

THE EVENING TIMES AND STAR, ST. JOHN, N. B., FRIDAY, OCTOBER 28, 1921

Lesser's Great Opportunity Sale

of Ladies' Ready-to-Wear for 4 Days Only—Starting Thursday, Friday, Saturday and Monday Only

It is many months since we have advertised a bargain sale in dresses. Why? We could not get the merchandise we wanted. Our buyer while in Montreal purchased the full stock of dresses of one firm, in liquidation, of 1,000 dresses, in silks, Canton Crepes, Crepe-de-Meteor, Crepe-de-Chenes, Serges and Tricotines, at a great bargain. These are going to be sacrificed to you at prices unheard of.

EVERY DRESS REDUCED 30 P.C. TO 60 P.C. LESS THAN ITS VALUE.

NO EXCHANGES

NO APPROVALS

NO CREDIT

Lot No. 1—
60 Silk Dresses in blue, brown, taupe, black and other shades, sizes 16 to 42. Values up to \$26.00. No alterations on these dresses. Opportunity Sale Price \$12.95

Lot No. 2—
100 Silk Dresses, very neatly trimmed with beads and embroidery. These dresses are the pick of the bunch, and prices that they are given away for. Regular values up to \$30.00. Opportunity Sale Price \$14.95
All other Silk Dresses 1-3 of Regular price.

Lot No. 3—
25 Crepe-de-Chene Dresses in blue, green, brown, black, taupe, grey. Former values up to \$35.00. Opportunity Sale Price \$17.50

Lot No. 4—
70 Georgette Dresses, in beaded and embroidered. Regular values up to \$50. Opportunity Sale Price \$19.50

Canton Crepes, each one exclusive in style and quality; the very newest of our Fall and Winter stock, 25 p.c. off regular price.

Lot No. 5—
37 Jersey Dresses, in blue, brown, taupe and other shades. Regular price \$25.00 to \$40.00. Opportunity Sale Price \$9.95

Lot No. 6—
70 Serge Dresses, in blue, black, brown and Burgundy. These dresses value run to \$24.00. Opportunity Sale Price \$12.95

Lot No. 7—
All-wool Serge and Tricotine Dresses in blue and black; sizes 16 to 42. All the choicest. Regular \$25.00 to \$30.00. Opportunity Sale Price \$18.75
All other cloth dresses less 1-3 off regular price.
SPECIAL—25 Silk and Serge Dresses. Opportunity Sale Price \$6.00

Ladies' Furs
Raccoon, Opossum, Sable, brown and taupe; Wolf Stoles-and sets, 1-3 off regular price.

Ladies' Coats
Plain all wool trimmed coats from \$14.00 to \$25.00. Fur trimmed coats from \$20.00 to \$65.00.

Plaid Skirts
\$15.00 plaids, \$10.00; \$12.00 plaids, \$9.00; \$10.00 plaids, \$7.00.
50 Cloth Serge Skirts. Regular to \$16 value. Opportunity Sale Price \$5.95

Ladies' Raincoats all reduced 1-2 price off regular price.

Mail
Orders
Filled

Phone M 2909

BE AMONG THE MORNING SHOPPERS. YOU WILL HAVE MORE TIME FOR SELECTING
Alex. Lesser's, 210 Union St.
OPEN MONDAY, FRIDAY AND SATURDAY EVENINGS

OPPOSITE
OPERA HOUSE

INSTRUCTION ADDS TO PUPILS' WEIGHT

Experiment in Akron School
Shows Value in Lessons on
Food and Nutrition—Better
Health Results.

An experiment in teaching graded lessons on food and nutrition to ascertain whether improvement in the physical condition of children could be produced through the medium of instruction alone has been carried on in a school in Akron, Ohio, and the large percentage of gain above normal made in some cases indicate that instruction alone resulted in better health and improved living conditions. The only extra food given to the children was one-half pint of milk and this was given only to the children at the beginning of the experiment. All the children in the school were weighed and measured and it was found that of the 1,011 children examined 88 per cent. were under weight, and of this number 91 per cent. were more than 10 per cent. under weight. Lessons were prepared and taught in each grade by a special teacher trained in dietetics. After a month of such instructions each child was weighed, and at the close

of the second month it was found that 67 per cent. of the whole underweight group had made some gain, varying from one-half pound to seventeen pounds. With the smaller children the food and dietetic facts taught were simple and entirely within the comprehension of the child. Foods were classified according to their use in the body and the names of all foods coming in each class were learned through games, stories and colored food pictures cut from magazines. After they had learned to classify foods the students were taught to build up simple, well-balanced meals on the classification learned. Other children were instructed through other interesting devices. After learning to plan meals with regard to food nutrients they were taught to check up their menus for caloric quantities.

The parents were all called together after a two months' period and the details of the plan were explained to them by the dietitian. The results so far attained were told and with groups of children demonstrations of methods of instruction were given. The sixty children having the largest underweight percentages and who had not shown satisfactory gains were then examined in the presence of their parents. The parents were then told what the average weight for height and age should be, and received a health card to record the health habits of the child for a week. A complete diet list, number of hours' sleep, deep breathing, tooth brushing and other minor habits were to be recorded to these cards.

In this way Miss Amy Parker, house demonstration agent in Akron, wrote in a report to the School Life Department of the Department of the Interior, at most every mother took an interest in

the health campaign. "We never sit down at the table without having the question arise as to whether we are having the right thing to eat or not," one enthusiastic mother wrote to Miss Parker.

Six open air centres have now been organized and exceptionally well equipped by the Akron Board of Education. In most cases an entire floor is given over to the open window children, including space for class rooms, a play porch, sleeping rooms, kitchen and dining room.

Sixty children are accommodated in each of these open air schools and the services of two teachers, a nurse, a dietitian and a cook are required. Admission to these schools is by doctor's certificate. In many cases children are ready to return to regular class rooms at the end of the year. Anemic, undernourished, and predisposed tubercular cases are taken although no active cases of tuberculosis are allowed to enter.

Schedule in Open-Air School.
The schedule for the day in an Akron open-air school includes a breakfast of cereal and cream, an afternoon lunch of milk or hot chocolate and wafers, and a hot meal at noon, which is prepared by the school domestic science department under the direction of the dietitian. As soon as the children come to the morning they put on their heavy coats, hoods, and if the weather is very cold, woolen boots; and they are ready then to study and recite with wide-open windows.

After the noon meal of creamed potatoes, stuffed eggs, bread and butter, milk and dessert comes a toothbrush drill, which the children regard as an entertaining innovation. Then every

younger wraps himself in his own sleeping bag, and climbs upon his army cot for an hour's relaxation and sleep. They sleep soundly, too, sometimes so deeply to wake them up for afternoon classes. All of the fundamental subjects are taught, with the sixty children divided into two groups, with a teacher for each. Four grade sections are handled by each teacher.

Monthly weighing is an important part of the open-air school program, and the children are eager to read their weighing tags and carry them home most proudly when they register an increase. One youngster said: "I eat lots of things here that I never would eat at home, but I'm gaining nearly two pounds a month."

"Seconds" are popular at dinner, after half an hour on the big play porch and a morning in the open air.

In addition to the regular weighing the pulse and respiration of each child are taken weekly by the resident nurse, and each open-air school has the attention of a doctor at frequent intervals. The fact that practically every child shows a steady gain in weight is evidence of the value of the right food and periods of rest.

Athletic Charts Are Kept.
An effort is being made in Akron to correlate the health work not only with the classroom instruction in dietetics but also with the outdoor work in physical education. An athletic chart of each child's ability to run, jump, put the shot and climb the rope is kept in each room, and tests are made at the beginning and close of each semester.

Definite physical efficiency standards similar to those of the American Playground Association are used, so that the

child knows exactly what his physical ability is. For example, a fourth-grade boy is marked "B" if he makes a standing broad jump of 4 feet 6 inches; "C" if he jumps 4 feet 2 inches, and "D" if his record is only 3 feet 8 inches. A girl of the same grade is expected to make a jump of 3 feet 10 inches to get an "E" ranking. Like standards have been adopted for the basketball throw and the 40 and 60-yard dashes; so that it is easy to compare a child's actual accomplishment with what he ought to be able to do.

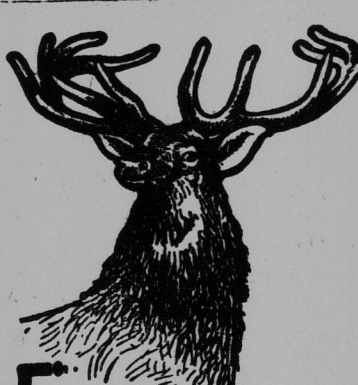
At the same time a record is kept of each pupil's physical condition through the co-operation of the nurses and the Department of Health, so that the physical education mark on the child's record card measures both his physical condition and his physical ability.

USE The Want Ad Way

of trees and sunlight. Turn to the right or to the left, and you are in a quiet shadow, under lanes of orange trees and valleys of acacias. There are palms and there is water, and there are little quaint seats everywhere; paths wind in and out, roses are growing in mid-winter, they are picking the oranges as they ripen from green to gold, and carrying them in the panniers of donkeys, and pouring them in bright showers on the ground, and doing them up in boxes. Great merchant vessels lie against the river-side, unloading their cargoes; and across the park, on the other side of a wall, drums are beating, bugles are blowing, and the green meadow grass is blue and red with soldiers. In the park, girls pass wrapped in their shawls, with roses in their hair, grave and laughing; an old gardener, in his worn coat with red facings, passes slowly leaning on his stick. You can sit here for hours, in a warm quiet, with a few dry leaves drifting about your feet, to remind you that it is winter.

TREES AND SUNLIGHT

"I am coming, more and more, to measure the charm of cities, at all events their desirability for living in, by the standard of their parks, public gardens, and free spaces where one can be pleasantly unoccupied in the open air," declares Arthur Symonds in "Cities and Sea-Ports and Islands." "I want the town, not the country, but I want the town to give me the illusion of the country, as well as its own characteristic qualities. Rome itself, without its villas, even Rome, would not be Rome; and Seville, which is so vividly a town, and with so many a town's good qualities, has the most felicitous parks, gardens, and promenades (with the one great exception) that I have ever found in a city. Gardens follow the river-side park after park, and every afternoon Seville walks and drives and sits along that broad road leading so straight into the open country, really a Paseo de las Delicias, a road



You can buy
2 Big Plugs of
STAG
CHEWING
TOBACCO
for 25¢

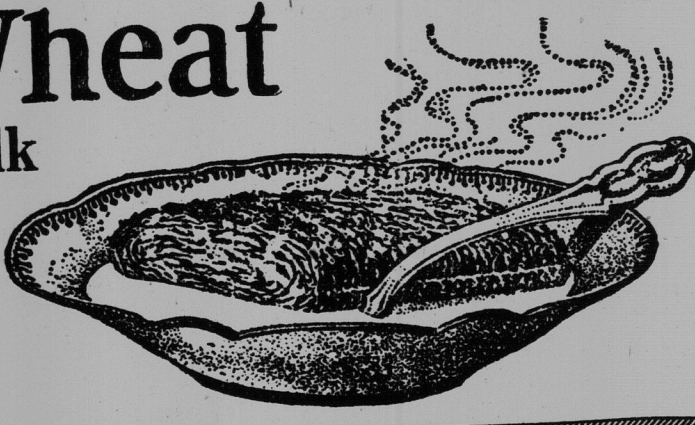
And you will find quality and flavor
"Ever-lastingly Good"

"That Warm, Comfy Feeling"

These are Hot Milk-and-Shredded Wheat mornings. Start the day right and get that warm, "comfy feeling" by eating

Shredded Wheat
With HOT Milk

Heat two Biscuits in the oven to restore their crispness; pour hot milk over them, adding a little cream and salt, or sweeten to suit the taste. Nothing so nourishing, strengthening or satisfying. Furnishes all the strength-giving nutriment needed for a half day's work at a cost of a few cents. The perfect food for children or grown-ups—ready-cooked and ready-to-eat.



MUTT AND JEFF—JEFF WOULDN'T DO THAT TO HIS WORST ENEMY

By "BUD" FISHER

