

HOW TO BE HEALTHY
By LILLIAN LEITZEL
World's Greatest Aerial Gymnast
EXERCISE AND GOOD HEALTH



These exercises aren't suggested merely for those who think they are too fat and want to reduce. They aren't meant for persons who want to become professional acrobats. They are meant for every man, woman and child who wants to be healthy. Properly applied they will make for health, beauty and longevity. They will make for red cheeks and healthy color from the inside, not from the outside. No matter what you do, do it as an exercise. Be it walking to the store, do it with swank and swing. Shoulders back, head up, chin in. Be it sweeping, do it with shoulders back, head erect and stork swing. Be it hanging on a strap in a crowded street or sub-

way car, pull up on it, as I do on my rings in the arena. Little equipment is necessary to get the proper exercise. Jumping the rope, climbing, throwing a basketball and punching the bag strengthen the muscles and develop circulation and grace. It is the spirit that counts, not the trimmings. My mother is past 87. Yet she is lithe and graceful enough to do a turn in the circus. Her health is perfect. Her secret: exercise. No strict rules of abstinence need be laid down. If perchance you like smoking, smoke, but not to excess. Don't let the faddist worry you. Act as you please, healthfully and with vim, and you'll never have to worry about dieting, daily dozens or any of the other bans which make so many persons' lives miserable.

READY TO DISSOLVE N.F.L.D. LEGISLATURE

Election in Ancient Colony Last of May or First of June

St. John's, Nfld., April 25.—Sir William Allardice, Governor of Newfoundland, has assented to the request of Premier Warren for a dissolution of the local Legislature which was summoned to meet for business only yesterday. Writs will be issued for a general election within a couple of days, and a poll will be taken during the last week in May or the first week in June. The indications at present are for a three-cornered fight with the Warren party and the Opposition party in the field, and a third organization, headed by Sir Richard Squires, figuring in the fight. At the dissolution of the House the standing of the parties was Warren Government party, 18 members, Opposition party, led by Sir Michael Cashin, 18 members, and insurgent group, led by Sir Richard Squires, five members. The dissolution of the General Assembly of Newfoundland after only the opening ceremonies of the first session had been concluded is due to the defeat yesterday of the Warren ad-

ministration on a no-confidence motion by a majority of one vote.

SIX GRADUATION DATE

At a special meeting of the Board of Commissioners of the General Public Hospital yesterday afternoon the report of the training school board was received and it was decided to

Indigestion Gas On Stomach Pains After Meals

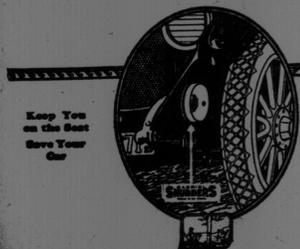
Many people suffer terribly from gas and pains in the stomach after every meal, and are kept in constant misery. For the past 44 years Burdock Blood Bitters has been bringing hope and joy to thousands suffering from various forms of stomach trouble, helping them to eat three square meals a day, helping them to eat anything they wish, without having to suffer for it after. Mr. Fred Nielson, Moose Jaw, Sask., writes:—"All last summer I was troubled with stomach trouble and indigestion, and also gas on the stomach. I could not eat anything except some light food and even then I would be bothered with pains after each meal. I could not work a whole day without being done out. I had tried everything—doctors, medicines and pills, until I read about Burdock Blood Bitters. I have taken four bottles and it has nearly, if not completely, restored me to health again." Manufactured only by The T. Milburn Co., Limited, Toronto, Ont.

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hold the graduating exercises for the 1924 class of nurses on May 12. Mrs. J. V. McLellan and Alexander McMillan, were appointed to have charge of the arrangements for the exercises. The class numbers 26 or 27 and is the largest in the history of the hospital. Those present at the meeting were M. E. Agar, president, Hon. Dr. W. F. Roberts, Mrs. J. V. McLellan, J. King Kelley, K. C., and R. H. Gale, superintendent.

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IS HELD



Mrs. Mary K. Eggleston of Larned, Kas., hired a detective, thinking him an underworld character, to kill Mrs. Laura Eggleston, her dead husband's first wife,



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and David Ely, prosperous Larned man, charge authorities who arrested her. Under the will of the dead husband the first wife shared in his \$300,000 estate. Ely until re-

cently had been a friend of Mrs. Mary K. Eggleston and, he told authorities, made a will leaving her \$50,000. Mrs. Eggleston, who is free on bail, charges the whole affair is a blackmail attempt.

ADVANCED IN ARMY.

Word was received yesterday of the promotion of Captain W. G. Friend and Mrs. Friend of the Brindley street corps of the Salvation Army to be Ensigns. The promotion order came from Commissioner Rowton, head of the Salvation Army in this territory.



Why it Pays to Insist Upon Gum-Dipped Cords

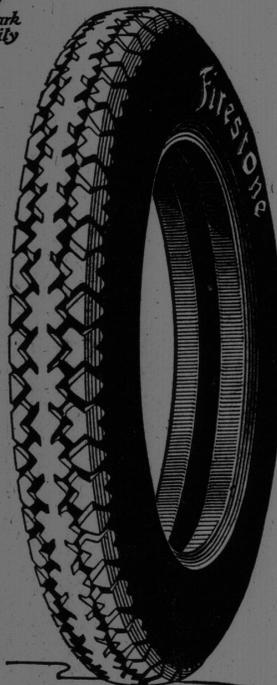
Tires look much alike before they go on your car. But tires do not wear alike. It is the things you cannot see—the hidden values—that determine tire life and ultimate cost.

You can make sure of obtaining a tire that wears better and so costs the least in the end by insisting upon Gum-Dipped Cords. Gum-dipping insulates each cord with pure, live rubber—prevents wear by keeping the cords from rubbing against one another.

Firestone Cords are gum-dipped. It is this Firestone process that multiplies mileage and noticeably reduces tire costs in a single season.

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Firestone GUM-DIPPED CORDS

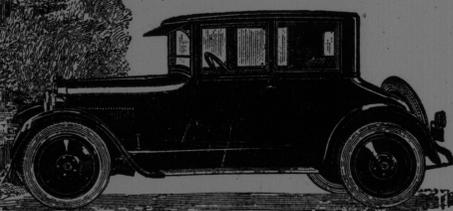
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