

$$\begin{aligned}
 (1) I_n - I_{n-1} &= (-1)^n \int_0^{\frac{\pi}{4}} \frac{x \cos(2n-1)x}{\cos x} dx - (-1)^{n-1} \int_0^{\frac{\pi}{4}} \frac{x \cos(2n-3)x}{\cos x} dx \\
 &= (-1)^n \int_0^{\frac{\pi}{4}} \frac{x \{ \cos(2n-1)x + \cos(2n-3)x \}}{\cos x} dx \\
 &= (-1)^n \int_0^{\frac{\pi}{4}} \frac{x}{\cos x} 2 \cos \frac{4n-4}{2} x \cos \frac{2}{2} x dx \\
 &= 2(-1)^n \int_0^{\frac{\pi}{4}} x \cos(2n-2)x dx \\
 &= 2(-1)^n \int_0^{\frac{\pi}{4}} x \left\{ \frac{\sin(2n-2)x}{2n-2} \right\}' dx \\
 &= 2(-1)^n \left[x \frac{\sin(2n-2)x}{2n-2} \right]_0^{\frac{\pi}{4}} - 2(-1)^n \int_0^{\frac{\pi}{4}} \frac{\sin(2n-2)x}{2n-2} dx \\
 &= (-1)^n \frac{1}{n-1} \frac{\pi}{4} \sin \frac{n-1}{2} \pi - (-1)^n \frac{1}{n-1} \left[-\frac{\cos(2n-2)x}{2n-2} \right]_0^{\frac{\pi}{4}} \\
 &= (-1)^n \frac{1}{n-1} \frac{\pi}{4} \sin \frac{n-1}{2} \pi + (-1)^n \frac{1}{(n-1)^2} \frac{1}{2} (\cos \frac{n-1}{2} \pi - 1)
 \end{aligned}$$

$$\begin{aligned}
 \cos(\alpha+\beta) &= \cos \alpha \cos \beta - \sin \alpha \sin \beta \\
 + \cos(\alpha-\beta) &= \cos \alpha \cos \beta + \sin \alpha \sin \beta \\
 \hline
 \cos(\alpha+\beta) + \cos(\alpha-\beta) &= 2 \cos \alpha \cos \beta \\
 \alpha+\beta &= A \quad \alpha-\beta = A \\
 + \alpha-\beta &= B \quad - \alpha-\beta = B \\
 \hline
 2\alpha &= A+B \quad 2\beta = A-B \\
 \alpha &= \frac{A+B}{2} \quad \beta = \frac{A-B}{2} \\
 \cos A + \cos B &= 2 \cos \frac{A+B}{2} \cos \frac{A-B}{2}
 \end{aligned}$$

$$(2) I_3 - I_2 = (-1)^3 \frac{1}{2} \frac{\pi}{4} \sin \pi + (-1)^3 \frac{1}{4} \frac{1}{2} (\cos \pi - 1) = -\frac{1}{8}(-2) = \frac{1}{4}$$

$$I_2 - I_1 = (-1)^2 \frac{\pi}{4} \sin \frac{\pi}{2} + (-1)^2 \frac{1}{2} (\cos \frac{\pi}{2} - 1) = \frac{\pi}{4} - \frac{1}{2}$$

$$I_1 = - \int_0^{\frac{\pi}{4}} \frac{x \cos x}{\cos x} dx = - \left[\frac{x^2}{2} \right]_0^{\frac{\pi}{4}} = -\frac{\pi^2}{32}$$

$$\therefore I_3 = \frac{1}{4} + I_2 = \frac{1}{4} + \frac{\pi}{4} - \frac{1}{2} + I_1 = -\frac{\pi^2}{32} + \frac{\pi}{4} - \frac{1}{4}$$