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Advice to Expectant Mothers The experience of Motherhood is a trying one to most women and marks distinctly an epoch in their lives. Not one woman in a hundred is prepared or understands how to properly care for herself.

There is nothing more charming than a happy and healthy mother of children, and indeed child-birth under the right conditions need be no hazard to health or beauty.

THE Pillar of Light

By Louis Tracy

Copyright by McLeod & Allen. Brand passed a hand wearily across his forehead.

"I wish I had not been so precipitate," he murmured. "That man had papers on him in all likelihood. It was bad enough for me. It must have been hell for you."

"That's the chance. She was well rigged out." Brand cast the shark loose. The monster slid off into the green depths.

"The morning would be well advanced before help could reach the Gulf Rock from ashore." When Brand and Spence entered Jones's bedroom they found him hard at work washing the child's clothing.

"That's so, cap'n," put in Jim. "You always dig to the heart of a subject, even if it's a shark." "In a word, Jones, you can hardly be asked to assume such a responsibility.

"That settles it," cried Jim, brandishing his pipe towards Penance. "I hope as how Miss Enid Trevillion is asleep an' dotin' well, an' that she'll grow up to be both fair an' good. If she does, she'll be better'n most women."

Brand made no reply. He went within to attend to the lantern. In five minutes the great eyes of the Lisard, the Longships and the Seven Stars Lightship were solemnly staring at their fellow-warden of the Gulf Rock whist, in the far west, so clear was the night, the single flash of the Agnes and the double flash of the Bishop illuminated the sky.

CHAPTER III THE SIGNAL. At the foot of a long flight of steps leading from the boat quay to the pier-side waters of Penance harbor, a stoutly built craft was moored. It had two occupants this bright January morning and they were sufficiently diverse in appearance to attract the attention of a sentry squad of that great army of loungers which seems to thrive in tobacco-blessed content at all places where men go down to the sea in ships.

"I don't know how she lived. She is a mere skeleton," he said. Brand explained matters, and hinted at his theory.

large white hat was trimmed with velvet of a tone to match the braid, and her nearly fitting brown boots and gloves were of the right shade. Beneath her coat there was a glimpse of a knitted jersey of soft white wool, this being a tribute to the season, though a winter in Lyonnese can usually bring its comfortable shoulders at the deceitful vagaries of the Riviera.

That she was a young person of some maritime experience was visible to the connoisseurs above at a glance. She was busily engaged in packing the spacious lockers of the Dalry with certain stores of apples, oranges and vegetables—ranging from the lordly vegetable—an aristocrat at that time—of the year to the piebald cabbage—and her lithe, active figure moved with an ease born of confidence in the arduous principles of gravitation as codified and arranged by a rocking boat.

"Polard, too, was overhauling his gear, seeing that the tackle ran freely stepped and the tackle ran free. Whilst they worked they talked, and of course, the critics listened. "Do you think the weather will hold. Ben?" asked the girl over her shoulder.

"I think we should keep up the idea of the Arthurian legend. There are two that come to my mind, Elaine and Enid. Elaine died young, the victim of an unhappy love. Enid became the wife of a gallant knight, Gawain, who was ever foremost in the chase. And victor at the tilt and tournament. They called him the great Prince and a man of me."

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Flaxen-haired, blue-eyed, with a face of a delicate, flower-like beauty which added to its mobile charm by a healthy glow of a skin bright and deepened in tone by an abiding love of the open air, she suggested, by her attire, an artistic study of the color effects derivable from the daintily trusted little plant which gave the boat its name. She wore a coat and skirt of green cloth, lightly hemmed and cuffed with dark red braid. Her

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