



A HAPPY FAMILY

Paul Whiteman, the famous conductor, who is now making a tour of Canada with his orchestra, is shown with Mrs. Whiteman and Paul Whiteman, Jr.



Captain: "You seem to be taking it pretty badly." Passenger: "Yes, confound you, why can't you alter your wavelength?" —London Opinion.

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

Proper breathing means better health

MANY people take breaths that are too short, while those who have deliberately set themselves to breathing by rule, without proper instructions, are very apt to breathe too deeply. I have known some who acquired the habit of lower diaphragm breathing. This presses the stomach out and down and has a tendency to narrow the chest. People who get little exercise are very apt to take short breaths.



Inhale and Exhale with left Foot Forward.

yourself breathing regularly in a normal way. As you put your left foot out, take a good, deep inhalation, one that raises the chest but does not force the stomach out. Exhale as your left foot comes forward a second time. This method of breathing should be followed regularly at least twice a day for periods of ten to fifteen minutes at a time.

Most men of middle age should breathe more deeply than they do, but this does not mean that one should breathe as deeply as he can. In proper breathing one does not take a consciously long nor a consciously short breath. Proper breathing is known as upper diaphragm breathing, that is, it is from the upper chest. Take your breath slowly, and notice that your chest rises and your stomach comes in. If you continue to inhale beyond a certain point, you will notice that your stomach goes out, which shows that you are breathing from the lower diaphragm—a habit you should not cultivate. If the exercises I give below are practiced conscientiously for a few weeks when you are walking, you will probably find

The following breathing exercises are for use in the home: Stand with feet parallel, chin, chest, and toes in a straight line, hands at the side, palms back. Breathe in slowly, turning palms forward. When the lungs are fully dilated, count five slowly. Then exhale, turning palms back. Count five before inhaling again. From ten to fifty times. It is a good practice to do breathing exercises just after waking, while lying in bed in the morning. This is the method: Flat on your back. Palms down to start. Deep, slow inhalations. Raise chest high, bringing abdomen in and turning palms up, while keeping the shoulders to the bed. Hold until you have counted five. Exhale. Count five. Then inhale, and so on. Ten to fifty times.

A Diet That Is Mildly Laxative

BREAKFAST: Apple, small orange or a half a grapefruit. One or two eggs. Thin toast dry or very lightly buttered. Coffee substitute. LUNCHEON: Vegetable soup (no creamed soups), Rye bread, bran bread or bran biscuits, or graham rolls, thinly buttered (one small pat only). Lettuce and cheese salad or lettuce and tomato or fruit salad, French dressing. DINNER: Moderate helping of any roast or lean meat or non-fat poultry or fish. Baked or boiled potato. Any bulky vegetable (as lettuce, Swiss chard, parsnips, carrots, turnips, celery, oyster plant, cabbage, Brussels sprouts, tomatoes, salsify, Spanish onions, spinach). Fruit dessert-grapefruit cocktail, oranges or stewed fruits. Drink at least eight glasses of water daily.

Mr. McGovern will answer your questions. Send them to the editor of this newspaper. © A. A. McGovern

WOMEN COMMIT FEW CRIMES

(Canadian Press) VANCOUVER, B. C., Oct. 3.—The recent commutation of the death sentence passed on Mrs. Catherine Tratch for the murder by strychnine of her husband at Fish Creek, Sask., draws attention to the fact that very few murders have been committed by women in Canada, and also that only in exceptional cases has the extreme penalty of the law been carried out. In fact, the execution at Fort Saskatchewan, Alberta, last year of the female accomplice of Picariello, the Blaimore bootlegger, for the murder of Sgt. Lawson of the Alberta Police, is the only case where the law has been allowed to take its course in the case of women murderers for very many years.

Countess Ludwig Salm-Von Hoogstraten Has a Son

(Special to Guardian) NEW YORK, Oct. 3.—Countess Ludwig Salm-Von Hoogstraten, formerly Miss Millicent Rogers, today was reported as doing well following the birth of a son in a private hospital Saturday afternoon. Count Salm-Von Hoogstraten, to whom Miss Rogers was married last January, now is in Europe. He has been estranged from his wife since last May, four months after they were married, against the wishes of Miss Rogers' parents.

Young Girl Ends Life By Drowning

(Canadian Press) NEW WESTMINSTER, B. C., Oct. 1.—The body of Mary Agnes Ritter, a student at St. Ann's Academy, was found floating in the Fraser River on Sept. 12. The girl who was between 14 and 15 years old, came from Juneau, Alaska, where her parents live, and in addition to receiving instruction at the convent did some housework here. At noon on Sept. 12, according to sisters from the convent, the girl walked out of the building with the words that she would do any more housework in a leisurely way she strolled to the New Westminster Bridge. One of the men working there called out: "You're liable to get wet if you stay there." They did not catch the mumbled reply, and the next moment saw that she had disappeared in the waters. One of the men made a heroic but vain attempt at rescue.

Women's Voters On The Rampage

(Canadian Press) VANCOUVER, B. C., Oct. 3.—"Racing as a social, moral and economic blunder," said Mrs. Mary Ellen Smith, member-elect. "It is neither bringing a good class of citizen here nor good Canadian horses. Business suffers as the money goes out of the country. As the Provincial Government's hands are tied up, I advise you to take the matter up with the Prime Minister and Dr. King, Federal Minister of public works, and see if they cannot do something to curtail what is today a menace to our community." This statement was made at a largely attended and representative meeting of all the social, fraternal, church, club and commercial organizations here, called to assist in curtailing horse-racing. When the Premier arrives he will be petitioned to carry out the wishes of the joint meeting. It was conveyed by the Women's Voters League, the chairman characterizing racing in the city as "an octopus with its tentacles fastened on the social life of this community."

The Growing Girl

Requires a Mother's Constant Care and Watchfulness In their early teens it is quite common for girls to outgrow their strength, and mothers should carefully watch the health of their daughters at this time, for it is when strength is sapped by too rapid growth that anaemia develops. The first signs may be noticed by peevishness, languor and headaches. The face grows pale, breathlessness and palpitation follow, with low spirits. At the first symptoms of anaemia mothers should act at once. Neglected anaemia often leads to decline, but if you see that your daughter's blood is enriched there need be no cause for anxiety. The finest blood enricher ever discovered is Dr. Williams' Pink Pills. The pure, red blood created by these pills will quickly banish all signs of anaemia. They will build up your girl's health and ensure her a robust girlhood. Give your daughter a course of Dr. Williams' Pink Pills now. Make her strong like thousands of girls and women throughout Canada who have been rescued from the clutches of anaemia by Dr. Williams' Pink Pills. You can get Dr. Williams' Pink Pills through any dealer in medicine, or by mail at 50c a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Canadian Pacific Man Gets Relief From Nervous Indigestion.

(Canadian Press) "The best of health and a gain of 38 lbs. in weight is what the Tanlac treatment has brought me and of course I am strong for it," is the remarkable statement of Henri Brunelle, a well known painter for the Canadian Pacific Railway, who lives at 868 Cartier St., Montreal, P. Q. "Nervous indigestion and loss of appetite had pulled me down from 190 to 156 lbs and my energy and stomach went down in proportion. After eating I suffered from gas and cramping spells, couldn't sleep nights, was easily tired out and felt all in. "Other medicines did me no good, but Tanlac was different and has me my every need. I have a wonderful appetite, eat what I want, sleep well and feel fine. I can tell the world, Tanlac is great." Tanlac is for sale by all good druggists. Accept no substitute. Over 40 Million bottles sold. Tanlac Vegetable Pills recommended by the manufacturers of TANLAC.

Bumper Crop From Seed Taken From Egyptian Tomb

(Special to Guardian) TACOMA, Wn., Oct. 3.—F. W. Johnson, a farmer near Morton, Washington, has just harvested a bumper crop of wheat that he claimed came from seeds taken from an Egyptian tomb. Mr. Johnson says he got the seeds four years ago, and this year the increase was enough to plant 15 acres. He has just finished harvesting the crop which netted 729 bushels or an average of 48.6 bushels to the acre.

For Solution Of Mosul Dispute

(Canadian Press) GENEVA, Oct. 3.—Notable progress towards a settlement of the Mosul controversy was made in the council of the League of Nations today when representatives of both Turkey and Great Britain agreed to accept the appointment of a special committee of three persons who will collect all available information on the Mosul question and will submit to the council at a later date their suggestions as to the best means of solving the problem.

Franciscans Hold Parade

(Canadian Press) LONDON, Oct. 3.—Not since Geoffrey Chaucer's pilgrims passed beneath the city gates of ancient Canterbury has a stranger pilgrimage than that which took place the other day in celebration of the 700th anniversary of the coming of the Franciscans to England. A Cardinal in scarlet robes walked in procession through the streets. Behind him were two mitred bishops of the Church of Rome, and then a long file of Franciscans in their brown cowled robes, with sandalled feet and shaven crowns, Dominicans in black and white habits, Capucines, Benedictines, white-coiffed nuns in flowing robes of black and grey, and a great following of the laity from all parts of England. Before the Cardinal walked white surpliced acolytes, one of whom bore aloft a great silver crucifix. They chanted as they walked, and the sun, filling the streets with light and shadow, invested the spectacle with an illusion of mediæval splendor. On arrival the pilgrims, numbering about 700, proceeded to the Catholic church of St. Thomas, where Mass was celebrated by the Bishop of Brentwood in the presence of Cardinal Bourne. A civic welcome was accorded by the Mayor of Canterbury. From the church the pilgrims marched to the ruins of the old Franciscan Friary, where seven centuries ago the Little Brethren of St. Francis found a haven in a spectral land. In this perfect setting of old brick walls, framing one of the loveliest gardens in England, a solemn Te Deum was sung.

CATS' FUR

(Special To The Guardian) PARIS, Oct. 3.—Paris has discovered the decorative qualities of pussy's fur. Madame's winter coat will be lined and trimmed with the hum. Tom, Wholesale slaughter has taken place among the designers of the roof tops. Thousands have died in the cause of beautifying the fair sex. There are sumptuous cloth and velvet wraps that are lined throughout with tabby cat. Many other skins are utilized for panels and trimmings, and the latest novelty is to have them cut out into all kinds of original designs and applied on the ecloth in the form of flowers and geometrical designs.

Family Departed After Nine Years

(Special To The Guardian) BOSTON, Oct. 3.—Even J. E. Halgras, his wife and his daughter, who after living nine years in Quincy failed to obtain admission to this country when returning from a visit abroad, are on their way back to Sweden under deportation orders, while friends are attempting to have the case reopened. A son is a business man in Quincy and another daughter, who was born in this country, lives with him. Senator Lodge was among those who attempted to have the New York port authorities reverse their decision denying the Halgras ad-

BUILDING ON THE DECREASE

(Canadian Press) OTTAWA, Oct. 3.—The value of building permits issued in Canadian cities has shown a steady and large decline since 1922. That year, however, showed an extraordinary high amount, compared with 1921. A report of the Bureau of Statistics which has just been made public shows that for the first eight months of 1924 the value of building permits issued in 56 Canadian cities was \$78,487,887 compared with \$94,737,438 for the January-August period in 1923, and \$103,689,217 in 1922, and \$76,245,999 in 1921. Therefore the value of these permits issued during the January-August period was a decrease of 17 per cent over 1921.

Japan Will Not Intervene In Chinese War

(Special To The Guardian) TOKIO, Oct. 3.—Japan will continue its policy of non intervention in the Chinese Civil War according to General Itami Chief of the Intelligence Bureau of the general staff. Resolutions passed by the Koseikai party advocating Japanese intercession are expected to have little effect. The charge so many Americans make that Japan is trying through Chang Tso Lians to ascendancy to control the central power in China is based upon ignorance Itami said.

Sydney Steel Works Will Keep Staff

(Canadian Press) SYDNEY, N. S., Oct. 3.—That the present working force of over 1300 men will be carried on at Sydney steel plant throughout the balance of the present year was the announcement made today by J. C. McClurg, vice president of the British Empire Steel Corporation. "These men are practically all engaged in repair work and when they have completed renovations we have in hand Sydney will be in shape to take care of any business offered," declared Mr. McClurg.

C. B. and N. S. Mines To Be Kept Busy

(Canadian Press) SYDNEY, N. S., Oct. 3.—The Dominion Coal Co.'s mines in Cape Breton will operate at almost 90 per cent capacity during the month of October, and Scotia mines will be operated to greater extent than during the month of September, so J. E. McClurg, vice-president of the B. E. S. announced today.

Montreal To Have Another Paper

(Special To The Guardian) MONTREAL, Oct. 3.—A new French afternoon newspaper which is to be the mouthpiece of the Conservative party in the province of Quebec, will make its appearance in Montreal on January 2. The paper is the initiative of Minister in the light government announced in the convention address at the Cartier-Macdonald Club, on Saturday, Mr. Monty said that for years he had urged the establishment of a party daily as the best means of making Conservative principles known, and he was happy to announce that sufficient assurance of support had been received to permit of the publication, beginning January 2, of an official party organ.

Awarded For Ill Effects of Hair Tonic

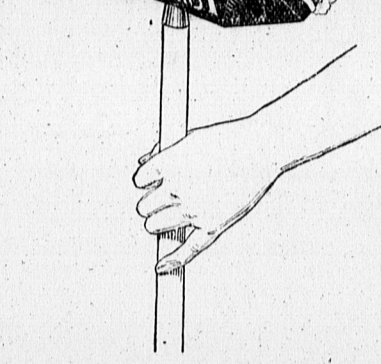
(Canadian Press) TORONTO, Oct. 3.—Mrs. Blanche Friend was awarded \$563 by Judge O'Connell in her action against a local druggist for injuries suffered following the use of hair tonic purchased from that firm. She claimed that the tonic blistered her face and scalp and that she was ill for weeks as a result of using it. Mrs. Friend sued for \$613. The judgment awarded her \$163 for medical attention and \$400 for suffering and personal discomfort. Referring to the contradictory story of the plaintiff and the clerk, the judgment points out that it was reasonable to assume Mrs. Friend would, under the circumstances, want to be assured that the tonic contained no bichloride of mercury.

Family Departed After Nine Years

(Special To The Guardian) BOSTON, Oct. 3.—Even J. E. Halgras, his wife and his daughter, who after living nine years in Quincy failed to obtain admission to this country when returning from a visit abroad, are on their way back to Sweden under deportation orders, while friends are attempting to have the case reopened. A son is a business man in Quincy and another daughter, who was born in this country, lives with him. Senator Lodge was among those who attempted to have the New York port authorities reverse their decision denying the Halgras ad-

JOHNSON'S LIQUID WAX MOP

The New Labor Saving Device for Applying JOHNSON'S POLISHING WAX



This small, compact lambs wool mop is a great time and labor saver. It enables you to have beautifully waxed floors without getting down on your knees to apply the wax. It spreads a thin, even coat of wax, which is easily and quickly brought to a beautiful polish.

Just pour a small amount of wax on the mop, or, if using a large container, dip the mop lightly into the wax. Apply to the floor with a natural mopping motion, being sure to spread the wax well. With this mop you will find it easy to avoid baseboards and furniture. Allow the wax to dry and then polish the floor with a Johnson Weighted Polishing Brush.

The piece of lambs wool can be removed and washed in soap and hot water—dry on the mop to prevent shrinking. New pieces of lambs wool can be obtained from us.

A clean, dry piece of lambs wool on the mop converts it into a fine polisher for small areas or a splendid floor duster.



Johnson's Polishing Wax is the most satisfactory finish for all kinds of floors—wood, linoleum, tile or composition. It not only beautifies, but protects and makes floors easy to care for, giving a hard, sanitary, dustless surface.

Johnson's Liquid Wax is the ideal furniture polish. It cleans, covers up small mars and scratches, prevents checking and adds years to the life of the original finish. It produces a velvety lustre of glass-like hardness to which dust will not cling and that finger prints, hot dishes and water will not mar.

Insist on JOHNSON'S POLISHING WAX and LIQUID WAX MOP There is no substitute for this floor polishing outfit!

For Sale at all Good Stores S. C. JOHNSON & SON, Ltd., BRANTFORD "The Wood Finishing Authorities" Winnipeg Toronto Montreal

"STONE AGE" COMES BACK IN REMOTE RUSSIAN REGIONS

RIGA, Oct. 3.—There are people in Russia today living in a "stone age" all their own, according to reports of Professor Leon Tann, a Russian ethnologist, which have been received here by Latvian authorities. Professor Tann recently completed a tour of the wilds of Russia and it was in the Jaroslav district that he found the peasantry utilizing stone for implements of numerous kinds for every day usage where originally metal is now used. Lack of iron and steel was attributed as the reason for this backward step, but Prof. Tann was of the opinion that this stone work of today was far superior to the stone implements turned out by some thousands of years ago. The hatchets and axes of stone made by the Jaroslav natives were particularly well done and serviceable. In the district of Orlov, Prof. Tann found several communities where the natives virtually live without clothing of any kind all summer, and in winter hibernate within their huts and dens, and exist on potatoes, dried fish and dried watermelon rinds. There's night and day, but there's no sun, moon and stars all sweet things. There's likewise a wind. Life is very sweet! Who would wish to die?



SIR HARRY LAUDER PUTTING THE SHOT The Cowal Highland gathering was attended by Scottish people from all parts of the world. There is a lot of pep in Sir Harry Lauder yet, as is evidenced by his vigorous windup before putting the shot.