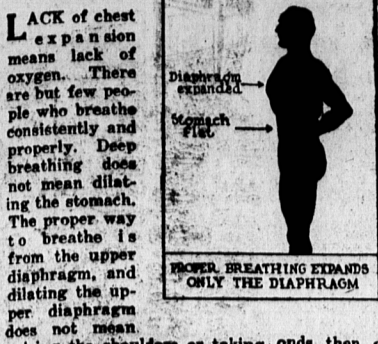


"Proper Food and Exercise," by ARTHUR A. McGOVERN Former physical director, Cornell Medical College.

How to increase your chest expansion



should avoid any physical strain. There are other exercises in breathing practice worthy of mention. When you awaken in the morning, lying flat on your back in bed, slowly take a deep breath, turn the palms upward, held for a few seconds then exhale, turning the palms downward.

LACK of chest expansion means lack of oxygen. There are but few people who breathe consistently and properly. Deep breathing does not mean dilating the stomach. The proper way to breathe is from the upper diaphragm, and distending the upper diaphragm does not mean raising the shoulders or taking inspirations which denote a physical strain.

If you ask the average person to take a deep breath, he will immediately throw his head back, bring his shoulders high and his abdomen forward. This method is accompanied by physical strain and should be avoided.

An excellent way to breathe is to stand by an open window, slowly take a deep inspiration, bringing the chest high, turning the arms so the palms face forward, and having the chin, chest and toes, on a perpendicular line. Then count five slowly, and exhale.

This exercise should be done in a relaxed way instead of a forced way, and in doing it you

When you are walking outdoors a good practice would be to take a deep breath as your left foot goes forward and exhale when the left foot goes forward again. It is surprising to notice the difference this makes in general posture in a very short time.

During the War I took charge of a great many recruits who had been rejected for lack of chest expansion and I was able by teaching them breathing exercises to increase their chest expansion from one to three inches within a month. By following these exercises you can increase your own chest expansion and improve your general health.

Diet for Adding Weight

BREAKFAST: A large bowl of cooked or raw cereal served with cream or milk, two tablespoonfuls of bran flakes and a moderate amount of sugar. Bran, corn or whole wheat bread and butter. Cocoa, chocolate or coffee substitute. Between breakfast and luncheon take at least two glasses of water and one glass of milk.

LUNCH: A cream soup. Dark bread with plenty of butter. At least three vegetables in season preferably creamed. Ripe bananas with plenty of cream. Cocoa, chocolate or coffee substitute. Between luncheon and dinner take one glass of water and one glass of milk at intervals.

DINNER: Broiled lean meat, fish or chicken. One vegetable. Salad. Rice or tapioca pudding or ice cream. Cocoa, chocolate or weak tea. Before bedtime drink one glass of water.

Mr. McGovern will answer your questions. © A. A. McGovern

Report of Women's Institutes, of Prince Edward Island

YORK.—Ten members met at the home of Mrs. Willard West where the September meeting of this Club was held. Roll call was answered with "My favorite P.ckle and how to make it." On motion, one-half the Grant was ordered to be refunded. The arranged programme was held over for a month, but the committee carried out a game which was greatly enjoyed. The next meeting will be held at the home of Mrs. George Watt.

PRIEST POND.—Institute held their October meeting at the home of Mrs. Cecelia McEachern and, six members and five visitors being present. The meeting opened in the usual manner, the Secretary reported \$3.23 expended for stove pipe, elbows and damper. There was further discussion re the hardwood floor in the school but no decision was reached. Miss Mathieson was present and gave a very interesting talk on Institute Work which was much appreciated. A dainty lunch was served by Miss McEachern after the meeting had closed by singing the National Anthem. The next meeting will be held at the home of Mrs. J. M. MacDonald and roll call will be answered with "Suggestions for Raising Funds."

NORTH RIVER.—Nine members and one visitor met at the home of Mrs. Spurgeon Warren where the October meeting of this Club was held. After the usual opening, roll call was responded to with "Riddles." The committee reported that plans were being made for the School. The close of the business meeting, piano selections were given and refreshments served.

FREDERICTON.—Institute held their October meeting at the home of Mrs. Howard Weeks with an attendance of ten members and one visitor who answered roll call with "My Favorite Book and Author." After reports from the School and sick Committees, it was decided to hold a Bean Supper and Entertainment in the Hall on November 4th, and a committee was appointed to arrange a Program. One new member was welcomed. The remainder of the evening was spent socially during which musical selections were furnished by Miss Irene Weeks and Roll call will be answered with "Jokes."

MURRAY HARBOUR.—The October meeting of this Club was held at the home of Mrs. J. J. MacKay with sixteen members and two visitors present. The meeting opened by singing of the Ode and repeating the Creed. Roll call was answered with "Favorite Feminine Name." Plans were made to hold a Hall-oween Box Social also a Thanksgiving Chicken Supper in place of the regular November meeting. To the latter each member is to bring her husband or friend.

BRUDENELL.—The regular monthly meeting of the Brudenell Women's Institute was held at the home of Mrs. Simon Nicholson on October 7th, eight members and four visitors being present. Following the Ode and Roll Call, the minutes of the previous meeting were read and approved. It was decided to ask the Supervisor to be present at the next meeting and lecture on Institute Work, the meeting to be held at the home of Mrs. Sydney MacLaren.

ST. PETER'S NORTH.—Institute held their October meeting at the home of Mrs. George Coffin at which nine members and three visitors were present. After the usual opening, roll was responded to with Conundrums and recipes. Miss Windsor, Assistant Supervisor was present and gave an interesting talk on Institute Work and how to make out meetings at tractive. A vote of thanks was tendered her by all present. This Institute will hold a Dance on the

10th. of November to raise funds for their club. Lunch was served after which the meeting adjourned. The next meeting will be held in the Schoolhouse.

EAST BALDIC.—Institute met at the home of Mrs. Robert MacGregor on October 18th, with an attendance of seven members and two visitors who answered roll call with "Jokes" and 5 cents. A committee was appointed to visit the school, after which an interesting programme was enjoyed consisting of reading and recitations by Mrs. Robert MacGregor, Miss Clara MacGregor, and Mrs. Theodore Robertson, and songs by Misses MacGregor, Ellsworth and Dixon. A very dainty lunch was served after which the meeting closed with the National Anthem. Next month the members will meet in the school-house and roll call will be answered with a recitation or reading with 5 cents.

LORNE VALLEY.—Six members and six visitors met in the school house on October 31st, where the regular monthly meeting of this Branch was held. The meeting opened in the usual manner and reports of different committees were submitted. It was decided to buy a new map for the school. The hot school lunch was a subject also under consideration, and means and ways of providing one are being undertaken. One new member was welcomed. After the business meeting adjourned, an enjoyable Halloween party was held. The next meeting will be held at the home of Mrs. A. C. McDonald.

FREELAND LOT II.—Institute held their November meeting at the home of Mrs. David Leard, thirteen members and twenty-four visitors attending. Roll call was answered with conundrums and the secretary reported proceeds from social held in September, \$28.25. The Secretary was then authorized to order eleven desks for the school. It was decided that the members themselves would fill the tops of the fence posts and paint same. The meeting closed with the National Anthem, the music being supplied by Miss Palmer and Mrs. Henderson. The next meeting will be held at the home of Mrs. John Miller.

NORTH RIVER.—The November meeting of this Club was held at the home of Mrs. John Moreside and was attended by twelve members who answered roll with readings and riddles. Miss Grace Dockendorf was appointed to see about getting platform screens made for the Hall. At the close of the meeting refreshments were served and a social hour enjoyed.

EMVVALE.—Institute held their October meeting at the home of Mrs. James Murray, fourteen members and one visitor attending. The meeting opened in a usual manner and roll call was responded to with "Don't for Sick." It was reported that \$19.32 were the proceeds from the Ice Cream Social held late in September. It was decided to place two new windows in the Hall, also to hold a Whist and Dance in the Hall in the near future, to be decided at the next regular meeting. Six new members were added. The next meeting will be held at the home of Mrs. Frank McQuaid, Wednesday, November 12th.

SEARLETON.—Eight members and five visitors met at the home of Mrs. Henry Calbeck where the November meeting of this Branch was held. The meeting opened in the usual manner, and a report was given of the recent concert, and also that all bills had been paid. It was decided to hold a concert, practises to start as soon as possible after Xmas. Mrs. Leard favored the members with some pleasing musical selections, and there was also some singing by other members.

EGMONT BAY.—The November meeting of this Institute was held at the home of Mrs. Azade Bernard, St. Philip, with eight members and three visitors attending. Roll call was answered by exchanging recipes. It was decided to deposit the money on hand in the Provincial Bank. Arrangements were made to hold a Whist Party at the home of Mrs. P. Bernard on Monday, the 10th. One new member was welcomed. The next meeting will be held at the home of Mrs. L. E. Sennault.

BRUDENELL.—Institute met at the home of Mrs. Sydney MacLaren on November 4th, with six members and two visitors attending. After the usual opening some discussion took place on the need of a new Black board in the school and it was decided to supply that need. One new member was welcomed. Lunch was served and a social hour enjoyed. The next meeting will be held at the home of Mrs. Foster Robertson.

CENTRAL, Lot 16.—The October meeting of this Club was held at the home of Mrs. P. H. Lyle, nine members and four visitors attending. The meeting opened in the usual manner with the hearing of committees and appointment of new ones. It was decided to hold a lecture and sale of odds and pies in the Hall, proceeds to be in aid of the new organ. The programme of the meeting consisted of contests and readings by Miss G. Cairns. The next meeting will be held at the home of the President Mrs. E. L. Millar.

O'LEARY.—Thirteen members and one visitor attended the October meeting of this Branch which was held at the home of Mrs. P. N. Pate. The meeting opened in the usual manner after which it was reported by the Egg Committee that two cases of eggs had been sent to the Protestant Orphanage also the sum of \$2.50. A large amount of new work was undertaken as follows: Mittens and a quilt for the Orphanage, a Halloween supper, proceeds from which are to pay of the debt on the fence around the Soldier's Monument, and a committee was appointed to see about a drinking fountain for the school. One new member was welcomed. The members will meet next month with Mrs. J. B. Champion.

If They're not They're Not COWAN'S MAPLE BUDS

The name COWAN is stamped on every MAPLE BUD.



St. Catherine's Institute held their November meeting at the home of Mrs. James MacFadyen, nine members and eleven visitors attending. The meeting opened by singing "Flow Gently, Sweet Afton," after which the minutes of the last meeting were read and adopted. A report from the sick committee was submitted, and a committee was appointed to prepare a program for an entertainment and bazaar to be held in December. Work was started on aprons and other articles for the bazaar. Lunch was served and the meeting closed by singing "Auld Lang Syne." The members will meet next month with Mrs. Ted Strutch.

SOURIS HIGH SCHOOL

The following is the Honor List of the Souris High School for the month of October, 1924.

PRINCIPAL'S DEPARTMENT

Grade X, Senior—1 Gordon McLean, 2 Donald Adams, 3 Trenton Creamer.
Grade X, Junior—1 Marshall Paquet, 2 Roy White, 3 Jack Brennan and Lloyd Stewart, (equal).
Grade IX—1 Mary Poole and Geo. Cheverie, (equal), 2 Elizabeth McDonald and Celia Dingwell (equal), 3 Olga White.

MISS PAQUET'S DEPT.

Grade VIII—1 Irene Buffett, 2 Kenneth MacDonald, 3 Edward MacDonald.
Grade VII—1 Eugene Lewis, 2 Hudson Poole, 3 Sammy Horne.

MISS ST. JOHN'S DEPT.

Grade VI—1 Gladys McKenzie, 2 Roy Leard, 3 Vernon Fraser and Angus Paquet, (equal).
Grade V—1 Lucretia McKenzie and John Denny, (equal), 2 Doris Lochart, 3 Bertha Poole.

MISS MCKENZIE DEPT.

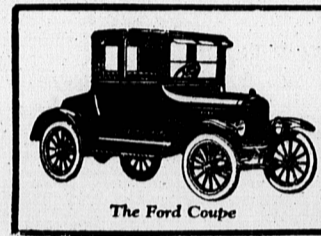
Grade IV—1 Willie Acorn, 2 Doris McDonald and Ernest Cheverie,

(equal), 3 Alfred Mourant.
Grade III—1 Edward Moynagh, 2 Elsie Gillan, 3 Jessie Bushy.

MISS HUGHES DEPT.

Grade II—1 Esther Gillan, 2 Frank Madore, 3 Largas Paquet.
Grade I—1 John Creamer, 2 Joseph Grant, 3 Billy Moynagh.
A. L. ADAMS Principal.

Motorist: "Yes, it took me about six weeks' hard work to learn to drive my machine."
Pedestrian: "And what have you for your pains?"
Motorist: "Liniment."



The Ford Coupe

Wear and Tear

Twenty years of usage under every condition of the climate and road has established beyond question or argument one great outstanding feature of Ford superiority—strength.

In winter driving, no feature is more important, strength to withstand the strains of heavy driving in drifted snow and on rutted roads, strength to resist the wear and tear of many gear changes and sudden brakings in congested traffic, strength to defy the daily gruelling month after month, year in year out, to endure where other mechanisms fail.

There is no substitute for strength in a car. Too much depends upon it. The Ford's resistance to wear and tear has become a tradition.



CARS TRUCKS TRACTORS

Orphanage Campaign

(Continued from Page 2)

Collected by Stirling and H. J. McKay

Guy Millar	5.00
Ira D. McKay	5.00
Mrs. James D. McLeod	2.00
Hugh Campbell	1.00
John A. Brown	2.00
James M. McLeod	2.00
Mrs. Annie McKay	2.00
J. Stanley Brown	1.00
Bruce McKinnon	3.00
H. L. Dunning	2.00
Total	\$24.00
New London Total	\$112.75

ST. PETERS BAY

Per Mrs. A. Rattray and Mrs. Geo. Coffin

Eben McCallum	5.00
A Friend	.25
Rev. J. M. McLeod	10.00
Mrs. Albert Quigley	1.00
Mrs. Eddie Quigley	.50
Miss Annie Porter	.25
A Friend	.25
Mrs. Gordon Sanderson	.50
Walter Hayden	1.00
Total	\$18.75

BRISTOL, LOT 40

Per J. W. McEwen

Anonymous	10.00
Mrs. Ruben Drake	.50
J. W. McEwen	1.00
Victor McEwen	1.00
Total	\$17.50

PETER'S ROAD

Per Mrs. Fred Johnston

Amon Acorn	.50
Randall McDonald	1.00
Fred W. Johnston	6.00
Geo. McDonald	.25
J. L. McKinnon	1.00
Mrs. John I. McDonald	2.00
Wm. B. Hicken	2.00
John A. McSwain	.50
Artemas McSwain	1.00
Total	\$13.25

Grand Total \$2,074.15

IS YOUR NON-FREEZING MIXTURE A CAR-WRECKER?

The maker of your car advises against careless use of non-freeze mixtures of unknown ingredients. They strongly recommend denatured Alcohol for your Cooling System.

Maple Leaf denatured Alcohol is of highest standard quality. It will keep your car from freezing at all temperatures.—It will keep the entire cooling system clean, permitting freest possible circulation.—It will protect you from having to pay bills for repair of damage caused by corrosion.

Mixtures of Maple Leaf denatured Alcohol and water can be tested for correct freezing resistance at any time, where the "Maple Leaf" sign is displayed.

Is economical and easy to use. Sold by leading garages, service and filling stations. Insist on having it.

Correct Winter driving preparation
Empty and flush the radiator and cooling system and see that there are no leaks.
Tighten or renew the hose connections.
Tighten the gaskets.
Put fan and belt in good order and renew belt if necessary.
Do not run car with radiator cover or cardboard in front.
Allow a free flow of air to the fan at all times.
Then with Maple Leaf Brand denatured Alcohol in your radiator—your car is completely protected.



BAGS!

Flour Bags, in lots of 1000 to 100,000. Second hand, 96 lbs., clean, no holes. Feed Bags. Sugar Bags. Potato Bags. Heavy twilled 4-bushel Bags. We offer them all at lowest prices. Satisfaction guaranteed.

Write—or wire collect for quotations. THE CITY BAG COMPANY. 873 Colonial Avenue, Montreal, Que.