eep Fit Beyond Seventy

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A journal published by one of the te departments of health has taken its slogan "70 —|— ". This is to mind people that it is possible to long life beyond the limit of three re years and ten. This publication tes that the five diseases of middle d after middle life, which exact the viest toll from mankind, are; ghts disease, cancer, diabetes, rt disease, and tuberculosis. All slow of development; all are pre-ntable; and all yield, in a greater lesser degree, to treatment.

What is the treatment for tuber-losis?—rest, fresh air, and proper d. For diabetes?—primarily a spe-l diet. For Brights disease?—spe-l diet.

If diet is an important factor in the atment of disease, is it not even re important in the prevention of ease? Can many ills of the flesh be olded by an intelligent food pro-amme from birth to the age of 70 —?

During infancy a mother is usually eful to see that the baby gets the ht food at definite intervals. As the ld grows older and begins to ask tastes of the things the adults are ing, his routine is too often upset. stes of highly flavored, or sweet ds, will spoil his appetite for milk d vegetables. Often the result is a ld who will not eat those foods ich keep him in health, and which p to insure a long and pleasant

The majority of persons eat too ch and are inclined to overdo white ead, meat, and potato meals. These constipating—and constipation is d to be responsible for many ser-s diseases.

Probably the best general rule for eping fit is to avoid constipation. more coarse foods, fruits, and getables. The easiest way to include ative material in your meals is by udicious use of bran. This need not a hardship. Indeed eating crum-d bran is a pleasure when it is ed into appetizing cookies and tea es. The following recipes are suit-e for afternoon teas or to serve th fruit or a frozen dessert.

MARGUERITES.

eggs, cup brown sugar, ½ cup ur, ¼ teaspoon baking powder, ½ spoon salt, ½ cup nut meats, cut in all pieces, ½ cup crumbled bran.

Beat eggs slightly, and add remain-ingredients in the order given. l small buttered tins, two-thirds l of mixture. Bake in a moderate n ten to fifteen minutes.

HERMITS.

½ cup butter, ⅔ cup sugar, 1 egg, ablespoons milk, 1¾ cups flour (or ve), ½ cup crumbled bran, 1 tea-oon baking powder, ½ cup raisins, teaspoon cinnamon, ½ teaspoon ves, ¼ teaspoon mace, ¼ teaspoon mes, ½ teaspoon salt.

Cream the butter, add the sugar d egg, and beat well. Add the milk d crumbled bran, raisins and flour, ich has been sifted with the spices d baking powder. Chill, roll thin, , and bake in a moderate over, 400°

When the cakes are cool, they may frosted with confectioner's sugar sting, and chopped nuts or crum-d bran sprinkled over the top.

Pearline for easy wash-g.—July17,tf

orch Cuts Through uge Shaft in 10 Minutes

A huge generator shaft of solid el weighing 40,000 pounds and asuring 27 inches in diameter re-ently was cut through five times by torch in the remarkable speed of om 10 to 17 minutes for each cut-g.

Owing to the intense heat encoun-red in such heavy cutting and the nsequent punishment to the op-rator in attempting to manipulate a rch continuously for the length of me required to complete a cut, an in-nious device was rigged to carry a torch at the required uniform eed up and over the shaft as the tting progressed.

The device consisted of a pipe amework erected over the horizontal aft and supporting two 1½-inch rallel steel rails laid six inches art horizontally across the shaft d three feet above it.

The oxyhydrogen torch was fasten-to a carriage travelling on these ils and propelled by hydraulic pres-re from the oxygen line. Vertical otion was obtained by another de-e clamped to the torch and car-ge, the speed of which was con-olled by a water piston.

Eight cylinders of oxygen were con-ected with a manifold on the high essure side and the oxygen was de-ered to the torch through four ctifold regulators. The gas con-mption was 600 cubic feet of drogen and 2000 cubic feet of ygen an hour.

The shaft was cut for use as ma-rial for making drop forgings.

Pearline for easy wash-g.—July17,tf

LAIRD'S LINIMENT FOR DIS-TEMPER.

No Place like BAIRD'S for Value. No Place like BAIRD'S for Value. No Place like BAIRD'S for Value.

VIEWED FROM EVERY ANGLE -- THIS STORE OUTPOINTS

Outdistances all competitors in the race for popularity, and is recognized to-day as a highly commendable store for satisfactory shopping. All this is directly attributable to its long run of wanted values every

FRIDAY, SAT. and MONDAY

We have been unusually successful in securing many special price concessions when bargaining for our New Fall Stocks, and this in conjunction with our own efforts here, brings some real worth while values for those seeking the best.

Needs for outfitting the children for school time are displayed in their various departments. Girls and boys togs, have been specially repriced for this week-end Sale at Baird's.

JUST SEE THESE KID GLOVE VALUES

LADIES' GLOVES—This week we present some excellent Kid Glove vlues, this line for instace comes in Tan, Brown, Beaver and White, 2 Dome wrist. They're Special at .. $2.18

KID GLOVES—Just one box of this line in nice soft French Kid; shades of Tan, Brown, Beaver and Grey, Black also; 2 Dome wrist. Our Special .. $1.59

KID GLOVES — Ladies' coloured Kid Gloves, in shades of Tan, Beaver, Brown, Grey and Black; 2 Dome wrist. Special $1.39

LISLE GLOVES — Ladies' Lisle thread Gloves, with 2 button wrist; sizes 6 to 7½, shades of Navy, Beaver and Brown, medium weight Special .... 45c.

The Newest Ladies' JACQUETTES

Pretty models, in Brushed Wool and fine Jersey, likeable shades for early fall year—Pearl, Beige, Navy and Camel, round neck, with Peter Pan collar, long sleeves, cross-over style, fastened with two pearl buttons. Reg. $7.00 value. Friday, Saturday and Monday

$6.39

Ladies' Corselettes

Another line, and a better grade than last week's offering, made of Pink Cautil, with elastic shoulder strap, 4 suspenders and hip fastened at side, easy fitting; sizes 38 to 44. Special $1.58

Already the New Things for **FALLTIME** take possession of the Store.

Ladies' Silk Jersey DRESSES

Fashion-loving women need not go further than this store to known what fashion has decreed as correct for fall wear. Take this line of Superb Dresses, in Silk Jersey, they bring shades that are popular, Navy, Sand, Grey and Black, styles that look well—straight line models, belt with buckle; sizes 36 to 44. Values to $8.50

Special $6.98 each

Be here when these

SILK JERSEY JUMPERS

Go On Sale

Ladies' brand new-knitted Silk Jumpers, in delightful new shades, of Biscuit, Peach, Cocoa, Sand, Saxe, Silver, Gold, Grey, Brown and White, V. neck, 3-4 sleeves and girdle. Friday, Saturday and Monday $6.35

LADIES' JUMPERS—A surprising value in Ladies' Cotton Crepe and Paisley Jumpers, assorted shades, round and square neck, long and short sleeves, banded waist; good value at their regular price $1.30. Special .... 79c.

SMART SCARVES—Knitted Silk Scarves, destined for popularity this Fall, 54 inches long, in all the most liked colour blendings, fringed of course. Reg. $2.50. Special $2.19

NEW SATEENS

SATEEN LININGS—Strong fine twilled Sateen Linings, shaded effects, in Saxe, Gold and Rose, hey're 38 inches wide, that's helpful. Friday, Saturday and Monday .... 43c.

SATEENS—30 inch, plain shade Sateens, Navy, Saxe, Sky, Rose, Green, Cardinal, Brown, Tan, Black and White. The yard .... 42c.

GORGEOUS TABLE COVERS

VELVET TABLE COVERS—Here is an absolute new Value, in Handsomely patterned Velvet Pile Table Covers, gorgeous patterns, favouring shades of Crimson, Green and Fawns; size 51 x 62. Just 6 of them. Special $7.25

PLUSH TABLE COVERS—In plain Crimson and plain Green, crushed centre and broad self borders, Tony Cloths, imparting to your dining room richness, refinement and elequance, 64 x 66 size, plain. Our Special $14.95

"SISTER DORA" APRON DOWLAS—46 in. bleached Dowlas, of known superiority just to hand. The yard .... 55c.

"NURSE ETHEL" DOWLAS—Another superior line of bleached Apron Dowlas, 50 inches wide. Special .... 75c.

JAP SILK SHIRTWAISTS

The very Newest, in smart appearing styles, in excellent quality, White Jap Silk; sizes 36 to 42, convertible Hilo collar, long sleeves, pearl button trimmings. Full range of prices.

$6.00 $6.50 $7.00 $7.50 $900

BARRETTES—Some pretty conceits, in shell Hair Barrettes, quite a variety of style and sizes. Clearing at .... 18c.

LADIES' VESTS—We have immense stocks of them, and offer this line in fine White Jersey, with round neck, straps draw and string, each .... 19c.

GIRL'S PANTS—Children's White Jersey Pants, with umbrella leg and crochet edge, to fit 2 to 10 years. 35c. value. Special .... 17c.

DRESS SERGES—A new lot of fast navy wool Serges; 38 inches wide, a good value at $1.00 yard. Friday, Saturday and Monday .... 1 Dress 89c.

CHECK GINGHAMS—32 inch Wash Ginghams, a special lot, in fine assorted checks, quality equal to any we have shown at 40c. yard, quite a range of them. Special .... 32c.

STRIPED VOILES—36 inch Cotton Voiles, showing mercerized, self cluster stripes, an assortment of popular shades, repriced for riddance; 65c. value. Friday, Saturday and Monday .... 53c.

CLEARING!

Two lines of Girls' Dresses

Knitted Jersey Dresses

Simple style Knitted Jersey Dresses for tots from 1 to 3 years, shades of Rose, Sand, Sky, Champagne, round neck, long sleeves and girdle. To clear

89c

White Linen Dresses

Fine White Lawn Dresses with deep skirt, of Swiss embroidery, round neck, long sleeves, lace trimmed; to fit up to 2½ years. Reg. $1.25. Special

98c

New Things for Fall in the Men's Section

KHAKI SHIRTS—Another line of corking good Khaki Sateen Shirts, collar and pocket; strongly finished, double stitched; sizes 14½ to 17. Special $1.75

SNAPPY SHIRTS—Men's Broadcloth Shirts, the latest from Shirtdom, in plain Tan, Blue, Grey and White; collar to match, detached; looks good; sizes 14 to 16½. Special $3.35

WORKING SHIRTS—"Hercules" Brand Working Shirts, in fancy striped drill, neat fitting collar and pocket; the Shirt we searched for. Special $1.35

NEW CAPS—A Cap is the proper thing just now, those we offer, show pleated or tucked back, assorted shapes, in nice looking Tweeds, worthy Caps. Just for Friday, Saturday and Monday $1.69

UNDERWEAR—A special lot of Men's light Grey Underwear, lightly fleeced, fine knitted cuffs and ankles, quite the weight for fall time. Special $1.45

SOCKS—Just look at our Special Dollar line of English Socks, assorted shades, showing fancy and cream, sporty. Our special $1.00

Every member of the family can benefit by these

FOOTWEAR VALUES

INFANTS' BOOTS—Soft Dongola Kid Boots, in Black and Tan, laced and buttoned; sizes 3 to 6, solid heels boots; medium heel and comfort toes. Our special $1.18

GIRLS BOOTS—Children's and Misses', Black and Tan Calf Laced Boots, sizes 8½ to 2, rubber heels, worth $3.30 pair. Friday, Saturday and Monday $2.18

BOYS' BOOTS—Light weight Calf Boots; size 1 to 5½, Dark Mahogany shade, laced style, rubber heels, sturdy. Special $2.88

MEN'S BOOTS—Laced Dark Brown Calf Boots, showing semi-pointed toes, rubber heels, perforated outline; dressy and good wearing; $6.50 value. Friday, Saturday and Monday $5.98

LADIES' BOOTS—In Fine Vici Kid, Black and Tan, laced style, cuban heel, a job line, $3.00 value. Special $2.18

LADIES' SHOES—Made for comfort, with medium broad toe and rubber heels, nice light weight, calf, in dark Mahogany shade, laced style. Reg. $4.30. Special $3.98

LADIES' PUMPS—Black Patent Leather Pumps, showing front flap and buckle, medium heel, classy style. Special $4.15

LADIES' STRAP SHOES — Single strap style, in nice soft Black Dongola Kid. Clearing at .. $2.28

Skuffer Shoes

Dark Tan Skuffers Shoes, with stitched leather soles; sizes 5 to 2, suitable for girls or boys; $1.80 values. Special $1.49

BOYS' JERSEYS—Here you are Boys—a full range of sizes and shades, in school or playtime wool Jerseys, showing fancy striped collar, shades of Navy, Fawn, Brown, Grey and White, for Friday, Saturday and Monday $1.39

SCHOOL TIME

Ding Dong : Ding Dong

Classes are already reforming.

We have all the Necessary Requisites.

SCRIBBLERS
The "Lion" Scribbler, 80 pages ruled .... 7c.
"Northern Star" Scribbler, 100 pages, plain .... 7c.
"Big Ben" Scribblers, 160 pages, ruled .... 12c.
Pencil and compass combined .. 9c.
Crayons, wood covered, 6 in box for .... 15c.
Dixons Pen holders, slaire 4c., 5c., 6c.
Erasers, for pen and ink .... 4c. & 5c.
Exercise Books .. 5c., 9c., 10c., 12c., 15c.
Lead Pencils, rubber tipped. The dozen .... 20c., 22c., 27c.

SCHOOL SETTS—Boxed Setts, containing: Pens, Pencils, Rubber, etc. .... 15c.

COMPANIONS—Advanced style, in Dome fastened box, containing: Pencils, Pens, Eraser and sharpener .... 38c.

NOVELTY PENCILS—Nickel and coloured celuloid case, propel and repel style, with clip .... 10c.

PRESERVING TIME

and we are ready with

ENGLISH ENAMEL SAUCEPANS—Double Dipped, Navy Blue and White Enamel Saucepans, extension handle, each with cover.

39c. 49c. 59c. 74c. 85c.

English Enamel Boilers

Double Dipped Blue and White and Brown and White Boilers, with enamel covers and round swinging handle. Specially priced to clear.

$1.49 $1.98 $2.49 $3.39

ALUMINUM SKILLETS—This line brings good heavy quality Aluminumwear with roll edge. The housewife's pride, always shiny bright.
9 inch. Special .... 98c.
10 inch. Special $1.19
11 inch. Special $1.49
10 inch deeper. Special $1.59

ENAMEL BOILERS—Ideal sizes for preserving, Grey Enamel with cover.
9 inch. Special .... 79c.
10 inch. Special $1.29
10½ inch. Special $1.59
11 inch. Special $1.89

Leather School Bags

SCHOOL BAGS—All leather, three different sizes, last for years. See them right through their various grades.
Small, 79c. Large, 1.29 Extra large, 1.59

New Cushion Fills

Right ready for your favourite cushion covers, circular and square shapes, all white, plump and full.
Circular, Special .... 79c.
Circular and Square, Special .... 98c.

Two Hearth Rug Values

HEARTH RUGS—A special value in dyed Jute Rugs, 27 x 60 size, fringed; nice for kitchen, upper rooms or hallway. Our Special $1.23

HEARTH RUGS—Imitation Axminster Hearth Rugs, 27 x 54 size, fringed, good wearing, good looking Rugs. Special $1.89

ENGLISH HANGINGS—Several pieces of prettily patterned Chintz, 48 inches wide; reversible; large allover floral and landscape designs, rich colourings. Special .... 85c.

James Baird LIMITED

Wool Blankets

New arrivals in English Wool Blankets, 56 x 72 size; blue striped borders. The pair $5.55

ART SATEENS—31 inch Art Sateens in pretty floral patterns, light and dark grounds; all new patterns. Special .... 57c.

SHADOW SCRIMS—Make very pretty hangings, beautifully fine in texture; your choice of White or Lemon, plain edge. Friday, Saturday and Monday .... 56c.

WHITE SCRIMS—Plain White Curtain Scrims with self stripe border; inexpensive hangings. The yard .... 18c.