

$$14 \times 5 - \{19 + 96 \div (24 \div 4 + 10)\}$$

$$\begin{aligned} & 14 \times 5 - \{19 + 96 \div (24 \div 4 + 10)\} \\ & = 70 - \{19 + 96 \div (6 + 10)\} \\ & = 70 - (19 + 96 \div 16) \\ & = 70 - (19 + 6) \\ & = 70 - 25 \\ & = 45 \end{aligned}$$