major was seated aft in the "Where is it?" cockpit, with one arm over the tiller, and as she emerged from the hatchway. he glanced at her with eyes red-rim- There it is!" med from want of sleep. She felt a pang of remorse at the thought that he had been sitting there all night while she slept in relative comfort below, but the recollection of the manner in which he had tricked her into accompanying him on this hare-brained trip, not her attention been called to it. and their heated argument overnight did something to temper this feeling of compassion,

Nor did his first words serve to alleviate the tension between them.

this morning."

"No Daddy: I can't say that I am." she returned calmly. "Not what you'd Diana asked, half-impressed in spite of call reasonable anyway. I still think herself by his evident satisfaction. the whole thing's completely and uting about it now. We'll find out which to the south of this, and when it's as well forget it for the time. When course again. Hi! Slacken off those do you calculate we ought to arrive at jig sheets a bit, will you?" this island?"

"Some time before mid-day," he told realize just how pigheadedly wrong you've been. I would never have believed you could be so idiotically obbeen about this. Just because you happen to like this fellow Maloney . . ."

"Oh, don't let's start the argument cockpit. again, Daddy!" she interrupted wearily. "We thrashed it out last night, and we won't get any further now want to wash myself. And you want knots, and already the island was bea shave."

"I daresay I do," he retorted sulkily. She found a canvas bucket and having filled it with sea water, she retired to the cabin again and made a somewhat sketchy toilet. Then she boiled a kettle of water on the reeking oil stove and made herself a pot of tea. A number of tins of preserved meat and fruit were stacked in one of the lockers in the fore peak, but she contented herself with nibbling two or three hard ship's biscuits which she found in a tin box, and having thus broken her fast, re-emerged into the open feeling considerably better for her

The two negroes were squatting forward, smoking and talking together in low voices, and after looking about her for a few moments, Diana turned to bonaras. her father.

"Wouldn't you like to be relieved for a bit?" she asked, and as he looked at her doubtfully, she added, a trifle impatiently: "It's all right, you know. I'm not going to try and head back or anything like that."

"I didn't suggose you would," he returned gruffly. "Very well then, you know the course-nor-nor-west, a half west. And if you see any signs of land let me know at once."

He rose stiffly to his feet and she took over the tiller from him and checked the course from the little binnacle. The Major stood for some little while, staring out ahead under the foot of the mainsail and then slowly descended to the cabin

For the next half hour Diana remained at the tiller, with the breeze blowing through her hair and an occasional drift of spray stinging her cheeks in the hot sunshine. The sloop was beautifully balanced, and she had no difficulty in holding to the course she had been given. Forward the two negroes kept up an intermittent, lowvoiced conversation of which she could hear only an occasional word above the crisp sound of the little vessel cutting through the water and the steady hum of the trade wind. As far as she could see the Major appeared to be studying the chart again on the cabin table, and she marvelled anew at his credulity in having embraked on this crazy expedition on the word of this

man Becker. From what he had told her on the previous night, it seemed that this mysterious American had deliberately set out to sow mistrust of the little priest in her father's mind at their first inter-

l view in Havana-an interview of which manage the rest easily enough. she had been completely unaware! They were within a couple of miles William Ewart Gladstone descended at the time. What the man's aim had of San Domingo Island now and closthe companion way cautiously and with | been, she could not think, but it seemed ing it rapidly. As far as Diana could

She fell to wondering what Toby and the surface of the sea, and she won-Father Maloney were doing about it dered why it had been thought neces-At that moment she opened her eyes now. They would have no idea of sary to endow it with such an imposing interest and for a few seconds lay blinking what had happened, and she pictured name. she sat up abruptly and thrusting the way. They would know of course that confirmation of the Major's' theory. "Laws, Missy, yo" sho' does sleep probably imagine that some disaster the island.

Her train of thought was interrupted island dar sorter stick in my min by William Ewart Gladstone, who 'Oh you recognize it, do you?" the beach, the Major put his helm down, roid case. Should this be so, the "Hit's gittin' along fo" nine o'clock" turned round sudddenly and called out: Major said glancing at his daughter and brought the sloop up into the wind.

he pointed out over the port bow

She leaned out and peered under the She remained sitting on the settee foot of the mainsail, and at that mo- assured him. ment the Major emerged hurriedy from "What's that? Land?" he demanded.

"But I can't see . . . Yes, I can! we're on the right track."

CHAPTER XIX (Continued) "WHAT DO YOU SAY, NOW?"

tumbling water—a blur which might easily have escaped Diana's notice had all, and it seemed to her that her best "Don't wait for us," he instructed

The Major stared hard at it for some moments, and then he turned to her with a light of excitment in his eyes. "That's it!" he declared. "That's

"Well, you're awake at last, are end of the Columbus Bank. But we you?" he grunted. "It's to be hoped ought to have it on the starboard bow. you're feeling a little more reasonable We've been heading up a little too

"Is that were we're making for?

"No; but we get our bearings from terly mad. Still, there's no use talk- here," he told her. "We should pass of us in right before long, so we might bearing due north from us, we alter

He was already paying off the main sheets as he spoke, and Diana put the her. "And when we do get there, you'll helm up and brought the sloop on to a course which would bring the island on to her starboard bow.

"I'll take over again now," the Major stinate about anything as you have told her as he made fast the sheets; and she relinquished the tiller to him and sat up on the coaming of the

"How much farther away is it now?" she asked after a few moments. With the wind on the quarter, the slocp was

shape against the blue of the sky. "We pass San Domingo within a mile, and then alter course to nor'west by west," he told her. "Our particular cay lies dead ahead then, at turned and nodded assent. about six miles. We shall pass several others on the way-if we can see them. for is slightly higher. About fifteen

feet at its highest point." of hope that it would actually prove to slightly to port. be the site of her uncle's cache, but to "There's a sand-spit running out to straight line; and as it proved this

a sidelong glance at the sleeping girl, evident to her that his interest in their see it appeared to be nothing more padded forward on bare feet to the affairs could not be ascribed to sheer than a large mound of yellow sand. rising some thirty of forty feet above

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came aware of the negro's presence, and her father had vanished in this utes, Gladstone unexpectedly provided sandhills. The sea was pounding on its at amounts of bread, butter, milk and blanket from her, swung her feet to the absentees had gone out to see in He came aft and leaning on the edge extremity, a long line of broken water little fat, with no proper amount of

told her with a wide grin. "De Majah, they think in the circumstances? Pro- whar de Cap'n call on dat las' trip, rounded this obstruction and were he ain't never close his eyes all de bably they were even now searching the Major", he announced. "Hit was jes' heading towards the shore in com-

the negro answered. "We jes' done Dar's land ahead, Missy! Ah guess de to see the effect of the announcement. "Let go!" he called; and the anchor "Well, presently, you'll see the place plunged over the side. to let yo' have yo' sleep out. But now! "Where is it?" she called back; and where he went ashore. I suppose you'd "Never mind about stowing the canknow it again would you?"

"Yassuh, Ah sho' would," the negro the Major ordered.

"You heard what that fellow said?" he asked. "Without knowing anything

Diana made no answer to this. It seated herself carefully right aft. certainly began to look as though there A few moments later they were being was something in Becker's story after pulled in to the beach. A vague yellow blur was showing in all, but she was far from admitting all As the boat's keel grated on the sand the distance across the blue waste of its implications. There was something the Major scrambled out and turned to here which she could not understand at the negro.

At the end of another half-hour, they stand?" passed within sight of one of the sand San Domingo island-at the southern It was a long low bank, rising hardly kled face. "Ah's gwine straight back." more than five or six feet from the surface of the sea.

"This ought to be it!" the Major ex- "Now how do the instructions go?" claimed. "Here! Take the tiller while he demanded in a voice palpitating I have a look at it!"

He climbed up on the cabin top, ing stretch of sea.

"Yessuh! Ah 'clar to goodnests dat's de cay we done call at wid de Cap'n!" Gladstone pronounced suddenly. "Aint approximate bearings from the sun,"

"I don't know what to think," she baking heat and airy coolness as they admitted. "If this is really the place." "There's no "if" about it!" he inter- and miniature valleys. Is there a bucket anywhere about? I driving through the water at a good six rupted with a kind of impatient triumph It was difficult going over the loose "Coming be dashed," he spluttered

enquired from forward; and the Major which their feet were being continually

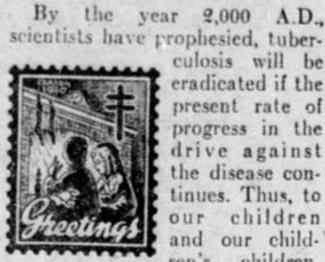
chain up on deck," he ordered. He white flowers, and the Major cursed it They're only a few feet above sea- stared out ahead of the rapidly nearing breathlessly as he plunged forward. level though and the one we're looking island, and then descended into the Lacking a compass their only guides cabin again to have a last look at the were the sun and the mastheod of the

"That's not much," she commented When he returned on deck five min- the height of the highest of the sanddoubtfully. The sooner they arrived utes later they were within half a mile hills. These, together with the knowat the island they were seeking, the of the island, and he took over the ledge that they had landed at the south better, she felt. She cherished no kind tiller once more and altered course western extremity of the island enabled

miss it would be to prolong the search the south-west that we've got to clear," served sufficiently for their purpose. -and their subsequent return to Car- he said. "That's all I remember about | The Major had paused at the top of those instructions in the letter, but I'm a slope to take breath and was look-"It's sufficient, if we keep our course," hoping you still remember the rest?" | ing about him when his eyes fell upon

her father told her confidently.. "It's "Yes", she assented; and nothing an object which protuded from the all your uncle had to go by. The only more was said between them. Despite sand half way down the further slope thing thats been worrying me is the her lingering doubts she was beginning It was a blackened piece of timber tidal factor, but as I've made this land- to tingle with excitement now that they one of several half-rotted beams which fall successfully, I've no doubt I can were so near their destination and she lay partly concealed among the riotous

For Our Children



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ren's children. the white plague that has beset mankind since the earliest days of recorded history will be but a memory. We, to whom tuberculosis is still a dread fact, that threatens our lives and our security, can help bring nearer that happy day by purchasing Christmas Seals.

eyed the cay ahead with the keenest

It appeared to be about a quarter of a tables and fruits have been given to sleepily about her. Then, as she be- their consternation at finding that she In the course of the next ten min- mile in length—a yellow hummock of the sloop late at night and they would of the cabin skylight nodded towards marked the sand-spit of which the increase in weight, there is something Major had spoken.

around dese parts, 'cause de look o' dat paratively smooth water, and when they were no more than fifty yards off the and the youngster may be nearly thy-

vas now! Get that dory over the side!

The two men skilfully slid the little When the man had gone forward boat over the water, and Zach dropped again, the Major turned to his daughter. into it while his companion handed down the sculls and rowlocks.

"Come on! the Major said lower-"Off the port bow," she told him, about it, he's already recognized that ing himself over the side into the stern sheets: and Diana followed him and

plan was to say nothing and abide the "Get back to the sloop, and we'll call for you when we want you. Under-

"Sho, suh," the man replied, with cays which the Major had referred to something like a faint grin on his wrin-As the man thrust the dory off again the beach, the Major turnded to Diana

with excitement. "We've got to make for the centre steadying himself with a hand on the of the island to start with," she said backstay, stared out long and earnestly "There are the ruins of a shack there

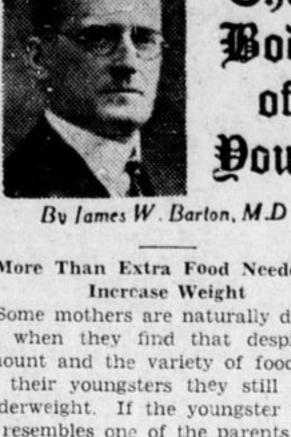
at the tawny mound of sand which somewhere and we take our bearings the direction from which they had slowly heaved itself above the interven- from that. By the way, we ought to have brought a compass, oughtn't we?" jerked out impatiently. "I can get

He had turned and was already The morose Zach was understood to ploughing his way up the shallow slope landed and were following them for the grunt assent, and the Major nodded of loose sand, and she followed a pace moment, and it flashed through her and clambered down again into the or two behind him. Under the lee of mind that they had guessed the purthe sandhills the heat was intense, but port of this visit and were preparing "Well what do you say now?" he de- as they breasted the top of the slope to take a hand in the game ... manded in a low voice. "Do you still they met the cool strong breeze again | "What is it Daddy?" she called out think Becker was trying to mislead and for the next five minutes their pro- starting to run towards him. "Are gress was through alternate belts of they coming after us?"

dered any more easy by the network of ing out to sea. "Does you want me'n Zach should tough creeper stems with which the cast de dory loose?" Gladstone's voice surface of the sand was covered and in

caught. It was a species of convol-"Yes; and you'd better get some vulous, with small striped purple and sloop, which rose some few feet above

the to keep going in an approximatey



More Than Extra Food Needed to Increase Weight Some mothers are naturally distress

ed when they find that despite the amount and the variety of food eaten by their youngsters they still remain underweight. If the youngster is wiry or resembles one of the parents in being underweight at this age, not much is thought of it, but often there is no history of extreme underweight on either side. If abundant amounts of meats, vege-

golden beaches, and at its south-western | cream to provide energy and store up a when yo gits down to it!" the man had overtaken them. What else could "Dis per's somewhere near de place In another five minutes they had should be examined by the family physician and dentist. For instance, there may be a his-

tory of thyroid trouble in the family amout of food eaten my be quite large

weeds. They formed a rough rectangle with gaps where the sand had drifted over portions of their lengths, but there was sufficient to show that some kind of a building had stood there at some

"This is it" the Major exclaimed jubilantly. "And what next?"

"We go sixty yards due north from here," Diana told him now almost as excited as he was himself. "It doesn"t say from what part of the shack, but it isn't any great size. There we'll find the fluke of an anchor sticking up among the weed-and that's the spot.

"Sixty yards due north," the Major repeated. "All right Now you stop here for a moment, and I'll climb the next ridge and get a bearing from where you're standing. It's just on eleven o'clock now, so the sun will bear roughly south by eats."

He set off straight away and she watched him as he ploughed his way up the opposite slope. He gained the crest and stopped and she saw him glance down at his abbreviated shadow and dig a furrow in the sand with

Then he turned towards her and remained for a moment or two staring in

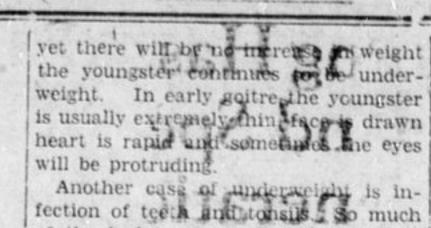
"What the . . ." she heard him ex-"Never mind about that!" her father caim; and then he raised his voice to a sudden bellow:"Hi: You there What are you doing?"

She thought the negroes must have

But the Major was already plungmade their way across a series of ridges ing down the opposite slope towards

"It is the place and if you're ready to sand in which they sank ankle-deep at furiously. "They're going. They've ginning to assume a more definite do your part, the money's as good as every step and matters were not ren- got under way again and there're head-OF OF OF OF OF OF OF OF OF

((To Be Continued)



of the body's energy is being used to fight this infection that there is not enough left for proper growth aside from any increase in weight. Sometimes the foungster will play so

hard and so long, perhaps stay up so ate at night, that he is schually tired all the time and the food eaten is not fully absorbed into the blood.

teeth or tonsils - then what is called

This includes all the usual foods-proteins (Meat, eggs, fish, poultry, cereals) all the starch foods (bread, sugar, potatces), all the fat foods (cream, butter, egg yolk), and the minerals and vitamins (fruits, vegetables, dairy products). The next point is to give increased amounts of the foods known to be fattening: "an extra, tablespoonful of butter with each meal adds 300 calcries, and improves the flavour of cereals vegetables, and desserts without being noticeable when used as a seasoning. A tablespoon of thick cream on cereal, or whipped cream on desserts and of mayoningse dressing on salad. will add 300 calories mcre. One or two tablespoops of olive oil at bedtime fournish 100 or 200 more calories and may help relieve constipation. If fats do not agree then foods rich in starch may be taken sugar, bread, potatoes. The best foods for mid-morning or mid-afternoon | lunches | are milk, raw eggs, fruit juices, crackers and cream cheese, which are not to bulky and

are easily digested. In her book dietetics Simplified, Dr. Jean Bogart in addition to pointing out the need of an all round diet with extra fats and starches in underweight, states, "Rest, relaxation, fresh air, and moderate exercise are very important (in adults as well as children), if the upbuilding diet is to be successful.. I is sometimes necessary to keep tense. nervous, over-active or overfatigued persons in bed for a time before they will begin to put on weight. By this means, the amount of energy their bodies use up is cut down. If the undernourished state is due to some disease condition (infected tonsils, adenoids) or to faulty living habits or conditions these underlying causes must be corrected before the patient will derive much benefit from the diet'

The ideal way then of increasing weight, whether in children or adults, is to make sure that the living habits and conditions are right, plenty of

HUMAN NATURE

"Can you cast your mind back to is usually extremely thin face is drawn the days when women were still without the right to vote?" asked Holmes.

"I can," replied Gray, "Do you remember how amazed eveyone was when Bleriot succeeded in fly-

ing the Channel"? "I should think I do!" said Gray. "Can you recall still earlier the night

news was received of the relief of Mafeking?" "Oh rather! What a night!"

"Do you remember," said Holmes impressively, "that a fortnight ago I lent When the cause for underweight has you five dollars?" been removed-fatigue, goitre, infected

"I'm sorry old chap,' apologized Gray "but to tell you the truth, I had clean the upbuilding diet should be used forgotten, -Fort William Times-Journ-

> sleep, fresh air, light exercise; no infections present—teeth, tonsils, sinuse, gall bladder, intestine; and the use of of an all round diet to which is added an extra amount of starch and fat

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