

# Social and Other Interests of Women

## SOCIETY

Prof. Frederic Berryman, organist and choir director of the First Methodist Episcopal church, who is enjoying a month's vacation, is being tendered a number of courtesies at the various places where he is visiting. He has been the honor guest at a number of informal affairs in Port Huron, Mich., where he is at present stopping. On Tuesday he was honored by the Orpheus society with a picnic supper in Pine Grove park, followed by an informal reception in the evening at the church parlors. Members of the society and friends to the number of 50 went to the park at 5 o'clock where an elaborate picnic supper was served.

In the evening an equally delightful time was spent at the church where an informal musical was given following the reception. Mr. Berryman rendering a number of organ selections. Members of the society contributed to the performance with several excellent numbers. At the close of the program Prof. Berryman gave a vocal recital which was greatly enjoyed.

Miss Helen Chandonia, 215 St. Peter st., was hostess Thursday evening to the Christian Endeavor of the Trinity Presbyterian church. Contestants were enjoyed during the evening, favors in which were awarded Miss Bietert and Harry Masangil. Miss Mildred Gemberling and Max Hakes rendered a number of vocal solos. The out-of-town guests were Harry Graham and Max Hakes. A dainty luncheon was served at the close of the evening.

The Eureka club was very pleasantly entertained Thursday afternoon by Mrs. Wm. West, 302 Pennsylvania av. Needlework was the feature of the afternoon followed by a social hour during which a dainty pink and white luncheon was served by the hostess. The house was prettily decorated with garden flowers. The club will be entertained in two weeks by Mrs. John Hinkle, Kuntzman court.

The A. Y. E. club was entertained Thursday all day by Mrs. Charles Kemel, Miami, et. The morning was spent with needlework and at noon a delicious dinner was served. Contestants were enjoyed during the afternoon, prizes being awarded Mrs. Harry Woolman and Mrs. Aug. Schultz. The club will be entertained in two weeks by Mrs. Casper Krauser, Leiland av.

A large company of women and children enjoyed an all day picnic at Chain lakes Wednesday. Leaving early in the morning the crowd spent the day with games, contests, boating and bathing. In the afternoon a contest, favors were won by Mrs. Hill and Mrs. Haslinger; the ring throwing contest by Mrs. Schafer and Mrs. DeBow; the cracker contest by Mrs. M. Beach and Mrs. Schafer, and the ball contest by Mrs. Ray Hicks and Glens Hill. In the boys' contests the favors were taken by John Steffee, Charles Schafer, and Edward Beach. In the girls' contests the winners were Marie Beach, Buddie Hill and Jeanette Beach. The out of town guest was Mrs. Ray Hicks of Benton Harbor.

The Modern Beehive club was entertained Thursday afternoon by Mrs. Jacob Coleman, 746 Cleveland av. Contestants were enjoyed during the afternoon, favors in which were awarded Mrs. J. E. Glavin, Mrs. G. E. Mitchell and Mrs. Wm. Mell. A delicious two course luncheon was served by the hostess to 15 members of the club. Mrs. T. T. Morris will entertain in two weeks at her home, 187 Adams st.

The Women's Auxiliary of the Westminster Presbyterian church was entertained last night at the home of Mrs. E. J. Reilinger, 1211 E. Lindsey sts. Games and music were enjoyed followed by a luncheon.

A party of seven girls enjoyed a picnic and "wienie" roast Wednesday afternoon at the four mile bridge. The girls "hiked" out and back. Those in the party were the Misses Sidney Crosby, Beadie Shier, Anna Davelline, Katherine Kochendorfer, Marie, Louise and Agnes Champagne.

Mrs. B. B. Davis, No. 5 Taylor court, entertained the members of the D. I. Pedro club Thursday afternoon. Favors at cards were awarded Mrs. Geo. Frank, Mrs. W. Griesinger and Mrs. G. Fritz. Arrangements were made for a "snow white" party which will be held in two weeks at the home of Mrs. Joe Kagle, 506 Cushing st. Dainty refreshments were served by the hostess at the close of the afternoon.

Mrs. J. W. Wadill, 205 Duball av., was hostess Thursday at a 1 o'clock dinner in honor of Mr. Wadill's sister, Mrs. Margaret Leveridge of Rock Island, Ill., and Mrs. Fannie Miller of Chicago. Covers were placed for ten. House decorations were prettily arranged clusters of garden flowers.

The wedding of Miss Hazel Linsenmayer, daughter of Mr. and Mrs. Albert Linsenmayer, 120 E. Calvert st., and G. R. Nelson took place Tuesday afternoon at the United Brethren church. The bride was attended by Miss Helen Nelson and the groom by Earl McNeil. The bride wore a crepe dress trimmed with pearls and carried a bouquet of bride's roses. The bridesmaid wore a dress of pale green trimmed with inset lace and carried a

## HOW TO LIVE WELL AND SAVE THE PENNIES DURING THE WAR

### FISH AS FOOD.

Because fish hasn't followed the example of "desh and fowl" and soared upward in price under pressure of war panic, it's used these days by a great many good housekeepers instead of 50-cent beefsteak or 35-cent lamb chops.

And of fish the United States has plenty and to spare. From the Atlantic and the Pacific coast fisheries, from the Great lakes and innumerable rivers and inland lakes more than 2,169,000,000 pounds of fish are taken annually.

Although fish is much cheaper than meat, its cheapness isn't its best recommendation. Fish is nutritious and, better still, it is palatable—boiled or broiled, fried or baked on a plank.

Fish as food is one of the subjects that the United States government has had carefully studied by food experts and one of these experts, Dr. C. F. Langworthy, has written as follows about the food value of fish:

BY DR. C. F. LANGWORTHY, (Food Expert of the United States Department of Agriculture.)

From the standpoint of both nutritive value and palatability fish is an important food product and, as shown by experiments, equal to beef as a source of energy in the diet. It produces the same sensation of satiety and this persists for as long a time. It was found that fish caused the excretion of a smaller amount of uric acid than meat.

When fish is supplemented by bread, potatoes, etc., a diet is provided which will supply all the demands of the body. Where fish can be obtained at low cost it may advantageously furnish a considerable portion of the protein required, and under most conditions its use may be profitably extended solely on the plea of variety.

Fish is essentially a nitrogenous food; that is, it contains sugar and starch, in this it resembles meat.

The place of fish in the diet, if judged by its composition, is the same as that of meat—that is, it supplements cereals and other vegetables, the most of which are wheat, rye, maize, rice, potatoes, etc., and deficient in protein, the chief nutrient in the flesh of fish. As regards the relative nutritive value of meat and fish, it appears, from a large number of investigations, that the only considerable difference is in the proportion of water and fat present, the flesh of the fish having water where meat has fat.

Although fish is not very rich in fats, fats, in the form of butter, flour or other material, are added to fish when cooked, and thus the deficiency in fuel ingredients is made good. Boiled or steamed fish is often accompanied by a sauce, made from butter, eggs, etc. Fried fish is cooked in fat, and baked fish is often filled with force meat, and may also be accompanied by a sauce; the force meat being made of bread, butter, etc., contains fat. In made dishes—chowders, fish pies, salads, etc.—fat and carbohydrates (butter, flour, vegetables, etc.) are combined with fish, the kind and amount varying in the individual cases.

Furthermore, in the ordinary household, fish is supplemented by such foods as bread, butter, potatoes, green vegetables and fruit. That is, by adding materials in cooking and by serving other dishes with the cooked product the protein of the fish is supplemented by the necessary fat and starches.



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## THE POSSIBILITIES OF SALT FISH.

BY CAROLINE COE.

Salt fish has many possibilities both as to flavor and as food value.

Cod fish, mackerel and herring are the most used and they are not imported, consequently they have not arisen in price.

Beside being cheap these foods require little labor in preparation. Salt fish needs to be carefully freshened. By this I mean plenty of water must be kept on them and the water changed often. Better, if possible, put the fish in running water. The time usually required to freshen cod or mackerel is from five to eight hours.

Place fish with skin side up. If possible raise fish from bottom of vessel to allow salt to settle.

If the fish is to be fried or broiled it will need to stand in water longer than if it is to be cooked with milk.

Our Yankee grandmothers used cod fish as we do beef. And we are indebted to them for many nourishing dishes made from it. An old-fashioned cod fish dinner will furnish fuel for a hard day's labor and is within the reach of most pocketbooks. Select thick, white portions of fish. The "rusted" pieces are not as pleasing to the eye, although we are assured by the dealer "they are just as good."

Strip the fish in even small pieces or flakes and put in saucepan with plenty of cold water. Allow to stand an hour. Drain and cover again with cold water, place on stove and allow to come to boiling point. Turn off salt water, cover again with cold water, set on fire and allow to boil three minutes. Drain and serve in rich cream sauce, with plain boiled potatoes.

This served with a relish and a light dessert is a well balanced and appetizing meal.

day for Chicago to make their home.

Miss Bertha Strom, 711 W. Division st., has returned from Hudson lake where she enjoyed an outing.

Mrs. Elizabeth Walker and daughter Elizabeth, 215 N. Scott st., are visiting in Chicago.

The Misses Mayme and Irene Couch, 524 St. Louis st., have returned from Diamond lake, where they spent some time.

Miss Esther Kallies, 717 E. Colfax av., has returned from a week's visit in Elkhart.

Charles McCreary, 317 Vista av., is visiting in Columbus, Ohio.

Mrs. Oscar Little of Elkhart, visited in South Bend Wednesday and Thursday.

Charles Warrell and wife, formerly of this city but now residing in Chicago, are visiting Mr. and Mrs. Guy McMichael, 902 Blaine av.

Mrs. Phillip BonDurant, 212 W. Navarre st., who underwent an operation at Epworth hospital Wednesday evening, is reported much improved.

Miss Mattie Prell, who with her sister, Mrs. D. E. Boon of Hammond, have been visiting relatives in Jefferson, Wis., have returned after a three weeks' stay.

B. F. Augustine, 1215 Riverside drive, has returned from a business trip to Battle Creek, Kalamazoo and other Michigan cities.

The members of the Qui Vive club will meet at the home of Mrs. J. E. Colfax, 215 N. Scott st., this evening when plans for the initiation next month will be made.

FAREWELL BANQUET FOR L. N. GREENAN

Lawrence Romine introduced as New Underwriters Secretary at Oliver.

A farewell banquet to L. N. Greenan, retiring secretary of the South Bend and Mishawaka Underwriters' association was given last night at the Oliver hotel. Lawrence Romine was introduced as the new secretary. Atty. Dudley M. Shively acted as toastmaster. The principal address of the evening was made by E. M. Sellers, manager of the Indiana Inspection bureau, who urged a stronger co-operation between the underwriters and the assured.

Other talks were made by Supt. Toxne of the local water works and Chief Sibel of the fire department.

Those present from out of the city were Col. W. P. Benton, Indianapolis; J. A. Larimore, Anderson; Harry Gamble, Indianapolis; O. E. Green, Indianapolis; C. W. Kimmel, Kendallville; G. M. Wise, Indianapolis.

WILL RETURN HOME SOON

H. S. Dickey Completes His Work in Santo Domingo.

According to a letter received by Mrs. H. S. Dickey, 601 Cleveland av., her husband, who was appointed by Pres. Wilson to audit the books of the Santo Domingo republic, has concluded his work and has gone from Porto Rico to Santo Domingo. He further stated that the revolution has been quieted and that he is now safe.

DISCUSS REVENUE TAX

More Funds Needed to Offset Loss in Custom Receipts.

WASHINGTON, Aug. 28.—Secy. of the Treasury McAdoo, Sen. Simmons, chairman of the finance committee, and Rep. Underwood, chairman of the ways and means committee, Thursday conferred on the proposed new internal revenue tax to offset the loss in customs revenues due to the European war.

Pres. Wilson is expected to send a message to congress next week dealing with the subject and in the meantime Rep. Underwood and his committee are seeking a bill ready to present to the house as soon as the message shall have been read.

W. Preston MacHenry will resume vocal instruction on Tuesday, Sept. 1, at his new studio, 228 W. Colfax av., corner Lafayette st.

## All Sold!



Ellsworth Dresses bear the markings of Fall — Basques and Basque Effects are to be seen.

Not a Summer Suit, Summer Dress, Summer Skirt or Summer Coat left. All Garments of Spring and Summer vintage are gone. They went out in the Automatic Reduction Sale.

So—

We've only New Styles to show you. You can come to Ellsworth's knowing that the Summer Days are over and that you'll not have to look at a lot of Summer Left-Overs. You can come to Ellsworth's knowing that the new garments are correct because they were chosen by experts and not picked up haphazard for sale purposes.

Come and see the Ellsworth garments — come whether you want to buy or not.

New Fall Wirthmor Waists at One Dollar the Waist—Wirthmors are always Worth More but they're always \$1.00. Another Lot Just In.

The Ellsworth Store  
"THE BRIGHTEST SPOT IN TOWN"

GET SUSPENDED SENTENCE.  
Irene Elmore, 415 Paris st., was found guilty of trespass upon charges filed by Mrs. Helena Mielke, 1216 S. Fellows st., in city court Friday morning, and was given a suspended sentence of \$1 and costs.

SAMPLE SUIT SALE.  
New Fall Sample Suits bought by us at one-half price, now on sale at \$14.95. This is the first before the season sample suit sale ever held by any store in northern Indiana. \$30, \$32.50 and \$35 Suits, the one of a style kind, on sale at \$14.95. ADV.—NEWMAN'S.

SERVIA'S FLORENCE NIGHTINGALE ENTERS A CLOISTER

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She will be known as Sister Elizabeth, but as she is entering a cloistered order she will devote her time to teaching rather than nursing.



Indestructo Sanitary Hampers are built of the finest selected gum—specially processed to form the toughest, lightest, most elastic, waterproof, wear-proof and beautiful material for the purpose in the world.

These hampers can't split — won't squeak — may be conveniently handled.

Two finishes — white enamel — and the natural wood finish. Indestructo Hampers are essentially Sanitary.

Mounted on rust-proof metal knobs, which raise them from the floor, free circulation is allowed. The vents illustrated on the side are for circulation—and also form handy finger-holds when lifting and moving.

Easily cleaned. No difficult corners—hinges — or irregularities to catch dust.

—at Ellsworth's.

Sherman's  
Successor to Wilhelm's.

Watch  
Our  
North  
Window  
Saturday

WE GIVE VALUES that make it WORTH WHILE

The finest of diamonds. Most artistic jewelry. Best grade watches. BIG SAVING in our prices.

CLAUER'S 3-Floor Jewelry Store.

NEWMAN'S

THE STYLE SHOP FOR WOMEN

George H. Wheelock & Company

Hotpoint

Electric Heating Devices.

This Electric Toaster is one of the many Hotpoint electric labor lighteners. Complete, ready to use \$3.50

This Electric Iron is saving time and labor in a million homes—guaranteed 10 years. Complete, ready to use \$3.50

Other Hotpoint Electric Devices.

Utility Sets \$5.00. Aluminum Percolators \$7.50

Stoves \$5.00. Grills \$5.00. Heating Pads \$4.50.

We also feature other standard makes of Electric Utilities—on display in our

Household Utilities Section Third Floor

George H. Wheelock & Company

