

### Using Fruit in the Diet

By LORETTO C. LYNCH.

Every effort should be made in the springtime to replace some of the heavier desserts of winter by fruit in various forms. Dieticians agree that most city dwellers and those not residing where fresh fruit is expensive or difficult to get, do not get sufficient of the mineral salts fruit contains to maintain the best of health.

When fresh fruit is unavailable, there is the dried fruit and the canned. The former is much less expensive than the latter and one of the reasons that dried fruit is not used as often as it should be is because it takes some little time to prepare.

Generally speaking, the average housewife's time is not highly precious and the woman who has her family's welfare at heart will not begrudge the few extra moments it requires to plan to clean and put to soak the half-pound or more of dried fruit.

Dried fruit should be scrubbed several times and rinsed in many waters. It should finally be covered with clear water and the container covered to prevent dust from falling in which the fruit is soaking.

During the process of soaking much valuable mineral matter gets into the water. It is, therefore, a mistake to throw out this water. The fruit should be set to stew in this water.

Stew the fruit slowly over a low fire and it will develop much of its natural sweetness. Toward the end of the cooking a little sugar may be added. Less sugar is required if it is put in toward the end of the cooking. Sugar loses its sweetness as it cooks.

While you may serve your stewed fruit as it is, for Sundays and special occasions the family may enjoy fruit whip. To prepare this, press the desired quantity of stewed fruit through a sieve. For each cup of fruit pulp, allow the white of an egg. Beat the egg white until stiff and gradually beat the fruit into it. A few drops of lemon juice will improve the flavor. If the fruit is not sweet enough, beat in a little powdered sugar.

Some housewives feel that large apples are too much for one serving. To bake these for individual service, cut the apples in half crosswise, core them, fill the centers with sugar and a speck of lemon juice and bake slowly until tender.

### Harvard Girl Wed



Mrs. Verna G. Herzog, only daughter of Mrs. Louis Herzog of

### Mrs. Winter Will Speak on Arms Conference

"The Arms Conference and Afterwards" is to be the topic of the address of Mrs. Thomas G. Winter, president of the Federated Club Women of America at the general federation convention at Chautauque, N. Y., in June.

As a member of the advisory committee of the Washington conference, Mrs. Winter is conceded to be the world's leading woman authority on international relations, and since it is upon international relations that the peace of the world hangs, this topic is to be a leading one at the great

Harvard, Neb., and Julius E. Person, were united in marriage at the bride's home Tuesday morning, May 9. They left immediately after the ceremony for Omaha, where they are visiting for a few days. Only the immediate families of the bride couple witnessed the ceremony.

gathering of women from all sections of the world which will follow closely upon the heels of the April Pan-American women's conference.

Mrs. Horace Mann Tower, chairman of the new federation committee on international relations, and Mrs. Charles Evans Hughes, honorary chairman of the same committee, are expected to be prominent speakers on the international program. World figures will take part in the discussions.

Omaha will be represented by Mesdames Charles Johannes, Philip Potter, Edgar Allen and C. E. Hempel, of the Omaha Woman's club; Mrs. E. A. Benson, Dundee Woman's club; Mrs. M. D. Cameron, representing the state federation and the Omaha Woman's club; Miss Dove Mitchell, who will spend the summer at Chautauque with her sister, Mrs. George Thatcher Guernsey of Independence, Kan., and Miss Luella Anderson, who is on the faculty of the Summer School of Music at Chautauque. Recreational events and music will relieve the program.

O. Nevin, Harold Milligan and Thurlow Lincrance are noted musicians who have definitely accepted a

place on the program, and Ruth Kempner, the young violinist who this year made a tremendous sensation in New York, will play, according to announcement just made by Mrs. Marx Oberholzer, national music chairman, who has musical events in charge.

There will be pageants and plays. Moirere's masterpiece, "Don Juan," will be staged by the famous Guild Players, and the Holy Land itself will be brought to the convention through the staging of a biblical pageant by Naulette B. Paul, L.L.D., whose characters will wear the world's most famous costumes of Jerusalem which are now a part of the exhibit collection of the late Mrs. Mountford of Jerusalem.

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### Feminine Foibles

Silk capes are evidently to be popular this summer for wear over thin dresses. The mode is extremely practical, as the cape preserves the freshness of a dress and also permits gowns to be worn in the street that would be almost too fragile and fancy for city use if uncovered. Very little warmth is added to a costume by these silk capes, which undoubtedly will be as useful for girls who work in the city as for those who have no workaday occasions to consider.

White will be this summer's color, if one is to judge from the advance models of summer skirts and frocks. Fancy silks of the heavier sporting grades are used for many sports skirts that are full, graceful and apparently offer all the freedom of movement necessary, even for tennis and golf.

Many vests to wear with spring coat suits. Some are made of coarse linen canvas, run with vivid embroidery in the Russian style. Others are made of silk, quilted in colors.

Slippers made of black and white checked velvet. These are for bedroom wear, with black or white negligees.

A frock of old gold crepe embroidered with steel nailheads. The combination is striking.

Capes of white homespun to wear with thin frocks. Sometimes these capes show stitchery of black.

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