# POOR DOCUMENT

THE EVENING TIMES AND STAR, ST. JOHN, N. B., WEDNESDAY, JULY 25, 1923

# Propelled By Foot

First Successful Tests of a Man-Propelled Machine Are Made at Dayton,

# 'Cycleplane' Flies, GREATEST VALUE

IS OBTAINED BY USING

# Get health—Keep health—Feel fine by eating Kellogg's Bran regularly!

Constipation and the toxic poisonings that come from it not only take the enthusiasm out of life, making you depressed and physically and mentally dull—but they head you into diseases such as Bright's, diabetes, rheumatism, etc. You can actually rid yourself of these dangers if you will EAT KELLOGG'S BRAN REGULARLY!—at least two tablespoonfuls daily; in chronic cases with every meal! Kellogg's Bran is nature's most

in chronic cases with every mean.

Kellogg's Bran is nature's most wonderful food. It is scientifically prepared to relieve suffering humanity from constipation and it will do that as no other food can! Don't take a chance of "getting away" with constipation—IT WILL GET YOU! Don't ruin your health with pills and catharties—they are as dangerous as constipation itself and give but temporary relief, at the very best!



# SOUPS



Even if you don't use them regularly to save the trouble and fuel expense of making soup, always have a few tins on hand, so that the unexpected guest may be made really welcome. There are 13 varieties of delicious Clark's Soups to choose from.

Grocers everywhere sell Clark's Prepared Foods. W. CLARK Limited, - MONTREAL ESTABLISHMENTS AT MONTREAL, P.G., ST. REMI, P.G. AND HARROW, ONT. 6-12-22

# Dayton, Ohio, July 25. — The first flight by man in an air vehicle operated by foot power of the pilot only is an accomplished fact, it was announced at McCook army air field here. W. F. Gerhardt, aeronautical engineer at McCook Field, is the inventor of the contrivancea, which he terms a scientific curiosity. In this contrivance he made the first successful flights in the presence of witnesses recently. While the flights made with the new machine were not sensational, the inventor claims that the principles involved can be successfully incorporated in a machine capable of comparatively great heights and speed. In his longest flight, with the machine operated by and supplied with the pilot's own power, it rose about three inches from the ground and flew approximately twenty feet, which the inventor declares was long enough to insure steady, unretarded flight. "This machine was not intended to fly around the sky, but merely to make the kind of flight it did, to 'prove scientifically the possibility of human flight;" the inventor said. The "cycleplane" has seven lifting the propeller revolves at a sufficient the propeller revolv

# 30 The Dangerous **Age For Eating Too** Much, Says Doctor

Physician Advices Limiting Diet to 2,500 Calories Daily, or 2 Light Meals, With Dinner Only Large.

New York, July 24.—Americans eat too much and too well, which, after the age of thirty, is not conducive to longevity, according to a report made to the State Department of Health by Dr. Louis I. Dublin, of this city. The American Child Health Association, of 270 Separth Avenue, supports Dr. Dr. Louis I. Dublin, of this city. The American Child Health Association, of 370 Seventh Avenue, supports Dr. Dublin's statement with a program for every person in the country to take a physical examination once a year.

The trouble about weighing too much, the doctor continued, is that there is that much more weight for one's legs to carry around, and that much more work for the heart and kidneys to perform. It is not so bad for young folks to be overweight, and indeed a ten-pound excess may often be a favorable sign, but at thirty a person would do well to forego rich foods and lead the simple life dietetically.

"Strangers invariably are amazed at the amount of food we consume," the doctor said. "The Oriental coolie and the European peasant do an enormous amount of physical work on a meagre diet. No one advocates a return to primitive conditions or to lower standards of living, but it would be well for us to keep in mind a little more than we do the exact requirements of the adult body. We should recognize that when we have grown up we need only about 2,500 calories a day. This is equivalent to two very light meals and one hearty meal.

"Let me illustrate with a menu for

equivalent to two very light meals and one hearty meal.

"Let me illustrate with a menu for an entire day for an active adult. For breakfast he may have a small serving of cooked fruit or an apple or orenge, a serving of cereal, a slice of bread or one muffin or roll with butter and a cup of coffee. This will contain about 600 calories. Luncheon may consist of a salad, bread and butter, a choice of coffee, tea or cocoa and a dessert. This will account for 650 calories.

650 calories. "The important meal of the day, or dinner, may consist of a soup, an average serving of meat, potato, two green vegetables, bread and butter and a dessert. If average portions are served, a total of about 1,200 calories will be in-cluded. This would make the total for the day approximately 2,500 calories.
"If more people checked their diet

# Hurry!—Only 2½ Days Now For )ak Hall's

Remember, that there is a bona fide reduction on our entire stock of Wearing Apparel.

Wearing Apparel that was acknowledged to be of superior value at the original prices—at these reduced prices it will be to your advantage to shop extensively.

Only Thursday, Friday and half of Saturday left. Don't procrastinate—shop now.



\$20 Men's Suits ..... \$16.35 A fine lot of real Shirts in neat \$25 Men's Suits ..... \$19.95 \$30 Men's Suits ..... \$24.85 \$35 Men's Suits ..... \$28.45 \$40 Men's Suits ..... \$33.10 \$45 Men's Suits ..... \$36.20

Clothing at Sale Prices.

Fine Cotton Pyjamas, silk frogs,

worth a lot more than this

very special price.... \$2.19

Entire Stock Pyjamas and Night-

shirts at Sale Prices.

Demi-Linen Handkerchlefs

Pure Irish Linen Handkerchiefs

at Sale Prices.

Boys' Wash Suits in a wide range at very special Sale prices.

Entire Stock at July Sale Prices.

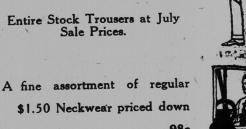
69c, 98c, \$1.79

patterns . . . . . . . . . . . \$1.48 Other special lots at .... \$1.9 Entire Stock of Shirts at Sale Entire Stock of Men's and Boys' Prices.



White or Khaki Duck Trousers \$1.69, \$2.12 Cream Flannel Outing Trousers

Tweed Odd Trousers \$3.18, \$3.82, \$4.25 Entire Stock Trousers at July



\$1.50 Neckwear priced down to ..... 98c Entire Stock of Neckwear at

Sale Prices.

Athletic Underwear, Naincheck material. A bargain at 95c

Entire Stock of Underwear at



Boys' Cotton Pyjamas.
Sale price \$1.69 Kiddies' Snugs. Sale price 98c



Entire Stock of Boys' Sleeping Garments at Sale Prices. Shoes, Hats, Sweaters, Caps, Collars, Umbrellas, Traveling Rugs, Club Bags, Suitcases, Hat Boxes, Trunks, etc., all at Sale Prices.

OAK HALI

Big Hosiery Bargain

for Thursday

Fine mercerized lisle socks in grey, brown, tan, sand, navy. Regular 50c a pair.

For Thursday

4 pr for \$1

Sold in 4 pair lots only.

SCOVIL BROS. Limited King St., Germain St.



they were to be found.

The London correspondent of The
Journal of the American Medical As-Journal of the American Medical Association says that Dr. Reginald Dudfield, health officer for the Metropolitan Borough of Paddington, has presented a report in which he draws attention to the widespread use of food preservatives, their varied character, and the extraordinary range in the quantities used by different manufacturers. He points out that all the preturers. He points out that all the pre

preservatives is being condemned in

New York, July 25.—The use of food

Kill them all, and the germs too. 10c a packet at Druggists, Grocers scrvatives discovered to be in use are drugs, for the majority of which the British pharmacopeia lays down limits and General Stores.

to the reasonable limits of their body requirements, there would be a great improvement in the general health of the nation."

While admitting that the quantity of question; (3) the action of some drugs is known to be cumulative, and (4) is known to be cumulative, and (5) is known to be cumulati

are drugs, the majority of which are limited to prescriptions. A list of these preservatives was obtained, together with the kinds of food in which they were to be found.

Try FUNDY "The Better Gasoline" Less Carbon Easier Starting

No Dilution of Lubricating Oil Better on the hills. Better on the level. It pays to use the Best. 'Phone Main 84

The Canadian Independent Oil, Limited

While admitting that the quantity of preservatives is still an undetermined results of lack of care in the preparation of foodstuff he adds. A com-

Mexico City, July 25.—Stanley Crandall and Harry Fairbanks, said by the police to be noted New York criminals, have been located in a hotel here. It is understood they have bad records in the United States and Canada.

The Mexican Government, it is stated will take measures to desert the

Stanley Crandell and Harry Fair-Stanley Crandall and Harry Fairbanks are two of several persons accused of the kidnapping of Verner Alexanderson in Schenectady, N. Y., late in April. The child was found near Watertown, N. Y, a few days later and returned to his parents, Mr. and Mrs. E. J. W. Alexanderson, in Schenectady.

Crandall and Fairbanks were traced on far as Reckport Canada, where as far as Rockport, Canada, where their trail was lost. Warrants for their arrest were issued in Watertown and the General Electric Company of Schenectady immediately offered \$5,000 renectady immediately offered \$5,000 renectady immediately offered \$5,000 renectady immediately offered \$5,000 renectady immediately.

ward for their capture and conviction



