

Mistress of Monterey

VIRGINIA STIVERS BARTLETT

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WNU Service

CHAPTER XXII—Continued

And while she was toying nervously with her quill, her husband and young Pedro were sitting astride their horses in Don Pedro's beloved orchard.

The trees were full of Indians, gathering the luscious fruit that hung in rich clusters, bright in the autumn sunshine; early pears and apples, late peaches and pomegranates. Little naked boys, pajarecos, ran through the orchard with rattles and miniature bows and arrows, frightening away the clouds of birds that had assembled to steal the ripe fruit.

As fast as the fruit was picked, it was loaded into panniers on mules, and carried to the shore, where boats were piled high and oared to the Astrolabe and the Boussole, a princely offering from the Spanish Governor to the expedition of the Count de La Perouse.

The Governor and his son watched the scene with pleasure. The movement and life, the color, and the clamor of many voices was pleasant to them. They looked at each other and smiled, completely at harmony together.

An Indian passed them carrying a basket strapped to his back, and supported from his brow with thongs. It was filled to the rim with purple grapes. The Governor stopped him, and made a note on a list he carried in his hand.

"Twenty baskets of grapes," he said. "Hum," to the Indian, "that will be enough grapes. No more to-day. You are vague." The Indian nodded on.

"Yes," continued the Governor, following the basket of grapes with his eyes, "that will have to be enough. We must have enough left for the vintage. But I have already sent them barrels of wine, so I do not think I am selfish. Do you?"

"Pues, no!" cried the boy. "And too, we would not have any grapes for the fiesta, the vendimia. And we must have, mustn't we? And won't it be soon?"

"Yes, I think it will be soon. Yes, we must have a great fiesta this year . . . just for ourselves. It has been nice to have the Vendimia here, but it will be nice to have a party just for ourselves. I think there is a little bull that is ready to meet a torero, and there is another that will make a barbecue. And we will have some horse-races, and some cock-fights, and some of the Indian boys will wrestle, and there will be music and dancing. Ai de mi, what a vendimia it will be!"

"And Mother will sit on a throne with grapes and leaves on her head for a crown, and be queen of the fiesta!"

"Yes, yes, and again yes! Look, they hurry down to the beach to see who comes?"

It was an Indian messenger from the camp of La Perouse, asking that something.

As they reached the beach, they could see a cloud of smoke, and a strange activity going on. On coming closer they discovered La Gobernadora with Angustias, and almost all of the people of the presidio, who had evidently been summoned hastily by a messenger from La Perouse.

The Frenchman came hurrying to Pedro Fages.

"I had a thought at the last minute," he said hurriedly. "You have been so wonderful to me, all of your people have, that I wanted to give an occasion special for you. We are to have a balloon ascension!"

"Balloon ascension!" exclaimed the Governor. "I have heard of balloons but never seen one."

A balloon raised from the shore of California! It will never happen again, and will be something to remember all our lives."

"And it will be something for me to remember all my life, that I have visited your California. More, I can not say. And now . . ."

"And now," replied the Governor with a slight formality which he assumed to cover his real feelings, "and now, my friend, I suppose the time has come for us to say, as you French put it, adieu!"

"Your Spanish word, adios, is the same, Monsieur le Gouverneur. Both speed the parting guest in the care of God."

"Yes, we must say those words. For we must not hinder your departure with our curiosity, and there are things I must attend to at the presidio. But be sure, Senor el Conde, that at whatever hour you sail we shall be here on shore, watching you as far as we can see. And wherever you shall sail, you will be in our hearts. Thank you for visiting us."

The two men gripped hands. La Perouse was frankly moved.

"Thank you for everything. The friendliness, the courtesy, the hospitality and your gifts of fruit and wine. We will appreciate those, surely. And even for the goat and the chickens, and . . . Mon Dieu!



"Certainly, Your Excellency," She Said at Last.

I can not say more. My feelings . . . pardonnez moi . . ."

He turned to Eulalia, who was standing quietly beside her husband, her eyes on Dagelet.

"And, to you ma Reine de Californie, my respects for your fortitude and loyalty in being such a wonderful woman in the midst of such a remote country."

Eulalia's lips moved, but her remarks were inaudible as the Count kissed her hand. There were other farewells, then the Governor, followed by his soldiers and Indian bearers, his wife on one hand and his son at the other, moved away from the camp on the beach.

As they rode the Governor and his wife were each very silent, busy with their own thoughts. Young Pedro prattled beside them.

The Count had given him a silver medal which had been struck off by the French Government to commemorate the great expedition of La Perouse around the world. On one side was an effigy of Louis XVI, and on the other two olive branches tied with a ribbon, and a scroll which read:

"Les fregates du roi de France, la Boussole et l'Astrolabe, commandees par Mm. de la Perouse le de Langie, parties du prt de Brest, en Juin 1785."

The child rapturously polished the bright coin on his jacket, and asked his mother to translate it for him. She did, lifelessly.

followed were lost around a curving hill. Then she spurred her horse and rode rapidly across the parade-ground to the palace.

Late that evening, the Count de La Perouse, working with some of his scientists in their rude laboratory on the beach, was amazed when an attendant told him that a woman, with a baby in her arms, wished to see him.

And when the companion of La Gobernadora strode in, unabashed, he was still more surprised. With no preamble she told her story.

"And here he is," she said finally. "My baby, my Chichi. You will take him, will you not, where he will be well, and live?"

"But of course, Madame!" exclaimed the Frenchman, his eyes bright with amusement. "I will see that he has the best of care, and I will lose him in the most beautiful jungle I can find, I assure you."

He was astounded to see the woman's harsh face begin working with emotion. "Here," she squeaked, "here is a little bundle of clothes I made him. He has needed them here where it has been cold, and before he reaches his jungle. See," perhaps he will need them again she explained, holding out a tiny pair of trousers, and poking her finger through a hole, "see, his dear little tail goes through here."

La Perouse had taken the monkey in his arms, but Angustias reached for him, strained him passionately for her breast. The little animal put out a tiny paw and stroked her face with queer little noises. She held him away from her, and stared into the worried human eyes, then thrust him back at the startled Frenchman.

"Take him quickly," she gasped. "Be good to him . . . he is my all . . . my baby."

Before La Perouse could say another word she stumbled out of the tent into the dark.

"Nom du nom du vieu singe!" roared La Perouse. "Here, Dagelet, you seem moony and unoccupied. I give you this animal to keep in your charge, and to watch and ward, and put his dear little tail through the hole in his pantaloons until we land on a tropical isle! Mon Dieu, quelle femme!"

Dagelet picked up the monkey dolefully.

"And you think I have nothing to do!" he muttered. He walked away from the tent, carrying the monkey and his bundle of clothes to a spot where a boat was moored, and an oarsman sat as though waiting for someone.

"Take this," barked Dagelet. "I will return."

Angustias, blinded with her tears, staggered through the sand until she reached her former ground, then she made her way toward the presidio, sobbing and talking to herself.

"Chichi, my baby," she grieved, holding her empty arms to her breast, "my baby, my baby."

When she was quite near the presidio gate she noticed a figure moving hurriedly in the direction of the beach. It seemed to be the figure of a woman. Angustias slipped behind a tree and watched. The woman came closer and Angustias could see a large bundle balanced on her head. Every few feet she turned around and looked back toward the presidio.

"Induzuela!" gasped Angustias. "What is she doing? Ah, the vixen, she is running away with some French sailor, I'll be bound. Well, we can't have that. I've always had my suspicions of that one. Que la doncella honrada la pierna quebrada y en casa (The virtuous maid and the broken leg must stay at home)," she muttered. She took a

(TO BE CONTINUED)

Future Japanese Soldiers Early Learn to Hope "to Die for Beloved Emperor"

few steps toward the girl, then stopped. If the hussy was intent on joining some French lover, she would use violence rather than let Angustias stop her, she reflected. She needed a man to help her. As she hesitated, her eye still on the flying girl who was zigzagging through the sand, she heard the sound of horses. She ran toward them as they came in view. Then she saw it was the Governor.

She stopped. She must not let him see her. She had disobeyed him. He would reprimand her, she, Angustias, whom he had always called "a good soldier." She started to step behind her tree again, but was too late. The Governor had seen her. So she took matters in her own hands and ran toward him.

"Your Excellency!" she gasped, "look, see that woman running toward the beach! With the bundle on her head! It is Induzuela. She is running away to join some French lover on the ships."

Pedro Fages looked after the figure that Angustias pointed out. She did indeed seem to be fleeing, her erratic course took her now from one tree to another, and she was avoiding the open spaces.

"Very well, Angustias, you return with Pedro to the mansion. I will attend the servant."

He spurred his horse lightly and cantered toward the girl. As he drew near he saw she had staggered and dropped the great bundle from her head. She was leaning over it, sobbing with exertion when he caught it and swathed her head.

Fages spoke very gently. "Mi chiquita," he said, "my poor little one. Why are you running away from us all, and from your home, and those who are concerned in your welfare? Did you not say you loved the Governor, and were grateful for all he had done for you? And now you run away, Induzuela!"

The girl suddenly became dynamic. She straightened and faced the Governor boldly, tearing the rebozo that swathed her head.

"So!" she screamed. "It is Induzuela you love, is it! Induzuela whom you follow after in the starlight! Induzuela, is it! Induzuela!"

Pedro Fages put his hand to his beard, then brushed his eyes as though he doubted his sight. "Eulalia!" he said. "Eulalia! You were running away."

She stooped over her bundle and tugged at it. "Of course I am running away. And you can not stop me. Induzuela is not leaving you," she panted, "so you will be happy."

She lifted the bundle and staggered a few steps.

Don Pedro watched her as though he were viewing an incident in a dream, with drugged senses that could not react.

"I am leaving everything behind that you love," she said through her teeth, "the children, Induzuela and your California. For ever!"

Then he strode to her side and wrestled her burden from her.

"Come," he said sternly, "no nonsense." She struggled with him.

"No!" wildly. "No! Let me go! You can not hold me here any longer! Let me . . ."

But he slung the bundle over his saddle, and taking her around the shoulders that writhed and tried to slip from his grasp, he put one hand firmly over her mouth, and tried to move her toward the horse. She dug her heels in the sand, he could feel her maledictions and imprecations sputtering against his hands.

WHAT to EAT and WHY

C. Houston Goudiss Noted Food Authority

Relates the Miracle of VITAMINS and Explains Why YOU MUST EAT THEM or DIE

By C. HOUSTON GOUDISS
6 East 39th St., New York.

WE LIVE in the most inspiring age the world has ever known. Chemists grow plants without soil. Doctors snatch men from death with insulin. Surgeons perform incredibly delicate brain operations. And thanks to the amazing discoveries of nutritional scientists, children enter the world with far better chances for long and happy lives, while men and women of seventy are more active and useful than their grandparents were at fifty.

Much of the hard-won knowledge of how to eat so as to increase efficiency, curb disease, and improve the chances for longevity is due to the discovery of vitamins.

VITAMINS DISCOVERED

Twenty-six years ago, a now-famous scientist walked nervously around his laboratory, back and forth—back and forth—back and forth. He was conducting a nutrition experiment of vast importance. He didn't quite know what he was going to find, but he believed that he was on the verge of a revolutionary food discovery.



The scientist was my friend, Casimir Funk, a brilliant Polish bio-chemist. He had been working on the problem for many years. At last, in the year 1912, his experiments were positive and conclusive. Then he announced to the scientific world that he had discovered a vital force. "This force," said Funk, "I have called vitamine, because it is necessary to life."

Thus, the word "vitamin" came into being, along with the first knowledge of these minute but powerful factors which exert such a tremendous influence on human health and happiness.

SPARK PLUGS OF NUTRITION

Other bio-chemists throughout the world—including Sir Frederick Gowland Hopkins in England, and Hart, Humphrey, Babcock, Steenbock and McCollum in the United States—had been working on the same problem that Funk had partially solved. They knew that the first step was to find out how vitamins affected the human body, and that the second step was to discover what foods contained these vital substances.

And so there began a long series of experiments in the laboratories of great universities all over the world, which demonstrated what happens when a diet is deficient in any of the vitamins, and proved that if laboratory animals are wholly deprived of vitamins for a short time they will die.

RESISTANCE AND VITAMIN A

To date, six vitamins have been identified. Vitamin A promotes growth and builds resistance to disease. It is necessary for the health of the mucous membranes of the body and helps to guard against infections of the respiratory and alimentary tracts. It influences the health of the hair and skin, is necessary to prevent a serious eye disorder known as night blindness, and is essential for the formation of healthy teeth.

Have You a Question?

Ask C. Houston Goudiss. C. HOUSTON GOUDISS has placed at the disposal of readers of this newspaper all the facilities of his famous Experimental Kitchen-Laboratory in New York City. He will gladly answer questions concerning foods, diet, nutrition, and their relation to health. You are also invited to consult him in matters of personal hygiene. It's not necessary to write a letter unless you desire, for postcard inquiries will receive the same careful attention. Address C. Houston Goudiss, 6 East 39th Street, New York City.

green leaves and yellow fruits and vegetables such as carrots, sweet potatoes, apricots and bananas.

APPETITE AND VITAMIN B

Vitamin B promotes appetite, aids digestion, prevents a serious nerve disorder. It is essential to the maintenance of a good digestion, which is vitally important if the body is to obtain full benefit from the food consumed. This vitamin is closely related to the energy metabolism, and the requirement increases with the rate of growth and with increased energy expenditure, so that growing children and working men and women should receive very generous amounts.

Vitamin B is found in yeast, whole wheat cereals, oatmeal, milk, fresh and dried peas and beans, spinach, cabbage and other greens, egg yolk and liver.

VITAMIN C FOR TEETH, GUMS

Vitamin C plays an important part in regulating body processes, and prevents the dread disease of scurvy. A lack of this essential vitamin results in profound changes in the structure of the teeth and gums, may be responsible for hemorrhages occurring anywhere in the body, and for the degeneration of muscle fibers generally.

Vitamin C is most abundant in succulent fresh green leaves, such as green cabbage. It is also found in onions, potatoes, oranges, tomatoes, green peppers, bananas and strawberries. In most foods, it is easily destroyed by heat—it is why it is so important to include some fresh raw foods in the diet daily.

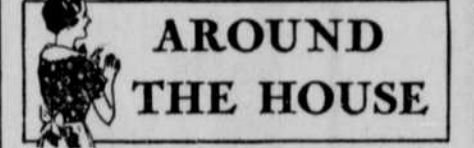
VITAMIN D AND RICKETS

Vitamin D is sometimes called the sunshine vitamin because it can be manufactured in the body through the action of direct sunlight on the skin. This is the vitamin that is necessary for the proper utilization of calcium and phosphorus in building bones and teeth. When it is lacking in the diet of infants, there develops that horrible disease known as rickets, in which the bones become soft and twisted, resulting in pitiful deformities—knock knees, bow legs, pigeon breast.

In foods, vitamin D is only found in appreciable amounts in fish-liver oils and egg yolk. That is why every homemaker should be so grateful to the scientists who labored to discover how to concentrate this precious vitamin from fish-liver oils and add it to foods, or to increase the vitamin D content of foods through irradiation.

ANTI-STERILITY VITAMIN E

Vitamin E comes in for less discussion than the others, because its significance to nutrition has not



AROUND THE HOUSE

Cleaning Flower Vases.—A flower vase should be washed clean with hot water and soap, lest bacteria that decay the stems of flowers should survive in the vase.

Remove Whitewash.—Do not paint over whitewash. Wash off the whitewash with clear water and allow the walls to dry thoroughly before painting.

Preparing Cauliflower.—Always soak cauliflower head down for an hour in a quart of cold water to which a teaspoon of salt and one of vinegar has been added.

Freshening Raisins.—Raisins used in cakes, cookies and puddings should first be placed in hot water and simmered for five minutes to enlarge and soften them.

When Using Bluing.—A half cup of sweet milk added to the bluing water will prevent clothes from becoming streaked during the bluing process.

Variety in Sauces.—Don't get into the habit of using too many cream sauces. They are apt to make vegetables taste more or less alike and thus price monotonous.

Building, Maintaining Family Health

IN THE C. Houston Goudiss articles that have appeared weekly in this newspaper previous to this one, the nationally known food authority has described FOOD, as it provides the key to mental and physical power; PROTEINS, the foods you cannot live without; CARBOHYDRATES and FATS, foods that provide motive power for the body machinery; and MINERAL SALTS, that you must have in order to build strong bones, healthy nerves and rich, red blood.

These subjects have been treated in an interesting and understandable manner, free of scientific terms, principally offering advice to the housewife that will aid her in the problem of feeding the members of her family such foods as will build and maintain their health.

Every one of these articles has a definite place in your scrapbook for future reference. If you have missed any of these discussions, the publisher of this newspaper will supply them upon your request. If you have not already done so, start a department of these informative articles in your scrapbook at once!

been fully determined. It does, however, appear to be necessary for successful reproduction and is found especially in wheat germ and lettuce.

VITAMIN G PROLONGS YOUTH

Vitamin G is necessary for growth and for the maintenance of health and vigor at all ages. It helps to ward off old age by prolonging the vigorous middle years. It is essential to the health of the skin, and recent experiments demonstrate that cataracts in the eyes may be due to a deficiency of this vitamin, which is found in yeast, and in liver, kidneys, egg yolk, milk, cheese and green leafy vegetables.

One authority claims that chronic disorders of the throat, stomach, lungs, colon, heart and kidneys may be traced to vitamin and mineral deficiencies.

Certainly enough has been learned of vitamin chemistry to make clear that the homemaker fails in her duty who does not provide vitamins in abundance for every member of her family. Both children and adults depend upon you for their food supply. It lies within your power to help them to health and happiness or condemn them to weakness, illness and sorrow. Do not fail them. See to it that every member of your household—your children, the wage earners, the middle aged and the elderly—get enough vitamins to afford them the health that science has placed within their grasp.

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What is the Cause of "Spider-Web Check"?

If not properly "fed" with a good oil polish, furniture in time develops what is known as "spider-web check!" This appears on the finish, like wrinkles on the human face—fine lines, spreading here and there in a spider-web pattern. This crazing, this light cracking, is known in furniture language as "checking" and "spider-web checking" better describes the condition. This is the danger-signal, on finish! It's the indication of "starving" wood! A warning to the housewife, that if the finish is not cared for immediately and properly, the furniture will develop cracks, ridges and splits. "Spider-web check" is generally the result of either one of the two causes: Polish-neglect—or the use of a poor, cheap polish—without the essential fine, light-oil base. When the furniture is periodically "massaged" with a reputable oil polish (the best is non-greasy), the pores of the wood are "fed" and the piece is preserved. Then "spider-web check" will not appear! The use of a quality oil polish is the best preventive formula for this ugly, detrimental check!

MORE WOMEN USE O-CEDAR POLISH THAN ANY OTHER KIND!

... because O-Cedar not only cleans as it polishes, but preserves your furniture—"feeds" the finish, prevents drying-out, cracking. Insist upon O-Cedar Polish, for furniture, woodwork and floors (with the famous O-Cedar Mop).



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