

SIDE TALKS

BY RUTH CAMERON
MY SPREE.

I went on a spree night before last. In the afternoon, on a car, my nose informed me of the fact that the woman next to me was eating sweet chocolate, and immediately I was seized with an overwhelming craving for some.

On the way home, I stopped at a drug store and bought a large cake. And that night after dinner I settled down on the couch with a new magazine and that cake of sweet chocolate.

I was alone in the house for which I was duly grateful (such is the blackness of my heart when I go on a chocolate spree) since I could have every bit of that chocolate for myself. And I actually did eat every scrap of it in about a half hour.

My Morning After

Of course I went to bed feeling desperately sick; of course I slept miserably. And of course I waked up with that blue, depressed, ineffective feeling which an outraged stomach always gives one in retaliation.

And I deserved it all. I was ashamed and I had reason to be.

Why do we do those things?

You see, I refuse to admit that I am the only woman who goes out that sort of spree.

They Despise Masculine Spree But— I know dozens of women who are death on masculine sprees and yet who outrage their systems, and reduce their efficiency every now and then by one of these feminine sprees.

I don't necessarily mean a chocolate spree, of course, but any kind of untimely and unrestrained sweet eating.

The woman who lurches on an eclair and a college ice when she needs something hot and nourishing is indulging in one form of spree.

The woman who attends a tea or an afternoon function and eats a lot of rich food at five o'clock and then can't eat her dinner, is indulging in a very harmful form of spree. Afternoon teas and bridges with "eats" at five o'clock are meant for society folks who dine at eight. They are fatal to the digestions of plain folks like you and me who eat our dinner at half past six or thereabouts.

Eating Candy on An Empty Stomach

Is "Digestionicide"

A young girl writes me a note asking when to eat candy and how much. The proper time to eat candy is right after a meal. How much varies somewhat according to individual temperament, but you can usually be pretty sure you are eating too much, if you eat all you want. And to eat candy when your stomach is empty is just plain "digestionicide."

This is a time when we need all our efficiency if we ever did. The really best women in the country are keeping themselves fit so that they can make their "bit" as big as possible. It is always foolish to go on sprees of self-indulgence. It is more than that now. It is unpat-
notic.

Good Night Stories

By Mamma Brown Bird

THE LITTLE BIRD WHO FORGOT TO GO SOUTH.

Now, little ones," said Mamma Brown Bird, to her birdlings one evening, "to-morrow we must be up with the sun, because we start on our southern trip."

"Oh, dear! Why not wait until it's cooler? It's too early to start now. I don't want to go," chirped Robin Brown Bird.

"We don't have to go so soon, but I like to get my choice of the houses before the best ones are gone," replied Mamma Brown Bird.

"Well, I'm not going now," cried Robin, and nothing that Mamma Brown Bird could say would make him change his mind.

"All right, stay, but don't forget it turns cold fast once it starts," warned his mamma.

The next morning the sun was so bright and warm that even Mamma Brown Bird hated to give up their pretty home, but she knew before many days that Old North Wind would sweep over the hills with his cold breath. So bidding Robin not to tarry too long, Mamma Brown Bird and her family joined the great flock of bird folk that flew to the south.

Robin fluttered about in the sunshine and gathered all the bugs and worms he could find. It seemed good not to have to share them with his brothers and sisters, as was his

habit. That day another crowd of his friends sailed over, but Robin laughed and flew into the deep woods where it seemed warm.

He met Spotted Sparrow, and they played together until Robin forgot all about going south. Days turned into weeks, and Robin was having such a good time with Spotted Sparrow that before he knew it Old North Wind whistled around the branches where Robin and Spotted Sparrow were playing.

Then Robin began to shiver, and for the first time he remembered Mamma Brown Bird's warning.

"I must hurry south," cried Robin, but Old North Wind shrieked with joy, and blew so roughly that Robin could hardly fly against his force.

"I didn't know it ever grew so cold," shivered Robin.

"Put on more clothes and you won't feel the cold wind," replied Spotted Sparrow, whose brown coat was very warm.

Robin grew colder and colder, so finally Spotted Sparrow took him to Mr. Tailor Bird. Tailor Bird could find nothing but a red vest.

"If this will help keep you warm you're welcome to it," said Tailor Bird.

Robin, quite proud of his purchase bade Spotted Sparrow good-bye and followed the trail to the south.

When Mamma Brown Bird saw Robin she hardly knew him—he looked so smart and stylish in his beautiful dull red vest. "When we get back north again we shall all have vests just like Robin's," Mamma Brown Bird promised her birdlings.

Next season was the busiest Mr. Tailor Bird ever had, for Robin had set a new fashion and every Brown Bird of the woods wanted a red vest. I guess it's still in fashion, for most any time you can see a brown bird with a red vest flitting among the foliage, and the children call "Robin Redbreast! Robin Redbreast!"



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INVESTIGATION OF GOLD STORAGE BUSINESS IS ON

Inquiry Into The O'Connor Charges Opened In Toronto Yesterday

BRIEF SESSION HELD

Two Week's Adjournment Made Pending Further Reports

By Courier Leased Wire

Toronto, July 30.—Mr. G. F. Henderson, K.C., of Ottawa, this morning opened at the city hall the inquiry which he with two chartered accountants, has been commissioned by the government to make into the gold storage business of Canada, and the excessive profits alleged in a report made by W. F. O'Connor, K.C., in a report to the minister of labor. Mr. Henderson is assisted by two chartered accountants, A. B. Brodie of Montreal, and Geoffrey Clarkson of Toronto. J. W. Bain, K.C., represented the Dominion Government, and W. N. Tilley, K.C., the William Davies and Matthews-Blackwell Company. Representatives of the companies were also present.

Walter L. Brockleby has been appointed secretary of the commission. No evidence was taken this morning and an adjournment was made probably for two weeks pending reports of the examination of the packing companies' books.

Mr. Louis Heyd, who said that he represented the consumer, asked if Mr. Clarkson was a member of the firm of Clarkson, Gordon and Dilworth, one of the paid auditors of the books of the William Davies Company.

Mr. Clarkson replied in the negative.

Mr. Heyd said that he knew that Mr. Bain had the ability to conduct

the investigation if he only had the inclination. Mr. Bain promptly replied that he had the inclination and a little more.

Mr. Heyd announced his immediate retirement when the chairman stated that Mr. Clarkson's old firm in which was the latter's father, had audited the company's books ten years ago. He said he had no desire to take further part in the investigation if there was any connection between a member of the commission and the William Davies Company.

Mr. Tilley wanted an opportunity to criticize Mr. O'Connor's report, and the means by which he arrived at his conclusions.

"We would not have been here today," said Mr. Henderson, "if there had been more frankness." He however pointed out that they were not investigating Mr. O'Connor, but were making an inquiry independent of the report.

"This is not the time to discuss that report," interjected Mr. Bain. "It would be put in and can be discussed at the proper time."

Mr. Tilley made the objection to the O'Connor report that the expressions used were inaccurate. He referred to the interchange of the words "margin" and "profits."

"The public," said the chairman, "want to know what profit, that is the cash profit, this company has made out of these commodities. We will not be content with arbitrary figures. We want to know the real facts down to dollars and cents."

Mr. Tilley—"If you want to get that your not going to get it by following the road followed by Mr.

O'Connor."

The Chairman—"We're not going to follow Mr. O'Connor's road or any other road. We are going to follow our own road."

Mr. Henderson further stated that no star chamber investigation would be held. The commission's auditors, he announced, were already working on the companies' books. "You know how much you are making," he continued, "and we want to find out."

Mr. Henderson stated that the commission would have the services of an eminent accountant from Chicago who understood the business thoroughly.

"I am glad to hear that the commission is obtaining the services of such a man," said Mr. Tilley. The chairman then stated that the taking of evidence would be deferred pending the completion of the report of the accountants.

"It will be some days before the accountants can complete the examination of the books," he said.

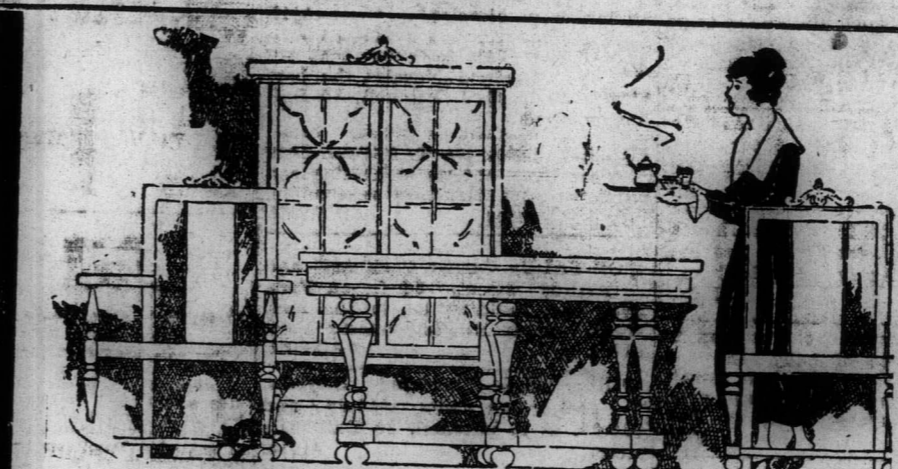
Mr. Tilley suggested that the present torrid day was a good time to go through the gold storage plants, but it was decided to do this another day. The hearing was then adjourned sine die, and will probably be resumed in about two weeks.

FEDERAL SAUCE

Two cups flour, 2 cups brown sugar, 2 eggs (yolks), 1-2 cup butter, 1 cup sour milk, 1 teaspoonful each of cinnamon, clove and nutmeg, 1 teaspoonful soda, 1 pound seeded raisins, 1 pound English walnuts, chopped not too fine.

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Courier Daily Recipe Column

CREAM PUFFS

One cup boiling water, 1-2 cup butter, put on stove and let boil. Then add 1 cup flour, stir until thick and smooth. Let cool. Then add 1 at a time, three eggs (not beaten) and a pinch of soda. Stir until smooth and bake 30 minutes in moderate oven in patty pans.

Filling for cream puffs—One pint milk, 1 cup sugar, 2 eggs, 1 table-spoon corn starch. Let cool and flavor with vanilla.

DUTCH APPLE PUDDING

One pint flour, 1-2 teaspoonful salt, 2 teaspoonfuls baking powder, 1-4 cup butter, 1 egg well beaten, 1 scanty cup of milk, 4 sour apples, 2 table-spoonfuls sugar.

Mix the dry ingredients, rub in the butter, then stir the egg and milk into the dry ingredients. Spread on a shallow pan. Core, pare and cut the apples into slices, lay them in parallel rows on top of the dough, sharp edge down, sprinkle with sugar over the apples, bake in a hot oven 30 or 40 minutes; serve with lemon sauce.

Loss of Vitality is loss of the principle of life, and is early indicated by falling appetite and diminishing strength and endurance. Hood's Sarsaparilla is the greatest vitality—it acts on all the organs and functions, and builds up the whole system.

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CHILDREN'S ONE-PIECE DRESS.

By Anabel Worthington.

The kindergarten age is the natural time for the wearing of such a charmingly childish little dress as No. 8344. It is all in one piece from shoulder to hem, but the line may be broken by a belt in a fancy shape if preferred. The front of the belt is pointed somewhat like a vest, but the pockets are so deep in this case that they show under the belt. The collar has a new outline, and is made of the same material as the belt and cuffs. The set-in sleeves offer a choice of two lengths, long ones gathered into cuffs and short ones with flare cuffs. Materials such as cotton poplin, gingham, chambray, kindergarten cloth, tissue, percale or pique are suitable.

The dress pattern, No. 8344, is cut in sizes 4, 6, 8 and 10 years. The four-year size requires 2 1/2 yards of 27 inch or 1 1/2 yards of 36 inch material with 3/4 yard of 36 inch contrasting material. To obtain the above pattern, send ten cents to the office of this publication.



8344