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Composed of over 40,000 Members

October, 1917
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EDITORIAL NOTES

Let us not therefore judge one another any more: but judge ye this rather, that no man put a stumbling block in his brother’s way, or an occasion of falling.
—St. Paul: Epistle to the Romans.

The special features of this number, Art and Music, will be of interest to all club women. We are greatly indebted to Mrs. Rose V. S. Berry, for the cuts which illustrate her article. Mrs. Berry has prepared a comprehensive outline for art study which will appear in the November issue of the magazine.

The November Clubwoman will contain articles on Home Economics and Civics by the chairman of these departments. Girl’s War Service Department, which has recently been created by the Council of National and State Defense, will also be featured in the next number of The Clubwoman.

The Southern District Annual Convention will be held at the Mission Inn, Riverside, November 6th to 9th, Mrs. C. C. Arnold, President, presiding. The Convention will open Tuesday afternoon at 2 o’clock and close Friday noon.

One of the special features during the convention will be a course of lectures by Dr. Mary B. Ritter of La Jolla on Sex Education, given for the High School Girls and mothers as well as for club members.

Indian Welfare will have a prominent place on the program, and the problems of country life will be discussed by the following speakers: The Rural School, Mr. Harald Foght of the Federal Bureau of Education; Agriculture, Thomas F. Hunt, Dean of the College of Agriculture State University; and Country Life, Mr. George Maxwell.

Owing to her duties in the East and especially the Georgia State Convention, it is feared that Mrs. Josiah Evans Cowles may not be able to be present at the Convention. This is deeply to be regretted as the presence of our honored President of the General Federation is always an inspiration and help. Mrs. Herbert A. Cable will be present and give the “keynote” address. “Emergency Service” will be the underlying thought of the entire convention and speakers will present every phase of woman’s work in the war.

Mr. Ralph Merritt, the California Food Administrator, will speak on the food question.

LETTER FROM THE GENERAL FEDERATION PRESIDENT, MRS. JOSIAH EVANS COWLES

My Dear State President:
The General Federation of Women’s Clubs is at this time announcing some constructive plans which form the theme of this personal letter to our State Presidents.

Arrangements have been made for opening an office in the Maryland Building in the city of Washington to be called the SERV-ICE OFFICE of the General Federation of Women’s Clubs.

The General Federation is now offering a particular war service, and the Service Office has been created to be the actuary between the Departments of the General Federation and the Departments of Government at Washington. It has been opened in response to the recognized need of closer and more
immediate touch with the measures and work being carried on in the Government Departments, including the Red Cross and the Food Administration.

The State Federations and federated clubs can now receive immediate and accurate knowledge of what is being done by the Federal Departments and where and how the clubs may render the most effective service. The office will be of service as you report your club efforts along the lines of the Red Cross, food conservation, camp libraries, and the many movements in which women are so bravely and generously working now that our country has entered the war. Report what you are doing, and ask for that assistance which will make your work most effective.

A second great step is the purchase of the General Federation Magazine which for the first time in its history is now the property of the General Federation of Women's Clubs.

The Federation is most fortunate in having secured Miss Helen Louise Johnson to fill the two positions of Director of the Service Office and Editor-in-chief of the Magazine. Miss Johnson's natural talents and her experience combine to fit her admirably for the duties of these two offices. She is well known to club women as the former chairman of our Home Economics Department and present chairman of our Relationships Committee. She is a thoroughly informed Federation woman who came into General Federation positions after serving, in the Home Economics Department of the Massachusetts Federation while residing in New England and as a member of the Illinois Federation Board while her home was in the middle west.

Many of our women are not aware, however, that in the magazine field Miss Johnson is known as a skillful writer whose contributions are frequently seen in the "Pictorial Review," "The Independent," and "The Journal of Home Economics," and that she has had editorial experience on "Good Housekeeping" and "Harper's Bazaar," beside being for six years the editor of "Table Talk" when that magazine was one of the leading women's periodicals of the country.

Our official organ will be edited from our office at Washington, and Miss Johnson as editor will endeavor first and most earnestly to increase the value of the magazine as a medium of expression. But in order to publish it at all in these days of high prices of paper, printing, etc., the subscription list must be largely increased.

This is our part, and I believe I may confidently rely upon you to promote throughout your state what is now our own business project. Miss Johnson has said that if each of our loyal 9,000 federated clubs can guarantee five subscriptions the magazine can be put on a self-supporting basis. Can we not do this before the Arkansas Biennial? The subscription price is $1.00 a year.

War service is paramount in the interests of our club women everywhere. The Service Office has been opened for the sake of connecting club women with the Government's activities in relation to the great world strife. And the Magazine is the medium through which authentic information concerning these war activities can be given you monthly. When this plan is understood, it would seem that every active club woman will wish to subscribe for the magazine.

Will you make this the subject of a very earnest message to the club women of your state? A mere notice will not suffice. Many state conventions are now approaching, and where this is the case the State President has her best opportunity for inspiring the club women. We are trusting that very great interest will be manifested in every state.

With full faith that your efforts will aid materially in promoting the welfare of the magazine at this time of our great opportunity, I remain,

Sincerely yours,

HONE V. H. COWLES.

STATE PRESIDENT'S LETTER

Dear Club Members:

It is highly gratifying to note with the opening of the club year, in club year books, in study programs, in public entertainment the decided emphasis that is being laid on patriotic service and the ready response that club women are making to the National call. We are trying to make this response efficient as well as enthusiastic.

Wheatless, meatless menus, Hoover luncheons, Home Products luncheons, caloric luncheons, are the order of the day, and as for "teas"—war bread and crust or sand-wiches are the only offerings, and if, by any chance, a white bread sandwich creeps onto the plate, it is apologized for by the hostess and shunned by the guest, and only saved final and absolute rejection because since it is there, to waste it would be a greater crime than to consume it.

Mrs. J. C. Urquhart, of the Santa Monica Bay Woman's Club, began the year and set the fashion by serving a wheatless-meatless home products luncheon to the members of her Board, a deliciously appetizing, well balanced, attractive luncheon that was as educational as it was satisfactory. The menu was planned by the President, cooked in the club house, and daintily served by several of the "club daughters."

The President's Assembly of San Francisco followed suit with a patriotic luncheon on the anniversary of our National anthem, the Star Spangled Banner. This luncheon was served in the Ramona Hotel in San Francisco where the management entered
heartily into the plans, and where the double purpose was served of educating the public and demonstrating "Hooverism" to the club women.

There was a critical moment during the serving of the second course when the President after one suspicious glance at a plate of deliciously tempting, fluffy, puffy white biscuit, forbade further proceedings until her peremptory demand upon the kitchen brought the hurried assurance that said biscuits were made of rice flour and not wheat.

So determined was the President, Mrs. Hertz, that there should be no deviation from the rules as set down by Mr. Hoover, that I am sure nothing less than a court martial would have ensued if either the chef had been found guilty or if we had consumed even one of those beautiful enticing biscuits without waiting for his comforting assurance.

Following this, the Twentieth Century Club of Berkeley in its beautiful, commodious club home, presided over by its charming President, Mrs. F. G. Atchearn, opened club year with a luncheon where that much discussed, mysterious, often malignned and sometimes feared "calorie," was brought to the light of day, and actually served to us to the amount of eight hundred and fourteen to each person. To be sure they were disguised and attractively hidden in what looked like rice croquettes with cream cheese sauce, stuffed green peppers, combination salad, and merigue topped, golden lemon pie—but not the President told us and the charts on the wall proclaimed that we were eating calories—so many per—and we happily and contentedly concluded that we were pleased indeed to make their acquaintance and that the horrors of "dieteties" have been overdrawn.

It was at this luncheon that the centerpieces were formed from the crinkly leaved, ruffly edged, yellow-green lettuce, on head solidly complacent, white-hearted cabbages and brown striped, quaintly curved squash, pierced to their hearts with dozens of tiny American flags, subtly conveying the lesson that food, furnishes the background for patriotism in today's conflict.

For the rest of the table decorations there were feathery green topped carrots interspersed with the long stringed bean, whose green curves and fantastic angles would occasionally spell "Hoover" and then after encircling the butter plate and the jam pot, hide away under little green clumps of parsley and thyme. The committee in charge promised that all decorations would go into the pot-au-feu next day.

Having been privileged to attend and to enjoy these various luncheons your President desires to assure you on her word of honor that there is no sacrifice involved in a wheatless, meatless meal or a Hoover luncheon. Try one and demonstrate to your club members and to your community how easy it is to keep the Hoover pledge after it is signed.

The September Board meeting was held in San Francisco and was well attended. It was most gratifying that every District President attended either the Board Meeting or the Conference that preceded it, and splendid reports were received from all of the progress of federation work throughout the State. We were pleased to note that nearly every State Chairman reported having heard from all of her district chairman—for we know that upon just such close relation and cooperation between the State and the District depends the success of our organization and accomplishment in our work.

The best report that has yet been received came from the State Chairman of Federation Extension and Emblem—best in the amount of work reported—best in that it was in proper typewritten form, containing a record of work actually accomplished and explicitly setting forth requests for direction and action on the part of the Board.

If every report in our club work could be made in as clear and concise a manner, there would be less wear and tear upon machinery as well as upon nerves.

The annual report for 1916-1917 and the club directory for 1917-1918 were in the mail the fifteenth of September.

We were tremendously pleased with them and we hope you are. Everything humanly possible was done to make the result perfect, but of course it isn't. But when you find a mistake just stop a minute and think of the Corresponding Secretary, working every day during July and August, counting words in reports too long, typewriting reports written in long hand, writing three and four times and finally telegraphing for reports delayed, holding proof for district data, inserting a new address here, or a changed initial there, changing even the final page proof in order to include a belated club—her one anxious thought all the time that no report should be omitted, no club left out, every district fully represented, every name and initial correct if possible, think of this a minute and then if there is a complaint to make about something that is wrong include a congratulation for all that is right.

May I take this opportunity to express appreciation of courtesies received from many clubs throughout the State in the form of invitations to attend meetings, courtesy membership cards, and club year books, and to wish that I might accept all your invitations and meet every club member in California. We can only meet in spirit, and join hands in work to be done, but the desire on my part grows deeper and stronger every day to give again and to give worthily all that you are giving to me.

Most sincerely,

BERTHA L. CABLE.
(Mrs. Herbert A.)
REPORT OF THE STATE CHAIRMAN, FEDERATION AND EMBLEM

As State Chairman of Federation and Emblem I submit the following report:
Since August 5, 1917, 36 letters have been forwarded to officers, District Chairmen and Club Presidents, also outlines and instructions for the year's work. Literature, application blanks and stationery was forwarded to State District Chairman by the State Corresponding Secretary, Miss Mumford. An article was written and forwarded as requested, to the Clubwoman on Federation Extension and Emblem.

Since August 5, 1917, 25 letters of various kinds have been received from officers and District chairmen, and have been answered. Six District Chairmen have written interesting letters, showing much enthusiasm in their departments. San Francisco and Alameda have not, as yet, responded to my call.

Since August 5, 1917, twelve clubs have federated with the State Federation, as follows:
Northern District—Loomis, Placer County, Women's Club of Loomis; 30 members. President, Hazel Ostrom, Loomis; Secretary, Miss Mary C. Flaridon, San Francisco District. Sausalito Woman's Club. (Has come in since last meeting.)

Alameda District.—Unit One Bay Cities Music League; 18 members. President, Miss Ida B. Diserens, 2531 School St., Oakland; Secretary, Mrs. Guy Brown, 2121 41st St., Oakland.

San Joaquin District.—South Fork Woman's Club, Onyx; 33 members. President, Mrs. Warren Rankin, Onyx; Secretary, Mrs. Thomas S. Smith, Onyx. 5. Lost Hills Twentieth Century Reading Club; 30 members. President, Mrs. Effie Brown Conkey, Los Hills; Secretary, Mrs. Jewell Coffey, Lost Hills. 6. Porterville, Ladies' Improvement Club; 76 members. President, Mrs. Cora Baker; Secretary, Ada F. Brey, P. O. Box 248, Porterville.

Los Angeles District—La Camarada Club, Los Angeles; 38 members. President, Mrs. D. A. Judd, 2137 Nicholson Ave., Alhambra; Secretary, Mrs. L. A. Ball, 507 N. Ave. 50, Los Angeles. 8. American University Study Club, Los Angeles; 11 members. President, Mrs. L. H. Preister, 5804 Hollywood Blvd., Los Angeles; Secretary, H. B. Havens, Mrs., 1340 W. 47th Street, Los Angeles. 10. Catholic Woman's Club, Los Angeles; 550 members. President, Mrs. E. C. Higgins, 2646 Ellendale Ave., Los Angeles; Secretary, Miss Frances O'Meara, 869 Kingsley Drive, Los Angeles. 11. Lamanda Park Ladies' Auxiliary to the Board of Trade; 25 members. President, Mrs. J. C. Semprez, R. F. D. No. 1, Pasadena; Secretary, Mrs. Ralph White, Lamanda Park. 12. Vacaville, Saturday Club.
Information and statements received: One copy of Log Book of Emblems, from Mrs. Schoeneman; copy of Hand Book from Miss S. T. Smith, State Library; Information Bureau, minutes of June and July, letter of instructions from President, Stationery and application blanks.

Emblem.—Mrs. Schoneman has forwarded stock of emblems on hand: 5 emblems, no seals, 3 gold plated pins, 2 solid gold, or two large pins.

All communications have been answered up to date. Our plans for the year work are not yet fully complete, but we hope to organize ourselves into a compact working force. We expect to have the co-operation of the state and district chairman, so that all may be doing the same line of work at the same time, making a compact chain of workers; for in union there is strength.

I wish to express my appreciation and sincere thanks to the State President, State Secretary, Miss Mumford, Mrs. Simmons, Mrs. Harmon and Mrs. Schoneman, for the many helpful suggestions and generous support given me since my appointment. Wishing you success and a most satisfactory board meeting, with my regrets that I could not be present and meet with you at this important board meeting and luncheon.

Most respectfully submitted,
MRS. HARVEY G. ANDERSON.
State Chairman Federation Extension and Emblem.

STATE COUNCIL OF DEFENSE.

The Library System of California as an Arm of the Councils of Defense

In order to effect a more complete cooperation in State Defense work and to place at the disposal of all Defense workers the results of the activities of this office, attention is called to certain features of the work of the Information and Library Service Department, which it is hoped may prove valuable.

1. Centers of Information and Library Service are being established in every county in the state. This represents the combined resources of the State Library, the County Library System, the California Library Association, and the principal Municipal Libraries in California. Such a library center has been designated in each county to work with the County Council of Defense.

2. The State Library is preparing popular lists of material, suitable for all libraries on subjects germane to Defense Council work. These lists cover two general classifications:
   (a) Food Conservation, Food Administration and Food Control; and,
   (b) Economic Problems, (including labor, and especially women and children in industry, Americanization, war conditions, organizations and their work, etc.)

   (Continued on Page 34)
A SKETCH OF AMERICAN LANDSCAPE PAINTING

By ROSE V. S. BERRY, State Chairman of Art.

It has long been conceded that the landscape painting of America possesses an individuality, a spontaneity, a virility and freshness which places it in a category by itself. There is a surprising rendition of atmospheric conditions; a truthfulness adhering closely to a literal handling of the subject, yet with enough romance and imagination to save the compositions from a weakness felt in the presence of a photographic statement of nature as it has impressed the artist. The beginning of landscape painting in America was auspicious. A small group of men in the Hudson River district, thoroughly imbued with the beauty of their country, without tradition or academic training, began to transcribe to canvas the features of the landscape which they loved. The result of the pioneering of those early men is easy to determine. America has always had a subtle understanding of the out-of-doors, and the atmospheric mysteries involved, not to be found in the first efforts of any other country; and the painters of the Hudson River school were among the van guard of those who did their work in the open, and studied nature beyond the inclosure of the studio walls. The pictures of Doughty, Cole, Kensett and Asher B. Durand, are of interest to the student of American art because they show just what earnest, talented men can find for themselves when they begin in a serious search for truth.

Taught by their immediate predecessors to appreciate the out-of-door study, the second group of landscape painters were quickly won to the belief and practice of the Barbizon School of painters in France— the first large movement in the old world to forswear the studio for the open. It was to these energetic and fearless young Frenchmen that Homer D. Martin, George Inness, Alexander Wyant, William Sartain, Wyatt Eaton, Will H. Low, and R. Swain Gifford turned for direction when they went to study painting in France.

With the fame of the Barbizon painters the really great landscape epoch begins, it is one of the most interesting periods in art production, and its achievement is a romance in itself. The type of landscape which had preceded these students was stilted and set in its style, lacking in poetic charm and inspirational interest. The manner and methods were so prescribed that the academician was hopelessly lost in formulas and tradition. The younger men—Corot, Rousseau, Millet, Danbigny, Troyon, Diaz and Dupre, were all dissatisfied and thoroughly alive to the missing element of greatness in their art. An unknown Englishman—John Constable, had just begun to receive tardy recognition in the London exhibitions, but the English people were not yet conscious that a genius was operating among them. Six of Constable's pictures were taken into France, and the keenly discerning lovers of art were quick to see the new note in the Englishman's scenes. Upon finding that the painter had done his work in the open,—studied the atmospheric conditions and the face of nature without obstructions, the Parisian studios were closed, and these earnest young men forsook the ways which were smooth and certain from experience and long travel, for the high ways and by ways of investigation. The small village of Barbizon,—on the edge of the Fontamable forest, became their

"STORM IN CATSKILLS," A. B. DURAND. (Hudson River School.)
dwelling place and furnished their name. Each of them had made a thorough study of his art; each was well grounded in theory; each had faith in his power to see; each had in some degree been recognized in the art world; yet they were in no way prepared for what they found, and it took all their faith in each other and all their experiences combined to establish the discoveries they made at every onward step. They found that no two people see alike, not even the trained eye of the artist making it possible; also that the personal taste of the painter had much to do with what he wished to see and what he looked for; he really seemed able to seek only that which he admired most. Corot loved dim indistinct masses, and painted in a closely related color scale with detail effaced. He even went so far to secure these effects that he left the forest for a river country, where the rising mists would assist in blotting out the objectionable detail, and he painted in the early morning hours, beginning as early as four o'clock and stopping by nine, as by that time he said he saw too much. Rousseau preferred strong contrasts, painting the most brilliant hours of the day,—noon with its
dazzling sunlight, or a vivid orange sunset silhouetting the black, darkened mass of the forest. Troyon dealt with the calm and peace of the pastoral lands, where cattle sought friendly shade; while Millet portrayed the peasant at his muscle hardening toil. They thus established the fact that even in a landscape the personality of the painter counted for much, and the time of the day had all to do with what he saw in detail. They learned that objects must be placed in the landscape exactly as a bush or flower is disposed of,—the human figure when it was to be subordinate, was treated merely as a shape or form, the costume often serving as a needed note of color. These are principles of painting very generally understood now, but they were new and startling then, and required vigorous defense on the part of the Barbizon men. It took thirty-five years to win the public and the art lover to an appreciation of the art of this school; while the artists were all refused at the salons many times. The magnitude of the gift they made the world in their accomplished endeavor is not to be estimated, while the light they shed on their followers was instrumental in a continuous progress for the French landscapist. The American student was quick to see the worth of these discoveries and cleverly adapted them to his needs, with the result that America has a very distinct period of painting during which the Barbizon influence prevails,—yet it was only an adaptation, the American artist is seldom servile in his imitation.

Progress comes by the constant effort of the student, keen observation, a prophetic instinct to detect the new note when it is sounded, and an appreciation of the value of the new as it takes the place of the old. The Barbizon men discovered many things unknown to previous painters of landscape; but they left off with a clever manipulation of light and shade, having done nothing with the brilliance of sunlight in their painting. The Impressionists, the successors of the Barbizon School, Manet and Claude Monet, were in search of the sunlight, and in introducing it into their canvases they found it necessary to invent new methods, changing all that had been left of tradition, finally resorting to means unheard of in securing the desired results. Seeking the correct portrayal of sunlight soon taught them that their pigment was lacking in any adequate measure to represent the sun’s brightness, and all the science at command was called in to assist in the solving of the problem. The theories of the Scientists in regard to light was their constant study and led to the trial of the broken color painting,—the placing of the primary colors, without mixing, side by side, and by looking at them from a distance, or by closing the eyes, and looking through the lashes, which shuts out the light, the colors are blended according to law and become stronger and more vibrant than where they are mixed upon the palette. The observer thus accomplishes the mixing which the artist has left him to do, and it is easy to see that the Impressionist does not put upon the canvas the

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PACIFIC ELECTRIC RAILWAY
thing he wishes the public to see, but that which will produce what he wishes seen. It is scarcely to be believed that gray hair may be painted by a few dashes of black, of green, of blue, very little gray, and one or two touches of pure white, yet the proper distance blends the colors into a beautiful gray, which possesses all the quality of fine white hair. In the careful study of the power of color the achievement of the Impressionists has been different from anything which has preceded it; it has been theirs to show the world the difference between the passing of the hours, which is told by the deepening of the color as the hour is later, or vice versa. From the statement of these facts the laymen should see, the intense and compelling interest the subject would have for the painter who is vitally set upon the solving of the problem of light as it involves his art.

In all countries producing landscape painters at the present time the Barbizon methods and style of composition together with the better understanding of the handling of sunlight, made possible by the Impressionists, have been combined, with the result that the canvases are glowing with sunlight and radiant with brilliant color. Of this type of painter there are many in America; but he is distinctly American in what he does. He brings into his achievement a keen vision, a fearless mode of attack, a vibrating atmospheric condition; often glimpsing some other realm,—such is the work of John Twachtman and Jonas Lie; while there is a herculean reserve power to be found in the painting of Tarbell and Alden Weir.

For years the European masters of painting have recognized marked American characteristics in the production of the American student, that they exist in a splendid way, in such abundance that they are overwhelmingly present, was established by the five thousand American paintings shown at the Palace of Fine Arts in 1915, and that their excellence was comparable with the world's best was also demonstrated, while many enthusiasts consider America first in landscape painting today.

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Everything that God has made was created “in tune”—the voice of man, the whisper of the wind, the laughter of little brooks and the throbb of the great ocean. Nature is harmony, the maintenance of right relations between every living thing. If we listen with hearing ears and observe with seeing eyes, we shall discover that every thing in Nature is full of melody and is alive with divine rhythms.

As the expression of music is universal in nature, so the appreciation of music is universal in man. We may not be able to express a single musical harmony, yet our hearts will thrill to the song of the meadow larks in the spring or the call of the bugle when war walks down the land.

Just because Music is the universal language it has been both the inspiration and the message-bearer for all peoples, from the time when Pan blew the first note upon his reed-pipe to the cathedral organ of today. Sydney Lanier says: “Music is Love in search of a word.” It is with Love and Harmony in our work that big things can be done. We have been asked, “What can music sections and clubs do to render aid in the great crisis before us?”

Our Chairman of Music of the General Federation, who is in close touch with forty-nine State Chairman, sends the message that “never has our opportunity been greater. There is work to do that can be done only by musicians, and it is for the musical clubs to support and be responsible that this branch of service is done. You may be in a position to aid in the big movement to have singing in every one of the training camps. Donate musical instruments such as mandolins, guitars and zithers, to the Y. M. C. A. camp for the use and entertainment of soldiers. Many camps have Victrolas, records are a welcome gift to these. If your home company does not have its own Victrola, would it not be fine for your club to give it one? Pianos will be needed in the two hundred new buildings at the training camps.

There is a little Hymnal which seems to be particularly suitable as a gift from a musical club. One method of distributing these is to place one in every “comfort kit” issued by the Red Cross, another to place them in the Y. M. C. A. quarters for distribution, and lastly give them directly to the men. In many states the club women are giving concerts in the camps, and some of our greatest artists are planning to do this.

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There are many ways your old plumes can be made over to be very fashionable this Fall. Ostrich Feathers, Stick-ups, Pom Poms and fancies are very smart and popular and Ostrich Boas and collars are particularly in vogue.

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Let this be a part of our work and let us see that our programs are of a nature that the men will enjoy. We wish to give music that will appeal to their better natures and make them better for having heard it. In your home town see that no entertainment is given that is without National music upon its program.

Co-operate in every movement that is working for community singing, for that will finally bring about a "singing America."

Music has no nationality, and community singing can and will break down narrowness and one-sidedness as nothing else could do. I would suggest that clubs have an Indian program combining music with the true "Indian Stories" compiled by Elizabeth J. Roberts.

Wild Flower Day has been successfully given, using the flower music of Mrs. Beach and MacDowell to assist a botanist in her stories of our beautiful California wild flowers.

Art can be harmoniously combined with all tone pictures of nature.

[Your Chairman will be glad to give suggestive musical programs and information regarding the Study of Music in clubs to any Club Chairman of Music who will take the trouble to write her.—A. J. P.]

Department of Conservation
Forests, Waters, and
Wild Life

MARGUERITE OGDEN
State Chairman, Monadnock Building,
San Francisco

The Department of Conservation will continue its work outlined and carried on so efficiently by the chairmen of last year in Forest, Water and Wild Life Conservation. It will be the study and action of this department during the year to come to secure and to issue the educational lectures, lantern slides, books and pamphlets of the United States Forest Service and Agriculture Departments, and Water Commission, as well as State Departments and private societies for the further conservation of our natural resources.

The work will have two phases, educational and practical. Every district chairman will consider her department and have it considered a clearing house for information upon her own subject and herself as a motive power urging programs and active work thereon. There must always be the impetus to be given to local tree-planting and wild life conservation. I cannot estimate too highly the value of the work of beautification of roads and streets, parks and gardens. The women's clubs as organizations and through individual members can (Continued on Page 18)

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The Beverly Hills Hotel and Bungalows, which is situated midway between Los Angeles and Santa Monica, has, at the present writing, over two-thirds of the house booked for the coming winter, and the indications are that California will see the largest influx of tourists this season that it has ever had.

A great many Los Angeles people are closing their homes and taking apartments at the hotel by the year on account of the difficulty in obtaining help, and to be rid of the worry coincident with the running of a home. One finds a number of Los Angeles folk at Beverly Hills Hotel and Bungalows, who have made the hotel their home for years. Because of its convenience to the city, the beaches, the Los Angeles and Brentwood Country Clubs, opportunity for outdoor sports of every kind, horseback riding through the beautiful canons and numerous other attractions, in addition to the most "homey" kind of an atmosphere, this hotel makes an ideal permanent as well as temporary stopping place. The return of former guests year after year to this noted hostelry would indicate certainly that life was made very enjoyable for them while there.

Anderson, Mrs. M. J., Beverly Hills Hotel, Beverly Hills, Calif.
Benfield, Mr. A. M., San Francisco; Benfield, Master Adalbert, San Francisco; Bara, Miss Theda, and maid, Beverly Hills Hotel.
Campbell, Mrs. J. B., Toronto; Castello, Mrs. F. F., Beverly Hills Hotel; Castello, Mr. Frank, Beverly Hills Hotel.
Dyer, Mr. E. I., Beverly Hills Hotel, Denman, Mrs. A. C., Beverly Hills Hotel; Dierks, Mr. Herman, New York City.
Finn, Senator George L., Beverly Hills Hotel, Fusenot, Mr. George, Beverly Hills Hotel; Fusenot, Mrs. George, Beverly Hills Hotel.
George, Mr. Nathaniel, Beverly Hills Hotel; George, Mr. Leonard, Beverly Hills Hotel; George, Mrs. Leonard, Beverly Hills Hotel.
Hart, Miss Ellen E., Beverly Hills Hotel; Hibber, Mr. C. S., Beverly Hills Hotel; Hough, Mrs. Leroy, Beverly Hills Hotel.
Mattinson, Mr. Evan, Beverly Hills Hotel; Mattinson, Mrs. Evan, Beverly Hills Hotel; Mattinson, Mr. M. C., Beverly Hills Hotel; Mattinson, Mrs. M. C., Beverly Hills Hotel; Macbeth, Mr. A. B., Beverly Hills Hotel; Macbeth, Mrs. A. B., Beverly Hills Hotel; Murphy, Mr. S. F., Dallas; Murphy, Mrs. S. F., Dallas; McGonigal, Mr. Fred, Atlanta.
Orbison, Dr. Thos. J., Beverly Hills Hotel.
Patterson, Mr. Lester, Beverly Hills Hotel; Patterson, Mrs. Lester, Beverly Hills Hotel.
Rowen, Mr. Daniel, Beverly Hills Hotel; Ronna, Miss Anna, New York City.
Smith, Mrs. E., Beverly Hills Hotel; Smith, Miss A. F., Beverly Hills Hotel; Simmons, Mrs. S. W., Beverly Hills Hotel; Sikorsko, Countess, New York City; Schroeder, Mr. H. J., Beverly Hills Hotel; Schroeder, Mrs. H. J., Beverly Hills Hotel; Schroeder, Miss Pauline C., Beverly Hills Hotel.
Taussig, Mr. A. J., Beverly Hills Hotel; Taussig, Mrs. A. J., Beverly Hills Hotel; Tennant, Miss Eleanor, Beverly Hills Hotel.
Welborn, Judge Olin, Beverly Hills Hotel; Welborn, Mrs. Olin, Beverly Hills Hotel.
Weeks, Mrs. F. R., San Francisco; Weeks, Mr. F. R., San Francisco; Williams, Mr. J. T., Dallas.
do more than any other factor in inspiring public desire for and appreciation of these improvements. And after the all-important public sentiment is created they can crystallize that by securing appropriations from local city councils and town trustees, from supervisors and legislature for their accomplishment. We expect therefore to continue with a will our work in forest, water and wild life conservation that has been the concern of former committees.

But there is one phase of this big subject of Conservation which has not hitherto been emphasized by the Federation Department. In this time of world war its interest is particularly poignant—the conservation of food. We do not need now to work upon the planting, the preserving, the saving of food stuffs that have been impressed upon all. Nor is it the intention of the Department of Conservation to overstep the work of the Home Economics Committee.

We have a plethora of grain and fruits. We are facing a condition age-old in the relationship of producer to consumer—no adequate market.

In order that our men and women may in years to come remember the lessons of this war time and continue to save and plant and preserve their work must have the purposeful fulfillment. It would seem that no finer organization exists or could be formed, than the Federation of Women’s Clubs, for furthering this last and necessary step in the conservation of foods, their consumption. The Federation has joined the city and the country socially and aesthetically. Let it do so materially.

Will therefore, any club or individual who has suggestions for marketing plans, through Federation aided by Parcel Post, by Agricultural Agents and Farm Advisers, or who has articles to sell or needs to fill, write of them to their Club or District Chairmen of Conservation or to me.

Department of Industrial and Social Conditions

MRS. MARY PUTNAM HENCH
State Chairman, Hemet

This is a year of special opportunities for the department of Industrial and Social Conditions. “Women in Industry” is a phrase heard on every hand, not only in California but throughout the United States—and indeed the world.

Mr. Samuel Gompers, member of the National Council of Defense and Chairman of the Committee on Labor, has organized a committee of women to consider the subject of women in industry, placing Mrs. Harriman as its National Chairman, our own efficient Mrs. Katharine Phillips Edson as California State Chairman.

The National League for Women’s Service has organized a Bureau of Registration and Information of Women in Industry, with Mrs. Mary Obenauer as National Chairman.

And the State Council of Defense under the leadership of our beloved Mrs. Frank Gibson is making a study of California conditions in Industry and Employment.

It is the privilege then of this department to enlist the help of women working in any California occupation and the help of the club women to gain this information and to aid in improving conditions of labor in our State. To this end we recommend that each club woman familiarize herself with the industries in her district, the conditions under which women work in those industries and the wage paid.

Because of the unsettled state of labor conditions in these war times, it seems impossible to make a definite plan for the year, except to keep conversant with the findings of these committees and to stand ready to aid each forward movement as the need arises.

We recommend at this point the need for

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a special educational campaign on the following points:


2. Equal pay for women doing equal work, where women take the places of men.

3. Aid in carrying out the recent minimum wage legislation applying to the mercantile industry (see printed copy entitled "Industrial Welfare Commission Order No. 5").

4. Special vigilance to see that the growing cotton industry in Imperial Valley does not bring Child Labor to California.

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By Jessica Lee Briggs, San Francisco, Cal.

Were half the power that fills the world
with terror,
Were half the wealth bestowed on camps
and courts,
Given to redeem the human mind from
error,
There were no need of arsenals and courts.
—Longfellow.

The khaki uniform has entered the heart
of clubdom and has taken possession of it.
Hereafter universal military training will
have strong advocates. What if we devoutly
hope and pray for Universal Peace? May
not Peace be made dignified by a proud
bearing and an alert step? One but needs
to see the slouch of the civilian "clumsily-
ing" along in the march with the enlisted
man to earnestly desire that when mankind
shall have arrived in the fulness of its status-
ture it shall possess the military bearing and
firm tread born of courage and fortitude, of
manliness and honor.

One of the principle speakers of the Bel-
gian Commission which visited San Fran-
cisco recently made the happy statement
that since the first relief which had come to
his grief-stricken country at the time of its
greatest distress was from California, in
the hearts of the people of Belgium the sun
henceforth rose in the west instead of the
east. This may truly be said to be the
sentiment of the boys in khaki, who are be-
ing feted in San Francisco,—in California,—
as perhaps in no other city or state in the
Union. Dances for the Enlisted Men are
being given at intervals of one and two
weeks at the principle hotels of San Fran-
cisco, where to be a soldier is to be a hero
in the eyes of hosts of pretty girls the equal
of which it would be difficult to find any-
where else in the world. "Kentucky Bells" had
their day in Civil War times, but Cali-
ifornia Beauties will rival them in the annals
of history when the tale of the wonderful
hospitality shown to the Nation's Defenders
in the city by the Golden Gate, is many
times told.

These dances are given under the strict
supervision of representative club presidents
and through the San Francisco City Federa-
tion.

Cultural centers and club rooms have also
been established for the use of the Enlisted
Men. Lectures, musicales, and entertain-
ments, are being given by the score at the
Presidio and in the down-town sections of
the city.

The clubs of San Francisco and Bay Cities
had an opportunity of meeting the State
Federation President, Mrs. Herbert A.

Cable, on her visit to the north in Septem-
ber, and the club women were impressed by
the wise counsel and sound judgment ex-
pRESSED by her as their chief executive.

A fuller account of Mrs. Cable's messages
to the clubs is given in the district news
columns, but two of the most important
thoughts which were elaborated by her, in
speaking to the club women, and to the
members of the County Council of Defense,
were, that if the men are to hold the line
in the trenches, we must support them by
holding the line behind the trenches; and
that, as women, we are only asked to do the
thing which is within our natural and legiti-
mate power and right to do in conserving
the home, the community, and the state.

It is encouraging to know that amid all
the whirl of military activity, the normal
tenor of life is being firmly held by those
who realize fully the greater need of this
balance of poise.

Club women are fast becoming the large
majority of any community gathering; they
attended in numbers the formal opening of
the Tea Room in the Palace of Fine Arts
in September. Mrs. Poebie Hearst was pre-
sent to encourage the movement. It is largely
due to the generosity of this splendid
woman, of whom California may well be
proud, that the Art Palace has been main-
tained. This legacy of the Panama Inter-
national Exposition, to the people of San
Francisco and the state, is one which should
expand into an institution unsurpassed in
the western world.

She was old,—her hair snow white,—this
wife of the new janitor. They had come out
here from Canada. There was every evidence
of her having worked hard all her life; but
her voice was so soft and gentle as to remind
one of a cool breeze after a warm uneventful
day, or the fragrance of an old-fashioned
garden flower.

The other woman was young: she was at
the head of an institution. Her voice was
vibrant with steel.

The difference was very apparent, hearing
both voices during the same half hour of the
day.

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The District News Stand
ALAMEDA

MRS. FRED ZIMMERMAN,
District Press Chairman, 520 Twelfth St.,
Richmond, Cal.

The new officers of the Alameda District held their first District Board Meeting, Sat-

The new officers of the Alameda District held their first District Board Meeting, Saturday, September 1st, in the Adelphian Clubhouse, Alameda. All District Chairmen of departments had been appointed and most of them were present.

It was a most successful and enjoyable meeting. Mrs. Katherine Smith, the newly elected President, spoke very earnestly of the needs of the District and what she hoped the club women would accomplish. She said that as war was the central thought of the nation, indeed, of the whole world, most of the club activities would group themselves around this thought; while club women were assisting, and must continue to assist in the Red Cross work, yet there was a special work given organized women to do by our Government, which is of paramount importance—"The Conservation of the Food of the Nation."

Talks from Club Presidents and Chairmen of Departments revealed the fact that Con-

The following prominent women addressed the meeting: Mrs. Frank Freder-

The following prominent women addressed the meeting: Mrs. Frank Freder-

The Fruitvale Woman's Club put itself on the map for unique ideas as to plan of work for the year.

The Adelphian Club served luncheon and it was not a Hoover luncheon either. At the close of the session expressions of satisfaction and pleasure with the day's proceedings was heard on every side.

The next Board meeting will probably be held at Crockett as the President desires, to carry the Federation spirit to clubs not in close touch with large cities.

LOS ANGELES

MISS BESSIE CARRICK,
District Press Chairman, 139 No. Griffin
Ave., Los Angeles

The Los Angeles District of the California Federation of Woman's Clubs held its monthly meeting in the morning and its first President's Council in the afternoon, of September 13, at the Wednesday Morning Club House, Los Angeles. The Board of the Wednesday Morning Club, assisted by a Committee of Club members served the luncheon to the District Board, its guest, and the Club Presidents. There were eighty-eight present.

The President, Mrs. Jones, opened the Council with an address in which she told of the great work before the clubs as an organized body. She said that in the past every club had had its so called Rocking Chair Members, but that this year no club

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Full particulars at all ticket offices. Los Angeles office, 501 So. Spring Street. Phone Main 8908 or Home 10031.

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Los Angeles, Cal.

could afford such luxuries. She urged all clubs to keep a steady head and not to let war duties push aside old obligation, but rather to add new responsibilities to the old ones already being cared for.

Each President gave a two-minute talk in which she outlined her plans for the coming year.

Mrs. Francis Harmon presented the plan for the War Library. The Board, having indorsed the resolution of the State Board concerning this War Library in the morning, Mrs. Harmon urged all Presidents to interest their clubs in this scheme to give to our soldiers and sailors needful and interesting books.

Miss Mary Foy, Emergency Chairman, was the speaker of the afternoon. She spoke on Emergency conditions. She told of the wonderful opportunities before the California Woman, privileged by her voting power to accomplish a great work. She said it was the duty of each individual member to find the thing she was best fitted for and to go to work to render the best service possible, not spasmodically but steadily and to continue this work so long as there was need of it.

The first Educational Conference of the Los Angeles District Board was held September 27.

The talks were interesting and by the questions asked, one could easily see that the women were vitally interested in all questions of the day.

Mrs. J. W. Gleason's class in parliamentary drill was especially well attended.

The question of the club's financially assisting the Mothers' Educational Center was brought up and discussed.

Especial mention should be made of Miss Vance's address on Education. She said that it was time for the women of California to get into civic life and share its responsibilities as they should.

Mrs. Charles S. Bateman, Reciprocity Chairman of Los Angeles District, announces the following Reciprocity Days:

October 2nd—San Pedro Woman's Club.
October 22nd—Los Angeles Travel Club.

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Students may enter at any time but it is desirable that they enroll with the beginning of the year.

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November 14th—Woman’s Club, Van Nuys.
November 15th—Pasadena Study Club.
January 17th—Echo Park Mothers’ Club.
January 29th—Shakespeare Club, Pasadena.
March 12th—Tuesday Afternoon Club, Glendale.
April 4th—Twentieth Century Club, Eagle Rock.

SAN JOAQUIN VALLEY
From The Fresno Republican.

COALINGA

The Coalinga Woman’s Club held the first meeting of the 1917-18 season Wednesday afternoon, September 19. A large number of members and invited guests were present and spent a very enjoyable afternoon. The program was of a patriotic nature, and the Library auditorium was decorated with the flags of the Allies. The first part of the program consisted of short talks on the allied nations, each speaker being appropriately introduced by the Chairman of the Program Committee, Mrs. A. S. Taylor.

1. America, by the Audience.
2. Reception of the Allies:
   Russia, Roumania, Serbia, Poland—Mrs. F. C. Brothers.
   Brazil, Argentina, Chile, Bolivia—Mrs. E. Sinclair Smith.
   France, Italy, Belgium, Portugal—Louis Vanucini.
   China, India, Japan, Siam—Prof. C. L. Geer.
3. Marseillaise—Mrs. S. H. Hain; piano accompanist, Mrs. Diltz; violin, Mrs. Hampton.
4. Patriotic Musical Drill—The Allied Nations represented as follows: National hymns played by Mrs. Diltz; France, Ruth Snedeker; England, Margaret Cunningham; Serbia, Isabel Arnold; Scotland, Alpha Brothers; Russia, Ruth Garrigan; Italy, Janet Richmond; Ireland, Nettie Fitzgerald; Belgium, Evelyn Fowler; Canada, Pauline Ayes; Portugal, Vida Thompson; America, Bernice Stepp.
5. Star Spangled Banner—Mrs. L. E. Guest, accompanied on the piano by Mrs. Diltz; violin, Mrs. Hampton.

STRATFORD

The Woman’s Club of Stratford met Thursday afternoon. The business session was unusually long owing to the correspondence which had accrued during vacation. The finances of the club were discussed and a finance committee appointed. The subject for the program was “An afternoon with the Dentist” which was admirably conducted by Mrs. C. L. Adair.

HARDWICK

The Hardwick Mothers’ Club held the first meeting of the season Thursday afternoon, September 27. The club has procured the store building next to the drug store for a permanent club house and will hold the meetings there in the future.

OAKDALE

At the special meeting of the Cultus Club held Friday, September 21, at the home of Mrs. Louis Meyer, the knitting for the Red Cross which the club has decided will be their “bit” was started. The first articles to be made will be grey scarfs. When the members become proficient in the art of knitting, they will make the more elaborate garments—sweaters, helmets, etc. The first regular meeting of the club will be October 9th.

Figures Do Not Lie

138 automobiles were stolen from Los Angeles streets last month—police figures.
None of these machines had an Auto-Theft Signal on the wheel. In fact, no car has ever been stolen so equip.
While you are shopping or attending some function your car may be included in this month’s theft figures.
A standing reward of $100 is offered for conviction of any one stealing a car with a Theft-Signal on the wheel.
Ask the police about them.

Auto Theft-Signal Sales Co.
1000 South Hill Street Los Angeles
382 Golden Gate Avenue San Francisco
—and at your dealers.

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Club Women

Above all Others

Should be quick to recognize and appreciate what it means for a laundry to be

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That the QUALITY LAUNDRY gives a distinctly Superior service is generally acknowledged. But back of this superiority of service is the fact that it is

Run by a Woman

Can’t you see Madam—that it would pay you to get the kind of Laundry Service, Quality Laundry renders?

Telephone 24660 or South 6378 and we’ll send a representative.

QUALITY LAUNDRY

"Run by a Woman"

NORTHERN

Mrs. James Grass, Chairman, Grass Valley.

A meeting of the Executive officers of the Northern District was held at Hotel Sacramento, Sacramento, on Saturday, September 8, 1917. President Mrs. G. E. Chappell presided, and a most interesting session was held. Mrs. Geo. W. McCoy read the collect and reports were submitted from the following officers: Civics, Mrs. B. A. Penhall of Grass Valley; Music, Mrs. A. L. Miller of Marysville; Public Health, Mrs. W. H. Walker of Willows; Child Welfare, Mrs. E. Mack of Fair Oaks; Art, Mrs. Nonette Hennessy of Grass Valley; Legislation, Mrs. H. J. Killgarif of Sacramento; and Press, Mrs. J. C. Crase of Grass Valley. As a result of reports submitted and enthusiasm shown the President expects an active year in Northern District club circles. During the afternoon out of town members took in the sights at the State Fair.

The Lois Art Club of Grass Valley expects to resume its sessions during the coming month. In addition to Art they expect to study political science and have a Mother’s topic. The members are at present looking forward toward the big Reciprocity Day. The President, Mrs. Wm. Grant, has charge of the afternoon tea for that day.

The Woman’s Improvement Club of Grass Valley has planned a series of money raising entertainments including a card party, experience campaign and carnival. They are very comfortably settled in their club house and hope to have a successful year.

By the time this issue of the “Clubwoman” reaches the various clubs in the Northern District, they will have received the pamphlet “Suggestionaire.” It was planned by Mrs. J. E. Chappell, President of the District, and contributed to by members of the Executive Board. Let each club read it carefully and follow its suggestions as closely as possible.

A great many Northern District clubs are just opening their sessions after the long summer vacations and a number of activities are already noted.

Reciprocity Days seem to be most in demand. Oroville is planning a big Reciprocity Day on October 15th, and Marysville sometime in November. The Nevada County Agricultural Extension Club was hostess to neighboring women’s clubs on Saturday, September 29th, in the Elks Hall at Grass Valley. A “wheatless meatless” luncheon was served. Club women from other counties gave interesting talks during the day and several of the Northern District Executive officers were present. The District President, Mrs. G. E. Chappell was guest of honor. The evening session was opened to the public and was given over to music and art. Mrs. A. L. Miller of Marysville, District Chairman of Music, presented one
of her splendid lectures on the psychology of music accompanied with the piano. Mrs. Nonette Hennessy, District Chairman of Art, gave a comparative study of 25 pictures, not for their historical values, but for themselves alone. Mrs. Hennessy has made a life study of her profession having been educated in Hopkins Institute of Art. It will also be of interest to club women to know that one of the figures on the Donohue Fountain, Bush and Battery Street, San Francisco, was carved by her. The President of the Agricultural Extension Club, Mrs. Wm. Provis of Grass Valley, was President of the day.

It will be most interesting to club women to know that Mr. J. E. Stuart, prominent California artist, who resides in San Francisco, has offered to paint a picture and present to the Northern District. We owe this good fortune to our worthy President, Mrs. G. E. Chappell. Our district already has a fine collection of paintings which can be secured for use from the state library at Sacramento.

On May 3rd, a musical section was organized and added to the Civic Club of Williams with Mrs. Lulu Callen as Chairman. Since organizing, three programs have been given. A “Community Musical” was given at “Christian Center” which was well attended.

The President, Mrs. S. Eahle, also entertained at her own home at which time Mrs. Callen gave a sketch of John McCormack’s life and several selections by him on the Victrola.

SAN FRANCISCO
By Mrs. W. C. Morrow, Chairman, 1871 Sacramento Street, San Francisco
A patriotic musical was given during the vacation period by the Music Section of the Civic Club at the High School as a benefit to the Red Cross. It was a big success both socially and financially, fifty dollars being turned over to the local Red Cross Auxiliary. Since organizing the Music Section, the club added a number of young members.

September is the month for clubs to open after the long vacation. However, this year has been remarkable, in that few of the clubs really took vacations. All, or nearly all, held conferences and planned work—work for the Red Cross, work for the State and County Defense, and work for our own enlisted men at the Presidio of San Francisco. The women of Palo Alto, Menlo, Burlingame and Hillsborough were all “doing their bit” for the men at Camp Fremont and “The Grizzlies.” Individual members may have taken a brief vacation, but their activities and interest did not flag. Patriotism has been the keynote, and Service the slogan. The men at the Presidio have not been neglected, entertainment
has been thoughtfully provided. Their pleasures have been carefully safeguarded, and efforts made to give them the right kind of healthful and pleasurable recreation.

The Presidents' Assembly, Mrs. Louis Hertz, President, had a "meatless and wheatless" luncheon on Friday, September 14, at the Ramona Hotel. Meat was eliminated from the menu and fish was substituted, while corn-meal muffins and rice bread took the place of white bread.

The guest of honor was Mrs. Herbert Cable, the State President, and Chairman of the Woman's Committee, State Council of Defense. Mrs. James Rolph, Jr., wife of the Mayor of San Francisco, Mrs. Robert Burdette, of Pasadena, Dr. Aurelia Reinhardt, President of Mills College, Mrs. Frank Fredericks, Mrs. E. D. Denniston and Mrs. E. D. Knight were other honored guests.

Mrs. Frank Fredericks, President of the San Francisco District, entertained with a "Defense" luncheon at the Palace Hotel, in honor of Mrs. Herbert A. Cable on September 13th. Members of the County Council of Defense were among the invited guests.

Mrs. A. Rupert, of the General Federation of Women's Clubs, has been a guest in San Francisco recently, and several affairs were assembled in her honor.

Laurel Hall Club held its first meeting for the season on Wednesday, September 5th. Miss Jessica Lee Briggs, the new President, presided, and outlined her plans for the club year. On Wednesday, September 12th, a splendid treat was given at Laurel Hall Club.

Miss Briggs assembled the visiting notables, and brief addresses were given by several of them. Among the number were Mrs. James W. Orr, Mrs. Herbert A. Cable, Mrs. Robert J. Burdette, Mrs. Aaron Schloss, and Mrs. E. G. Denniston.

Clubwomen from Napa and Sonoma Counties have been sending fruit to the California Woman's Committee of the National League for Woman's Service, for preserving and tinning.

The Association of Pioneer Women of California celebrated their seventeenth birthday on the first of September. The celebration took the form of a luncheon, and the President, Mrs. Helen White, presided, and Mrs. Helen Ladd was toast-mistress.

The Mills Club recently held its opening day in the Sun parlor at Hotel Whitcomb. The President, Mrs. John Perine, gave an interesting afternoon to members and guests. Dr. Aurelia Reinhardt, President of Mills College, and Mrs. Robert Burdette were the speakers for the afternoon. Mrs. Burdette spoke on the necessity of efficiency and extolled it as the eleventh commandment. Dr. Reinhardt gave an able address on "The American Woman and the Need of the Hour." Dr. Reinhardt is advocating efficiency with an earnestness and forcefulness all her own, but she urged that the home be first.

The $400,000.00 Loaf

To build and equip the Bradford Bakery cost $400,000.00. A dough room into which only washed air enters, thus keeping the humidity perfect, is one of the exclusive features of the Bradford Bakery. Ask for Bradford's "White or Panama Cream."
The Corona Club also began the year with a "Vacation Luncheon." Recitals of the way in which various members spent their vacation were followed with interest.

The Cap and Bells had a social afternoon for their opening. They are obeying the watchword, Service, by knitting and working for the Red Cross.

Churchwomen and club women and all other women are co-operating in the work of the County Council of Defense.

The Vittoria Colonna Club held a luncheon at Hotel Richelieu on the 22nd. Discussion on important topics followed.

The Pacific Coast Women's Press Association sustained a grievous loss in the sudden passing of one of its oldest and best loved members, Mrs. Sophie Skidmore Gardiner, who entered into life eternal on the evening of August 4, 1917. Mrs. Gardiner was a woman of rare culture and splendid attainments.

SOUTHERN

Mrs. Myrtle V. Stuelke, Chairman
East Chapman St., Fullerton
Fullerton, Orange County, can boast perhaps of having the youngest club in the Southern District. The organization of the Fullerton Ebell came in response to a general demand for club activities which would be open to all women. It was organized in March last and federated in May in time to have its quota of delegates at the state convention at Pasadena. There are three flourishing departments comprising 135 members in all.

Mrs. W. J. Renshaw, the President, was especially fortunate in securing for the first season such helpful and gracious speakers as Mrs. A. J. Lawton, Mrs. R. F. Garner, Mrs. Carrie Stone Freeman, and Mme. Jules Clerfeyt.

The Fullerton Ebell dispensed with the general club meetings during July and August. The first session of the new year will convene October 5th, when Mrs. C. C. Arnold is expected to speak.

At the Southern District Executive Board meeting held in San Diego, September 15, there was discussed and approved the proposed change in the constitution of this district. This change would amend the constitution making the county federation president, vice-presidents of the district. This change had been recommended at the meeting of the District Board held at Riverside last April.

The San Bernardino County Federation will hold its bi- yearly convention at Highland this year, October 25th. Mrs. Herbert A. Cable, State President, will give the address on the work of the Woman's Committee of the Council of National and State Defense.
Mrs. E. W. Hauck of Fullerton will preside as President over the Orange County Federation Convention to be held at Orange this year on October 27th. There will be an all day session with the Orange Woman's Club as hostess.

At the San Diego meeting of the Southern District Executive Board which was held September 15th, time was devoted to discussing plans for the coming District Convention to be held at Riverside, November 6-9.

Mrs. Arnold wishes it to be announced that at that time the Southern District clubs will have the privilege of hearing a series of four lectures on Sex Education to be delivered by Dr. Mary E. Ritter of La Jolla. Dr. Ritter's course of lectures comes highly recommended and it will be a rare treat to all club women and their daughters who can hear her.

Mrs. Arthur Strong of Riverside, the Chairman of the Program Committee of the Woman's Club of Riverside, is planning a splendid campaign of work for the club members this coming year. At the first of a series of conferences with the different department heads recently there was instituted an inter-department exchange which will strengthen the co-operation of all parts of the club. This is an idea which would be worthy of imitation in any club.

Our District President, Mrs. Arnold, is to be congratulated upon securing one so eminently fitted for Chairman of our Art Department as Mrs. Catharine J. Hunley of Redlands. Mrs. Hunley is well known as former supervisor of art in the Redlands and Long Beach schools but has now given up art work in the schools and is devoting her time entirely to professional art.

---

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**MONTESSORI SCHOOL AT BOYLAND**

Santa Barbara, California, for Children 3 to 10 Years, Introducing and Utilizing the New Advanced Material of Dr. Maria Montessori

A Montessori school is being opened in Santa Barbara, October 8th, for children from three to ten years of age, utilizing the new advanced educational material of Dr. Maria Montessori. The entire plant of "Boyland" with its assembly rooms, gymnasium, swimming pool, laboratory, playgrounds, running track, classrooms, suites for boarding pupils, and thirty acres of garden land, is being used for the advancement of the Montessori method of education.

Monday afternoon, October 1st, an opening reception was held in the main building and tea served to hundreds of interested visitors. In the class rooms in one of the wings the school materials were shown and the presentation of type lessons in the development of language, fundamental processes in arithmetic, etc., given by the instructors.

The method aims at development rather than teaching for the acquirement of knowledge. The personality is developed through all of its avenues—appeal being made through carefully arranged material to the tactual, muscular, visual and auditory senses. Perception of fine differences in form, size, quality, association by similarity; is the logical outcome of the use of precise material presented and used in an ordered way. The development of a fine sense of touch and the training of the accessory muscles through tactual exercises are a preparation for writing. With this method a long preparation for all the intellectual processes is made and then opportunity given for a long maturing.

The faculty of Boyland feels that with the willing cooperation of the educational people in Santa Barbara, a very fair test of Dr. Montessori's method can be given and it is to be hoped that through this co-operation some valued contribution to education can be made.

Boyland has a unique feature which should make the learning of geography a great joy—an enormous map of the world in cement, one acre in area. The oceans are filled with water, about three feet deep, and the children can swim from continent to continent or canoe there. The elevations and depressions of land are shown, the volcanoes emit smoke, the rivers and lakes are filled with water and there are little locks for the Panama canal. There is also a miniature steam engine which will draw a car holding five children. The track will be laid by the children to run around the grounds.
HOME DEPARTMENT

PROTECTING THE PUBLIC

The advertisements of foods and foodstuffs which appear in this and coming issues of The Clubwoman are from firms which have in every respect conformed to the rigid requirements laid down by the Department of Health, C. F. W. C., as a part of its present campaign for the protection of the public through the elimination of impure foods and food materials. In every case, before a food advertisement is accepted for the official magazine of the Federation, the plant or establishment is thoroughly inspected by a special committee named for the purpose by the Department of Health and composed of qualified experts on the subject. The appearance of such an advertisement in The Clubwoman is consequently prima facie evidence of purity, reliability and patronage worth.

The work of the committee has now been extended to include the inspection of laundries and other establishments whose work affects the public health.

At the head of the department's committee of inspection in the South is Dr. Lulu H. Peters, M. D., Chairman of the Department of Health for the Los Angeles District.

At the head of the department's committee of inspection in the North is Dr. Mariana Bertola, M. D., Chairman of the Department of Health and Child Welfare of the San Francisco District.

CALIFORNIA WOMEN'S COMMITTEE OF THE COUNCILS OF NATIONAL AND STATE DEFENSE

Little Herbie Hoover.

Little Herbie Hoover's come to our house to stay,
To make us scrape the dishes clean, and keep the crumbs away,
An' all us other children, when our scanty meals is done,
We gather up around the fire, and has the mojest fun
A-listenin' to the proteins that Herbie tells about.
An' the Calories that git you
Ef you don't watch out!

An' little Herbie Hoover says, when the fire is burnin' low,
An' the vitamines are creepin' from the shadows, sof' and slow.

You better eat the things the Food Folks says they's plenty of,
An' gobble up the corn pone, an' veg'tables an' fish,
An' save yer drippin's an' yer sweets, an' lick clean ever' dish,
An' learn to eat the war-bread, an' save up all the grease,
For the less we eat of butter, the sooner we'll have peace.
An' don't get fresh a-talkin' of what you won't do without,
Or the Calories'll git you
Ef you don't watch out!

—(Sophie Kerr.)

Meat Substitutes.

(1) Scalloped Tuna Fish.—1 cup tuna fish, 1 cup medium white sauce, 1 egg (hard boiled), salt, paprika, 2 tablespoons bread crumbs. Make white sauce and add fish broken up coarsely; cut egg into slices and

A Surety of Purity

The radiant "Good Luck" Seal is a symbol of Purity and Quality to a Million Good Housekeepers. They insist on seeing it on the ends of every package of Biscuits they buy.

Pacific Coast Biscuit Company
add. Pour into greased pan. Bake 20 minutes or more in a moderate oven.

(2) Cheese Fondue.—1 tablespoon Oleomargarine or other fat, 1 tablespoon soft stale bread crumbs, ½ lb. mild cheese, 1 cup scalded milk, ½ teaspoonful salt, 3 eggs. Mix first five ingredients; add yolks beaten until lemon colored. Cut and fold in beaten whites. Pour into greased baking dish. Place in moderate oven and bake slowly until firm.

(3) Nut and Cheese Loaf.—1 cup grated cheese, 1 cup chopped walnuts, 1 cup bread crumbs, 1 tablespoonful chopped onion, 1 tablespoonful fat, 2 tablespoonful lemon juice, salt and pepper, water to make into loaf.

(4). Nut and Bread Crumb Loaf.—1 cup chopped walnuts, 2 cups bread crumbs, ¾ cup tomato juice and pulp, ½ cup Oleomargarine or other fat, spice, 1 egg, ½ teaspoonful lemon juice, 1½ teaspoonful salt, ½ teaspoonful pepper. Make into loaf; add more tomato juice if loaf is too dry. Bake slowly in moderate oven.

(5). Nut and Rice Loaf.—1 cup peanuts, ½ cup rice (uncooked), ½ cup milk, 2 tablespoonful butter or other fat, 1 egg, salt and pepper. Boil rice; drain and add other ingredients. Make into a loaf. Bake 30 minutes. Hot oven required.

**HOOVERIZING MADE POPULAR**

The Executive Board of the Santa Monica Bay Woman's Club was entertained recently by its President, Mrs. J. C. Urquhart at a Hoover luncheon. It was a well appointed luncheon, perfectly served, yet, absolutely up to the Hoover standards—sans meat, sans wheat, sans everything unnecessary.

The menu was as follows: Sawtelle Musk-melon, Santa Monica Bay Halibut, en Ramekin, Baked Rice, Sweet Peppers, Tomato Sauce, No Wheat Gens, Conservation Salad, Ryche Sandwiches, Peach Charlotte, Coffee.

Fifteen dollars covered the cost of the luncheon. Forty-two people were served. The meal was in four courses. Fifteen dollars includes pay for six helpers in the kitchen and the four waitresses.

"Fleischmann's yeast is splendid yeast. Bake with Fleischmann’s yeast."
RECIPE FOR SPECIAL DISHES SERVED AT THE HOOVER LUNCHEON

Baked Rice with Sweet Peppers—Wash 1 cup of rice, cut into it one large sweet pepper, season with salt, generous lump of butter, and 2 Stecro cubes dissolved in hot water; half fill the baking dish with boiling water and bake slowly from half to three-quarters of an hour.

No-Wheat Gems—2 eggs, 1 teaspoonful salt, 1 teaspoonful sugar, 1 tablespoonful shortening, 1 cup sour milk, 1/2 teaspoonful soda, 1 teaspoonful baking powder, 1 cup corn meal, 1 cup rice flour. Beat thoroughly.

Conservation Salad.—Fill peeled, chilled tomatoes with chopped cucumber, onion, a little celery and sweet pepper, which has been mixed with mayonnaise dressing; arrange on shredded lettuce, and serve with

Ryche Sandwiches—Spread rye bread cut very thin with following mixture: 1 package pimento cheese, same quantity domestic cheese, two teaspoonful prepared mustard, 1 teaspoonful Worcestershire sauce. Mix thoroughly.

Oatmeal Hermits.—3/4 cup butter, 1 cup sugar creamed, 2 well beaten eggs, 1 cup rice flour, 3/4 teaspoonful soda, 1 teaspoonful cinnamon, 1/2 teaspoonful salt, 2 cups raw oatmeal put through the meat grinder, 1 cup chopped raisins, 1 cup nut meats. Drop from spoon or mould in hands and bake in quick oven.

Peach Charlotte.—Soak 1/2 package gelatin in 1/2 cup water. Heat over boiling water, and add to 6 peaches that have been taken through the meat grinder. Sweeten to taste. When this mixture begins to set or congeal, add to it a rich custard made from 1 pint milk, 2 eggs, (yolks only), 3/4 cup sugar, pinch of salt, 1 tablespoonful corn starch, flavor with 1/2 teaspoonful vanilla, and 1/2 teaspoonful almonds. Have custard cold before putting into the peach mixture. Whip the whites of eggs stiff, mix all together. Set on ice and serve with whipped cream.

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THE CLUBWOMAN

(Continued From Page 17)

Zeman, Mrs. Josephine, Beverly Hills Hotel.

Dulaney, Mr. Geo. W., Dallas; Dulaney, Mrs. Geo. W., Dallas.

Noah, Mr. Andrew H., Akron, Ohio; Noah, Mrs. Andrew H., Akron, Ohio.

Burt, Mr. C. E., Cleveland; Burt, Mrs. C. E., Cleveland.

Stephens, Mr. W. W., Aurora, Illinois; Stephens, Mrs. W. W., Aurora, Illinois; Stephens, Miss, Aurora, Illinois.

Morse, Mr. H. R., Chicago; Morse, Mrs. H. R., Chicago.

Brice, Mr. W. E., Mason City, Iowa; Brice, Mrs. W. E., Mason City, Iowa.

Furst, Mr. W. C., Chicago; Furst, Mrs. W. C., Chicago.

Wightman, Mr. Geo. H., Boston; Wightman, Mrs. Geo. H., Boston.

Bobo, Mr. John, Chicago; Bobo, Mrs. John, Chicago.

Alexander, Mr. H. G. B., Chicago; Alexander, Mrs. H. G. B., Chicago.

Scott, Mr. John, Detroit; Scott, Mrs. John, Detroit.

Piper, Mr. Geo. F., Minneapolis; Piper, Mrs. Geo. F., Minneapolis.

Smith, Mr. J. P., Chicago.

(Continued From Page 10)

3. Libraries designated to assist the Councils have on file material in the State Library "popular lists" and in addition all other books, pamphlets and clippings that the Council of Writers and Speakers in the communities can use, the librarians holding themselves in readiness to assist in selecting material for short speeches and articles and in locating statistical data. Thus the Four-Minute Men may be directed to their own home library for all material.

4. When the office of the Council is not near the library building, a small working library will be furnished for the office, consisting of the Agricultural Year Book, the Monthly Crop report, Index to the publications of the Department of Agriculture, since 1913, report of State Board of Agriculture, U. S. Official Bulletin, published by the Committee on Public Information, also their Four-Minute Men Bulletins and such pamphlets as relate to the administrative work of the Council of Defense.

Libraries designated will place all literature necessary to Defense Work in one part of their collections.

FRANCES M. CARLTON-HARMON, Chairman of Information and Library Service, of the California Woman's Committee of Councils of National and State Defense.
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November, 1917
Vol. X. No. 2
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—And richly-browned lacquered boxes containing oddly partitioned receptacles for sweetmeats; statuettes of Buddah and gay little images of Chinese ladies. Incense burners in varied and pleasing assortment from the Oriental image to the genuine bronze.

Hand-embroidered, silken kimonos; Cloissonne ware Vases, boxes for dressers, trays and bowls. Elephants of white ivory and trinkets galore. If you are the least bit interested in things from that quaint far-away land of the Cherry Blossom, you'll enjoy a leisurely visit to this big Fourth Floor.

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Official Organ of the California Federation of Women's Clubs
Composed of Over 40,000 Members

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EDITORIAL NOTES

"Those of us who have dedicated ourselves to the protection of these defenseless ones must keep our heads clear and our motives unmixed, determining, that whatever happens, all other forms of treasure, all other forms of wealth, all other methods of defense shall be sacrificed before we compel the children of America to pass through the fire."—(Owen Lovejoy.)

In this number of The Clubwoman the Departments of Civics and Home Economics have been featured. We also wish to call attention to the sketch of Miss Ellen Browning Scripps of La Jolla, which is the first of a series of articles on noted California women, to appear in the magazine. December number will be devoted to Christmas activities, literature and a full report of the work of the极大的配合。We are putting our best efforts into this magazine in order that the work of the clubs may be more efficient. Will not the club women of California cooperate with us to the extent of subscribing for The Clubwoman, the official organ of the State Federation of Women’s Club. "We thank you."

Many questions have been asked about the ten per cent tax on clubs which commences November 1st. The text of the law reads as follows: "That from and after the first day of November, nineteen hundred and seventeen, there shall be levied, assessed, collected and paid, a tax equivalent to ten per cent of any amount paid as dues or membership fees (including initiation fees), to any social, athletic, or sporting club or organization, where such dues or fees are in excess of $12.00 per year. Such taxes to be paid by the person paying such dues or fees."

This will effect very few of the federated clubs as it will only cover the clubs where the dues or dues and initiation fees for one year are more than $12.00. For example if a club has an initiation fee of $6.00 and dues of $6.00, even a new member would not have to pay a tax, but if a club had an initiation fee of $10.00 and dues of $5.00, a regular member would not have to pay a tax but a new member would have to pay the ten per cent tax or $1.50. All such amounts would be collected by the club and sent to the office of the Collector of Internal Revenue with a sworn statement once a month. The same process would be followed in case the dues alone were over $12.00.

A call from the United States Civil Service Commission at Washington, to the women of the country to prepare for, and serve as, employees of that department in the capacity of clerks, typists and stenographers, has recently come to the Department of Legislation and Political Science of our State Federation through the avenue of the General Federation of Women’s Clubs.

The call especially requests the medium of the country’s organized women in the dissemination of information, data, etc., regarding the examinations to be held for these civil service positions, and states, in part, as follows:

"Stenographer and typewriter examinations for the departmental service at Washington, D. C., are held in 400 of the principal cities of the United States every Tuesday. Entrance salaries for stenographers and typewriters in the Department at Washington range from $1,000 to $1,200 per year. Promotion is reasonable rapid for those whose services prove satisfactory. A person who qualifies in the Commission’s examination is assured of a certificate for appointment."

I earnestly request clubs to watch the columns of the Clubwoman for notices, appearing from time to time, regarding these future examinations, and ask the women of California both individually and collectively to do their utmost in helping to spread the information among their local public libraries, business and vocational schools, through the public press, meetings, and etc.

ATTENTION, DEPARTMENT OF EDUCATION, C. F. W. C.

The two short articles which follow were issued by Dr. Anna Howard Shaw in the Ladies’ Home Journal, and are of great importance to California.

District chairmen of education are urged to co-operate with the Child Welfare and Industrial and Social Relations Department in securing the facts in regard to child labor in each county and to send them to their state chairman for tabulation.

Keep in touch with your attendance officers. Where there is no attendance officer, secure a volunteer. There is no better war work than preserving the strength of the youth of the country.

This is a time when a public opinion must be formed that will prevent the folly that England is now rueing.

Watch Your Schools

"Are all the children of your vicinity in school, where they belong, or are they being permitted to work in violation of the new Federal Child Labor Law? The Woman’s Committee asks these questions and wants you to answer them. Below are three questions. Find out the answers to them for your school district, but visiting your school, or otherwise, and then send them to the Woman’s Committee, Council of National Defense, at Washington, D. C. The Woman’s Committee is seeking only the facts; your name and the names of schools reported on will not be published. Here are the questions:

1. Are all the children between 6 and 14 years of age in your town, county or school district in school?

(Continued on Page 12)
Dear Club women:

In response to the letter sent to all the clubs in the State asking the President to request all club members to sign the Hoover Food Pledge and thus actively support the Federal Food Administration in its most necessary and vital work of food conservation, letters have been received from all parts of the State, from large clubs and from small clubs, expressing the greatest interest in this work and in most instances stating that the entire membership of the club has enrolled and is active in this work.

In that letter I said that I wanted to be able to say that every club woman of the State has signed the Food Pledge and is ready to respond to all calls made upon her for service in this time of National crisis.

From the replies already received, I am sure that I can make that statement in all confidence.

Reports of the last Liberty Loan drive show that club women have been working diligently and loyally in that campaign and that California’s quota was materially helped through subscriptions and the efforts of the club women.

The executive board of the California Federation voted to invest fifteen hundred dollars of its savings fund in Liberty Bonds, and thus every woman and every club whose name appears on our Endowment Fund Roll has the privilege of knowing that a double service is being rendered by the amounts subscribed to this fund.

But with all of our war work, and in the stress of meeting today’s demands let us not overlook or forget the need of safeguarding and conserving present welfare activities and agencies and of constructive preparation for tomorrow and its needs.

The following statement taken from the National Service’s Handbook, an exposition of the efforts necessary to win the war and to make the world again “safe and sane” should be adopted as the basis for our club activities:

“For the last generation, in our legislation, in our education, and in our social and philanthropic work we have been trying increasingly to make the Nation make the most of itself. We have been bettering the conditions of labor and of living; by law and by private effort we have succeeded in maintaining an increasingly high standard of health and efficiency. We have been experimenting in education, adapting our school machinery and methods to the newer industrial conditions and the modes of living and of earning a living that they were forcing upon our children. Our bureaus of public health, our labor laws and our charitable organizations have combined to reduce the ravages of disease, fatigue, and unhealthful surroundings both in the home and working life of the poor.

The first impulse after war was declared was to cast all one’s effort and enthusiasm into work that had an immediate and obvious military bearing; to regard reconstructive activities as luxuries that must wait for their continuance until the war was over. But these protective and conserving agencies are peculiarly necessary in war time when increased pressure in every department of life and industry tends to throw off the safeguards it has taken a generation to achieve. One of the most important branches of military science is devoted to keeping the soldier at the maximum of vitality. It is no less imperative to keep the civilian corps at the same pitch of effectiveness. The conserving and constructive agencies of peace, whether in the form of labor legislation, education or social work, instead of being abandoned, should be redoubled in their efforts and, so far as circumstances will permit, broadened in their scope.”

And one of the greatest blessings that is to come out of the tremendous sacrifice and effort that every woman is making in the present crisis is that she will learn the value of every other woman’s contribution and sacrifice.

The club woman, the church woman, the woman of leisure, the business woman, the school teacher, the college woman, the woman in industry, the home keeper, will learn that the work of each but supplements the work of the others, and that the united efforts of all are needed if we are to attain the ideal toward which each is striving.

In this struggle of democracy in a common cause toward a great ideal for all of humanity, let the necessity which has fallen upon each of us teach us the beauty and righteousness and effectiveness of unity in action, in thought and in life.

Ruskin has drawn a beautiful comparison of group life in crystals and in leaves which has a lesson for us in our human associations.

“The mineral crystals group themselves neither in succession or in symmetry; but great and small recklessly strive for place, and deface or distort each other as they gather into opponent aspersities. The confused crowd fills the rock cavity, hanging together in a glittering sordid heap, in which nearly every crystal, owing to their vain contention, is imperfect or impure. But the order of the leaves is one of soft and subdued concession. Patiently each awaits its appointed time, accepts its prepared place, yields its required obedience. Under every oppression of external accident, the group yet follows a law laid down in its own heart; and all the members of it whether in sickness or health, in strength or langour, combine to carry out this first most law: receiving, and seeming to desire for themselves and for each other, only life which they may communicate, and lovliness which they may reflect."

Let our service at this time represent harmony of thought and interest and not selfish contention.

Sincerely and lovingly,

(Mrs. Herbert A.) BERTHA L. CABLE,

President.
STATE COUNCIL OF DEFENSE

RELATION OF NATIONAL ORGANIZATIONS

WHEREAS, The function of the Woman's Committee of the Council of National Defense, appointed by the Council of National Defense, is primarily to act:

First, in an advisory capacity to the Council, and,

Second, to be the official clearing house of all organizations of women to co-ordinate their activities in a co-operative manner throughout the United States, and

WHEREAS, The Woman's Committee is recognized as the official Government agent through which all women's organizations may work out their own programs, in no way losing their identity or curtailing their activities thereby, and,

WHEREAS, Through the Woman's Committee, the Government may at any time require concerted action of the women's organizations to carry out a specified piece of work according to uniform instructions laid down by the Woman's Committee of the Council of National Defense; therefore, be it

RESOLVED, That the undersigned Presidents and Chairmen of National organizations and members of the Woman's Committee, urge upon their State Presidents and Chairmen the importance of getting in direct relationship with the Chairmen of the Woman's Committee in their respective States, so as to express through this service, their unfailing loyalty to their country in this time of crisis.

IT IS FURTHER RESOLVED, That all unofficial registrations made for the purpose of enrolling women members in any individual association shall be called enrollment of members, and that all registrations taken by the Woman's Committee acting through the State Divisions, under the authority of the Council of National Defense shall be known as official registration.

Signed:
Maud Wetmore, Chairman of the National League for Woman's Service.
Mrs. Philip N. Moore, President National Council of Women.
Mrs. Josiah Evans Cowles, President, General Federation of Women's Clubs.
Carrie Chapman Catt, President, National Woman Suffrage Association.
Mrs. Joseph R. Lamar, President of the National Society of the Colonial Dames of America.

DISTRICT HOME DEMONSTRATION AGENTS

A—Mrs. M. N. Fowler, Del Norte, Humboldt, Mendocino, Lake, Sonoma, Napa, Marin.
B—Mrs. Mary S. Schilling, Tehama, Glenn, Butte, Colusa, Sutter, Yuba, Trinity.
C—Miss Alma Ames, Siskiyou, Modoc, Shasta, Lassen, Plumas, Sierra.
E—Miss Katherine Magneson, Merced, Mariposa, Madera, Fresno.
G—Mrs. Jessica Hazzard, Los Angeles, Orange, Ventura, Santa Barbara.
H—Mrs. Mary F. Ginn, Tulare, Kings, Kern.
I—Mrs. M. H. Woodworth, Alpine, Mono, Inyo, San Bernardino, Riverside, San Diego, Imperial.

Miss L. D. Clark, State Home Demonstration Agent; Mrs. L. W. Robbins, assisting; Mrs. M. V. Davenport, Itinerant Assistant to District Agents.

This list is available for demonstration purpose. For further information address Miss L. D. Clark, Dept. of Agriculture, University of Berkeley, Cal.

AN IMPORTANT LETTER

My Dear Mrs. Cable:

The club women of Washington are desirous of meeting the men who have gone from your state into the training camps in our State.

It is the desire of our women to meet them personally and make them feel that there is a strong "tie that binds" all club women and their families together.

They want the men to know that Washington club women are interested in them in a special degree, because their mothers, wives, sisters or sweethearts are club women.

Therefore, Madam President, will you get in touch with all the club women in your State and ask them to send the names and correct addresses of the men to me as early as possible, and I will send them on to the club women at the nearest point, so that the men may receive special attention.

It would be well to inform us of any special talent these young men may possess, or the taste for such, as music, art, etc.

Washington has the second largest cantonment, therefore, Tacoma and Seattle women have felt a very deep interest and responsibility. There are now in the training camp at American Lake alone, about 25,000 men, when the full quota is reached there will be 46,000 men.

There will be a Hostess House where our women may meet the soldiers and their friends. It may be possible later on to establish quarters in the Y. W. C. A.

In order to extend courtesies to the soldiers and to their friends visiting them, it will be necessary to have the names with their Company address. Believe me,

Yours for service,

MARGARET M. MCREADY,
President.
SKETCH OF THE LIFE OF ELLEN BROWNING SCRIPPS

By DR. MARY B. RITTER

Ellen Browning Scripps was born in London, England, on October 18th, 1836. When she was seven years of age the family migrated to America. During her childhood in England, she loved to sit watching her father at his avocation of book binding, and the samples she has of his handicraft show that he was an expert at both binding and tooling. She still loves the smell of leather, and methinks it was this early love and association with beautiful books that has resulted in her unusual library, a collection of the finest workmanship in bookmaking that our present era can produce.

Always studious, she was one of the early graduates of Knox College, thus becoming a member of the then very small band of college women in the United States. Five years ago she was honored by her Alma Mater in having the degree of Litt. D. conferred upon her in recognition of the varied assistance she had given to the cause of education.

Soon after her “commencement” in 1859, the young graduate began teaching school, at the same time doing the housework and taking care of an elder invalid sister and her two children. Before many years passed the school room was exchanged for the editorial desk in the office of the Detroit News, which laid the foundation of the Scripps’ fortunes. Associated with her three brothers, James, George and Edward, she followed the career of an active newspaper woman during the remainder of her business life. To this day she is a valued advisor in the business affairs of the Scripps newspapers.

Coming to California in 1891 with other invalided members of her family, she finally located in La Jolla; and the most distinctive man-made features of the village are the fruits of her active brain and generous heart. The Scripps Institution for Biological Research was the first large gift. This is an adjunct of the University of California and a memorial for her brother, George H. Scripps. The Scripps Foundation for the Bishops’ School, in La Jolla, came next, followed soon by the La Jolla Women’s Club House, a gift to the club, and the famous La Jolla playgrounds, a gift to the city of San Diego. Meanwhile a generous endowment had been given to Knox College upon the occasion of its seventy-fifth anniversary.

But the greatest gift to the community in which she lives, and to the world at large, has been herself. A quiet, unassuming person, she is one of the most active co-workers in all community activities. An indefatigable worker in Red Cross activities, none is more faithful in attendance at their headquarters. Very rarely is her face missed at club meeting, and the following is

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{engraving image}
her message to the club, delivered at the opening of this war-year, and almost coincident with her eighty-first birthday; yet delivered in clear, ringing tones that stirred the hearts of all who heard her. Her patriotism knows no limits. Service is her watchword, and she gives constantly of her time, strength and thought as well as of her money, to the cause of freedom and democracy. Her latest gift is a "Hostess House" for the Young Women's Christian Association to be built at Camp Kearney. Miss Julia Morgan, the architect, is now at work upon its construction. Would that all American-born women were as loyal and as ardent patriots as our English-born citizen, Ellen Browning Scripps!

The following address by Miss Scripps, before the La Jolla Woman's Club, is printed in full:

**Progress Through Service.**

You will I think agree with me that this is no time for idle platitudes of speech—even for the passing of the conventional congratulations on the opening of the Club year.

The time of doubt and indecision and unrest has passed; the dream of the seer has crystallized into purposeful action. Life today is not to us what it was a year ago. It will never again be what it was.

A few weeks ago, as I looked on the gay assemblage that thronged these halls on the night of the officers' ball, there was ringing through my ears, and echoing in my heart the words written by Byron on the commemoration of the Battle of Waterloo.

No life will never again be for us as it was. Does it lie with us as to what it shall be?

It is not true, is it, as was said to me a year ago, that we Americans stand up and say, "God, we thank thee that we art not as other men are," and then go on our way in sleek self-satisfaction, knowing nothing of the sacredness of duty or the beauty of supreme self-sacrifice. It is not true. It was not true a year ago when it was said. We were ignorant, perhaps, but not indifferent; we were blinded and bewildered, but not arrogant or self-righteous.

And now that the path of duty has been opened to us, and the light has made plain the dark places, we have not hesitated to walk therein, unquestioning as to where it will lead us. As lead us it must, through trials and tribulations, through sorrows and sadness, at times through the Slough of Despond, it may be into the Valley of the Shadow of Death. But most assuredly it will lead us to the higher vantage ground where we shall see and understand the things which are hidden from us now, and thus make us able to apply a newer and a truer measure to life with its work and its meaning.

It has not been a rude and unexpected awakening into this greater life that we are living today, but it has come with a wonderful celerity, and it is meeting with as wonderful a responsiveness, and this thought brings us into a closer touch with the things that be, especially with the instruments of service that lie at hand for our use. We know that in organization lies the opportunity for the use of the best and the most that is in us. In union is not only strength, but wisdom and justice and efficiency and beneficence.

The motto of the Woman's Club is "Progress"—progress through study and service. But in our growing years we have come into the knowledge that service is the keynote of all organized as well as individual work. In our past it may have been vague, disconnected, and perhaps misdirected, but today we have set before us a definite purpose and aim; and it is given us to see clearly the goal for which we strive—the safety, not only of the nation, but of the world.

The voice has come to us, as it came of old to every honest and devout seeker—the voice of one crying in the wilderness, "Make straight the way of the Lord"—the voice that convicted Peter on the house top, and converted Saul on the highway to Damascus—the voice that came in the night watches to the child Samuel—who in the unabashed confidence of a little child answered, as we should answer today, "Speak, Lord, for thy servant heareth." We cannot close our ears to it, to the voice that pleads for a stricken and oppressed world. Let us rather be glad that we live in a time when good will may be wrought into righteous deeds.

Today we are laying our gifts on the

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SEVENTH STREET AT OLIVE
altar of service. Let us only be sure that they are untainted of the spirit of self-seeking, by narrowness of vision, by uncharitableness or intolerance. Today we are praying as we never prayed before. Let us remember that

"He prayeth best who loveth most
All things both great and small;
For the dear God who loveth us
He made and loveth all!"

Today we are living in a fashion that we never lived before, a life God send that shall grow daily in knowledge and power and the beauty of holiness. I would quote here a little strain which seems to me to apply in spirit as well to the woman in her home as to the soldier in the trenches—not only to the Edith Cavells and the Red Cross nurses, and the women truck and automobile drivers in France and Flanders, but to every woman that seeketh not her own but the good of humanity—

"If we must fight, then let us fight so madly
We shall not feel the pain;
If we must kill, then let us kill so sadly
We shall not wear the stain;
If we must die, then let us die so gladly
We shall not die in vain!"

Just a word before reading a creed which I think is an expression of what we all religiously hold. Lest it may be thought that I have no right to claim it as my own, because, as you know, I am of English birth and lineage, not "the daughter of a hundred earls," but as the heritage of hundreds of years of mingling of pure Saxon and Norman blood. But I feel that I can honestly say, as young Schumann-Heink explained when he enlisted in our American army, "I am a loyal American, although of alien birth, because America represents to me the spirit of justice and liberty and truth."

"I believe
In my country and her destiny.
In the great dream of her founders,
In her place among the nations,
In her ideals;
I believe
That her democracy must be protected,
Her privileges cherished,
Her freedom defended.
I believe
That, humbly before the Almighty,
But proudly before all mankind,
We must safeguard her standard,
The vision of her Washington,
The martyrdom of her Lincoln,
With the patriotic ardor
Of the minute men
And the boys in blue
Of her glorious past.
I believe
In loyalty to my country,
Utter, irrevocable, inviolate.
Thou in whose sight
A thousand years are but as yesterday
And as a watch in the night,

Help me
In my frailty
To make real
What I believe.”

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(continued from page 6)

2. How do you know?
3. Are any children in need of scholarship or other financial assistance in order to attend school?

Do this, and you will be helping both the children and your Government. Those who claim that the war’s need of workers justifies the employment of young children of school age are victims of a theory that England, by bitter experience, has found to be false."

Rural Teachers Wanted

“The Woman’s Committee wants to enlist every rural school-teacher in America for war work this winter. It wants them to be outposts for the national forces centering in Washington; to act as messengers to the people of the rural districts with whom the school-teacher is in closer touch than any one else.

It must be a work of patriotism on the part of such teachers as respond to this call, for the work is to be done entirely by volunteers serving without pay. But it is a real opportunity that is offered the teacher to spread knowledge about the war and show many people how each can help toward victory.

If you are a rural school-teacher and want to help, write to the chairman of your State Division of the Woman’s Committee of the Council of National Defense, offering your services, or write to the Woman’s Committee Headquarters, at Washington, D. C.”

Newly elected officers of the Woman’s Legislative Council of California:

President—Mrs. A. E. Carter, Oakland.
First Vice-President—Mrs. Hester T. Griffith, Los Angeles.
Second Vice-President—Mrs. W. H. Shockley, Palo Alto.
Recording Secretary—Mrs. Anna Marden Devo, San Francisco.
Corresponding Secretary—Mrs. H. N. Herrick, Berkeley.
Treasurer—Mrs. A. J. Lawton, Santa Ana.
Auditor—Mrs. Clara Bryant Heywood, Pasadena.

Recently appointed Board of the Moron Colony: Mrs. Mary Robert Coolidge, Berkeley; Mrs. J. Powers Flint, Los Angeles; Mr. N. H. Thompson, Alhambra.

Mrs. Josiah Evans Cowles, our General Federation President, has been appointed a member of the Commission on Training Camp Activities with Raymond B. Fosdick as its chairman. Funds are needed for this work and Mrs. Cowles asks the club women to give their services. She says:

“The task with which I would charge you is that of urging prompt action upon and giving active aid to your local commercial or civic body which has been asked to assume responsibility for the quota of the national fund. If no public effort is inaugurated within the next ten days to raise the quota for your city, will you not, as a club, assume responsibility for the campaign? In either case please notify the War Camp Community Recreation Fund Committee at 1210 G Street, N. W., Washington, D. C., of your action.”

PATRIOTISM AND THE FOREIGNER

By Sam Cinna

Is there enough patriotism in the foreigner?
That’s the question that is in the minds of all American citizens.
The foreigner of America has just as much patriotism in him as the natural-born American citizen. There is anxiety in his heart to defend what is now his home and to fight for this country, that, as a mother, has adopted him; kept him from the clenching fingers of poverty; from the dark, damp cell of a royal prison; given him an education; and, above all, given him Liberty.

Liberty—that is what will make him fight. Liberty has made him fight before. It is making him fight now. And it will make him fight again, if need be.

“All that I am or hope to be
I hereby consecrate to thee,
I give my strength, my life, my all.
If I must fail, if I must fall,
I pray, in fighting, I may die,
To help to further glorify
You, generous foster-land of mine,—
My vision of all things divine!”

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THE CLUBWOMAN
OFFICIAL ORGAN OF THE
California Federation of Women’s Clubs

Please find enclosed 50 cts. for which send the CLUBWOMAN for one year to
As your Chairman of civics last year my plea was for better citizenship, that conception of Civics that has in view the aim for all our Civic work the making of good American citizens of all our boys and girls. As means to this end I urged that the clubs come into closer contact with the schools. These things I urge more strongly this year for with the problems we are facing in the world today, there never was a greater need for citizenship.

How we glory in the patriotism of our young men as with spirit and enthusiasm they go forth willingly, to face danger and perhaps death; for what? That the world may know and enjoy true citizenship, and so this year we have for our work in Civics to carry forward not only the work of last year, but we must all take up other lines of work relating to citizenship. As our government asks of us service of any kind, whether it be in “Food Conservation,” buying or selling Liberty Bonds, Red Cross work, looking after the welfare of our children, or in any other work, let us with cheerful hearts and willing hands enter into it with enthusiasm. For we must realize that we are in the midst of a stern and mighty struggle and we dare not underate the magnitude of the war task and to such a task we can, as our President said: “Dedicate our lives and our fortunes, everything that we are, and everything that we have.”

We mothers who have given our splendid sons to the service are ready for any work, realizing, while sending our brave American boys to fight for Liberty, the need of quickly sending them food and the other necessary things for success in this war. This is to be done in order that they may the sooner march victoriously home with the world made a safe place for Democracy. Then true citizenship will have come into its own.

CIVICS
Mrs. B. Ackerly Penhall, Chairman, Northern District.

At no time in the activities of club work has there been a more urgent need of earnest, united effort for the betterment of conditions than now. This terrible war has created new and insistent demands upon women’s strength and ability to accomplish.

My subject, expressed in the word, “Civics,” has taken on a meaning and conception quite foreign to it only a few months ago. Vice-control in the camp life of our soldiers is a matter of vital importance to the future welfare of our country. The government has, and will no doubt continue to use all possible means to abate this evil, but in no small measure the responsibility is upon us. Through our organization we can render inestimable service in acting as an auxiliary for the supervision of sanitary conditions.

The Red Cross appeal is ever-present and must be met unflinchingly and untringly. The trained minds of our club women must be mobilized to take a leading part,—to direct, inspire, co-ordinate.

Much has been heard throughout the world of “City Beautiful.” It is a question, however, whether we have the right conception of what these words imply. Deep in the heart of all of us is planted the instinct to develop and beautify our surroundings, but does our vision range far beyond our own homes? Are we trying to promote the big idea of CITY BEAUTIFUL?

THE POWER OF ORGANIZATION
Mrs. H. E. Patterson, Chairman, San Joaquin Valley District.

With just a glimpse into a year’s club work we see innumerable things that we must do, or assist in doing, for our City and Community’s welfare.

First of all, I would like to impress upon my co-workers the power of organization. Since we have become better organized they are taking a deeper interest in local, state and national affairs. Organization is the keynote of success, and community interest should be stimulated among club women. Very naturally each center will have its own problems to work out.

Some of the accomplished ventures of the various communities throughout the San Joaquin Valley are the cleaning of back yards and the garbage cans.

Other things that should be considered by the Civic Departments is the matter of food inspection and sanitation, and, where they have adequate laws, see that the laws are enforced, and in the communities where

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THE CLUBWOMAN

they have not the proper laws, agitate the passage of proper ordinances governing
the sale and care of foods.
Fly and mosquito campaigns might be
considered again this year but should be
taken up along broader and more scientific
lines, also the beautifying of city lots.
Stations might be maintained where gar-
den supplies could be had for those who
care to beautify their back yards.
This should be donated by those who have an
over-supply of garden stuffs.
The censor of motion pictures should
give particular attention to see that clean
films are shown to the children. Work
should be included in every club calendar
and certain time be set aside for the nation's
work.
In organization there is strength, so let us
all co-operate in the needs of our district.

EFFICIENT CITIZENSHIP
Mrs. W. A. Galentine, Chairman
Los Angeles District.
It would be difficult to enumerate the
many phases of work involved in civics, but there is one phrase that can adequately
cover them all, "efficient citizenship." Civics
means citizenship, and is so many sided
that it embraces all the other departments
of the federation.
Efficient citizens are those that not only
administers with thrift and economy the af-
fairs of their own household but they see
that their city, state and nation has a like
administration. They not only see that the
work of the home is done under proper
conditions, and fairly distributed among
the members of the family, but that the
industrial world, as well, receive their close
attention; not only do they keep the home
clean and hygienic, but the sanitation of the
community, with its many problems of
sewage and garbage disposal, the elimina-
tion of harmful insects and rodents, and the
restriction of contagious diseases is their
job.
The family residence not only is kept in
repair with its green lawns and cultivated
flower beds, but the duty of the good citizen
extends also to making the city a beautiful
and safe place for the children of even the
humblest of the citizens to dwell in. It
goes farther than this—even to the regula-
tion of commercial amusement and public
recreations, and last but not least, the
Americanization of every foreigner in our
midst that they too may become true citi-
zens

CONSERVATIVE CIVICS
Mrs. Frank Warren Moore, Chairman,
Southern District.
A great deal is being said and written
about constructive civics; but I want at this
time, to speak a word for conservative
civics. If we sow and reap with one hand
and waste with the other we will have lived
and labored in vain. Therefore, I shall talk
economy in my department, in plain lan-
guage. Save now that we need not have to
pinch later on.
Conservation is a sonorous, academic
term that many women seem to think ap-
pears wholly to the rostrum, and not to the
kitchen; that it does not mean save and
retrench. There may be some lean years
ahead for American wives and mothers as
well as for those of Europe. Let us study
and practice conservation this year that the
succeeding years may not be lean.
I also want to advocate more careful
buying. If we would refuse to accept goods
that are unreasonably high the law of sup-
ply and demand would force prices to a
lower level.
Another matter of importance. The war
is increasing the demand for child labor, and
in some States an effort is being made to
repeal laws enacted to protect and conserve
adolescent youth. Our legislature will not
convene this year, but let us watch that no
such backward step may be taken in Cali-
fornia.

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The Melting-Pot

By Jessica Lee Briggs, San Francisco, Cal.

Patriotism is the need of the hour. Patriotism which not only "moves a person to serve his country either in defending it from invasion or in protecting its right and maintaining its laws and institutions," but the patriotism which moves a nation to serve humanity either in defending it from invasion or in protecting its rights and maintaining its laws and institutions. To be ready to fight and ready to die, not for fatherland, but for democracy. This is the demand of the hour.

Is there a man with a soul so dead that it has not yet been stirred by the call to arms in this great battle of Armageddon—the fight between the powers of good and evil? Is there a woman with a soul so latent that her motherhood has not yet been aroused by the cry of the hungry multitudes?

In spite of the "slacker," the disgruntled, the pessimist, the ne'er-do-anything-public-spirited, the second Liberty Bond loan has gone beyond the maximum figure named by the Secretary of the Treasury.

Democracy is being forced on woman, the conservative, fast and furiously; woman, the conservative, is being forced into democracy by persuasion and by compulsion.

What, in the end, will democracy do for woman?
Will it ask all and give nothing?
The recent vigorous advice of the President of the United States to the individual states to recognize women in granting her equal suffrage, if belated, is nevertheless timely. But why not make this a federal issue the same as food conservation, Liberty Bonds, and other war propaganda?

Is not the work of the woman in war service and relief equal to the men? If not, why not?
Are not the mothers as well as the fathers giving their sons? Are not the wives giving their husbands? Are not the woman nursing the wounded and the suffering at home and abroad? Are they not rocking the cradle of the future nation? Are they not entering into the nation's industries by the hundred thousand strong? Are they not working, inspiring, praying for the men who are already in the trenches, and for those who are preparing to go forward?

What then, we ask, shall be our nation's recognition to woman for her gifts and sacrifices?

One of the terrifying features of the French Revolution as described by Dickens in his "Tale of Two Cities" was the continuousness in which those terrifying French women sat knitting, knitting, knitting, beneath the ever deepening red shadow of the guillotine whilst the ill-fated king and queen with all their pawns were being executed. It seemed unbelievable how they could count the stitches—how they could invert or purl while a head was being lopped off to tumble, perhaps, at their feet.

History is today repeating itself. Women are still feminine! But class distinction is not so clearly defined now as in the time of the French Revolution. Heads of kings, queens and pawns are being lopped off, it is true, and hands are busily engaged in knitting, but behold! the knitting fingers are manicured!

Many of our standards of life will have become obsolete by the time the great battle of right over "might" is ended. One question among others rises very succinctly in the mind,—the question: What shall be the standard of the unmarried mother?

One of the most satisfying achievements which has been accomplished by the National Committee on Recreation for the Soldiers and Sailors, is that of teaching the men to sing. From this the report comes back that our "National Defenders" sing as they cross the water on their way to the "front" and sing in the trenches. A "singing army" can never know defeat.
DEPARTMENT OF HOME ECONOMICS

MRS. S. H. HAIN, State Chairman

History tells us that war, however just the cause, most always leave famine and disease in its wake. Since this war involves more men and money than any other in the history of the world, it will naturally involve more food. In order that history may not repeat itself, let us wake up to the seriousness of the situation and do our share in conserving this present crop, the greater portion of which was harvested by the men who are going to face the enemy, that famine may not come before another is harvested.

It is difficult to conceive a more patriotic duty than helping the Food Administration carry out its plans.

The pledge of the Federation is in itself a big thing from a patriotic standpoint, and one every woman should be qualified to carry out.

Women who have not had training in the fundamentals pertaining to food should work diligently to learn adequate nourishment, that no superfluous food may be used; to learn the growth giving foods that the children may be fed properly; and to learn to substitute one food for the other, which involves a knowledge of the composition of foods. All these require systematic study, and cannot be covered in a few lectures.

The University of California is sending women from the Agricultural, Department to do emergency work. The Extension Department is getting out several correspondence courses. Mr. Herbert Hoover has appointed Miss Charlotte Ebbets, 625 First National Bank Building, San Francisco, Chairman of Home Economics for the State. She is mobilizing the teaching forces in the High Schools. They are at our service.

The sad part of this movement for efficiency in the home is the failure of women to take it personal. They think it is meant for the other women. The efficient woman is one who feeds her family well at the minimum price, bearing in mind the certain foods our own men need, and our Allies are asking us to supply. To do this requires a greater knowledge than would appear at first glance.

1st. It requires a knowledge of the principles of cookery. The effect of heat upon the food materials, and the processes best employed. 2nd. A knowledge of the composition of food. 3rd. How much each one in the family requires in a day's dietary. 4th. The right proportion of foodstuffs to keep the body normal. 5th. Digestion and metabolism. 6th. The chemical reaction of the residue of food after metabolized.

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In order to listen to a lecture intelligently on the subject of Dietetics, it is necessary to have a vocabulary for it. Unless we have this vocabulary the words of the ablest speakers go over our heads. In the last few years there have been hundreds of books written on the subject, but they are valueless unless we are willing to study them for ourselves. There is no royal road to this knowledge.

Why should the word "calorie" seem unusual to our tongues. It should come as easy as bushel or gallon. Calorie is the term used to express the heat unit of our bodies, or that of food.

Our bodies are constantly giving off heat, or producing energy. This heat or energy is measured and the units are called calories. A calorie is the amount of heat required to raise the temperature of a quart of water 4 degrees F. Scientists have made clever apparatus to gather data on the amount of heat given off by the body under varying conditions. This apparatus is called a Calorimeter. The Bomb-Calorimeter is used to gather data on the heat in foods, which also are registered in calories. Statistics have been compiled from those interesting experiments which housewives can accept as authority. In fitting individual cases to those in the data it is well to bear in mind that we can only approximate, which is close enough for practical use.

We should also learn the function of the foods. In studying the construction of a single body cell, we find that the very heart or life of that cell is protein, or nitrogenuous in nature. This is a tiny vital spot, and the mass of the cell is made up of the other elements which are found in carbohydrates, wax, and the starches found in the cell walls. The carbohydrates are sugar, starch, and dextrin produce heat and energy. Fat produces heat and energy, but on account of its concentrated form very little is taken, and then not for the purpose of supplying energy, but for another purpose, i.e., of keeping the marrow of the bone supplied, and various other functions.

The right proportion taken in a day is one part protein, five and one-quarter carbohydrates to three-quarters fat. This applied to 3,400 calories, the amount of food required to nourish a man doing hard labor we have these figures:

- 485 5/7 Calories Protein.
- 2550 Calories Carbohydrates.
- 364 2/7 Calories Fat.

Some of the carbohydrates may be taken in the form of fruits and vegetables, which will give the needed mineral matter and bulk.

There are tables compiled giving exact weight of 100 calorie portions. If any women will take the time to figure this out by using a scale which registers in grams, she will be able to give her family approximately the amount it requires, and have the great satisfaction in knowing she has done her very best. It takes time, but I believe that after one week of this careful measurements, she will have a better idea of the relationship of food to the body.

Under ordinary conditions it would not be vital but for the sake of being prepared for an emergency, well worth the effort.

Mrs. Rose in her book "Feeding the Family," gives a basis for this work, and the tables in the back of Sherman's "Food Products" are also helpful. It is possible for an adult to master these things to the extent that she can apply them in her own home if she so desires.

It is therefore urged that classes be formed by the clubs, one or more in each club or carry out with the Council of Defence community classes, taking in rich and poor alike. That classes be formed to teach the foreigner the use of cheaper American foods rather than the expensive imported brands which he is accustomed to. Use High School teachers as instructors wherever possible. In some places the Normal School teachers are anxious to help in this work.

We are not living up to our obligation as women, unless we bend every effort toward

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efficiency in the home, and the rearing of the children in such a way that they are fitted for reconstruction work after the war.

CHILD WELFARE

Dr. Mariana Bertola, chairman of the San Francisco District C. F. W. C., has sent out a note of warning to the club women of her district lest in their zeal to conserve food they neglect the conservation of the child by improper feeding. She says:

"We must remember that children and growing youth need certain foods that we must not deprive them of. Milk is very necessary, and our government should see that the price of it does not soar beyond the means of the poor. The children of today are the men of tomorrow, and the welfare of this nation in the future depends upon the nourishment given to children today. Milk should be a part of every meal served to a child under 10 years. Eggs also are important adjuncts of the child's menu. Butter should not be eliminated, whatever the cost may be. We should bear in mind the importance of milk, butter and eggs to our growing children, and the imperative need of regulating the prices of these necessities so that every child may be served with what is its due in this land of plenty.

"I believe the best conservation is not stinting or depriving ourselves and our children of necessary food. I believe the best conservation is the avoidance of waste, the selection of what is best for us and which is of the greatest nutritive value. Fashion and style caused us to load our tables with much that is neither necessary nor nutritious, and often positively injurious. The abolition of these non-essentials will prevent waste, encourage thrift, and not detract from proper sustenance."

INTERNATIONAL RELATIONS

(Mrs. C. E.) Katherine Cumberston,
State Chairman

The following suggestions are submitted for the guidance of those who are interested in promoting the spirit of friendliness among nations and who wish to have a part in the great work before us, of learning to think and act in terms of internationalism.

1. Establish lecture bureaus, by listing the names of speakers in and near your community who, without remuneration, will address organizations on subjects connected with internationalism.
2. Organize circle of men and women to study and discuss international policy.
3. Request library boards to have placed in a conspicuous position a number of books dealing with the subject.
4. Suggest an International Day to the program committees of clubs, churches, and other organizations.
5. Watch closely and urge discussion of measures before Congress dealing with international relations and policies.
6. Cooperate with established agencies for the Americanization of the alien. Address Mrs. Frank A. Gibson, 2301 Scarff Street, Los Angeles, State Housing and Immigration Committee.
7. Urge debate upon the subject of international policy in schools and colleges.
8. Think, talk, and promote international good will, bearing in mind that we are making war upon a system, and not upon a people.

Suggested Topics for Discussion.
Universal military service and its bearing upon our international relations.
President Wilson's internationalism.
Imperialism.
What should America's policy be toward Latin American countries?
What should America's policy be toward China? Japan?
The story of the Bagdad railroad.
The place of Alsace Lorraine in European History.
What is Democracy?

GIVE ME CONTENT

A Thanksgiving Intercession
By James Whitcomb Riley

Dear Lord, to Thee my knee is bent.
Give me content,
Full-pleasured with what comes to me,
Whate'er it be;
An humble roof—a frugal board,
And simple board;
The wintry fagot piled beside
The chimney wide,
While the enwreathing flames upsprout
And twine about
The brazen dogs that guard my hearth
And household worth,
Tinge with the ember's ruddy glow
The rafters low;
And let the sparks snap with delight,
As fingers might
That mark deft measures of some tune
The children croon;
Then, with good friends, the rarest few
Thou hast true,
Ranged round about the blaze, to share
My comfort there
Give me to claim the service meet
That makes each seat
A place of honor, and each guest
Loved as the rest.

CHRISTMAS IN THE HEART
It is Christmas in the Mansion
Yule-log fires and silken frocks;
It is Christmas in the Cottage,
Mother's filling little socks;
It is Christmas on the Highway,
In the thronging busy mart;
But the dearest, truest Christmas
Is the Christmas in the Heart.

—Dora H. Stockman.

May I reach
That purest heaven, he to other souls
The cup of strength in some great agony,
Enkindle generous ardor, feed pure love,
Beget the smiles that have no cruelty.

—George Eliot.

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The 16th annual convention of the Southern District meets at Glenwood Mission Inn at Riverside, November 6, 7, 8, 9. An inspiring program has been arranged touching every phase of patriotic service and emergency work including Red Cross, Army Welfare work, Americanization of the Immigrant, Food Conservation, Betterment of Rural Schools, Child Welfare and Relief for the suffering people of Europe. Mrs. C. C. Arnold and her helpers have also carefully planned all the courtesies attendant upon such an occasion so that all who are present are assured of a delightful time.

The Rialto Woman’s Club distinguished itself by purchasing Liberty Bonds to the extent of $350. This amount together with the club lots represents the savings of several years toward a club house and the ladies were unanimous in desiring Uncle Sam to have the use of it.

The Woman’s Club of Redlands was afforded a rare treat at the first meeting this fall when Mrs. Herbert A. Cable was present and gave the afternoon address.

The Woman’s Civic Club of Santa Ana held its first meeting October 20. City Attorney Scott explained the new city weed ordinance. Miss Lecbrick spoke on Associated Charities and Dr. Maude Wilde of Los Angeles lectured on “Mother’s Educational Centers.”

The Fullerton Woman’s Club listened to a forceful talk on “The New Philanthropy” by Miss Mary Haines of Los Angeles on the evening of October 10. At the same meeting the Club voted $10 toward the Soldiers’ Liberty fund.

Miss Mary Foy of the Emergency Service Committee addressed the first general meeting of the Fullerton Ebell on “War Service for Women.” It was a strong plea for united service.

During the past year over 7,000 people made use of the Rest Rooms established by the women’s clubs. The Executive Board of the Riverside F. W. C. at their meeting in October went on record as being favorable to the rural schools movement and voted unanimously to center their attention upon establishing community farm schools during the coming year.

San Diego has the oldest county Federation in the World, organized in the spring of 1898. It now has over 4,000 members and 42 clubs.

Mrs. McDowell of San Diego accomplished a very noteworthy piece of work in March when she edited a full page in the San Diego Union on Club Women of San Diego County. There appeared the history of the County Federation as well as a detailed account of the individual clubs showing cuts of many prominent club women of the Southland.

The Amphiion Club of San Diego which has a membership of over 700 members has planned a musical season which would be difficult to excel. Six artists of prominence have been secured: Madame Margarete Matzenauer, a prima donna of the Metropolitan Opera Co., the Cherniavasky String Trio, Godowsky, Maud Powell, Miss Edward McDowell, and Theodore Karle, a young American tenor.

The Woman’s Club of Ocean Beach has gained the assurance through the city officials of a thoroughly up-to-date sewer system for their town.

Miss Lillian Lewis addressed the first regular meeting of the Woman’s Improvement Club, on October 9.

At the Beaumont Woman’s Club House on Saturday evening, September 29th, there occurred an event long to be remembered. A rare and splendid program was given for the benefit of the building fund, including the following artists: Misses Bertha and Katherine Fiske, Mr. McGhee, Minoru Hayashi, Miss Norma Gould, Mr. and Mrs. Sydney Sprague, Miss Bertha Davis and Miss Lenora Zinc.

COUNTY FEDERATION CONVENTIONS
San Diego County, October 25-26, at San Diego. Orange County, October 27, at Orange. Riverside County, October 26, at Hemet. Imperial County, first Saturday February. San Bernardino County, October 25, at Highland.

Mrs. R. F. Garner has organized a section in the Woman’s Club of San Bernadino. It meets the first Monday of each month and is free to all women. Subjects of vital interest are discussed without indorsement.

LOS ANGELES
Miss Bessie Carrick, Chairman

In Los Angeles District, the clubs are all making War Service the paramount issue. The past month the particular War Service has been the Liberty Bonds, and the clubs have all bought according to their resources. Besides buying the bonds they have talked bonds and so helped in swelling the sale.

One of the best talks on the Liberty Bonds was given by Mrs. Kemper Campbell before the Wednesday Morning Club. She talked on the bonds as an investment and proved they were far ahead of the usual investments made by women.

The next service is the Conservation Registration. The clubs on account of their
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The District Board held its second Educational Conference on October 25, which was well attended, especially by the out-of-town women. The District President wishes that the clubwomen would keep the fourth Thursday in November open, for a call will be sent to every president to either attend the Conference, or send a representative delegation as a matter of great importance to the Federation may have to be acted upon.

The Ojai Valley Woman’s Club has never been wanting in practical proof of its “Raison d’être.” Having inherited from its mother (King’s Daughters Association), a system of benevolences, it has been continually enlarging its scope and adding to its activities—“Grace for grace.” Its pretty and commodious clubhouse has been the home of the local Red Cross work from the beginning of that form of service.

After the destructive fire of last June it became relief headquarters, open daily for at least six weeks, as a center of distribution of clothing, bedding, etc., clubwomen giving freely sympathy, time and material to help their unfortunate neighbors.

MEETING OF DOWN AND OUT CLUB

On Thursday, October 18, after an informal luncheon at the “Mary Elizabeth,” the southern division of the Down and Out Club held a meeting in Federation room, Brack Shops, Los Angeles. There were ten members present, the President, Mrs. S. M. Davis presiding, and the usual routine business was transacted.

Mrs. R. J. Waters and Mrs. E. M. Nealley were elected delegates to the Southern District Convention, to be held at Riverside in November.

All members of the Down and Out Club are invited to be present at a luncheon in Glenwood Mission Inn, Riverside, Thursday, November 8. The luncheon is held in honor of Mrs. L. F. Darling of Riverside, State Past-President, C. F. W. C.

SAN FRANCISCO

MRS. W. C. MORROW, Chairman

A regular meeting of the Executive Board of the San Francisco District of the California Federation of Women’s Club was held at the Plaza Hotel, San Francisco, Thursday, October 25th. There was an attendance of about twenty-two. Mrs. Frank Fredericks, president, presided. An unexpected pleasure was the presence of Mrs. George D. Murray of Eureka, the vice-president of the San Francisco District. She expressed her pleasure in meeting the various heads of the department, and of the work which is being done by the women in her county.

A discussion held during the meeting as to the advisability of endorsing one or two deliveries a day followed, and it was decided to endorse the limited delivery system. The afternoon session was devoted to discussion and matters pertaining to the next district convention.

The California Club, which is the strongest club force for civic betterment in San Francisco, has gone ahead splendidly under the guidance of its president, Miss Margaret B. Curry. This is the second year of Miss Curry’s administration and many of the innovations introduced during the first year by her are established customs of the club now, owing to the various needs which were met by them. One of the pleasantest of these innovations is the monthly club luncheon, which brings the members together in the spirit of good fellowship. The monthly talk on “Current Events” given by Mr. Arthur I. Street, is attracting an ever increasing number of the thinking members, and the monthly dances to “enlisted men” are continuous testimonials of the club’s open hospitality.

From November 2nd to 6th, the club will hold an “Autumn Wild Flower Show,” arranged by Miss Ethel M. Wickes, past state chairman of art of the federation, at which there will be 125 water color paintings of California wild flowers, by Miss Wickes, on exhibition to which the public is invited.

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The Salinos Civic Club, of which Mrs. Richmond Wheeler is the president, acted as sponsor for a patriotic and inspiring concert recently. The concert was given under the auspices of the club and opened with a medley of national airs by the High School orchestra. The national songs of our country and those of the Allied Nations were sung with great patriotic fervour. Mrs. Wheeler gave an interesting talk and told of the work of the Civic Club, and closed her address by reading a poem on "The Flag." The evening was under the direction of Mrs. J. H. Andresen.

The Humboldt County Federation of Women's Clubs held its regular semi-annual meeting at Arcata in September. The Arcata Women's Club was hostess to the other clubs of the county, the sessions being held in their beautiful new club house, with the County President, Mrs. C. W. Buxton presiding. The dominant note of the meetings was Patriotism. One hundred and twenty-five delegates and members were present, representing thirty-three clubs of the county.

Departments have been organized under the Humboldt County Federation of Women's Clubs, and a county chairman appointed for each, corresponding with the State Federation:
- Art, Mrs. Martella Lane, Fortuna; Child Welfare, Mrs. J. H. Chain, Eureka; Civics, Mrs. E. Morgan, Rohnerville; Conservation, Mrs. T. G. Atkinson, Metropolitian; Country Life, Mrs. H. E. Wilder, Carlotta; History and Landmarks, Mrs. Marie Todd, Arcata; Education and Literature, Miss Constance Clemens, Ferndale; Home Economics, Mrs. R. R. Smith, Fortuna; Industrial and Social Conditions, Mrs. W. F. Harris, Eureka; Education and Political Science, Mrs. H. W. Jackson, Arcata; Music, Mrs. Rose Hosley Ireland, Samoa.

The San Mateo Woman's Club is working hard toward a new clubhouse. The club owns a beautiful lot in the heart of the town, with some fine redwood trees on it, and as soon as the small balance due is paid the new clubhouse will be begun. The members realize that much can be accomplished when they have the house.

Meanwhile the women are bending their energies to all good work. They have been active in the National Councils for Defense for San Mateo County. The Food Conservation, the Liberty Loan and many other matters, not forgetting the Red Cross work and their interest in Camp Fremont and the Grizzlies at Tandor. The club held a bazaar recently and netted $120. It speaks well for a club whose membership is only eighty. One-quarter of the sum was turned over to the general fund, one-quarter to the overhead expenses of the San Mateo unit of the Red Cross, and the other half to the clubhouse fund. The club was originally started as a charitable and civic club and gave all of its income to charity.

ALAMEDA

Mrs. Fred Zummerman, Chairman

It is with sorrow and regret that we record the passing of Mrs. Mary J. Borden, mother of our Alameda District Chairman, Mrs. Fred Zummerman, and of Mrs. T. B. Drury of Richmond. Mrs. Borden died October 10th, at her home in Walnut Creek. She was 70 years of age. She was president last year of the Walnut Creek Woman's Club, which she was instrumental in organizing seven years ago. She was for many years a club woman before coming to California in Albuquerque, New Mexico. She was a friend and co-worker of our late State President, Mrs. Emily Hoppin, and for many years in W. C. T. U. work, being a State lecturer and organizer. Her going is a great loss to her relatives and friends, for she was beloved by all who knew her. The Walnut Creek Club mourns her loss as a wise counsellor and guide.—[The Editor.]

The Twentieth Century Club of Berkeley is an inspiration and although the smaller clubs can not do the work this club is doing, it cannot fail to help them just to know something about it. We publish the following article about the Red Cross work of the club.

Red Cross Work of the Twentieth Century Club.

The Red Cross work of the Twentieth Century Club is handled by the philanthropic section, of which Mrs. Hogan D. Cosby is chairman. They are experienced in sewing, as for several years they have maintained at the Berkeley dispensary a linen loan chest which supplies bedding and garments to the needy sick at their homes. They work now on the Red Cross garments every Wednesday from 10 to 4:30, keeping twelve machines busy. They inspect and make perfect every garment, then press and fold it before turning it into headquarters. Like the Hillside club, the Claremont auxiliary, and many others, the Twentieth Century section welcomes outside workers. Each person brings her lunch and the club serves tea at noon.

HESSE-SPROTTES MEZZO SOPRANO & CONTRA ALTO


Direction of
L. E. BEHMYER
Studies: 1603 S. Grand View St. & Walker Auditorium. Telephone 54082
The Twentieth Century club, in its recent endowment of a bed at a local hospital, had specially in mind the families of enlisted men who might need hospital care.

The Fruitvale Woman's Club is carrying on its work in a most unique and interesting way, as evidenced by a letter from the Vice-President, Miss Idá B. Desserens. The Fruitvale Woman's Club meets once a month in an all day session, at the home of the president, Mrs. W. E. Gibson, who most generously turns over her house for club purposes.

The executive board convenes in the morning, consisting of the officers and chairman, and any members who care to attend. At the noon hour luncheon is served and at this social hour an informal discussion is held together with dish washing, talking over recipes of the luncheon, and arranging chairs for the afternoon program.

The luncheons are worked out for a scientific balance, seven hundred calories, and are kept strictly within the limit of ten cents for each person. All this is under the department of home economics, headed by Mrs. M. J. Cohen, who has given some valuable and delicious menus.

From one to two o'clock there is a parliamentary law drill by Mrs. C. J. Ernst, chairman of the section. The regular meeting opens at two o'clock, followed by the program at three o'clock. The programs of the ten meetings are divided between the five departments.

To the Music Department is assigned the December programs with "Christmas Carols," and the April meeting "Birds in Music and Poetry," besides incidental musical numbers for each meeting.

Other subjects on our year book are: "Home Gardens," "Oakland's Resources," "The Great Basis," by Andrew P. Hill; "Americanization," by Miss Ella Richardson, and a patriotic musical program; "Women of Today," as a tribute to Susan B. Anthony on her birth month, February, by Dr. Amelia Reinhardt; and "Baby Discipline," by Dr. Jump.

It is too early in the season to give a report upon other subjects, but the club has adopted a Belgian baby; contributed to the organization that is fighting against higher transportation rates; the club is an auxiliary of the Oakland Civic Center; has joined the Men's Civic League; and has held under our Mothers' Department, a two-days' "Better Babies' Clinic," by Dr. Sara Wise, at the home of our president.

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THE PUT-IT-OFFS

My Friend, have you heard of the town of Yawn,
On the banks of the River Show,
Where blooms the Wait-awhile flower fair,
Where the Sometime-or-other scents the air,
And the soft Go-easys grow?

It lies in the valley of What's-the-use
In the Province of Let'er-slide;
That tired feeling is native there,
It's the home of the listless I-don't-care,
Where the Put-it-offs abide.

The Put-it-offs smile when asked to work,
And say they will do it tomorrow;
And so they delay from day unto day,
Till death cycles up and takes them away,
And their families starve, beg or borrow.

—ANONYMOUS

MARY EVA SCHAUER
Dramatic Reader
A California Program
An Indian Legend of Early California
With Musical Accompaniment
Rates Reasonable
Miscellaneous Readings
For further particulars address: 1333 Bath Street, Santa Barbara

LUCY E. WOLCOTT, B. A.
anounces
A Historical Program of American Songs
Phone 12981
1448 Elm Ave., Long Beach, Cal.

Arthur Babcock
BARITONE
Formerly a member of the faculty of New England Conservatory of Music. Boston RECITALS AND LECTURE-RECITALS
American Songs a specialty
Residence Studio,
1217 Stratford Avenue, South Pasadena
Los Angeles Studio
Homephone 35525
730 S. Grand Ave.

SYNTHETIC SCHOOL OF MUSIC
Music, Dramatics, Dancing and General Elementary
Madge Patton Sullivan, Principal
1006 South Westlake Avenue

52995  Wils. 1218
HOME DEPARTMENT

PROTECTING THE PUBLIC

The advertisements of foods and foodstuffs which appear in this and coming issues of The Clubwoman are from firms which have in every respect conformed to the rigid requirements laid down by the Department of Health, C. F. W. C., as a part of its present campaign for the protection of the public through the elimination of impure foods and food materials. In every case, before a food advertisement is accepted for the official magazine of the Federation, the plant or establishment is thoroughly inspected by a special committee named for the purpose by the Department of Health and composed of qualified experts on the subject. The appearance of such an advertisement in The Clubwoman is consequently prima facie evidence of purity, reliability and patronage worth.

The work of the committee has now been extended to include the inspection of laundries and other establishments whose work affects the public health.

At the head of the department's committee of inspection in the South is Dr. Lulu H. Peters, M. D., Chairman of the Department of Health for the Los Angeles District.

At the head of the department's committee of inspection in the North is Dr. Mariana Bertola, M. D., Chairman of the Department of Health and Child Welfare of the San Francisco District.

A member of the Women's Committee of the National and State Councils of Defence for Siskiyou County adds her "bit" to the "Little Herbie Hoover" poem printed in Home Department page of the October Clubwoman:

"LITTLE HERBIE HOOVER"
(With apologies to "Sophie" from Mary Hall Kerr.)

Wunst they wuz a woman, who wouldn't sign the pledge.
An' ever' time they ast her, she'd allus laugh and hedge.
An' so she kep' on cookin' jest like she'd allus done,
An' Herbie couldn't stop her, not even with a gun.
But one day when they missed her, they found her in the cellar,
An' all around wuz jars of jam, an' pies, an' cakes, an' crullers.
An' there those awful calories wuz sizzlin' all about.
An' Herbie says they'll git you
Ef you don't watch out!

An' wunst they wuz an old man, who wouldn't eat his beans,
An' said he didn't give a hang, if they wuz full of poxteins.
He'd rather have a beefsteak, all juicy, rich, and rare.
So he sat down to eat it, an' he said he didn't care.
For all the things that Herbie an' the Food Folks said to do.
He guessed that he wuz goin' to eat jest what he wanted to.
But those calories they snatched him up, 'fore he knew what he's about.
An' Herbie says they'll git you
Ef you don't watch out!

Very truly yours,
MARY HALL KERR.
(Mrs. M. R.)

It Pays to Trade
With
Albert Cohi

Established 1887

Store No. 1—215-221 South Main St.
Store No. 2—500 W. Washington St.
Store No. 3—Broadway at Third St.
WRITE FOR CATALOGUE

Manufacturers of
HOME-MADE

HIGH-GRADE FLOUR
AND ALL KINDS OF CEREALS
Los Angeles, Cal.
WHEAT CONSERVATION RECIPES

Quick Cornmeal Bread (Johnny Cake)
1 cup milk, 1 egg, 1 tablespoon fat, 2 tablespoons sugar, ¾ cup cornmeal, 1¼ cups flour, 4 teaspoons baking powder, ½ teaspoon salt.

Method 1—Mix the milk, egg, and melted fat, and add to the dry materials which have been well mixed. Bake in a hot oven. The time will depend upon the thickness of the loaf.

Method 2.—Scald the cornmeal with the hot milk; add egg and melted fat, combine with dry ingredients. Bake in a hot oven.

Oatmeal Muffins 1.
½ cup milk, 1 egg, 2 tablespoons fat, 2 tablespoons sugar, 2½ cups flour, 5 teaspoons baking powder, ½ teaspoon salt, 1 cup cooked rolled oats.
The rolled oats are cooked in twice their volume of water for an hour or more.
Mix the milk, rolled oats, egg, and melted fat. Add dry ingredients which have been sifted together.

Rice Muffins.
1 cup milk, 1 egg, 2 tablespoons fat, 2 tablespoons sugar, 2½ cups flour, 5 teaspoons baking powder, ½ teaspoon salt, 1½ cups boiled rice.
Mix rice, milk, egg, and melted fat. Combine with dry ingredients first sifted together.

Cornmeal Griddle Cakes.
1 cup milk, 1 egg, ¾ cup cornmeal, 1 cup flour, 2 teaspoons baking powder, ½ teaspoon salt.
Add beaten egg to milk, and add to dry ingredients which have been well mixed.

Rice Griddle Cakes.
1 cup milk, 1 egg, 1 tablespoon fat, 1 cup boiled rice, 1 cup flour, 2 teaspoons baking powder, ½ teaspoon salt.
Mix milk, egg, melted fat, and rice. Add to dry ingredients sifted together.

Bread Crumb Griddle Cakes.
2½ cups milk, 2 tablespoons fat, 1½ cups dry bread crumbs, 1 egg, ½ cup flour, 3 teaspoons baking powder, ½ teaspoon salt.
Add fat to scalded milk and pour over bread crumbs. Let stand about 10 minutes or until crumbs are soft. Add beaten egg, and combine with the flour, baking powder,
and salt, sifted together. If crumbs are not dry, use a little less liquid.

**Steamed Brown Bread.**

1 cup cornmeal, 1 cup bread crumbs, 1 cup sour milk, ½ teaspoon soda, ½ teaspoon salt. ½ cup molasses.

Mix cornmeal, crumbs, salt, and soda. Add to sour milk and molasses. Steam three to four hours. Bread may be dried off in the oven for about fifteen minutes.

**Oatmeal Cookies (Rocks)**

1 cup sugar, 1 cup fat. ½ teaspoon salt, ½ teaspoon soda, ½ teaspoon cinnamon, ½ teaspoon cloves, 2 cups raw rolled oats, ½ cup cut raisins, 2 cups flour, 2 eggs, 2-3 cup sour milk.

Mix sugar, salt, melted fat, and eggs. Add sour milk, rolled oats, and raisins. Add flour, soda, salt, and spice sifted together. Drop from a teaspoon onto oiled pans, leaving an inch space between cookies. Bake in a hot oven.

**Oatmeal Muffins II.**

1½ cups milk, 1 egg, 2 tablespoons fat, 2 tablespoons sugar, 1 teaspoon salt, 2 cups rolled oats, 1 cup flour, 4 teaspoons baking powder.

Pour milk over oats and let soak one-half hour. Add eggs and melted fat. Add to dry ingredients which have been sifted together. Bake 25 to 30 minutes.

To Use Sour Milk.

All of the muffins and griddle cakes may be made with sour milk in place of sweet milk. To do this, use ½ teaspoon soda to each cup of sour milk, omitting 2 teaspoons of the baking powder called for.

---

**STETSON’S Pork and Beans**

PINK BEANS—WHITE BEANS—LIMA BEANS—KIDNEY BEANS

One of California’s Best Food Products

Appetizing—Nourishing—Satisfying

A HOME PRODUCT

---

**CALORIC LUNCHEON**

By Edna B. Kinard in Oakland Tribune.

The Twentieth Century Club of Berkeley is the first of the federated clubs this season to take its courage in its hands and to demonstrate that a calorie luncheon may be quite as elaborate, quite as satisfying to the eye and palate and much more healthful than the kind which marked their past seasons. Moreover, all the obligations which Food Administrator Herbert Hoover impose upon the home manager were observed, even to the half portion of wheat bread. And while the High Cost of Living has become such a giant and no longer is mentioned in polite society, but hid like a skeleton in the closet, the Berkeley club-women served the Tuesday repast which they offered in compliment to Mrs. Herbert A. Cable for just 20 cents a cover. This, however, did not include the cost of cooking or serving. It bought the food and the decorations—vegetables which were later sold to the guests.

Now a calorie is the amount of heat which is necessary to raise one kilogram of water from 0 degree to 1 degree centigrade. A man doing light muscular work requires 2700 calories in his food daily. A woman requires four-fifths as much, or 2160 calories. With this as a basis, a group of students in the University of California, led by Miss June Schloss, worked out a sample problem in arithmetic which showed that at the luncheon there should be 814.4 calories. The menu which was finally served was the composite of some score which was offered.

---

**“Fleischmann’s yeast is splendid yeast. Bake with Fleischmann’s yeast.”**

---

**Violet Brand Shortening**

Combines Quality and Economy

“The Shortest Shortening by a Long Way”

Ask Your Butcher or Grocer

HAUSER PACKING CO.

Los Angeles, U.S.A.
### Articles of Food — Serving

<table>
<thead>
<tr>
<th>Food Item</th>
<th>Serving</th>
<th>Calories</th>
<th>Protein</th>
<th>Fat</th>
<th>Carbohydrate</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Combination Salad</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Tomato</td>
<td>½</td>
<td>4.9</td>
<td>1.8</td>
<td>16.4</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cucumber</td>
<td>8 slices</td>
<td>1.6</td>
<td>0.9</td>
<td>6.4</td>
<td></td>
<td></td>
</tr>
<tr>
<td>String beans</td>
<td>1 tablespoon</td>
<td>1.0</td>
<td>3.0</td>
<td>2.3</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fresh dressing</td>
<td>1 tablespoon</td>
<td>......</td>
<td>37.00</td>
<td>......</td>
<td></td>
<td></td>
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<tr>
<td>Hoover Cutlet</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Rice</td>
<td>3 tablespoons</td>
<td>17.2</td>
<td>1.3</td>
<td>150.0</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cheese sauce</td>
<td>2 tablespoons</td>
<td>28.9</td>
<td>110.5</td>
<td>15.6</td>
<td></td>
<td></td>
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<tr>
<td>Stuffed Peppers</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Tomato</td>
<td>¼ tablespoon</td>
<td>2.4</td>
<td>0.9</td>
<td>8.2</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Chopped celery</td>
<td>½ tablespoon</td>
<td>0.3</td>
<td>0.06</td>
<td>0.7</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Bread crumbs</td>
<td>2 tablespoons</td>
<td>1.8</td>
<td>......</td>
<td>0.9</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Butter</td>
<td>¼ tablespoon</td>
<td>......</td>
<td>4.4</td>
<td>......</td>
<td></td>
<td></td>
</tr>
<tr>
<td>White bread</td>
<td>Slice 3½x3½</td>
<td>5.6</td>
<td>1.8</td>
<td>32.6</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Butter</td>
<td>1 tablespoon</td>
<td>0.3</td>
<td>59.3</td>
<td>......</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lemon pie</td>
<td>One-sixth</td>
<td>16.2</td>
<td>103.3</td>
<td>168.7</td>
<td></td>
<td>288.2</td>
</tr>
</tbody>
</table>

| Total                |         |          |         |     |              | 814.4 |

The Food Conservation Section is a new addition to the Santa Monica Bay Woman’s Club, and promises to flourish and bear fruit from the first day. The section will hold its meetings from 12 until 2 and will serve a demonstration luncheon every meeting giving a splendid opportunity for section members attending in the morning to stay over for the afternoon meetings.

The Food Conservation Section is to take up the work largely as laid down by government specialists. They are to specialize on well balanced lunches, at a minimum cost, and will practically demonstrate that nourishing, tasty dishes can be made much cheaper than heretofore.

“We must not waste a single taste.”

The woman of the house answered the knock at the door of the tumble-down home. “How do you do?” said the visitor. “I am Miss Smith, the school nurse, and I have come to give you a few suggestions on child welfare.” “Aw, gwan,” answered the mother, cheerfully. “Wot d’ye know about kids? Haven’t I had ten, and ain’t four o’ them livin’?”

At least one member of each of the local Food Control Committees, which the Government is now appointing in every district of England, must be a woman, under a ruling of the Food Controller. Another must be a representative of local labor interests.

---

### The $400,000.00 Loaf

To build and equip the Bradford Bakery cost $400,000.00. A dough room into which only washed air enters, thus keeping the humidity perfect, is one of the exclusive features of the Bradford Bakery. Ask for Bradford’s “White or Panama Cream.”
Men's pay for women who do men's work during the war is the demand of the women's great organizations throughout the country.

"THE LOOKING GLASS"

A periodical of unusual merit in its class is The Looking Glass, published monthly in Los Angeles for the Vogue Company. It is a fashion sheet, devoted largely to the all-important subject of women's dress, though there is a department of interior home decoration, of dainty recipes, etc. Typographically the book is excellent, the drawings and engravings being of exceptional merit. A feature which will appeal to busy club women is a free shopping service, which may be secured by addressing L'Louise Parsons, The Looking Glass, 200 Merritt Bldg., Los Angeles.

PEACE

What was the first prophetic word that rang When down the starry sky the angels sang, That night they came as envoys of the Birth— What word but peace, "peace and good will on earth?" And what was the last word the Master said That parting night when they broke brother-bread,

That night he knew men would not let him live— Oh, what but "peace I leave" and "peace I give"? And yet behold: near twice a thousand years And still the battle-wrath, the grief, the tears. Let mercy speed the hour when swords shall cease, And men cry back to God, "There shall be peace!"

—Edwin Markham.

"I will strive to raise my own body and soul daily into all the higher powers of duty and happiness, not in rivalry nor contention with others, but for the help, delight and honor of others, and for the joy and the peace of my own."

—John Ruskin.

A WOMAN WINS

Winning first honors in the contest instituted by the Southern California Retailers' Journal for the best advertisement, Miss Frances Holmes, head of the Holmes Advertising Agency of Los Angeles, has again demonstrated that women can beat men even in fields supposed to be peculiarly masculine. Miss Holmes' contribution was the "Nips" advertisement for Bishop & Co.

Globe A-1 Flour
DO NOT FORGET THE CHILDREN IN WAR TIME

Costs

Milk is now five cents per quart higher in all population centers.
Milk is the most important food for young children.
Milk is 50 per cent dearer than heretofore.
Other foodstuffs have risen from 15 to 65 per cent in cost.
Living expenses were 26 per cent higher in May, 1917 than in May, 1916.
They are still rising.

Income

Wages have not increased in proportion. Fifty per cent or more of the community earn $1000 or less per annum.
At any time they buy only food enough to keep their children in health.
Raised cost of living means reduced food purchase. This risks impaired health of the child—later, impaired efficiency for work and life.
Undernourishment means practically slow starvation.

Hoover's Orders are to Prevent Waste—Waste of Childhood is the Greatest Waste—
In Europe in the stress of sudden war three years ago the children were forgotten. Now their pitiful condition is the most shocking story every child specialist who returns has to tell.
Here in the United States and especially in prosperous California—let us take warning.

It is Cheaper to Prevent Than to Cure—
Better pay to maintain our past standards than be forced presently to pay for the care of countless children of the nation afflicted with rickets and other diseases of malnutrition.

The State Board of Charities and Corrections has the Facts that Show the Danger. We are in close touch with all the child-caring agencies of the State. From daily experience we know that the eleven dollars ($11) paid by most counties to board children does not now cover the actual costs for sufficient and proper food and clothing.

The Health of Many Children in California Depends Upon What You Do—
Because of your powers as public officials, as leaders in your communities, as far-seeing American citizens, the State Board of Charities and Corrections urges you to see to it that whether in families on low incomes, in indigent families, in orphanages or separate boarding homes—the money you give to care for all these needy children is enough to pay for the food and clothing they need if they are to grow up healthy and self-supporting. This should mean a minimum allowance of $12.50 by the county, supplemented from other sources to at least fourteen dollars ($14) per month.

STATE BOARD OF CHARITIES AND CORRECTIONS.
San Francisco, Cal., October, 1917.

Arden Dairy Certified
(Robbins' Ranches, El Monte, Cal.)

Certified Milk and Cream

Highest Grade Butter, Cottage Cheese, Bulgarian Ferment.
The only certified dairy in Los Angeles County.

Deliveries in Los Angeles, Pasadena, Hollywood, Long Beach, Ocean Park, Venice, Santa Monica, Hermosa Beach and Redondo Beach.

Specify "Certified" for your infant
It's worth while! Ask your doctor.

GENERAL OFFICES
1963 Santee, St., Los Angeles Cal.
Home Phone 24485 Sunset South 2242

Interesting Booklet on Request
THE WOMEN'S UNIVERSITY CLUB
The college women of Los Angeles have worked out a method of consolidating their various organizations. Until recently there has existed here a College Woman's Club, a branch of the Association of Collegiate Alumnae, and many separate alumnae clubs, all grouped loosely into a federation. All of these organizations have now come together in a single body, to be known henceforth as the Women's University Club of Los Angeles, whose purposes as set forth in the by-laws is: "To unite college women and to concentrate their influence on the problems of social service and the advancement of education, and to co-operate in the general work of the National Association of Collegiate Alumnae."

The Women's University Club is the result of the effort to concentrate the forces of the college women of the community in a single strong organization, at the same time retaining the breadth of vision that comes from affiliation with a great national organization.

There is probably more thinking being done in the world today than ever before. We don't really like thinking, and most of us resent having thought thrust upon us—but everybody's doing it.—Mrs. Shelley Tolhurst.

Golden Crown Butter can not fail to please you because it is—
CLEAN
UNIFORM
HEALTHFUL
UNEQUALED

Protect your family by serving them
"THE BEST OF THE GOOD"
Sold Wherever Quality Prevails
ASK YOUR GROCER

Golden Crown Butter Company

HOME PRODUCTS
SUETENE
THE IDEAL SHORTENING
Made Fresh Every Day

REX
PORK and BEANS
With Tomato Sauce

Appetizing Delicious Nutritious
Manufactured under Government Supervision by
THE CUDAHY PACKING COMPANY
Los Angeles, Cal.

A Surety of Purity
The radiant "Good Luck" Seal is a symbol of Purity and Quality to a Million Good Housekeepers. They insist on seeing it on the ends of every package of Biscuits they buy.

Pacific Coast Biscuit Company
NOTES ON PRACTICAL AMERICANIZATION

It is interesting to find that our foreign-born population is doing its share in friendliness and patriotism.

During the last month the Greek ladies of Los Angeles gave a charming literary and social program in appreciation of the friendliness of the International Institute, with about three hundred leading Greeks and many Americans present.

PROGRAM

Part A
Star Spangled Banner..........By Orchestra
The Greek Anthem........Orchestra and Chorus
Address in English..........By Mr. L. Alimisis
Address in Greek........By Mr. C. Marghetis
Song..................By Miss Ruth Hutchinson
Song..................By Miss Maud McThomas

Part B
Morning Song (Leoncavallo)..........By Miss Gilda Marchetti
Recitation—"Parting" (in Greek).........By C. Marghetis
Song..................By Miss Pauline Mathews
Classic Dancing..........By Miss Lucille Danks
Song (from La Boheme)....By P. Pappas
Song (Harry Lauder)..........By A. Thomas

Part C
POET AND LAWYER
A Comedy in Greek—(One Act)
Cast of characters:
Nicholas..............An Attorney and Poet
Ambrosius............His Office Boy
Antonakis...........A Love-Sick Lad
Murmurs...................A Peasant
Place: The office of Nicholas.

Part D
Greek Dancing
American Dancing
"America"..............By the Orchestra

In presenting Miss Maud McThomas of Pomona, the master of ceremonies said he took much pride and pleasure in introducing her as she had introduced him to the English language.

Fifty-two Mexican mothers have formed themselves into a Mothers' Club at one of the San Bernardino city schools. At one meeting fifty of these women were present.

(This essay was taken from "The Owl," official bulletin of the San Jose evening high school, Vol. 11, San Jose, May, 1917, No. 6)

The writer is a young man of Italian parentage. He was graduated from the evening elementary school last June, and is now enrolled in the San Jose evening high school. Last year he lived out near Berryessa and came to school every evening on a bicycle. There are many such boys in our evening schools.

If we do not recognize our ideals within ourselves, our ideals will not recognize us even though we meet them face to face and implore recognition on bended knee.

Your Laundry Service is More Important Than You Realize

The laundry that handles and launders your garments carefully and that uses no cheap injurious methods is the most economical laundry for you to patronize.

You must admit that. And you can generally depend that the laundry which is careful of your garments will launder them better than the laundry that isn’t so careful.

You will appreciate the very careful high class service of

QUALITY LAUNDRY

"Run by a Woman"

Phones: 24660 . South 6378

(73)
ABOUT BEVO

Navy Department.
Washington.

Dear Sir:

I have read and very carefully considered the request for permission to sell in the ship's store of the Navy the beverage Bevo, together with the analysis made for the War Department by the United States Pure Food Department showing Bevo to be non-alcoholic and non-intoxicating.

Enclosed herewith is a memorandum from the Paymaster General of the Navy describing in detail the history of existing regulations on the subject of beverages afloat, from which you will see that the main consideration in the matter is the very restricted stowage space on board ships of the Navy—there being no reason known to this Department why the use and sale of Bevo should be objected to any more than that of other healthful and non-intoxicating beverages.

Sincerely yours,

JOSEPH M. DANIELS.

Mr. August A. Busch,
President, Anheuser Busch Brewing Association,
St. Louis, Mo.

Have you ever tasted Bevo?

Bevo is the result of years of careful and costly experiments. It is the latest triumph of creative art and science in formulating a rich, nourishing fluid, without the alcohol, yet retaining the punch and invigorating tone and strength that causes this beverage to be recommended for home use by physicians.

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Bevo has been passed by the Honorable Joseph Daniels of the U. S. Navy, and he has put his official seal on same to be used on all U. S. Naval vessels in the United States Navy.

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Bevo is sold in bottles only and bottled exclusively by the Anheuser-Busch Association of St. Louis, being sold through the elaborate system of distributing plants, such as the Southern California Beverage Company, Inc., of Los Angeles.

Drinkers of Bevo are warned against substitutes, as many inferior brands of soft drinks are being placed on the market. Have your bottle of Bevo opened in front of you, first seeing that the seal is unbroken and the crown bears a fox, then you are sure of the most delicious and healthful drink.

This beverage will startle, astonish and delight the most fastidious and exacting. It's the popular drink of the day among leaders of fashion and epicures who know quality.

To enjoy Bevo it must be served cold. Order a case from your grocer and be convinced.

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— who spends most of each day in office or store, down town where there's noise and confusion worse confounded of cars and folks, wouldn't she enjoy a picture of some still country place? A vast, snow-covered plain? A waste of desert sand dunes? A tree-bordered mountain path? She would. We know it—from experience! But the picture should be framed just right—not only to accentuate by its color and its form some color in the picture and its perspective, but the frame should be in keeping with the spirit of the picture, as well.

For instance, a gaunt grey wolf prowling a famished mountain side, should NOT be framed in gilt! A gilt frame would be an insult to that wolf's hunger!

Neither should a dainty French print be framed in a wide, ornate moulding—a frail gold thing would allow the delicate tracery and coloring their full dominance.

The crimson of scarce desert posies should have a concave frame of grey-green, the color of their foliage.

Did you know that we can produce, in our own studio, the right frame for any and every style of picture?

Did you know that we have made-up frames costing no more than ten cents up to those at $15.00—the latter hand-carved in the shape of an ancient gateway—all copper and dull brown tones?

And did you know that we carry a splendid assortment of framed pictures—all ready for gifts?

And that we have many of the exquisite prints from Wallace Nutting originals—those New England lanes in apple-blossom time? Those homey rooms of a century ago? Some framed, some unframed that YOU may use YOUR taste in the framing?

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DR. LOUISE HARVEY CLARKE, State Chairman and Southern Federation Editor, 1046 Orange St., Riverside
MISS JESSICA LEE BRIGGS, State Chairman and Northern Federation Editor, 1942A Hyde St., San Francisco
MRS. J. A. MATTHEWS, Club Representative, Brack Shops, Los Angeles.

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A CHRISTMAS MESSAGE TO THE WOMEN OF AMERICA

To the State Chairmen:

As the Holiday season approaches, the question which confronts us all is "What shall I do about Christmas? Shall I follow my usual plan and present to each of my friends such gifts as I have been in the habit of bestowing; or shall I refrain from doing so this year and expend all that I can afford upon our soldiers and the needy ones across the sea?"

It occurs to me that there are two ways in which we may keep Christmas fresh and green in the memories of our children, and that this, of all the years of our lives, should be a children's Christmas year.

It is our duty not only to "keep the home fires burning," but also to keep the hearts of our household cheerful and drive gloom and depression as far as possible from those who surround our hearth-fires.

The custom of promiscuous Christmas giving as practiced in past years has become a burden to many people who were unable to bear it, and no better time than this will ever present itself for the inauguration of a reform in this direction.

May we not, as a Woman's Committee, adopt the plainly patriotic as well as common sense position that no adult person should give or receive presents of any sort which are not a real necessity, and that all exchanging should be rigorously disconnented?

In recent years we have robbed Christmas of its true significance, and substituted for the great gift and sacrifice of Him in whose name we observe the day as sacred the unworthy attitude of selfish seeking and receiving.

Shall we not use this Holiday season of 1917 to teach the older and better lesson? My experience with children since the beginning of the war has revealed the existence of a deep and even passionate patriotism which longs to manifest itself in service and sacrifice; and there could be no greater use made of this Christmas time than to teach these little ones the sublime lesson of the wonderful joy of giving, which is far greater than that of receiving. Instead of dwelling upon the thought of gifts to be received, we should instill into their open minds the desire to make this season a time when they can serve their country and its Allies and aid in the successful winning of a world peace by uniting with their parents in unselfishly bestowing upon others the gifts (or their equivalent), which in times of peace they have themselves received.

Orphan children, suffering from hunger and cold, who are helpless and homeless in our own and foreign lands, are calling to us for this sacrifice for love of Him who said: "Inasmuch as ye have done it unto the least of these, ye have done it unto me."

Our children, I know, will respond to this appeal, which is made not only for the sake of those who may be made glad through this sacrifice, but for their own sake.

In the midst of the turmoil and the stress of war, of the discontent and distrust, the hatreds and bitterness, we must use every opportunity to hold sacred the deeper things of the spirit and to keep our children in the atmosphere of the real forces which will ultimately save humanity, and these are Faith, Hope and Love, the only sure foundation upon which rests the permanent peace of individuals or nations.

Then let our Committees everywhere throughout the Union do all in their power to aid in teaching the sublime lesson of the Master, that it is better to give than to receive.

Faithfully yours,

ANNA HOWARD SHAW.

Chairman Woman's Committee, Council of National Defense.

GENERAL FEDERATION
Mrs. Josiah Evans Cowles, President

BITS FROM A DATE BOOK
Left Los Angeles Friday, October 19. Reached Salt Lake City following afternoon, where had fifteen minutes conference with friend. One hour later at Ogden, where met by Mrs. Bichsel, president Utah Federation; conferred respecting Federation activities and left message for convention to be held in Salt Lake City following week. Reached Omaha, Neb., 9:30 p. m., October 21; met by Mrs. F. H. Cole, chairman Department Civil Service Reform, G. F. W. C. Sent personal message to Nebraska Federation to meet in Omaha that week. Reached Chicago October 22. Conf erred with Mrs. John D. Sherman, chairman Conservation Department, G. F. W. C.; lunched at Chicago Woman's Club; made short address to Science and Philosophy section; worked with Mrs. F. D. Everett, corresponding secretary, two hours.

Issued statement to Associated Press, urging clubwomen all over country to heed the proclamation of President Wilson, to make October 28 day of special prayer.

Arrived Ft. Wayne, Ind., 3:50 p. m., October 23, in snow storm; 7:30 p. m. lighted bonfire at Old Fort. We lit this Liberty Loan bonfire with the torch of understanding and loyal service, in token of the unquenchable love of liberty that flames in our hearts. Hundreds of women marched through four inches of melting snow. Large attendance, great enthusiasm and reports of constructive work being done by the Indiana Federation.

Arrived Trenton, N. J., to attend semiannual meeting. N. J. F. W. C.; record at (Continued on Page 38)
A Merry Christmas

For there is still faith in the world,
Faith that inspires—faith that upholds—faith that endures,

There is still hope in the world,
Hope that believes—hope that strengthens—hope that triumphs,

There is still love in the world,
Love that serves—love that sacrifices—love that gives.

And the greatest of these is love.

May our Christmas cheer—our Christmas living—our Christmas giving—be inspired by that mighty love that seeketh not its own but the good of all mankind.

BERTHA LOVEJOY CABLE.

THE BATTLE SONG OF DEMOCRACY

(Copyright, 1917, by the Practical Patriot's League.)

Where the balsam towers in fragrance on the rocky shores of Maine,
Where the orange blossoms smile in Dixie Land,
Where the purple heights of mountains lift beside the Golden Gate
Rise the nation's flower of manhood, sword in hand.

Chorus
Lift the starry banner high!
Set its bars against the sky!
Let the torch of freedom flame in glory's van!
Not for land or gold we come,
But to guard the weaker one,
And uphold the deathless brotherhood of man!

La Belle France, the wide world's sweet-heart, stands with dauntless bleeding breast,
Through the cloud-wrack Russia's quenchless spirit gleams
And from far-flung borders England calls her children to avenge,

Martyred Belgium, red Verdun and shattered Rheims,

As the crimson leaves of autumn melt upon the angry flood,
So the lives of men are tossed on death's black tide;
But the glory of their passing, like an organ roll sublime
Stirs humanity's torn heart with solemn pride.

Till the Mailed Fist is dust, till the Hymn of Hate is stillled,
Till forevermore the battle thunders cease,
We will storm Tell's brazen portals with the sword of righteous wrath,
Till we win for man his birthright—endless peace.

MRS. ALLISON GAW.

The above poem written by Mrs. Gaw, a member of the Woman's Club, University of Southern California, won first prize of five hundred dollars offered by Mr. Edward Doheney for the best war song.

Fourteen hundred and sixty-three poems were submitted.

The contest has just been closed for a musical setting for the poem, but the winner has not yet been announced.
AMERICANIZATION

Because many Japanese women are coming to California through Angel Island, the International Institute began, in 1916, a special experiment in Americanization of the immigrant Japanese women. Through its efforts 900 Japanese women were met last year on Angel Island.

These women were destined to 175 different places in California, and to ten other States besides. One hundred and twenty-eight of them were called upon in their homes and helped in their adjustment to life in America.

A Japanese woman, just arrived from Angel Island, is called upon at her new home by a friendly visitor, usually some one who can speak Japanese. Her experience on Angel Island with the worker there has made her welcome this caller from the Y. W. C. A.

She is invited to join an English class.

Around the English class is built a club. Housekeeping, the care of children, American customs and manners, are taught, together with the Christian principles on which the best of our American life is built.

And the basis of it all is simple friendship, understandable in all languages, among all races.

In the year 1916-1917, at least one new Japanese woman went to live in each town marked with a star.

THE CHALLENGE OF THE FOREIGN HOME

"Failure to assimilate any part of our body politics will sooner or later lead to political indigestion, and eventually to disease."—Dr. H. H. Guy.

Why is it that 4,000,000 of our foreign born population still speak no English, and live apart from the best influences in our democracy?

A leading worker among immigrants replies: "It is because their homes remain foreign. And their homes remain foreign because the women are foreign."—Edith Terry Bremer.

In the year 1916-1917, at least one new Japanese woman went to live in each town marked with a star.
The State Committee on Americanization of which Mrs. Frank A. Gibson of Los Angeles is the Chairman has prepared an outline of work for the year.

This department was formed to study immigrant conditions and to do all in its power to make California a state of one language and one people.

It is composed of a representative from each of eleven state organizations which have pledged themselves to undertake definite lines of investigation necessary to a full understanding of immigrant problems in California, and to the formulation of a constructive plan for the opening of educational opportunity, in its broadest sense, to the men and women now unable to understand America.

Each member of the department was appointed by her state President, as a student of immigrant conditions of the nation as well as of California. Her duty is to send out through her organization all calls for its special service and to interpret her organization and report on its activities in Americanization of this committee.

In order that the preliminary knowledge may be promptly secured it is necessary that there shall be a division of labor. For this reason the following distribution has been made and state organizations will render valuable service by taking up the various lines assigned them.

The California Federation of Women’s Clubs is already engaged upon a survey of present school facilities for the adult foreigner, and in developing educational opportunities for both men and women.

The Mothers’ Congress and Parent Teacher Association, whose duties of co-operation keep them in close touch with the public school, are asked to make an intensive study of kindergartens, day nurseries, clinics, penny luncheons, etc., in foreign quarters, and to report particularly upon new and valuable methods of establishing helpful relations with the foreign home.

The Association of Collegiate Alumnae is asked to make an industrial survey of large plants according to the methods suggested by the National Chamber of Commerce.

The Woman's Christian Temperance Union is already making a superficial housing survey and focusing its attention upon the subject of recreation for further study.

The Daughters of the American Revolution will pursue their legitimate work of initiating patriotic celebrations of national and special holidays, and their call to service should meet a prompt response from all societies.

The Jewish Council of Women, and the Native Daughters of the Golden West, both specialists in lines which they undertake, have not yet chosen their specialties but (Continued on Page 38)
THE CLUBWOMAN

DEPARTMENT OF LITERATURE
FRANCES M. CARLTON-HARMON, State Chairman

Space in this month’s issue being at a premium, that which is allotted to this department has been devoted to the promised quarterly “Reading List” and to such other material as may assist in making up Christmas programs and in furnishing Christmas reading. Of the three poems printed the one by our own California poetress, Gertrude E. Darlow, reminds us that

—“He and she had rest
On that first Christmas day.”

What greater boon to the world this sorry Christmas than just that simple rest!

Reading List—December, 1917
BOOKS ABOUT THE GREAT WAR

FICTION—
Sonia
The Coming
Missing
The Major
The High Heart

Translations—
The War, Madame!
Sacrifice
What Never Happened (Les veillées des armes)
“Ropshin”

Attention is called to the new edition of “The Red Badge of Conrage,” by Stephen Crane

Short Stories (book form)
No Man’s Land
A Diversity of Creatures
War the Creator
Four Nights

Short Story in magazine (Century, November)
“The Coming of the Terror”

DRAMA—
Saint Seducire
The Unseen Host and Other War Plays
The Sands of Fate (reading play)

POETRY—
Treasury of War Poetry
War Poems
Fifes and Drums
War Flames
Plain Song
Rhymes of the Rookies
Rookie Rhymes

ESSAYS, LETTERS, DIARIES
“Faith, War and Policy”
“Carry On”
“My War Diary”
“On the Edge of the War Zone”
“My Home in the Field of Mercy”
“Diary of a Nation” (editorial from “Life”)
“Private Peat”

ESSAYS IN MAGAZINES—
The Vatican and the Germanic Powers

Stephen McKenna
J. C. Snaith
Mrs. Humphrey Ward
Ralph Connor
Basil King
Paul Geraldy
Marcellle Tinayre
Arthur Machen
G. H. Clarke, editor
The Vigilantes
J. C. Underwood
Eden Phillpotts
W. E. Christian
Plattsburg Poets

Gilbert Murray
Coningsby Dawson
Madame Waddington
Mildred Aldrich
Frances W. Haard
E. S. Martin
Harold Peat

Contemporary (Nov.)

“Best in drygoods since 1878—the Oldest Drygoods Store in Los Angeles.”

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SEVENTH STREET AT OLIVE
DECEMBER, 1917

The German Plot and Democracy’s Future
Mobilizing the Women
Within the Rim
Studies in Injured Innocence

The World’s Food

Win the War with Thrift
All the articles in “The Atlantic” under caption “Fighting for Peace
Journal of Our Legation in Belgium
These latter two are now available in book form, and the last has had instant and phenomenal success.

BOOKS THAT DISCUSS SOCIAL AND DOMESTIC CONDITIONS

FICTION—
Bromley Neighborhood
The Wanderers
Apron Strings
Martie the Unconquered
Zella Sees Herself
Translation (from the Dutch)
Small Souls
The Later Life
The Twilight of the Souls

DRAMA—
Three Plays for a Negro Theatre
Sacrifice
Translations
Anne Pedersdotter
Daniela (La Pecadora)
Plays

Books Recommended—
The Community Theatre
Problems of the Playwright

FICTION—
King Coal
Dwelling Place of Light
Rise of David Levinsky
Fanny Herself
Marching Men

POETRY—
Collected Poems
Songs of the Stalwart

BOOKS THAT CARRY FORWARD THE AMERICAN TRADITION OF LOCAL STUDIES

FICTION—
The Three Black Pennys. (Pennsylvania)
In Happy Valley (Kentucky)
The Indian Drum (The Great Lakes)

POETRY—

The Mary Elizabeth

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Kentucky Tales in Verse

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AMERICAN—
These Many Years
Son of the Middle Border
Life and Letters of E. E. Hale
Life of Joseph Choate

OTHER BIOGRAPHY OF VALUE AND INTEREST
The Little Grandmother of the Russian Revolution (Madame Breshkovskaya)
Recollections
More Memories

SELECTED CHRISTMAS TALES, PLAYS AND POETRY

SELECTED TALES
"All-Fellows; Seven Legends of the Lower Redemption," Laurence Housman;

A FEW CHRISTMAS PLAYS

CHRISTMAS POETRY

THE BIRDS OF BETHLEHEM
I heard the bells of Bethlehem ring—
Their voice was sweeter than the priest's;
I heard the birds of Bethlehem sing
Unbidden in the churchly feats.
DECEMBER, 1917

They clung and sung on swinging chain
High in the dim and incensed air.
The priests, with repetitions vain.
Chanted a never ending prayer.

So bell and bird and priest I heard,
But voice of bird was most to me;
It had no ritual, no word,
And yet it sounded true to me.

I thought Child Jesus were he there,
Would like the singing birds the best.
And clutch his little hands in air,
And smile upon his mother's breast.
—R. W. Gilder.

NOEL
Star dust and vaporous light—
The mist of worlds unborn—
A shuddering in the awful night
Of winds that bring the morn.

Now comes the dawn; the circling earth;
Creatures that fly and crawl;
And Man, the last, imperial birth;
And Christ, the flower of all.
—Richard Watson Gilder.

CHRISTMAS EVE
On such a night as this,
Long centuries ago,
The angels sang in bliss,
The shepherds watched below.
White Mary leaned above,
Her little sleeping Son;
Divine and human love
At Christmastide made one.

The Magi brought their gold
And frankincense and myrrh,
But Mary's arms could hold

The Christ Child close to her.
They worshipped Him the King
Of David's royal line;
To Him her lips would cling
And murmur, "He is mine."

For in that happy hour
Her heart could never heed
His majesty and power.
She only knew His need.
Nor looking down the years,
Behold, afar, the cross,
The pilgrimage of tears,
Of loneliness and loss.

But warm upon her breast
The infant Jesus lay,
And He and she had rest
On that first Christmas Day.
So we, from care released,
To God our hearts may lift,
And keep the Saviour's feast,
And bring to Him our gift.
—Gertrude E. Darlow

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The Melting-Pot
By Jessica Lee Briggs, San Francisco, Cal.

To Our Readers: A Merry Christmas and a Happy New Year!

With malice toward none; with charity for all; with firmness in the right, as God
gives us to see the right,—let us strive on
to finish the work we are in, to bind up the
nation's wounds; to care for him who shall
have borne the battle, and for his widow and
his orphan; to do all which may achieve and
cherish a just and lasting peace among our-
selves and with all nations.

—Abraham Lincoln.

As all activities in woman's world of
affairs have been accentuated and increased
by the local and national demand for service
work, so, too, has Thanksgiving hospitality
and Christmas cheer been extended. A
Thanksgiving Dinner this November with-
out at least one officer or enlisted man as a
guest was a misnomer and thousands of
Christmas kits are on their way bearing
good-will tidings to the front.

The message given out by the Secretary
of Labor, William B. Wilson, Chairman of the
President's Mediation Commission,
which has been established in order to create
a solidarity of labor and capital so necessary
for the successful prosecution of the war,
was most timely and convincing. Mr. Wil-
son has very recently made a tour of the
western states for the purpose of learning
labor conditions, and expressed himself
as confident that all organizations were
genuine in their desire to support the
government.

The Holiday Catalog is out; the Polytech-
nic High presents the "Merchant of Venice";
the Promenade Concerts are more than well
attended; the community "Sing" fills the
auditorium to its capacity; the new "Nature
Library" is announced for Spring—all show-
ing that it is difficult to swerve civilization
from the tenor of its way, even with the
most destructive war known in the history
of the world waging.

The Bulletin issued by the State Federa-
tion of the Clubs of Washington at different
times during the year has just arrived in the
post. This Bulletin is very interesting and
contains information direct from the federa-
tion to the clubs as does our own "Club-
woman." The last number contains the
interesting announcement that the club
women of Oregon are planning to own an
official organ. The Bulletin also informs
its readers that "there will be no rest until
every member regards the magazine as
necessary to club work as is oxygen to life."

It is not often that an aim is so realized
in a fraternal or social publication that it
can be spoken of as being "oxygen to life."
But why discourage such enthusiasm? The
Clubwoman is glad to vouchsafe the encour-
agement.

The plea has gone forth that 3,000 old
postage stamps will provide for a Belgian
baby for 3 days. Therefore, please save the
stamps!

It is a mysterious plea. It sounds almost
foolish. The same plea was given out in the
name of the Chinese children several years
ago. Where have the little Chinese gone?
Somebody has discovered how to extract
the dye. This is a mysterious person, and
one immediately imagines him surrounded
by mountains of old postage stamps hiding
away in some secret place, nobody knows
just where, applying the secret process and
extracting the color pigments. Then one
wonders whether the dye is contained in
vats or packages, and what finally becomes
of it?

By this time the mysterious person looms
large among the mountains of old postage
stamps, and one begins to wonder if it is a
man, a woman, or a machine, and if extract-
ing dyes is pleasure or work, and how much
profit there is in it?. But no one ever quite
arranges satisfactorily just how the provi-
sion for a Belgian baby for three days is
ultimately extracted from the three thou-
sand old stamps.

Meantime, carefully and conscientiously,
the right hand corners of old letter envel-
opes are being torn off, and if by any chance
one escapes, it haunts the dreams of the
woman who let it escape. Altogether it's
something like eating mince pie or plum
pudding on a full stomach.

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American of No School, Independents.


French Impressionists.

Painters: Manet, Monet, Sisley, Renoir, Morisot, Degas, Pissaro.

American Impressionists, French Influence.

Reference: Periodicals and Histories already cited.

Dutch Genre Painters are the Predecessors of the American Genre Painters.

American Genre Painters: Tarbell, Wm. Paxton, Churchill, P. Hale, Frank W. Benson, Gilchrist, and most of the Boston men.

Dutchmen: Vermeer, Peter de Hooch, Van der Werff.

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References: Clement's "Women in Art"; Isham Caffin and periodicals.

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Reference: Their letters, biographies, recent periodicals.

American Radicals.
Painters: Robt. Henri, Jerome Meyer, Prendergast; Beal; Glackens; Bellows; C. Higgins; Shin; G. Luke; Sloan; Haggis; Boss; Breckenridge; R. Dirks, H. Lever.

French Influence, Cubists.
Painters: Leger, M. Duchamp, R. Duchamp; Villon; Picasso.
Sculptors: Brancusi, Lembruck, Maillool, Archipenko.

Italian Futurists.
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Reference: Brinton, Wright, Eddy, Poore; Modern Movements in Art in the recent periodicals.

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SOUTHERN DISTRICT CONVENTION
MRS. A. E. STRONG

The Sixteenth Annual Convention of the Southern District was held in Riverside, November 6, 7, 8, 9. The Convention was favored in holding all the sessions in the Glenwood Mission Inn and this delightful environment was appreciated by all present. The reports and addresses were of uniform excellence, and while the present crisis and the patriotic duties and needs of the hour were ever present, giving emphasis to the seriousness and sadness of the times, nevertheless the work and aims of Federation work that were outlined were an inspiration and there were many enjoyable features.

A presidents' dinner was given in the Inn, in honor of the presidents, giving all an opportunity to become acquainted and discuss their work; over two hundred were present. A drive to points of interest in the city, followed by a Reception at the home of the President, Mrs. C. C. Arnold, afforded one of the most memorable pleasures of the Convention.

The "Down and Outs" also gave a luncheon at which Mrs. L. F. Darling was guest of honor.

Due to the courtesy of Mr. Miller, an organ recital was given each day by Mr. Harold Gleason, organist of the Mission Inn. Compositions of "Old Masters" were rendered at one concert, while living American composers were presented at another.

The Riverside Woman's Club arranged for an Art exhibit, during the convention, consisting of canvases by Miss Anna A. Hills. Another worm exhibit was arranged by Mrs. Charles C. Arnold; also an exhibit in Arts and Crafts arranged by Mrs. K. J. Hunley, and one of birds arranged by the Pasadena Audubon Society.

The following report was given by Mrs. Charles C. Arnold:

One year ago, when I allowed myself to be persuaded to serve you as President a second year, it was with the same fear in my heart that Pat had, when sentenced to prison for life. He said that he knew that he would not live out half the term.

During the year, the work of the clubs has gone steadily forward. Many of them have done noteworthy work for the benefit of their communities and also for the nation, since the call for patriotic service came.

Since the Redlands Convention, I have held Board Meetings and President's Councils in San Bernardino, Imperial, San Diego, and Riverside Counties, and have attended the County Federation meetings in all five counties, that comprise the district, and have addressed them. I have attended the State Convention, at Pasadena, and four County Conventions, have attended the State Board meetings, monthly, with few exceptions, and the meetings of the Legislative Council, besides helping with County legislative conferences, and have attended innumerable committee meetings for various purposes. Owing to lack of strength, I have not been able to accept many invitations to visit clubs, but have been the guest of several and have addressed them, on these occasions. I have also prepared articles for the Clubwoman.

In accordance with the resolution adopted at Redlands, concerning our Indians, I appointed a committee on Indian Welfare, composed of women who are interested in the Indians and are willing to give some serious study to their problems. This committee has already justified its existence, and demonstrated its value, as you must realize who heard its report given here yesterday. The Indian Commissioners of the United States have welcomed our cooperation and have assured us of the value of our undertaking.

Another contribution to community life has been the work of our Country Life department in establishing a Farm Bureau and Farm Adviser in Riverside County, and in its efforts to obtain the same in other counties, where they are desired. I wish to call attention to the important course of lectures on Sex Education, by Dr. Mary E. Ritter, Chairman of Health, given before our High School girls in Riverside, during this convention. These lectures are of the greatest value and we are deeply indebted to Dr. Ritter for this gift to our community. She has given this same course to the girls of La Jolla and will give it to the High Schools of San Diego and to some of the girls' clubs of that city. She is doing this as her "bit" towards making the world a safe place for us all.

I was attending the annual convention of the Imperial County Federation, the first week of February, when the news came that our country had severed diplomatic relations with Germany. The whole atmosphere changed from cheerfulness and hope to gloom and apprehension and since then our women have walked through deeper and deeper shadows, and with an ever increasing
burden on their hearts. The way in which they have responded to the country’s call for service and sacrifice has been inspiring. Everything that we have been asked to do, we have tried to do. We may well be proud of the number of Liberty Bonds that our clubs have bought with the money for which they had worked and saved in order to build their club houses. In Food Conservation and Red Cross work they have taken the lead, all over the district. Some clubs have given up distinctive club work and are turning all their energies into Red Cross work until the end of the war. The fine reports from the club presidents that have been given here as to the patriotic work done by their clubs must have impressed you. I know that our clubwomen can be depended on, in the future, for any sacrifice or effort that our country will require.

As this is the last time that I will be able to address you as your president, I want to express now my gratitude to you and to all the women of the district for the many courtesies that I have enjoyed, and I want to thank the members of the District Board and the many loyal fellow workers that have been associated with me, for unvarying kindness and consideration. Whatever I can do, I will gladly do, for the welfare of the district, and I shall hope and pray for its continued prosperity and increasing usefulness, in the years that lie before us.

Mrs. Arnold’s Report was accepted unanimously and as a token of appreciation of her able work and unselfish devotion her name was placed by the Convention on the Honor Roll of the Federation Endowment Fund.

As the work of the Federation year is just beginning the Reports of the Chairman were outlines of work rather than Reports of work accomplished.

Mrs. Katherine J. Hunley, Chairman of Art, spoke of the influence and good resulting from Art Study. A plea was made for the presentation to the public, of only GOOD copies and Art reproductions.

Mrs. C. W. Darling, Chairman of Conservation, reported for this department. The work of Conservation was further brought before the convention by an evening program at which Mrs. Darling presided with Mrs. Arnold. An illustrated lecture on California Birds and Wild Life was given by Dr. H. C. Bryant, and Bird Songs were sung by Miss Priscilla Butterfield. Mrs. Florence Brenholtz spoke of Forest Clubs.

Mrs. Homer Lash, Chairman of Home Economics, gave a most timely report of this work. She stated that the Department had no plans save those formulated by the food administrator. Right and wrong methods of economy and conservation were ably outlined.

Mrs. H. E. De Nyse, Chairman of Country Life, reported for this Department, which has accomplished much this past year, introducing Mr. S. U. Stewart, who spoke concerning the Southern California Farm School, and Mrs. Woodworth, Domestic Science demonstrator for the Farm Bureau. Mrs. Woodworth briefly outlined the work of demonstrator.

Mrs. Henry Goodcell, Chairman of Literature, spoke most instructively and interestingly on “The Definite Uses of Literature.” It affords information of active war work. A study of the histories of nations, involved will give a larger comprehension of present problems and future peace problems. While the literature of Russia is not pleasant, it is nevertheless instructive, and treats of conditions concerning which we should be informed. Study of South American literature would be most timely. The literature of countries helps us to understand the country and is therefore a factor in solving immigration problems. We can better assimilate the immigrant if we understand his country—and we must understand our our industrial problems before we can better them. Literature is not only a platform but a sanctuary.

Mrs. A. J. Lawton, Chairman of Legislation and Political Science, made the following suggestions to clubs: Study city, county, State and Federal government. Study laws passed at last session of State Legislature. Send to State Printer, Sacramento, for copies of Senate Bill 143, chapter 581, Senate Bill 359, chapter 583, Senate Bill 992, chapter 589; also to State Librarian, Sacramento,

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Mrs. Roy Powell Rice, Chairman of Music, asked that emphasis be placed upon American music, community singing and credits in schools. Also that musical instruments be collected for the soldiers to be distributed through the Y. M. C. A.

The Department of Social Service of which Mrs. L. F. Darling is Chairman, was represented by several speakers representing various activities.

Mrs. H. A. Atwood spoke of the work of the Indian Welfare Committee, and introduced Mrs. Ubauck of Sherman Institute, who described the founding of the first Indian Schools and gave interesting data of present conditions.

H. M. Miguel Estidillo was then introduced and spoke on the "Political Status of the Indian."

Additional speakers of the convention were Mayor Oscar Ford of Riverside who made the address of welcome, and Mrs. J. T. McNaughton, for many years a missionary in Armenia. Mrs. McNaughton gave a most interesting picture of Armenian life and customs and related personal experi-
ence of her own and husband’s work in this field.

Mr. George Maxwell, Director of the National Reclamation Association, delivered an address on “Emergency War Service for Women.”

Mr. E. P. Clarke, President of the State Board of Education, addressed the convention on “Recent Progress in Educational Work—Vocational and Physical Training.” Mr. Clarke spoke of the three pieces of constructive legislation passed at the last session of the legislature. The free high school text book law, the physical education law, and the law under which the State takes advantage of the Federal (Smith-Hughes) act for the aid of vocational schools. The last named law will in a few years provide $7,000,000 a year to aid the teaching of domestic science, agriculture and industrial arts.

Mr. J. Stitt Wilson delivered a most inspiring address on the subject, “The World Must be Made Safe for Democracy.” The history of Democracy was outlined, Democracy and the world war, and our hopes for the future were most forcefully and eloquently presented.

Unusually fortunate was this convention in the Federation guests. A letter of greeting was read from Mrs. Josiah Evans Cowles, National Federation President. Mrs. E. D. Knight, ex-State President, also sent a message of greeting.

Mrs. Herbert Cable, State President, attended the convention and made the address of the opening evening. While Mrs. Cable spoke of Federation work in general, she dwelt particularly upon the present call to service and the spirit in which the women are rallying to that call.

Mrs. Mattison B. Jones, President L. A. District Federation, spoke most ably on “Federation and Citizenship.” She urged the support of club women for all moral issues, but advocated the refusal of club platforms for partisan politics and office seekers. “The Federation is a school for citizenship. True citizenship now means to our Federated women—duty, service, sacrifice, and our real joy will come from having done things worth while.”

Six State Chairmen were present: Mrs. W. E. Ritter, Chairman of Public Health; Mrs. Robert Garner, Chairman of Civics; Mrs. J. E. Henck, Social and Industrial Conditions; Mrs. A. J. Padgham, Chairman of Music; Dr. Louise Harvey Clarke, Chairman of Press; Mrs. F. D. Schoneman, Chairman of History and Landmarks. All of these chairmen extended greetings to the convention from their departments, speaking briefly of the work. Mrs. Schoneman appeared in a very elegant Spanish afternoon costume over 80 years old, making more real her very interesting talk on Spanish customs and life.

Mrs. Harriet Myers, National Chairman of Birds, was the guest of the convention and extended greetings, speaking briefly on her work.

Mrs. F. T. Bicknell, Chairman of Birds, of

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Los Angeles District, gave a brief resume of her department work.

The Five County organizations of the Southern District were represented by their Presidents.

Two open forums were held which discussed Americanization, led by Mrs. Henry Goodcell, and Rural Schools led by Mrs. Clark McEwen.

Union singing was a feature of the convention. Mrs. A. J. Padgham, accompanist, and Mrs. Roy Powell Rice, vocalist, gave most generously of their time and talent.

Mrs. L. F. Darling, Mrs. M. E. Hewitt, Mrs. W. E. Ritter, Mrs. Lillian Pray-Palmer, and Mrs. A. J. Lawton, were the Past Presidents of the District who were present, and each extended a few words of greeting on the opening evening.

The following officers were elected for the next year:

President, Mrs. J. J. Suess.
Vice-President at Large, Mrs. George Anderson.
Vice-President, San Bernardino County, Mrs. M. A. Bausch.
Vice-President, Riverside County, Mrs. C. I. Barker.
Vice-President, San Diego County, Mrs. C. M. Darling.
Vice-President, Imperial County, Mrs. Herbert Fulton.
Vice-President, Orange County, Mrs. G. W. Sherwood.
Treasurer, Mrs. Flora M. M. Pyle.
Auditor, Mrs. J. M. Edmonds.
Member to serve on State Nominating Committee, Mrs. Charles C. Arnold.
Member to Serve on State Credentials Committee, Mrs. Clarence Johnson.

POLITICAL STATUS OF INDIANS

Hon. Miguel Estudillo

It has been said that the Indians began to suffer when the rule of Spain was exchanged for that of Mexico, but even under the Mexican rule the rights of the Indians as human beings were respected, as they never have been under the United States. Whatever may be said of the practical treatment of the Indians by the Spaniards, the Spanish laws always endeavored to give the Indian a square deal.

The King of Spain, as far back as Don Phillip II, issued a decree allowing the Indians as well as the Spaniards to search for gold, quick-silver, and silver. Later on Phillip II, in 1563, had a statute enacted that gave the Indians equally with the Spaniards the right to hold and work mines of gold and silver. Later the Spanish Parliament passed laws giving the Indians the right to hold their lands and their personal property, and gave them the right to hold office, either in the church, in the army, or in politics. In fact, in 1810, the Spanish Parliament passed a law decreeing that no distinction should be made between the natives of America and those of Europe which was not based on merit, and that no distinction should be made on account of birth or race.

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(73)
The Christianized Indians of California seem to have been treated as the special and favored wards of the Spanish Government; King Phillip commanded that settlements in the New World should be without damage to the Indians, and that the farms given to Spaniards should be without prejudice to the Indians, and that those which have been given to their prejudice and damage shall be returned to whom by law they may belong.

It was made a special duty of local judges to visit the farms of the Indians without previous request, and ascertain whether the Indians had suffered any injury in person or in property; and if deemed best, after due notice, to remove them to some other place. It was provided that the Indians, "(1) Shall be left in possession of their lands, hereditaments, and pastures, in such manner that they shall not stand in need of the necessary of life." No compositions were admitted of lands, which Spaniards had acquired from Indians illegally, and the protectors were commanded to procure all illegal contracts to be annulled.

After Mexico gained her independence, a decree of the Mexican Congress declared, "that all these inhabitants of Mexico are citizens of this country, and that no distinction should be made on account of race or color." Grants of land were given subject to the express stipulation that the Indians settling upon them and their descendants and heirs should never be molested.

In this regard it is interesting to notice that in Riverside county one of the original owners made a provision in his will that the Indians living on that ranch should not be molested. This provision followed undoubtedly the mandates of this old law.

Some years ago, in a well-known case, in the legal history of California, this provision in this man's will "saved the little homes" that the Sobahe Indians possessed.

The case referred to and which has passed into forgotten legal history is known as Byrne vs. Atlas, reported in 74 Cal., 628. This case is now of local historical interest, but at the time that it was rendered by the Supreme Court of California it was of national interest. For it seemed to have at least attempted to right the wrongs that the long-suffering Indians had endured. That is to say, to remedy some of the wrongs. It decided and established, as a principle at least, that the Indians were entitled to live on the land that their forefathers had lived upon for generations past, so long,—to put it in legal phraseology,—"that the memory of men runneth not the contrary." In plain words the case of Byrne vs. Atlas decided that the Indians had the right of occupancy though they did not own the land.

In the case of Byrne vs. Atlas the Supreme Court held that Mission or Pueblo Indians who by themselves and their ancestors had been in the continuous use, occupancy and possession of lands included with the exterior limits of a Mexican grant from a time prior to the establishment of the Mexican Government had a right to remain in the occupancy thereof as against the patentee from the United States Government and his grantees, notwithstanding they never presented their claims to the board of land commissioners appointed by an Act of Congress to ascertain and settle private land claims in California.

It seems to be the case of one who believed in the "square deal," even when an Indian was concerned, after their case was decided, that the troubles of the native were settled once and for all. But lo and behold! some of these Indians, these inferiors, were living on the Warner Ranch; their ancestors had lived there for ages past, but the place was valuable, the water was valuable, while the Indian stood in the way of the white man. The suit of Harvey vs. Barker was started. The lower court decided in favor of the Indians, but the Supreme Court reversed the lower court, and the case of Byrne vs. Atlas was overruled.

This case of Harvey vs. Barker was the one where the Indians were evicted from what is known as "Warner's Ranch." The case practically holds that a patent of the United States Government to a Mexican grantee is conclusive upon all persons not claiming under a superior title, and concludes all claims of Mission or Pueblo Indians to occupancy of the patented lands which were not presented to the board of land commissioners for confirmation. It is interesting to notice that Justice Beatty, who was Chief Justice then, dissented from the majority opinion. 126 Cal, 262.

This simply means that the Indians who had lived upon and occupied lands for generations, lost the right because they were not shrewd enough to present their claims to the Commission appointed by the Federal government in 1851, to settle private land claims in the State of California.

The Supreme Court of California cannot be blamed for turning its back on the case of Byrne vs. Atlas. It followed the doctrines laid down by that more august and important body, the Supreme Court of the United States. In an early case the Supreme Court of the United States decided, "That upon discovery of new countries, while the different nations of Europe respected the rights of the natives as occupants they all asserted the ultimate dominion to be in themselves." The nations of Europe were modest indeed! Did you ever see a better display of pure, unadulterated nerve? This decision, in plain English, means that might makes right. Because the Indians were not able to compete in arms, the white race de-
decided that the ultimate dominion of the new country was in it.

Later, the Supreme Court of the United States decided that the Indians, though, in some instances, elevated to all the privileges of citizenship by the allotment system, yet they were wards of the government, were treated as such, and had not the power of alienating their own land, and in the latest cases the Supreme Court of the United States has declared the doctrine to be that, "The Constitution not only authorizes Congress to regulate commerce with the Indians, but long continued legislative and executive usage and an unbroken current of judicial decisions have attributed to the United States as a superior and civilized nation the power and the duty of exercising a fostering care over all dependent Indian communities." See United States vs. Sandvall, 233 U. S. 167. 58 L. Ed. 36.

It is interesting perhaps to read what the courts have decided as to the status of the Indian.

The Indians sustain a peculiar relation to the United States. They do not constitute a foreign state, so as to claim the right to sue in the Supreme Court of the United States, and yet, having the right of self-government, they, in some sense, form a state.

Worcester vs. Georgia, 6 Pet. 515. The recognized relation between the government and the Indians is that of a superior and an inferior, whereby the latter is placed under the care and protection of the former. Re Hefl, 197 U. S. 488.

Indians residing on a reservation, to whom allotments of land in severalty have been made, are yet wards of the nation, in a condition of pupillage or dependency. The holding of these lands of the United States is part of the national policy by which the Indians are to be maintained as well as prepared for assuming the habits of civilized life, and ultimately the privileges of citizenship. United States vs. Rickert, 188 U. S. 432.

The right of the Indians to the land on which they resided was only that of occupancy. The fee was in the United States, subject to that right, and could be transferred by them whenever they chose.

Becher vs. Wetherby, 95 U. S. 517.

The Indian tribes are wards of the nation. They are communities dependent on the United States. . . .


Congress enacted a law in 1877, providing for the allotment of lands in severalty to Indians of the various reservations.

Of this new policy towards the Indian, the attorney general of the United States, said, in an opinion:

"The act marks a new epoch in the history of the Indians, viz., that Congress has begun to deal with them as individuals, and not only as nations, tribes, or bands, as heretofore. It is dismemberment of the tribes or bands, and absorption as citizens, of the individuals composing them, by the states and territories containing the lands on which such individuals settle or may be settled, that is the policy of the new legislation. But Congress has not deemed it safe, in making the Indian a freeholder, to give him at once the same control over the land as other freeholders enjoy."


The act provides for patents to issue to the Indians after twenty-five years—that is to say, the allotted lands were to be held by the United States in trust for that period of time; at the end of that period the government was to issue a patent to the land in fee. The Act also gives the President the power to extend the time in which patents may be granted.

The Indians had no show in the court,—for up to 1872 the evidence of an Indian was not admissible in a court of justice. And even to a late period in the history of California the Indians were punished by whipping. This may sound strange to you now, but there is actually a law in the statute books of California which provides, as follows:

"Section 16 of the Statute of 1851, adopted April 22nd, 1850. An Indian convicted of stealing horses, mules, cattle, or any valuable thing, shall be subject to receive any number of lashes, not exceeding twenty-five, or shall be subject to a fine not exceeding $200, at the discretion of the court or jury."

"Section 17. When an Indian is sentenced to be whipped the justice may ap-

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point a white man or an Indian, at his discretion, to execute the sentence in his presence, and shall not permit unnecessary cruelty in the execution of the sentence?" Statute 1851, page 824.

You ask me what his political status is. Well, he is neither a citizen, capable of inheriting land, nor a foreigner; he cannot be naturalized. His condition is really anomalous in this great civilized nation.

The early decisions of the Supreme court of the United States held that the California Indians, having been citizens of Mexico, were capable of acquiring and holding land and transferring title. This was so held in the case of the People vs. Ritchie, where a man by the name of Ritchie acquired lands in Sonoma county, the title of which came through an Indian named Solano; Ritchie's title being questioned, he carried the case to the Supreme court of the United States, which court held that Solano having being a Mexican citizen could transfer, and the court confirmed Ritchie's title to the large tract of land.

I quote the exact language of the court in the case of United States vs. Ritchie: "Solano, the grantee in this case, was a civilized Indian, was a principal chief of his race, on the frontiers of California, held a captain's commission in the Mexican army, and is spoken of by witnesses as a brave and meritorious officer."

"Our conclusion is, that he was one of the citizens of the Mexican government at the time of the grant to him, and that, as such, he was competent to take, hold, and convey real property, the same as any other citizen of the republic."

(See United States vs. Ritchie, 17 H. P. 666.)

This decision plainly held that a California Indian is a citizen, and as such was competent to hold and convey land.

The same principle was decided in what is known as the Sandoval case, when decided by the District Court of the United States for the District of New Mexico. (Reversed later by Supreme Court of United States.)" United States vs. Joseph is practically to same effect. (See 94 U. S. 614.)

These cases hold, in effect, that under the Mexican government, Pueblo Indians (also Mission Indians) were full fledged citizens of the Mexican Republic. I claim that being citizens of the Mexican Republic at the
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References: Santa Monica Bay Woman’s Club, Highland Park Ebell, F. W. Blanchard

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of a few years when the last of this mysterious race will have disappeared.
Perhaps the historian of the future will do him justice. Those who believe in the theory of the survival of the fittest will say that he went the way of all people who are not strong enough to fight their own battles. Those who are just will say that he was the victim of circumstances, and what we are pleased to call a superior civilization.
But the name "Mission Indians" will live in the pages of history as a reminder to future civilization, as one of the darkest and saddest in the history of the Golden State.

DISTRICT NEWS
SAN JOAQUIN VALLEY
MISS EMMA GLASS, Chairman
175 Forth Camp Avenue, Fresno

The meetings of the district board are being well attended and reports plainly show that clubs are responding promptly to the call for all departments of war and emergency service. Many of the clubs which have always been exclusively study and cultural organizations are including Red Cross and Council of Defense work in their activities this year. Not only time and service are being generously given but financially the response has been splendid. The Clovis Club invested its entire building fund of $700 in Liberty bonds, and all are donating to the War Library Fund, and sending Christmas boxes to the soldiers.

The chairman of departments report interest and progress in their work. At our last meeting Dr. Flora Smith, chairman of Child Welfare, reported that through the efforts of her section 1,500 pounds of fruit had been sent to the children of the open-air schools in San Francisco and to the state-aid babies. The Home Economic department is of unusual interest this year. Mrs. Adolph Buttner, chairman, has secured the services of the domestic science faculty of the Fresno State Normal School for a series of lectures that include the most important phases of this work. Many of the clubs will take advantage of this splendid opportunity. The rural clubs are taking advantage of the speakers furnished by the University Extension Breau.

The most important event in the San Joaquin Valley District was the visit of Mrs. Herbert A. Cable, State President, who was the guest of honor at the Reciprocity Day featured by the Parlor Lecture Club of Fresno, November 15th.

In the morning a state and district conference was held with Mrs. Cable and Mrs. Fitzgerald presiding. This meeting was most interesting and helpful, Mrs. Cable's discussion of the emergency phase of our activities and her clear explanation of the

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workings and the necessity of Federation was much appreciated. Club presidents and chairmen of departments made reports and as the meeting was very informal nearly every one present took part in the questions and discussions which resulted in much benefit to all.

At noon adjournment was made to the Commercial Club where almost one hundred guests were seated.

In the afternoon the Parlor Lecture Program Club presented its program, Mrs. L. R. Willson, the President, presiding. After some splendid musical numbers, Mrs. Willson welcomed Mrs. Cable in behalf of the Parlor Lecture Club and then introduced Mrs. W. A. Fitzgerald, District President, who extended the greetings of the district.

Mrs. Cable was then presented by Mrs. Willson and gave a message that was an inspiration to her large and attentive audience.

Reciprocity Days which have been such a delightful as well as a beneficial part of the club life in the San Joaquin Valley District Federation in recent years are being featured early in the programs of the clubs this year.

SAN FRANCISCO

MRS. W. C. MORROW,
1871 Sacramento Street, San Francisco
Mrs. Edwin Cox of Berkeley, Chairman of Literature, made a most satisfactory report of the interest being shown in her department by the clubs of the district, at the Executive Board meeting held recently in San Francisco; Mrs. G. A. Penniman of San Jose, is making every effort in behalf of her Department of Music to have patriotic songs used in the schools and in the army, and spoke of the little song books which are a part of the soldier’s kit.

In spite of the fact that Mrs. Edward Wales, Chairman of Industrial and Social Conditions, received a dangerous injury in pursuance of a call to federation duty during August which has caused her to be in a plaster cast from head to foot for nine weeks, she has kept up her correspondence and has sent out letters concerning her department to all the clubs of the district, such devotion to duty deserves honorable mention.

Mrs. J. C. Perry, Chairman of Federation Extension, announces that the Sausalito Women’s Club, Mrs. James Lanagan, President; the Vacaville Saturday Club, Mrs. T. E. McKevitt, Jr., President; and The Edgewood Neighborhood Club, Mrs. Harry T. Peters, President, have joined the State Federation.

Dr. Marianna Bertoli, Chairman of Child Welfare, is already forming her plans for Baby Welfare Week to be given in the Spring, and has called a committee of club presidents to meet with the finance committee of the Board of Supervisors in order that an adequate apportionment may be made from the budget for expenditures for this week.

ALAMEDA

MRS. FRED ZIMMERMANN, Chairman,
520 Twelfth Street, Richmond.

The Richmond Club had a splendid program along the lines of food conservation during Thanksgiving week, demonstrating wheat flour substitutes. Mrs. Ross, of Berkeley, spoke of “Organization, or Mobilization,” of women for war-time service, in Berkeley and of its efficacy; Mrs. E. D. Sayler spoke of the work of the Y. W. C. A., vocal and instrumental music was rendered by local musicians of rare accomplishments, and a Greek scarf dance, by one of the Richmond school girls, helped to enliven the occasion. Three of the leading merchants of Richmond had fine displays of food stuffs of which the housewife might evolve wholesome and appetizing meals, without making inroads on the foods so much needed for our soldier boys.

LOS ANGELES

MISS BESSIE CARRICK, Chairman.

The Los Angeles District club women have spent a busy month working on the food conservation and along general Red Cross lines. The most of the house to house canvassing done in behalf of the conservation was done by club women who did it tactfully and well.

Nearly all the clubs are doings some special Red Cross work as well as having joined the great army of knitters.

One of the best Reciprocity Days of the past month was held by the Monday Afternoon Club of Covina in its artisic club house. Mrs. S. S. Aschenbrenner, the President, was a most gracious hostess, assisted by the club members. Mrs. Mattison B. Jones, the District President, was a guest as were several of the District officers. A Hoover luncheon was served and no complaints were heard as to quantity or quality. The club house was most beautifully decorated in autumn leaves. In the afternoon a splendid musical program was given under the direction of Mrs. M. C. Mathews.

At the District Board meeting held the 8th of November an invitation was accepted to hold the District Convention in the city of Santa Barbara the first week in February.
The invitation came from all the Federated clubs of Santa Barbara.

No more charming place could be found to hold the Convention than the historical and hospitable city of Santa Barbara.

Mrs. Michel A. Levy, President of the Santa Barbara Women's Club will take an active part in the entertaining of the Convention and on the local Committee of Arrangements.

Mrs. P. F. McNutt will be Chairman of the Revision Committee with Mrs. Charles E. Ashcroft of Pasadena as Vice-Chairman, and Mrs. H. A. Gilman, Mrs. M. E. Johnson and Mrs. C. E. Spence of Long Beach as members.

The Program Executive Committee, consisting of Mrs. Mattison B. Jones, Mrs. Besse Bartlett Frankel and Mrs. R. F. del Valle have already held one meeting and are planning to hold the Convention along extremely interesting lines with some new departures which at present are a deep secret.

Mrs. Frank Caldwell of the Friday Morning Club is to be the Chairman of Transportation and is planning to have a special train to carry the delegates to Santa Barbara.

The Educational Conference held this month was a very interesting one, and the large attendance was very gratifying, and proved that these conferences are becoming very popular.

The Conference unanimously endorsed the Los Angeles Farm Bureau and pledged support by giving it publicity through the clubs.

The Carpinteria Woman's Clubs held its first meeting, after a short summer vacation, August 2nd. Some very interesting programs have been given, and each member has taken her part gladly and willing—the spirit of cooperation prevails.

At a recent meeting the Club entertained at the beautiful Court of Miss E. L. Walker, when the subject of "Public Welfare" was discussed. Some excellent papers were read. Miss Mary Schauer of Santa Barbara gave a beautiful reading, which was greatly enjoyed by all present.

SOUTHERN

The La Jolla Club sold $55,000 worth of Liberty Bonds.

The Indio Club gave $300 to the Red Cross.

The Highland Club bought $550 worth of bonds.

The Redlands Woman's Club directed the second Liberty Bond sale and succeeded in disposing of $300,000 worth.

The Santa Ana Ebell Club purchased $250 worth of Liberty Bonds.

During November, Miss Frieda Peycke of Los Angeles gave a charming evening of her musically illustrated poems before the Fullerton Ebell Club and guests, and Mrs. Seward Simons, secretary of the Woman's committee of the State Council of Defense, gave an instructive afternoon on war work.

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GLOBE A-1 FLOUR

The flour milled to meet your every need, that means efficiency and success in your baking.

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Mrs. Simons' message was enthusiastically received.

The Fullerton Woman's Club was hostess at an informal reception on the evening of November 14 to the Placentia Round Table, P. E. O., members, and the Fullerton Ebell. The beautiful new rooms of the club furnished a gorgeous setting for the affair and a program of literature and music added much to the evening. The event marked the fiftieth anniversary of the Woman's Club of Fullerton.

The Placentia Round Table celebrated guest day in their club home on the afternoon of November 14, by the presence of a group of musical artists from Los Angeles—Mrs. George H. Doane, pianist; Miss Viola Foley, violinist; Miss Elsa Foley, soprano; Mrs. Peter Sundin, contralto. A rare afternoon was reported by all guests present.

November the first the Colton Woman's Club held an open meeting in the spacious rooms of the Red Cross. The purpose of the meeting was the bringing more forcibly to the women of Colton a war consciousness. A good program was given and much Red Cross work was accomplished. This is only one proof that club work and Red Cross work go hand in hand.

Hemet Woman's Club recently held a highly interesting program on "What Artists Are Doing at the Front." The discussions included such subjects as these: "Illusion Department on the Land," "Camouflage of the Sea," and "Raemakers and His Cartoons."

The Woman's Club of Riverside has held especially successful meetings during November—one on the "Literature of Russia," under the able leadership of Mrs. Harold Gleason, and one on Browning's "Ring and the Book." Miss Anna Hills, the gifted artist from Laguna, whose canvasses hung in the public library for ten days, also addressed the Woman's Club during her stay in Riverside.

All reports from Riverside county convention, held at Hemet recently, are filled with praises for the efficient and wide awake manner in which the convention was conducted. Such able speakers as Edward Trefz, Dr. Oren B. Waite, and W. B. Parker, county adviser, together with good reports from all committees made the time spent full of profit.

Enthusiasm marked the entire meeting of the San Bernardino County Federated Woman's Club on October 25th, when the fourth bi-yearly session was held at Highland. Under the careful direction of Mrs. Florence D. Schoneman, the county president, there was an immense amount of work accomplished in record time. Beginning promptly at 10 o'clock, the speakers, who were limited to a few minutes each, brought out the most important points in their committee work in the fewest words possible.

Addresses were given by Edward Trefz, "Food Conservation"; Mary Foy, "Woman's Part in the War"; Mrs. Claire H. Coombs, "Red Star," and Miss Agnes G. Talcott, "District Nursing." The April meeting will be held in Upland.

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BRADFORD'S TABLE-QUEEN

—A new loaf from the Bradford Bakery. A flavor that is different—a shape that is different.

—The color, grain and taste all up to the standard of the "Matchless Bread" from the

BRADFORD BAKING COMPANY
MUSICAL CONTRIBUTIONS TO WAR SERVICE

The Channel Club of Los Angeles, organized by Mrs. Lillian Burkhardt, who is also its president, offers as its contribution to "war service" the following programs to be given at the various cantonments in California.

The members of the Channel Club are all artists in their particular lines and the programs are of unusual merit and attractiveness.

Mrs. Gertrude Ross, composer pianist and Madame Hesse Sprotte,

Miss Theresa Z. Cogswell in an evening of Robert Service Poems assisted by a violinist and singer who are not too highbrow to 'play' ragtime and sing "Mandalay," "Gypsy Trail" and "Mother of Mine."

Mrs. Gustav Detzer will present Mrs. Eugene Tilden of Hollywood in a program of Darkey Dialect stories.

Mrs. Alice Hunnewell will give "The Spirit of 1776," assisted by a Glee Club composed of pretty girls from the State Normal School.

Mrs. Florence Haines Reed has written an original one-act play which will be staged by Mrs. Goldsmith.

Mrs. Chauncey L. Higbee will give "The Man Who Married a Dumb Wife," by Anatole France.

Miss Hilda Thomas will present the well known drama "Waterloo" with the assistance of the dramatic students of the State Normal School.

Miss Clyde Dalzell and Miss Elizabeth Yoder will give as their contribution a production of Louis N. Parker's well known play "Disraeli" in costume. This drama was made famous by George Arliss. The various roles will be portrayed by the students of the University of Southern California.

Mrs. Marie R. Towne will interpret "The Man Without a Country," by Edward Everett Hale, and a number of French Canadian poems of wit, humor and the philosophy of life by Dr. Wm. Henry Drummond.

Miss Bertha Wilcox will contribute as her bit "Old Glory" and other patriotic numbers, assisted by Margaret McKee, the whistler, and a quartette of singers from the University of Southern California.

Mrs. Frederick West will take with her to one of the cantonments a moving picture show.

Mrs. Fred Selwyn Lang will give "The Pipes of Pan" and a varied program including drama and poetry.

Mrs. Lillian B. Goldsmith will interpret Ruth Comfort Mitchell's wonderful sermon on immigration entitled "Steerage," and Hernan Hagerdorn's "Ode of Dedication." Miss Ida Leonard, Mrs. Marion Lamont Davidson, Mrs. James B. Stearns and Mrs. Alfred Whitney Allen will announce the subjects for their programs later.

THE WAY TO THE EAST

Excellent Service to Eastern Points

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HOME DEPARTMENT

PROTECTING THE PUBLIC

The advertisements of foods and foodstuffs which appear in this and coming issues of The Clubwoman are from firms which have in every respect conformed to the rigid requirements laid down by the Department of Health, C. F. W. C., as a part of its present campaign for the protection of the public through the elimination of impure foods and food materials. In every case, before a food advertisement is accepted for the official magazine of the Federation, the plant or establishment is thoroughly inspected by a special committee named for the purpose by the Department of Health and composed of qualified experts on the subject. The appearance of such an advertisement in The Clubwoman is consequently prima facie evidence of purity, reliability and patronage worth.

The work of the committee has now been extended to include the inspection of laundries and other establishments whose work affects the public health.

At the head of the department's committee of inspection in the South is Dr. Lulu H. Peters, M. D., Chairman of the Department of Health for the Los Angeles District.

At the head of the department's committee of inspection in the North is Dr. Mariana Bertola, M. D., Chairman of the Department of Health and Child Welfare of the San Francisco District.

U. S. DEPARTMENT OF AGRICULTURE
U. S. FOOD ADMINISTRATION
Washington, D. C.

Start the Day Right with Foods the Government Asks Us to Eat

USE CEREALS

Corn-meal mush and oatmeal are good only when cooked. Many people use too little salt and don't cook them long enough. To cook corn-meal mush for five people use 1½ cups corn meal, 2 teaspoons salt (level), 5 or 6 cups water. Bring salted water to a boil. Stir in the corn meal slowly, don't let it lump. Cook it at least 30 minutes. It is better when cooked for three hours, or overnight. Use a double boiler on the back of the stove, or a fireless cooker.

For oatmeal use 2½ cups rolled oats, 2½ teaspoons salt, 5 or 6 cups water. Bring the water to a boil. Stir the rolled oats slowly into the boiling water and cook for one hour, or overnight.

Eat the cereal with milk or butter or butter substitutes. You don't need bread besides.

A large amount of corn meal or oatmeal may be cooked at one time. The unused part placed in a greased bowl may be kept for a few days in a cool place. Do you know how good sliced and fried oatmeal is?

Instead of breakfast food you can take bread—preferably one of the war breads. Corn bread and milk is delicious.

USE MILK

Milk is an excellent food. A quart of whole milk gives as much nourishment as one pound of lean meat.

Children especially need it to make them grow strong and keep well. It is good for grown people, too. Give each child at

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Pork and Beans

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One of California's Best Food Products
Appetizing—Nourishing—Satisfying

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"The Shortest Shortening by a Long Way."

It helps you do your bit, it helps in the campaign of The National Council of Defense, it answers all requirements, it combines quality and economy and it's a Home-Product, made and guaranteed by

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Los Angeles U.S.A.
least a glass for breakfast. Drink it hot or cold, or use it on the cereal, or make it into cocoa. Even at a high price, milk is a cheap food for children.

**CORN AS BREAD**

Corn bread is especially good made with sour milk and soda; but sweet milk and baking powder are satisfactory. Eggs improve the flavor and add to the food value, but may be omitted if too expensive.

**Corn Bread**

1. 2 cups corn meal.
2. 2 cups sweet milk (whole or skim).
3. 4 tablespoons baking powder.
4. 1 tablespoon sugar.
5. 2 tablespoons fat.
6. 1 teaspoon salt.
7. 1 egg (may be omitted).


**AN OLD SOUTHERN RECIPE**

Here is an old-fashioned soft spoon bread that Southerners like. With milk or sirup it makes a satisfying meal.

**Spoon Bread**

1. 2 cups water.
2. 1 cup milk (whole or skim).
3. 1 cup corn meal.
4. 1 tablespoon fat.
5. 2 eggs.
6. 2 teaspoons salt.

Mix water and corn meal and bring to the boiling point and cook 5 minutes. Beat eggs well and add with other materials to the mush. Beat well and bake in a well-greased pan for 25 minutes in a hot oven. Serve from the same dish with a spoon. Enough for six.

**CORN MEAL AND MILK**

Do you use corn-meal mush for a breakfast food? It is both cheap and good. Cooked in skim milk instead of water it is extra fine and the food value of the dish is nearly doubled.

Here is a delicious corn meal and milk dessert.

**Indian Pudding**

1. 4 cups milk (whole or skim).
2. 1/3 cup corn meal.
3. 1/3 teaspoon salt.
4. 1 teaspoon ginger.
5. 1/2 cup molasses.

Cook milk and meal in a double boiler 20 minutes; add molasses, salt, and ginger. Pour into buttered pudding dish and bake two hours in a slow oven, or use your fireless cooker. Serve with milk. This

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**MAJESTIC**

Hams and Bacon

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makes a good and nourishing dessert. Serves six.

**CORN MEAL AND MEAT**
Corn meal is good combined with meats. Such a dish is a meal in itself. Try this one.

**Tamale Pie**
- 2 cups corn meal.
- 6 cups water.
- 1 tablespoon fat.
- 1 onion.
- 2 cups tomatoes.
- 1 pound hamburger steak.

Make a mush by stirring the corn meal and 1 1/2 teaspoons salt into boiling water. Cook 45 minutes. Brown onion in fat, add hamburger and stir until red color disappears. Add salt, pepper, and tomato. A sweet pepper is an addition. Grease-baking dish, put in layer of corn-meal mush, add seasoned meat, and cover with mush. Bake one-half hour. Serves six.

**TRY THESE ONE-DISH DINNERS**
Each Enough for a Family of Five

**Fish Chowder**
- Rabbit, fowl, or any meat may be used instead of fish, or tomatoes instead of milk. Carrots may be omitted.
- 1 1/2 pounds fish (fresh, salt, or canned).
- 9 potatoes, peeled and cut in small pieces.
- 1 onion, sliced.
- 2 cups carrots cut in pieces.
- 1/2 pound salt pork.
- 3 cups milk.
- Pepper.

Cut pork in small pieces and fry with the chopped onion for five minutes. Put pork, carrots, and potatoes in kettle and cover with boiling water. Cook until vegetables are tender. Mix three tablespoons of flour with one-half cup of the cold milk and stir in the liquid in the pot to thicken. Add the rest of the milk and the fish which has been removed from the bone and cut in small pieces. Cook until the fish is tender, about 10 minutes. Serve hot. You can omit salt pork and use a tablespoon of other fat.

**Dried Peas with Rice and Tomatoes**
- 1 1/2 cups rice.
- 2 cups dried peas.
- 6 onions.
- 1 tablespoon salt.
- 1/4 teaspoon pepper.
- 2 cups tomato (fresh or canned).

Soak peas over night in two quarts of water. Cook until tender in water in which they soaked. Add rice, onions, tomato, and seasonings and cook 20 minutes.

**Potted Hominy and Beef**
Hominy is excellent to use as part of a one-dish dinner, if you have a fire in your stove so that you can cook it for a long time, or use a fireless cooker. Heat 1 1/2 quarts of water to boiling; add 1 teaspoon of salt and 2 cups of hominy which has been soaked over night. Cook in a double boiler for four hours or in the fireless cooker overnight. This makes 5 cups. This recipe may be increased and enough cooked in different ways for several meals. Hominy is excellent combined with dried, canned, or

---

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White
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White Floating
For Laundry or Bath

**CALLA LILY BORAX**
White Coconut Oil
For Bath and Shampoo

**COCOA NAPTHA**
Yellow
For The Laundry

**MERMAID WASHING POWDER**
Soften's Water

**ANVIL PUMICE**
Toilet
For the Autoist
Sufficient Assortment for any Family

**LOS ANGELES SOAP COMPANY**
fresh fish, or meat and vegetable left-overs may be used. Here is one combination.

- 5 cups cooked hominy.
- 4 potatoes.
- 2 cups carrots.
- 1 teaspoon salt.
- ½ pound dried beef.
- 2 cups milk.
- 2 tablespoons fat.
- 2 tablespoons flour.

Melt the fat, stir in the flour, add the cold milk, and mix well. Cook until it thickens. Cut the potatoes and carrots in dice, mix all the materials in a baking dish, and bake for one hour.

These dishes supply all five kinds of food. Each is enough for the whole dinner for a family of five. Eat them with bread and with fruit or jam for dessert. Then you will have all the five kinds of food your body needs.

THE BEST WAY TO MAKE A LITTLE MEAT GO A LONG WAY

Savory Stews

Try them. They can be a whole meal and a nutritious one. These recipes serve five people.

Here is an English stew that is especially good:

- 1 pound mutton.
- ⅔ cup pearled barley.
- 1 tablespoon salt.
- 4 potatoes.
- 3 onions.

Celery tops or other seasoning herbs. Cut the mutton in small pieces, and brown with the onion in fat cut from meat. This will help make the meat tender and improves the flavor. Pour this into a covered saucepan. Add 2 quarts water and the barley. Simmer for 1½ hours. Then add the potatoes cut in quarters, seasoning herbs, and seasoning, and cook one-half hour longer.

Beef Stew

- 1 pound beef.
- 4 potatoes cut in quarters.
- ½ peck peas or 1 can.
- 1 cup carrots cut up small.
- 1 teaspoon salt.

Cut the meat in small pieces and brown in the fat from the meat. Simmer in 2 quarts of water for 1 hour. Add the peas and carrots and cook for one-half hour, then add the potatoes. If canned peas are used, add them 10 minutes before serving. Serve when potatoes are done.

DIFFERENT STEWS

Here is the way you can change the stews to make them different and to suit the season:

1. The meat.—This may be any kind and more or less than a pound may be used. Use the cheap cuts, the flank, ramp, neck, or brisket. The long, slow cooking makes them tender. Game and poultry are good.

2. Potatoes and barley may be used or barley alone, or rice, hominy or macaroni.

3. Vegetables.—Carrots, turnips, onions, peas, beans, cabbage, tomatoes are good, canned or fresh. Use one or more of these, as you wish.

4. Parsley, celery tops, onion tops, sea-
stoning herbs, or chopped sweet peppers add to the flavor.

5. Many left-overs may be used—not only meat and vegetables, but rice or hominy.

**HOW TO COOK THE STEWS**

All kinds of stews are cooked in just about the same way. Here are directions which will serve for making almost any kind.

Cut the meat in small pieces and brown with the onion in the fat cut from the meat. Add the salt and pepper, seasoning vegetables (onion, celery tops, etc.). 2 quarts of water, and the rice, or other cereal, if it is to be used. Cook for an hour, then add the vegetables except potatoes. Cook the stew for half an hour, add the potatoes cut in quarters, cook for another half an hour, and serve.

The fireless cooker may well be used, the meat and the vegetables being put in at the same time.

Left-overs or canned vegetables need only to be heated through. Add them 15 minutes before serving.

Dried peas or beans should be soaked over night and cooked for 3 hours before adding to the stew; or, better, cook them over night in a fireless cooker.

**Meat Pies**

Another good way to use a little meat. Have you ever used rice, corn-meal mush, or hominy for a crust? This is less work than a pastry crust and saves wheat.

4 cups cooked corn meal, rice, or hominy.
1 onion.
2 cups tomato.
½ teaspoon pepper.
1 tablespoon fat.
1 pound raw meat or left-over meat cut up small.
½ teaspoon salt.

Melt the fat, add the sliced onion, and, if raw meat is used, add it and stir until the red color disappears. Add the tomato and seasoning. If cooked meat is used, add it with the tomato and seasoning, after the onion is browned, and heat through. Grease a baking dish, put in a layer of the cereal, add the meat and gravy, and cover with the cereal dotted with fat. Bake for half an hour.

**Shepherd’s Pie**

This is the name of a meat pie with a mashed-potato crust browned in the oven.

**OATMEAL**

To cook oatmeal, stir slowly 2½ cups of rolled oats in five cups of boiling water which has in it 2½ teaspoons of salt. Cook for one hour or over night in a double boiler or fireless cooker. This will serve five people. If you want it for two meals, cook twice the amount to save time and fuel.

**Oatmeal Pudding**

Try one when you have a light dinner or supper.

**Oatmeal Betty**
2 cups cooked oatmeal.
4 apples cut up small.
½ cup raisins.
½ cup sugar.
½ teaspoon cinnamon.
(Continued from Page 9)

they will soon notify their members of their choice.

The League for Women's Service will undertake community singing.

The Young Women's Christian Association has already five centers for foreign work and will intensify the service of its International Institute and of its foreign speaking workers.

A careful carrying out of this program will provide a safe basis for the intelligent consideration of the life of the immigrant in Housing, Industry, Recreation, Child Welfare, Education, Citizenship, Patriotism, and will indicate the most helpful steps toward Americanization.

(Continued from Page 6)

tendance. Reports of telling activities in all departments.

New York City Federation met same day. Regret impossible to reach there in time. Spent two days with Mrs. P. G. Hubert. Witnessed great and impressive suffrage parade; attended special patriotic services in Cathedral St. John the Divine; called upon Mrs. William Tod Helmuth, who is confined at home by illness. Accompanied by Mrs. Hubert, we reached Washington Monday night, October 29. Busy at the service office, 415 Maryland building going over the program for the Hot Springs biennial with Mrs. William Pearick, Jr., chairman Program Committee.

All reports from State Federation meeting this fall show increased attendance and interest, hearty co-operation in food conservation, Liberty Loan, War Liberty Fund and Recreation Fund, as well as Red Cross, each club a center of patriotic service.

November number General Federation Magazine will soon reach readers. I wish there could be appointed a special committee in every club to secure subscribers, in order that the messages of service from the G. F. W. C. may reach each clubwoman.

Royal Siamese Cats
Descendants from the Royal Cattery, Bankok, Siam

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STATE PRESIDENT'S LETTER

Dear Club Members:

The generous response of the clubs to all kinds of war work and national service during the past year has been most inspiring and encouraging.

The power, value, and use of organized effort has been wonderfully demonstrated. The spirit of service has spread in every direction and has permeated every activity and department of club life, and is inspiring each individual club woman.

The result is being felt in two ways—first in the concrete aid we have been able to render our Nation and its cause—Red Cross work, Food Conservation, Liberty Bonds, Thrift Certificates, etc.—and secondly in an increased interest and activity in our organization life. Clubs are receiving more new members than ever before. More Clubs are coming into the Federation than ever before. A few individuals and a few Clubs are falling to see in this new co-operation an opportunity for increased efficiency in service and with the best intentions in the world are saying "We will withdraw from everything else and devote ourselves this year to war work." They hope thereby to increase their efficiency, but instead they are drawing away from a great source of inspiration and direction and are closing up a channel of communication and association vitally essential to the great big movement that is so necessary if we are to continue to respond to the demands that are being made upon us every day in every direction. Remember what Mrs. Robert J. Burdette said in one of our State Conventions—"When you build a fence around yourself you shut out more than you shut in."

I, therefore, urge upon you as Clubs and I ask the President of all clubs to urge upon the individual membership the necessity of maintaining our present standards in our club and Federation life—of husbandsing our financial resources and increasing our devotion and loyalty to our Club activities, so that we may not only serve the present need, but that we may prepare for the reconstruction period when "peace on earth" shall have been again established.

No, a club can not belong to the State Federation without belonging to the District and a club can not belong to the District Federation properly without becoming a member of the State Federation. Membership in the General Federation is voluntary, but is urged upon clubs so that the chain may be complete, and California Clubs should have a personal pride in enlisting under the leadership of our own Mrs. Cowles.

Such a large number of year books, Club programs and courtesy cards have come to the President's desk that it has been impossible to acknowledge all of them, or to print the list.

While all the programs are interesting, it is noted that the programs made up monthly are the most vital, since these allow for the presentation of new subjects of interest as they arise. Programs outlined for the year should always allow for consideration of timely topics.

Subscriptions to the "Clubwoman" and to the "General Federation" Magazine should be made a subject of personal appeal at this time. Much expense and duplication of work could be avoided if we would only subscribe for and read our magazines. No one can be truly familiar with Federation and neglect this printed expression of the work and plans of Department Chairmen.

The Federation Secretary is a valuable officer in any club, both to the Club and the Federation. Allow her to tell you of Federation—review the magazine, or report department conferences, or describe some of the intensely interesting activities in which other women are engaged, and see how your interest is quickened and your own efforts encouraged and stimulated—"Unity in Diversity" and "Strength in Union."

Preparations are under way for the Federation Conventions—Biennial, State, and District. There will be great inspiration to be derived from all of the programs. Plan to attend and if it means a sacrifice, then go with the determination to give more and get more to repay you for making the effort. Our Conventions are necessary to the conduct of our organization. We should regard them as business institutions and not as pleasure gatherings only. It is at the Convention we decide the plans and policies of the organization that is to carry on the vital work which will represent us to the world at large.

Los Angeles District Convention will be held in Santa Barbara February 6th, 7th and 8th:
Alameda District, Stockton, February 14, 15, 16.
San Joaquin Valley District, Hanford, February.
Northern District, Red Bluff, March 6, 7, 8.
San Francisco District, San Francisco, March 19, 20, 21.
The State Convention at Oakland, March 26, 27, 28, 29.
General Federation Biennial, Hot Springs, Arkansas, April 29th.

Do not forget that the present session of Congress will act upon National Suffrage and National Prohibition, two issues of great interest to the women of America, and concerning which California club women have gone on record in Convention. It is now our personal responsibility to write to our representatives in Congress and tell them how we feel on these two subjects and urge that
their stand on these questions and their votes shall represent their constituents. All voters must re-register for 1918 and every woman should express her patriotism by the full use of her citizenship. Register now in order to vote later.

The General Federation will soon ask, through the General Federation Secretary, for a report of the war work done by your Club. In order that California may answer well to the question, "What and how much have you done?" I request that you keep a careful record of such activities and report fully and promptly, when the call comes.

And now, with steady heart and valiant soul, let us face the New Year with its problems, its service, its pleasures and its blessings, determined that in unity, in harmony, in love, we will undertake each appointed task and welcome each new opportunity.

Lovingly and sincerely,

BERTHA L. CABLE.
(Mrs. Herbert A.)

LETTER FROM THE VICE-PRESIDENT-AT-LARGE MRS. AARON SCHLOSS
Dear Club Members:

Your County Director of War-Savings has been requested to include representative women from the Women's Club in each community on the local Committees for the Thrift Campaign, which is to be carried on throughout the year 1918.

May I, as a member of the State War-Savings Committee and Vice-President-at-large of California Federation of Women's Clubs, ask of you that you add this interest to your patriotic endeavors?

First—Appoint a Committee of one or more to co-operate with your city committee or to initiate work themselves.

Second—Give five minutes' time once a month for reports of this work, and those clubs mailing bulletins to their members should add a note on the War-Savings Campaign.

The Government expects that every Club woman in the State will respond to this call and buy a War-Savings stamp for herself and a Thrift Stamp for each child in her family, as the initial steps in a plan for systematic saving during the year.

Cordially and sincerely yours,

MEMBER OF STATE WAR-SAVINGS COMMITTEE.

EDITORIAL NOTES

RE-ORGANIZATION OF THE CALIFORNIA FOOD ADMINISTRATION

The increasing importance of the work of the Food Administration and the vast scope of its activities, which have extended beyond all expectation, necessitated a reorganization of the California Food Administration Board.

Mr. Ralph P. Merritt, the Federal Food Commissioner for California, has recently announced the personnel of the California Food Administration Board. This Board is composed of five Departments:

Food Production—Chairman, Dean Thomas F. Hunt, of the Department of Agriculture of the University of California.

Marketing and Distribution—Chairman, Charles D. Blaney.

Food Industries—Chairman, Barton T. Bean.

Food Supplies—Chairman, Sayre Macnill.

Food Conservation in Relation to Women's Work—Chairman, Mrs. Robert J. Burdette.

The appointment of Mrs. Burdette to this position is very gratifying to the women of California. Her position is on an equal footing with that of the men of the Board, which is not to be wondered at in a State where women have equal political footing with men, but is interesting and significant from the fact that California is the only State where a woman is serving on the Food Administration Board.

It is not necessary to speak of Mrs. Burdette's qualifications for this position, or any position of responsibility and efficiency, especially a position which will bring her in touch with women's work and women's organizations. Mrs. Burdette has always had the interests of women close to her heart and has been jealous of a proper recognition for the dignity of their work.

During the Food Pledge Campaign Mrs. Burdette was appointed by Mr. Merritt to take charge of an Educational Speaking campaign throughout the State, and successfully organized Automobile Speaking Tours in nearly every county. The propaganda of these speakers was of material assistance to the success of the Food Pledge Campaign.

In order to co-ordinate the work of the Food Administration and the work of the California Women's Committee of the Councils of National and State Defense, Mrs. Burdette has been elected Chairman of Food Administration for the Women's Committee. She has already appointed her representative in nearly every county of the State, who, in most instances, is the Food Conservation Chairman of the County Committee. In this way the Women's Committee and the Food Administration will be closely connected and there will be no duplication of work.

The Clubwomen of California will especially appreciate the honor which has been conferred upon Mrs. Burdette by this appointment, as her service to the Federation as its organizer and first President gives her a firm place in their affection and their
estem and appreciation of the strength and service that she can bring any enterprise in which she has enlisted.

Mrs. Burdette has gone to San Francisco to take up her duties, and she will be there indefinitely. She is a splendid example of the loyalty and patriotism of the women of the United States, and we are proud to have her leadership in this important part that women must play in winning the war.

At the request of the Executive Board, this number of "The Clubwoman" is sent to every Club President. Please read to your Club the President's letter, which is of interest to every clubwoman, and call the attention of the members to the many good things in the magazine and remind them that it is our duty to subscribe for and support our official publication.

THE SUSAN B. ANTHONY AMENDMENT TO THE FEDERAL CONSTITUTION

The question of National Suffrage for women will come before Congress on the 10th of January. The women of California are much interested in this question and earnestly desire that their non-voting sisters may be enfranchised in the shortest possible time and with the least waste of effort. With this in mind, the following resolution was passed at a meeting of the State Board of the California Federation of Women's Clubs. Copies of the resolution were sent to the California Representatives in Congress. To date nine out of the thirteen Representatives have answered and all assure the women of California that they will give this measure their support. Copies of their letters follow:

The Resolution

To further assist in the work for the enfranchisement of the women of the United States a letter was sent to the President of every club in the Federation, enclosing a copy of the resolution and asking that the clubs would endorse the resolution and send their endorsement to the California Representatives in Congress. Following that a copy of the leaflet, prepared by the Political Science Committee of the Federation, last year, on the Results of Woman Suffrage in California was mailed to each member of Congress. Mr. John E. Raker, of California, who is Chairman of the House Committee on Woman Suffrage, telegraphed for 300 additional copies of the leaflet, and these have been forwarded to him, so that in the discussion of the question, in Congress, any untruthful statements are made about the use the women of California are making of their rights as voters, the actual facts of the situation will be at hand.

A measure introducing an amendment to the Constitution of the United States, conferring upon the female citizens of the nation the right of suffrage, and known as the Susan B. Anthony Amend-

ment, is about to be presented to the 65th Congress of the United States with recommendation for passage, and

Whereas, our nation is engaged in a mighty war, and the necessity for prompt legislative action on emergency measures does not warrant the commendation for passage of any measure not materially beneficial to all classes and important to the welfare of our country, and

Whereas, our nation is being confronted with serious social and economic problems, such as industrial adjustment due to shifting about and loss of men, food conservation, infant mortality, immorality, education of our youth, and the securing of an enduring peace to our posterity, the solution of which, in order to be permanent and conclusive, must include the feminine experience and judgment of our citizenship, and

Whereas, the civilized nations engaged in the present war, have and are, recognizing the value of a more democratic representation of their citizenship in governmental function and economic and social evolution, and to that end are placing the privilege of suffrage to their women citizens as War Measure Legislation, and

Whereas, the vast majority of women, who would be enfranchised by the passage of the Susan B. Anthony Amendment, have conclusively justified the adoption by decades of faithful unrivaled discharge of citizenship duties, loyalty to their country's highest sense of honor and a peaceful, orderly observance of its laws and enactments; therefore, be it

Resolved, That the Executive Board of the California Federation of Women's Clubs does hereby endorse the Susan B. Anthony Amendment and recommends its early passage by the 65th Congress of the United States as a War Emergency Measure, in order that the Womanhood of America may more fully and completely co-operate in the efficient carrying on and concluding of the great war our nation is at present engaged in, and that a copy of this resolution, be mailed to Miss Jeannette Rankin and to the Congressional Representatives of the State of California at Washington, D. C.

UNITED STATES SENATE

Mrs. Herbert A. Cable

1906 West 42nd St.

Los Angeles, California.

My Dear Madam:

I duly received your letter of December 14th transmitting to me a copy of the resolutions adopted at a meeting of the Executive Board of the California Federation of Women's Clubs relating to the Susan B. Anthony Amendment to the Federal Constitution. It is needless for me to assure you that I shall aid all I can in the passage of this amendment, as I am heartily in favor of extending suffrage to all the women of the nation.

Sincerely,

(Signed) HIRAM W. JOHNSON.

My Dear Madam:

I beg to acknowledge the receipt of your letter of the 14th instant, enclosing a resolu-

Continued on Page 23)
MESSAGE FROM PRESIDENT GENERAL FEDERATION WOMEN'S CLUBS

To dear friends and fellow-workers of the California Federation:

Since my last message to you I have visited the state federations in all the Gulf states, Tampa, Florida, being the most remote point. The last week of November was spent in Washington attending the sessions of the Woman's Committee of the Council of National Defense. The attendance at all state conventions showed an increase in numbers as well as interest. Throughout every state the women of the clubs are giving great and loyal service and doing their part in making a great whole.

As you are aware, there are many United States army camps and cantonments in the Gulf states. The clubwomen are putting forth most strenuous and unusual efforts to bring into the lives of the soldiers who are near them, some touch of the comforts of home. It is the constant practice to invite these lads into private homes for Sunday dinner. Churches, clubhouses and homes are opened for their entertainment during the hours of their "leave" from camp. Those who have not visited these localities can have little conception of the added duties and responsibilities that have developed upon the clubwomen. In addition to all the activities in which they have been engaged, they have taken on, willingly and cheerfully, the task of adding to the comfort of our defenders. Surely, widely separated portions of our loved country are being brought nearer together by the courtesies and attentions which are shown our soldiers. The mother of the far northwest will feel a stronger tie to the hospitable mother in the Gulf region who helps to wear away the homesickness of her son. The same will be true of the mother of the North Atlantic region; in fact these lines of contact extend all over the country in every direction and all mothers and sons are being drawn closer together because of these opportunities for service.

The making of a nation depends upon the men and women who are its integral parts. Patriotism is the willingness to sacrifice for the welfare of a nation. It is the utmost giving of oneself in service to others. Whatever is asked of us in the homely deeds of every day life, we cannot practice the highest patriotism without a vision of the future, a courageous looking-forward, planning for the day which is sure to come.

Our hopes and plans for the new year must include all that is good and worthy in the past. We must with wide-eyed vision view the future, and courageously meet each day's task with calm assurance in the justice of the cause in which our nation is engaged.

Faithfully yours,

TONE V. H. COWLES.

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LOS ANGELES CALIFORNIA
NEW YEAR'S GREETINGS FROM PAST-PRESIDENTS C. F. W. C.

MRS. E. G. DENNISTON, California Director General Federation

A Happy New Year to the Clubwomen of California, as individuals, as home-makers and as workers at the world tasks.

There is added responsibility resting upon the womanhood of the land, as we stand at the beginning of another year. May our happiness be in the fulfillment of every duty which shall come to us, not grudgingly, but in love, one for another. Do you remember that expressive sentence in the "Foot of the Rainbow," a sentence which must often help over the hard places, "Where love works—there is no labor."

In club life, this year will bring the inspiration of the 1918 Biennial of the General Federation of Women's Clubs, to be held at Hot Springs, Arkansas, opening on April twenty-ninth. As clubwomen, plan to attend, in large delegations, for the program being builded will be in keeping with the spirit of the times. As California clubwomen, let us show honor to our beloved President, Mrs. Josiah Evans Cowles, who has borne, not only the usual responsibilities of the position, but the added duty as member of the Woman's Committee of the National Council of Defense, which necessitated many trips across the continent.

Clubs are already appointing delegates, in some of the states. Begin this work in time, and let California do her full share, in this, as in other lines, where her interest has been so nobly demonstrated.

MRS. L. F. DARLING One of the Early Past-Presidents of the C. F. W. C.

The New Year brings a confirmed consciousness of war conditions. Many sacrifices and heartaches confront us. As an army of valiant women may our Club life radiate with hope strength and love that will manifest itself in true service for others.

MRS. EDWIN D. BASS, Past State President

During this coming year when so much will be needed and demanded of American women, may the members of the California Federation prove themselves loyal to our government and well equipped for the tasks assigned them.

MRS. JAMES W. ORR, Past State President

I will enter upon the New Year with love and loyalty to the California Federation and the leaders who in this year of grave responsibilities assume the direction of our activities.

I will not be limited by preference, either sectional or personal, but endeavor through a sympathetic understanding to find the essential agreement, which is the spiritual foundation of the federation.

I will hold all club friends close, in the memory of an association which has enriched my life.

I appreciate "The Club Woman," and this special privilege to again confess my faith in the organization of which it is the winged word.

MRS. BRADFORD WOODBRIDGE, Past-President of the Northern District

Is it "A Happy New Year?"

No matter how much we would wish that words could make it so, why the perfunctory greeting "A Happy New Year?" Can it be so? When the heart of the whole world is breaking, when misery and sorrow and suffering are stalking up and down in the land; when scarcely a household but what is mourning the absence or the loss of a beloved member, when personally the great grief of our life has come; shall we indulge in idle words and endeavor to soothe ourselves into a sense of ease and serenity by repeating to one another the stereotyped phrase "A Happy New Year!"

Will it be so? Yes, we earnestly hope that the year 1918 will bring the greatest joy and peace to the whole world that has even been known.

"A Happy New Year?" Yes, it is even now—and for all the rich blessings the comforts and the blessed memories which are ours, let us look up through our tears and be glad.

(Continued on Page 17)
AMERICANIZATION AS A WAR SERVICE

A Community Program In Fresno.

MRS. JEROME O. CROSS,
Representing the C. F. W. C.

Vice Chairman of the Americanization Committee of the Women's Committee of the Council for National and State Defense.

Americanization is now a word teeming with life and possibilities, and inciting many true Americans to a realization of wonderful opportunities to do their "bit" in a way not heretofore thought of in terms of patriotism. The privileges offered by this new line of work are glorious from another viewpoint as well, namely, that this opportunity for service will be a true patriotic one in times of peace, and patriotism should be a vital, pulsating, stirring word in times of peace. A realization of the true meaning of Patriotism all the time will do much to make this world the beautiful and safe place it ought to be for all peoples.

On the other hand, there is no finer bit of wartime service than that of Americanization. In Fresno, where 62% of the population is foreign (which are represented thirty odd different nationalities), we are brought up squarely against the fact that the children in these homes of foreign born people are the ones who, in the next few years, are bound to make their impress upon the activities and welfare of this community. When we realize that there are numbers of cities where the foreign population runs as high as 78%, we know, absolutely, that these new settlers in this America of ours are going to have much to do with our national and international life and policy. Therefore, it behooves us to remember that we as a nation have done, and are doing, very little to produce a homogeneous whole—from this great mixture of peoples and traditions and talents.

Americanization is largely a matter of education, and education is a slow process. But under the impetus of these strenuous days, many organizations and many individuals in Fresno are actively alive to our duties and problems. As the school, more than any other organization, comes closest to the greatest number of people in a community, we have begun by enlarging its scope and extending its influence. This year the Board of Education is maintaining four kindergartens in foreign districts where only one has existed before. There has been great difference of opinion in Fresno about the value of the kindergarten, and serious doubt as to whether these foreign born mothers would allow their children to attend. The superintendent of schools is a most enthusiastic believer in kindergartens, and the Board of Education has allowed him to carry our his ideas in three new kindergartens. The attendance has settled the question as to whether or not the children would come. One kindergarten has sixty-nine, with a waiting list, another has sixty-four, a third forty-nine, and the smallest one forty-five.

One night school of elementary grade, open to young and old, is now in full swing, among the Russian-Germans, and plans are well under way for the establishing of a night school in the Armenian district. The interest and co-operation of several well educated and forward-looking Armenian men has been secured in this effort. They are willing and anxious to assist in every way in the organization of such a school, in interpreting when necessary, and in getting behind the movement generally.

One cannot go very far in an Americanization program without thinking of the Home Teacher. Miss Ethel Richardson, Director of the Bureau of Education of the State Commission of Immigration and Housing, while studying conditions in Fresno among the immigrant population, has been connected with the city schools in the capacity of Home Teacher. This has paved the way for the continuance of this department, and if the right person can be found, a permanent teacher will go on with this work beginning with the second semester.

The Civic Center is also being inaugurated. At the Kirk School in the Russian German district, the kindergarten room will be kept open five nights a week. There are four agencies co-operating to make this possible: The Woman's Civic League, which is planning to provide a weekly program of interest and profit; the Playground Commission, which will endeavor to keep the room open four nights a week, with recreation program, boys' and girls' clubs, and probably clubs for men and women; the County Librarian, who is installing a branch library, from which books will be given out through the co-operation of the playground director; the Superintendent of schools, who is the unifying force binding these various

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agencies together. This building was not lighted, but the Board of Education has kindly made these meetings possible by having the room wired.

In the Edison Intermediate school, which has a large auditorium, the Civic Center idea is being fostered by the Parlor Lecture Club of Fresno. This building has to be lighted also.

There are three other schools in foreign districts, and we hope to have them all open every night before many months, by enlisting the interest of other organizations, and making them responsible for one meeting a week, at least.

In connection with the schools, we hope to have day nurseries, and plans are well under way toward the establishment of the first one. Already a group of social workers, some twenty or thirty, is organized with the definite aim of carrying out a community program in Americanization. We are going to try one thing at a time and concentrate our energies on it until accomplished. The day nursery is the first goal. The increasing support of the Civic Center movement is also a present part of this committee's work.

A very interesting and novel experiment in Americanization has been made this fall, in conducting a public school in connection with one of the large packing plants, five or six miles out of Fresno. The men and women working in this plant live on the grounds with their families during the season. The greatest number live the rest of the year in Fresno. This year there were thirty children of varying ages, with absolutely no chance for schooling from September to Christmas. The company provided a tent, and the Superintendent of schools in Fresno furnished equipment and a teacher. The school has been a marked success, and the teacher, imbued with the true missionary spirit, found many opportunities at noon and after school to spread her influence among the older women of this little communities. Mrs. Waldon, the teacher, had a rather interesting experience one day, when a little girl rushed to her, breathless, and with eyes ablaze, crying, "Them boys say I'm a Rooshian. I ain't no Rooshian. I'm a 'Merican."

Another splendid plan which will go into practice when schools re-open January second, is being carried out by the Child Welfare Department of the District Federation of Women's Clubs. Every day sixty-five children in the Columbia kindergarten will be given a lunch of proper food, properly prepared. The school physician and one of the schools' Home Economics directors are co-operating with this committee, and a ton of raisins has already been donated for this experiment.

Already, in the Emerson school, which is in the Armenian district, a Red Cross Society of mothers has been formed, which meets regularly every Wednesday afternoon. Twenty-four women is the usual number in attendance. In addition to the regular Red Cross worker, the teachers take turns in assisting, the principal of the school taking their classes while they are busy. We hope that Red Cross Societies, cooking and home sewing classes, and especially classes in English, will be an outgrowth of our Civic Center work. The night school of elementary grade in the foreign district is growing so rapidly, that two additional rooms are being made ready to accommodate the people.

Hot soup, or chocolate, is served at noon, in one elementary school, during the cold months. The Parent-Teacher organization of this school is entirely responsible for this movement. It is the first step in this line of work, and while it is in a school where there are few foreigners, I believe it will be a great help in starting similar luncheons in the foreign districts.

We have a very good free clinic in Fresno, well under way, the result, I believe, of efforts of club women.

In the Columbia school, which is largely composed of Italian children we hope to develop the wonderful love and ability for music which this class of immigrants have. Our hope is to have a large orchestra and chorus. Another plan in the musical line, is being arranged by the Superintendent of schools, which is to have a song service at least once a year in which the different
nationalities participate, each singing the carols or folk song of its native land. This will mean a great deal of work, but is a splendid idea.

Among the various organizations in Fresno which are of present or potential help in the Amotion movement, are the numerous clubs of the California Federation of Women's Clubs, the Commercial Club, Rotary Club, University Club, Chamber of Commerce, Parent-Teacher Associations, D. A. R., Association of Collegiate Alumnae, Y. W. C. A., Y. M. C. A., and the fraternal societies and lodges.

A plan is being formulated in which the Y. W. C. A., Y. M. C. A. and Congregational churches will probably join, to establish a home in the foreign district, open day and night, with the usual clubs and religious training that go with the separate organizations.

So, it seems to me, that in two months activity we have already under way a pretty big program, which will grow bigger as present undertakings are accomplished. The outlook is surely bright and encouraging to secure a firm basis for the intelligent consideration of the immigrant in his relation to this land of opportunity and to us, its people, and for the intelligent adaptation of the talents and abilities which these new citizens bring us, to fit them for the place in this great democracy which is sure to be theirs.

RURAL EDUCATION CONFERENCE
Mrs. R. W. Seager (Chairman Education Northern District)

The Pacific Coast Conference on Rural Education and Country Life, conducted by the U. S. Bureau of Education at State Normal School at Chico, December 3 to 6, has a most patriotic significance at this time. Rural Community Life, with all its varied problems, and rural schools, with their many needs were subjects of foremost importance on the splendid program. Patriotism was the keynote of every discussion and every speaker emphasized the idea that upon the development of country life and the progress of the rural schools rests the future of America.

A large proportion of the people of the U. S. are engaged in farming and live in rural districts, in these country folk is the life of the nation. So much depends upon them, industrially and economically, that the country boy and girl should receive the best education and vocational training possible and similar opportunities be offered to all the people for the general good. The rural school—the heart of the rural community and the foundation upon which the national rests—must be strengthened and broadened to meet the needs of every man, woman and child.

Much stress was laid upon the necessity for well-trained, well-paid teachers, specialists and leaders in this nation-wide campaign for rural improvement. The World-War has shown us the need of greater in-

dividual and organized efficiency. The statement was made by Dr. Winship, noted educator from Boston, that women, organized in rural districts, have as great a mission as any organization in America.

In speaking on subject, "Value of Educational Campaigns" Dr. Winship said: "Every man and woman in the State should prepare for a great national drive for better education. We are living in an educational age. We need better country schools and we must take better care of our country children, as they are the bone and sinew of this great struggle for democracy. Efficiency in all lines—efficiency that brings concrete knowledge and net results is the goal to be sought, the demand of the times. Strike while the iron is hot and keep striking."

Every address given by these men and women of experience from Eastern and Pacific Coast States was heartily appreciated. Much disappointment was felt because of the inability of our worthy President, Mrs. Cable, to be present and speak upon the work of the Federation in behalf of rural life progress. However, many lines of work of the Federation were mentioned in addresses of other speakers. Of special interest was the address of Mrs. S. E. Mack of Fair Oaks, Northern District, representing Child Welfare departments of Congress of Mothers and of Federated Women's Clubs. Her earnest appeal for children's health conferences and standardized meth-
ods, as well as her pledge of the hearty co-operation of the women of the State in betterment of rural conditions was enthusiastically received. Miss Amy Steinhardt, Special Children's Agent of State, also showed the great need of active and united effort in this work.

Mr. Cunningham from the State Commission of Immigration and Housing discussed the “Immigrant as a rural problem,” showing how the Americanization problem is one phase of the urgent need for a more universal and thorough educational system that will reach every citizen, with special provision for the foreigners in rural districts as well as in the cities. Prof. W. E. Packard from University of California pointed out the real necessity for better labor and industrial conditions, better social and political advantages also, in order to develop high-class citizenship in foreign population of America.

Much praise was given California for splendid showing made by its county library and public school systems.

Mr. J. L. McBrien, School Extension Agent, U. S. Bureau of Education, who conducted the Conference, declared that no other State had such a comprehensive library system and that California gives to its children under age of eighteen a better average education than any State in the Union. Mr. McBrien also said that this Conference, which was brought to California through influence of Mrs. Laura Oak and Captain Allison Ware of the Chico Normal, was one of most successful ever held and its results would reach beyond boundaries of Pacific Coast States.

As adopted, the resolutions of the Conference request

The federal government for financial aid.

The holding of a national conference on rural problems, and

The endorsement of nine propositions on the program of the U. S. Bureau of Education set for the betterment of rural schools; also

More adequate supervision of rural schools, and

Standardized program for conservation of health of country population.

The Conference pledged its support to program of Federal and State authorities for the Americanization of immigrant population, and

Likewise endorsed the principle of cooperation of home and school as expressed in organizations of Congress of Mothers, Parent-Teachers and in General Federation of Women's Clubs.

Lastly, undivided allegiance and whole-hearted support of our nation and its soldiers and sailors were pledged anew.

I am sure that we all appreciate the vital truths brought to us by this Conference and will grasp every opportunity to aid the cause of education and country-life improvement. Let us abide by these words of Mr. J. L. McBrien: “In these times of preparedness we must not forget the most important of all—the preparedness of the youth for the work of the future. Those of us who remain behind must not be slackers. Let us not forget that the education of all the children and the people is of greater importance than arming the nation that education is better than forts and arsenals, fleets and armies. One thought should be uppermost, “America first, last and all the time.”

“EPIGRAMS”—Pacific Coast Conference

“Those who measure themselves by themselves and with themselves are not wise—hence we have assembled for an interchange of ideas.”—J. L. McBrien.

“The greatest medium in making the world safe for democracy is our public school.”—Mrs. Lura Sawyer Oak.

“Nationalism and national consciousness is coming home to us through the rural schools.”—President Allison Ware.

“Form a good habit and the habit will take care of the child.”—Miss Keppe of Los Angeles.

“It is better to walk in the right way than to run in the wrong one.”

“Music is the thrill, not the frill of education.”

“The idea that the school is for the community and the community for the school is going to revolutionize our country.”—Dr. A. E. Winship.
RECIPROCITY

Following is a list of Federated Clubs, whose signed pledges, by which their members individually undertake to patronize the advertisers in The Clubwoman, have been received to date. Further lists will appear in subsequent issues.

Following is a list of Clubs:
California Badger Club, 100 members, Mrs. A. C. Labrie, President.
Cosmos Club, 175 members, Mrs. A. T. Anderson, President.
Echo Park Mothers Club, 100 members, Mrs. L. A. Beebe, President.
Kate Tupper Galpin Shakespeare Club, 150 members, Mrs. Matthew S. Robertson, President.
Highland Park Ebell Club, 200 members, Mrs. C. I. Ritchey, President.
Laurel Canyon Woman's Club, 30 members, Mrs. L. A. Newman, President.
Philotos Club, 15 members, Mrs. George W. Neules, President.
South Side Ebell Club, 200 members, Mrs. A. E. Pulling, President.
South Pasadena Improvement Association, 310 members, Mrs. Jonathan S. Dodge, President.
Woman's Fellowship Club, 80 members, Dr. Alice Ward, President.
Civic Outlook Club, Redondo Beach, 40 members, Mrs. W. A. Galentine, President.
Woman's Club, Redondo Beach, 75 members, Mrs. Margaret Frick, President.
Womens Club of Sierra Madre, 100 members, Mrs. W. E. Walker, President.
Womens Club of Owensmouth, 60 members, Mrs. E. Morris, President.
Womens Club of Van Nuys, 200 members, Mrs. F. A. Kellogg, President.
Womens Club of Santa Barbara, 150 members, Mrs. Michel A. Levy, President.
Santa Paula Ebell Club, 300 members, Mrs. D. W. Mott, President.
Santa Maria Minerva Club, 75 members, Mrs. John Watson, President.

Club women are invited to visit the factory of the Mathews Candy Co., Inc. at 413 Wall St. Los Angeles, and inspect the clean and modern methods used in preparing all their goods. Their delicious candied fruits received a gold medal at both the Panama-Pacific and Panama-California Expositions because they are manufactured from choice hand picked fruits, and made under the most sanitary methods.

Watch for the new pound packages of Jack Frost Marshmallows.
THE FRIDAY MORNING CLUB

A Christmas Program Given By the International Institute

For the benefit of the Red Cross a Christmas Festival of Folk Music was given at the Friday Morning Club House, December 27th, under the auspices of the International Institute, with Japanese, Armenian, French, Russian, Italian, Servian, Norwegian, Greek and Mexican groups participating.

On the stage the young performers appeared in their national costumes and sang the folk music of their own countries, but in the audience no line could be drawn between native Americans and new Americans, in either costume or appreciative interest in the program. The entertainment was a splendid example of the growth in community spirit which is gradually bringing about greater social solidarity in this nation of ours.

One feature of the program which aroused special interest was a dance symbolic of past and present relations between the United States and Japan. A young Japanese girl first appeared, waving the American flag and dancing very beautifully. Then a Japanese boy, carrying the flag of Japan, bounded upon the stage, approaching the first dancer in a threatening manner. After depicting the misunderstandings and turbulent emotions of the two countries during past decades, America extended a friendly hand to Japan, the dance grew calmer and concluded with the two dancers kneeling at the front of the stage, with crossed flags, firmly bound together.

The last numbers on the program were furnished by a Mexican band, made up of fifty-five real musicians, and while the auditorium of the Club House is hardly large enough for this kind of music, the audience hoped to have the pleasure of hearing the band at some future time, perhaps in the Plaza, or in a larger audience room.

The full program will appear in a later edition.
AMELIA STREET SCHOOL, LOS ANGELES

On the evening of November 22, the auditorium of the new Amelia Street school building was the scene of an unusually interesting gathering. The Los Angeles Japanese Association had selected this auditorium as charmingly appropriate for a reception to the Japanese Commission, homeward bound from a tour of studying the schools of the United States.

The children of the large and important Japanese neighborhood extending north and south from East First Street belong to the Amelia and Hewitt street districts; hence these two schools come together in providing the youngsters' part of the program.

This was preceded, however, by addresses from the leaders of the affair. Mr. G. Yuasa, President of the Los Angeles Japanese Association opened the evening with an easy and eloquent expression of welcome to all present. Mr. U. Oyuma, Japanese Consul, spoke of the earnest and growing friendship between America and Japan which was bound to follow better acquaintance.

Dr. E. Uyehara, Representative of the Japanese Commission voiced the hearty gratitude of the Commission for the uniform courtesy and helpfulness they had received from all the school officials in this country. He expressed his admiration for what they had seen and said that now their one desire was to utilize their acquired ideas for the benefit of education in Japan.

Mr. M. C. Bettinger, Assistant Superintendent of Schools, began with the friendship of America for Japan but led out to the larger thought of brotherhood among all the nations represented in our country.

The children's program had many Thanksgiving features. The little foreigners drop very naturally into the inheritance of festivals and historic associations with which we endow them. Japanese and Mexican children appeared in Indian and Pilgrim costumes and declared themselves to be Captain Standish, Priscilla and other first Americans.

The children's work was characterized by drill and finish which yet did not lessen its spontaneous charm.

The full program will be published later.

(Continued from Page 10)

MRS. E. D. KNIGHT, PAST PRESIDENT
C. F. W. C. GENERAL FEDERATION
STATE SECRETARY

I extend to the Club women of California the best of good wishes for the New Year. If opportunities and responsibilities loom up before us we must go forth to meet them with a brave heart and determined spirit.

May this be a crowning year for the perfection of our plans and the realizations of our ideals. A year that will bring "peace on earth and good will to men."

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The 17th Annual Convention of the Los Angeles District will be held February 5th to 8th, in the beautiful and commodious Hotel Potter, Santa Barbara.

A more ideal place could not be found in which to hold a big convention. Santa Barbara is noted the world over for its delightful winter climate, and the Hotel Potter is peculiarly situated to give the desired effect of perpetual Spring; standing as it does in a tropical garden of many acres, facing the peaceful Pacific that rolls away to the blue-grey islands in the distance, and having the majestic Santa Ynez Mountains as a background.

While the exterior affords all that could be desired in natural beauty, yet it is the interior of this famous hostelry that really makes it the ideal spot for either a permanent dwelling place, or club convention, a courteous, homelike atmosphere prevades.

Mrs. M. A. Levy and her efficient local committees are planning to give their visitors a royal good time which will include a trip to various points of interest, chief among them will be the Old Mission, found-
ed in 1786, which is one of the foundation stones of our great western civilization; and to Boyland, perhaps the most down-to-date school in the West, which was originated by Prince Hopkins, a young enthusiast with a friendly bank book, a native son of Santa Barbara, who is willing to spend his fortune for educational service. The school is situated in the most picturesque surroundings. Hopkins ideals are being tempered by the practical, yet intensely modern methods of Mollie Price Cook, who is in charge. The Montessori method is being used with the younger children, and Miss McClellan of the State Normal School devotes one day a week in giving demonstration classes of new, modern methods in geography.

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New Year's Resolutions:
Make the Best of Everything
Think the Best of Everybody!
Hope the Best for Yourself!
—George Stephenson.

In every deep and true sense an artist faces his own soul when he looks at his finished work. He sees a bit of himself in every book, painting, statue, or other product of his energy and skill. What was once concealed in the mystery of his own nature is set in clear light in the work of his hands; the reality or unreality of his aspirations is finally settled; the question of the possession of original power or of mere facility is answered. The worker is slower an unknown force; he has been developed, revealed, measured and tested.
—Hamilton Wright Mabie.

The question is not whether we do a major or a minor part in the world's work, but whether we essay to do our part and to do it nobly.
Farthest from the war zone, we have perhaps been the last to awaken to the very great need for workers in the Red Cross supplies; to the pressing need for sewed and knitted garments, surgical dressings, etc.
But when one listens as a small part of an audience to the recounting of tales of suffering by those who have been on, or near, the firing line; suffering in France, and in Italy—not to speak of the already known conditions in other of the war-ravaged countries—it is not too much to say that every woman and child should strive to the utmost to do their full and complete share in piling up the number of sweaters, socks, bandages, and garments to be sent across the water.
The Red Cross is the last and final attempt in relief; it is the last and final comfort, if such there can be; it is the last and final tribunal just now for humanity to express itself humanly.

And the women are flyers! And they are high-flyers, too!
Don’t it thrill you to read of Ruth Law and the girl aviator, Katherine Stinson, who averaged sixty-two and a half miles an hour on her flight from San Diego to San Francisco? She made her fastest time, seventy miles an hour, on the last lap as she neared San Francisco Bay. But this was to be expected—San Francisco is a magnet.
Here is the record in brief: Time, 9 hours 10 minutes; average speed, 62 ½ miles; highest altitude (over the Tehachapi) 8,000 feet; machine, biplane with triplane body; engine, 90 horsepower.
It stands as a wonderful record in the career of woman! It signifies far more than a slip of a girl in a flying machine.
It is the “Westward-Ho!”

We do like the “holiday dress” of the Bulletin of the Los Angeles City Teachers' Club, but it has not taken so attractive a covering to tell of the merits of this little periodical. It has been coming regularly each month for the past several years, and it is the most comprehensive and far-reaching publication which we receive from any of the state federation. It always carries some bright, happy, hopeful message; something personal, too, so that the reader feels like she had been invited in to sit by the fireside for a pleasant chat and a taste of its sociability. And even though the mails are crowded with magazines, leaflets, booklets, and what not in advertising matter, there is always a quiet moment given to at least a cursory glance through the pages.
And then someone asked: “But why shouldn’t such a bulletin be interesting? Isn’t it a Teachers’ Club?”

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CLUBS FEDERATED IN DECEMBER

Los Angeles, Mills College Club, President, Mrs. E. H. Noe; Secretary, Mrs. Roscoe C. Williams.

Los Angeles Million Club, President, Mrs. Clara Shortridge Foltz; Secretary, Mrs. F. Bevens.

Rivera, Los Angeles Co., Rivera Improvement Club, President, Mrs. M. R. Sawyer, Secretary, Mrs. H. H. Coward.

Stockton, Iaqua Literary Club, President, Mrs. G. R. Alexander; Secretary, Mrs. D. L. Emerson.

"Punctuality is the politeness of kings, Let it be that of women."

The February issue of The Clubwoman will be a conservation number with special articles on Forestry and Waters—History and Landmarks.

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STATE COUNCIL OF DEFENSE

CALIFORNIA WOMEN’S COMMITTEE
OF THE COUNCILS OF NATIONAL
AND STATE DEFENSE
RESOLUTIONS
Dried Food Products

Whereas two factors are of supreme importance in increasing the food supply of our people and Allies, viz., increased production and conservation of all processes concerned in distribution—such as labor, transportation and containers, and

Whereas the dehydrating of fruit and vegetables offers an immense economy in all of these, at the same time furnishing an excellent food product, and

Whereas the British, French and German Governments are using enormous quantities of this product for their army and navy with satisfactory results,

Whereas the use of this process would ensure a market for unlimited production, thus encouraging the farmer and individual grower to develop our large percentage of unused land.

We, the Central Committee of the Women’s Committee of the National and State Councils of Defense, earnestly request Governor Stephens and the State Council of Defense to place this matter before the Committee of Food Resources and Supplies and ask a report from the Department of Agriculture of the University of California at an early date with a plan for an extension of this through the State and the Nation, and with a view to supplying the army and navy with this form of food product.

And we further urge that this matter be called to the attention of the California and Federal Food Administrations, and the National Food Purchasing Committee.

Conservation of Cotton

Whereas Conservation in all directions is necessary if the United States is to be able to meet the demands made upon all resources, due to the conditions of the war,

Whereas cotton is one of the articles used in making explosives and nearly a bale is used every time a large gun is fired, there is already, according to Government reports, a half million fewer bales this year than last,

Whereas there will be an unusual drain on the cotton product of the Nation.

Therefore, the California Women’s Committee of the Councils of National and State Defense, calls to the attention of the State Council of Defense the waste of cotton which goes on in households and in hotels and restaurants. State institutions and all public places, by the misuse of towels and tablecloths and napkins. It is a common thing for janitors and porters to use good towels as scrubbing rags, or for polishing metal ornaments, and for cooks and waiters to use napkins and table covers to wipe greasy stoves and ranges, or dirty floors. This practically destroys the article used, as when it is sent to the laundry the chemicals used to remove the grease and dirt ruin the fabric.

With the call that comes daily from the Red Cross for more and more surgical dressings and bandages, it is a patriotic duty for every housewife, and for every hotel and restaurant keeper, to use precautions against the waste of linen and cotton, in order that there may not be a shortage of this important commodity.

We, therefore, ask the State Council of Defense to issue a Bulletin covering this subject, which shall be given wide publicity and which shall be sent to the California Hotel Men’s Association and to the Association of Restaurants and Cafe Proprietors.

GRACE E. McKINSTRY
ARTIST
Lecturer on Art and Travel
Will Handle Club Programs
REFERENCES
Pasadena Shakespeare Club
Hollywood Woman’s Club
650 South Burlington Ave., Los Angeles, Cal.
Wilshire 43

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Swastika Barley Crackers
Swastika Graham Crackers
Swastika Oatmeal Crackers
Swastika Bran Cookies
(Continued from Page 8)

rection concerning the Susan B. Anthony Amendment to the Constitution.

I will give the matter my careful attention, and, at an opportune time, will present the resolution to the Senate in the form of a memorial.

Very truly yours,

(Signed) JAMES D. PHELAN.

HOUSE OF REPRESENTATIVES

My Dear Madam:

I have read your letter of recent date, which has just been received, and you may be sure I have given very careful attention to what you say.

I hope you will write me at any time I may be of service. It is a pleasure, and I am glad also to receive suggestions upon any question in which you are interested, which may come before Congress. I will present your resolutions on the floor of the House. We hope to win on January 10th when the vote occurs.

With best personal wishes, I am

Very cordially yours,

(Signed) C. H. RANDALL.

My Dear Madam:

Receipt is hereby acknowledged of your letter of the fourteenth instant, containing resolution relating to the Susan B. Anthony Amendment, which was unanimously passed by the Executive Board of the California Federation of Women's Clubs.

I assure you this important legislation is receiving my very best attention and will have my hearty support and vote. I am,

Yours most truly,

(Signed) JOHN E. RAKER.

My Dear Madam:

I have your letter in which you state that the Executive Board of the California Fed-

eration of Women's Clubs unanimously endor- 

sed the Susan B. Anthony Amendment to Constitution.

I have already expressed my intention to support the measure.

Very truly yours,

(Signed) J. A. ELSTON.

My Dear Madam:

I am in receipt of your favor of 14th inst. informing me that the Executive Board of the California Federation of Women's Clubs has endorsed the Susan B. Anthony Amendment to the Constitution, enfranchising women.

I am heartily in favor of such enfranchisement, and intend to support the Constitutional Amendment when it comes before the House on the 10th of January.

Very sincerely yours,

(Signed) HENRY Z. OSBORNE.

My Dear Madam:

I desire to thank you for your letter of December 14th, with copy of Resolutions submitted by your Federation. I am quite in sympathy with this work, and shall con-

inue to give the matter my careful atten-

tion.

With the compliments of the season, I am,

Very truly yours,

(Signed) WILLIAM KETTNER.

My Dear Madam:

I have received your letter of the 14th instant, enclosing resolution relative to the Susan B. Anthony Amendment to the Con-

stitution. I am heartily in favor of this measure and am giving it my support. It has recently gained in strength, although its passage is not yet certain.

Sincerely yours,

(Signed) CLARENCE F. LEA.
My Dear Madam:
Your letter, enclosing resolution adopted by your organization in favor of the Susan B. Anthony Amendment to the Constitution has been received, and in reply will say that I shall do all in my power to secure the passage of this amendment, not only by my vote but by influencing others to favor it when it comes up before the House.

Very truly yours,
(Signed) JOHN I. NOLAN,
Fifth District, California.

My Dear Madam:
Your letter of December 14, enclosing copy of Resolution in regard to the Federal Amendment for National Woman Suffrage has been received and will be given Miss Rankin's attention as soon as possible.

Cordially,
(Signed) L. W. PUFFER,
Secretary.

NEW YEAR'S WISH
The Clubwoman, despite the present world crisis, wishes its readers a Happy New Year, for happiness comes not from without but from within. What the year 1918 holds for us of joy or sorrow, we know not; but with a heart full of courage and a purpose strong to do our best, we face the future without fear. We face it gladly and rejoice that we live in these wonder days and are counted worthy to have even a small part in the work of world regeneration. We are not asking for an easy job but for strength to do efficiently the job that is assigned us. No matter how menial or trivial the task may seem, we know that if faithfully performed it will be of golden moment. Then, let us go forth nobly—let us go as those whom greater thoughts and greater deeds await beyond.

Now that we are asked to practice some of the almost forgotten economies of our Forbears, it would not be amiss to reinstate the out-dated custom of making good resolutions at the beginning of the year. We might resolve to answer promptly all letters in club work, to be teachable and dependable, two indispensable qualities in a club woman, and to be loyal to our Federation in all its departments.
CHARACTER SKETCH OF MISS JULIA MORGAN, ARCHITECT

By Mrs. William E. Ritter

In the group of students of the Zoological Department of the University of California who accompanied a vacation sea-shore laboratory excursion to Catalina Island one summer a score of years ago, there appeared a young Oakland girl. So young was she that her careful mother came with her though she had to also bring a younger sister and brother of the youthful girl student. Small of stature, delicate of frame and feature, gentle of voice, modest of manner almost to timidity, on first appearance one would judge her to be better fitted for an eighteenth-century heroine in one of Jane Austen's novels than an end-of-the-nineteenth-century university student. But even a brief acquaintance, only sufficient to note the steady gleam of the eyes, the quiet but firm tone of the voice, would convince one that there was no faintly feminine Fairies behind those delicately chiseled features. And one soon learned there was an invincible spirit, an indomitable will, and a commanding intellect dominating that small but wiry body. Ere the end of four weeks intimate association in the University camp, the whole group of professors and professors' wives, and the men and women students came to appreciate the rare qualities of Julia Morgan.

A native daughter, born in San Francisco but reared in Oakland and taking her preparatory training in the Oakland High Schools, she entered the College of Civil Engineering of the University of California. Divided in her student interests between "pure" science and architecture, her major subject, architecture with its applied science and intricate mathematics won out, and she resolved to devote her life to her first love. Completing her university course a year later she studied for a time in the office of Mr. Bernard Maybeck the designer of the famed Palace of Fine Arts in San Francisco. She then went to Paris hoping to enter L'Ecole des Beaux Arts. Here she met almost insurmountable obstacles. Her sex, and perhaps her stature, stood in the way of achieving her desires. For a less invincible will the many obstacles would have spelled failure, but the added difficulties only increased her determination to succeed. Failing to gain admission to the regular classes, she spent two years under the tutelage of private professors, and four years with one of the leading professors of the department of architecture, Messieur Chaussemiche, during which time she was received as a student in L'Ecole des Beaux Arts. The most difficult tasks and intricate problems were given her each year as she came up for the annual examinations, and the excellence of her work could not be denied, but the pride and prejudice of a French faculty are harder to overcome than the science and arts they represent.

For six years she stuck doggedly to her self-appointed task until the powers that-be had been forced to acknowledge that she had fulfilled every possible intellectual requirement, but they foxtily delayed this acknowledgement until she had passed her twenty-eighth birthday when they gave her full honor except the degree, for they brought out their archives in which were inscribed a ruling that all applicants for degrees must be under twenty-eight years of age. Disappointing and exasperating as this was, there was compensation in the fact that she had not only been drilled in the school of experience and adversity, but also had been drilled in the technique of her science beyond the usual measure, and it is not surprising that workmen have never questioned the authority of their quiet but persistent architect. She returned to California with the lines of accomplishment, and in a six-year contest with French prejudice and arrogance, written in her face if not on parchment.

Upon her return she entered the office of the university architect, Mr. John Galen Howard until she started in business for herself in 1904. Her home being in Oakland she established her business headquarters in San Francisco and since the reconstruction of that city her offices, filled with draughtsmen and assistants, occupy several rooms in the towering Merchants Exchange on Post Street. And the reconstruction of
that city after the great fire gave her opportunity to prove her merit. An example of her work stands the Fairmount Hotel of today. More than one architect shook his head over the restoration of those ruins, but this indomitable little woman undertook and accomplished the task. While domestic architecture has possibly occupied more of her time and attention, and many beautiful homes all about San Francisco Bay and the center of the State, as well as the remodelling of Mrs. Hearst's Hacienda at Pleasanton, evidence her skill, she likewise glories in towering business structures. Among the public buildings which illustrate her varied ability are the library, gymnasium and bell tower at Mills College, schools both public and private in several cities, churches, banks, warehouses, the King's Daughters Home in Oakland, the Chinese Mission in San Francisco, and other structures scattered from the North Star Mines in Grass Valley, to San Diego on the south.

Naturally women turn to her and her generosity in helping women's work for women is recorded in steel and stone as well as burned in brick and timber. The Y. W. C. A. buildings in Oakland and San Jose, all the structures of the National Y. W. C. A. conference grounds at Asilomar near Pacific Grove, as likewise their building in the Exposition at San Francisco, are the children of her brain. And now that war is upon us she is giving as her "bit" her time and talent in planning and overseeing the construction of the hostess-houses for the Y. W. C. A. war work in the various cantonments of the Pacific Coast. One of these at Camp Kearny near San Diego, the gift of Miss Ellen Browning Scripps, was opened on Thanksgiving day and dedicated the day thereafter, November thirtieth.

Among the many women of note in California there is no other who has achieved such marked distinction in this particular line of architecture, and none of whom we club women can be more proud as regards sterling character and quiet womanliness combined with rare professional skill, than of Julia Morgan.

### HOME PRODUCTS

**SUETENE**

**THE IDEAL SHORTENING**
Made Fresh Every Day

**R E X**

**PORK and BEANS**
With Tomato Sauce

Appetizing Delicious Nutritious
Manufactured under Government Supervision by
THE CUDAHY PACKING COMPANY
Los Angeles, Cal.

### DISTRICT NEWS STAND

**NORTHERN**

Miss Sally H. Milligan, East Auburn, Chairman.

**PLACER COUNTY FEDERATION OF WOMEN'S CLUBS**

The third regular meeting of the Placer County Federation of Women's Clubs was called at Rocklin on November 15th, 1917, delegates from all clubs except the Dutch Flat Civic Club being present, and a goodly number of visiting club members filled the cosy little clubhouse to the doors. Rocklin has the distinction of being the only club in Placer County that owns its club home, and the welcome extended by this Club to the visiting members of the Federation sent many of them home with a desire to own their own local club headquarters.

All the social feeling of a Reciprocity Day, combined with the united purpose of all present, gave a feeling of busy accomplishment, which begins to mark the activities of Women's Club since they are expending their efforts on war work, and this united action is bound to bring results and give the clubs a feeling of unity and power so necessary to public activity.

The Federated Clubs having undertaken the work of the Women's Committee of the Councils of State and National Defense have given much time and attention to the circulation of the Food Pledges, the collection of Placer's quota for the Library Fund for the soldiers and sailors, and the Library Loan drives.

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**WRITE FOR CATALOGUE**

**Golden Crown Butter**

Can not fail to please you
Because it is—

**CLEAN**
**UNIFORM**
**HEALTHFUL**
**UNEQUALED**

Protect your family by serving them
"THE BEST OF THE GOOD"
Sold Wherever Quality Prevails

ASK YOUR GROCER

Golden Crown Butter Company
Mr. J. H. Quire, Legislative Reference Librarian of the State Library, addressed the meeting on the "Book Needs of the Soldiers," and Mr. Will C. Wood, Commissioner of Secondary Schools, spoke on Food Conservation, giving the ladies a larger vision of the needs of the peoples of Europe and our duties toward them. Mrs. J. D. Stewart, of Auburn, also spoke on this subject.

The Northern District President, Mrs. G. E. Chappell, was present and urged the club members not to neglect the artistic side of club life, during these practical times. Each member club contributed a musical number or a reading, varying the program for the day and leaving a feeling of pleasure and profit with all who attended.

A visiting delegation from Sacramento, including Mrs. McCoy, Mrs. Walton and Mrs. Purnell, brought a message from the Y. W. C. A.

MRS. C. K.) HAZEL S. SCHOABEL, President.

This is the first get together meeting of women's clubs to be held in Tehama County. We have had teachers' institutes and associations, many conventions of various church organizations, either in individual churches or in union meetings; and, no doubt, in many, if not in most of these gatherings was felt the preponderating influence of women; but this is the first occasion that we have had a convention of women's clubs.

The Oroville Monday Club year book, just received, shows the programs of a record year, under the direction of its president, Mrs. Howard Henderson.

The members here, as elsewhere, are busy with knitting and sewing for the Red Cross. The Club has an interesting literary section which holds a "Short Story Hour," and has the distinction of having Mrs. C. B. Griggs as leader of its dramatic section. Mrs. Griggs as Veta Hurst has written "The Breaking Point," recently accepted by Colliers Magazine.

The Lincoln Club had Mrs. J. Stewart of Auburn to speak on Food Conservation at one of their regular meetings recently. The Auburn Club has raised their library allotment by tag day.

The clubs of the Northern District easily fulfill the quotation, "Happy is the country that has no history," likewise busy are the clubs that have no notes but remember it pays to advertise and helps others.

May this be a busy and happy new year, and "Oh! Lord God let us not forget to be kind."

SAN FRANCISCO

Mrs. W. C. Morrow, Chairman

The Improvement Club of Dixon has given much of its time to the boys who are called to war. Every boy from Dixon has been given a "Comfort Kit" made by the members of the club. Not one boy has gone away without a farewell reception, and every community boy had a Christmas box furnished by the women who have tried to provide for his comfort and pleasure. The receptions that have been held have meant a great deal to the boys, as the letters that come every week testify. They were especially appreciated by the young men who had neither home nor relatives, but who left...
feeling that some one was interested in them. The club has a Park Fund and are hoping to have some day a public square, but while waiting for the opportunity to grow ripe have placed the amount in a Liberty Bond and feel well satisfied that the $100 thus expended is working gloriously while waiting for its mission to mature.

It is of interest to state that for the past two years the club women of Dixon have given Christmas gifts to the inmates of the County Hospital. The matron tells the clubwomen that the old ladies of the hospital weep for joy over the packages that contained not only a dainty gift for adornment, but nuts, cakes and other goodies. Each gift is rolled separately and with as much Christmas cheer as could be given. The practice of sending the gifts to the inmates has had the effect of causing those in authority to give more attention to the comfort of the unfortunates.

The club gives a social afternoon once a month to the women of the community.

With the approach of the holidays the Jinks begin. The President's Assembly opened the ball on Saturday, December 1st, with a café chantant a la Champs Clysees. It was given at the Fairmont Hotel.

The Corona Club had a pleasant afternoon recently with a lecture by Dr. C. H. Bryant, who spoke of "Wild Life and Bird Conservation." The lecture was illustrated with steroipticon views.

Miss Margaret Curry, the able President of the California Club, has been urging the members to knit fast and furiously. The demand for knitted articles is urgent, and Miss Curry wants her club to do its best for the cause. Miss Curry presided recently at a tea at the Fine Arts Palace, doing her part there as well as elsewhere. Hundreds of garments have been sent from the California Club.

Mrs. E. D. Donovan, President of the Pacific Coast Women's Press Association, has been doing strenuous work for her club in the entertainment of the blue-jackets and the enlisted men as well as for the officers in army and navy.

Arthur Babcock

BARITONE
Formerly a member of the faculty of New England Conservatory of Music, Boston
RECITALS AND LECTURE-RECITALS
American Songs a Specialty
Residence Studio:
1217 Stratford Avenue, South Pasadena
Los Angeles Studio
Homephone 34528
330 S. Grand Ave.

LUCY E. WOLCOTT, B. A.
announces
A Historical Program of
American Songs
Phone 12981
1448 Elm Ave., Long Beach, Cal.

The Daughters of California Pioneers, of which Mrs. Millie S. Biven is President, will meet in December. The Papyrus Club gave an entertainment for enlisted men at the California Club rooms. Mrs. James Rolph, Jr., was chairman for the affair. Mrs. Rolph’s charming personality and pleasing ways make her a delightful hostess and a delectable adjunct to any function she graces by her presence.

ALAMEDA

The following letter was received by Mrs. Herbert A. Cable, State President C. F. W. C. in answer to the President's letter to clubs asking for information as to how club

Our Winter
Corset Sale

Offers exceptional opportunity for practicing War Thrift.

Many high-grade as well as popular-priced corsets, in either Lace-Front or Lace-Back models are being offered. Reductions of one-half, one-third or one-fourth from the regular prices.

Newcomb
Corset Shop
623 SOUTH BROADWAY

Rosamond C. Harker Phone A4417
THE ROSEMARY BEAUTY SHOP
Permanent Hair Wave
Full Line First Quality Hair
9th Floor, Brack-Shops Los Angeles

Miss Ebersole
INDIVIDUAL MILLINERY
The Brack Shops, 9th floor Los Angeles Cal.
Seventh St. and Grand Ave. Phone A5496
women are cooperating with the Food Administration.

As chairman of the Food Conservation Forum class of the Twentieth Century Club of Berkeley, your letter to our president, Mrs. F. G. Atearn, has been handed to me to answer.

It gives me great pleasure to tell you that we meet every Friday afternoon from 2:30 to 4:30. The attendance has been steadily growing from 50 to 125 at our last meeting.

We are working entirely on how to keep the Hoover Pledge assuming that all have signed it, as most every woman in Berkeley has.

Mrs. C. M. Haring, District chairman of Home Economics C. F. W. C. and teacher of domestic science in the Berkeley High School, is directing our work with practical demonstrations and recipes on wheatless bread, sugarless cookies and candies, and meat substitutes. The last meeting was devoted to Thanksgiving menus and we had a table set with fruit basket in center, four kinds of Hoover salads, five kinds of brown flour crackers, curly and celery, cheese sticks and dates stuffed with cheese to be eaten with salad. At the other side of the room was the demonstration table with large basket of red berries in the center, samples of bread sent by bakers, samples of corn and barley flour, breakfast foods, etc., sent by Sperry Flour Co., and two conservation cakes baked by our ladies. All were cut and sampled. We always have something to exhibit and give the recipe of same. We also have speakers at each meeting and have heard Dr. C. Coffin, Mrs. Ralph Merrit, representing her husband, Mr. Foley, Secretary of the Bakers council of defense, Mrs. F. C. Turner, chairman of Alameda Co., Mr. Ingels, chief chemist of the Sperry Flour Co.; Prof. Thummel and others have promised to speak to us. We are hoping for the pleasure of having our State president address us when she comes to Berkeley.

Bread has been especially baked for us by several of our leading bakers from the new flour sent by the mills.

As this is the Twentieth Century Club’s contribution to war service we have opened this section free to the public of Berkeley. Even some have come from Oakland. We are willing to help other clubs when asked.

MRS. W. A. HARGEAR

SAN JOAQUIN VALLEY

From Louise B. Deal, M. D., State Chairman of Child Welfare, comes the following note of appreciation:

A most interesting scene was enacted at the Buena Vista School, of San Francisco, on Monday afternoon, December 24, 1917, when the Federated Clubs of the San Joaquin District, under Dr. Flora Smith’s direction, sent their Christmas boxes to the children of the fresh air class.

Twenty-seven little pale-faced girls and boys received generous boxes of nuts, raisins, dried fruits, canned fruits and gifts

BRADFORD’S TABLE-QUEEN

—A new loaf from the Bradford Bakery. A flavor that is different—a shape that is different.

—The color, grain and taste all up to the standard of the “Matchless Bread” from the

BRADFORD BAKING COMPANY
from their foster-mothers in the San Joaquin Valley.

Dr. Flora Smith, District Chairman of the Child Welfare Department of the State Federation, realizing that these city children in the fresh air school need plenty of sugar as well as plenty of fresh air, originated a plan of having each one adopted by the club women of the San Joaquin Valley where fruit is plentiful and people are generous. Each child has a foster mother whose duty and pleasure it is to keep this child well supplied with fruit, both in summer and winter.

How systematically this plan has been carried out during the year, and the thoughtfulness and love shown in the packing of these Christmas boxes, adds materially to the debt of gratitude that the San Francisco people already owe to the San Joaquin Valley. To see the joy and delighted astonishment of these children, as each one hauled out of his special box a bag of raisins, a box of cookies, a game, a doll, a pair of stockings, a garter, a bonnet, an airship, a fat Santa Claus, or what not would have made glad the hearts of our whole state.

The Michael Angelo School has also come under the protection and helpful care of this same district—it is a splendid work you are doing you club-women of the San Joaquin District. Your State Federation is proud of you.

LOS ANGELES DISTRICT
Miss Bessie Carrick

The West Ebel Club of Los Angeles, one of the baby clubs of the Federation will celebrate its first birthday February 15th. Owing to the demand for the advantages offered in the study sections the Club year has been extended to include June and September. The sections are Music, Art, Drama, Books and Conversation, Spanish and a Red Cross Auxiliary. The Music section with an able instructor and under the non-de-plume of Liberty Ladies Chorus are engaged in Concert, War benefit and Altruistic work.

The Club invested a part of their Club House Fund in the Liberty Bonds and have contributed to the Recreation Fund for the Liberty Army Boys, The Yule Tide Fund, Army Library, The Armenian Relief and the Woman's Training Home. The Sunshine and Emergency Committees whose duty is to give aid and cheer to the families of those who have gone to the front, are doing a noble service. The prisoner's friend committee of which Mrs. F. R. Butcher is the head have recently secured the parole of a young man from the penitentiary.

A motion picture machine was purchased by the Club for the Vermont Library, and it was used by the Club as part of the program for Mothers' Day to raise the Mothers' Endowment Fund. The film "Joan the Woman" was presented. The Club had a Musical Festival and Community Tree in Library Park at which the Drama section presented a play and the Liberty Ladies Chorus sang Christmas Carols.

Ebel Club of Pomona, comprising about 400 women, has again resumed active work in its many sections. The use of its beautiful Club House was donated to the Local Red Cross Chapter for the summer months and there was much accomplished in the line of sewing. Besides buying Liberty Bonds, the Club has donated $25.00 to the Red Cross Chapter—half the proceeds from the annual Chrysanthemum Show just held, which by the way was pronounced remarkably beautiful this year.

Mrs. F. C. Wright the Federation Emblem Chairman, urges all Club Presidents to purchase a Federation Pin before the Los Angeles District Convention, and suggests that it would be a splendid thing if Clubs would buy pins for all the delegates they send. This would answer two purposes. It would be a valued souvenir for the delegates to keep of the convention and help the Federation.

SOUTHERN
Miss Mabel H. Burtner

War relief work and hospitality distinguished the club calendar for December. However, several artistic features were reported, one of the most notable of these being the appearance of Miss Beulah Wright, dean of the College of Oratory of

DAVIS MUSICAL COLLEGE
606 Majestic Theatre Building
Phone F5869

Prepares pupils in repertoire of Voice culture, Piano, Organ and all Orchestral instruments.

Classes in Theory, Harmony and History of Music, Sight Singing.

Orchestra practice weekly.

A Special course for Vocal Teachers.

New teachers added to this year's Faculty, enables the school to offer unexcelled advantages to any one desiring the best of instruction.

Students may enter at any time but it is desirable that they enroll with the beginning of the year.

Prompt attention will be given all requests for further information, catalogs, etc. Address: Dr. Eugene E. Davis, Pres.,

DAVIS MUSICAL COLLEGE,
Office 606 Majestic Theatre Bldg.
the University of Southern California, before the Woman's Club of Riverside and The Contemporary Club of Redlands. "Literature as We See it Today" was the theme which Miss Wright presented to her audiences, giving to them with her usual excellence of interpretation some of the choicest poems and short stories of the world's most famous writers.

In San Bernardino a musical program of artistic merit was given. The singer, Mrs. Carl Johnson, a contralto, gave songs of the Orient, appearing in rich costume, sometimes accompanying herself on strange Oriental instruments which most folks have never seen. Mrs. Johnson has made a study, not only of music of the Orient and Hawaii, during six years of residence in China, but of the costumes and the art of the country.

Loyalty to the Federal Food Commission in saving the foods for the army and our allies was demonstrated by the Woman's Progress Club of Heber, recently, when they voted to dispense with refreshments at their regular meetings during the war period. A most helpful study of conservation of dairy products was made under the direction of the Home Economics committee.

The Holtville Study Club, with Mrs. R. W. Hoover as its president, now has fifty members enrolled, and the meetings are well attended, and the various activities undertaken have been very successful. The club women have lent valuable assistance in the building of a city hall in the center of the town, which will be used for the numerous public meetings necessary in any community. The Woman's Club will have permanent quarters in the building, which will be commodious and attractive.

On December 14th Mrs. C. C. Arnold, President of the Southern District, C. F. W. C., was hostess to the executive board and Presidents' Council, at Winnetka, her

(Continued on Page 34)

A PATRIOTIC MOVE

Little by little everything which even remotely smacks of Germanism is being removed from American life. Los Angeles and a number of the surrounding cities have ousted the teaching of German from the city schools. In every city on the Coast business firms with German-suggesting names are changing them to good American ones.

The last and most notable example of this is that of the Berlin Dye Works, of Los Angeles, probably the largest plant of the kind on the Coast, the name of which is being changed to the American Dye Works. In addition to the large expense entailed in the repainting of half a hundred delivery wagons, scrapping all stamps, stationery, engraved cuts, advertising literature, etc., besides repainting the huge plant itself, the loss through money spent in the past in advertising a now useless name is great—but not too great for the purpose, according to Mr. A. H. Kornblum, president and general manager of the company.

You buy with care and economy when you order

GLOBE A-1 FLOUR

The flour milled to meet your every need, that means efficiency and success in your baking.

The product of an all steel and concrete sanitary mill.

GLOBE MILLS-Los Angeles
TWIN WARTIME ECONOMISTS

EGGINALL—Is a correct combination of EGGS with Superfine Baking Powder. In addition to containing Eggs, the preparation is more economical to use than ordinary Baking Powder. Users say they prefer Egginal to eggs when making such things as waffles and hot gems. It is a boon to busy housewives.

EGGINALL SALES CO., 771 San Julian St., Los Angeles, Cal.

CUSTOCREME—This is a perfect combination of EGGS with other nutrient material. It makes dainty and delicious custards, as well as a host of other sweet and savory dishes where eggs are required. Both products are made in strict conformity to the requirements of Federal and State Pure Food Laws.

Sold in 4-oz., 8-oz. and 16-oz. Cans—Ask Your Grocer for Them

Phones—Main 9355; A4295
HOME DEPARTMENT

PROTECTING THE PUBLIC

The advertisements of foods and foodstuffs which appear in this and coming issues of The Clubwoman are from firms which have in every respect conformed to the rigid requirements laid down by the Department of Health, C. F. W. C., as a part of its present campaign for the protection of the public through the elimination of impure foods and food materials. In every case, before a food advertisement is accepted for the official magazine of the Federation, the plant or establishment is thoroughly inspected by a special committee named for the purpose by the Department of Health and composed of qualified experts on the subject. The appearance of such an advertisement in The Clubwoman is consequently prima facie evidence of purity, reliability and patronage worth.

The work of the committee has now been extended to include the inspection of laundries and other establishments whose work affects the public health.

At the head of the department's committee of inspection in the South is Dr. Lulu H. Peters, M. D., Chairman of the Department of Health for the Los Angeles District.

At the head of the department's committee of inspection in the North is Dr. Mariana Bertola, M. D., Chairman of the Department of Health and Child Welfare of the San Francisco District.

EGGINALL AND CUSTOCREME RECIPES

Graham Gems
1 cup graham flour.
1/2 cup flour. 
2 tablespoons sugar.
1 tablespoon butter.
1 cup milk.
3 teaspoons (level) Egginall.
1 teaspoon salt.
Method: Thoroughly mix all ingredients together; lightly rub in butter, add milk and beat well. Bake in gem pans in a moderate oven.

Egginall Dumplings
2 cups flour,
4 teaspoons (level) Egginall.
1 teaspoon salt.
Sift all together, work in 4 teaspoons shortening with the tips of the fingers, and gradually add 3/4 cup of milk—mixing with case-knife. Toss on floured board and roll out to 1/2 inch thickness. Cut into sections with biscuit cutter; place closely together in buttered steamer and place over kettle of boiling water; cover closely and steam for 14 minutes.

Egginall Hot Biscuits
2 cups flour,
1/2 teaspoon salt.
4 teaspoons Egginall.
Shortening the size of an egg, milk enough to make a soft dough. Roll out quickly and cut with biscuit cutter; bake in a hot oven.

Squash or Pumpkin Pie
1 1/2 cups sifted squash.
3/4 cup sugar.
1 teaspoonful cinnamon.
1/2 teaspoon each ginger, nutmeg and salt.
3 tablespoonsful Custocreme.
Mix all dry things and add to squash; stir well to blend Custocreme with other ingredients; add 1 1/4 cups hot milk gradually; turn into pie plate lined with good rich pie paste, and bake in moderate oven till squash is set.

USE CORN!

In the interests of conserving the supply of wheat, the Sperry Flour Company, of San Francisco, has addressed the following letter to the president of every woman's club in the State, reporting a large number of favorable replies:

Dear Madam:

Up in the San Joaquin Valley the farmers are harvesting a bumper corn crop. In other parts of the State the farmers right now are doing justice to King Corn. Our California farmers have put their shoulder to the wheel and are harvesting a corn crop of a million and a half bushels as their answer to the State Council of Defense cry for more corn. As you know, we must conserve our wheat and wheat flour in order to supply our Allies with wheat enough to keep them from starvation this winter. There is no better way of conserving our wheat and wheat flour than by using more corn meal.

The Food Administration urgently requests every housewife in California to serve corn bread at least three meals each week. If each person in this State would do this much it would mean the saving of enough wheat flour to feed 375,000 people. The best part of this plan is that right here in California we have the finest corn and corn meal in the world. Every day we receive
shipments of freshly harvested corn at our mills and this corn is ground into corn meal the same day, therefore, you are assured of receiving only fresh corn meal when you buy our product. Sperry Corn Meal is sold by the sack or package, and if you have not eaten delicious corn bread made from Sperry Corn Meal it will be a pleasure for us to send a package to your club, free of charge.

We want to help you do your bit in this worthy cause. When may we send the package of Sperry Corn Meal to you?

Yours very truly,

SPERRY FLOUR CO.
Advertising Dept.

(Continued from Page 31)

home on Victoria Avenue, Riverside. The gathering was for the purpose of honoring Mrs. Arthur E. Strong, who during the time of Mrs. Arnold's Presidency, was the efficient Recording Secretary of the District. Mrs. Strong leaves soon for Norwalk to join her husband, Dr. Strong, who is now connected with the state hospital at that place, and her friends have honored her with a number of informal affairs.

Mrs. John W. Bishop, of San Bernardino, has been appointed Chairman of the Education Department, in place of Mrs. J. R. Simison, of San Diego, resigned.

Mrs. Stephan W. Cornell, of San Diego, has taken the Chairmanship of History and Landmarks, in place of Mrs. G. W. Allen, of San Diego. Mrs. Allen's resignation comes because of a prolonged absence in Portland, Oregon, where she is doing some special historical work.

On January 12th the Clubwomen of Orange County will meet in the Fullerton High School. Mrs. H. E. DeNyse, of Riverside, will address them on the Farm Bureau. Mrs. S. U. Stewart, of Highland, will speak on the proposed farm school for Southern California; and Mrs. John W. Bishop, of San Bernardino, will speak on Americanization.
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Eighty-Four Shops
Under One Roof

BRACK-SHOPS

The Complete Shopping Building

521-527 West Seventh Street

Upstairs Fifth Ave. Los Angeles
“practical” quality

SPERRY QUALITY has a deeper meaning than what the word ordinarily suggests. It goes farther than mere quality of materials, carefully and scientifically produced in modern sanitary mills. It is Practical Quality—a kind that insures results in the kitchen and on the table.

In our kitchen laboratories are domestic science experts who know the art of cooking and baking. Their final practical tests determine whether or not the Sperry standard has been met. When you buy Sperry Flour, Sperry Corn Meal or Sperry Cereals you may rest assured of getting a quality that has proved itself in every stage of manufacture and will also prove itself on your table.

To be sure—look for the Sperry trademark.

Sperry Flour Co.
California

There’s a Sperry Mill within 150 miles of every home in California.
February, 1918
Vol. X. No. 5
About the Smart Spring Hats
--and the Summers Forecast

Standing out with fetching distinction in our salon-life Millinery Department on the Third Floor, are two styles of hats of which many well-dressed women are taking note. One is of caterpillar braid, which is really a straw but looks much like cotton chenille and comes in every adorable shade and shape. The other is new in hat history, too—a combination of kid and milan or straw braid.

For the street, for motoring, what other hat has ever been more fit? Sometimes the crown is of kid with the milan for the brim and vice versa. Or straw braid is combined with the kid. Our range of colors in these choicest of chic spring shapes, allows of a free scope for your selection—dark brown, navy blue and red, gray, cherry red, black and a mustard and sand combination. Some have scarcely an inch of brim and some have several inches. Beads and kid flowers and bows are deftly used in ornamenting these hats.

Now as for the Millinery Revue of 1918's summer:

Ginghams and silks with a facing of contrasting straw have a strong hold.

There will be many hats of lisere (that shining black straw) and satin, or of lisere alone.

Very popular will be the hats of georgette crepes and those of maline.

Perhaps there is no prettier hat for summer than that made of challis, and Mme. Fashion has again touched all kinds of challis hats with her magic wand.

Milan is made in Italy which is busy enough as it is with the Huns, rendering milan straw almost unprocurable, and yet there will be many white milans with double brim.

Short back pokes will be pets of Mme. Fashion this summer.

Shapes are small, large and medium, giving great freedom in selection, and colors will lead over black.

Flowers, fruits, wool braid and beads and burnt ostrich fancies will be the ornaments chiefly summoned for trimmings.

Third Floor.
The Clubwoman

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In “The Rose of the World”
Week of February 17
“TWO-GUN” BILL HART
In “The Wolves of the Rail”

Coming: Mary Pickford’s “Amarilla of Clothes-line Alley”
Distinctly Superior

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OFFICIAL ORGAN OF THE
California Federation of Women’s Clubs

Please find enclosed 50 cts. for which send the CLUBWOMAN for one year to
STATE PRESIDENT'S LETTER

The regular meeting of the State Executive Board was held in San Francisco, January 24th.

An unusual feature of this meeting was a conference of state and district officers and department chairmen following the regular business meeting in the morning.

At the request of the president, this conference was arranged for by the vice-president-at-large, Mrs. Aaron Schloss and the assistant secretary, Miss Jessica Lee Briggs.

By courtesy of the Wiltshire Hotel and the kindly efforts of Mrs. Ericson of the hotel management, a delightful luncheon was served at noon to about fifty of the State and District officers and chairmen.

Mrs. J. A. Vandegrift, president of the Oakland Ebell, hostess club for the convention, was the guest of honor, and on behalf of the Ebell Club extended a cordial invitation to attend the convention.

The purpose of the conference was to provide an opportunity for State and District chairmen to come into closer contact and discuss together the department work of the Federation as it is planned by the State heads and carried into the club life of the State by the various District chairmen.

Such conferences inevitably result in a greater spirit of co-operation and a closer understanding between the chairmen of the problems, the difficulties and the successes of our department work.

To the officers, and to the president in particular, the day was one of inspiration and of encouragement, as the report of each department showed an awakening to the value of organized effort, and a realization that in our intensive departmental work we are not only serving the present need, but are laying a foundation for united, informed, intelligent action on the part of the forty thousand club women of the State, which must inevitably benefit our community and National life.

In these days of many imperative public duties and of intensive service, we are learning the ways in which we can best serve, the departments which are vital to the present need and future development, where our organizations are weak, where the machinery is superfluous, and conservation is required. It is a wonderful tribute to the organization of the past and the vision of our leadership in the past, that so many of our departments seemingly have been designed to serve such a National undertaking as the one in which we are now engaged.

There are weak spots, it is true, but the extra strain in this testing time is but serving to show us where those weak spots are, and that it is our responsibility and our duty to strengthen where needed, and to eliminate waste energy and superfluous machinery.

But through it all there shines one great, inspiring, illuminating fact—the eagerness and willingness of women to give and to serve, and the responsibility of leadership to see that this energy is directed wisely and furnished appropriate and useful avenues of expression.

At the board meeting in the morning the following committees for the State convention were appointed:

Program—Mrs. Aaron Schloss, chairman; Mrs. Frank A. Gibson, vice-chairman; Mrs. A. C. Posey, Miss Fred Atchearn, Miss Anne Mumford.

Credentials—Mrs. John C. Lynch.

Resolutions—Mrs. Mattison B. Jones, chairman.

Rules and Regulations—Mrs. Mathew S. Robertson, Mrs. Annie Little Barry.

The following clubs were admitted to membership in the California Federation:

Los Molinos Woman's Club, Los Molinos, Northern District.

Wednesday Club of Williams, Northern District.

Monday Study Club, Berkeley, Alameda District.

Newcomers Study Club, Farmington, Alameda District.

Alumnae Association of the Pasadena Hospital Training School for Nurses, Pasadena, Los Angeles District.

The Ivy Club, Los Angeles, Los Angeles District.

Elysian Heights Civic Club, Los Angeles, Los Angeles District.

Dr. Louise B. Deal state chairman of Child Welfare, has been called to France for six months' service in research work. Dr. Deal will carry with her letters of appreciation and endorsement from the State Executive Board in recognition of her splendid work in California.

Resolutions of sympathy were passed by the Board on the passing of Mrs. C. Mason Kinne, well known worker and club member of the Alameda District.
In order to complete the last payment of our club house loan fund pledge amounting to $66.40, the Board voted to apportion this sum pro rata to the Districts and to request the District Executive Board to guarantee the amount, in order that this small balance may be paid by the time of the State convention.

It is the hope of the State President that conferences such as the one held in San Francisco may be held throughout the State during the year.

Sincerely,
(Mrs. Herbert A.) BERTHA L. CABLE, President.

INVITATION TO THE SEVENTEENTH ANNUAL CONVENTION OF THE CALIFORNIA FEDERATION OF WOMEN’S CLUBS

Dear Fellow Presidents and Officers of the Federation:

The Ebell Society of Oakland, as the hostess club, cordially invites you, the delegates, alternates and all other members of your clubs to attend the Seventeenth Annual Convention of the California Federation of Women’s Clubs, which is to be held in Oakland, March 26, 27, 28 and 29.

In addition to the inspiration that will come from listening to the speakers who are best qualified to expound and comment upon the burning issues of this greatest of national and international crises, the stimulation of personal interchange of experience and thought with club members from widely separated districts cannot fail to become far reaching in its beneficial effects.

During the decade that has elapsed since the State convention was the guest of the Oakland Ebell, we have been delightedly entertained at annual conventions in other cities of the state, and now are eager to welcome you again and to reciprocate the warm spirit of hospitality that has been shown to us on those occasions.

The club women and the civic organizations of Oakland and the Bay cities are directing their efforts toward mingling pleasure with the more serious and thoughtful phases of the convention.

We believe that all who come will feel many times repaid for the hours spent with us, and you who will return inspired with renewed enthusiasm for the great responsibilities that devolve upon all of us.

Earnestly hoping that we may be able to greet you at the first session, and that you will remain until the last, I am,

Very cordially yours,
(Mrs. Jas. A.) ELLA M. VANDEGRIFT, President, The Ebell Society of Oakland.

EDITORIAL NOTES

The March number of the Clubwoman will feature the Health Department and give reports of the District Convention held during February.

Mrs. Seward A. Simons, the chairman of the Emergency Service Committee, has received a most appreciative letter from John E. Raker, California Congressman and chairman of the House Committee on Suffrage. Before the passage of the Amendment, he telegraphed Mrs. Simons for three hundred copies of the Survey of the Results of Woman Suffrage in California, which he wished to use in campaigning for the bill. In his letter to Mrs. Simons, Congressman Raker says that the leaflets arrived at just the right time and were very useful to the committee in helping to secure votes for the Susan B. Anthony Amendment.

Mrs. Carrie Chapman Catt, president of the National American Woman’s Suffrage Association, in thanking the Federation for the assistance they had given to the National Suffrage cause, expresses the hope that the Amendment will pass the Senate at an early date.

The following letter is of interest to clubwomen:

My dear Dr. Clarke:

As “Information Bureau” of the Southern District of the C. F. W. C., I have received requests for information concerning rental of lantern slides.

I find that the Bureau of Visual Instruction of the University of California has slides and moving picture films on a variety of subjects which it will loan to clubs at a nominal fee. It occurred to me that many clubs in this district might be glad to know of this and to avail themselves of this opportunity to obtain good slides for use in their study work.

Perhaps this is generally known, but if not, I thought you might wish to call attention to the fact through the “Clubwoman.”

The bureau also has slides on current events which are issued monthly. For instance, the subjects for February, 1918 include Jerusalem, Brest-Litovsk, Leon Trotsky, liquid fire attack, U. S. soldiers wearing gas masks, the Kaiser and Prince Rupprecht, map of Cambrai front, American soldiers abroad, and several others (thirty-four, in all). Each set is accompanied by a written lecture which may be used at the discretion of the club. Further information may be had by writing to Wallace Hatch, secretary Bureau of Visual Instruction, U. of C., Berkeley, or to me at Redlands.

Your magazine is full of most interesting information each month.

With best wishes, I am,

Very cordially,
ALTHEA M. CHAPIN.

It is announced from Washington, D. C., that Dr. Jessica Peixotto has been elected executive chairman of the Child Welfare Department, by the Woman’s Committee of the Council on National Defense.

The president’s message in the January G. F. W. C. Magazine deals with the standardized street dress for women. Mrs.
Cowles explains that standardization does not mean that but one style of dress should be worn by all women. It means the adoption of a few styles and keeping them. In closing she says: “The approaching Fourteenth Biennial at Hot Springs, Arkansas, will afford an excellent opportunity for the practical demonstration of ‘simple, becoming and modest designs in women’s clothes.’”

**LAWS REGULATING USE AND DISPLAY OF AMERICAN FLAG**

**EXCERPTS FROM THE CASE OF**

“Halter vs. Nebraska, 205 U. S. 34”

From the earliest periods in the history of the human race, banners, standards and ensigns have been adopted as symbols of the power and history of the peoples who bore them. It is not then remarkable that the American people, acting through the legislative branch of their government, early in their history, prescribed a flag as symbolic of the existence and sovereignty of the Nation, and the United States flag is emblematic of the sovereignty of our Nation, and all for which it stands—its institutions, its achievements, its long roster of heroic dead, the story of its past, the promise of its future. To every true American it signifies government resting on the consent of the governed; liberty regulated by law; security against the exercise of arbitrary power; the protection of the weak against the strong and safety for free institutions against foreign aggression, and it is not fitting that it should become associated in our minds with anything less exalted, nor that it should be put to any mean or ignoble use.

The regulation of the use and display of our sovereign emblem lies naturally with the United States Congress, and it has established none, except that in the Act approved February 20, 1905, authorizing the registration of trademarks in commerce with foreign nations and among the states, wherein it was provided that no mark shall be refused as a trademark on account of its nature “unless such mark . . . consists of or comprises the flag or coat of arms, or other insignia of the United States, or any simulation thereof, or of any state or municipality, or of any foreign nation.” 33 U. S. Stat. 724-5.

And the United States Supreme Court has held that in matters, which, by legislation, may be brought within the exclusive control of the general government, but regarding which national legislation is silent, a state, unless restrained by its own fundamental law, possesses all necessary power consistent with a republican form of government, and may exert its power in the interests of the common good of its people and strengthen the bonds of the Union, thereby encouraging patriotism and love of country, which has ever been regarded as the highest civic virtue, and whatever legislation tends to foster that virtue certainly makes for the common good.

More than half of the states of the Union have regulated the use and display of the American flag within their borders. And California, under legislation entitled “An Act to prohibit the desecration of the Flag of the United States and to provide a punishment therefore,” enacted the following:

“Section 1. Any person who shall desecrate the flag of the United States by printing thereon or attaching thereto any advertisement of any nature whatsoever, shall be deemed guilty of a misdemeanor.” Cal. Law, Statutes of 1899, page 46.

**CAROLINE KELLOGG,**
Chairman of Legislation and Political Science C. F. W. C.

**BIENNIAL—THE MAGNETIC CALL**

Biennial and Hot Springs, Arkansas! A rare combination—a rare treat. The principle of education is participation; and to attend Biennial and at the same time become acquainted with Hot Springs, is to participate in an educational opportunity not to be missed. This biennial promises to be one of epoch-making history, unprecedented in topics of world discussion, bringing distinguished speakers of national prominence, and representative delegates from every state. The attraction of a program teeming with questions of vital interest presents the psychological moment for a visit to our far famed first national park, discovered in 1541 by De Soto and believed to be the long sought “Fountain of Youth.” The little city lies nestled picturesquely in a narrow cleft of the Ozark Mountains; buildings of no mean proportions bespeak the fine public spirit of civic pride. Ten schools, nineteen churches, banks, shops and everything that makes a city modern. “Bath House Row,” the noted “Midway” of the place, covers several blocks producing a Riviera effect. For our personal interests there are the delightful hotels. The big Arlington accommodating five hundred guests and the sumptuous Eastman fitted up for a thousand occupants. Here will be headquarters and no detail has been overlooked by the efficient local board which adds to the convenience and comfort of delegates and visitors. A bulletin will be issued giving starting rates of large and small hotels and boarding houses. Recently I have visited the city and enjoyed the warm hospitality of the members of the Local Board who have worked for months to perfect the arrangements for this vast assembly. Furthermore the Business Men’s League is co-operating in the extensive preparations, at large expense and giving assurance of a commodious auditorium with well-tested acoustics.
The Business Men's League has also taken up the matter of transportation with the railroad officials in St. Louis, and now inform us that the new schedules will be entirely favorable. Mr. G. R. Belding, secretary, is authorized to state that "the only changes in schedules to Hot Springs will be for the betterment of travel and there will be no occasion to want for equipment." This opportunity for combining the great Biennial and a visit to the Hot Springs should not lack careful consideration. So far as Hot Springs is concerned, no watering place in the world offers superior conditions for recuperation from business or social fatigue—Baden-Baden, Neuheim, Marienbad, Carlsbad or Vichy—none offers better professional attendance or more charming social opportunity than our own famous Hot Springs. Since the discovery of the wonderful element—radium—the Interior Department of the United States Government employed the world-renowned Prof. Bertram B. Boltwood of Yale to make exhaustive tests of these springs for this element and he found them—"radio-active to a marked degree." Come to the Biennial and learn why Hot Springs is so alluring with its drives, walks, golf, tennis, riding and sports and why such pleasurable hours are spent where the United States Government has spent two million dollars in parks and drives. Act today by making reservations and do not be regretful tomorrow over a lost opportunity. Our Los Angeles railroad agents have worked out a choice of routes with attractive features. Special trains will be run and stopover privileges ad libitum on a nine months' ticket, allowing the tourist to become acquainted with our own country and many of the big cities usually merely passed through and not visited by the transcontinental traveler. A most interesting stop may be made in San Antonio of many and varied charms. Historically it retains the atmosphere of the Spanish Dons who made it an out-of-door city with pleasing parks and drives, old missions and the famous Alamo of romance as well as gruesome experiences.

In the modern city $15,000,000 has been spent for its beautifying. Fort Sam Houston is the second largest army post in the United States. A trip to Biennial will take one through much "Camp land" preparing heart and brain for the new message—the new era.

The Fourteenth Biennial Convention of the G. F. W. C. will convene in Hot Springs, Arkansas, on April 29th, continuing to May 8th. The importance of this special biennial is unparalleled because the call of today is "Women Wanted." Because the "hour of the American woman has struck." Because the Nation has called the American woman to the colors—and the powerful organization of the G. F. W. C. with its several million members has been called through its president to co-operate with national conditions. War was but a few days old when national leaders realized that the country needed its women for a definite and extremely important part of the gigantic task thrust upon it—and the United States went on record as the first country to give official recognition to its women.

Mrs. Josiah Evans Cowles was appointed to serve on the Woman's Committee of the
Council of National Defense and to demonstrate that the work of women’s organizations can be successfully co-ordinated and made nationally effective. Every day new problems are to be solved, new situations met. All that is best in feminine idealism is called upon to meet the staggering responsibilities and prophetic thinkers ask “What is going to be done with the opportunity of the future?”

As never before the Biennial calls for a large and representative delegation and California by its presence in Hot Springs will show its allegiance as well as its loyalty to our president who is representing her state and her nation with dignity, poise and power. Let the clubwomen think Biennial, talk Biennial, rally to Biennial.

LILY F. G. HUBERT.
Mrs. P. Gengembre Hubert, State Chairman Biennial Committee.

LETTERS FROM VICE-PRESIDENT C. F. W. C.

To the clubs of the state I wish a happy and prosperous New Year. As this is the first message you have had from me this year, I take this opportunity to explain the reason for my silence and seeming lack of interest. We have had one case of illness after another in our family, since my election in May, besides eight boys out of our family (son and nephews) have enlisted in the different branches of the army and navy, and as these boys mean a great deal to me, my heart and hands have both been full. The sick are now recovering, and while I will not be able to have any peace of mind about the boys until this war is over, still I have the satisfaction of knowing they are all well and happy.

As to the work of the clubs, I know they are all working to their fullest capacity, but are we keeping up our Federation work as we should? Naturally my whole heart is in the war work but we must be careful not to neglect even one department of our Federation, as all will be needed, and if we ever allow interest to weaken along any line, we will be a long time getting back the standard of work we had attained at the beginning of this war. I can see no department which will not be needed. Child Welfare, Civics, Conservation, Country Life, Home Economics, Social and Industrial Conditions, Legislation, and Public Health, was there ever a time when all of these agencies were more needed for the benefit of the masses than now, or was there ever a time when the government needed our united effort more than at the present time? As club women, banded together for the benefit of humanity, let us keep these departments alive, also those of Art, Music, Literature and Education. During these days of uncertainty as to what the future holds for us as a nation and as a people, we need all of the calming influences we can get, and what better can we have than these. Then, to the Californian there is another department of very great interest and that is California History and Landmarks. So after looking up and down the length and breadth of our Federation we find nothing we can afford to lose. There is one more thought I wish to leave with you. Could there have been as efficient work done along these lines of Conservation of Food, Red Cross, and the Y. W. C. A. if our working forces had not been trained in Federation work? We know it could not, so let this give us zest to go ahead with our work and make this one of the most successful years we have ever had in club work, and let us all strive to make the state convention in March of the greatest interest to every one. And let us also remember that our beloved president, Mrs. Cable, has had a most strenuous year, so let us all rally around her and make her work during the coming convention as easy as possible, by always being on time and having our reports ready at the appointed time as given on the program.

MRS. A. B. ARMSTRONG.

“We have been given the opportunity to serve mankind as we once served ourselves in the great day of our Declaration of Independence by taking up arms against a tyranny that threatened to master and debase men everywhere and joining with other free peoples in demanding for all the nations of the world what we then demanded and obtained for ourselves.”—Woodrow Wilson.
REPORT OF THE EDUCATIONAL CONDITION OF SAN LUIS OBISPO COUNTY, CALIFORNIA

The following letter is published because it may serve as a model. It was written in answer to a request for information sent out by Mrs. J. W. Gastwich of the Department of Education of the Los Angeles District. If all club communications could receive such prompt and illuminating replies, our club business would be prosecuted most effectively. Mrs. Hugheston is corresponding secretary of the Woman's Civic Club, San Luis Obispo.

After conferring with the County Superintendent of Schools, the County Clerk, and various other persons who are in a position to state with some degree of authority the conditions existing in this county, I have arrived at the following figures and facts. In gathering the data for this report I have been guided by the article in the August number of the Clubwoman, and have, as far as possible, collected information bearing on the possibility of Americanizing the foreign population.

In the first place, to thoroughly understand the conditions existing educationally in San Luis Obispo County, it is necessary to know something of the physical condition of the county. San Luis Obispo County is slightly larger in area than the state of Rhode Island, and was originally a "cow-county," with a population practically all Spanish. Later, with the coming of the gringos the Spanish element became largely mixed with English and American, and that portion of the population today is among the best educated and progressive of the county. Somewhat after the English and American settlers came an influx of foreign elements: Portuguese, Mexicans, Italians, Japanese and Chinese principally, who settled in various parts of the county, and who have formed separate little colonies.

The population of San Luis Obispo County at the time of the last census (1910) was 19,883, but the estimated population today, based on the average of two and one-half persons for every registered voter, is 25,000. Of this it is estimated that from 6,500 to 7,000 are of foreign birth. There are in the county some twenty-two nationalities represented, and there are twenty distinct languages spoken, nearly all nationalities having at least one small settlement where they predominate. Thus we have Japanese colonies along the coast, where the men are engaged in abalone fishing and canning; Chinese settlements on the outskirts of the larger villages, engaged in truck farming; Swiss colonies in the grazing sections, etc. Of this population, I find that only twenty-five were naturalized during the year of 1917. There has been no record kept of the number of naturalized voters in this county, but the percentage is undoubtedly small.

As to the education of the adult population, it is estimated that only ten per cent of the adult population of the county are unable to read or write English, and that nearly all the illiterates are persons over thirty-five years of age. Practically all up to that age are able to at least read and write. Probably the greatest illiteracy occurs among the Portuguese coming from the Azores Islands. I understand that it is only very recently that there has been such a thing as compulsory education in the Azores Islands, and in consequence, many of the people coming from there have been of the most ignorant type. The Swiss, on the other hand, although not usually going in for the higher branches of education, are usually well versed in the common branches before coming to the county, and almost invariably are able to read and write English within a short time after settling here.

San Luis Obispo County is, considering the scattering population in some portions, well provided with schools. There are ninety-four school districts in operation today, employing 172 teachers, and there are 3000 children in the public schools, exclusive of probably 300 more who are attending private schools in the county. There are four high schools in the county, one private school, one convent school, and the California Polytechnic School, which, of course, being a state school, should not properly be included in a report of county conditions, although there are a large number of pupils attending it who are residents of the county. There is also a Junior College, which is gaining an increasing attendance yearly.

The progress of the "educational idea," if it may be so termed, is promising in this county. During the last generation the authorities had considerable difficulty in compelling children to comply with the state ...
rules for school attendance, the parents in countless instances, taking the child from school as soon as it was able to herd a few hogs or goats. The present generation, however, has caused little difficulty in this particular. The increase in the number of pupils graduating from the high school has also been gratifying. Today about fifty per cent of all pupils entering high school graduate, and approximately fifty per cent of those graduating go on to Normal School, Junior College, or other colleges. There are about 400 high school pupils in the county.

The latest innovation in the educational line in the county is the night school which is to open on February 4th. There has already been over 100 applications for enrollment, a large percentage of which are from married women. Commercial subjects, domestic science, Spanish and common branches are to be taught. It is the intention of the authorities to extend the night school to other towns if it proves successful here.

In the accompanying map I have marked in red the portion of the county where the greatest illiteracy is found, although it is almost impossible to designate any particular portion of the county as especially illiterate. However, the portion marked is principally inhabited by Portuguese, Japanese, Chinese, and Mexicans, with a scattering of Swiss, Italian and American, and it is probably the least educated portion.

Several new school districts have been established in the past few years, the latest one being the Elk Horn district, near the Kern County line. This last district is forty miles distant from any other school.

JOSEPHINE P. HUGHSTON,
1234 Buchon St., San Luis Obispo, Cal.

(Continued from Last Month)

A Christmas program given by the International Institute before the Friday Morning Club.

JAPANESE
New Years Day in Japan
New Years morning greetings and School Song
Festival Game
Dance by Clara Kawamoto

II. ARMENIAN
Historical Tableau. Young Armenian Society Dance and Song to Armenian pipe..........................Mrs. Nazo Janoian National Songs.....By Armenian Women

III. FRENCH
Christmas Carol.......Cantique du Noël Sur le pont d'Avig Non Bonjour, belle Rosine Polka Marseillaise.....March led by Jeanne D'Arc

IV. RUSSIAN
Peasant Dance...........................
Folk Songs...............................
Presented by Utah Street School Playground

V. ITALIAN
Tarantella. By girls from Macy Street School Street Songs by Italian Male Chorus...
Chesting, Serafina, Torno Maggio, Rosa

VI. NORWEGIAN
Christmas Songs
Young people of Our Savior's Norwegian Lutheran Church

VII. GREEK
National Hymn.............By Greek Chorus

VIII. MEXICAN
Dance: Fandango.....By Anesto Sanchez La Jota. By Petra Diaz, Frances Nieta National Hymn and Songs.............
By choir girls of Plaza Church Pinata—Mexican Christmas custom of breaking jar containing sweets. The successful contestant is honored for the succeeding year.

Music by Yslas Brothers' Mexican Band
J. Frank Yslas, Director

Overture from Martha; El Gran Libertador Marcha,.....................By J. M. Yslas

Brock & Company render a peculiarly attractive service in their stationery department. Here you may always find stationery for social purposes, absolutely authentic in form and style.
Participation by the audience is asked in singing "Adeste Fidelis" and "Star-Spangled Banner."

Oh come, all ye faithful, joyful and triumphant;
Oh come ye, oh come ye to Bethlehem;
Come and behold Him born the King of angels;
Oh come, let us adore Him,
Oh come, let us adore Him,
Oh come, let us adore Him, Christ the Lord.

Sing choirs of angels, sing in exultation,
Sing all ye citizens of heaven above,
Glory to God in the Highest;
Oh come, let us adore Him,
Oh come, let us adore Him,
Oh come, let us adore Him, Christ the Lord.

(Continued from Last Month)
The following program was given by the Los Angeles Japanese Association in the Auditorium of the Amelia Street School at the reception given in honor of the Japanese Commission, homeward bound from a tour of schools in the United States.

Addresses by:
Mr. G. Yuasa, President Los Angeles Japanese Association.
Mr. U. Oyama, Japanese Consul.
Dr. E. Uychara, Representative of Japanese Commission.
Mr. M. C. Bettanger, Assistant Superintendent to Schools.
1. Orchestra Selection—Hewitt St. School
2. Circle Work—Hewitt St. Kindergarten
3. Piano Solo—Julia Suski........................................
4. Recitation—Landing of the Pilgrims—
   Hanaka Tani.....Amelia St. Day School
5. Group of Songs—A4, B5 Pupils...........
   ........................................Amelia St. Day School
6. Recitation in Costume—The First Thanksgiving—A3, B4 Pupils..
   ........................................Amelia St. Day School
7. Song....Mrs. Helmas
8. Dumb-bell Drill—Boys of Amelia Day School and Boys of Hewitt Street Day School.
9. Recitation—Foreign Receiving Class...
   ........................................Amelia St. Day School

PRIZE COMPETITION OFFERED BY
THE MUSIC DEPARTMENT, LOS
ANGELES DISTRICT, CALI-
FORNIA FEDERATION
OF WOMEN'S
CLUBS

The condition of the competition is as follows:
1. The competition is open only to an active member of a music club or music section of the Los Angeles District California Federation of Women's Clubs, who has never had a composition published.
2. All manuscripts must be in ink and clearly written.
3. All manuscripts shall be sent in unsigned, marked with the name of the class in which they are entered and with a private mark. A sealed envelope shall accom-
pany each manuscript, containing the private mark used, the name and address of the sender and stamps or money to cover the expenses of returning the manuscript.
4. All compositions shall have titles in English and vocal numbers must be in English.
5. All compositions must be submitted between April 1st, and April 15th, 1918.
6. Contestants cannot enter in more than one class.
7. The compositions are to be judged on the correctness of harmonic construction, melodic interest and commercial possibilities.

Class I. Song. (Either Sacred or Secular.)
Class II. Piano Solo. (Not to exceed six pages.)

Award: The best of each class, meeting the above requirements to be published by R. W. Heffelinger, Music Importer and Publisher, Los Angeles.

The public rendition of the prize composition will be a special feature.

Competent judges will be chosen to make the awards.

The committee reserves the right to reject any compositions that do not meet the requirements or that do not receive the unanimous vote of the judges.

It is only by maintaining a high standard that the composer is inspired to do the best work and the prize competition is placed above question.

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Use of words from the Scriptures for Sacred Songs, as giving a wider possibility of use.

The availability of the music for the average musician, in piano solo and accompaniments.

BESSIE BARTLETT-FRANKEL,
Los Angeles District Chairman of Music,
6219 Hollywood Blvd., Los Angeles, Cal.

DOLLY DAYS AND DOLLY WAYS

The many little folks who enjoyed reading Bobtail Dixie and King Gobbler will be glad to know that the author, Miss Abbie N. Smith, has brought out another book for children entitled "Dolly Days and Dolly Ways." It is a series of Dolly Episodes including Dolly's Musicale, An Animal Feast, Playing School, Doll Baby Show, and ending with Four Claws Circus. In fact, it is a real story about real little folks living in California with twenty-nine illustrations taken from life. It also contains a Dolly's Record Book where the Little Mother can enter all the most important events in the life of her favorite dolly. It also contains a Foreword by Dr. Robert J. Burdette.

Make the little folks happy by securing a copy of this interesting book. It can be secured from the author, Miss Abbie N. Smith, Coalinga, Fresno Co., Cal., or from the publisher, Paul Elder, or local dealers. $0.75 postpaid. Flexible cloth.

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The Melting-Pot
By Jessica Lee Briggs, San Francisco, Cal.

Forty years ago, on January 10th, 1878, a milestone was planted when the “Susan B. Anthony Amendment” for equal suffrage was first introduced in Congress. The world turned a cycle when on January 10th, 1918, the House of Representatives passed the suffrage amendment by a vote of 274 to 136, but the United States Legislature could never be accused of not having taken ample time to think over the question.

The War-Savings Society Application and Pledge of the Government is out. It is the next step for our clubs to take in the interest of Our Country. It is of more value than can be readily understood and it helps the individual proportionately as it helps the Government. It starts the individual into a systematic method of saving, it helps to refrain the individual from unnecessary expenditures and from the temptation to purchase non-essentials.

Begin now! The government needs your co-operation, and you need the benefit of giving that co-operation.

Start today to buy War-Saving Stamps and Thrift Stamps! Do this and encourage your friends and acquaintances to do the same.

Start a War-Saving Society within your club! Start it at your next regular meeting!

Miss Jeanette Rankin has initiated legislation which is aimed to equalize the wages of men and women as workers in the field of industry and as Government employees. Let us bring sufficient pressure to bear, so that such a measure may meet with speedy success.

It is curious to note the different expectations and demands of the different state chairmen in their particular line of work. The result of the state conference, January 24th, confirmed the great need of an Endowment Fund.

Large bodies move slowly, the great thing is to feel that the work accomplished is adequately accomplished.

One state officer seems to desire nothing so much as to turn the federation right-about-face. And then what? Would it not continue to go with equal slowness in the opposite direction?

The State Federation has organized women, and has instilled in them, regardless of creed or cast, the spirit of co-operation; and it has accomplished this in an incredibly short time, when we consider that Rome wasn’t built in a day.

Why are we trying to reach out so far that it inclines us to forget altogether our home ties? Why should we not use our best efforts on work appertaining to women and children? Why not leave certain definite reforms or educational movements to certain state or national organizations best fitted for the reform or movement? Why should we try to mother everything that springs up in the form of a possible child to adopt?

The Memorial Organization within the Federation is doing excellent work in its survey of crippled children, with the purpose in view of bringing the plight of these little ones into contact with the public mind so that they may be given adequate opportunity to receive wholesome, regular educational instruction.

But however humane may be the intention, in extending the survey to crippled adults with the idea of getting stories of physical endurance which may be used as an inspiration to the maimed soldier who shall return from the war, such a project troops before the mind like a medieval motley and the array of thoughts it brings with it is, withal, ghastly.

I visited the “Poet’s Corner” of a certain club I know today. It is a very peaceful, pleasant corner in a hurry-up city of the world of hurry-up cities of the west. I wish I might give an adequate pen-picture of the gentle face and gentle voice of the leader with the gray hair and “Mother’s Bonnet” sort of hat which framed her face. The subject taken up for the day, was no less one than, “Old Pictures in Florence,” by Robert Browning. The following lines given in contemplation of “Old Pictures” tell the lesson of life:

“So, you saw yourself as you wished you were,
As you might have been, as you cannot be;
Earth here, rebuked by Olympus there;
And grow content in your poor degree.

* * * *

Growth came when, looking your last on them all,
You turned your eyes inwardly one fine day
And cried with a start—“What if we so small
Be greater and grander the while than they?”
DEPARTMENT OF CONSERVATION

MARGUERITE OGDEN, State Chairman

FOOD MARKETING

This year the war brings us in the Department of Conservation, which for some time has been concerned chiefly with Forests, Waterways and Birds and Wild Life, to the work of Food Conservation.

Because the Councils of Defense and the Home Economics Departments have done much in urging the saving of food in the home, we find the time particularly ripe for assisting in the solution of one of the biggest problems of conservation, in peace as in war time. This problem of conservation is of securing a simplification and betterment of the marketing facilities from producer to consumer. The elimination of the "middlemen"—those handlers of food or other articles who are not essential to their production or their marketing, is one of the goals toward which all war reforms are speeding.

There are in the club rooms of many clubs fruit that has been canned or dried for war service, for which there has been no disposition. The Mountain View Club in the S. F. District has such fruit. Many clubwomen, last summer, upon the urgent request of the conservationists, preserved more than enough fruit and canned more than enough vegetables for the needs of their own families.

The San Joaquin District, under the able leadership of Mrs. W. Andrews, has already established its Exchange.

The chairmen of the other districts and the state chairman stand ready to receive the names and addresses, the lists of food or other products, and the prices thereof, of any organization, group, or individuals, who have such to sell. Will the District Chairmen urge co-operation and those who desire to avail themselves of this system send their names and their wants?

To the machinery of the Federation there is offered freely the aid of the Parcel Post System. Chas. W. Fay, the postmaster at San Francisco, issues a monthly bulletin of producers within parcel mailing distance of that city. These listings and the distribution of them are free upon application to any postoffice or mail carrier. Business between producer and consumer is thereafter consummated directly by mail. The development of this work of Mr. Fay deserves the heartiest support of the Federation, its individual clubs and members.

FORESTS

ABBIE E. WILKINS, State Chairman

That our forests are being ruthlessly depleted goes without saying—we all know it—that the remedy is the studied application of forestry rules that have been tried and found valuable.

We know the potential facts of the forest relation to climate, to productiveness of soil, to industries, to the prosperity of nations, to the health of the people.

We are told authoritatively that the losses to our country by floods are increasing and the greater damage is that it carries away the land itself and it will continue to increase until the care of our forests and reforestation again provides our hills, mountains and water sheds, with that protection which was their natural protection and which alone prevents floods.

And then, we come to forest fires, how great their damage, burning sometimes in a few days trees that have been hundreds of years growing.

Forestry takes care of all these things, and as evidence of how important it is, is given the fact that a regiment (and perhaps another will be) has been sent to France to attend to the demands of forestry in this regard. The War Department has seen the necessity of this and we believe it is the first step towards the recuperation of devastated France.

Treadwell Cleveland, Jr., says:

"The more advanced and progressive countries arrive first and go farthest in Forestry, as they do in other things. Indeed we might almost take Forestry as a yardstick with which to measure the height of civilization. On the one hand, the nations which follow forestry most widely and systematically would be found to be the most enlightened nations. On the other hand, when we applied our yardstick to such countries as are without forestry, we could say with a good deal of assurance, by this test alone, 'Here is a backward nation.'"

Roughly, these countries which today on scientific principles have passed through the elementary stages and they know and fully demonstrate that at first the forests were so abundant as to be in the way, and so were neglected or destroyed; then, as the little hamlets became towns and cities, the forests were pushed back because they needed the area; the local supplies for building and firewood for the inhabitants. Then they began to look at the forests as money making and the trees cut down should be allowed to grow again or others planted. Some one has suggested that for every tree cut down another should be planted.

It has also been suggested that nut bearing trees could well be planted; where shade is desired a walnut tree may give good results.

Our country has much land that, with water and little care, could give us great returns, that the money invested in such work would, in a few years, give wonderful returns.
WATER IS KING
Mrs. Alexander McBean, State Chairman
The tap-root of conservation lies in conserving the waters and forests of a country, for that means food for every man, woman and child, which is the essential thing at present.
Over half (51.1%) of the water power in California is owned by eighteen companies. Shall the state, without compensation, part with what remains? This is the calamity which the people of California should seek to prevent—for it means our very life.
Congressmen and engineers say our waters must be made useful, not kept to beautify the country. There are plenty of streams that could be used for all the power needed. Why destroy the beauty spots first. One of our most beautiful lakes has been utterly ruined, also the country around it. We are fortunate that Lake Tahoe did not suffer a like fate. Is this necessary?
The underground supply of water is fast decreasing in many places, irrigation is the cause. In earlier years in Santa Clara Valley irrigation was unknown, the fruit produced was sweeter, more delicious and of better flavor.
If the late Francis G. Newlands could have had his "River Regulation Bill" passed by Congress, our country would be in a much better position today to help win the war. The water transportation facilities are greatly needed at this time. This "Newlands-Broussard River and Flood Regulation Bill" was endorsed by the N. F. W. C., also by the C. F. W. C.
The long draught of this eventful year impresses upon our minds the important lesson—"Do not waste the water." Every drop of water wasted is making life just that much harder for future generations. Conserve the water now and the little children of the future will bless you for it.
The precipitation of water even in the seasons of heaviest rainfall is not enough to supply the millions of people on earth today.
"Conserve the water," is our watchword.

PROTECT OUR BIRDS
Harriet Williams Myers, Birds, Wild Life and Flowers, G. F. W. C.
In this war-time, more than ever, must we see that our birds are protected. Let us not make the mistake that Australia has made of killing the birds and finding out, too late, that they have kept in check rodent and insect pests. In that country as a result of an ill-advised poisoning law, the carrion hawks, crows and native carnivora have been nearly wiped out, thus increasing the number of animal corpses, which have become infested with blow-flies, and these flies and their larvae are infecting the sheep to an alarming extent. But worse than this is the pest of mice that are eating the big wheat crop. Because of lack of shipping, the wheat has been stacked in piles and the mice eating into the lower sacks are buried by millions as the undermined grain collapses. The men trying to rebuild these piles are given a disease caused by decaying (Continued on Page 34)

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We are so confident of the superiority of the Starr Phonograph as the greatest of all reproducing instruments, that we will be very glad to offer you the opportunity of judging it without any obligation whatever on your part.
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NEED FOR HOMES BEAUTIFUL

The following article, by Mrs. Henrietta R. Kapp, the well-known and competent authority on Practical Interior Decoration, will be of interest to our readers, as this subject has become one of such importance that it is being generally discussed in Club circles universal.

Why do we need artistic as well as comfortable homes?

Because peace of mind comes from beautiful and restful surroundings. The home is a refuge from the busy world. We owe a service and responsibility to a community to create a standard for taste. The home is an educational environment for children.

Nearly everyone faces the problem of furnishing and decorating a home, and they want to know what guide can best help them to establish a real home of taste, that reflects simplicity, sincerity, beauty and an atmosphere of repose.

House furnishing is an art, and every art whether it be music or poetry suggests some message and is an educator between man and man. Furnishing, then, is not merely based on the question of finance, but on one of right thinking and an application of the underlying principles of all art work.

These principles are—Light, color, form and design, balance, movement.

The first two principles, that if light and color have a very close relationship, the light in a room practically pointing out the color scheme to be used. For instance, north and east rooms are treated with colors that will reflect light, such as yellows and warm tones like rose or red; south and west rooms are treated with colors that absorb light, as old blue, mulberry, the darker shades of green and brown.

Form and design relate to the mouldings and panelings and point to the type of furniture best suited to the room. Design refers not only to the furniture, but to the pattern in the rugs and draperies.

Balance is an art principle that we understand almost intuitively. It relates to the proper grouping of furniture so that it gives a feeling of equal weight and size or balance to the room. Balance plays a large part in the grouping of pictures, bric-a-brac, etc.

The last principle, that of movement, is the one least understood and deals with the final artistic touches that bring out the real harmony sought. A room may require a piece of bric-a-brac, a cushion in a particular color, an oriental rug or a lamp shade to give the thing we call movement or life to the setting.

In furnishing the home it is important that an entrance hall be a pleasant one, well lighted, orderly and simple in arrangement. The living room is the most important room in the home because in it the family will spend their leisure in companionship or study, where guests are hospitably received. It should be a cheerful and beautiful room, worthy to be lived in—so harmonious and simple as to be acceptable to all.

There should be large, comfortable chairs, perhaps a davenport and a footstool or two grouped about the fireplace; then a table for lamp, books and magazines, with comfortable chairs nearby for reading. A desk and desk chair placed near a window with a small desk lamp and equipped with all manner of writing materials adds much to the family comfort. When there is no separate library, book cases, either built in or sectional, will add a note of refinement, convenience and comfort. A plant, a clock, a few well chosen pieces of pottery, as well as pictures that the family can enjoy, will give distinctive sense of taste. The woodwork, walls, floor covering, drapery and furniture should be tied together in a

(Continued on Page 29)

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A cordial invitation is extended to all women interested in the candidacy of Mr. Heney for Governor of California to attend this Dinner, to be held in the Cafe of the Broadway Department Store, on the Eighth Floor, at 7 o'clock on the evening of Lincoln's Birthday, February 12.

A splendid program, with speeches by prominent men and women of California.

You are requested to secure dinner cards in advance at the Headquarters of the Campaign Committee, Room 509, Citizens National Bank Building, Fifth and Spring, or phone Pico 769 and make reservation. $1.00 per plate. Informal.
DEPARTMENT OF CALIFORNIA HISTORY AND LANDMARKS

FLORENCE DODSON SCHONEMAN, Chairman

INTERESTING CALIFORNIA TRAILS

"The Santa Fe and Salt Lake Trail," by Florence Dodson Schoneman, Chairman Department of California History and Landmarks.

In the gateway to one of the most beautiful valleys in the golden state, and also to the whole of Southern California, through which a great stream of travel now passes, the Cajon Pass, a monument was dedicated Sunday, December 23, 1917 by the Pioneer Society of San Bernardino and presented to the Native Daughters and Sons of the same place.

It was erected in honor of the first travelers who dared forge ahead in the days of old. The monument is twelve feet high and seven feet square at the base, is built of cement and rocks having depressed arrows pointing the way into the valley and to the trail that is little used now since the advent of train and automobile. Both have their roads through the pass but the old trail can no longer be unnoticed as the monument stands just where it meets the splendid twentieth century boulevard.

The following inscription, on a granite slab imbedded in the monument on the side facing the boulevard is to be read: "Santa Fe and Salt Lake Trail 1849. Erected to the honor of the brave pioneers of California in 1917 by Pioneers Sheldon Stoddard, Sydney P. Wait, John Brown, Jr., George Miller, George M. Cooley, Richard Wein, Silas Cox and Jasper N. Corbett."

The following records were deposited in a stone jar placed in the centre of the upper portion of the monument and securely cemented:

"In 1842 Don Pablo Blande came over this trail on horseback with his father and a colony of New Mexicans to settle in California. He was one of the witnesses at this dedication."

"In 1844 James W. Waters used this trail in coming to San Diego, California, with a pack train loaded with Navajo blankets and took back with him abalone shells to trade with the Rocky Mountain Indians."

"In 1847 Capt. Jefferson Hunt came over this trail with a party to get stock to drive to Utah, and in 1849 piloted the first immigrant train over this trail to California."

Much more interesting historical data—some pioneer family histories—a picture of the Log Cabin president and one of George Washington, the pioneer president, with the names of the present president of the United States, governor of the state, names of the senators and of the county judges and officials were also placed in the jar.

The pioneers, their children, grand children and great great children looked on or participated in the exercises while on the platform about the monument were men who had made the hazardous long, long journey over the perilous way.

"Over the sagebrush desert gray,
Through alkali patches pale,
It stretches away and away and away,
The weary Overland Trail."

TRAILS OF THE TAHOE REGION

Mrs. L. J. Dormody,
Chairman Conservation Northern District

"California the Wonderful!" These words of Edwin Markham, California's greatest poet, will bear a more emphatic significance from year to year, as pleasure seeker, poet, and philosopher become more familiar with the trails of California that lead to mountain heights, meadows, streams, and placid lakes.

One of the most effective ways to realize the true grandeur of our state is to leave the beaten highways and travel the trails.

Almost unconsciously travelers have demanded ways of access to inaccessible points and a responsive government is fast completing trails to these points in north and south alike. One of the most important of these trails has recently been completed between Meek's Bay, on the western side of Lake Tahoe, to Desolation Valley. The trail was built by the United States Forest Service for the purpose of opening up this beautiful country to the many hikers who frequent this locality.

Leaving the State Highway at Meek's Bay near McKinney's, you cross a beautiful mountain meadow covered with dense stands of Lodge-pole pine, commonly known as Tamarack, for a distance of about two miles. From this point the trail rises gradually, following the general course of Meek's Creek to Talent Lakes.

These lakes are five in number and lie one above another in pockets, surrounded by clumps of Lodge-pole Pine, Red Fir and Hemlock, interspersed with numerous small meadows.

Leaving Talent Lakes the trail climbs by numerous turns to the summit of Meek's Creek and Emerald Bay watershed, lying south of Phipp's Peak. The trail then descends following a small stream to Dew Drop Lake. This lake lies in the center of a mountain meadow with granite cliffs rising on all sides to a height of several hundred
feet and it seems as though the end of the trail had been reached, but a close observation reveals that the trail continues around huge boulders and along shelves of rock on a seemingly insurmountable cliff until you reach the summit above Velma Lakes. Westward the trail continues through heavy stands of Red Fir and White Pine, over the only smooth ground on the entire trip, and then descends to Velma Lakes.

These lakes lie in the saddle of the divide between the watersheds of Eagle Creek and the Rubicon River. Four lakes drain into Lake Tahoe and one into the Rubicon.

From this point trails lead into Rockbound Valley on the west and Emerald Bay on the east over a glaceated country devoid of soil. Leaving Velma Lakes and following the trail southward you come to Dick's or Kalma Lake which fills an old crater in the broken granite and lava rock. Kalma is one of the most beautiful lakes of this Switzerland of America.

Gradually climbing the rough mountain east of this lake, a most delightful view of Lake Tahoe, Emerald Bay, Cascade Lake and numerous smaller lakes is obtained. A mile further south the summit of the Sierras is reached. To the northwest, Rockbound Lake lies miles away along the course of the Rubicon River, with Dick's Lake, Velma Lakes and a number of smaller lakes at higher elevations; to the south, Glen Alpine Canon, rough and almost barren of vegetation, in many colors, with Desolation Valley set on a bench to the right, Dick's and Jack's peaks to the west, with numerous other lakes forms a sight never to be forgotten. The trail turns to the east and follows a grassy bench along the precipitous mountain side above Gilmore Lake, which is set in a perfect crater about one-half mile in diameter in the side of Mt. Tallac.

Dropping rapidly down the mountain side and swinging back toward the west to Susie Lake, then skirting Susie on the south, another half mile brings you to Heathen Lake, so named on account of the abundance of Heathen in this vicinity. At the upper end of Heathen Lake lies Desolation Valley which was once the home of an ancient glacier.

This glacier as it traveled southward scooped out caverns for numerous small lakes—fifteen in the main group and four or five further south near the place where the glacier broke over a precipice, where Horse Tail Falls now drops on its way to the American River. We are now at the end of the trail. Two more miles of trail is needed to connect Desolation Valley with the Lincoln Highway via Tamarack and Echo Lakes. The distance covered by the trail so far is about twenty-five miles. Good camping sites are found at any of the lakes and excellent fishing may be enjoyed.

The trail affords an easy journey of two days with horses, a view of fifty lakes, and some of the most beautiful rugged mountain scenery in the world.
DELEGATES
From the California Federation of Women's Clubs to the Women's Legislative Council of California, 1917-1919
Number of members, 1918; Year Book, 38,993; number of delegates, 48.
President—Mrs. Herbert A. Cable, 1906
West Forty-second Place, Los Angeles.
Delegates—Mrs. Robert J. Burdette, 891
South Orange Grove Avenue, Pasadena; Miss Caroline R. Kellogg, 517 Lissner Building, Los Angeles; Miss Marguerite Ogden, Monadnock Building, San Francisco; Mrs. Aaron Schloss, 2925 Hillegass Avenue, Berkeley; Mrs. A. B. Armstrong, Fowler; Mrs. C. C. Arnold, Victoria Avenue, Riverside; Miss Susan T. Smith, State Library, Sacramento; Mrs. George E. Larkey, 1305 North Central Avenue, Casa Verdugo; Mrs. Jonathan S. Dodge, 1901 Ramona Avenue, South Pasadena; Miss Paula E. Dunnigan, 1525 Victoria Avenue, Los Angeles; Mrs. Thaddeus H. Harman, Hermosa Beach; Mrs. Mary Conant, Covina; Mrs. C. H. Spence, 421 West Third Street, Long Beach; Mrs. J. W. Joos, Pomona; Mrs. C. H. Ritchie, 2095 East Colorado, Pasadena; Mrs. Fred Kellogg, Van Nuys; Mrs. C. Nell Sweet, Gardenia; Mrs. C. E. Harlan, 943 Mariposa Street, Glendale; Mrs. Mattison B. Jones, 101 Orange Street, Glendale; Mrs. Fisher E. Clarke, 421 West Flora Street, Stockton; Mrs. Charles L. Tisdale, 1601 Alameda Avenue, Alameda; Mrs. Clement H. Miller, 2520 East Fourth Street, Oakland; Mrs. Katherine Smith, Richmond; Mrs. H. G. Kilgarriff, 2317 M Street, Sacramento; Mrs. M. M. Webster, 3109 T Street Court, Sacramento; Mrs. Bradford Woodbridge, Roseville; Mrs. George D. Miller, Eureka; Mrs. Olive Borette, Napa; Mrs. David Henderson, Fairmont Hotel, San Francisco; Mrs. Finley Cooke, 54 West Poplar Street, San Mateo; Mrs. E. D. Knight, 58 Woodland Avenue, San Francisco; Mrs. Frank Fredericks, Stanford Court Apartments, San Francisco; Mrs. Louis Hertz, 2047 Pierce Street, San Francisco; Mrs. Martha Hampton, Hardwick; Miss Estelle Broughton, Modesto; Mrs. E. D. Miller, San Diego Hotel, San Diego; Mrs. J. J. Sues, Palm Avenue, Redlands; Mrs. Henry E. DeNyse, Riverside; Mrs. G. W. Beattie, East Highland; Dr. Louise Harvey Clarke, 1046 Orange Avenue, Riverside; Mrs. Frank Morse, R. F. D. No. 2, Fuller- ton; Mrs. D. W. Mott, Santa Paula; Mrs. Sophia Aldrich, Sawtelle; Mrs. Michael Levy, 1622 Canal Street, Santa Barbara; Mrs. E. R. Brainerd, 1744 West Sixth Street, Los Angeles; Mrs. J. H. Woodworth, 357 North Raymond Avenue, Pasadena; Mrs. M. E. Johnson, 4333 North Griffin Avenue, Los Angeles; Mrs. Frederick W. Houser, 19 Pine Street, Alhambra.

EXTRACT FROM LETTER
Santa Clara County Woman's Committee of State and National Defense.
Mrs. S. W. Gilchrist, President
San Jose, Cal., Jan. 13, 1918.
Our women have done splendid work in

Arden Dairy Certified
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LOS ANGELES SOAP COMPANY
this county. One of our country districts, Milpitas, has a large number of Portuguese laborers. A young lady took an interested young Portuguese woman in her automobile, going up in the hills as far as they could, getting out and walking to the scattered farms, the result being seventy-five new members to the Red Cross. Another Portuguese in the little town went to the men and women, insisting upon it being their patriotic duty to join, and she did succeed in getting every one.

SAN FRANCISCO'S
MUNICIPAL NEW YEAR'S EVE CELEBRATION
At the Civic Auditorium
In Honor of the Enlisted Men.

PAGEANT AND SONG FESTIVAL OF THE ALLIED NATIONS

Anspices
Committee of Public Officials Appointed
By the Mayor,
The Official Committee for Recreation of Soldiers, Sailors and Marines
National League for Women's Service

PROGRAMME

Given to and by an Audience of 13,000 People

Attention! Boy Scouts of America
1. Opening Parade—Columbia Park Boys
2. America
   (a) Military and Naval Bands, Sailors and Merchant Marines, Columbia Park Boys Band and Boy Scouts.
   (b) "Onward, Christian Soldiers" Knights of Columbus, Vested Choir and Bands.
   (c) The O'Neill Sisters' Ballet Divers- tissation "Hail to the Allies."
4. France
   (a) "La Marseillaise"
      Mme. Jeanne Gustin-Ferrier
   (b) Doris de Fiddes' Ballet, "La Belle France."
5. Belgium
   "La Brabanconne" (with Tableau) Mr. Marion Vecki
6. Great Britain
   (a) "Rule, Britannia"
      Mme. Esther Palliser
   (b) Dance, "Tommy Atkins"
      Miss Agnes Mahr
   (c) Anzacs
   (d) Canada, "The Maple Leaf Forever" Mr. Hugh Allan
7. Hawaii
   Doris de Fiddes' Hawaiian Ballet.
8. Italy—The Garibaldini

Garibaldi Hymn, Members of the Latin Quarter Opera Company.
9. Japan
   National Anthem, "Kimigayo."
10. Cuba, Guatemala and Brazil
    Wyatt Sisters' Ballet, "La Braziliana."
11. Russia
    Dance. . . . . . . . . . . . . . Stanislaw Mierzkowski
12. China
13. Greece
    Anita Peters Wright's Grecian Ballet.
14. Poland
   (a) National Hymn, "God Save Poland" Mme. Helen Narbutt
   (b) Polish Mazurka—Miss Bernice Brown and Miss Bernice Doyle.
15. America
   (a) Military Bands, Soldiers and Sailors.
   (b) "I'm a Son of Uncle Sam" Billy Pearce
       Dance by Phillis Pearce and fifty children from Mrs. Harriet Pay Richards' School.
   (c) Doris de Fiddes' American Ballet.
   (d) "Star Spangled Banner" Mme. Esther Palliser

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Wheatless Day Suggestions:
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Swastika Corn Meal Wafers
Swastika Barley Crackers
Swastika Graham Crackers
Swastika Oatmeal Crackers
Swastika Bran Cookies
Womans Greatest Opportunity is Now in the United States Civil Service
By A. C. Hoff, Civil Service Training Expert, Grosse Bldg.

Never before in the history of civil service have the opportunities for women been as good as they are now. The Government is beginning to realize that there are many departments in which women can do the work as well if not better than men. From all the information that I have been able to get and from all the reports that I have perused I believe civil service is in its infancy. As the Government finds it necessary to enlarge its field of endeavor in the many departments, including, I believe, Government ownership of Railroads, Telegraph and Telephone Systems, the United States Civil Service army will be increased by thousands and thousands who have received their positions as a result of a competitive test and have been given their appointments entirely on the merit basis. There has never been a time in the history of the Government when there has been the opportunity for women that there is now and there probably never will be another such a time. Opportunity does not wait for us, we must take it as it comes or it is lost. This is not only a woman's opportunity now but it is also her duty to step in and take the places that the men cannot fill.

Thousands and thousands of new appointments have been made and are still to be made in Washington, D.C. and in the twelfth civil service district as First Grade Clerks, Bookkeepers, Clerk-bookkeepers, Bookkeeper-Typist, Stenographic Clerk, Typist, Stenographer, Clerk-Typist, Customs House and Internal Revenue Officers and Clerks, Income Tax Collection Clerical work, War Tax Collection work, Ordinance Department, Quarter Masters Department, and many other departments of the civil service. Fortunately for most women the First Grade Clerk positions do not require either Stenography, Typewriting or Bookkeeping nor does it require any former business experience.

Federal civil service is real civil service. Merit counts and merit alone. The work is pleasant, hours the best, promotion as deserved according to initiative and executive ability, the environment and working conditions are good. Permanency is the one chief factor to be considered. All these things make the United States Government service the ideal vocation for capable men and women. Teachers, normal school and college graduates are finding in the government service the line of work that most appeals to them. I advise those not permanently settled or not thoroughly satisfied with the work they are doing to investigate the possibilities under civil service.

Government Positions for Women
THOUSANDS OF POSITIONS OPEN NOW
and many of them
do not require knowledge of Shorthand, Typewriting, Bookkeeping or business experience. Ideal vocation for Club Women, College Women and Teachers. Fine salaries. Easy hours.

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DISTRICT NEWS
Mrs. W. C. Morrow, San Francisco

Mrs. Frank Fredericks, the indefatigable President of the San Francisco District, has been visiting the various clubs in her jurisdiction. She spent a few days at Hollister and vicinity and at the Woman's Club breakfast was one of the speakers. Dr. Aurelia Rheinhardt being another. There was a reunion of the clubs in the vicinity. Delegates and visitors from Gilroy, Watsonville, and Salinas clubs were present. The country is beautiful at this time of the year, owing to clear weather, and the business and festivities were thoroughly enjoyed.

The third week in January, Mrs. Fredericks visited the Dorian Club in San Francisco, and gave an illustrated lecture with colored slides. It was most instructive and interesting, as it dealt with the region in Italy on and near the Piave River, where the closely fought battles between Italy and Austrians are waging. Mrs. Fredericks says this region is a beautiful and interesting one and is little known to most American travelers, but is a favorite spot with English tourists.

Mrs. Fredericks visited Napa and was the guest of honor at the new club building. The various clubs of the county attended the exercises.

The District Federation held a meeting in December, and it is expected that a town in one of the country districts may be the scene of the next Federation meeting.

The Mountain View Woman's Club has had several interesting meetings of late. A delightful musicale was given and the afternoon's exercises opened with a salute to the Flag. This was followed with quotations on music by the members of the club. Mrs. Alex. McBean presented the flag to the club prior to the exercises. Another interesting meeting, although hastily arranged, was the afternoon devoted to the topic, "How Much Has the War Affected Art and Literature?" "Food Conservation," "Vacation Experiences," and an "Optimistic" afternoon were given. Judge P. F. Gosby of San Jose gave an instructive lecture on, "Wills," on one occasion. The Columbia Park boys gave an entertainment under the auspices of the club, and the proceeds in part went to buy yarn to knit for the soldiers from Mountain View. Mrs. B. W. Holeman is the President of the club.

The Kalon Club held its Jinks on January 8. A little play was presented and caricatures and musical parodies were also a feature of the afternoon.

The Papyrus Club has been presented with a silk service flag by Mrs. Walker Coleman Graves in honor of her sons who are in the war.

The Forum Club is giving a series of popular luncheons.

The Daughters of the California Pioneers held a breakfast at the Argonaut Hotel in December. The Toasts were unusually fine and Mrs. Marian Taylor gave a tribute to The Flag which was eloquent and beautiful. Patriotic songs were sung and a medley of patriotic songs were rendered on the piano. Mrs. M. S. Biven is the capable and popular President.

"Patriotism and the Red Cross," was the subject of an address given by James B. Casserly at the California Club recently. An English officer, Captain H. L. Goord, spoke on, "The -War." Captain Goord was wounded in France.

Miss Margarite Curry, the President of the California Club, and Mrs. A. A. D'Ancona, sponsored an entertainment at the San Francisco Hospital and took a Christmas tree with them. Gifts were distributed in the tuberculosis ward and for a number of convalescent patients. Mrs. Richard Revalk sang carols in the different wards.

Two business women of San Francisco and vicinity have had the honor to be selected as "Four Minute Men," appointed from Washington, D. C. They are: Miss Margaret M. Morgan, well known in local club circles and Miss Marguerite Ogden, State Chairman of Conservation.

At the regular meeting of Laurel Hall Club, January 16th, the members voted unanimously that thereafter no news for publication be given out by the club.

MAJESTIC
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SAN JOAQUIN VALLEY DISTRICT
Miss Emma Glass, Fresno, Chairman

The Child Welfare Department of the San Joaquin Valley District has been doing valuable work under the leadership of Dr. Flora Smith, chairman. Many of the Valley schools have inaugurated the hot lunch service to the pupils, and in Fresno a nourishing lunch is being served to a kindergarten of sixty pupils in the foreign quarter where many children are not properly nourished.

In home economics departments, series of lectures by the faculty of the Fresno State Normal School is being featured by many clubs. Mrs. Aldoph Buttner, district chairman, arranged for securing this splendid opportunity.

Music has become a more popular and important department than ever before. Nearly all clubs have unison singing as well as feature programs, principally the compositions of American composers. The Tuesday Club of Lindsay gives to the public, every Sunday, an hour of music which has much appreciated—and many requests are always given.

Under the leadership of Mrs. H. W. Neely, Chairman of the Philanthropic Department, the Club undertook the sale of Red Cross stamps. Following the precedent of former years when the funds from similar sales were used in establishing a City Visiting Nurse and a free Dental clinic, this new fund will be used in establishing a County Visiting Nurse. Up to date $2600 has been turned into this fund.

Simultaneously with this undertaking, the Parlor Lecture Club was busily engaged in the Red Cross Membership Drive; also in the preparation of Christmas boxes for the soldiers, one hundred and five boxes having been sent away.

Use this flour made according to Federal regulations, in clean sanitary mills.

All grades of flour and cereals.

Globe A-1 Flour

Los Angeles
At present the Club is engaged in the Americanization and Child welfare work. In this work it is helping organize a social and civic center in the foreign district, and it is also providing a program every two weeks which is both educational and entertaining. The question of providing proper nourishment for the sub-normal children of the poorer districts is also being taken up.

In addition to the above work, the Club has featured some very entertaining programs, including Dr. Aurelia Reinhardt, Mrs. Herbert A. Cable and Mr. Thomas Brooks Fletcher, the latter in a meeting which was open to the community.

The Club is looking forward to the appearance of Dr. D. F. Fox, Mrs. Lutie E. Sterns, Mr. Ralph Parlette and Mr. John Kendrick Bangs, this spring. Much credit is due each department which has added its part to the success of the year by programs of service, patriotic, educational and otherwise.

NORTHERN DISTRICT
Miss Sally H. Mulligan, East Auburn, Chairman

In keeping with the spirit of club life of to-day, which might be summed up in the one word, Service, the various clubs of the Northern District are keenly awake to the responsibilities resting upon them, and are working with an earnestness and a cooperation unequalled before. At the last meeting of the District Board, the question of how the clubs might best serve the department of Child Welfare, was discussed at length, by Mrs. S. E. Mack, of Fairbrooks, Northern District chairman of this branch of club work. Through her efforts and enthusiasm many of the organizations have undertaken extensive work along this line, and from many clubs come reports of the adoption of war orphans, of the gathering together of clothing and supplies and of the collection of funds to be used for the relief of children in the war-stricken countries.

Clubs which a short time ago confined their activities to programs for the amusement and entertainment of their members, have developed into hard-working organization, each doing its bit to assist in some way during the strenuous days now here, and yet to come. In many towns the efforts of the women have been confined to cooperation with the Red Cross organizations, and the results achieved have been most gratifying.

In Tulare County, two clubs united most successfully in giving a Red Cross Benefit. The Woman's Club of Loomis, with its president, Mrs. H. Parlette, and the Improvement Club of Auburn, under the leadership of Mrs. T. W. Wilson, presented an entertainment which packed the Auburn theatre to its doors on the evening of Jan. 16th. A program of living pictures, reproductions of the world's great masterpieces, tableaux stirringly patriotic, and music by the best talent of the two communities, made the evening most enjoyable. The affair was a decided success both from an artistic and a financial standpoint; about $300 being netted for the Red Cross fund.

The attention of the Clubs is again called to the collection of books for the libraries of soldiers and sailors at the front. Many of the clubs have raised their quota of the library fund by teas, tag days, and benefits, and the donation of suitable books is now being strongly urged.

LOS ANGELES DISTRICT
Miss Bessie H. Carrick, Chairman

The Woman's City Club of Long Beach, which meets weekly in the ballroom of the Hotel Virginia, has enjoyed a most successful year under the presidency of Mrs. I. R. Hall. The large weekly attendance has attested to the attractiveness of the programs as planned under the able chairmanship of Mrs. I. M. Tanner. This has been so arranged that the first Friday of each month is devoted to Municipal matters, the second Friday to the study of the Development of Women, the third to Political affairs, and the fourth to reports from the various departments of our own local government. Some of the local women have presented, a number of the subjects and the club has awakened to the fact that it has no mean talent within its own membership while a parliamentary law class held every Saturday afternoon in the lecture room of

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the Public Library is developing new speakers and has proved a source of considerable profit to those in attendance.

Our soldier boys have not been forgotten, for a large number of comfort bags have been given to the "Sammies" at Fort MacArthur; a dear little French girl across the sea is being supported; and the old men at the County Farm had a much merrier Christmas because of the generous gifts of the ladies of the club.

The Echo Park Mothers' Club has a large and rapidly increasing membership, for the fame of our monthly luncheons and our social nights are spreading abroad. At this time when we hear the high cost of living so much discussed we feel that Mrs. Gladys Kinmont, our home economic chairman, is deserving of a great deal of praise for the delicious and nutritious luncheons which she serves us at the small cost of twenty cents a plate.

On our social nights we entertain members of our families and each club member is allowed to bring two guests. A different chairman, assisted by a committee of three or four members, acts as hostess at each of these affairs. She chooses her own decorations and plans such amusements as she deems best. The club members are very enthusiastic over these affairs as is attested by the large attendance.

The gymnasium department is deservedly popular as it keeps both our minds and bodies fit. One of the best enjoyed numbers on the program at our last reciprocity day was an exhibition given by members of the gymnasium class.

On the evening of January sixth we gave our annual banquet to our husbands and families. The menu for which was prepared by our economic chairman and was served by club members whom she asked to assist her.

You see we are very much a family club as one of our chief aims is to keep our interests and our children's the same, thereby working for greater happiness in the home and the betterment of our future men and women.

ALAMEDA DISTRICT

The Alameda District convention will be held in Stockton, February 14, 15, and 16; President, Mrs. Katherine Smith.

At the regular meeting of the Philomathean Club of Stockton, held on the 28th of December, the resignation of Mrs. Richard Russell Smith as President of the Philomathean Club of Stockton was accepted and Mrs. Genevieve F. P. Six elected as her successor in office.
SOUTHERN DISTRICT

Mrs. Myrtle V. Stuelke, Chairman

Many club women of the Southern District were present at the regular meeting of the Executive Board and President’s Council, January 12th. This meeting was held at Fullerton under the chairmanship of Mrs. C. C. Arnold, Southern District President, with the Orange County club women as luncheon hostesses.

The program included such intensely interesting speakers as Mrs. S. U. Stewart of Highland who spoke on the “Farm School for Southern California”; Mrs. Henry De Nyse who explained the work of farm bureaus; Mrs. Frank A. Gibson of Los Angeles and Mrs. John W. Bishop of San Bernardino presented the timely topic of “Americanization.”

The club women of Southern California are becoming vitally interested in the home demonstrating agents being placed at our disposal by the government.

The Riverside and San Bernardino County club women speak highest praise for Mrs. Malinda Woodworth who is carrying a full schedule of work in those counties as well as in Inyo County.

Mrs. Delia Morris has just been appointed as agent for San Diego and Imperial Counties thus relieving Mrs. Woodworth of part of her duties.

Mrs. Jessica Hazzard is taking care of Los Angeles and Orange Counties in a very efficient manner. Mrs. Hazzard recently gave an illustrated lecture on “Food Conservation” before the Fullerton Ebell Club.

All members of the nominating committee and the executive board are requested to attend the meeting of the San Bernardino County Board which has been called by Mrs. Florence Schoneman, president, for Wednesday, February 13 at the Current Events Clubrooms in Ontario. A one-hour session will be held between 11:30 and 12:30 after which a box luncheon in which each lady will provide her own lunch will be served. The nominating committee will hold a session during the noon recess, and the afternoon session will consume about an hour and a half. This will be the last big meeting before the convention and all members of the board and the nominating committee are expected to be present.

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Golden Crown Butter Company
Efforts are now being made by the Rialto Woman's Club to raise another fifty dollars to be used in the purchase of a liberty bond. This patriotic little club is already the owner of three one-hundred dollar bonds and one fifty dollar bond.

Corona club women are rejoicing over one of their latest achievements, a municipal nurse, for which they have worked long and earnestly. Red Cross work is to be taken up systematically by the club. Four captains, appointed by the president, will look after securing the club members for regular work.

War problems which face the women of California was the substance of the talk which Mrs. Chas. Farwell Edson made to the club women of Hemet recently. As State Chairman of the department of women in industry, under the State Council of Defense, Mrs. Edson impressed her hearers with the vital importance of her subject.

Mrs. Clark McEnen, President of the Riverside County Federation, has appointed Mrs. J. A. Henck of Hemet as County Chairman for the department of industry.

The participation of women in civic affairs was given special attention recently when Mayor Horace Porter addressed the club women of Riverside, commenting favorably upon their growing activities in this field. As an expression of his emphatic approval of women in municipal life the mayor offered to Mrs. G. G. Cole, President of the club, a place on the board of health. The proposal was warmly seconded by the club members and the appointment was accepted by Mrs. Cole.

(Continued from Page 18) definite, well planned color scheme.

In the dining room, let freshness be the keynote emphasized. Let us work out the color scheme we like best and have rug, wall covering and draperies so blended together that when we place our furniture—table, chairs, sideboard, serving table, tea wagon, etc.—all will unite in a cheerful setting.

The bedroom, which may be treated as a separate unit, permits a large scope of individual expression. Here each member of the family surrounds himself with the particular things he or she likes best and works out in color scheme furnishings and decorations to his own personal taste.

"The very glory of France today is the women of France; the sacrifices they are making to make the war possible; making the war a business. Nothing else matters; the business of the war is the goal and everything is directed toward that goal!"—General Joffre.

The Los Angeles Chamber of Commerce in a resolution, has protested against the effort of market hunters to throw open the game preserves of the United States on the plea that such a step is necessary to provide food for the nation. This is not now necessary and will mean the extermination of our game birds. The American Game Protective Association, the National Association of Audubon Societies, and other game conservationists are protesting against this proposed action. Chambers of Commerce and club women should act.

On July 30, 1917, the Senate passed the Enabling Act to give force and power to the Migratory Bird Treaty Law. On January 15, 1918, the House Committee on Foreign Affairs voted to report the Senate Bill favorably. The friends of the birds are asked to urge their representatives in Congress to push this bill through the House so that the needed protection may be given our migratory birds.
STATE COUNCIL OF DEFENSE

PUBLIC HEALTH COMMITTEE
Of the California Women's Committee of
The Councils of National and State
Defense War Time Program

Public Health which is dealing with health as a community matter and not an individual variation, is emphasized by war. Its problems are multiplied by the massing of men.

(1) Birth Registration: The records of birth certificates are being searched to prove eligibility for pass-ports for service as ambulance drivers and aviators for those under age; while men of family search the records to assure pensions for their children.

(2) Infant Mortality: Prevention of infant mortality is more than ever a conserving of national resources. San Francisco has for its foundlings a death rate of 2.5%; the State at large has about 9%. Each community can establish a Health Centre for conservation work, weighing and guiding babies, measuring, watching teeth, tonsils, etc., in the growing child and prescribing and teaching diets.

(3) The California Milk Law is excellent on paper but is only an asset to the community which sees that it is enforced. Work with your local health officer or the nearest State District Health Officer on this.

(4) General Health Standard should be raised. That 31% of our draft was not considered on account of physical defects speaks badly for what we are over-looking.

(5) Communicable Diseases: Vaccination for small-pox is enforced by the army, no "conscientious objector" is listened to. No risk of epidemic can be taken when the nation needs healthy men.

Typhoid vaccination is enforced.
Paratyphoid vaccination is enforced.
Tetanus vaccination is enforced after every wounded man reaches the dressing station.

All this is done to save lives.

Think and study these matters so as to uphold rational public health legislation as it comes up in the California State Legislature.

(6) Venereal Diseases: Due to the complete change of social environment, to loneliness, to the "gang" influence, the greatest menace of war to the efficiency of soldiers is venereal disease. As many men are in war hospitals in Europe for venereal disease as from bullets. The policy of silence has for its harvest this fact—that 25% of the drafted men are arriving in the camps already diseased. This in conjunction with the fact that only 7.9% of the regular army are suffering from venereal diseases show how large the percentage of venereal disease in the civilian population is. This menace must be known and understood by the mothers of the country. If war goes on, the boys of today are the soldiers of tomorrow, and education on Sex Hygiene should be definitely taken up by everyone who deals with the boy and girl from 14 to 18 years of age. Make a careful study of the books recommended by the American Society for Social Hygiene and urge in High Schools, Y. M. C. A. and Y. W. C. A., etc., careful lectures on this subject.

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Prompt attention will be given all requests for further information, catalogs, etc. Address: Dr. Eugene E. Davis, Pres.,

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No knowledge has given bad results. Let us try straightforward truth-telling and see what comes of it.

**Methods**

Organize a Public Health Committee. Follow the subjects in the list given.

1. Test out birth registration by sending from your church records, the names of all babies baptized who are under a year of age, and have them verified by the record at Sacramento.

2. See what your local infant mortality under one year of age is. How many are gastro intestinal? Your County Clerk can tell you this.

3. Study the Milk Law and your local conditions. (Board of Health will send copies.)

4. Establish a Health Centre, a district nurse and free examinations of children, and follow up cases needing care and get it for them.

Encourage medical examination of school children and everything which checks up defects.

5. Teach intelligence on vaccination, quarantine and vivisection, on which alone is based all advance in treatment of communicable disease.

6. Do all you can to lessen "commercialized vice" in your community. Increase general intelligence on the menace of venereal diseases. Have a study class of mothers of girls and boys and get a teacher or physician to conduct the class. A schedule of six talks will be sent on, application to Council of Defense.

Enroll your committee for the Bulletin of the State Board of Health. It is free on application.

**REMEMBER**

You can get help from The State Board of Health, Sacramento, Cal.

The State District Health Officers.

*North Coast District, Dr. Allen F. Gillihan, State District Health Officer, Santa Rosa, Cal.

Northern District, Harold F. Gray, State District Health Officer, Chico, Cal.

Central Coast District, Dr. R. N. Hoyt, State District Health Officer, San Jose, Cal.

Central District, Dr. Ralph W. Nauss, State District Health Officer, Fresno, Cal.

South Coast District, Dr. Edwin D. Ward, State District Health Officer, 210 Union League Bldg., Los Angeles, Cal.

Southern District, Edward A. Ingham, State District Health Officer, Riverside, Cal.

California Women's Committee Councils of National and State Defense through its State Committee on Public Health.

**DR. ADELAIDE BROWN,**

45 Sixteenth Avenue, San Francisco.

**AT THE HOME OF JOAQUIN MILLER**

By Mrs. D. J. Matthews

(Lines suggested on visiting the home place of the late poet.)

As my feet touched the beautiful mountain My soul seemed floating to God, For I felt by the glory around me That I stood on sacred sod.

Some tall trees his own hands had planted Soft winds a requiem sung; Sweet voices their welcome seemed chanting From where the low branches hung.

From far down the green hillsides and canyons Sounds of a great city told, While beyond the bay the sun's rays setting Touched towers and turrets with gold.

But I turned again to the mountain— I still felt his presence there— For the place seemed filled with great memories Of one who made it so fair.

The sweet flowers he loved smiled a greeting; I knew his soul could not rest. Unless he could wander awhile from Heav'n To this place he loved the best.

**A MODEL WIFE**

Our idea of a model wife is one who keeps her husband from making a fool of himself. —Galveston News.

**Mrs. Geo. K. Bretherton**

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HOME DEPARTMENT

PROTECTING THE PUBLIC

The advertisements of foods and foodstuffs which appear in this and coming issues of The Clubwoman are from firms which have in every respect conformed to the rigid requirements laid down by the Department of Health, C. F. W. C., as a part of its present campaign for the protection of the public through the elimination of impure foods and food materials. In every case, before a food advertisement is accepted for the official magazine of the Federation, the plant or establishment is thoroughly inspected by a special committee named for the purpose by the Department of Health and composed of qualified experts on the subject. The appearance of such an advertisement in The Clubwoman is consequently prima facie evidence of purity, reliability and patronage worth.

The work of the committee has now been extended to include the inspection of laundries and other establishments whose work affects the public health.

At the head of the department's committee of inspection in the South is Dr. Lulu H. Peters, M. D., Chairman of the Department of Health for the Los Angeles District.

At the head of the department's committee of inspection in the North is Dr. Mariana Bertola, M. D., Chairman of the Department of Health and Child Welfare of the San Francisco District.

OFFICE OF U. S. DEPT. OF AGRICULTURE

A POTATO DISH FOR EACH DAY IN THE WEEK

It is said that potatoes may be cooked in more ways than any other vegetable, and a score or more variations are within the knowledge of any good hotel chef. Seven ways, one for each day in the week, beginning with Monday's, Tuesday's and Wednesday's dinners, through Thursday's lunch, Friday's dinner, Saturday's lunch, and Sunday's supper are here given.

Stuffed Potatoes

(Monday)

Cut baked potatoes in half, remove the pulp, mash it, add enough milk for the usual consistency of mashed potatoes, and season with butter, salt, and pepper. Fill the baked skins with this mixture, dot the tops with butter and bake for eight or ten minutes in a hot oven. To vary this, add to the mashed potatoes, before the skins are filled, any one of the following: Beaten white of egg (1 egg to 3 medium-sized potatoes); grated cheese (1/2 cupful to 3 medium-sized potatoes); chopped meat (1/2 cupful to 3 medium-sized potatoes); chopped parsley (1 tablespoonful to 3 medium-sized potatoes).

Scalloped Potatoes

(Tuesday)

Use raw, thinly sliced potatoes in layers, each layer to be sprinkled with flour, butter, pepper, salt; lastly pour in just enough milk to be seen through the top layer, and then bake for about an hour, or until the potatoes are tender. This may be varied by adding in layers, hard-boiled egg, sliced; grated cheese, or minced ham.

Boiled Potatoes

(Wednesday)

Select potatoes of uniform size; bake them with a brush and plunge them into boiling salted water (1 teaspoonful salt to 1 quart water). Cook them with the cover of kettle sligh, until tender, from 20 to 30 minutes. Drain the potatoes; remove the skins; dress the potatoes with butter, if desired, and serve them immediately. If it is necessary for the potatoes to stand a few minutes before being served, cover them with a cloth, not a lid, in order that the steam as it condenses may be absorbed by the cloth and not returned to the potatoes to make them soggy. This is the reason for serving potatoes in an uncovered dish. The potatoes may be sprinkled with chopped parsley.

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We have a victory to win.

—HOOVER.

Oatmeal Bread
1 cup milk or water.
1 teaspoon salt.
2cups wheat flour.
¼ yeast cake.
1 cup rolled oats.

Scald the liquid, add salt and pour over the oats, cool half an hour, add the yeast mixed with ¼ cup lukewarm water, and the flour. Knead and let rise until double the size. Knead again and let rise in the pan until the size is doubled. Bake in a moderate oven for 50 minutes. Makes one loaf weighing 1½ pounds.

Spiced Oatmeal Cakes
1½ cups flour.
¼ cup sugar.
¼ cup cooked oatmeal.
¼ cup raisins.
¼ teaspoon soda.
¼ teaspoon baking powder.
¼ teaspoon cinnamon.
3 tablespoons fat.
¼ cup molasses.

Heat the molasses and fat to boiling. Mix

with all the other materials. Bake in muffin pans for 30 minutes. This makes 12 cakes.

Especially crisp and good as well as cheap are Scotch Oat Crackers

2 cups rolled oats,
¼ cup milk.
⅛ cup molasses.
⅛ cup molasses.
⅛ cup molasses.
⅛ cup molasses.
1 teaspoon salt.

Grind or crush the oats and mix with the other materials. Roll out in a thin sheet and cut in squares. Bake for 20 minutes in a moderate oven. Makes 3 dozen crackers.

Economy

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Potato Salad
(Thursday—from Wednesday's Left-overs)
Six cold boiled potatoes, 4 tablespoonsful salad oil or melted butter, 2 tablespoonsful vinegar, ½ tablespoonful salt cayenne pepper, 2 tablespoonsful chopped parsley, few drops onion juice.

Cut the potatoes in one-half inch cubes. Make a dressing by mixing thoroughly the other ingredients. Pour this dressing over the potatoes, and allow them to stand for 15 minutes. Drain off any dressing that may not have been absorbed by the potatoes. Garnish the salad with sprigs of parsley and serve with cream dressing or mayonnaise. To the salad may be added any of the following: 1 cupful chopped celery; 2 cucumbers, chopped; or 2 hard-boiled eggs, chopped, or, as a garnish, sliced.

(Continued from Page 17)
mice in the grain. Since the hawks and crows, the natural enemies of the mice, have been killed, man is trying to get rid of this pest. In four nights 500,000 mice, or over eight tons, were trapped in one locality.

Profiting by this example, let us protect our hawks, crows and owls that kill rabbits, squirrels, rats and other small rodents. The Brewer blackbird, which in some parts of our state eats rice should, however, be protected because of its fondness for wire-worms, weevils, grasshoppers, etc. In Fresno county these birds, and the Meadow-larks, cleared a field infested with wire-worms and saved the wheat crop. In the grasshopper outbreak of 1912 they did valient service, as did many other species. One blackbird has been known to contain 374 larvae of the alfalfa weevil, sixty-five pupae, and three adults, or ninety-five per cent of its food.

Forty-three species of birds feed upon the destructive cotton-boll weevil. Let us not forget this in our cotton-raising sections, and let us also remember that twenty-nine species of California birds eat the black olive scale. We must also look after our game birds and see that they are not exterminated through a mistaken idea of their need for food at this time.

Bird authorities of Massachusetts estimate one day's work by the birds in that state to be 21,000 bushels of insects. In Nebraska 170 carloads of insects are destroyed each day.

Clubwomen of California, please look after the birds in your communities and see that they are not destroyed. You could perform no better war service. Send for War Bulletin, "Birds and Food Conservation."

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March, 1918
Vol. X. No. 6
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PUBLISHED MONTHLY

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DR. LOUISE HARVEY CLARKE, State Chairman and Southern Federation Editor, 1046 Orange St., Riverside
MISS JESSICA LEE BRIGGS, State Chairman and Northern Federation Editor, 1942A Hyde St., San Francisco
MRS. J. A. MATTHEWS, Club Representative, Brack Shops, Los Angeles

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CALL FOR THE SEVENTEENTH ANNUAL CONVENTION AT OAKLAND, MARCH 26, 27, 28, 29, 1918

Dear Madam Presidents: The Seventeenth Annual Convention of the California Federation of Women’s Clubs will be held in Oakland, March 26, 27, 28, 29, by invitation of the Oakland Ebell Club.

With our country at war increased demands and tremendous responsibilities have fallen upon us as club women and upon our organization. There is every reason to believe that these duties and responsibilities will grow graver and heavier during the coming year.

It is most essential at this time of our annual convention that we should know how the organization which we have built has answered to the Nation’s call and how we can strengthen and prepare for still greater service.

The entire purpose and spirit of the Convention will be to take stock of the Federation work as a National asset at this crisis in our country’s history and to determine how and where we can best serve the present need.

It is highly desirable that a large representation of our membership participates in the discussion of present and future plans and policies.

Headquarters

Headquarters for the Convention will be the Hotel Oakland, and all sessions will be held in the Ebell club house, 1440 Harrison street, half a block from the Hotel Oakland.

Representation

By-Laws, Article VI, Delegates
Section 1. Each Club of less than one hundred members shall be entitled to be represented at the State Federation by the President, or her appointee, and one delegate. Club consisting of one hundred members, the President, or her appointee, and two delegates and one additional delegate for every additional hundred members.

Sec. 2. No delegate shall be allowed to represent more than one club.

Sec. 3. Each delegate at the annual meeting shall have one vote. Voting by proxy, either verbal or written, shall not be admissible.

Sec. 4. The Secretary of each club shall certify one week before the annual meeting of the names of the delegates and alternates from her club to the Chairman of the Credentials Committee.

Sec. 5. Members of clubs belonging to the State Federation may be “present at the annual meeting and can take part in the discussions, but shall not introduce motions or vote.

Credentials

Credential cards must be presented in person to the Credentials Committee which will be in session at the Ebell Club House Tuesday, March 26. Mrs. John C. Lynch, Chairman, 1845 University Avenue, Berkeley.

Resolutions

All resolutions offered for the consideration of the Convention must be presented in writing with the endorsement of the delegates of at least one federated club. Resolutions must be in the hands of the Committee not later than the close of the second day of the Convention. Mrs. Mattison B. Jones, Chairman, 108 Orange Avenue, Glendale. At Convention, Hotel Oakland.

Hotel Rates

Hotel rates are given in detail in the bulletin of the Ebell Club, which accompanies this call.

Train Rates

All railways will give special rates of one and one-half fares, on certificate plan, providing there are fifty delegates holding receipt certificates. Be sure to ask for receipt certificate when you purchase your going ticket. Failure to do this will prevent you and perhaps many other delegates from securing the reduced rate. Receipt certificates must show name of the meeting, be signed by the Secretary of the Convention, and be verified by the railway agent at Oakland before ticket agents will be empowered to honor certificates for return trip tickets at one-half fare. Chairman of Transportation, Mrs. L. S. Burchard, 1505 Arch Street, Berkeley; Mrs. W. H. Anderson, 4300 Victoria Avenue, Los Angeles.

Program

Department work of the Federation will furnish the background of the Convention program. Detail reports will be eliminated as far as possible in order to present comprehensive and constructive outlines of work with particular relation to the defense work now being carried on in every department.

Co-ordination of Federation work with governmental activities and co-operation with the women's committees of National and State Defense will be emphasized.

Noted speakers of National and State
reputation will address the Convention on subjects of immediate interest and importance.

Mrs. Josiah Evans Cowles, President of the General Federation of Women's Clubs, will bring a message of inspiration and encouragement.

The hostess club will hold on informal reception at the close of the program, Tuesday evening.

Unison singing of patriotic songs will open all sessions.

District Presidents will discuss “Federation Problems.”

Evening meetings, including an Art Dinner, will offer the relaxation necessary to a well-balanced program.

A grand patriotic rally with a speaker of national prominence will mark the close of the Convention. The Teachers’ Convention, which meets in Oakland during the week, will be invited to join with us in this final meeting.

Knitting permitted and encouraged. All sessions will be open to the public.

Entertainment

All entertainment will be of an informal nature. Luncheons and banquets will be eliminated. The Art Dinner, the only feature of this kind under the direction of the Chairman of Art, Mrs. Rose Berry, will be both unique and educational.

Conservation will be both preached and practiced.

Entertainment provided by the hostess club is noted in the bulletin promises many delightful hours and pleasant associations. We are assured that nothing will be left undone on the part of the local board for the comfort and pleasure of the delegates and guests.

Revison

The Incorporation of the California Federation, provided for by the last Convention, requires the adoption of a Constitution and By-Laws conforming to the Articles of Incorporation. The Revision Committee submits herewith such Constitution and By-Laws, which have been drawn up to meet the requirements of incorporation and at the same time retain all of the present Constitution and By-Laws consistent with efficiency in the organization. There has been no suggested change in the present policies of the Federation. Articles have been reworded, renumbered, and re-arranged to present a more harmonious document, and certain omissions have been supplied. We call your attention to the following:

1. The Parliamentarian to be an appointed officer. She is at present without standing or vote. Art. 4, Sec. 1, and Art. 6, Sec. 1.

2. District Conventions to be held one month prior to the State Convention. Art. 7, Sec. 5.

3. Quorum for annual Convention defined. Art. 9, Sec. 1.

4. Quorum for Executive Board defined. Art. 9, Sec. 2.

5. Nominating Committee replaced by Election Board. Art. 6, Sec. 2.

6. Beginning of term of office. Art. 6, Sec. 5.

By order of the Executive Board, BERTHA L. CABLE, President.

ANNE M. MUMFORD, Cor. Sec'y.

Convention Committees

Program, Mrs. Aaron Schloss, Chairman; Mrs. Frank A. Gibson, Vice-Chairman. Credentials. Mrs. John C. Lynch. Resolutions, Mrs. Mattison B. Jones. Rules and Regulations, Mrs. Mathew Robertson, Mrs. Annie Little Barry. Transportation, Mrs. L. S. Burchard, Chairman; Mrs. W. H. Anderson, Vice-Chairman. Local Board, Mrs. Katherine Smith, President Alameda District. GeneralChairmen, Mrs. James A. Vandegrift, President The Ebell Society. Oxcers of the Local Board, Chairman, Mrs. Thomas Mitchell Potter; Vice-Chairmen, Mrs. H. T. Helfer, President Alta Vista Study Club; Mrs. R. B. Gaylord, President Bay View Reading Club; Miss M. J. Watson, President Book Club; Mrs. A. K. Frye, President East Oakland Women’s Civic and Literary Club; Mrs. F. G. Athearn, President Twentieth Century Club, Berkeley; Mrs. A. O. Gott, President Adelphian Club, Alameda; Mrs. Geo. B. Preston, President Glenview Woman’s Club; Dr. Minora Kibbe, President Joaquin Miller Club; Mrs. Robert Watt, President Oakland New Century Club; Mrs. E. L. Ormsby, President Oakland Club; Mrs. A. M. Beebe, President F. H. Barnes, President Thursday Reading Boulevard Women’s Club; Mrs. G. A. Rigg, President Rock Ridge Woman’s Club; Mrs. Club; Miss Ida B. Diercens, President Unit One Bay Cities Music League. Recording Secretary, Miss Mary C. Heath, 1043 East Eighteenth Street. Corresponding Secretary, Mrs. W. G. Ferguson, 605 Twenty-ninth Street. Treasurer, Mrs. Chas. H. King, 1043 Sixth Avenue. Auditor, Miss Eva Powell, 2703 Dwight Way, Berkeley. Chairman of Committees, Platform, Mrs. E. D. Yorker; Hotels, Mrs. C. H. Rowe; Special Courtesy, Mrs. R. W. Kinney; Hospitality, Mrs. A. F. Brown; Information, Mrs. E. L. Warner; Press, Mrs. C. Leonard Smith; Excursions, Mrs. F. H. Barnes; Music, Mrs. N. A. Koser; Reception, Mrs. Harry Benner; Registration, Mrs. Edward Booth; Badges, Mrs. F. L. Carpenter; Trains, Mrs. F. Musser; Decorations, Mrs. F. A. Leach, Jr.; Exhibits, Mrs. F. I. Bamford; Ushers and Pages, Mrs. W. O. Atwater; Printing, Mrs. E. T. Foulkes.
CALL TO BIENNIAL.

These days of "Carrying On" have diverted most minds from social entertainment to social service—from talking shorter hours to working longer hours—from giving a meagre proportion of time to philanthropic work, to giving most of one's time, strength and means to the new demands of humanity. With this outlook comes a bugle call to all club women of the land—the call of the approaching Biennial at Hot Springs, Arkansas—a summons to the fountainhead of information to hear, to heed, to discuss—to bring back to the home base a refreshed and clarified vision. When questions of moment arise it is customary to seek the source of knowledge; State and National matters lead to Sacramento or Washington—club problems are handled at the Biennial which is the Woman's Congress, the ultimate legislating body. Here are the forces mobilized, here are found the master minds at work, here one touches the vital spark of personality, here one learns what is being done and how to do it, acquiring a direct stimulus from the spirit of devotion, almost consecration of the leaders in this new era. All this and more does this exceptional Biennial offer—exceptional by virtue of the far reaching Federation work linked with the new work of National Defense and the promise of Hot Springs! Relaxation to the overtaxed delegate as is the communistic recreation centre of our soldiers when outside of camp. Millions of dollars are being spent on war camp activities to maintain a healthy, normal standard. This is a need recognized by wise organizers and paralleling it Hot Springs calls the women who are submerged in multi-
tudinous duties. From every viewpoint Biennial calls.

Do not wait to be urged, or even asked, keep hoping to go though the way may not seem clear at first—the wish may find the way. Talk about it to those who may not have seen this notice. Send in your names to your District President or to me. Let us be sure of running a special train, which requires about eighty people. Delegates, clubwomen, friends, families, men and women, may take advantage of this trip and enjoy the comfort of well equipped cars, through diner and all conveniences. This promise of good train service means much at this time and any number may benefit by it. Tickets via St. Louis or Memphis will cost $103 for the round trip plus the eight per cent war tax; good for nine months with unlimited stopover privileges. Write me for further information over other routings. Hotel and boarding rates in Hot Springs suitable to every requirement from a dollar a day American plan to six dollars European plan. The headquarters will be at the Hotel Eastman and it would be wise to make reservations now.

Let the suggestion of attending Biennial become a leading theme of conversation—not alone for the personal advantages to be obtained from the program and the pleasures of enjoying all that Hot Springs has to offer, but for the privilege of extending loyalty and devotion to our own President, Mrs. Josiah Evans Cowles. This is California's year—let the recognition of the honor be shown by an overwhelming delegation.

On to Biennial.

LILY P. G. HUBERT,
State Chairman Biennial Committee.
Mrs. P. Gengembre Hubert, 2144 Hobart Boulevard, Los Angeles.

HOTEL POTTER, SANTA BARBARA
CALIFORNIA WOMEN ENDORSE MRS. JOSIAH EVANS COWLES FOR PRESIDENT OF GENERAL FEDERATION OF WOMEN'S CLUBS

At a meeting of the State Executive Board C. F. W. C. the following resolutions were adopted:

WHEREAS: Mrs. Josiah Evans Cowles of California as President of the General Federation of Women's Club during the past two years has upheld the traditions of the organization and maintained all that is best in the ideals of womanhood, and

WHEREAS: Mrs. Cowles has brought efficiency, power and judgment to bear upon the overwhelming amount of work that has devolved upon her exceeding that of any previous administration due to the disturbed condition of the country, and

WHEREAS: Mrs. Cowles as a member of the Women's Committee of the National Council of Defense has been able to render invaluable service to the organization and co-ordination of the woman power of the nation for war service by rendering them nationally effective without loss of identity or interruption of work already established, and,

WHEREAS: Deep appreciation has been expressed from all parts of the country that in its President the General Federation has at this time a leader of acknowledged executive ability and wise judgment who has been able to render exceptional service in the co-ordination of the work of the clubwomen with the work of the Federal Government, and

WHEREAS: It is the expressed opinion of club members in general that the present crisis demands the continuance in office of a leader so intimately connected with the initiation of plans and opportunities for increased efficiency in the larger work of the Federation and of the National service,

THEREFORE BE IT RESOLVED: That the Executive Board of the California State Federation, in session assembled, with a sense of privilege and gratification presents the name of Mrs. Josiah Evans Cowles for re-election to the Presidency of the General Federation of Women's Clubs, at the Fourteenth Biennial Convention, Nineteen Hundred and Eighteen.

BE IT FURTHER RESOLVED: That this Resolution be presented at each District Convention, at the State Federation Convention, and a copy sent to the President of other State Federations, to the Corresponding Secretary of the General Federation, the General Federation Magazine, the "Club Woman" and to the Press generally.

BERTHA L. CABLE, Pres.,
JESSIE C. ANDERSON, Sec'y.

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LOS ANGELES
CALIFORNIA
GENERAL FEDERATION

WAR VICTORY COMMISSION

"We dedicate our lives, and our fortunes, everything that we are, and everything that we have."—President Wilson.

At the recent board meeting of the General Federation of Women Clubs held at the Homestead Hotel, Hot Springs, Virginia, one evening was devoted to the discussion of what special war service we could render our nation in the present world crisis. Many suggestions were made and experiences related. The Director from Texas told of the splendid manner in which the Texas Federation of Women's Clubs had arisen in order to meet the needs of our soldiers in the various camps and concentrations in that huge state.

The club women are at work early and late in providing comforts for the soldier lads from far distant states. However, those courageous women were not content to limit their activities to the needs that had arisen on our native land alone, but enlarged the horizon in order to meet the largely augmented needs of our men when they go "over there." It was their very earnest desire that they might be permitted to co-operate with the General Federation in some general plan in which all State Federations could unite.

The truth of the oft repeated statement that a happy, healthful, singing army will be a victorious army was forced home to our minds in most conclusive fashion. A War Victory Commission was appointed; thus named because war is upon us—victory because we can see no ultimate end other than a victorious one for our defenders—a commission because those women appointed to service have a definite duty to perform in collecting the QUARTER MILLION DOLLARS for initiating this work.

The members of the commission are: Mrs. R. H. Ashbaugh, Detroit, Mich., Chairman; Mrs. A. G. Peterson, Aurora, Neb., Vice-Chairman; Mrs. Geo. W. Perkins, Boston, Mass., Treasurer.

The other members thus far appointed upon the commission are: Mrs. W. B. Sharp, Houston, Texas; Mrs. E. G. Denniston, San Francisco, Calif.; Mrs. R. R. Cotten, Bruce, N. C.; Mrs. F. J. Shepard, East Derby, N. H.; Mrs. W. F. Fitzpatrick, Thomasville, Ga.; Mrs. F. T. Blesch, Green Bay, Wis.; Mrs. A. D. Warner, Wilmington, Del.

The whole country will be districted, and a half dozen states assigned to various commissioners. If every club member throughout the country contributes promptly one dollar to this fund, we will be able to complete the fund before the fourteenth Biennial to be held at Hot Springs, Arkansas, April 29th to May 8th.

Every member of the board present at that record making meeting, in the beautiful snow-covered mountains of Virginia, was deeply impressed with the opportunity and necessity of making this supreme effort for the men and boys so dear to the hearts of American womanhood. We do not blind our eyes to the calls upon calls and yet more calls, that have been and will be made upon our time, our talents and our pocket-books, but we will not therefore be excused for failing to meet this great need which has developed in the mobilization of our wonderful army.

Saturday afternoon, February 2nd, the newly appointed Chairman of the Commission, and your President were in Washington, and by appointment called upon Mrs. Raymond B. Fosdick, Chairman of all training camp activities. He told us that President Wilson was very anxious to establish recreation houses for our troops in France, that he himself was going to Europe very soon in order to investigate and ascertain the best methods of procedure, that it is hoped to arrange for our soldiers to spend their furloughs in comfortable houses in the south of France, away from Paris.

Surely everyone of us will be glad to make a little additional sacrifice, if that is necessary, in order to enable our great organization, the General Federation of Women's Club, to make this QUARTER MILLION DOLLAR voluntary contribution to the comfort and well-being of those who are defending us so bravely "over there."

 Fuller and more detailed information will soon reach all clubs from War Victory Commission.

IONE V. H. COWLES.

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For 27 Years this Has Been the Home of Perrin Gloves

East of the Drygoods.

SEVENTH STREET AT OLIVE
Office of Collector of Internal Revenue
Sixth District of California
Los Angeles, Cal., Feb. 28, 1918.
To the Women of California:—
I know of no way in which the Women of California can better contribute their bit to the Government in this time of stress than by an organized effort to get in the Income Tax returns.
The duty of making income tax return is a mandate of law falling directly on the taxpayer. The Government gives no notice of the passage of a law. Passage of the law is notice in itself. Failure of the taxpayer to receive notice, or blanks is no excuse. It is the taxpayer's duty to know his obligations and to meet them. His failure so to do is punishable by fines and penalties which are written into the law and are a mandate of it and which the Collectors of Internal Revenue have the power neither to remit or abate. These fines and penalties go on automatically at the expiration of the time for filing. This due date has already been extended thirty days, and until April 1st, 1918.
The seriousness of the situation lies in the likelihood of thousands of people not knowing or comprehending that they are brought under the operation of the law and must make returns. If they fail to make return the fines and penalties necessarily attach. The infliction of these fines and penalties will make those affected feel bitter and perhaps resentful. They may feel that the imposition of these fines in their cases has been leaven with a sense of injustice. They will feel resentful and be in an ugly humor. That mental condition on their part is a fruitful soil on which to sow seditious or even anarchistic propaganda.
It is the patriotic duty of all civilians to see that this unhappy situation does not arise.
The women of California can perform a conspicuous service to their country by each one making it her duty to see that her family, her friends and her neighbors comply with this law and make their income tax returns on time. Don't suppose they will do so. In fact, don't suppose anything, but get busy and find out.
Blanks can be obtained from any bank or at the Internal Revenue offices in Los Angeles and San Francisco.
This situation is at hand; it is serious and the time to act is now.

JOHN P. CARTER,
Collector of Internal Revenue.

Free Demonstration
In your own home if you prefer

We are so confident of the superiority of the Starr Phonograph as the greatest of all reproducing instruments, that we will be very glad to offer you the opportunity of judging it without any obligation whatever on your part.

We would like to have you pass judgment on its wonderful tone—a result of the Singing Throat and Horn made from Silver Grain Spruce—the greatest advancement made in Phonograph construction.

The Starr Phonograph plays all makes of disc records. Apply for demonstration at once.

Phones Main 5534; F-2860
The Starr Piano Company
FACTORY SALESROOMS
630 South Hill Street, Los Angeles
609 West Eighth Street, Riverside
This year of War, 1917-18, has brought new and serious problems to all thinking people. To the department of Public Health the special problems are due to the mobilization of great numbers of men in certain localities. Meanwhile the usual problems have not been lessened. In all the six Federation districts more or less of a campaign in health education has been carried on in various clubs throughout the state. The State Board of Health has also divided California into six districts, appointing a district health officer in each who should be of great service to clubs in solving local health problems. For example, one club in the north where malaria has been a menace has taken steps to form a malaria abatement zone. Doubtless the district health officer is the advisor and director of this effort. He should be.

"But," adds the chairman of the nineteen northern counties, "the questions that most of the clubs discussed were the ones brought out by the war. The alarming number of young men turned down by the Exemption Boards because of physical unfitness has brought before the people more vividly than years of preaching could have done, the fact that the physical education of the young both in the homes and in the schools has been sorely neglected." She adds: "As to the food for the family we clubwomen are now trying to emulate the stockmen who for years have planned balanced rations for their cows. We are finding the substitution of coarser breads and of fish and poultry for much of the beef and pork are not proving detrimental to health but are furnishing better balanced food."

The chairman of Alameda District planned her campaign of education as follows:

1. Health of school children including a survey of inspection, food, housing, and home conditions.
2. Birth registration.
3. Health conditions surrounding our military camps and cantonments.

She reports that the forty-eight schools in Oakland have one physician and nine nurses for thirty thousand children; an inadequate number. This survey points to the desirability of Home Teachers among our foreign population to instruct parents in home sanitation, in caring for their children, especially the delinquents, and in Americanization generally.

Under birth registration it was found that a large number of babies had been baptized (especially in the Catholic and Episcopal churches) whose births had not been recorded. These children needed help to help the city health officer in securing registrations. The recent draft examinations have demonstrated graphically the need of universal birth registration to prove age, birthplace, nationality, etc.

In San Francisco District education on the food problem has been emphasized from the standpoint of food conservation and its dangers to children. Dr. Bertola issued a circular letter warning parents of the dangers of stuntting infants and small children in the milk supply. She cites twenty-three families where the milk supply for children had been reduced from two quarts to one, and seventeen cases where infants were cut down from one quart to one pint daily. Milk and eggs supply necessary nutrtiment for the rapid growth of the very young. Adults can substitute foods, infants cannot.

San Joaquin Valley District has done excellent health work. In Fresno the Parkers Lecture club two years ago supported a city tuberculosis nurse. This demonstration of the need induced the city fathers to take over her permanent support. This year the club has undertaken the support of a county tuberculosis nurse and is also providing for the maintenance of an automobile for her use. Such a wonderful outlay was rendered possible for the sale of Red Cross seals at Christmas time, $50,000 of them, if I remember correctly. A whirlwind campaign, but yielding wonderful fruitage, in both directions.

It is impossible to draw a line between Public Health, Child Welfare and Social and Industrial Conditions. All effect health. In Fresno the serving of warm lunches to the school children in a densely populated foreign district so improves their health that I cannot omit mention of it. Likewise the Americanization work of the same club among these foreign mothers raises the health standards in their homes.

Los Angeles District has kept up its reputation for active, progressive work. The chairman carries on a personal campaign of education in "Diet and Health" and "Social Hygiene," speaking constantly before clubs and other groups. The city council knows her well, and her efforts are bringing about an ordinance for the better protection of foodstuffs on sale, as fruits, breads and pastries, meat, etc. As a final stroke Dr. Peters published a booklet entitled "Watch Your Weight" for the Los Angeles District Convention, a humorously written and cleverly illustrated reproof and remedy for being either too thick or too thin. All except the faultless Venus de Milo and the correct Gibson girls should read and heed.

The educative work in the Southern District has been mostly the personal effort.
of the State Chairman who has been striving for the "conservation of girls" by giving courses of lectures on Sex Education and Social Morality. These series of five or six lectures have been given in normal and high schools, Young Women's Christian Associations, and to clubs. They are addressed to the adolescent girl—plus her mother. Mothers are urged to attend with their daughters that the barriers to mutual confidence may be broken down. The largest group reached was in the Riverside Girls' High School during the annual convention of the Southern District. Many single talks on Social Hygiene have also been given before clubs and Parent-Teachers' Associations.

Summary and Outlook

The tuberculosis problem was never more urgent than right now. The migration of Eastern tuberculars to our milder climates (note the plural, for climates are legion in California) has not diminished. And the exigencies of war must necessarily increase the number of resident cases. It behooves us to be more vigilant in season and out of season in our conquest of this insidious foe. All our counties must have their hospitals brought up to the standard required for state aid. This is a preliminary step in the continued education of the public as to the care of the tuberculous outside the hospitals.

As to the health conditions surrounding our soldiers, the Army and Navy Federal authorities have provided for all sanitary measures and as far as is within their power for the moral environment also. Stringent rules endeavor to protect the soldiers from health deterioration due to alcohol and prostitution. But such safeguarding is beyond the entire control of Federal authorities and rests back upon the communities in which they are placed—upon you and me. Our state has generously provided a Military Welfare Commission with $60,000 to carry on their work for two years. This commission co-operates with Army and Navy, with Boards of Health, with the police, and all social agencies, unifying and correlating the work.

In attacking the "vice problem," i.e. prostitution and the spread of venereal contagions, the State Board of Health has created a department for Venereal Diseases, and clinics have been established in six cities for the treatment of these diseases. These local clinics are excellent for the immediate community. Treatment for these loathsome diseases is so expensive as to be prohibitive to many. But a year's work only reached a half dozen communities while the Social Insurance plan now before our voters would render early diagnosis and treatment available to all FREE and would go toward eradicating this plague.

Cities are making decided advance in protecting soldiers from alcohol and opportunities for prostitution. San Diego has enacted an ordinance making both parties equally guilty before the law for illicit "vagrancy." The names of both parties are pub-

lished—which in itself has a strong prohibitory effect. Hospitals have been erected in Los Angeles and San Diego for diseased prostitutes (and nearly all are diseased). They are kept under treatment until danger of contagion is over, then remanded to the courts or placed on parole. The Commission has found that thirty per cent of prostitutes are low-grade morons with a mentality of about eight years. Does not this reveal a tremendous duty for us clubwomen? The elimination of vice cannot go far until the state provides farm colonies (health-giving reformatories and permanent segregation) for these poor creatures with adult and attractive bodies and eight-year-old minds. Another thirty per cent of prostitutes are high-grade morons, twelve to sixteen-year-old mentality. These likewise must be segregated in farm reformatories, with later a parole system until they can become self-sustaining citizens. Other states are accomplishing this without women's votes—and we clubwomen are public opinion makers as well as voters. On us rests the responsibility of these poor sisters as well as of the protection of our sons and brothers, and of their future wives and children. Science has conquered small-pox, plague, typhoid and typhus, and now we must help science on the moral side to conquer syphilis and gonorrhoea. A single standard of morals for men and women is absolutely fundamental to such a conquest.
THE INFLUENCE OF WOMEN’S CLUBS ON SANITARY MILK PRODUCTION

By DR. ADELAIDE BROWN, Member California State Board of Health, San Francisco, Cal.

Oakland and the Home Club have the honor of starting the first movement for clean milk. Under Dr. C. Annette Buckel and Dr. Sarah H. Shurtleff, a dairyman willing to meet the requirements of certified milk, was found, and in 1905 certified milk was distributed in Oakland by Mr. Burroughs of the Walnut Grove Dairy. The first milk commission was formed by the Alameda County Medical Society with women and men members, and the next January, 1906, a commission was formed in San Francisco County. Milk was brought from the same dairy to San Francisco County. April 18, 1906 saw an end of all milk routes, and it was not until October, 1917 that the dairyman was found who would produce certified milk according to standard.

The Sleepy Hollow Ranch leased its herd and product to Mr. Victor Nelson who supplied the extra technique for certified milk, and continuously from that time this dairy has supplied San Francisco and Marin County with certified milk.

Soon Mr. Henry Timm of Dixon, California, came into the field, and these three dairies control the field today. Four other dairies have entered and left the field in the eleven years.

In San Francisco coinciding with the rise of certified milk, the California Club under its able civic chairman, Dr. Minora Kibbe, made an investigation of the dairies in San Francisco County. What they found was not creditable. The small dairy on rented grounds, with no desire to spend a cent on the other man’s buildings; the owner unwilling to repair buildings, which have a very short tenure as dairy buildings, makes a combination difficult to cope with. The California Club women called together the San Francisco Association of Milk Producers, Health Officers, interested doctors, laymen and women, and formed the Milk Improvement Association. We studied Government circulars and books on bacteria in milk, and visited dairies far and near. Dairy inspectors, which at that time meant men who collected samples to be examined for preservatives and added water, were asked to our meetings.

It was borne in on us very soon that milk inspection was needed at the point of production and that men who knew something about health of cows were necessary. Our next move was to raise $1,500 to pay the salary of a dairy veterinarian who should spend his time in the outlying dairies and check up conditions and have them improved or cut out of sending milk to town.

The city took on this officer after a year and now have two veterinarians at work. This office was once jeopardized in a fit of board of health economy and undue confidence in the value of pasteurization, but they had no answer to the questions: Do you wish to pasteurize dirty milk? Or add to the safety of the clean milk by pasteurizing it?

In addition, the Milk Improvement Association urged on the Board of Health the adoption of a system of collecting samples for bacterial counts on ice.

Through the years this Association has met to help legislation on milk matters, and its last suggestion was to have in the budget allowance made for an inspector of pasteurizing plants, who brings in and plates frequent samples and watches the recording thermometers and instructs the owners in correct pasteurization.

Today the milk supply of San Francisco
County comes under the three heads—

Raw
Certified Milk—between four and five thousand quarts daily distributed under the supervision of the San Francisco County Medical Milk Commission.

Inspected Milk—under the supervision of the Board of Health, delivered in bulk and bottles from two dairies to several of our best hospitals.

Pasteurized
Grade A which according to the state law comes from dairies scoring 60 per cent and is pasteurized to run under 15,000 bacteria per c. c.

For much of the year the supply of raw milk runs under 100,000 bacteria per c. c., and this, with no ice used in the production or transportation, means clean dairies and clean technique, quick cooling and transportation.

No milk paper from San Francisco would be complete without a word on the work of the Association of Collegiate Alumnae and their Baby Clinic, where by giving intelligent supervision and certified milk, the death rate has been reduced among the foundlings of San Francisco from 50-60% to 2.67% in 1916, when 262 babies were under the clinic and only seven died. These babies are all bottle fed from birth and often badly exposed before reaching the Baby’s Aid where they are dropped in the basket. The average infant mortality approached 9% in California. This piece of work has been under Dr. Florence Holcslaw and Dr. Anna Rude for seven years. The clinic is held once a week and shows how valuable health guidance can be made to infants. The Children’s Bureau at Washington called Dr. Rude this year, and we are very proud to have trained in California, a worker for the nation.

The Mothers Congress, through its indefatigable representative, Mrs. Webster of Sacramento, has to its credit the Milk Bill of 1915 and, with the few changes due to its use after October 1916 when it became effective, the bill is now on our statutes to stay.

The women’s club of Los Angeles have been active in inaugurating scoring contests. The work was done over four months of time, and a final collection made by experts from the University of California, U. S. Bureau of Animal Industry and State Dairy Bureau. An average was, struck and the dairy’s rating given on the milk score card of the Dairy Division of the Bureau of Animal Industry. The score allows 100 points as the standard:

- 35 Bacterial Count
- 25 Flavor and Odor
- 10 No Sediment
- 10 Butterfat
- 10 Solids not Fat
- 5 Acidity
- 5 Appearance of Package

The results of the scoring were published in the papers through the strong interest of Dr. Lulu Peters of the Public Health Committee of the Women’s Clubs.

At the head of the list of Pasteurized Milk stands the milk produced by the man who in 1915 wanted to get a milk law “that would put women’s clubs and boards of health off the job.” Needless to say, he has had a change of heart, and we are proud to see him lead in accurate pasteurizing of milk.

All but four out of fifteen dairy plants selling pasteurized milk average over 88% on the score.

In the raw milk class, dairy conditions must be very good since in tests made for tuberculosis 72 samples out of 106 scored above 88%. The scores of the dairies producing this milk are not given.

Such publicity of scores is hated by the inefficient dairyman, but the efficient dairyman deserves the advertising it gives him.

Through the State Federation of Women’s Clubs and its Journal, there has been steady urging of all clubs having a Public Health Committee to be busy on the milk question.

At Palo Alto, a woman’s club and an active health officer have cleaned up the dairies and today one of the best dairies sells all its milk wholesale in Palo Alto to restaurants which in San Francisco get the worst milk. In a recent visit we found a model condition of dairies and all dairy herds tuberculin tested. No pasteurizing is done in Palo Alto.

I feel that the women of the State have helped the Clean Milk Movement, and will always cordially support it.

MRS. E. KALUSTIAN

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PACIFIC ELECTRIC RAILWAY
HOW NORMAL BUYING WILL HELP WIN THE WAR
(The following is the first of a series of articles which will be printed in The Clubwoman on the necessity of keeping business normal as a war measure. As women are the world's retail buyers, the attention of the members of the California Federation of Women's Clubs is especially directed to this subject.)

KEEP THE SMOKESTACKS SMOKING
By FRANCES HOLMES, Member

From my window, at the very top of one of our tallest office buildings, I look out over the city towards the east. A forest of smokestacks greet my eyes, and viewing them so constantly from day to day, has set me wondering—what is it, what is the power that keeps the smoke and the steam puffing and blowing from this myriad of smokestacks.

You may say it is coal or oil or gas. True enough, but there must be something back of the coal or oil or gas. Then one day it came over me—it is me, it is you, it is all of us, that furnish the power to "keep the smokestacks smoking." They are smoking and puffing away running machinery that is making something that we buy to eat, to wear or to use in some other way. Smoking and puffing because we are here, spending money and buying what is manufactured. And that is the power that keeps them smoking—our money that we spend individually and collectively.

And this vital fact is true of all business and of every store along the street. The money we spend, not the money we hoard, keeps business going, keeps men and women employed, produces the money that we contribute to run our government and buy the munitions of war.

To make it more personal—isn't your own individual income supplied by some business or some investment? Possibly a business owned by husband, son or brother, or perhaps your own. If everyone stopped buying to hoard and save, the business in which you are interested would have to shut up shop. Then where would the money come from to pay your living expenses, how could you contribute taxes to the government, buy Liberty Bonds or Thrift Stamps. What would become of the employees of this business, how would they live and contribute their share to the cost of the war?

We hear, all too frequently this "Stop spending money" propaganda. Analyze for yourself "what would happen to the people of the United States if all of us were to spend every dollar we receive and were to add to our savings every other dollar we could capture." In an article headed "Who's Patriotic Now?" Mr. Charles W. Mears has set down facts that everyone should study carefully. In part this article states:

"It is from the Market (business) that every living human being secure the price of his daily bread. From the Market the laborer, the artisan, the professional man, the artist receives each his wages, salary, compensation. From the Market the dealer, jobber, manufacturer receives his profit. The Market sustains schools, churches, colleges, banks, newspapers, insurance companies, charities, homes, industries—in short everything that requires money. The man who is "retired" and living at ease is dependent upon the Market. Even the government, to which we attribute great powers, lives because of the Market. The expenses of the government are met by taxes, all of which come out of the Market. Where there is no Market, there is no genuine, constructive government.

"Now there are two kinds of economy. There is an economy that means prosperity and success in war. There is another kind of economy that means poverty and defeat. The only economy we need is of the products of nature, chiefly perishables. When you throw away an uncut potato, you are wasting something that nature has given you and that cannot be restored. But money is quite a different thing. You may spend your money as you like and it has not been destroyed. "Sit tight on your nickles, squeeze your pennies, get the tight-wad habit with money, and you help to deaden the world. You are withholding from some one a chance to earn a living. "When you pinch your dollars and refuse to spend, you stop the power of that money to buy not only for you, but for every other person to whom that money might pass, were you to give it a start. To live, you must let live.

"Remember that all wealth comes from the Market, and that unless you do your part—by buying—you are injuring the Market, and just to that extent you are lessening the nation's ability to finance the war.

What are you doing personally to help keep the Market busy and furnish the sinews of war. One woman said to another the other day, "I am economizing in every way possible. I shall wear my old clothes and not buy a new dress this season." Her friend replied, "I shall give all my old clothes to the Red Cross to sell, and buy more new ones, perhaps more than ever before." Which of these two women is the real patriot. The one who will do all she can to deaden the Market or the one who will exert every effort to keep it busy and productive.

Our boys who have gone "over there" must receive their food and supplies from here. Who supplies the money to pay for this? We, through our taxes and our Liberty Bonds. So we must keep business prosperous—keep them open and keep them employed. If your income should stop, how disastrous to you. And if this should happen to all of us—what would the end be.
WHAT NEXT?

Suggestions from the chairman of Americanization.

Inasmuch as the present war depends upon the efforts of every individual in the nation, we must see to it that the purposes for which we are fighting and that the emergency plans we are adopting are thoroughly understood by the entire population.

For Americans and others who read and understand English there is the propaganda of the press and of trained national, state and local speakers.

For our foreign-born residents, many of whom are as anxious as we to serve the country of their adoption, there is no provision made, unless we go to them in their own language. Consequently we should see that foreign-language addresses are made to small groups and to mass meetings, with a chance to ask questions afterwards, and that women visit the foreign homes, interpreting the war to the women.

The following points should be emphasized in every locality:

I. We Are Fighting

1. That we may continue to live in freedom which offers Educational Opportunity, Improved Working Conditions, An Independent Home Life, A Chance to live in freedom from the Menace of Future Wars.
2. To protect the rights of small nations, Belgium, Servia, Poland, etc.
3. To protect the sacredness of human life from such outrages as the Lusitania, the Sussex, etc.

II. To Succeed We Must

1. Save money (Thrift Stamps, Liberty Loan) explain that these are investments not donations.
2. Save food. Explain the need for saving fats and white flour—the new regulation about buying cereals with white flour. The reasons for food substitutions.
3. Help the Red Cross.
4. Stand together as a nation.

III. The Democracy of the War

1. No distinction of wealth or position in those drafted.
2. The sons of native born and of foreign born will receive exactly the same treatment in the army camp, in pay to dependents, in pensions.

IV. It is of especial interest to those who can not speak English.

That they understand these questions.

That each new emergency measure like registration of any sort, draft, questionnaires, food and fuel orders, income tax, Liberty Bonds, Thrift Stamps, Red Cross be explained to them with even greater precision than to English speaking people.

If a constructive program of education is carried on in each community of foreigners, it will accomplish much more for Americanization than a program of repression and punishment.

How many centers have you in your county where foreigners may secure reliable information and interpreters?

The greatest service you can do your country during March is to systematically spread the news that all incomes must be reported, under penalty of fine and punishment, and to give help to persons wishing to fill out the blanks. Are you organized to give information to all foreigners in regard to the income tax? The time for the payment of the income tax has been extended to April 1, 1918, after which penalties will be exacted.

The D. A. R. of Riverside celebrated Lincoln's birthday by an enthusiastic mass meeting of 200 Mexican men and women who gathered to hear an address on Liberty in their own language.

Every county in California has groups of foreign-speaking people who can be reached in this way. This is fine war service, but you must be sure of the loyalty and sanity of your speakers.
REPORT OF PUBLIC AFFAIRS COMMITTEE OF THE FRIDAY MORNING CLUB

The Public Affairs Committee of the Friday Morning Club of Los Angeles is doing vitally interesting work this year. Mrs. E. K. Foster, the Chairman of this Committee, follows the policy she recently expressed in these words: "The Public Affairs Committee should be a place where everything pertaining to human welfare can be discussed." The first step to take in following out this policy this progressive woman declares is to come in close touch with your own Community Life; adopt for the Committee slogan "Know Your Own City."

To definitely put in practice this slogan the following standing committees have been appointed:

Municipal Art—Mrs. Donald W. Skeel.
Civil Service—Mrs. Thomas J. Atchley.
Education—Mrs. W. S. Post, Miss Laura Emery.
Public Health—Dr. Julia Y. Johnson.
Social and Industrial Relations—Miss Ianche Densmore.
Legislative and City Council—Mrs. M. H. Pehr, Mrs. W. C. Tyler.
Music and Social Service—Mrs. J. J. Abramson.
Parks and Gardens—Mrs. M. C. Brinker.
Public Library—Mrs. H. H. Kerckhoff.
Publicity—Miss Elizabeth Pepper.
Recreation—Mrs. J. R. Pinkham.
Editor Bulletin—Miss Helen Spalding.

These standing committees make a careful and accurate survey of subjects coming under or pertinent to their particular department, after appointing special sub-committees for particular service. This intelligent research work will cost thousands of dollars. Each of these committees hold active meetings concerning its individual work, also at times taking charge of interesting and comprehensive programs on their particular subjects in the open monthly meetings of the Public Affairs Committee.

Earnest consideration and constructive suggestions characterize the work of these standing committees. Mrs. Donald Skeel, the chairman of the Municipal Art Committee, believes it important that Los Angeles should have Industrial Art Schools.

Mrs. Thomas J. Atchley, Chairman of Civil Service, convincingly maintains that Civil Service must be separated from selfish politics thereby being made to serve its real purpose which is "A System of Efficiency to the Government Comparative to the System Used by Big Business."

Mrs. Atchley has been elected a director of the Civil Service Reform League and members of her committee attend the meetings of the City and County Civil Service Commission.

Miss Laura Emery, Chairman of Education, believes that the greatest lesson the war has taught us in our public schools is the need of increased vocational education which is assuming now a dignity not heretofore accredited to it. She is preparing a program along with the subject.

The Public Health Committee, Dr. Julia Y. Johnson, Chairman, looks after pure food ordinances, public health, municipal nursing (Dr. Johnson herself is a member of the Municipal Nursing Bureau) and has recently extended its interest to health conditions in nearby army cantonments. This committee recently had charge of a strong "Patriotic Public Health" program at an open meeting of the Public Affairs Committee.

The Social and Industrial Relations Committee, Miss Ianche Densmore, Chairman, is busy investigating social institutions. The women's quarters in the city jail have been greatly improved through the work and practical suggestions of this committee. For women doing same work as men, "Equal pay for equal work" is a principle endorsed by this committee. It also advocates cooperation with other organizations for the betterment of Industrial Workers. The Bureau of Labor finds in this committee a strong ally in efforts to enforce the Child Labor Law.

The Legislative and City Council Committee, Mrs. M. H. Pehr and Mrs. W. C. Tyler, Chairman, do important work keeping up with and reporting all important moves made by the City Council and the Board of Supervisors, and discussing State and Federal legislation. They also furnish speakers on legislative matters to other clubs and various organizations. The Public Affairs Committee has recently made an extensive Recreation Survey of the City of Los Angeles which has attracted wide attention. A Digest of Laws Relating to Recreation made by Mrs. Pehr has been printed, twenty-five copies of which have been requested by the Juvenile Protective Association of Chicago which contemplates doing similar work following methods used in compiling this Survey. A sub-committee composed of Friday Morning Club women, all of whom are attorneys-at-law, is a valuable auxiliary to the Legislative and City Council Committee.

The Music and Social Service Committee, Mrs. J. J. Abramson, Chairman, keeps the Club informed concerning what is being done in Los Angeles and other cities along the lines of Municipal Music. "Extension and Expansion" is its motto. It does active work in procuring musical talent and furnishing programs to hospitals and various other institutions, reaching out to nearby army cantonments.

Parks and Gardens Committee, Mrs. M. C. Brinker, Chairman, has been instrumental in securing the beautification of many un-
sightly spaces and triangles in the city. They have established a Flower Exchange, and have aided in the distribution of seed for home gardening. This Committee has charge of the Annual Picnic of The Friday Morning Club when a "Milestone Tree" is planted in Griffith Park.

The Public Library Committee, Mrs. H. H. Kerckhoff, Chairman, is making a special study of the Branch Library in relation to its own neighborhood. It finds these branch libraries are often social and civic centers and are doing much for practical patriotism.

The Publicity Committee, Miss Elizabeth Pepper, Chairman, mails advance copies of the Monthly Bulletin to both city and outside newspapers, also supervises the mailing list.

The Recreation Committee, Mrs. J. R. Pinkham, Chairman, interests itself in amusements concerning all, but particularly that concerning youths and small children.

It must not be supposed, however, that this Public Affairs Committee restricts itself to matters of municipal interest. Its monthly programs embrace subjects of state and national importance which are discussed from its platform by able speakers of repute. The meetings are open to the public and the large club auditorium where they are held is generally crowded. The active interest felt by the public in these meetings is strongly manifested by frequent and lively discussions from the floor.

The Public Affairs Committee publishes a Monthly Bulletin, of which Miss Helen Spalding is editor, containing a synopsis of the program of the coming meeting, also, intelligent comments and progressive editorials on matters pertinent to the work and interests of the committee. These Bulletins are mailed on request. The mailing list has now reached over eight hundred names. A book is provided at each meeting where visitors interested in the work can leave their names and addresses.

Secretary.

STEVENSON'S PRAYER

If I have faltered more or less
In my great task of happiness;
If I have moved among my race
And shown no glorious morning face;
If beams from happy human eyes
Have moved me not; if morning skies,
Books, and my food, and summer rain,
Knocked on my sullen heart in vain—
Lord, thy most pointed pleasure take,
And stab my spirit broad awake.
THE ART OF BOOK REVIEWING

By Mrs. Arthur M. Sargent

Here and there among our clubs, the book review seems to have fallen into ill repute. It is not fashionable. It is usually produced by home talent, which we are inclined to hold in contempt.

This attitude of mind is unfortunate, but not altogether unreasonable. As one of the chief offenders, I may humbly admit that we are often dull and long winded; that we have but a vague idea of what to say or how to say it; that we prepare our talks in rather a casual fashion.

Our audience, if we have any, wants to be made more intelligent about the season’s books. Part of our audience doesn’t read very much for itself, for various reasons; this part wants to understand what everybody else is talking about. Part of our audience wants to be guided in its selection of books to read. This part is likely to resent advice, and above all, it does not want its subsequent perusal to be followed by an elaborate resume from us. All of the audience wants to know what sort of a book it is that we are discussing. Does it belong to the Morbid, the Problem, or the Uplift, or the Autobiographical type? Is it a Jeffry Farnol Romance, or an O. Henry Story?

If it is Joseph Conrad, our audience should realize that they probably will not like him unless they are already educated to enjoy Stevenson and Kipling. If it is a war book, its appeal will depend on the point of view of the writer; his degree of intelligence, sentiment, and self consciousness; his attitude toward the sensational, his philosophy of life. In some such way, any book may be placed in a class of books with which most people are already familiar, and regarding which they have some sort of an established opinion. All that is said then, anecdote, illustration, description of characters, etc., will bear on this thing that our club women want to know, namely, what kind of a book this is. We should not give a resume, or tell a story.

With such a definite object in view, the time honored rules of the rhetoric books are apt to take care of themselves. Our talk will have “unity,” and “emphases,” because all that we say will be related and subordinate to this one idea. We shall then think more clearly, and gain “coherence” in our handling of the material. And above all, there will be many concrete illustrations from the book itself, to illustrate all the points that are made.

Even omitting a resume, the reviewer is apt to find a great deal to say. The virtue of brevity is very hard for any one to appreciate after she has become thoroughly interested in a thing herself. Have you ever known four or five speakers in an afternoon, who did not take the bits in their teeth, and quite run away with their leaders? Did you ever know the last speaker to have all the time allotted to her, time for which she may have made excellent and extensive preparation? Did you ever get home early from a “Book Day”? It is not only selfish for a speaker to appropriate time which belongs to someone else, but she invariably becomes less interesting if she speaks longer than people can give attention. Psychologists tell us that small children have a very short period of continuous attention. Adults are not all equally grown up, and we have discovered the infatuity of sermons an hour in length. Yet we plan for an hour of book review, and I have known the speakers to talk double their time. Ten minutes should be almost enough to give a good idea of one book, if the speaker knows what idea to give and how to give it.

But our talks will continue to be unpopular unless they are interesting, as well as brief and to the point. Interest is popularly regarded as a matter of personality and difficult to acquire deliberately. But in the book review, we are not thrown absolutely upon ourselves. There is the book, with all its emotional values—pathos, humor, dramatic situations, human nature, brilliant style. Samples of these it is our business to give, with all the enthusiasm that is in us. If the book is worth reviewing, it must be interesting and we need not worry about whether we are interesting ourselves. We shall know in general what we are to say, though we have not permitted ourselves to write it out and after people begin to listen to us, personalities will be forgotten in the zest of making the book a live thing to those who have not read it.

That club is shortsighted indeed, which scorn the ancient and honorable art of reviewing books. The book review provides unique opportunities for developing public speakers, and potential leaders, and it offers every woman a chance to conserve her intellectual resources amid the petty domestic distractions which go with her vocation in life.

Every Woman’s Task

The clever musical skit, “Every Woman’s Task,” which made a decided hit at the Pomona Ebell Club recently, is the work of Mrs. Helene N. Deiming of Santa Ana, a well known club woman. The skit is especially adapted for women’s club entertainments, and deals with the conservation question.

CHARACTERS

(Every order in which they appear)

Economy
Everywoman’s Maids
Extravagance
Everywoman, the wife and slave of King Appetite
Money The Child
King Appetite A World Ruler
Witch Hooverism
Telephone
Delivery
Grocery
Meat Market
Bakery
Millinery
Modiste
Style
Beauty Doctor
Patriotism

CANTICLE I
Scene in castle of King Appetite
Between CANTICLE I and CANTICLE II is a lapse of time sufficient for a Seed Time and Harvest.
CANTICLE II
Scene as above

The International Institute in Los Angeles has tendered the service of its foreign workers to the U. S. Collector of Internal Revenue for the purpose of explaining the Income Tax to foreigners.
Interpreters of Slavic, Armenian, Italian, Spanish, Greek and Japanese will be in the Federal Building each day from 9 to 12 A.M., during the month of March. A fine patriotic service.

AT SANTA BARBARA
SANTA BARBARA,—When we simply speak the name it sets the universe singing with soft music, and reverence and rest fill the heart. But to be privileged to spend several days there in the famous and hospitable Hotel Potter with every club woman in this delightful little city by the sea as your hostess, is indeed a rare pleasure one cannot describe in a few words of sober print.

In these stressful times when the Mother-instinct is keyed to the highest tension in every woman,—when undreamed of duties are being added almost with each succeeding sun, it was indeed a wise choice made by the Los Angeles District Presidents’ Council to hold the Seventeenth Annual Convention in such a restful and altogether peaceful spot.

The permanent guests of Hotel Potter, who had come from almost the four corners of the globe, seeking sunshine and rest, courteously gave up their favorite reading room on the spacious sun porch to the credential committee, and refused even to frown when their accustomed easy chairs before the great log fire were occupied. The Potter lived up to its reputation as an ideal convention hostelry, because its chief asset is genuine hospitality. Santa Barbara lived up to its reputation as an ideal convention city by furnishing delightful spring-like weather in February, and Mrs. M. A. Levy and Mrs. Charles Hunt and their able assisting committees made for themselves an enviable reputation as convention hostesses for nothing that could add to comfort or pleasure of guests was omitted.

When you buy cereals ask for Globe A-1

Hominy
Rice
Corn Grits
Corn Meal
Barley Flour
Rolled Oats
Oat Meal
Soy Bean Flour

These cereals, which the government desires used in every home, make most appetizing and nourishing dishes.

Globe Mills
Los Angeles
LOS ANGELES DISTRICT CONVENTION
PROCLAIMED ONE OF THE MOST SUCCESSFUL EVER HELD ON THE PACIFIC COAST

By Mrs. H. S. Duffield.

Perfect weather, a larger attendance than was anticipated in view of the critical times, the finest music, the very best speakers obtainable, and a general spirit of harmony combined to make memorable the Seventeenth Annual Convention of the Los Angeles District of California Federation of Woman's Clubs, which convened February 6, 7, and 8, at Santa Barbara, California, by invitation of the Federated Clubs of that city.

The emphatic theme of the splendidly balanced program was patriotic service to the community and nation on constructive lines, and the marked co-ordination from beginning to close reflected careful forethought and vision on the part of those directly responsible.

The Hotel Potter was the official headquarters during the entire three days, and all Convention sessions were held in the commodious lounge room, which is admirably adapted to such purposes.

The Santa Barbara Woman's Club, Business Woman's Club, County Nurses and Music Study Club, acting as hostesses through their executive committee, with Mrs. M. L. Levy as chairman, contrived excellently to provide comfort and relaxation for the delegates, officers and visiting club women.

President's Address

The address of the district president, Mrs. Mattison B. Jones, given in response to greetings extended by the local chairman, Mrs. Michael L. Levy, follows:

"Madam Chairman: By the gracious words of your local chairman, we have been made to feel that all the treasures of your beautiful historical city, all the comforts of your homes and all the good wishes in your hearts are ours.

"For this welcome, for the tireless energy, valuable time and careful thought you have given in making ready for us we are sincerely grateful; in behalf of the delegates of the Los Angeles District of the California Federation, I thank you.

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us, and for all you will continue to do for us, I thank you."

Social Features

The visiting delegates, officers and club women were the recipients of many social courtesies. The general impression of these in every instance was one of genial hospitality and artistic satisfaction.

An automobile trip about the city and its lovely environs, tended by the local chamber of commerce and hostess clubs, was most enjoyable.

The local executive board entertained with a dinner at the Potter hotel, for Mrs. Cable and Mrs. Jones, at which covers were laid for twenty-five, and Mrs. M. L. Levy presided at a tea at La Cumbre Golf and Country Club in honor of the district president, to which a small group of friends was invited.

Another delightful event was the reception and tea at Recreation Center, by the board of directors of the Neighborhood House Association, in honor of all visiting delegates, officers and club women. Guests were privileged to visit the various rooms and many were the encomiums bestowed upon this altruistic enterprise by the visitors.

The social feature de luxe was the tea given the first day of the Convention by the local board at the beautiful Woman's Club House, in honor of Mrs. Josiah Evans Cowles (whose absence was the one disappointment of the Convention), Mrs. Herbert A. Cable and Mrs. Mattison B. Jones. Wednesday being wheatless day, the delicious cakes served on this occasion were all made from wheat substitutes.

Leaning to the intellectual rather than to the social were the unique entertainments staged Wednesday and Thursday evenings. Spanish music and Spanish dancing, in charge of the Reina del Mar Parlor of Native Daughters, were featured the first night, when Spanish relics of the early California days, including rare old shawls and laces, loaned by old residents, were made use of to create an atmosphere true to that period.

The Costume Pageant of the next evening was held in the Woman's Club House, and was one of the most novel programs ever given at a club convention. From a great wooden book—a giant picture of the district federation directory—the living "departments" came.

Gowned as a queen, with the federation emblem worked into a crown, Mrs. Mattison B. Jones, district president, stepped from the pages of the great book. Mrs. J. B. Stearns, Mrs. John Burson, Mrs. H. M. Wardens, Mrs. L. C. Hall and Mrs. H. J. Finger, vice-president, carried the gorgeous train of the queen, wearing pageants' costumes.

All of the pageant groups that followed were enacted by chairmen of the various departments of the federated clubs of the Los Angeles district, and all the scenes were given with piano accompaniment by Miss Mary Thayer. Mrs. Herbert A. Cable, who presided, left the introduction to the prologue, given by Mrs. Bessie Bartlett Franklin and written by her father, A. G. Bartlett. It was made up of verses apostrophizing the work of the federation departments and was one of the gems of the Convention.

Music

The exceptional array of musical talent was drawn entirely from the federated clubs of the district. In selecting the numbers the correlative value was considered by the committee, resulting in a general harmony of intent and giving emphasis to the work of the Federation and the patriotic note sounded in the splendid addresses.

Artists whose fame extends far beyond local borders graciously responded to the call to serve and gave their best. Especially admirable was the group of songs given Wednesday evening by the members of the Santa Barbara Music Study Club. No less pleasing was the offering of the Santa Monica Bay Woman's Club quartette, which embraced De Koven's Recessional.

The recital Friday evening was superb. Gertrude Ross and Grace Widney Mabee were among the artists on that occasion.

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**WHITE KING**
White
For the Laundry

**WESTERN STAR**
White Floating
For Laundry or Bath

**CALLA LILY BORAX**
White Coconut Oil
For Bath and Shampoo

**COCOA NAPTHA**
Yellow
For The Laundry

**MERMAID WASHING POWDER**
Softens the Water

**ANVIL PUMICE**
Toilet
For the Autoist
Sufficient Assortment for any Family

**LOS ANGELES SOAP COMPANY**
the latter singing a group of Japanese songs by Mrs. Ross, representing Japan in the songs of allied nations. The Russian and French groups were sung in costume by Miss Lucy Wolcott of the Long Beach Study Club and Long Beach Ebell, accompanied by the state chairman of music, and the English and Italian groups were given by Mrs. Hazel White of the Los Angeles Harmonia Club and the Hollywood Woman's Club. The Santa Barbara Clubs chorus sang old American songs in quaint costumes of the period, under the direction of Mrs. E. F. Herbert, and accompanied by Mrs. Imogen Avis Palmer, whose own composition, "Cheer As They March Along," is destined to become very popular.

Business

The proposed amendments to the constitution and by-laws were carried practically as read, with the exception of section 2, article 5, of the constitution, and section 2, article 6, of the by-laws. Both of these proposed amendments were voted out after some discussion.

Through resolutions passed, the District has pledged itself to: 1st. Work for national prohibition. 2nd. Unanimously support Mrs. Josiah Evans Cwolcs, general president, for re-election to a second term. 3rd. Heartily support the Liberty Loans and food conservation. 4th. Dedicate their thought and service to the nation. 5th. Urge maintenance of game preserves for protection of animal life.

Roll Call of Clubs  

Reports of club presidents showed a forward march in growth, in spite of existing conditions, and a united determination to co-operate in all lines of war service. Many clubs have accomplished great things along civic and home economic lines as well. Some are specializing on work in the California cantonments. The Channel Club, which is made up of professionals, is one of these. The Ebell Club of San Fernando is another working along this line. The Woman's Club of Santa Barbara is making strides in the work of Americanization; the one-year-old Catholic Women's Club and the Tuesday Afternoon Club of Glendale are doing conspicuous work in local relief and war service, while the Friday Morning Club has so many good deeds to its credit that the allotted time was too short in which to recount them, and so on down through the list of 140.

Report of Officers and Chairmen

"If," quoting from the report of the district president, "the Federation has done nothing else save to furnish the machinery, organization and woman power with which to carry on the great work of aiding our country in her hour of trial, we as an organization have not existed in vain."

The report of the credentials committee, at its time of complete, showed 22 presidents, 46 delegates and 4 alternates registered.

The recording, corresponding and district federation secretaries reported a vast amount of routine work accomplished, and the vice-president, as chairman of federation extension and working in co-operation with the state chairman and other officers, stated that twice as many clubs (18) had federated within the past six months as in the year of 1916.

Mrs. H. J. Finger, reporting for seven clubs of Santa Barbara county, made the statement that all barriers of exclusiveness have been laid aside and that rich and poor alike are volunteering their time to live up to the requirements of the government, their slogan being: "Santa Barbara over the top."

Some vital agricultural problems were touched upon and remedial suggestions offered in a most interesting way by Mrs. Marie L. Larkey, chairman of country life; Mrs. J. W. Gastrich stressed the importance of the work of Americanization, of which she is chairman, and Dr. Louise Richter, chairman of child welfare, told of the good being done in providing food and medical attention, as well as clothing for needy children, all clubs aiding in a generous way in this wonderful work.

Miss Mary Foy, chairman of war service, brought in a voluminous report showing the variety and scope of the work being done by this department, which includes not only the piling up of Red Cross supplies, but the service of trained minds, which have attacked the national problems with courage and resourcefulness, while Mrs. E. B. Wierick of the social service committee gave an account of the various philanthropic activities of the federation.

The report of the chairman of the endowment fund committee was read by the

Mrs. Geo. K. Bretherton
SOPRANO

Available for club programs—recitals and private musi

Shampooing  Alcohol Rubs
Hair Dressing  Oil Rubs
Manicuring  Salt Glow
Facial Massage  Massage

CORDOVA ELECTRIC BATHS
Ladies Exclusively
MRS. EUNICE O. ALLAN, Prop.
Open Wed. and Sat. Eve until 9:30
806 South Figueroa St.
Telephone A4681  Los Angeles, Cal.
corresponding secretary. This fund is designed to supplement the State Federation dues, and it is estimated that $50,000 safely invested will place the Federation upon a sound financial basis. Pledges to the amount of $19,732.90 have been received, $1500 of which have been invested in Liberty Bonds.

Mrs. Bessie Bartlett Frankel, chairman of music, with the aid of her sub-chairmen, Mrs. E. F. Herbert, Mrs. A. R. Gates and Mrs. C. H. Weaver, has been specializing on altruistic work, community singing and collecting phonograph records for soldiers. Programs have been given in the industrial districts, county farm, hospitals, etc.

"Sustained effort" and moral education is the goal towards which the L. A. City Teachers' Association is working, through the suggestion of Miss Blanche Vance, chairman of education.

Mrs. J. M. Sharp, chairman of the club-house loan committee, made a plea for "our girls" at the State University. Five club houses have been established at Berkeley through the offices of this committee.

Mrs. A. W. Galentine, chairman of civics, sketched in a bright and comprehensive way the activities of that department, as did the chairmen of the different departments not here reported for lack of space.

Resume of Speakers

In her splendid address before the Convention, Mrs. Herbert A. Cable, state president, had this to say in reference to the work of the departments of the Federation: "The conserving and constructing agencies of peace, whether in the form of labor, legislation, educative or social work, instead of being abandoned at this time, should be redoubled in their efforts and, so far as conditions will permit, broadened in their scope."

Mrs. McLeash, in charge of the productive department of the Pacific Coast Red Cross, pleaded in a very earnest way for all possible activity in the preparation of hospital supplies, giving as her reason the big offensive in the spring.

Miss B. E. Scholes, teacher of home economics in the Santa Barbara Normal school,
and chairman of the committee on food conservation, in an interesting address on "War Service in the Home," stated that "food will win the war," and it is up to America to supply it. "We must develop a war conscience, and listen to the still small voice of conscience," said Miss Scholes, and further stated that "Patriotism is doing the little things day after day and enjoying it."

Col. W. H. Holabird, representing the Red Star animal relief, made an appealing talk in behalf of the horses, without which the war could not be waged. For every four soldiers there must be a horse or a mule for use at points where there are no trains, and where motors cannot travel.

In a speech entirely constructive in its nature, Hon. Benjamin F. Bledsoe, United States district judge, quoted the famous words of Napoleon, "Men win battles, but money wins war," and urged upon clubwomen recognition of their responsibility in creating a favorable public opinion toward the payment of the inheritance and income taxes. "Refrain from unjust criticism of public officials, and by co-operation and prayer help our president, on whose shoulders rests all that we hold most sacred on earth, to carry us safely across this chasm," was another admonition.

Miss Pearl Chase, state chairman of the conference of social agencies, called attention, in her address on "Social agencies," to three most potent factors in social service—the school, the church and the club, and gave a summary of the far-reaching influence of each of them.

Dr. Lulu Peters, chairman of public health of Los Angeles, punctuated her talk on food values and the relation of diet to individual health and the conservation of food with many bright witticisms immensely pleasing to the audience.

Miss Mary Foy, chairman of war service, in a stirring appeal declared that "We must get back of the thought of the President, whose supreme effort is to make us realize that we are a great human family that must live together—help him to wipe away class distinctions by seeing that the war is not settled for the good of any class, but for the good of humanity."

"The business of being a woman is a big business," said Miss Lutie Stearns in her lecture on "The New Order in Women's Clubs," and her rapid-fire argument fully convinced her audience of the truth of the statement.

Dr. Albert ShieU, superintendent of L. A. City Schools, in a talk on "Education in a Democracy," said: "Our own present part in the war is obvious enough, but after the war we shall be confronted with the great questions of world peace. Our inception of government in democracy must be large—we must take a national view."

William Leon Dawson, Director of Museum of Comparative Zology, traced the history of "Conservation" from prehistoric times when primitive man killed only what he required to supply him with food, to a later age when to destroy life was a symbol of power. "The conquest of the air is the final step in conservation," he stated.

In an altogether charming—way, and most convincingly, Mrs. Kiyo Sue Imui, discoursed on the "Japanese in Our Midst," making a very earnest plea for the Americanization of 95,000 Japanese and their American-born children.

Dr. Silas Evans, president of Occidental college, was the last speaker to appear before the Convention. In an intensely dramatic manner, he pointed out the dangers of premature peace negotiations, and said that, "as a pacifist, who hates war as the most brutal and ferocious of human follies, he knows that the only way to get rid of it is to fight to the finish. Peace in itself is not the end for which we fight; we are fighting war and militarism, and we make no peace terms whatever with a military nation."

From the impressive opening of the Convention with flag salute by several hundred women, singing "The Star Spangled Banner" at "attention," to the last drop of the gavel by the slender little woman who is so successfully guiding the destinies of the District, the scene was one of inspiration that carried with it a determination to "ring true" to the high purposes to which humanity demands allegiance.

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="Must Woman Ever and Man Never Forgive?"

A most interesting novel advocating the "Single Standard."

By RICHARD LIGHTFOOT

A story of love's sunshine and its sorrows. Clean and pure throughout, with a great defense of womanhood.

For Sale At

Cunningham, Curtiss & Welch Co. and all other bookstores
Sun Parlor

The gradual evolution of the front porch to the well-appointed Sun-parlor has been a step forward in the progress of Decorative Art.

Formerly any chairs that grew to be a little shabby and had outworn their usefulness in the home, were relegated to the porch and frequently an old table or half-worn rug for the same reason found its place with these chairs.

Many times it was thought advisable to give these old pieces a coat of paint, so that they would harmonize in close proximity a little better. But now how changed all this is! Instead of the old things formerly used, we turn our thoughts and energy, as spring approaches, to finding those furnishings which will lend comfort and artistic atmosphere to our Sun-room, the summer sitting-room, the place where we look forward to spending a goodly portion of the time during the heated months.

We do not find our task a hard one, for the better shops have a wonderful array of Matting, Grass, Crex and Kleer-flax rugs for floor coverings, and Cretonnes, Linens, Chintz and Casement-cloth for the draperies. As to Furniture—well, there are so many kinds and all are so artistic and comfortable, it is hard to know which to choose.

We find furniture from China and Japan, Old Hickory, many kinds of painted and enameled furniture, and then what could be more inviting and comfortable for the Sun-room than the unusually attractive and original designs found in Reed, Rattan and Grass furniture!

The Sun-room, generally situated in the front part of the house, should be treated with the thought of its exposure and care taken as to the treatment of the windows, that the appearance from the outside, as well as inside, be attractive. Austrian or Puff Shades make good Sun-room treatment for windows, also Casement-cloth made into shades or draw curtains. Sometimes lace shades are used with over-draperies and box-pleated valance of Warp print, blocked Chintz or Linen, lined with Sateen.

The furnishing now of a Sun-room seems to require all the useful things found in the living room, i.e., comfortable chairs, a table, desk and a nest of tables for the serving of afternoon tea. Much pleasure will be derived from a couch swing, if space permits of it being placed in the Sun-room. From time to time it is a joy to add to this room the little things that go to make for greater comfort, such as a magazine stand, a Reed Tea-wagon and sewing stand, wall-flower pockets, a fern stand and floor lamp.

HENRIETTA R. KAPP.
REPORT OF ALAMEDA
Mrs. C. M. Delameter, District Press
Chairman

The seventeenth convention of the Alameda District of the Federation of Women's Clubs was held at the Philomathean Club House, on February 14, 15 and 16, by invitation of the Federated Clubs of that city, including the Philomathean, Aldine, School-woman's and Laqua, all of which took part in the arrangements and entertainments for the guests. The Local Board, under the able chairmanship of Mrs. Frank Whale, consisted of Mrs. C. L. Six, Mrs. George R. Alexander, Mrs. Fisher R. Clarke, Miss Alice McInnes, Mrs. T. A. King, and Mrs. D. L. Emerson.

Each session of the convention was opened by unison singing of patriotic songs, which gave inspiration and enthusiasm to the delegates and guests throughout the meetings.

The morning program, Thursday, February 14th, was slightly delayed by the heavy rain and the formal opening was postponed until the morning of the following day; but the forenoon was much enjoyed by those who had the privilege of listening to the opening address by the President of the District, Mrs. Katherine M. Smith, of Richmond, and to the solemn and beautiful invocation by Mrs. Annie Little Barry. In the absence of the speaker of the morning an interesting travelogue, in which a trip through Club-land in Oregon was described, was also given by Mrs. Barry.

Mrs. C. S. Gibson, ever present and always efficient recording secretary, made her usual full and satisfactory report, and Mrs. Smith read the names of the new clubs which have joined the Federation in her district during the year.

Mrs. C. M. Delameter, newly-appointed Press Chairman, asked the Club Presidents to make a point of sending her, addressed to San Leandro, all possible news from their clubs, and thus help her to overcome the difficulty of properly performing duties undertaken so late in the club year.

Thursday afternoon's session was given over to several departments of work and to the State President's message.

Mrs. Florence Hudson, Chairman of Country Life, introduced the speaker for her department, Dr. Elwood Mead, of the University of California, whose subject was "Re-organization of Rural Life When Peace Comes," through which he opened up vistas of hope to all who realize the importance of this subject. Dr. Mead gave an interesting glimpse of the work already accomplished by the government and the State toward the clarification of the problem of the landless man and the manless land, in which he explained the method in which our government is seeking to care for its citizens in regard to enabling them to invest in land on long-time payments.

Mrs. George Barnes Bird, Chairman of Social and Industrial Conditions, introduced as her speaker Mrs. Nachtrieb Grimes, who spoke of the necessity for Social Insurance and of this needed protection to the working man and his dependents, and proved her case with statistics relating to illness as an unavoidable cause of destitution to the family, and as an unequally divided burden upon society.

Mrs. Katherine Phillips Edson, of the Industrial Welfare League, appealed to the club women to co-operate with the Women's Councils of Defense in conducting a farm labor survey of the State and, if necessary, to volunteer to assist in the coming harvest, and thus do away with the necessity of importing Mexican and Oriental labor that will create problems of assimilation in the future.

The State President, Mrs. Herbert A. Cable, gave a very strong message from the State Federation to the club women assembled on this first afternoon of the convention, in which she embodied the aims and aspirations of the organization in a very clear and definite manner. Her message was forceful and interesting, and assured her hearers of the very great value of the woman club movement as having gradually organized in such strength and numbers, making it possible to reach out in aiding and responding to the demands of conservation and to the giving of relief service in this time of emergency brought on the government through the war. Much enthusiasm was manifested as a result of Mrs. Cable's address, and at the Tea served in honor of the State President, State Officers and Chairmen, the delegates and local club women gathered around to greet Mrs. Cable, feeling that in her the State Federation had an able and a capable leader.

Music, the "Fifth Sonata," Beethoven, was rendered by Mrs. M. R. Green, on the violin, accompanied by Miss Albert Whale.

In "Americanization Through the Public Schools," Mr. Will C. Wood gave an inspiring glimpse of what has been done, and a clear description of what is still to be done regarding a subject of particular interest to the club women of the district, who, making "War Work" their watchword since this country declared war, have still found time to devote much practical work along the line of "Americanization" and Child Welfare.

Thursday evening was given over to the Alameda District Annual Banquet. This is a particular feature of the Alameda Conventions, and is always interesting and important from point of view of good friendships and good speaking.

The dinner was at Hotel Clark. Music,
a group of songs, was rendered by Mrs. Addine Beckman, accompanied by Miss Barbara McKenzie and Mrs. H. T. Bailey, accompanied by Mrs. F. B. Mills.

Greetings were extended from the city of Stockton by its Mayor, Hon. A. C. Oullahan, and Mrs. Frank Whale, Chairman of the Local Board.

The response to the greetings was given by Mrs. John Montgomery of Lodi, first vice-president of the district.

Speakers were: Mrs. J. E. Thane, Mrs. Annie Little Barry, Mrs. Aaron Schloss, and Mrs. E. D. Knight. Patriotic readings were given by Mrs. Mollie Kellogg.

The Friday morning session opened with the unison singing, "Battle Hymn of the Republic," and the day was crowded with interesting events, one of it's high lights being the reading of Edith F. Wyatt's poem, "Marching to the Sea," by Mrs. Mabel Morrin Kellogg, Chairman of Literature, whose dramatic rendering of well-selected patriotic poems at the banquet and during this session of the convention, will be long remembered by those who heard her.

When Mrs. Robert J. Burdette appeared upon the platform, the convention rose to greet her, and listened with the deepest attention to her address upon the vital necessity to save and increase the food supply. She urged a balanced effort, and brought responsive applause from her audience, who showed throughout the convention that if there are slackers or idlers among American women today they are not to be found among the women of the federated clubs.

Mrs. Cable, State President of the Federation, delivered a message of invitation from the Ebell Club of Oakland to the State Convention, to be held inclusively from March 26 to 29, and asked the club women present to attend with their usual intention to give and to receive; and called attention to the biennial convention to be held at Hot Springs, Arkansas, on April 2.

Mrs. Cable paid a loyal tribute to the leadership of Mrs. Josiah Evans Cowles, whose Presidency of the National Federation has bestowed another honor on California, and whose re-election is hoped for by all who are familiar with her record.

During the afternoon session Mrs. E. G. Chappelle, President of the Northern District, made a brief address, in which she referred to the federated club women as "already mobilized, 2,000,000 strong," receiving the orders sent down to them with the intelligent obedience of the army and navy, and ready "to carry our organization over the top."

Miss Jessica Lee Briggs, State Chairman of Press and Northern State Editor, made an appeal for the club women to support the official organ, the "Clubwoman" magazine, by their subscriptions and by their interest.
in sending in news for the district news columns.

Mrs. F. G. Ahearn ably described the manner in which a large club may serve the Federation, by definite service to the community, by training its members, and by illustrating the benefits of federation.

Under the head of Child Welfare, Dr. Sarah E. Wise spoke of "The Teen Age Girl and Her Problems," and combined plain, common sense for mothers with scientific explanation of some of the vagaries to be observed in teen age daughters.

Mrs. Clement H. Miller, Chairman of Legislation, spoke well upon her subject, and introduced the Hon. Theodore Bell of San Francisco, whose address, entitled "Woman’s Share in the New Internationalism," explained statements contained in President Wilson’s last message, and dealt with the peace that will follow the war.

Mrs. E. D. Knight, Past President of the State Federation, and chairman of the Committee on War Savings Societies for Northern California, explained the War Savings Stamps, or baby bonds, and how they may be acquired through the purchase of Thrift Stamps, and how the women of this country have been directly appealed to by the Treasury Department to aid in this movement, and to establish these Societies within their established organizations. Mrs. B. E. Olmstead, accompanied by Mrs. John-Raggio, sang, and was appreciatively encored.

At the close of the session delegates and visitors were taken for automobile drives about the city, by invitation of the Chamber of Commerce.

Friday evening was devoted to the Departments of Music, Art and of Literature. A group of songs was sung by Mrs. Ward French, accompanied by Mrs. French. An address on Art was given by the Chairman of the District, Mrs. C. S. Sargent. Under Literature, Mrs. Mabel Morrin Kellogg introduced her reader, Mrs. Oscar Maillard Bennett, who gave a beautiful interpretation of "At the Foot of the Rainbow."

On Saturday Mr. Alexander Stewart of Oakland spoke on "Singing as a Part of Military Equipment," and his energetically patriotic address, coupled with knowledge and experience of his subject, brought forth the response it deserved.

Excellent reports from other chairmen were given, and the reports of the presidents of the various clubs will appear from month to month in the district news columns.

In a short address on "How a Small Club May Serve the Federation," Mrs. F. H. Barnes presented the convention with a little gem of appreciation of the work of the smaller clubs that deserves further distribution.

In the afternoon the address on "Shakespeare and American Liberty," by Professor Charles Mills Gayley, brought the convention to a climax of patriotic enthusiasm by its deeply felt Americanism, which his knowledge of history and literature enabled him to drive home to the understanding as well as the hearts of his hearers by an ordered and eloquent recital of historical events that are too little known.

One of the very pleasant and appreciable things which occurred at the district convention was the placing of the name of Mrs. Fisher R. Clarke, Past President of Alameda District, on the honor roll of the Endowment Fund. If such an honor could be doubled or trebled, it would then fall far short of expressing the full appreciation of either a friend or of the district to one who has given so generously of her time and of her means in the district work. At this time the honor of allowing the district to add Mrs. Clarke's name to the Endowment Fund's membership was forestalled by a good friend, both of Mrs. Clarke and of the district, Mrs. Robert Watt, President of the Oakland New Twentieth Century Club of Oakland and San Francisco.

In closing the convention of the Alameda District the President, Mrs. Katherine Smith, gave the following inspired and earnest message of adjournment:

For three days we have traveled together in search of the Treasure. I hope you feel that progress has been made.

You are going back now to the clubs which sent you here as their representatives.
We have tried most earnestly to make it possible for you to bear back to them generous gifts which you have received here. I ask you to report to your clubs not so much the detail works of these sessions we have held, but if your heart has leapt in response to any message delivered from this platform, tell your club about it. Make your club members feel that this work which the Federated Clubs are called together to do is earnest work, is worthy work, is vital work. Bear to them the spirit rather than the letter of this convention.

Our Parliamentarian says that this is the easiest convention she ever attended, and attributes it to the fact that the greatness of world events now transpiring has lifted us above all pettiness and brought us together in unusual harmony and unity of purpose.

Impress it upon your clubs that this is a time to rise above pettiness. It is a time for women, especially for organized women, to awake to a new vision for this America of ours.

Since I have been in Stockton, a woman made the remark to me that we need have no fear of defeat “over there” now that we have real soldiers—American soldiers—at the front. Such a remark points to gravest danger. No better soldiers ever marched to battle than that handful of untrained, untested British clerks who, in those first days of the war, met and held and turned the flower of the great Prussian army; the world has never known braver men than the soldiers of France! Let us give all honor to our men, but let us be truthful with ourselves. Let us guard against that national egotism which smacks of Prussianism; let us repudiate that kultur which prates of supermen. Rather let it be ours to give a new significance to America. May it be not a place, not a geographical location, but a spirit, the spirit of true Democracy, a spirit which shall lead the world toward that ideal which holds that every man must have the opportunity for his own development. Let us make this, our country, in deed and in truth, the land of the free and the home of the brave. Free with that freedom guaranteed by our own Constitution, which entitles us to life, liberty and the pursuit of happiness; brave, with that bravery which scorns its own advantage, and demands fair play.

We are called upon now to make many sacrifices. May we make them in the spirit of the little boy who wrote to Santa Claus:

Dear Santa Claus:

Please bring my mother a new dress, my sister a pair of skates, and bring me a baseball and bat. But dear Santa Claus, do not bring any of these things to us until you have given food to the hungry and the Kaiser to the French.

The times call for work, for sacrifice, for consecration. Let your response as organized women be thorough and courageous. And remember, when Love serves, there is no labor.

Resolutions indorsed:

A national organization for girls corresponding to that of the Boy Scouts for boys. Mrs. Edgar L. Ormsby, President of the Oakland Club.

That the Alameda District indorse the one delivery system in connection with other war conservation, and co-operate with merchants to enforce it. Presented by same.

Resolving that the Alameda District petition the government to require registration of female alien enemies. Presented by same.

Increasing Federation dues in Alameda District to 10 cents. (Several changes in rules governing elections, etc., sent out later.)

Mrs. Fisher R. Clarke placed on honor roll.

Whereas, War service is the keynote of club activities at this time, and,

Whereas, The U. S. Government is urging its citizens to cultivate the habit of thrift; therefore, be it

Resolved, That the Alameda District of the California Federation of Women’s Clubs in convention assembled, endorses the Government War Savings Plan, and recommends that the Woman’s Clubs of the Alameda District form War Savings Societies within their clubs. Presented by Delegate Adelia T. Schloss, Twentieth Century Club, Berkeley.
WHEREAS, the Councils of Defense are a national organization, authorized by our Government to aid in war work, and,

WHEREAS, a co-operation of all women's organizations will add strength to their work; therefore, be it

Resolved, That we, of the Alameda District of C. F. W. C., pledge ourselves to cooperate in the purposes and work of the Women's Committees of the Councils of Defense. Presented by Mrs. Edgar L. Ormsby, President of Oakland Club.

WHEREAS, We believe Mrs. Josiah Evans Cowles, the President of the General Federation of Woman's Clubs, has discharged the duties of her office in an able way; and,

WHEREAS, here true womanliness, her dignity, and her experience in Federation work, make her especially fitted to discharge the duties of the office of President of the General Federation of Woman's Clubs at this critical time in our Nation's history; therefore, be it

Resolved, That the members of the Alameda District in convention assembled, express anew their confidence, loyalty and love, and endorse the candidacy of Mrs. Cowles for re-election as President of the General Federation of Woman's Clubs; and further be it

Resolved, That a copy of this resolution be sent to the Resolution Committee of the State Convention of the California Convention of the California Federation of Woman's Clubs, and to the President. Presented by Anna Little Barry, delegate from Twentieth Century Club, Berkeley.

DISTRICT NEWS

MRS. W. C. MORROW, SAN FRANCISCO

The San Francisco District Federation held a meeting recently. At this meeting Mrs. Frank Fredericks presided. She was energetic and forceful and full of good plans. She gave an outline of her busy days and the meeting was prolific of interest. Mrs. Fredericks also presided at a meeting at the Palace. The meeting was called in the interest of War Insurance for the airmen, sailors and soldiers now defending our country. Two meetings of the San Francisco County Women's Committee of the Councils of National and State Defense were presided over by Mrs. Fredericks. The mélange that looms in women taking men's work, was discussed. The War Saving Stamps were also talked over and every woman urged to do her best.

The California Club, of which Miss Margaret Curry is the able president, had several interesting events during the month just passed. The Rev. Frederick W. Clamppett, D. D., who had entered the service as chaplain of The Grizzlies, gave a lecture on "Somewhere in France and Belgium." Dr. Clamppett has visited the invaded districts. Mrs. Abbie Krebs Wilkins talked of "The Necessity for the Nation's Saving." Mrs. Wilkins is a member of the Woman's Association of Commerce. The luncheon under the Civic Section of the California Club on Tuesday, February 19th, was an unusually interesting affair. Mrs. Jules Clerfayt gave an appealing and heart-touching talk of "The Women of France," and told of their love for "La Patrie." A Japanese gentleman, editor of a newspaper published in San Francisco, gave a comprehensive and illuminating talk on the relations between Japan and America. His discourse was listened to with intense interest on account of his subject, and by reason of his correct diction and his reverence for the English language.

Mrs. J. A. Matthews, a member of The Clubwoman's staff, was a guest of honor at the California Club luncheon. Mrs. Matthews made a campaign in the interest of
the magazine and won all hearts by her delightful personality.

Club women are interested in the movement to provide jellies and jams for the men at the Letterman Hospital.

Club women are serving at the various canteens for enlisted men, and meanwhile continue their knitting.

Club women are attending the classes for instruction in war-saving methods and are striving to do their utmost for their country's needs.

Mrs. E. D. Knight is making a canvass of the clubs in the San Francisco District and talking on War Savings and Thrift Stamps.

The President's Assembly, of which Mrs. Louis Hertz is President, will be hostess to visiting delegates during Convention week.

Mrs. Frank Fredericks has made it known that Jane Addams will be at the Convention and make an address. Many interesting things are in store for Convention week. One day will be devoted to talks on Food Conservation. Women are interested in these war savings measures, and while it is hoped it will not be necessary to make the distressing sacrices of our sisters in the countries of the Allies—yet, should it be necessary there will be no turning aside or evasion of duty.

The Vittoria Colonna Club, of which Mrs. Anita Phillips was again elected President, gave a breakfast recently at which some unusual features were introduced.

**ALAMEDA DISTRICT**

Mrs. C. M. Delameter, Chairman, San Leandro

(Quoted from the Berkeley "Daily Gazette")

**BERKELEY TWENTIETH CENTURY CLUB**

Mrs. Frederick Athereau, president of the club, presided at a recent meeting for discussion of wartime work, at which Mrs. Frank L. Saylor spoke on "War Service."

Assisting Mrs. Saylor on the war service committee recently named by the club to direct the work of the organization are Mrs. James C. Berryhill, Mrs. Hogan Cosby, Mrs. A. H. Cole, Mrs. W. A. Hargreay, Mrs. Willard Merrill and Mrs. S. H. Strite.

Loyalty and service were the two things which Mrs. Saylor urged the clubwomen to pledge themselves to during the war.

"Under loyalty the greatest service we have to perform is to report all pro-German and unpatriotic utterances to the police," said Mrs. Saylor. "Don't stop to discuss any disloyal comment you may hear, but let the police know at once what was said and who said it. There are many persons, including those with a peace at any price attitude, who may have been swayed by the flood of enemy propaganda in this country. An admonition and a short talk from the police would accomplish much in eliminating this."

Mrs. Saylor warned the members against repeating any malicious stories aimed against the Red Cross or other forms of war service, declaring that all were part of German propaganda in this country.

**To Furnish Materials.**

In voting itself an auxiliary to the local chapter of the Red Cross, Twentieth Century Club has set a precedent for women's organizations on this side of the bay. The club will furnish all material to be used in its work and will turn all completed articles over to the Red Cross. To finance the work a series of benefits has been planned to be held monthly.

In making an appeal for old clothes to be made over or sent to suffering children both in this country and Europe, Mrs. Saylor asked the following articles: Cotton, wool or knitted underwear; children's petticoats, scraps of old or new bathingrobes for children's jackets, scraps of linen or cotton for handkerchiefs, stocking tops for children's caps, shoes and other articles of wearing apparel.

Each member of the club pledged herself to make a sewing bag containing thread, needles, scissors, buttons, etc., to be sent to Europe, or women were robbed of practically all means of repairing clothing. Men's suits and other clothing will also be received by the club for shipment to France and Belgium.

**NORTHERN DISTRICT**

Miss Sally H. Mulligan, East Auburn, Chairman

In the Northern District, as in various other districts throughout the State, much interest at present centers around the spring convention. Mrs. G. E. Chapelle, the very energetic and capable president of the district, has been uniting in her efforts to make this meeting a success, and when the delegates gather in Red Bluff the 6th, 7th and 8th of March, a profitable and entertaining program is assured them all.

The Woman's Club of Sheridan, that little organization which makes up in spirit for what it lacks in members, observed Feb. 14th as Reprocoty Day, and in spite of most inclement weather, numbers of neighboring club members were present. A Hoover luncheon was served, followed by a delight-

**HAVE YOU DINED**

at the

**Hotel Harrison Grill**

N.W. 14th and Harrison Streets

**OAKLAND, CALIFORNIA**

**QUIET, CLEAN, COZY, SPACIOUS**

Featuring as Specialties—

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Write for Reservation
ful program. The principal speakers of the afternoon were Mrs. J. B. De Golyer of Lincoln, Mrs. P. B. Goss of Sheridan, and the club president, Mrs. F. Brock. The keynote of these addresses was patriotism, loyalty and service. This small Placer County club is one of the most “homey,” cordial organizations in the district, and the spirit of cooperation so strong in its members, has brought to the club an unusual measure of success.

In Placerville a unique program, in the form of a Pioneer Day, was recently presented by the Shakespeare Club. An unusually large crowd was in attendance, and thoroughly enjoyed this educational reminiscence of days gone by. The affair was arranged by Mrs. J. F. Limpinsel, Chairman of Civics, assisted by Mrs. Al Kramp, little Miss Nelva Ball, Miss Mollie Carpenter, Mrs. S. H. Rantz, Miss Mary O’Donnell and Mrs. Sallie Mitchell.

The ever alert Woman’s Thursday Club of Fair Oaks has added one more successful day to its calendar of interesting meetings. On Feb. 14th the club observed President’s Day. It was arranged under the auspices of the past presidents, and was a sort of rally day for the year, a reunion of all club members. The guests of honor on this occasion included Mrs. G. E. Chapelle, the presidents of neighboring clubs, Northern District Chairmen, Mrs. Walter Longbotham of Sacramento and Mrs. S. E. Mack, the energetic Child Welfare Chairman of the district. At one of its recent meetings the Thursday Club unfurled its service flag, bearing twenty-five stars.

Following the custom inaugurated some time ago by Mrs. Longbotham, the Improvement Club of Auburn is still holding its monthly half hours of music. On Sunday afternoon, Feb. 24th, a program of unusual merit was offered. Mrs. Brill of Elk Grove, accompanied by Miss Stanton, delighted the audience with her solos. Mrs. B. S. Mizzy of Lincoln, played several numbers on the violin and was heartily encored. The program concluded with the song, “Over There,” sung by Master Brill, Elk Groves’ 4½-year-old scout. The success of these musical half hours is largely due to Mrs. W. K. Graham, and a community is to be congratulated which has in its midst a finished artist who gives so bountifully of her time and her talent as does Mrs. Graham.

MODERN BREAD-MAKING

To the housewife accustomed to old-fashioned methods of baking home-made bread, as well as to the clubwoman interested in the promotion of sanitation in food surroundings, the methods now actually in use by the great bakeries are a revelation. Few have carried the score of efficiency, speed, volume and cleanliness as high as has the Holsum Bread Company of Los Angeles.

Everything in the huge bakery is done by machinery, spotlessly clean and without the slightest odor of metal, despite the heat. The materials are weighed for each dough by automatic weighing machines, the mixing and kneading and shaping by other machines, all operated by men and women in white garments.

The bakery is given a rating of 98 per cent by the Health Department—the highest in the city. All utensils are of steel, kept scrupulously clean. A laboratory for the purpose of testing purity of materials is maintained. Excellent baths are provided on the premises and every employee is required to use them daily.

When the ovens have finished their eighty thousand loaves a day the bread goes to the cooling and wrapping rooms, where it is wrapped by machine in wax wrappers, which are dust and germ proof. The loaves are baked in three sizes—16, 24 and 32 ounces in weight—and are delivered by automobile within a few hours after baking.
Three words are attracting the eye of the reader today as being conspicuously new in the life of the world. Two of these words may be considered as of alien origin, the other is universal and may include Saxon, French, Latin, Hebrew. The first two are Bolsheviki and Camouflage, the last is Slacker.

After any one has even casually attended the classes in English at the University at Berkeley the name Gayley brings immediately to mind "Classic Myths in English Literature."

Women may breathe a devout prayer of thanksgiving that no fair modern Helen can be blamed for causing the Junker war, although praise may be given many a fair Helen for her share in the relief of it.

The modern Pygmalion is modeling a statue of woman which is becoming keenly alive to love, suffering and mothering, through the smoke of the altar fires of the victims offered to Mars.

Eleanor Gates in an article on "Our Harmful Newspaper attitude Toward Women," mentions many amusing statements which are found in the newspapers which have been inspired, no doubt, by the "masculine" mind still clinging to the antiquated "rib theory" of the origin of woman. Ribs are rather expensive just now, and are not being regularly served on the dinner platter of the people's table.

Some of these statements, as quoted by Miss Gates, taken from the daily news sheets, are:

"Women are incapable of friendship.

"Women have not logical brains.

"Women are gossips.

"Women are vain.

"Women are curious.

"Women are ignorant and emptyheaded.

"Women are wasteful.

"Women are spiteful.

"Women are inconsistent.

"Women are cowardly."

And, as an anti-climax to these, and a great many more similar statements, was added,—"Women have no sense of humor!"

After reading such a list one need no longer be puzzled over the question as to how a camel's back could have been broken under so slight a weight as a straw.

Among the things to be thankful for is the recent rain which has saved the crops.

The Alameda District Convention program was quite up to its regular standard of merit. Democracy was the keynote. Democracy and Patriotism should be the motif of all our convention gatherings at this time.

Professor Charles Mills Gayley of the University of California gave a wonderful address the closing afternoon on "Shakespeare and American Liberty," through which he brought out English and American history up to the time of 1776, and emphasized the fact that our forefathers did not fight the British as a nation, but fought the rule of George III, a Prussian on the British throne, "in whose veins hardly a drop of English blood ran."

Beware of pro-German propaganda!

Refute all negative statements as to the power, strength, ability and means available for the United States Government to give full aid to the Allies in winning this war for democracy.

We are in the war to win! And we shall win! Nothing shall sworn us from this rightful purpose.

There is no such word as fail written in the Constitution of the American Government. The Declaration of Independence was written as a covenant between a government and those who consented to be governed by it. This is a war which is being waged by the people, for the people, as against a Bundesrat; and the people must win.

In spite of mistakes and the necessity of surmounting untoward obstacles, our Government has become well prepared for war within the short space of nine months,—we have General Pershing and a fair portion of our army at the front; this is but the beginning. More than 1,000,000 men are now in uniforms. Do you think that Uncle Sam will not find ways and means to transport this army onto the "Field of Honor"? Do you think that our Government will not be able to furnish the necessary needs and equipment for our army? If you do, then you are short-sighted as to American aims and American purpose.

Good Eye Sight

is insured by good glasses made and fitted here.

A9494 DR. SMALL Bldg. 5313
307 Title Guarantee Bldg.
Entrance 220 W. 5th St., Cor. Broadway
We replace broken lenses better and quicker—bring the pieces.
HOME DEPARTMENT

PROTECTING THE PUBLIC

The advertisements of foods and foodstuffs which appear in this and coming issues of The Clubwoman are from firms which have in every respect conformed to the rigid requirements laid down by the Department of Health, C. F. W. C., as a part of its present campaign for the protection of the public through the elimination of impure foods and food materials. In every case, before a food advertisement is accepted for the official magazine of the Federation, the plant or establishment is thoroughly inspected by a special committee named for the purpose by the Department of Health and composed of qualified experts on the subject. The appearance of such an advertisement in The Clubwoman is consequently prima facie evidence of purity, reliability and patronage worth.

The work of the committee has now been extended to include the inspection of laundries and other establishments whose work affects the public health.

At the head of the department's committee of inspection in the South is Dr. Lulu H. Peters, M. D., Chairman of the Department of Health for the Los Angeles District.

At the head of the department's committee of inspection in the North is Dr. Mariana Bertola, M. D., Chairman of the Department of Health and Child Welfare of the San Francisco District.

U. S. DEPARTMENT OF AGRICULTURE—U. S. FOOD ADMINISTRATION

DON'T STOP USING VEGETABLES IN WINTER even if they are harder to get than in summer.

Doctors say that the tired-out feeling at the end of the winter—"spring fever"—often comes from a lack of fruits and vegetables in the winter diet. Keep the family well and make their meals pleasanter by using vegetables. Give them to children especially. Young children can digest them better if they are mashed and put through a sieve.

The salts or "mineral matter" that vegetables contain is one of your chief helps in keeping your body strong and well.

In every part of your body there are salts somewhat like table salt, but of many kinds—iron, lime and others. Your body won't work smoothly unless it has plenty of these salts, and the children can't build strong bodies without them. You must get them from your food. Vegetables and fruit are rich in them. Eat a variety so as to be sure to get all the kinds of salts you need.

The salts and other substances in vegetables also help prevent constipation. Keep yourself and your children well.

Fresh Winter Vegetables

These include cabbage, turnips, onions, carrots, potatoes, etc., which are always good simply cooked, stewed, boiled or baked, and served with a little butter or oleomargarine or a simple cream sauce.

You waste valuable salts when you throw away the water in which you cook vegetables. Sometimes the flavor is not desirable,

Golden Crown Butter

can not fail to please you because it is—

CLEAN UNIFORM HEALTHFUL UNEQUALED

Protect your family by serving them "THE BEST OF THE GOOD"

Sold Wherever Quality Prevails

ASK YOUR GROCER

Golden Crown Butter Company
but if it is good, save the water for soup or gravy. Even better—cook them in as little water as possible so there is none left to drain off. Or bake or steam them.

Cabbage is one of the vegetables that is best simply cooked. It may be poor or it may be delicious, depending upon how you cook it. Don't boil it too long—20 or 30 minutes in salted water is long enough.

The winter vegetables are excellent, too, combined with meats to make savory stews.

Canned Vegetables

Often canned vegetables need only skillful seasoning to make them as good as fresh.

Canned corn is very good when turned into a baking dish, milk and seasoning added, and the whole heated through in the oven and allowed to brown on top. Outside stalks of celery cut up, a green pepper, or both, added before baking, make the dish more appetizing.

Vegetable Chowder

Here is a mixed vegetable chowder that is good. It makes a substantial dish. Rice and okra may be substituted for potatoes and carrots or almost any vegetables may be used.

4 potatoes
3 carrots
3 onions
1 pint canned tomatoes
2 tablespoons fat, or a piece of salt pork
3 level tablespoons flour
2 cups skim milk
2 teaspoons salt.

Cut potatoes and carrots in small pieces, add enough water to cover, and cook for 20 minutes. Do not drain off the water. Brown the chopped onion in the fat for five minutes. Add this and the tomatoes to the vegetables. Heat to boiling, add two cups of skim milk, and thicken with flour. Celery tops or green peppers give good flavor, too.

Spinach Loaf

You can make a small can of spinach, chard, or beet tops serve seven or eight people by making into a loaf combined with rice or bread crumbs. Asparagus or string beans are also good served this way.

1 can chopped spinach.
4 cups boiled rice
2 cups white sauce
1 red pepper.

Make a thick white sauce of 2 cups skim milk, 4 tablespoons flour, 4 tablespoons oleomargarine and 1 teaspoon salt. Melt fat and mix with flour, add to milk and stir over fire until it thickens. Mix with the rice, chopped spinach and pepper. Form into a loaf and bake 20 or 30 minutes.

PLENTY OF POTATOES

They Are A Splendid Food—Excellent for Your Body—Delicious When Well Cooked

What They Do for Your Body

They are good fuel. They furnish starch which burns in your muscles to let you work, much as the gasoline burns in an automobile engine to make the car go.

One medium-sized potato gives you as much starch as two slices of bread. When you have potatoes for a meal you need less bread. Potatoes can save wheat.

They give you salts like other vegetables. You need the salts to build and renew all the parts of your body and to keep it in order.

Potatoes at Their Best

An old king is said to have tested each cook before hiring him by asking him to boil a potato. Even the best potato can be spoiled by a poor cook.

To boil them so that they will be “fit for a king,” drop the unpeeled potatoes into boiling salted water and cook 20 to 30 minutes. Drain the water off at once. If they are cooked too long or allowed to stand in the water they get soggy.

If you peel the potatoes before cooking them you will waste time and potatoes both. You may throw away a sixth or even a quarter of the good part of the potato with the skins. Also, if the potatoes aren't covered up by the skins while cooking, some of the valuable material will soak out into the water. Even very small potatoes can be economically used, if they are boiled in their skins.

HOME PRODUCTS

SUETENE

THE IDEAL SHORTENING
Made Fresh Every Day

REX
PORK and BEANS
With Tomato Sauce

Appetizing Delicious Nutritious
Manufactured under Government Supervision by
THE CUDAHY PACKING COMPANY
Los Angeles, Cal.
For best mashed potatoes. Peel the boiled potatoes, mash and beat until very light, adding salt, butter or oleomargarine and hot milk; a half cup of milk to six potatoes. If dinner is not ready to serve, pile lightly in a pan and set in the oven to brown.

**Potato Cornmeal Muffins**

2 tablespoons fat
1 tablespoon sugar
1 egg, well beaten
1 cup milk
1 cup mashed potatoes
1 cup corn meal
4 teaspoons baking powder
1 teaspoon salt.
Mix in order given. Bake 40 minutes in hot oven. This makes 12 muffins. They are delicious.

Potatoes are good in cake. They are often used in this way to keep the cake from drying out quickly. Mash the potatoes and beat up with milk until very light. You can use your usual cake recipe, substituting one cup of mashed potatoes for one-half cup of milk and one-half cup of flour.

**Potatoes for Your Main Dish**

Potatoes, left over or fresh, may be combined with cheese or nuts or meat or other materials, often to make the main dish of a meal.

**Potato Sausages**

1 cup mashed potatoes
1 cup ground nuts, fish or meat
1 egg, well beaten
1 1/2 teaspoons salt.
1/2 teaspoon pepper.
Salt pork, bacon or other fat.
Mix the mashed potatoes and seasonings with the ground nuts, fish or meat. Add beaten egg. Form into little cakes or sausages, roll in flour and place in greased pan with a small piece of fat or salt pork on each sausage. Bake in a fairly hot oven until brown.

**Scalloped Potatoes and Cheese**

Arrange a layer of sliced raw or boiled potatoes in greased baking dish and sprinkle with grated cheese and a little flour. Repeat until dish is nearly full. Pour milk over the whole, about one-half cup to every three potatoes. Skim milk is good. Bake in a moderate oven until done. The length of time required depends upon whether the potatoes are raw or boiled and whether the baking dish used is deep or shallow. Boiled potatoes baked in a shallow dish will take only 20 minutes. Raw potatoes in a deep dish may take as much as 1 1/2 hours.

**A Shepherd's Pie**

Grease a baking dish; cover the bottom with mashed potatoes. Add a layer of cooked minced meat or fish, seasoned well and mixed with meat stock or gravy. Cover with mashed potatoes. Bake long enough to heat through—20 to 30 minutes.

**INSTEAD OF MEAT**

Cheese, Milk, Eggs, Beans, Peas, Cereals, Nuts

These make appetizing dishes to take the place of meat. Why not use them often? There are plenty of good ways of cooking them.

They give you a body-building material, the protein, and they give a lot of it.

The child to grow must have food that furnishes this kind of material. You need it too. Even if you are grown up, you must have it to renew parts of your body used up by work and exercise.

Don’t think you have to eat meat to get this protein. These other foods have it, too. Take cottage cheese, for example. It is richer in this material than meat. You can eat a third of a cup, or it with pleasure, and this third of a cup will give you as much of the protein as a quarter of a pound of sirloin steak—a good, generous serving. Or if you like baked beans, eat a cupful to give you the same amount of protein.

**Peas, Beans, Peanuts, Cereals**

These are cheaper than meats and good. They should be used, but eat some milk or cheese besides.

**Kidney Bean Stew**

1 1/2 cups dried kidney or other beans
2 cups canned tomatoes
1/2 cup rice
2 tablespoons flour
1 onion
1 tablespoon salt

Wash the beans, put in covered kettle,

---

**Swastika Biscuits**

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**Pacific Coast Biscuit Co.**

**Wheatless Day Suggestions:**

- Swastika Rye Gems
- Swastika Corn, Meal Wafers
- Swastika Barley Crackers
- Swastika Graham Crackers
- Swastika Oatmeal Crackers
- Swastika Bran Cookies
and soak over night in two quarts of cold water. Cook the beans slowly in the water in which they soaked. If necessary, add more water to cover and continue the cooking until they are nearly tender, usually about two hours. Wash the rice, cut up the onion and add with the tomatoes to the beans. Cook until rice is tender—about 30 minutes. Mix the flour with a little cold water and stir in carefully to thicken. A small piece of salt pork cut up in cubes and added to the beans at the beginning of the cooking gives a pleasant flavor to the dish.

This stew will make a whole meal in itself, with bread and butter and fruit for dessert, to serve five or six people.

**Pea Souffle**

4 tablespoons flour
4 tablespoons fat
1 cup skim milk
1 cup mashed cooked peas (any kind)
3 eggs
1 teaspoon salt
½ teaspoon pepper
Few drops of onion juice.

Make a white sauce from flour, fat and milk, as in preceding recipe. Mash the cooked peas to a pulp. Beat white and yolks of eggs separately. Mix vegetable pulp, seasoning, sauce and well-beaten yolks. Fold in stiffly-beaten whites, put in greased baking dish and bake in slow oven until firm. Lima beans, split peas, cowpeas, or fresh or canned green peas may be used.

**Cheese, Milk, Eggs, Meat**

These give body-building material in a little better form than the plant foods do.

**Creamed Peanuts and Rice**

1 cup rice (uncooked)
2 cups chopped peanuts
½ teaspoon paprika
2 teaspoons salt

**White Sauce**

3 tablespoons flour
3 tablespoons fat
3 cups milk (whole or skim)

Boil rice. Make white sauce by mixing flour in melted fat and mixing with milk. Stir over fire until it thickens. Mix rice, peanuts and seasoning with sauce, place in greased baking dish and bake for 20 minutes.

**Calcutta Rice**

2 cups rice
2 cups tomatoes
½ pound cheese
1 tablespoon salt

Peppers and celery or onions may be added, if desired.

Boil rice. Mix it with tomatoes, grated cheese and seasonings, and pour into baking dish. Bake half an hour. If peppers or celery are used, cut up and boil with the rice.

All of these four dishes except the pea

---

**Government Positions for Women**

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soufflé have as much building material, protein, as a pound and a quarter of solid meat. The pea soufflé furnishes only about half as much protein but is very good instead of meat at a lighter meal.

CHEESE IS A FINE MEAT-SAVER. There is a great deal of food in a little piece of it. Don't eat it at the end of a meal when you have already had enough. You would not eat a piece of meat then. An inch cube of American cheese contains a third more protein than the same sized piece of lean meat. Cheese is excellent food if eaten at the right time.

Use These Good Meat-Savers

How to Make Cottage Cheese

To make cottage cheese warm sour milk, whole or skimmed, on the back of the stove or put a bowl of it in a pan of hot, not boiling, water for about 20 minutes. Stir occasionally. When the curd and whey have separated, pour off the whey through a sieve. Work the curd with a spoon and let it drain. When fairly dry work again until smooth. The whey is good to use in making bread.

NUTS are concentrated foods, too. Twenty single peanuts are about the same as the inch cube of cheese. Remember that nuts are good food. Chew them thoroughly or grind them up for a cooked dish and eat them as an important part of your meal.

SAVE MEAT AND MONEY

"MUST WOMAN EVER AND MAN NEVER FORGIVE?"

Many a man who, by a wittingly-elected career of marital infidelity, has sacrificed his home ties, taken the sword of so-called social justice in his own stained hand and with it wreak summary vengeance upon the man to whom his deserted mate has turned in her extremity of solitude and despair? This is the central theme of an unusual novel from the pen of Richard Lightfoot.
under the appropriate title of "Must Woman Ever and Man Never Forgive?" (Angelus Publishing Co., Los Angeles.)

In it Mr. Lightfoot has presented a study of a delicate subject which is the more effective for its skillful avoidance of the customary overdrawing. Whatever spacious arguments there are to advance in favor of the fallacious double standard of morals he has put into the mouths of the eloquent attorneys defending Paul Hanley, the "outraged" husband, on a charge of murder. The professed defense is temporary insanity, the actual one the "unwritten law," an abused ethical code which comes in for as severe condemnation as the double standard itself. Where one less adroit would have pointed the moral with a club by having the jury probe the sophistry of the defense and find Hanley guilty of premeditated slaying, Mr. Lightfoot makes his case the stronger by bringing out in a few bold strokes the unworthy motive of self-interest which lies behind the twelfth and only discerning juror's verdict for acquittal.

The story, briefly, is that of a young traveling salesman who weds the adopted daughter of a well-to-do retired couple in a country town. Mildred is not an angel nor Paul a villain—they are average young people of good upbringing, intelligence and instincts. Paul falls into the net of a siren and is gradually won away from his wife and children, despite his efforts to reform and his promises to Mildred to have nothing more to do with Myra Kiler.

In her loneliness, Mildred accepts the attentions of Willard Gordon, more to forget her own trouble than for any taste for liaison. The usual anonymous friend informs Paul, who returns unexpectedly from the road and shoots Gordon.

With public sentiment all with him and all against Mildred, Paul is tried and acquitted. He divorces the mother of his children and subsequently marries again. Mildred takes her children to a distant part of the country. Here she is inveigled into a second marriage even less happy than her first. Her drunken mate comes to a deserved end and Mildred is again a wanderer. Through the efforts of his own daughter, Paul has by this time been brought to a realizing sense of the injustice that has been done Mildred and, his own second wife in the meantime dead, he humbly seeks and finds reconciliation and forgiveness.
$300 in Prizes

FOR THE THIRTY

Best Victory Gardens

Three $50.00 Prizes, three $25.00 Prizes, three $10.00 Prizes and Nine $5.00 Prizes of War Savings Stamps

Have been donated by the German Seed and Plant Company to the German War Savings Society to be given away absolutely free on June 1st, September 1st and December 1st, 1918

OBJECT

To encourage systematic saving, thrift and economy to win the war.
To further the record of the German War Savings Society for the sale of War Savings Stamps.
Our country depends upon you to supply food and money.
Meatless, Wheatless and Porkless days mean that you must raise and use vegetables and fruits wherever possible.
You know that these foods are wholesome and healthful.
The Back Yard Gardener is the minute-man of 1918. Every available space should be transformed into a VICTORY GARDEN.

START NOW—This will save you money—more than you think—every month.
Keep a record of it on the chart on the reverse side.

GO "FIFTY-FIFTY" WITH UNCLE SAM

Put at Least Half Your Victory Garden Savings in W. S. Stamps

CONDITIONS OF CONTESTS

Open to every one in Southern California for either or all of the three contests.
All orders for stamps must be sent to the Contest Manager of the German War Savings Society.
The Victory Garden savings record on the back of this card must be filled in daily with the value of the vegetables used from the garden, and mailed or handed to the Contest Manager on or before

May 25th for the June 1st Prizes
August 25th for the September 1st Prizes
November 25th for the December 1st Prizes

Contestants must be prepared to show that they are in possession of at least one-half their garden savings in War Savings Stamps.
Immediately after receipt of the daily record a member of the Contest Committee in each district will inspect the gardens and stamps of each contestant. These reports will be compared by the committee on the points of area planted, variety of products, proportionate amount of money saved and other points of merit in their best judgment.
Simply a large garden will not necessarily win a prize. The final awards will be made as follows for each contest:

Ten Five Dollar War Savings Stamps for First Prize
Five Five Dollar War Savings Stamps for Second Prize
Two Five Dollar War Savings Stamps for Third Prize
One Five Dollar War Savings Stamp for each of Fourth, Fifth and Sixth Prize

The newspapers will publish the names of the winners and the winner of the first prize in each contest will be designated as

The PREMIER VICTORY GARDENER of Southern California

VICTORY GARDEN VOLUNTEER CARD

I HEREBY VOLUNTEER my services as a SOLDIER OF THE SOIL and will grow as many vegetables as I can for home use so that other foods can be released for our own army and the soldiers of our Allies in France. I also agree to invest at least one-half my savings therefrom in U. S. War Savings Stamps.

NAME ___________________________________________________________ Date ___________________________
Address ___________________________________________________________ Phone ___________________________

This card, when turned in to the German War Savings Society, 326-28-30 South Main Street, on or before the dates above mentioned, entitles you to contest for these prizes, providing you still have a garden growing at that time and can show a War Certificate with at least one-half the amount of your Victory Garden savings in U. S. War Savings Stamps attached thereto.
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—Competent, efficient shoppers and guides are here, willing and eager to help you with advise about your clothes.

—They will study your individuality, plan with you, and give you trustworthy suggestions about your new Easter suit, or your new evening or afternoon gown, or your new summer sports clothes or lingerie—

—perhaps you would like to know—

How to decorate a certain room?
What to do for a wedding?
How to make over your old gown?
How to furnish your new home?
How to plan your trousseau?

—Ask The Department of Individual Service.

—All the latest European as well as American Fashion Books are here for you to inspect and use in the planning of your clothes.

—There is an understanding among the members in The Department of Individual Service that it might be well for you to remember, it is that nothing is "too much trouble" to do for the friends and patrons of The Broadway.

—Every section of the store is at your disposal Personally through The Department of Individual Service.

—Next time you are puzzled over just what trimming to use on a new gown, or what draperies to use over a certain window come to the Second Floor of The Broadway and ask for The Department of Individual Service, it is yours to command.

2nd Floor
Have you ever seriously considered organized effort to induce parents systematically to teach their young children how to avoid danger of injury, perhaps DEATH, from automobiles and street cars?

The police records show a large number of accidents annually to children who PLAY IN THE STREETS. Some have been maimed for life—some have been killed.

Main thoroughfares are not intended to be used by children for playgrounds. They are intended for vehicular traffic.

Whose fault is it that children play in the streets—particularly in streets frequented by speeding autos or traversed by street car lines?

Ask yourselves these questions:

"Do I let MY child play in the street?"

"If I do, am I not chiefly, if not wholly, to blame if any accident happens to him?"

"Should not organized womankind co-operate as fully as possible in any well-considered plan to reduce the number of accidents to children by educating parents and children generally in preventive measures?"

The Los Angeles Railway is working out a plan for such an educational campaign. It earnestly hopes to secure the full co-operation of club women as well as of parents who are not affiliated with clubs.

This advertisement is published in “The Clubwoman” in the expectation that practically every women’s club in Los Angeles will VOLUNTARILY consider this vital project—the protection of the lives of young, irresponsible children.

We believe that once the subject is taken up, clubwomen will be practically a unit in desiring to participate wholeheartedly in the effort of the Los Angeles Railway to bring home to every mother and father, and, chiefly through them, to every child, the DANGER that constantly faces those of tender years when they venture upon the streets unattended.

PUBLIC RELATIONS DEPARTMENT
LOS ANGELES RAILWAY
The Clubwoman

Official Organ of the California Federation of Women's Clubs
Composed of Over 40,000 Members

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DR. LOUISE HARVEY CLARKE, State Chairman and Southern Federation Editor, 1646 Orange St., Riverside
MISS JESSICA LEE BRIGGS, State Chairman and Northern Federation Editor, 1942A Hyde St., San Francisco
MRS. J. A. MATTHEWS, Club Representative, Brack Shops, Los Angeles

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BROADWAY NEAR EIGHTH
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Coming Attraction “Under Fire”
All the Morosco Favorites

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Matinees, 15c, 20c; Loges, 30c
Except Saturdays and Sundays
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WEEK OF APRIL 7
Mary Pickford in “M’Liss”

WEEK OF APRIL 14
Elsie Ferguson in “The Lie”

WEEK OF APRIL 21
Douglas Fairbanks in “Mister Fixit”

Grauman’s Million Dollar Theatre
Broadway at Third
Week of April 8
DOROTHY DALTON in
“LOVE ME”

Week of April 15
CHARLES RAY in
“PLAYING THE GAME”
The Recognized Favorite in the Better Homes of the Southwest

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DAY AND EVENING CLASSES
EDITORIAL NOTES

The May number will be devoted to reports of State Chairmen and standing committees. All chairmen who have not sent in their reports are asked to do so at once.

The report of the Northern District was not ready for the March issue and will be printed in the May Clubwoman.

Anyone wishing extra copies of the March Clubwoman will please write at once to Mrs. Elsie Smith Trueblood, Brack Shops, Los Angeles, Cal. The price per copy is ten cents.

The State Convention was indeed, honored in having the General Federation President, Mrs. Josiah Evans Cowles, present during the entire convention. The wise council and presence of this experienced officer of the General Federation was both a help and an inspiration.

The ovation accorded Miss Jane Addams, representative of the National Food Administration, when she spoke before the Federation of Women’s Clubs in the Oakland Auditorium was a tribute to self sacrifice and service.

Mrs. Robert F. Garner, State Chairman of Civics, in her report called attention to the fact that during the past two years she had often urged that in each community a day be set aside as a holiday with music and patriotic exercises in honor of all the young men and women who have, during the year, attained to the age of citizenship.

Not much attention has been given to the suggestion until recently an article appeared in an Oakland newspaper speaking very favorably of it, and wondering why the suggestion of our chairman has not been followed. Since then several communities have become interested, and in the near future such a day is to be celebrated.

Women physicians of California have responded generously to the demand for war relief work, and many prominent women of the profession are now identified in active war service.

Those who have responded to the call are Dr. Clelia Mosher, Stanford University; Dr. Jessie Anderson, of Eureka; Dr. Clara Williams, Berkeley; Dr. Ethyl Watters, Berkeley; Dr. Mary E. Wright, San Leandro; Dr. Emma Buckley and Dr. Eva Reed of San Francisco; and Dr. Jessie Farmer of Pulton, who are associated with the Red Cross.

Dr. Lela J. Beeby of Woodland is in the public health service; Dr. Stella Patrick of Los Angeles with the Rockefeller Tuberculosis Institute, and Dr. Ethyl Watters is serving on the California State Board of Health in the Bureau of Venereal Diseases.

The appalling increase in the number of daily street accidents in which little children are run down by street cars and automobiles and seriously hurt or killed has inspired the Los Angeles Railway to inaugurate a campaign of education against making the city thoroughfares a playground for unattended children.

In this effort to teach the little ones to avoid the lurking danger and death, the railway is appealing to clubwomen who are mothers and to parents generally for cooperation. It believes that nothing more than a clear understanding of the facts will be necessary. A certain percentage of all children who play on the streets are, with terrible mathematical regularity, killed or maimed by passing vehicles. For the most part, it is sufficient for the average mother merely to have this made clear— and there is one less child in the path of the traffic juggernaut.

The campaign of education is one which federated clubs generally may do well to assist. The preservation of the child is not less important than his education and saving potential citizens is as valuable to the commonwealth as making them.

The question naturally arises: If the streets are not to be used by the children of the poor—and others—as playgrounds, (Continued on Page 42)
MRS. JOSIAH EVANS COWLES
President General Federation Women's Clubs
WHAT BIENNIAL OFFERS

OFFICIAL OPENING APRIL 30

The official opening of the convention will occur Tuesday evening at Hotel Eastman where welcome will be voiced by Governor Brough, for the state; Mrs. J. E. Harper for the Arkansas Biennial Board; Mrs. H. C. Gibson, president, for the Arkansas F. W. C.; Response will be given by Mrs. Josiah Evans Cowles, president of the General Federation of Women's Clubs.

The official opening will be preceded by a Musical Festival and the Minneapolis Symphony Orchestra, at Little Rock, on April 29th, and will be followed on opening evening by the Tri-State Reception, tendered the convention by Louisiana, Texas, and Arkansas.

CELEBRATED SPEAKERS ON EVERY PROGRAM

Celebrated speakers will address the convention at every general session in a hall where all can hear. To these sessions all visiting club women will be given visitor's badges of admission.

Among persons of name and fame who will speak will be:

Jane Addams of Hull House; Julia Lathrop of the Children's Bureau; Hon. Jeannette Rankin, M.C.; Mrs. Herbert Hoover, Dr. Jessica Peixotto, Dr. Grace L. Meigs, Dr. Henry M. MacCracken, president of Vassar College and director of the American Junior Red Cross; Mrs. Mary C. C. Bradford, president of the National Educational Association and State Educational Association of Colorado; J. L. McBreen, Rural School Specialist in the United States Bureau of Education, Washington; Mrs. Cora Wilson Stewart, president of the Kentucky Illiteracy Commission and pioneer for the elimination of illiteracy; Mrs. Edward Franklin White, G. F. W. C. chairman of Political Science; Miss Rosa B. Knox, director of Primary and Kindergarten Department of the Mississippi Industrial Institute; Mrs. O. Shephard Barnum, of Alhambra, California, vice-president of the California State Board of Education and founder of the School Patrons Association of America; Mrs. Edward Biddle, vice-president of the American Civic Association; Mrs. Delphine Dodge Ashbough of Detroit, poet.

"A program for a National Citizenship Day" will be presented by Mrs. Essie Leach Priddy, chairman of Civics, after conference with the U. S. Bureau of Immigration and the National Americanization Committee.

Wednesday, May 8th, will be date of a national motion picture conference discussing these topics:

1. Advantages and Evils of Motion Pictures.
2. Voluntary Self-Censorship.
3. What Motion Picture Surveys Have Revealed.
5. The Verdict on Existing State Censorship.

ARRANGEMENTS OF THE LOCAL BOARD

The local board is making every arrangement for the care and comfort of guests. State delegations are being assigned to hotels, and state hostesses and aides will be on duty at the service of each delegation throughout the convention. Mrs. J. H. Averly, Chairman Hotels, Hot Springs, should be notified now concerning reservation.

Boy Scouts will be on duty as messengers and 150 girls will act as pages and ushers.

ON TO BIENNIAL

The Fourteenth Biennial of the General Federation of Women's Clubs will be held in Hot Springs, Arkansas, April 29th to May 8th. A special train will be run if seventy-five people determine to travel over the same line. This will insure comfort, convenience, and pleasure which may be shared with any friends or families of club members. The official train will be over the Southern Pacific line:

Leave Los Angeles via Southern Pacific 3:00 p.m. April 26th, arrive El Paso via Southern Pacific 4:30 p.m., April 27th; arrive Fort Worth via Texas and Pacific 2:45 p.m., April 28th; arrive Dallas via Texas and Pacific 4:30 p.m., April 28th; arrive Hot Springs via Missouri Pacific 10:15 a.m., April 29th.

Tickets good for nine months, to St. Louis or Memphis, stopping over at Hot Springs. Return trip can be arranged over any direct route—Santa Fe, Rock Island, etc., with unlimited stopover privileges.

Rates—$103.50 plus $8.25 per tax. $1.00 from Benton Junction. Lower berth $11, upper berth $8.90, drawing room $39—all plus ten per cent war tax.

Hotels and Boarding Houses—From $1.00 a day American plan to $6.00 a day European plan. Headquarters at the Hotel Eastman, $2.00 to $6.00 per day European plan.

This is a rare opportunity for attending the most noteworthy of all Biennials ever held, for visiting the far famed beautiful Hot Springs of Arkansas and for a trip of unusual interest and stopover advantages. Do not lose time in making reservations.

For further details telephone or write to Mrs. P. G. Hubert, State Chairman Biennial Committee, 2144 Hobart Blvd., Los Angeles, phone 23292.

The delegations from many states will join the Missouri Pacific and meet the California delegation, arriving together in Hot Springs. Very large delegations from all the Western states should attend this
especial convention as an expression of courtesy and appreciation of the General Federation President and this being a point of particular pride in California. We urge a splendid and enthusiastic representation to stimulate the delegations of small states.

In response to the resolutions presenting the name of Mrs. Josiah Evans Cowles for re-election many gratifying tributes to her character—her worth and her ability have been received from our state president. One state writes: "It is a privilege to endorse Mrs. Cowles for re-election. She has been wonderful in her way of weathering the storm of excitement that has swept over our country and reduced so many clubwomen to the borders of hysteria." Another State Federation writes: "We wish to tell you how heartily we endorse the resolutions and your attitude towards our loved president. At our convention Mrs. Cowles was so gracious and attractive and all said the success of the meetings was due to her help. We hold her in grateful remembrance and my voice and vote will certainly go to her." From another: "Mrs. Cowles has served so faithfully and so efficiently she is entitled to carry on for another two years." Still another state president writes: "All our delegation will be with California. Mrs. Cowles has acquitted herself so admirably in solving the complex questions she has had to deal with the past year. I pledge my hearty support." A General Federation officer writes: "I am always ready to speak positively in favor of the re-election of Mrs. Cowles as opportunity offers day after day and week after week, and pledged my loyalty."

Space forbids quoting many others and especially the pleasure those feel who voted for her at the New York Biennial and are eager to repeat their vote in the coming election at Hot Springs. From the sense of privilege and loyalty to be a part of this one great present opportunity.

The Local Board in Hot Springs sends a special invitation to club women who are not delegates. Arrangements are being made to entertain visitors and they are promised a delightful reception.

Pre-eminently this is our Biennial—let our delegation be record-breaking—hotels are filling rapidly. Make reservations at once. Mrs. J. H. Avery is chairman of hotels, while there is yet time, make your decision to attend, and else you will have a large store of regrets.

LILY G. HUBERT.

State Chairman-Biennial Committee.

CALIFORNIA FEDERATION OF WOMEN'S CLUBS BIENNIAL COMMITTEE

Northern District
Mrs. G. E. Chappell, President, Grass Valley; Miss Susan T. Smith, State Librarian, Sacramento; Mrs. A. A. Goddard, 508 Tenth St., Sacramento; Mrs. George McCow, 2140 K St., Sacramento; Mrs. O. W. March, President Art Club, 632 Fifth St., Chico; Mrs. J. B. Hughes, High School, 415 Pine St., Oroville; Mrs. David Powell, Marysville; Mrs. E. B. Stanwood, Marysville; Mrs. Bradford Woodbridge, Woman's Imp. Pres., Oak Lodge, Roseville; Dr. Lela Beebe, Woodland.

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Mrs. Frank Frederick, Stanford Court Apts., San Francisco; Mrs. E. G. Denniston, 3454 Twenty-first St., San Francisco; Mrs. Robt. Watt, 36 Presidio Terrace, San Francisco; Mrs. Geo. D. Murray, Vice-President, San Francisco District, Eureka; Mrs. A. R. McCullough, 131 Sycamore Ave., San Mateo Park, San Mateo.

Alameda District
Mrs. Katherine Smith, President, 139 Thirteenth St., Richmond; Mrs. Aaron Schloss, Fred. Sec., Vice-Pres.-at-Large, 2925 Hillegass Ave., Berkeley; Mrs. J. C. Lynch, 1845 University Ave., Berkeley; Mrs. Annie Little Barry, 1935 El Dorado Ave., Berkeley; Mrs. Rose V. G. Berry, 2975 Piedmont Ave., Berkeley; Mrs. J. A. Vandergrift, Social Service Chairman, Pres. Ebell, 74 Fairmont Ave, Oakland.

San Joaquin Valley District
Mrs. W. A. Fitzgerald, Pres., 1849 J St., Fresno; Mrs. Alice Dozier, Modesto; Mrs. Mollie Bloom Flagg, Turlock; Mrs. J. F. Bedesen, Merced; Mrs. W. A. Hickox, Maricopa; Mrs. W. L. Willson, Fresno; Mrs. Sarah Railback, Grangeville; Mrs. Genevieve Rosenthal, Tulare; Mrs. H. A. Peairs, Bakersfield.

Southern District
Mrs. Charles C. Arnold, Pres., Victoria Ave., Riverside; Mrs. C. W. Landis, Treas., Arts and Crafts, 2112 Ft. Stockton Dr., San Diego; Mrs. John R. Smith, Chairman, Education, 4202 Jackdaw St., San Diego; Dr. Louise Harvey Clarke, Press, 1046 Orange St., Riverside; Mrs. Robt. F. Garner, Civics, 498 D St., San Bernardino; Mrs. Schonehman.

Los Angeles District
Mrs. Mattison B. Jones, Pres., Glendale; Mrs. O. C. Bryant, Mrs. O. Shepard Barnum, Mrs. Berthold Baruch, Miss Fannie Willis, Miss Mary Foy, Mrs. Charles H. Eager, Mrs. Frank Garrett, Mrs. Richard Gird, Mrs. Mathew B. Robertson, Mrs. C. O. Stanton, Mrs. Geo. Brock, Mrs. Sunner Hunt, Mrs. Robt. Burdette, Mrs. L. A. Goedl, Mrs. Coffin, Mrs. W. A. Galentine, Redondo.

DANGEROUS DELAYS DEVELOP DESTRUCTIVE EYESIGHT

DR. SMALL

307 Title Guarantee Bldg.

Entrance 220 W. 5th St., Cor. Broadway

Glasses today will Save the Sight of Tomorrow
MRS. HERBERT A. CABLE
President California Federation Women's Clubs
At the beginning of the club year 1917-1918 the people of America were facing the greatest crisis in the history of our Nation—a crisis threatening not only the life and prosperity of our own country, but the peace, safety and happiness of the whole world. The women of the land, stunned for the moment by the world-wide calamity which had finally involved the Western as well as the Eastern hemisphere, rallied almost immediately to the Nation's call, and thirty days after the formal declaration of war saw them mobilizing for service. Our club organizations, over night, became the centers of community interest and the medium through which Government activities began to reach down into and through the life of the people.

Women at the first bugle call thronged into Red Cross Chapters, into training classes, into hospital work—busy fingers became busier still with knitting needle, with bandage roller, with sewing machine. Benefits and entertainments were given almost daily for funds to carry on the work and to raise money for Liberty Loan and Red Cross Drives. On every hand there was expressed eagerness and willingness for a place and a part and club women in every city, hamlet and town stood at attention awaiting the word of command. It became for the organized womanhood of America a testing time. How much of our work as club women had been worth while in the light of the Nation's demand upon us and would our organization and its purposes serve the present need and justify the energy, time, effort and sacrifice that had gone into the fifty years of our building?

Within ten days of election to office the President of the C. F. W. C. was asked to serve as a member of the State Council of Defense and accepted with a keen sense of the responsibility of thus representing the club women of California—the largest body of organized women in the State; and when one month later the call came from Washington to head the California Women's Committee of the National and State Councils of Defense, the work was undertaken with a deep and sure conviction of the part the club women of this State must play in the National undertaking and our sacred responsibility to our country's and humanity's cause.

To be called to serve in the high office of President of the California Federation of Women's Clubs in normal times and under ordinary conditions is an honor and a responsibility sufficient to task the ability and strength of any woman, but to answer to the increased demands made upon our organization in this time of stress and strain and to be entrusted with the leadership of over 40,000 women in the service which it is necessary we render our country and our country's cause, both as individuals and as organized women, is so overwhelming that it would be paralyzing and impossible were it not for the realization of the truth of the statement made by Mrs. Pennybacker—"We are encouraged to continue in the work because love is the dominant force in this great company and it is a love which in expression means service." That is the keynote to anything we may hope to accomplish—love and service. And without it we are as sounding brass and tinkling cymbal. And after one year's service as your President I know that this idea does prevail in our work. And because of this knowledge of the spirit of the women who serve with me, the steps which would otherwise falter, grow steady, the faith which might fail becomes firm—the grasp which might weaken becomes strong, and the light which might die becomes stronger and brighter all the way. Strength for each day is found in each day's consecration and the knowledge that my strength is in your strength and in your union.

Ruskin has said—"No man can serve you either for purse or for curse. Indeed, no pay is receivable by any true man. But power is receivable by him in the love and trust you give him—and only as you give him these, can he serve you."

Because of the increased responsibility and duties due to this combination of work and representation on the Women's Committee of National and State Defense, it has been impossible to keep a detailed record of the work of the year, of meetings, of engagements and of correspondence. Suffice it to say that since entering upon the duties of the office every waking hour and every atom of strength and ability has been devoted and consecrated to this double service. Many hours have been spent at the desk and telephone after the day has been devoted to committees and club meetings, but whatever there has been to give, has been given in a spirit of thankfulness that the opportunity to thus serve has been granted to me.

Regular monthly executive Board Meetings have been held, preceded as far as possible by a conference of board members in the opposite end of the State. Board meetings have been well attended and the reports of officers and chairmen in the main most gratifying.

Everywhere there has been evidenced a desire to contribute only that which is worth
while and to eliminate all duplication and unnecessary machinery.

Perfection has not been achieved—but many steps forward have been taken and much experience gained. Particularly has the spirit of harmony prevailed and the desire to sink self and personal prejudices and opinions in the larger good of the whole.

Six district conventions have been attended and addressed. At all of these conventions the State President has received the greatest encouragement and inspiration from the reports of the individual clubs, the devotion and enthusiasm of the district officers and chairmen and the vision and efficient leadership of the District Presidents.

The club woman is alive to her individual responsibility and the responsibility of organized womanhood as never before, and the amount of war work that has been accomplished by the concerted action of club women is truly amazing. But while war service has made the first call upon their time, and effort, instructive study and the preservation of all existing agencies having for their purpose and aim the development of the home and all that pertains thereto, has not suffered. Instead there has been a deepening of conviction along these lines and an awakening to the consciousness that woman's task is and always will be that of conserver and preserver. Accompanying this conviction has been the desire to more fully prepare ourselves for our great task—to study and to know for ourselves, that our actions may be intelligent and wise—in a word, we are getting down to fundamentals and striving to strengthen the foundations of our work and of our living that our building thereon may be more real and permanent.

In Federation as in all things else—every end but spells a beginning and the close of the Club year as marked by this convention, sees the undertaking of two great projects which should and will enlist the sympathy, interest and effort of every club woman in the State.

First—Through the Woman's Committee of National and State Defense, the National Children's Bureau will inaugurate a Baby Welfare year which will be an extension of the work of the well known Baby weeks, for several years a feature for Federation work.

Plans already made for this work are comprehensive and complete, and there remains necessary only the hearty co-operation on the part of the various organizations and welfare agencies to make this year one of the greatest in the history of our nation, a year when motherhood and the rights of the child shall be recognized as the first concern of the State and the Nation.

I bespeak for this work what I know is already granted, your sincere co-operation and your individual endeavor.

The second project is the decision of the C. F. W. C. to form a Victory War Commission for the purpose of raising a Victory War Fund among the club women of America. Every other organization of women has raised a war fund for some special purpose before this. Club women have helped to raise them all. Now we are to have one of our own, to be devoted to some war service that will stand as a monument to the three million club women who have so loyally responded to the Nation's call and so devotedly consecrated themselves to the country's service. Every club woman will be asked to give one dollar or more to this fund and it will be used to provide recreation homes for our boys in France.

This is the opportunity for which we, as club women, have been waiting. Let us respond so eagerly, so quickly, so sufficiently, that our boys will be finding comfort and recreation in those halls erected by our service before they have begun to long for the homes across the sea—toward which they are looking for their encouragement, their inspiration and the manifestation of that spirit which will enable them to "carry on" and to "go over the top."

And now as we enter upon the duties of this Seventeenth Annual Convention of the C. F. W. C., let us not forget that we, with the rest of the women and every citizen, are facing a crisis in the history of our nation and of the world.

That our country to-day stands with the allied nations at war for the establishment of principles and ideals upon which depend our very existence as a free nation and an independent people. That we are nearing the close of one year of warfare but that we today are only where the Allies were two years ago—the battle is just beginning for us. The year that has gone has been given to preparation. Before us lies the battle field, in front of us are the trenches still to be taken—the enemy to be defeated—the victory to be won.

And the trenches are not all in Belgium and in France. The enemy is not only the German Emperor and his people, the victory desired not one of arms alone. Many of the battles of this war will be fought by the un-uniformed citizen. Many a trench will be lost or won in the industrial centers, in the world of trade and finance, in the kitchens of our homes. Victory will be proclaimed not only by the Stars and Stripes floating over a captured position, or a section of the enemy's trench, but also by the flag of loyalty which we raise in our hearts to our country's leaders, to the commanders from Washington, to the demands made upon our money, our time, and our service.

Registration in this war must include not only a compulsory registration of our men between the ages of 21 and 31. There is demanded also a voluntary and a sacred registration of every citizen and every loyal American—man, woman and child, and from this registration there must be no exemptions made.

In this war there needs must be a conscription not only of the flowers of our youth, our bravest and best to fight democracy's battles, but a conscription of all of our people.
If this war is to be won we must be equipped to fight, not only with bullets and with guns, but we must be equipped with food to feed a hungry and a starving world—equipped to provide relief for wounded and suffering women and children as well as soldiers—to strengthen our fighting force in the field by safeguarding the mobilizing and training camps at home—to fill the ranks of industry made vacant, but also to preserve those standards of life and of living so hardly won and so vital to our national existence and which war tends to throw off and to weaken. We must send our sons to battle and to die—but we must also preserve to the race and to the coming generation, the children of to-day, that the future be not sacrificed as well as the present.

Dollars we must give—daily and hourly service, we must give—work of our hands and our minds—service of our body and our brain. And above all must we give daily prayer, and faith and courage and inspiration and love that will win the victory, not only of the Allied Nations over the German Nation, not only of democracy over autocracy—but the victory of love over hate, of liberty and freedom of soul and of spirit over bondage, of humility over pride and selfseeking, of unselfishness over selfishness, of right over wrong, of life over death.
“To this end let us dedicate ourselves—
al that we have and all that we are and
who knoweth whether THOU art come to
the kingdom for such a time as this.”

STORY OF THE CONVENTION

The mobilization of the club women of
California at a state convention is always an
event, but this year it was more than an
event; it was a gathering of earnest loyal
women, who had dedicated themselves and
all that they have to the service of their
country—and they came together to learn
how to serve.

The traditions of past conventions were
smashed and the response of state officers
and chairmen of departments were cut to
the first, to the second, and went to the
third line trench.

It was a war program and yet not a de-
partment of the Federation was left out—
showing the wonderful adaptability of this
organization for National service. Per-
haps the Federation of Women’s Clubs was
organized and perfected for such a crisis as
the present.

The convention opened Tuesday morning
with the singing of the “Star Spangled Bann-
er,” followed by the salute to the flag, led
by a Boy Scout and Campfire Girl.

This sounded the keynote for the entire
session—Patriotism and Service.

Mrs. Cable with a few words of appreci-
ation then presented Mrs. Josiah Evans
Cowles, President of the General Federa-
tion. The entire convention rose and sal-
uted its chief—who brought greetings from
the General Federation. She told of the
plans for the Biennial to be held at Hot
Springs and the inspiration to be derived
from these national gatherings. She also
spoke of the “Victory War Fund,” the new-
est thing in Federation war activities.

The Hon. John L. Davie, mayor of the
city, in his address of welcome in behalf of
the citizens of Oakland paid a tribute to
the efficiency of club women.

The reports of the state officers, which
followed were concise and to the point.
They showed a volume of work accomplish-
ed during the past year—and a degree of
efficiency that makes one proud of them.

The report of the State President, Mrs.
Herbert A. Cable, gave a complete record
of the vast amount of work done in the past
year. She expressed appreciation and grati-
itude to the hostesses of the convention for
their efforts on behalf of its success and
closed with a hopeful and inspiring message
for the future—a resume of the report
serves as the foreword to the story of this
wonderful convention.

Excerpts from Reports of District
Presidents

Mrs. G. E. Chappell of the Northern Dis-

trict emphasized the fact that the great
success of the year’s work and the predomi-
nance in the clubs of war service activities
was largely due to the co-operation of her
Executive Board.

Mrs. Frank Fredericks of the San Fran-
cisco District, especially mentions the un-
usual success of the club year, the univer-
sal interest in all kinds of war service, and
the efforts to give the normal amount of
educational and entertaining programs.

Mrs. Katherine Smith, San Joaquin Dis-

tinct, told of the great war service activities
and splendid work done in all the departments.
At first, she said, our women seemed a little
uncertain as to the part war organization
was to play in this crisis, but now we are
striking our stride and falling into line in
the great onward movement of civilization.

Mrs. W. A. Fitzgerald, San Joaquin Val-
ley District, spoke especially of the har-
mony in her district, and of the loyalty and
efficiency of its women. Nearly every club
boasts a one hundred per cent membership
in the Red Cross, and all have been active
in the different war service activities. She
referred to the fact that the San Joaquin
Valley District was a pioneer in federation,
and that have been formed four years before the
State Federation.

Mrs. Mattison B. Jones, Los Angeles Dis-

tect, reported a great amount of war ser-
vice work in all the clubs of her district;
she told of the success of the monthly edu-
cational conferences which she has held and
the acquisition of a District Headquarters
in Los Angeles.

Mrs. Charles C. Arnold, Southern Dis-

tect, reported that among the many activi-
ties of the year, her district has had time
for altruistic service among the Indians
through an Indian Welfare Committee. This
committee was hardly organized, when it
was called upon for important service in
helping the Indians and the Exemption
Boards in determining the status of the In-
dians under draft. Mrs. Arnold urged that
similar committees be formed in every dis-

tect where there are Indian Reservations
to guard the rights of our fellow Californ-
ians who are very helpless wards of the
nation.

THE ADDRESSES OF THE CONVEN-
TION

Owing to the exigencies of the times, it
was possible to obtain many speakers of na-
tional reputation. They were acknowledged
leaders in the line of work which they pre-
sented.

The convention was especially favored in
having as its guest, Miss Jane Addams of
Hull House, and Mrs. Josiah Evans Cowles,
president of the General Federation.

The program was arranged by related
subjects thus avoiding confusion of
thought and purpose.

“The Child—The Citizen”

“Real Democracy must begin with the
Child. Learning, business careers, political
and industrial activities—one of these
things is more than incidental in the Nation-
tal task of woman—her great task is to pre-
pare the citizen.”

The Department of Child Welfare—Dr.
Louise B. Deal, chairman, presented Dr.
Lilien J. Martin and Dr. Adelaide Brown
as advocates for the child.
Dr. Brown spoke on Child Hygiene and drove home the lessons taught by the draft.

**CHART 1**

**First Draft—Men 21 to 31 Years**

<table>
<thead>
<tr>
<th>Called</th>
<th>Examined</th>
<th>Rejected</th>
</tr>
</thead>
<tbody>
<tr>
<td>3,082,946</td>
<td>2,310,706</td>
<td>730,756</td>
</tr>
</tbody>
</table>

Rejected at cantonments on re-examination ........................................ 5%

Total ........................................................................ 35%

**CHART 2**

<table>
<thead>
<tr>
<th>4 Cal. Coun-Draft</th>
<th>American Ties, 5980</th>
</tr>
</thead>
<tbody>
<tr>
<td>8875 Men</td>
<td>Schools</td>
</tr>
<tr>
<td>Teeth</td>
<td>6%</td>
</tr>
<tr>
<td>Tonsils &amp; Adenoids</td>
<td>18-36%</td>
</tr>
<tr>
<td>General Deficiency 10.7%</td>
<td></td>
</tr>
<tr>
<td>Hearing</td>
<td>1%</td>
</tr>
<tr>
<td>Eyes</td>
<td>6%</td>
</tr>
</tbody>
</table>

The army standard for teeth is two pair of chewing teeth, opposites, and bicusps count as "chewers." This means a man may have lost teeth and still be accepted.

In the statistics on school children, all teeth in bad order are included, hence the high figures.

Under general deficiency are included debility, glandular involvement, under weight and heart trouble—all of which may be traceable to the local infections of diseased tonsils and teeth from childhood.

Bad hearing again often is due to tonsils and adenoid infections. The examinations of California school children cover four counties, include many rural schools and no large towns and are from the northern and southern part of the State, and present a fair average. They were collected by the Bureau of Tuberculosis, and the Children's Department of the Board of Control, and are the work of public health nurses.

The fact that the defects correctable in childhood have shown us, even when a fairly non-exacting standard is set, that our manhood is badly handicapped must impress every thinking American mother.

The care of the sick child, is well done by the mother, but a more general intelligence on the part of the individual home and the State, city and county to give a higher health standard is a national need.

Never before have we looked the question of physical fitness in the face as we must now that the draft figures are before us and in this as in all else, childhood is the field to work in.

Physical examinations of school children and a teaching of health standards, and follow-up work by the offering and use of opportunities for civic dental and general health clinics is the lesson for each community and each home to learn from the draft.

The Citizen was considered under the Department of Civics. Mrs. Robert F. Garner, chairman, introduced Clark W. Hetherington, State Supervisor of Physical Education, as her speaker. Professor Hetherington told of the "Training for Citizenship through Physical Education," not only is the child's body developed but his mind is trained to clear thinking. In a supervised play the child gets his first lessons in citizenship. He learns to be master of
himself and to respect the rights of others. Clean athletic games lead to clean living and good citizenship.

"Loyalty and Citizenship"

Honorable William D. Stephens, Governor of California, again showed his faith in the club women of California by leaving the heaped up cares of his office in Sacramento and coming to Oakland to address them on the subject that is nearest the heart of every true American—Loyalty and Citizenship.

The Governor in his speech urged organized patriotism, making a plea that the full woman-power as well as the full man-power of the land be developed to its greatest efficiency. "The women of California have already achieved much, and I say in all sincerity that our biggest debt for war work so far accomplished in California is due to the women. You have done big things; you have served loyally, and you have established a standard of patriotic service that never will be forgotten.

The really great tasks are yet to come, but I know you will stand ready with unflinching courage to meet and to endure whatever sacrifice may be required.

The women are the food experts of the country, and upon you will fall the big task of food conservation. You determine whether the homes of California shall waste or conserve.

It is going to be an herculean task to make the food supply by America serve the soldiers and sailors, our people and our Allies. We cannot over emphasize this."

The Governor called the attention of the women to the protection of children and the guarding of the child-labor laws, and asked whole hearted co-operation in the preservation of the moral standards, as well as in the task of bringing to every non-understanding American and alien family a knowledge of why our country is at war, and an understanding of the importance of their co-operation in the food conservation program.

LEGISLATIVE AND SOCIAL PROBLEMS

"Individual rights should be secured only as they increase or enhance social interests."

Dr. Mary B. Ritter, State Chairman of Public Health, emphasized the necessity of her department's work as a Vital War Issue,—the task being to deal with the three gravest dangers to the soldiers' efficiency and to the civil health situation, tuberculosis, alcohol and venereal diseases. Dr. Ritter in discussing the methods by which they may be vanquished, stated that the underlying cause of venereal disease and the gravest danger was the double standard of morals. "With illnesses of the soldiers within cantonments, civilians have nothing to do, but we can do much to aid them on the outside of camps. We must hold our municipal officials to a careful supervision of the sale of liquor to enlisted men, since many social evils spring from this source.

"These evils tend to break down or lower the morale of our men."

"The Woman's Legislation Council"

Mrs. A. E. Carter, president of the Women's Legislation Council, in her address reminded the women that the council was organized by the State Federation in 1913, in order to bring about concerted action of all women's organizations in the state for legislative purposes. She urged all delegates to take an active interest in all its meetings and activities.

"Legislation and the Larger Mind"

Mrs. Mary Roberts Coolidge under the above title gave an address in which she showed how the virtue of faithfulness to small non-essential details of life hampered women in the achievements of the essentials and greater duties of the present age. The woman who spends her time, dust cloth in hand, when the government and humanity are calling her has not the "larger mind"—she is missing the greatest opportunity of her life—the privilege of serving. In speaking of legislative measures to be brought before the next legislature, Mrs. Coolidge cautioned the women to vote only for legislators who are forward looking, and who will truly represent us in the important matters of social welfare.

She would be glad to see a few staunch women elected to the law-making body. Not any kind of woman, but one accustomed to working with men, with a large vision, and holding the confidence of the community.
she represents. We need them because they bring a change of emphasis.

"The Liquor Traffic—An Enemy Behind the Lines"

William Day Simonds of Oakland spoke on the evils of the liquor traffic. He showed the enormous waste of material, labor and transportation facilities and the damage to our cause in the war, by the manufacture of alcoholic beverages—in closing he urged the women to vote for the legislators that were known to be in favor of the "Dry Amendment."

"Effect of the War on the Industrial Life of Woman."

Mrs. Katherine Philips Edson, who has done so much for women in California, told of the effects of the present war on the industrial life of women in America. She said that as women take the place of producers, which men have vacated to go to the war, they must be cautious not to accept less pay than men for the same work, and not to take places that could be filled by men—middle-aged and past.

California, she said, must at all costs produce army clothing and food stuff, and that soon it will be necessary to organize from one end of the country to the other the "Woman's Land Army of America."

Mrs. Edson having been allowed the time of another speaker, explained the social insurance amendment that is to be placed on the ballot at the next state election. It is an enabling act for the State of California to amend the constitution, so that the legislature will be permitted to pass a bill to give protection to the wage earner in case of illness. The kind of health insurance bill that will be passed, if the amendment carries, will be decided later.

"GOVERNMENT WAR ACTIVITIES"

"There shall come from out this noise of strife and groaning a broader and a juster brotherhood,

A deep equality of aim, postponing all selfish seeking to the general good.

There shall come a time when each shall to another

Be as Christ would have him—brother unto brother."

Wednesday afternoon was given over to the presentation of the different war work agencies.

The Women's Committee National, State and County Council of Defense was represented by Mrs. Robert O. Moody who described its formation and outlined its plan of organized activities.

Liberty Loan

Mrs. A. S. Baldwin, of San Francisco, chairman of the Women's Committee, Twelfth Federal Reserve District, spoke for the Liberty Loan. She explained the organization and working of the Federal Reserve Districts and their committees. Mrs. Baldwin cautioned the women to be sure to pay out any bond they began to buy and spoke of the plan for women's assistance in the next Liberty Loan Drive.

"Everything we are," said Mrs. Baldwin, pleading for support of the Liberty Loan, "is pledged to the upholding of the morale of our army and navy."

Red Cross

Mrs. Lillian L. White, a national Red Cross worker, explained her duties of transmitting orders from Washington, and said:

"The discipline is good for us; let us take it seriously as a job, a duty and a privilege. The calls will be innumerable and if we take our stand with the women of England and France as our men have taken their places with France and England, we must do, not what we can comfortably but by our work, our thrift, try to follow the example those women have set and make ourselves fit to stand by their side."

Mrs. White was in Europe at the beginning of the world war and has lived very close to the Belgium tragedy. After telling some of the things endured by the women, she said: "Only by the war being won now can we be spared. Our men are over there fighting not for democracy but for you and for me."

She told of the need of nurses and urged

Worth - while women are helping to win the war, and their

---beautiful homes

are helping them!

You need and deserve—especially now —the utmost loveliness in your home.

An honor to consult with you!

Barker Bros

Established 1850

The House of COMPLETE and COM- FETENT Home Furnishing Service.

South Broadway, Los Angeles
high school girls to enroll in the Red Cross hygiene classes.

U. S. War-Saving Plan
Mr. John S. Drum, state director of war saving committees, gave an address on the United States War Savings plan and the necessity of instructing the 90,000,000 Americans who have not yet subscribed to the war service funds, upon what it means to them for this country to go to war and what is expected of them. He asked the women to form war savings societies in their clubs composed of as many members as possible. "Money is secondary, patriotism supreme."

War Work of Y. W. C. A.
Miss Martha Chickering gave the war service activities of the Y. W. C. A. She said:

"At first people asked, 'Why should the Young Women's Christian Association be doing their job in the mud and blood of the trenches? But in the first months of the war, the Y. W. C. A. has called forth an answer which has forever put the question out of people's minds.

"It has erected Hostess Houses in all the national army encampments, with even the bewildered wives of our foreign-born soldiers planned for, with hostesses who speak their languages. It has put workers and equipment in the Red Cross huts for nurses in France, and planned classes for French munition workers, which in one centre, surprised the secretaries themselves with an enrollment of 700 the first day. Recreation centres and girls' clubs have been opened in cities near the big concentration camps, to give girls many other things to do beside 'hanging around camp.' Special work has been planned for the thousands of girls thrown by the war into industry.

"Today, from the woman who could meet her boy in camp amid home surroundings,—yes, and from the boy as well,—from the nurse and worker in France, from the girls and mothers of girls in thousands of cities throughout the country, has come the answer to the question, 'The Young Women's Christian Association has done war work because it was needed, and I can bear witness to the need.'"

Welfare of Western Front
Lieut. Dagger of the Canadian Expeditionary Forces brought the message of the men whom guns and bombs and shells and gas could not beat off from holding down their job in the mud and blood of the trenches. "Don't worry about the west front," Lieut. Dagger said. "There are men out there whose job it is to hold it, and all that you at home have to do is to send them the food and the guns and they will do the rest—because that is their job. And it would seem that Lieut. Dagger's message was the correct one—democracy is the job of the men on the west front, and the men are holding it down.

Women of France
Madame Simone Puget drew a vivid picture of Paris in the days following the declaration of war.

"Within twenty-four hours France faced the first grim necessities," she said. "Thousands of men left daily for the front. Paris was gripped with the terrible emotion which seizes a city when it sends its men out to battle—you Americans have since felt it when your boys left to join our boys in this struggle to finally establish the victory of right over might."

The women of France then turned to the making of munitions, Madame Puget says, increasing in six months the output of the munition factories from sixteen to eighty per cent.

"As delicately as they had in times of peace worked on lovely laces, our women went to work in oil and flame and fire to make the great shells," she said. "They have to work for Death—the women who were only made to give life.

"In the fields of Northern France as our peasant women plow and sow, they can hear the sounds of the guns like the pulsations of a mighty heart. They look up from their work occasionally and sigh. I think that that is the only sentimentality which they permit themselves.

"One out of every five women in France is in mourning, according to Madame Puget. "And yet it is not dismal," she says. "It is as though they make smiling obligation of themselves to the altar of their country. The name 'Frenchwoman' has ceased to be a synonym only for grace, fashion and pleasure."

War Victory Fund
Mrs. O. Shepherd Barnum, member of the War Victory Commission of California, spoke to the convention of the War Victory Fund, urging their co-operation in raising California's allotted portion of $40,000, by seeing that every club woman who will give voluntarily $1.00 or more, does so before the fifteenth of April.

Checks for the fund are to be made out to Mrs. George W. Perkins, treasurer of the War Victory Commission, and all checks and money sent to the California treasurer, Mrs. F. T. Bicknell, 719 South Hill Street, Los Angeles.

Mrs. Chappell announced $15.00 already given by the Northern District Board and the "Down and Out." The State Honor Society subscribed $50.00 to the fund.

CONSERVATION
Message from Washington to the Home Economics workers in Food Conservation:

The Department of Home Economics, Mrs. S. H. Hain, chairman, introduced as speaker for her department, Miss Charlotte F. Ebbetts, California Director Home Economics Federal Food Administration. She spoke especially of the plan organized by the government for standardizing the work for its proper teaching through schools, states relations service and directly to the man and woman in the home environment. The training in the high schools and Red Cross chapters of strong young girls to take care of the Land Army work, mobiliz-
A Woman's Story of Security Service

A widow, who had been trying to handle her own financial affairs, decided to turn the whole estate over to the Trust Department, Security Trust & Savings Bank.

"How do you feel about it now?" asked one of her friends after a year of Security Service.

"As if I had been out in mid-ocean in a rowboat, without rudder or compass, and had been picked up by a great steamer. The safety, the comfort, the kindness, and above all the assurance of competence at the helm— I had never dreamed the difference it would make to me."

The Security Trust & Savings Bank has been for nearly 30 years the tower of financial strength in Los Angeles; for more than 20 years the largest savings bank; for more than a decade the largest bank of any kind. Its service and financial judgment mean something.

In these times of changing conditions, new standards of values, complicated tax laws and similar difficulties, hundreds of women have placed their fortunes upon this "great safe ship" in Living Trusts. Hundreds more enjoy the protection of this Bank because their husbands or fathers, when living, had the kindly forethought to devise their estates to the Security Bank as trustee, guardian or executor.

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Security Trust & Savings Bank

Equitable Branch  Security Corner
First and Spring   Fifth and Spring
marked by patriotic fervor and loyal devotion to country and the needs of the hour. Miss Jane Addams, whom Colonel Roosevelt called the most useful citizen of the United States, gave the opening address on Food Conservation. She was introduced by Mrs. Robert J. Burdette, State Food Administrator. Miss Addams showed in her clear and convincing way why certain food should and must be produced and conserved. It must have been gratifying to Miss Addams, after a life spent in service for humanity to have received the recognition accorded her by the large audience that had assembled to hear her. One got a world vision from Miss Addams' address as she told of the "World's Food Supply and Woman's Responsibility."

Following Miss Addams Dr. James A. B. Scherer, representative of the National Council of Defense, was introduced by Mrs. Frank A. Gibson, state chairman of Education. Dr. Scherer took for his subject, "National Americanization," and showed that the war is uniting our people. Even the South is learning that it cannot get along without the negro and the negro is finding out that no one really understands him so well as his own white people.

"Sometimes I wish," said Dr. Scherer, "that a German spy might go with me on my tour of the United States and report truthfully what he sees to the Kaiser. The intelligent leaders of the German people might then understand that the rolling up of the nation's resources and the unity of America meant that the allies only could win."

The nation wide movement which has found a re-birth in war in making American citizens of all who live in this country, lent the theme to Dr. Scherer's address. He brought forth statistics to show how, with ten millions of aliens coming into the United States within ten years, and seven millions remaining to make their home here, but two and one-half millions ever considered citizenship and two-thirds never learned the English language, while the greater part of their savings were returned to the native countries.

He told that in twenty-six states more than ten per cent of the population were foreign born and in ten states 100,000 of the foreign born cannot speak English.

Of the thirteen millions of aliens in the United States five millions do not speak English, although eight millions are engaged in the industries which immediately contributed to defense work.

San Francisco of all the cities in the nation had the largest percentage of foreigners to register in the first draft, the figures being set at 51.73 per cent against 40 per cent in Chicago and 29.65 per cent in New York.

THE STATE RECEPTION OF THE SEVENTEENTH ANNUAL CONVENTION

The one social function of every annual convention of the State Federation is the State Reception which usually takes place on the evening of the opening day. It is at this reception that the formal introduction of the State President, State Officers, and visiting dignitaries is given to the delegate body in attendance at the convention.

Tuesday evening, March 26th was presided over by Mrs. James A. Vandegrift, President of the Ebell Society of Oakland, in which club rooms the reception was held.

The Guests of Honor on this occasion were: Mrs. Josiah Evans Cowles, President of the General Federation of Women's Clubs; Mrs. E. G. Denniston, Director of the General Federation; Mrs. G. Berryhill, Honorary Vice-President of the General Federation, and the Past Presidents of the California Federation of Women's Clubs.

An address of welcome was given by Mrs. Thomas Mitchell Potter, Chairman of the Local Board, the response to this ad-
dress being given by Mrs. Herbert A. Cable, President of the State.

A trio composed of Miss Blanche Hamilton Fox, Mr. George Hazel, and Mrs. Robert M. Hughes, rendered operatic selections.

A picture of the early days of California was beautifully interpreted by Mrs. Florence Dodson-Schoneman, State Chairman of California History and Landmarks, in presenting Senorita Elanita Sepulveda in a group of Spanish dances. Mrs. Schoneman and Senorita Sepulveda, each descendants of Spanish dons, were gowned in rich brocades and exquisite laces.

The beautiful young dancer was accompanied in her dancing by Mrs. Alba Padgham, State Chairman of Music.

A brief address was given by Mrs. E. G. Denniston on "Our President," in which she spoke of the able and efficient work of Mrs. Josiah Evans Cowles, as President of the General Federation, of her self-sacrificing devotion and loyalty to the great body of women of which she was the chosen leader, and urged the California women to be loyal and strong in the support of Mrs. Cowles for re-election at the coming biennial which is to be held in April at Hot Springs, Arkansas.

The stirring speech of the evening was given by Mrs. Josiah Evans Cowles on "The Club Women and the Nation."

Mrs. Cowles presented the mobilization of the club women for the past half century in preparation for the gigantic task which is now before them, stating that on account of this almost unconscious mobilization of women the war had found them, as a General Federation of Women's Clubs, with perfect machinery which has needed no changing to carry the burden of work which the United States Government has placed upon it.

Mrs. Cowles also stated that the General Federation of Women's Clubs had adopted a food pledge at the New Orleans Council Meeting before the United States had entered into the war, and speaking as the General Federation's chief executive she pledged the allegiance and loyalty of the 3,000,000 women of which it is formed in this call to the colors.

THE MUSIC OF THE CONVENTION

Mrs. Alba J. Padgham, in keeping with the patriotic character of the program of the State Convention, opened with the singing of "The Star Spangled Banner" by the Wednesday Morning Choral Club of Oakland. The University high school orchestra was a delightful feature of the afternoon session. The unison singing of "America" closed the afternoon session of the first day.

The wonderful program of Tuesday evening opened with unison singing, led by Mrs. N. A. Koser. Miss Blanche Hamilton gave two groups of songs, so varied in style that
it would be impossible to say in which style she excelled. Her beautiful contralto voice was much appreciated by the audience. Mr. George Von Hagel proved himself to be an artist of rare ability and his violincello numbers were much enjoyed.

Wednesday morning there was unison singing of "The Battle Hymn of the Republic." Wednesday afternoon Mme. Stella Jellica's beautiful voice was heard in the following group of songs:

(a) Villanelle, by Del Aque.
(b) Little Silver Ring, by Chaminade.
(c) Will-O' the Wisp, by Chas. Spross.

She was accompanied by Miss Lydia Roberts at the piano.

Following the wonderful talk by Madame Puget on "Women of France," La Marsellaise was sung by the audience.

The music at the art dinner on Wednesday evening was furnished by a quartette of young men from the State University.

In place of the unison singing on Thursday morning, Mrs. W. G. Hemphill sang "California, Where Dreams Come True." The music and the words were composed by Mrs. Etta Pierce of Roseville, California. This was accompanied by Mrs. Alba J. Padgham.

In the afternoon we had a rare treat in listening to the violin solo of Miss Hortense Roberts, her numbers were:

(a) Gypsy Airs, by Sarasate.
(b) Serenade, by Piere.
(c) The Bee, by Schubert.

She was accompanied by her sister, Miss Lydia Roberts, at the piano, who proved herself an artist too.

Another treat was for us when Miss Edwina Henderson, accompanied by Mr. Barker, sang "California," words by Sohn P. Durst, and the music composed by Milo T. Sipe. It is dedicated to the Native Sons and Daughters of the Golden West.

On Thursday evening preceding the addresses, a short musical program was given by the Wednesday Morning Choral assisted by Mrs. Mary Partridge Price, soprano, and Mrs. Cedric Wright, violinst. This club of women singers has more than a local reputation.

In closing this appreciation, I leave with you the following lines which breathes the spirit of a united nation.

"Here's to the Blue and Grey as one,
When we meet on the fields of France,
May the spirit of God be over all,
When the Stars and Stripes advance."

The Art Dinner

The only play-time of the convention was at the "art dinner" on Wednesday evening, in charge of Mrs. Rose V. S. Berry, chairman of the department of art in the State Federation, which took place at the Hotel Oakland Wednesday evening. Mrs. Thomas Mitchell Potter gave a talk on "California Art and Artists," and during the dinner toasts were given to clubwomen and art. "The making of a picture" was a feature of the program, and the various phases used in art to complete a picture were depicted by club women of prominence. Other speakers at the dinner were Miss Christine Hart, Mrs. Louis Cockcroft and Miss Margaret Morgan.

RECEPTION FOR THE OFFICERS
AND DELEGATES AT MILLS COLLEGE

Mills College assisted largely in adding to the pleasure of those in attendance at the state convention by giving a very charming reception and tea to the crowd of club women from the various parts of the state at the close of the Thursday afternoon session.

Automobiles, furnished by the Local Board, were in waiting outside the Ebell Club House, and after a delightful ride about Oakland and its environs the officers and delegates were driven to the college, which has the distinction of being the one women's college in California.

The convention party was received by Dr. Aurelia Henry Reinhardt, President of the College, and hostess for the day, assisted by the faculty, and was served by a large number of charming young ladies from the student body.

A fine exhibit of paintings of the late Giuseppe Cadenasso, a personal friend of Dr. Reinhardt, had been retained for the edification of the convention ladies and it was much appreciated by them.

After the tea an inspection of the college buildings and grounds was made by the guests, with a special visit to the new dormitory, and for the space of an hour and a half the club women, some of whom had been former students when Mills was a seminary, and some of whom have relatives or friends among those within its walls, held delightful possession of the place.

REPORT OF THE DOWN-AND-OUT CLUB, C. F. W. C.

It was greatly regretted by the members present of the Down-and-Out Club of the California Federation at the State Convention, that owing to the in-
ability of the President or Vice-President to be present at the convention no form or feature of entertainment was given by the club this year. The meetings of the club resolved into two “few minutes” coming together, to dispose of the necessary business of the club, viz., the appointing of a nominating committee and the report of that nominating committee. The report of this committee resulted in the election of Dr. Aurelia Henry Reinhardt, President of Mills College, for president, and of Mrs. O. Shepard Barnum, of Los Angeles, for vice-president.

The club also voted to give fifty dollars to the “War Victory Fund” through the General Federation of Women’s Clubs to the National Government, which is raising this fund for the purpose of establishing “furlough centers” through the Commission on Training Camp Activities of Washington, D. C., for the American soldiers in France.

(A complete list of the new officers of the Down-and-Out Club will be published in a later issue of the Clubwoman.)

THE BUSINESS OF THE CONVENTION

A part of every morning session was devoted to business, which was transacted with efficiency and dispatch. With Mrs. Annie Little Barry, as parliamentarian and the president, Mrs. Herbert A. Cable, who is well versed in parliamentary usage, the entanglements of “to lay on the table,” the “amendment to the amendment,” “to reconsider” and “the previous question,” were avoided. To an onlooker, not acquainted with Federation methods the ease with which the Convention seemed to run itself was a surprise. But back of all this was preparedness—months of hard work by the State President, the Program Committee and the Local Board.

Mrs. James A. Vandergrift, general chairman of the Local Board, reported that following the invitation sent by the Ebell Club of Oakland to the State Board, for the Convention, and its acceptance of the invitation, the presidents of twenty clubs of Oakland and the California and Adelphic Clubs of San Francisco were organized into a committee of arrangements for the entertainment of the Convention. Other clubs of Alameda and San Francisco Districts, and members of the Press, also lent valuable aid. She gave a hearty address of welcome to the Convention and presented to the president, Mrs. Cable, a gavel on behalf of the Oakland Ebell and the pupils of the Technical high school of Oakland, who made it. Mrs. Cable, in accepting it, said that she hoped it would ever be an inspiration to the Federation to keep the enthusiasm, clear vision and high ideals, characteristic of youth, and that it would never be used to silence an honest “objection.”

Resolutions

The following resolutions were passed by the Convention:

1. The endorsement of Mrs. Josiah Evans Cowles for re-election to the presidency of the General Federation.

2. The endorsement of Mrs. E. G. Dennis-ton of San Francisco as General Federation Director from California.

3. The national prohibition amendment.

4. The national equal suffrage amendment.

5. The immediate prohibition of the beverage liquor traffic as a war measure—a petition addressed to the President and Congress of the United States.

6. A farm school for Southern California, similar to the one at Davis.

7. A college of Home Economics in the State University at Berkeley.

8. A request to the President and Re-

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gents of the University of California to expand the department of education as soon as possible by a greatly increased appropriation and by the addition of professors needed to train teachers in school subjects, especially in physical education and other special subjects of urgent and paramount importance.

9. The organization of an Indian welfare committee in all Districts where there are Indian Reservations.

10. That all Federated Clubs be urged to make diligent inquiry into the observance of the Red Light Abatement Law in their respective communities, and especially to ascertain and make known to the club body the attitude of every judge having jurisdiction over such cases, towards the enforcement of the law.

11. Women on the Board of Regents of the State University asked for.

12. Pledging loyalty to the Government and urging club women to more active service.

13. Liberty bell at noon.

14. Asking for better supervision of moving pictures, so that there shall be no public exhibition which tends in any manner to promote race hatred between people of the United States and any friendly foreign nation.

15. Resolutions of courtesy.

An Appreciation of the Work of Dr. Jessica Peixotto

After a stirring presentation of the food-Marketing problems by Mr. Ralph P. Merritt, Mrs. Josiah Evans Cowles acknowledged the indebtedness of the National Council of Defense to the University of California for loaning Mr. Merritt to represent Mr. Hoover for the Pacific Coast. She also paid a glowing tribute to another "loaned" worker from the University, Dr. Jessica Peixotto. At the earnest request of Miss Julia Lathrop, chief of the Federal Children's Bureau, Dr. Peixotto was commanded to take charge of the Child Welfare work of the Women's Committee of the National Council of Defense. A motion was then made by Dr. Mary B. Ritter, seconded by Mrs. O. Shepherd Barnum, that inasmuch as Dr. Peixotto is a Californian by birth and the first woman professor in the University of California, and one we have always been proud to call our own; therefore,

Be It Resolved, That this Convention express its appreciation of Dr. Peixotto as a National war worker and that the secretary be instructed to express to her the satisfaction of the California Federation of Women's Clubs in her appointment. This resolution was unanimously adopted.

THE VICTORY BELL

One of the most important resolutions presented at the 17th Annual Convention of the California Federation of Women's Clubs was the idea of Mrs. Eleanor B. Parkes of La Jolla, California, of having a Victory Bell ring each day for prayer for our Allies. "I am privileged to present to you the idea of having a Victory Bell that shall ring each day for prayer for our Allies.

Our boys who are fighting do not ask for Peace—but Victory—for there be can be no Peace without Victory. Strength lies in the marked hour of prayer. If we could all bind together our power in thought transference—at noon when all the world pauses between the morning and afternoon—the village or city bell will peal the thrilling word Victory—and wherever we may be, we may tarry for a moment to send our thoughts and prayers across the world straight into the hearts of our boys.

All sects, all ages, all denominations, all nations may participate. It may mean so much when we can do so little. Our women will need a mental balance when terror seizes them, and what could be more uplifting than our nation in prayer.

This is the thought conveyed in the message of the Victory Bell:

Hark! Victory is on the wing;
Ring—Bells, Ring out to sea,
And vibrate in the listening ear
Our love, our prayer for Victory.

Ye men who stand where shot and shell
Crush rock foundations at your feet
Above the cannon's mournful groan,
Our bells clang loud for Victory.

Ye mothers, wives and sweethearts, see
The aim our Nation's prayer must reach,
And gird your thoughts to pierce the void
As noon-bells peal for Victory.

—Eleanor B. Parkes.

RESOLUTION OF COURTESY

Whereas, The Seventeenth Annual Convention of the California Federation of Women's Clubs has proved a most successful, delightful and profitable Convention to all delegates and visitors in attendance,

Be It Resolved, That we tender our sincere thanks and appreciation to:

1. The Honorable Mayor and City Council.

2. Citizens, merchants and civic organizations of Oakland for automobiles and other favors.

3. The Oakland Ebell and all other local clubs.

4. Officers and members of the local board.

5. The daily press and Hotel Oakland.

6. Mills College, the California Botanical Society, the Oakland Museum, the Oakland public library, the Oakland and San Francisco public schools, and all other contributors to the department of exhibits.

7. All who participated in the program.

8. Mrs. Annie Little Barry for serving in absence of State Parliamentarian.

9. Mr. Edward Dexter Knight for preparing articles of incorporation for the California Federation, and to all who have assisted
in contributing to the success of the Convention.

Presented by the Resolution Committee:
Mrs. Mattison B. Jones,
Mrs. Howard Henderson,
Miss Jennie Partridge,
Mrs. John S. Montgomery,
Mrs. Martha Hampton,
Mrs. Edwin Stanton,
Mrs. Charles C. Arnold.

ARTICLES OF INCORPORATION AND REVISON OF THE CONSTITUTION
Mrs. E. D. Knight, chairman of incorporation, presented for ratification by the Convention, the articles of incorporation already accepted by the State Executive Board. The articles of incorporation were adopted by the Convention.

As chairman of the revision committee of the Constitution, Mrs. E. D. Knight also presented its report. She said that on account of a multitude of paramount interests of the times, no vital changes had been suggested, and only those necessary to make the Constitution and By-Laws conform to the requirements of incorporation, and some rearrangements. The revision had been sent out to all the clubs, so that all should be informed. The report of the revision committee was, with some minor changes adopted. The term of office for State elective and appointive officers was definitely stated to close June 1st.

REPORT OF CREDENTIAL COMMITTEE
Mrs. John C. Lynch, Chairman
The final report of the credential committee showed seven State officers, six District presidents, twelve State chairmen and three hundred and fourteen delegates, making the total voting body 339.

INVITATIONS FOR NEXT CONVENTION
Telegrams from clubs in Hollywood, San Diego, Redlands and San Luis Obispo, inviting the Convention to hold its 1919 session at one of these places were read by Miss Anne Mumford, State corresponding secretary, but the choice of the next place for convening was left to the judgment of the executive board.

The foregoing poem was written by Mrs. Martha S. Gielow, delegate-at-large from Alabama, who attended the 17th annual convention at Oakland.

THEY SHALL NOT PASS!
"They shall not pass!" Again the cry
Rings out from men who dare to die!
From men who fight to stem the flood
Of desecration,—with their blood.

"They shall not pass!" Heroic shout!
It rings as Frenchmen face about!
To stay the onrush of the foe!
To stay the avalanche of woe!
It rings from Belgium's mangled breast!

It rings from those from 'cross the sea—
Americans—the dauntless free!

"They shall not pass!" Immortal words!
Immortal deeds! Immortal souls!
Immortal in that brave defy
"They shall not pass! e'en tho' we die!"

"They shall not pass!" Oh God above,
Give victory, for freedom's fight!
Give victory to bless mankind
And wipe from earth, the kultur mind!
Give victory for those who die—
The victory of Christ on high,—
Give victory, for those who stand
For righteousness on sea and land!

They shall not pass!" Oh heroes brave!
They shall not pass! E'en o'er your grave!
They shall not pass! 'Tis God's decree!
They shall not pass! We will be free!

MARTHA S. GIELOW.
Oakland, Cal., March 27, 1918.

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WRITE FOR CATALOGUE
How Normal Buying Will Help Win the War

(The following is the second of a series of articles which will be printed in The Clubwoman on the necessity of keeping business normal as a war measure. As women are the world's retail buyers, the attention of the members of the California Federation of Women's Clubs is especially directed to this subject.)

Sane Buying

By Ross Welch
Advertising Manager, J. W. Robinson Company

We almost live to buy. All our acts, all our endeavors, are instituted with the idea that they will enable us to buy something.

Only love, among human impulses, is equal to buying in its rewards of pleasure. And if poets do say that Cupid takes no account of worldly possessions, some harder souls believe that the dove leaves by the window when the wolf appears at the cottage door.

We buy that we may have comforts and conveniences, to increase health and happiness. The buying desire coordinates closely with nature's first law and is inextricably related to it.

Nature will not be contradicted. If we could not buy anything we could not be happy. When we are unhappy we are ineffective; our power to accomplish is reduced; our earning capacity decreases accordingly and the diminishing process continues in a receding ratio.

The current of trade is the life-blood of nations. It ebbs and flows in response to the desires of people. The life current both has an influence upon and is influenced by, the spirit or mind of the body it sustains, whether the body be an individual or a nation.

To keep the country fit, then, two things before all others, are necessary. Its circulation must be active and its mind must be cheerful. You cannot win with a timid mind and a weakened pulse. Neither can the United States of America. And the United States of America is you.

You, personally, are Democracy. You are Freedom. You are the country. If buying increases your effectiveness it helps the country. If stifling the buying desire depresses you, it injures the U. S. A.

Do you remember the "hard times" and the "good times?" The good times were happy times. The country had, pink cheeks, sparkling eyes, and the strong step of health. The people were buying; the circulation was good. Spirits were bold and confident.

Caution, we know, is necessary at this time to maintain equilibrium. Caution advances through consideration to decision and confidence.

Wise caution warns us against NOT buying even more strongly than it does against overbuying.

Some things we should not buy more of than necessities require. We do not have to guess as to what they are. The Great Mind, the guardian Government, searches itself and tells its people what they safely and sanely may and may not buy.

The Government asks us to buy as little as possible of wheat, sugar, some meats and most woolen materials. But the Government, the President himself, asks us to be careful lest fear drive us to false economies which might result in a fit of national "Blues" and weaken the country when it needs perfect health, happiness and every ounce of strength it can muster.

There is no shortage of silks, of pretty things that women wear, and require to make them happy and thus efficient. There are plenty of musical instruments and talking machines; of automobiles, books, furniture, electrical labor-saving devices, and a thousand and one luxuries like perfumes, toilet preparations and fine laces and plumes and ribbons, that are more necessary to feminine well being even than wheat, for "not by bread alone" do we live, as everyone knows.

Money is more plentiful than it ever was before. There is no unemployment and no prospect of any for years to come.

And now, may we not conclude that sanely we not only may, but should, buy what we desire to make us happy and, if we feel restraint at restricted wheat, that we ought to buy something else to give us.

Sane Buying is indeed increased buying. pleasure equal to our loss.
THE SIXTEENTH ANNUAL CONVENTION OF THE SAN FRAN-
CISCO DISTRICT, MARCH 19-21, 1918, IN SAN FRANCISCO

MRS. W. M. MORROW, Press Chairman

The San Francisco District Convention opened at the Palace Hotel, Tuesday evening, March 19, 1918, promptly at 10 o'clock. The president, Mrs. Frank Fredericks, made a record by beginning and closing on time.

On the platform were Mrs. Fredericks, the president; Mrs. George D. Murray of Eureka, vice-president; Mrs. George Unnewehr of Dixon, recording secretary; Mrs. John H. Perine, corresponding secretary; Mrs. M. E. Buchan of Palo Alto, treasurer, and Mrs. Annie Little Barry, the parliamentarian.

The stage was set with beautiful potted plants; the American flag and flags of our Allies were everywhere in evidence. This background made a charming setting and when the president rose to make the address of welcome she was greeted with a salvo of applause. Mrs. Fredericks has won deserved popularity in her two years' reign, for she has governed with tact and poise.

In the tense moments which followed the thrillingly patriotic speech of John L. McNab, Esq., on the evening of the 20th, when the vast audience sat vibrant with patriotism, Mrs. Fredericks brought the audience back to composure with a few words and a request for a song.

That the Convention was to be run on patriotic lines was demonstrated from the beginning, for after pledging allegiance to the flag, "The Star Spangled Banner," with Mrs. A. A. D'Ancona leading, was sung with a vim and much enthusiasm. The invocation was given by Mrs. Dora K. Crittenden, a revered member. A deep religious note permeated the Convention, and whenever the National anthem was sung or "America," "Columbia," "Dixie," or "The Battle Hymn of the Republic"—they were sung from the very heart.

Never before was there a Convention just like the one held in March, 1918; never before was there a Convention of women whose patriotism blazed at such warm heat; never before since women's clubs were organized has there been such a world-wide crisis with such tremendous issues at stake. The little service pin, sometimes with one star, sometimes with two or three, pinned on many a coat lapel; the tiny flag and the Red Cross button, showed that the flame of mother-love and love for country burned high.

If the District Convention could be summed up in but three words those would be the patriotism, service and conservation, which demonstrates Democracy. Never before have women realized more fully their power and their privilege to serve. Every other interest in life has been made subservient to this world-wide call to the colors. The discipline of club work has trained woman for other and higher duties, and she has learned to separate the chaff from the wheat and to know which duty is paramount, and to do it well. They have organized for work and for defense; for defense in the conservation of food and the elimination of luxuries. Chiffon and velvets are no longer essentials. Woman is saving for her soldiers and for her Allies.

Business and Reports

After the routine of morning business, greetings were read from the Past State President, Mrs. Edward Dexter Knight; the Northern District President, Mrs. G. E. Chappell; Mrs. Percy S. King of Napa, Past District President, and Mrs. Katherine H. Smith, President Alameda District. Mrs. Annie Little Barry gave a splendid talk on "The Question Why?" in which she urged that the windows of life be not darkened in these turbulent days. She begged that the women would trust the Government. The actual leadership must be left to chosen competent leaders, and they must be trusted, not criticized.

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Reports of Individual Club Work

Mrs. Fredericks announced that she would begin the Presidents' Reports with Laurel Hall, being the oldest club in San Francisco, which was a distinction. Miss Jessica Lee Briggs is the capable leader of that club. She is also a State officer and carries out her multitudinous duties with precision and care. Her account of the work of Laurel Hall Club was most interesting. Patriotism, Service, Belgian and Civic Relief and conservation dominated the report.

Mrs. Louis Hertz told of the work of the Presidents' Assembly. It planted a municipal garden on the anniversary of the day on which "The Star Spangled Banner" was written. Work has been done largely for the entertainment of soldiers and blue-jackets.

Mrs. Henry Sahlein made an appeal for jelly, jam and canes with crotches, for the use of the men at the base hospitals.

It is to be regretted that every report of every club could not be given in full. Perhaps they may be at a later date. But from Crescent City Del Norte Improvement Club, the club farthest north; the Monday Club, Eureka; the Woman's Improvement Club, Cotati; Fortuna Monday Club; Pacific Grove Woman's Club; the Woman's Club of Hollister; the Mendocino Study Club; the Carlotta Woman's Club; the Fort Bragg Sorosis Club; the Gilroy Woman's Civic Club, to the Mountain View Woman's Club, the same note was struck—Service, Patriotism and Conservation.

The South San Francisco Club employs a district nurse and looks after poor families. As they have no clubhouse they have met at the members' homes and given the money thus saved to the Red Cross. They gave a knitting party and raised $10 for an Armenian baby, and another party for the Red Cross and made $10.

The work of the individual clubs in brief, ranged from knitting parties to preserving kettles; from card parties to the purchase of Liberty Bonds and Thrift Stamps; from building bandstands for civic improvement to paying the rent and "adopting" poor families; from brilliant balls for enlisted men to planting Kentucky Wonder beans and selling them for War Relief; from concerts at the Fairmont and St. Francis for enlisted men, to Red Cross work and planting city gardens. The Sausalito Woman's Club of ninety members took the money they had earned to buy a clubhouse and bought Liberty Bonds—$1300 worth. The Vallejo Woman's Club had a fiesta and raised money for an ambulance; donated $10 for the blue-jackets' library; renovated and furnished two rooms in the Y. M. C. A. as reception room for the men to receive their relatives. They gave $20 for Christmas boxes for soldiers, and conduct a playground. Nearly every clubwoman is a member of the Red Cross.

Mrs. Edward Wales gave her report on "Industrial and Social Conditions." She asked Mrs. George Mullin for a report on "Social Service." Mrs. Orlow Black followed with a comprehensive talk on "Social Health Insurance." Both of these ladies had their subjects well in hand and imparted much valuable information.

At a certain hour Mrs. Fredericks arose and enjoined absolute silence and quiet for the space of two minutes as a memorial to those who had passed away during the year. This silence was followed with a violin solo by Miss Austin.

The Petaluma Improvement Club gave a novel party and had a "White Elephant Table," the proceeds of which, $66.75, was devoted to Red Cross and War Relief.

Convention Reception

The reception Tuesday evening was a notable one. Mayor James J. Roph, Jr., made the address of welcome and figuratively offered the clubwomen the keys of the city. The audience joined in singing "America," and Mrs. Fredericks replied to the mayor, and Mrs. Eugene Elkis sang a group of songs. Greetings were given from the State Federation by Mrs. Warren Schloss, and for the General Federation by Mrs. E. G. Denniston.

Wednesday Session

March 20th, Mrs. George D. Murray, the vice-president, presided. Unison singing of "The Battle Cry of Freedom," opened the meeting, followed by the routine of business. The reports of presidents then proceeded in order, and as before, every report showed earnest purpose and energy. That the women have a patriotic conscience, that they are voicing the propaganda of saving and conserving, that they are working long hours and doing every variety of hospital supply work; making surgical bandages, pajamas, knitting socks, helmets and sweaters, was given practical demonstration. As the women listened they knitted. There were no "pig knitters." No woman with any patriotism dares knit for selfish use.

Prof. Henry Suzzalo, president of the University of Washington, struck a high note in his lecture on "The Conservation of Democracy." He asked that the civilian slacker be discouraged. He adjured his hearers to have faith in American leadership.

Vittoria Colonna Club does philanthropic work. They cared for twenty-one destitute families; bought for San Francisco; bought for Sausalito; bought a Liberty Bond, and sewed for Italian relief.

The Santa Rosa Woman's Club has burned its mortgage; it does War Relief Work and its members belong to the Red Cross.
The California Club, under Miss Curry's capable direction, has given an ambulance to France; done Red Cross and War Relief work; entertained soldiers and bluejackets; gave dances for the enlisted men, and straightened out matrimonial tangles.

"Dixie" was sung at the afternoon session, and the presidents' reports, in rhythmic order, were as entertaining and patriotic and helpful as those which had preceded them. The reports of the District chairmen were replete with good things. Mrs. Alex McBean told of her four years' struggle in "Waterways," and gave an able report on progress in that direction. Mrs. George Merrill, who has given conscientious work to "Conservation of Birds, Wild Life and Flowers and Forestry," called upon Mrs. George Miller for her report on the first topic. Mrs. James Wilkins spoke on "Forestry."

"War Conscience"

Mrs. Robert Burdette gave a most interesting address on "War Conscience," and exhorted her hearers to exercise such a conscience in these important days. Mrs. Burdette is State Director, Woman's Work, and U. S. Food Administration.

Miss Charlotte P. Ebbets, the director of Home Economics for California, U. S. Food Administration, spoke exhaustively on "Home Economics."

Dr. Aurelia Reinhardt was the first speaker of the evening. Her address, "Patriotism and the American Woman," was a wonderful summing up of the work of women in war times since Valley Forge. She related incidents of women going out on the deserted battlefields searching for the wounded and dying; giving first aid; of heroic sacrifices and self-denial; of substitutions and of lack; of deprivations and hardships. Dr. Reinhardt has become a power in the life of California, and has been called to the aid of the Government. She is a true patriot. She spoke with eloquent words but with great simplicity.

"Civilization in the Balance"

The address of the convention was "Civilization in the Balance," by John L. McNab, Esq. It is a matter for regret that the speech of this splendid orator could not be printed entire. It was a classic,—an epic. He left his hearers spellbound. The very air was tense and tears were in every eye when he concluded. He made a magnificent peroration, insisting that never for one moment must the idea of anything but victory for our country and our Allies be considered. The world must and will be made safe for Democracy.

"The Flag" was beautifully recited by Mrs. Strauss, and as she waved our beautiful emblem a flood of patriotism swept the house off its feet. The tableau of "Betsy Ross Making the Flag," with "Liberty" in the foreground and the singing of "The Star Spangled Banner" as a grand finale, brought a memorable evening to a perfect close.
The Closing Day

This day of the Convention had for its setting the beautiful Palace of Fine Arts. Unison singing of “America” opened the early morning session, and the reports of presidents continued. Patriotism, Service and Democracy ran through them all.

Corona Club, the San Mateo Woman's Club, the Napa Woman's Club—in fact almost every club—have bought Liberty Bonds, Thrift Stamps, given money to the Red Cross; some have bought and sent ambulances, paid for instruction in diet kitchens, sewed for the Red Cross, rolled bandages and made surgical dressings, while the emblem of their devotion—the knitting-needle—has been pld vigorously and incessantly. If it were possible to visualize the work of the Federated Clubs in a composite picture it would show a concrete aggregation that would be colossal.

Arrival of Mrs. Herbert A. Cable, State President, from the San Joaquin Valley District Convention at Hanford

Mrs. Herbert W. Cable, president of the State Federation, arrived on Thursday and was present at the theater party, occupying the box with Mrs. Fredericks and Mrs. Burdette. She spoke at length at the Art Palace, and her admonition that women put one of the main scales of the “Drive” will be heeded by all. She said that the things of the spirit, the mystical, intangible things, were what counted now. She asked that everyone bend every effort in the “Drive” which is to be made for money to equip and furnish a home-like place for our boys and men when they are in France. Every eye was moist when she told how the French soldier, the Scotch soldier, and the Scotch soldier who, after two weeks in the trenches was sent home on a furlough, but that our boys with the miles of ocean and the distance by land could not avail themselves of a visit home, and that provision being made for a place that would be as much like home as was possible.

Entertainment

It is due to Miss Jennie Partridge, the capable president of the Corona Club, that the entertainment of the women attending the Convention was so delightful and exciting. A theater party at the Alcazar was a pleasing end to a four days' session of serious thought. On Friday the clubwomen were the guests of the Marin County Club, at Tamalpais Center. They were met at San Rafael station by motor cars and driven through the pretty little towns and hamlets nestling in the green woods and at the Tamalpais Center, Mrs. J. Webb presiding. The officers' table was decorated with a beautiful and white fleur de lis—the lilies of France. Daffodils, jonquils and other spring flowers were at the other table. A frieze of magnificent geraniums and giant pansies bloomed at the edge of the stage. Little Miss Lois Dawson, a granddaughter of Mrs. Perry, appeared in a quaint costume with flared hoops and long pantaloons, and a much ruffled gown and gave a spirited and graceful dance. Miss Jean McMillan read a play and patriotic songs were sung, after which the guests were ushered into motor cars and whisked through a country brilliantly verdant, through a soft mist, fairy-like and fascinating. The Mill Valley Outdoor Club awaited their guests in the blossom-decked clubhouse. A great fire of logs burned in the huge fireplace. Mammoth branches of flowering plum adorned the room, and flowers were everywhere. Mrs. O. C. Cappelmann, the president, received the guests and offered a short entertainment of music. Tea was served and reluctantly the guests departed saying, “This is the end of a perfect day.”

On Saturday, March 23rd, the Convention members were entertained by the Palo Alto Woman's Club, co-operating with the Palo Alto Chamber of Commerce, with luncheon at the clubhouse. The clubhouse was bright with flowers and blossoms, and the tables were adequately adorned. During the luncheon Mrs. C. T. Morrison, president of the Palo Alto Woman's Club, rose and asked all to stand and sing “America,” and sing it as a prayer. Tears were in every woman’s eyes as she sang, but it was sung without a quaver. It was sung with faith in our splendid President, Woodrow Wilson, and trust in Him who gives Victory to Right, not Might. The evening news had been discouraging, and the anthem was sung to prove the loyalty of all in the face of danger.

A motor car ride was given to Stanford University, Camp Fremont, Remount Station, Base Hospital, and the beautiful country round-about. Camp Fremont was the most interesting objective, though Stanford University, with its splendid buildings—the Memorial Church with its wonderful picture of The Last Supper, done in mosaic; The Angel of Grief, and the various groups of stately buildings, was full of interest. “At San Juan Hill” a small group of women spent an instructive ten minutes in the X-ray room at the Base Hospital, and stopped for a word in a ward that had been assembled only three days before. Major Field informed them that on the previous Tuesday word had come to equip that ward, and so efficient has our Government become that the seemingly impossible task was accomplished and the ward was furnished and ready. Twenty-seven patients were already recuperating within its walls.

And so, feeling that there is—

“One flag, one land,
One people, one hand,
Our Nation, evermore!
Not afraid to dare and do,
Let us rouse ourselves anew
With the knowledge that is victory and power.”

The epoch-making District Convention of March, 1918, came to a splendid and fitting close, pledged in Patriotism, Loyalty, Service and Conservation, to help make the world safe for Democracy.
SAN JOAQUIN VALLEY DISTRICT OBSERVES ITS TWENTY-FIRST BIRTHDAY WITH A MOST SUCCESSFUL CONVENTION

BY MISS EMMA GLASS

The "Coming of Age" Convention of the San Joaquin Valley District of the California Federation of Women's Clubs was observed with a two-day session at Hanford, March 19th and 20th. The program presented was a suitable reflection of that new dignity and earnestness of purpose that is always associated with a twenty-first birthday.

The cutting of the usual three-day session to two days, as a means of conserving both time and money, in no way affected the work and program as it was unanimously conceded that the convention was one of the most successful ever held in the valley.

Patriotism and service to state and nation were the keynotes of the entire session and the presentation of the work of the various departments clearly demonstrated that each had an important part and bearing to war emergency work.

The Women's Clubs of Kings County, including the Women's Club of Hanford, The Nineteenth Century Club of Hanford, Corcoran Thursday Club, The Mothers' Club of Hardwick, Oakvale Woman's Club, Le-moore Woman's Club, were the hostess clubs and Mrs. J. C. C. Russell, president of the Hanford Woman's Club, was the local chairman, while Mrs. Sarah Railshack, president of the Nineteenth Century Club of Hanford, acted as vice-chairman. To the untiring efforts and work of the local board was due the credit of the thoughtful provision for the comfort and pleasure of their guests. Nothing was left undone and the hospitality of the clubs of Kings will always be remembered as a big factor in the success of our twenty-first annual convention.

The Woman's Clubhouse of Hanford provided ideal convention headquarters. The rooms were beautifully decorated with festoons of smilax, luxuriant hanging baskets, flowers of the season and a beautiful display of flags including with our own those of our allies, struck the international note.

The official address of welcome was given by Mr. Arthur Young, city trustee, and was a delightful blending of the semi-humorous with the serious. The president, Mrs. W. A. Fitzgerald, responded in similar happy vein. Mrs. J. C. C. Russell, local chair-

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man, in behalf of the hostess clubs, extended to the delegates a most charming welcome that fairly radiated the spirit of hospitality and cordiality. Mrs. A. D. McLean, vice-president, responding for the delegates, beautifully expressed the appreciation of all that the clubwomen of Kings County were doing for the success of the convention and voiced the hope that while they were giving so much to their guests that the convention would bring help and inspiration to them.

The President's Address

That the entire business of the convention might be well transacted in the two-day session and the general program in no way curtailed, Mrs. W. A. Fitzgerald, district president, confined her report to a very brief resume of her year's activities and in closing said: "As the close of our year's work approaches and I look back over our endeavors, I feel that the record is that of a successful year, which is the result of splendid co-operation of officers and members alike in our district. To the officers of this district, whose advice and suggestion and unfailing co-operation have been so willingly given; and to the individual clubs and their members I desire to express my grateful thanks for the many kindnesses and courtesies extended me, they are all treasured and go to making the past year a memorable one in my life. To have served has been indeed a great privilege and honor. "While the year just ending has brought anxiety and heartache it has also brought great privileges and opportunities—privilege for service that shall be a contribution to winning Freedom and Democracy for the world; the opportunity for real sacrifice which will bring to us the realization that the greatest blessing in life is to give and to serve.

“We realize as never before just what our club life and federation mean to us and appreciate that it is due to them that we are prepared to meet the many new calls of today and the spirit of federation has
been fanned into a brighter flame than ever before. It is natural that at such a time as this our thoughts should turn to those pioneers in club work who blazed the trail for us, those whose vision was so far-reaching that they realized what organization of woman's work might grow to be in the years to come. Our debt to them can be adequately expressed in but one way—in carrying on to the best of our ability the work they so splendidly pioneered—in making the San Joaquin (which is a pioneer in federation) an example of all that a district federation ought to be.

"May this convention be a time when we shall dedicate and consecrate our all to the winning of the war for Democracy. However long the struggle, however dark the hour may we allow nothing to dim or obscure the ideals for which we fight."

State President's Address
Federation as presented by the State President, Mrs. Herbert A. Cable, was invested with a newer, larger and greater meaning than ever before. The test of federation said Mrs. Cable was in the answer to the question had it been prepared to answer the calls of the present crisis. Then followed a detailed exposition of just how splendidly federation was responding to every call of the hour, and how its various departments were equipped and ready to act as mediums for emergency work.

Mrs. Cable stressed the necessity of exerting every effort to keep our organizations intact, as the work of the reconstruction period will be quite as important as that incident to prosecuting the war.

Jane Addams, Feature
Both evenings of the convention were given over to excellent programs, the event of the convention being the address of Miss Jane Addams, noted pioneer social service worker, philanthropist and lecturer. The largest audience ever assembled in Hanford greeted Miss Addams, many being unable to gain admittance. Miss Addams as the representative of the U. S. Food Administration, spoke on "The World's Food Supply and Woman's Responsibility." Miss Addams, who has probably had the largest influence of any other individual not only in the line of social service work but in the lives of all American women, presented her very timely subject in a most impressive and earnest manner and brought forcibly home to women their responsibility in helping to feed our armies that victory might be ours.

Other Speakers
Mrs. E. D. Knight presented the desirability of every club having within its organization a "War Savings Society." As state chairman, Mrs. Knight was well qualified to explain the plan and details of this important work.

Mrs. Barbara Nachtreib Grimes gave a forceful and brilliant talk on the value and necessity of Health Insurance. At the close of her most interesting address considerable time was given to open discussion of the question, Mrs. Grimes welcoming the op-
portunity to make clear her position and argument.

One of the very timely subjects considered in the program was "Women in Industry" which was given by Mrs. Katherine Phillips Edson with her usual clearness and impressiveness. Mrs. Edson, while urging women to fill as best they could the activities of men who had been called to service, warned them against debasing them by inferior service or accepting lower standard of wages.

Miss Amy Steinhart in her address on Child Welfare emphasized the ever-growing necessity of guarding the health and welfare of the child, and her report of a recent survey made of the children of the state was most interesting.

The address of J. Stitt Wilson on "The World Must Be Made Safe for Democracy" was featured in the evening, this popular speaker being greeted by a packed house. That his brilliant patriotic address was thoroughly in accord with the sentiment of his hearers was evidenced in the frequent and hearty applause.

The state chairmen of the San Joaquin, Mrs. S. H. Hain, chairman of Home Economics, and Mrs. Harvey Anderson, chairman of Federation Extension and Emblem, were both features of the program and each gave a splendid resume of the work of their respective departments and suggestions for future activities.

Mrs. Jerome O. Cross presented the vital subject of Americanization and told of work started in Fresno which had demonstrated the necessity of this line in educational work, a recent survey showing that over sixty-two per cent of the population was foreign-born. She urged the co-operation of clubs in this important work.

Mrs. E. L. M. Tate-Thompson spoke of the necessity of providing proper medical care for our Indians, a large percentage of whom are dying of tuberculosis. Much interest was aroused by Mrs. Thompson's appeal which will no doubt result in a plan for the aid of the Indians.

Mrs. A. S. Baldwin, chairman of the Woman's Liberty Loan Committee of the 12th Federal Reserve District, gave an enlightening talk on the Liberty Loan, urging the clubwomen to appreciate their responsibility in the matter and co-operate in every way possible toward the success of this Third Liberty Loan.

**Officers and Chairmen's Reports**

Mrs. A. D. McLean and Mrs. J. F. Bedson, vice-presidents, reported their year's activities and greetings were read from Mrs. H. J. Corcoran and Mrs. M. L. Van Fleet, also vice-presidents who were unable to be present. The report of the recording secretary, Mrs. L. G. Muller, and the corresponding secretary, Miss Marguerite Humphrey, told of a busy year for them. The treasurer's report of Mrs. H. E. Armstrong was adopted, after the report of the auditors, Mrs. C. S. O'Bryan and Mrs. J. B. Hart, setting forth that the books were found correct in every way.

Greetings were extended by Mrs. A. B. Armstrong, past president of the district, and now state vice-president; Mrs. E. D. Knight, past state president, now general federation secretary; Mrs. Emma Fox, second vice-president of the district; Dr. Louise Harvey Clarke, editor of the Clubwoman. Regrets from Mrs. J. Ed. Hughes, past valley president, and Mrs. Robert Burdette were read.

Mrs. J. C. C. Russell, chairman of Art, reports many clubs as having featured art programs, following the outline of the state chairman by studying the work of American artists. The chairman of Literature, Mrs. C. F. Balaam, finds the interest in the department of Literature well sustained, modern drama and literature of the war, both poetry and fiction being much in demand. Clubs have all subscribed to the War Library Fund in addition to sending many books to the soldiers.

The music department, under the direction of Mrs. T. L. Cummins, has had an unusually interesting year. Unison singing of patriotic songs along with the old time favorites is featured by many clubs. And Community Sings and Concerts and half hours given for the public by club women have proved most successful.

Dr. Flora Smith, chairman of Child Welfare, reports splendid work in her department. New school nurses, noon lunches for children in many schools in the valley

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are made possible by the co-operation of clubwomen. In a public kindergarten in Fresno over sixty children are supplied with nourishing lunches daily. Records of these children will be kept to show their gain in health and weight through proper feeding. Dr. Georgia Thompson, chairman of Public Health, reports preventative measures and all matters that pertain to the health of the community as well as to the individual, and co-operation along this line.

Mrs. Adolph Butner, chairman of Home Economics, reports many food demonstrations of the use and value of substitutes, also courses of study and lectures on food preservation and economy. The chairman of Conservation, Mrs. E. A. Williams, emphasizes the fact that the preservation and conservation of our natural resources in forests and waterways must not be overlooked.

Declaring "that an intelligent vote is a patriotic duty," Mrs. Martha Hampton has emphasized women's responsibility in the exercise of the franchise. She advises classes in political science as a means of understanding the fundamental principles of government.

Mrs. O. D. Strong, chairman of Social Conditions, finds much to be done in her department. Problems of health, and employment are important phases in this work and the subject of women in industry is emphasized at this time as never before.

Mrs. H. E. Patterson, leading the Civic section, is co-operating with nearly every department of a welfare nature while carrying on her own special line of work.

Americanization seems the most important phase of education just now. Night schools for citizenship and social and civic centers are being formed for foreigners, Mrs. B. F. Surrhyne reports.

Mrs. R. H. Bramlett of the department of California History and Landmarks, urges club women to acquaint themselves as to what their community possesses in way of historic buildings or landmarks and use their influence to have same preserved.

The amount due from the San Joaquin to complete the State University Clubhouse Loan Fund has been collected, Mrs. Arthur Prendergast acted as chairman of the section.

Mrs. Arthur Belcher, chairman of the Endowment Fund, reports $48.90 collected.

Mrs. Allan McGregor, chairman of Federation Extension, reports the accession of four new clubs, and interest in federation very much in evidence.

Mrs. William Hilger in her Bureau of Information, finds a steadily increasing interest and appreciation of the assistance her bureau has to offer.

Mrs. S. L. Platt's emergency committee report covers the long list of war activities in which every club in the district has had a part.

Mrs. G. G. Hobbs, reporting for the Clubwoman, gives new subscribers numbering over a hundred, which includes a number who took advantage of the rate made at our convention by Dr. Clarke.

**Roll Call of Clubs**

The reports of club presidents were one of the most interesting features of the entire program, each reflecting in its activities the response to all war work. So uniformly excellent were the reports that it seems hardly right to mention one without including all and the space allotted this report will not permit that. While doing their full part of all emergency work most of the clubs have realized the importance of keeping up their departmental work as outlined by the state federation. Every president had just cause for pride in telling of her year's work, but it was difficult to know what could be eliminated from the reports as there was so much splendid work accomplished, however, the club presidents were most considerate in keeping to the time allotted them.

**Resolutions**

Through resolutions passed the district pledged itself to work for: first, national prohibition; second, registration of female as well as male aliens; third, the establishment of a Children's Bureau; fourth, the amendment of the juvenile law so it may be enforced; fifth, the re-election of Mrs. Joseph Evans Cowles as president of the General Federation; sixth, the passage of the 26th amendment providing for the introduction so that a bill may be presented to legislature for health insurance; seventh, the

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construction of a hospital at Auberry to care for tubercular Indians.

Social Features
In keeping with the spirit of the time and acceding to the request of the district president, the social features of the convention were not elaborately or emphasized with lavish expenditure or display, but the splendid hospitality of the hostess clubs lost nothing in enjoyment or pleasure by virtue of the fact that social features were Hoovered, and in every respect suited to the times.

Each day the hostess clubs provided luncheon for the delegates in the banquet rooms of the clubhouse, which was much appreciated by all as it helped greatly in saving time. The table appointments were most dainty and attractive and the menus were a fine demonstration of how excellent a luncheon may be while in every way conforming to Mr. Hoover’s requirements.

The automobile ride which was to have been a part of entertainment provided for the guests had to be deferred on account of rain. To the Mothers’ Club of Hanford the delegates were indebted for the delightful and informal tea in honor of the state president, Mrs. Cable. Miss Jane Addams was also an honor guest. As the Mothers’ Club is not a federated club their hospitality was an evidence of the harmonious spirit of cooperation existing between the women’s clubs of Hanford. Mrs. W. D. James, the president, assisted by a large committee from her club, was responsible for this delightful attention.

Music
The music added much to the pleasure of the sessions including as it did the unison singing of the patriotic national songs as well as special numbers at both the day and evening meetings. The stanza “God Save Our Men” which has been recommended by Mrs. Cowles to all clubs as an addition to “America” was used at every meeting.

Mrs. L. T. Cummins, district chairman of music, assisted by Mrs. W. H. Brown, the local chairman, and her committee were responsible for the excellent musical program. The entire program was furnished by talent of the district, nearly every number being by a Federated Club member. It was an exemplification of the variety and quality of music that we are very proud of in our own clubs.

During the first day’s session Mrs. Gus Kirby gave two delightful vocal numbers, and the violin selections brilliantly played by Professor Harry Gross were enthusiastically received.

The evening’s entertainment featured the Girls’ Glee Club of Hanford under the direction of Miss Merle Settle. Little girls of almost every nationality ranging in age from seven to fourteen are the members, and to hear their fresh young voices splendidly trained and watch their eager little faces as they poured out our national songs is a pleasure long to be remembered.

Rumanian folk songs, given most sympathetically by Miss Winifred Carnegie-Pryor, violinist of international reputation, were enthusiastically received and Mrs. Horace Evans’ brilliant rendition of Chopin’s Fantasie was a fitting climax to the musical program.

The second day’s session included two beautiful vocal solos by Miss Gwen Howe and excellent violin numbers by Miss Carnegie-Pryor, the closing numbers being given by Mrs. J. W. Stokes, who was most happy in her choice as they were perfectly suited to the singer.

Preceding Miss Addams’ address the second evening a splendid musical program was given which included Grieg’s Butterfly and McDowell’s Concert Etude brilliantly given by Mrs. James B. Wendell of Bakersfield, a pianiste of brilliant attainments. The beautiful music from Mendelssohn’s Midsummer Night’s Dream given with two pianos by Mrs. Wendell and Miss Louise Tyler was much enjoyed. Miss Alma Forker, the possessor of a contralto voice of rare quality and range, presented a group of songs in truly artistic manner. Grieg’s “Butterfly,” and Sinding’s “Rustle of Spring,” ever popular gems, were splendidly played by Miss Louise Tyler.

The earnest address of Miss Jane Addams was a fitting close to a convention, which will be memorable for its earnestness of purpose, its patriotic appeal and for its spirit of harmony and co-operation.
Help Your Government. Buy a Liberty Bond!

The opening of the Seventeenth Convention of the State Federation on Tuesday morning, March 26th, in the Ebull Club House, Oakland, was fraught with much anxiety on account of the war news concerning the "great German offensive drive."

The convention was made up primarily of mothers,—mothers who had given their sons to the trenches, our own State President having but lately said goodbye to her boy,—and yet there was no slacking of the reins in the government of the 40,000 club women of California, and the convention was record-breaking in its report of war work, war service, educational work, vital in assisting the United States Government, and in a united effort to keep the "Home Fires Burning."

To those who believe in Biblical prophecy, the words and vision of Elisha in II Kings, 6:15-17, are of essential comfort at this time: "Fear not: for they that be with us are more than they that be with them."

A suggestion came from the President of the Alameda District during the State Convention that the comab be removed in the constitution of the last part of the Salute to the Flag; which would make the sentence read: "One Nation indivisible with Liberty and Justice for all."

Is the soul of this old world of ours so sorrowful that the faces of all those who have touched its depths have made to repose forever afterward in sadness?

No voice heard at the convention contained sweetness, strength, dignity and power equal to that of Jane Addams; no face seemed so sad. She endeared herself for all time to those who heard her.

Mr. Ralph P. Merritt, United States Food Commissioner for California, did not fail far short in speaking of the willingness of Californians in the conservation of food when he quoted himself as having said to Mr. Hoover recently in Washington, D. C. "All we want to know is the truth about the situation and we people will eat grass if we need to."

One of the injunctions laid down unre- servedly was: "Stop eating Bread."

Mr. Will C. Wood, speaker for the Department of Country Life, in connection with the county schools and Farm Bureaus established by the Government, declared that only by these, and through similar avenues, would we be able to make democracy safe for democracy, and said that the universal peace which shall be established after the war must take into account the "worker and the woman."

There is no more difficult dialect to handle in story-telling than the dialect of the south-ern darkly, and none is more appreciated by anyone of "southern blood."

Dr. James A. B. Scherer, in addressing the convention on "National Americanization," told very aptly a story which expresses somewhat the enthusiasm and loyalty of the enlisted negro of the south in his belief that the war situation would be greatly strengthened indeed when, "Our Angry-Saxon sojals got to fightin' in them thar trenches."

If the intent of the speeches and the music of the "Art Dinner," in making a composite picture and in making a frame for the picture and in giving the "Critic's" criticism of the picture after it was complete, was to paint a cubist-futurist or a futurist-cubist picture with words instead of pigments, then it was excellently well done. But how about the twenty or thirty California artists who attended the dinner in a body? Did they find it necessary to catch the ten o'clock boat to San Francisco, or were they in the same position as the thousands of laymen who visited the Amended of the Art Palace at the Panama-Pacific International Exposition, and having entered the door, went up the stairs, glanced around, went down the stairs and out of the door again?

As club women of sober judgment and mature thought let us honor and respect our American statesmen, past and present, in this crucial hour when American Liberty is menaced. Let us trust those who have been, and are now, at the head of our Government, and discourage the bandying about of their names flippantly. The State Federation is non-political and non-partisan.

Let us also discourage the turning of any of the songs which have been created out of the patriotism of the hour, which thrill us as Americans and Allies, into parodies. Let us sacredly respect anything in song or story which will add even in the smallest degree to the stature of our courage and to our determination to go forward in the great struggle for universal democracy.

It was a pleasure to again receive, as it were, a message from the Orr Administration of five years ago. Mrs. Edward B. Stanwood spoke, all too briefly, on the "Clubwoman in Art." She was expected to give her subject in a serio-comic strain, but the past state chairman of art had the choice faculty of being an inspiration even under this handicap. Mrs. Stanwood brought to mind the fact that the clubwoman has been left almost entirely in the hands of the caricaturist, but in spite of this the federation had continued to grow steadily until it has become the largest body of women in the state.
HOME DEPARTMENT

PROTECTING THE PUBLIC

The advertisements of foods and foodstuffs which appear in this and coming issues of The Clubwoman are from firms which have in every respect conformed to the rigid requirements laid down by the Department of Health, C. F. W. C., as a part of its present campaign for the protection of the public through the elimination of impure foods and food materials. In every case, before a food advertisement is accepted for the official magazine of the Federation, the plant or establishment is thoroughly inspected by a special committee named for the purpose by the Department of Health and composed of qualified experts on the subject. The appearance of such an advertisement in The Clubwoman is consequently prima facie evidence of purity, reliability and patronage worth.

The work of the committee has now been extended to include the inspection of laundries and other establishments whose work affects the public health.

At the head of the department's committee of inspection in the South is Dr. Lulu H. Peters, M. D., Chairman of the Department of Health for the Los Angeles District.

USE HOME PRODUCTS AND HELP WIN THE WAR

FLOUR CONSERVATION

By S. W. TREDAWAY

Gentlemen:

In their effort to conserve flour, the Council of Defense have overlooked the waste in the home, in their efforts to regulate the bakers. The baker represents the little end of the horn in this instance, as a careful investigation has shown that sixty per cent of

SAVE THE WHEAT

The Food Administration is striving at every turn to divert the demand for white flour to the coarser meals such as corn, oats, rye, etc. They asked us for a cracker that would save more wheat. SWASTIKA Master Bakers answered with these new crackers that are wholesome, energizing, delicious! We have named them WHEAT SAVERS. WHEAT SAVERS are real wheat savers—they are made from a blend of cereal flours that live up to the true spirit of Conservation. And the same skill, the same spotless surroundings, that make all SWASTIKA PRODUCTS so good, are responsible for the goodness of WHEAT SAVERS.

Pacific Coast Biscuit Co.
the bread consumed in this country is baked at home, and in the city of Milwaukee the volume of home-baked bread consumed will run to fully seventy per cent.

Mrs. William E. Severin, in a talk before the Woman's Association of Commerce in Chicago a short time ago, spoke as follows: "One to three ounces of dough—wheat, in other words—are wasted in every home baking. The dough on your fingers that you or your cook washes off in the sink, the dough that clings to the bread board, the flour that spills while you are sitting or kneading, are wastes that you can not prevent. The women of France no longer do their baking. Hundreds of thousands of barrels of flour can be saved by the housewives of America each year if they do not attempt to bake their own bread."

The above statement by Mrs. Severin is an interesting one, especially at this time when the housewives of America are being urged to work with the Government in an effort to save every ounce of wheat flour possible. An ounce or two wasted in each home baking seems insignificant when considered by itself, but it swells into an enormous volume when taken in the aggregate.

Assuming that there are one hundred thousand homes in Milwaukee and that home baking of bread prevails in seventy per cent of these homes—and that two ounces is the average waste or loss for each baking and that two bakers each week is the practice, the loss for each home each week will be four ounces and for 70,000 homes will be 280,000 ounces, equal to 17,500 pounds or 89 barrels—the weekly waste of flour through home baking. In a year, this loss amounts to 4,628 barrels for Milwaukee alone.

Mrs. Severin was right; the loss will amount to hundreds of thousands of barrels when the sixty per cent of housewives in the United States who are doing their own baking are considered. In the light of the above figures, it looks as though baker's bread is the correct solution of the Government's efforts to induce the housewives to assist them in conserving flour. There is no waste in the modern bakery, every pound of flour or other ingredient used is accounted for. Further comment is unnecessary. The door to the conservation of flour stands wide open. Let all enter who will.

---

**Golden Crown Butter**

can not fail to please you
because it is—
CLEAN
UNIFORM
HEALTHFUL
UNEQUALED

Protect your family by serving them
"THE BEST OF THE GOOD"

Sold Wherever Quality Prevails
ASK YOUR GROCER

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Los Angeles California
DISTRIBUTED NEWS

LOS ANGELES

Pomona Ebcll Club House was the scene of the annual Colonial Party on February 22nd and there many faces less familiar these days in club circles because of the constantly increasing duties in Red Cross work, were once more seen. "All went merry as a marriage bell" inspite of the inclement weather outside. It was one of the few days when guest tickets were not accepted and therefore the occasion took on the nature of a joyous family party. The women, welcomed by Mrs. Ferdinand Davis, the genial president of the Ebell, and her assistants, assembled first in the auditorium to enjoy an informal program, featured by a number of delightful specialties, appropriate to the day. One humorous number introduced cleverly the Hoover atmosphere, another, ten little folks in quaint costumes who joined in a graceful figure of the minuet. Besides these there was a flag drill by some of the public school children—the boys carrying the Stars and Stripes and the girls the flags of the Allies, making a pretty picture.

After the program, adjournment was made to the parlors, where blazing logs glowed in the fireplace and tea and gingerbread were served by Colonial dames from tea tables spread with red, white and blue runners and made bright by red candles in Colonial candleabra.

Prominently displayed in every part of the club house were the Stars and Stripes, giving the crowning touch to the patriotic scheme.

The Los Angeles District Board has opened an office at 618 Chamber of Commerce Building. This office will be the headquarters of the district and all committees will hold their meetings at the office. The district is getting prepared to do its share of the work in raising the Victory War Fund, that is to be raised by the club women to build recreation houses in the south of France for our boys.

The educational conference of the district, under the leadership of the president, Mrs. Mattison B. Jones, are being held every month and are growing in popularity. These conferences are held the fourth Thursday of every month. Luncheon reservations must be made through Mrs. H. D. Goss, 714 West Fifth Street, Glendale, not later than the preceding Wednesday. The March conference was presided over by Mrs. J. B. Stearns as Mrs. Jones was in Oakland attending the State Convention.

The Monrovia Women's Club has cooperated with the local Red Cross this year not only in war relief work but in a number of benefits, the latest of which was given under the direction of the Music Section on Friday evening, February 22nd. A Colonial effect was noted in the detailed arrange-

ments, and the artistic affair proved a success, both socially and financially, netting the sum of $500, $400 of which was raised from advertising space sold in the programs. This whole sum was immediately turned over to the local Red Cross Chapter.

The reciprocity luncheon of the club, given on March 6th, was a event enjoyed with much pleasure by the club members. Representatives from thirty-five clubs were present.

The club was represented at the District Convention by the president, Mrs. S. E. Salisbury, and three delegates.

ALAMEDA

MRS. C. M. DELAMETER, Press Chairman, San Leandro

Reports of Individual Clubs Given at Alameda Convention at Stockton in February

The Woman's Club of Lodi, declared, through its President, Mrs. J. E. Nelson, that they felt that they had started the year Right by having Mrs. Smitli, President of the District, come and tell them how to combine war work with their club work. They give time, at each meeting to the subject of conservation: The club works with all patriotic organizations, by means of its members, and all members of the local Red Cross Board are club members (or members of this club).

From Crockett, Mrs. Dodge, representing Mrs. Josephine Betts, the President of the Carquinez Woman's Club, stated that this club had been entirely devoted to war work, and that for the present, everything else had been put aside. All members are Red Cross workers, and patriotism and club work are synonymous terms within this club.

The Alta Vista Club, of Oakland, whose President is Mrs. H. T. Helfer, owns its club house lot, but has stopped work on its building, in accordance with its patriotic principles, and is now doing war work to the exclusion of all else.

The report of Mrs. Arthur O. Gott, President of the Adelphian Club of Alameda, which was twenty-one years old on February 20, showed a membership of 217, and a splendid record of war work for the year, including organization of Alameda Chapter of the Red Cross; classes in First Aid organized in Alameda; maintenance of large auxiliary to Red Cross; making of clothes for French and Belgian children, devotes contents of mite box to them. The Y. W. C. A. drive for Alameda was carried on from this club, and it raised one-third of the money received from that city. It furnished 100 Christmas boxes for soldiers, was a pioneer in Community Service for soldiers, and withal has carried on its regular work for the year.
The Woman's Club of Antioch, Mrs. F. E. Howard, President, showed a membership that has almost doubled within the year, and a complete record of war work having devoted itself to this alone. Its club house was turned over to the Red Cross, and used for this purpose for a time. Since October this club has been studying Home Economics as a further branch of patriotic service.

Mrs. C. L. Six of the Philomathean Club reported the donation of their club house to all patriotic services. She described the making of 144 kits for Battery C, and the manner in which Mrs. Fraser, whose idea it was, and Mrs. Fisher R. Clarke worked to secure the money for the ambulance now in use by the Grizzlies. The members of this club sold Liberty Bonds upon the street. They have two Red Cross units within the club, gave an entertainment for the War Library Fund, and are studying Home Economics. All selfish aims have been abandoned, and the club has enrolled itself as a unit in the army of defense.

The Country Club of Washington Township, whose President is Miss Mary Brown, had, as always, matters of interest to report. Mrs. Thane, Food Director of Alameda County, who is charter member, has personally interviewed bakers in their district and enforced all rules relating to their wares. They have held two meetings in charge of Miss Eubank of U. of C. and have others planned.

They have a Librarian Committee whose business it is to see that all libraries in their district have full tables of Food Literature. They have just taken up the work of the "Melting Pot" for old jewelry to establish a home for the blind among our returned soldiers, and with these special matters carry on war work along all established lines.

From Esealon, the Woman's Improvement Club reported, through its President, Mrs. J. C. Ramsey, that the women of the club donated a sale of foods to the Red Cross, and in the fall gave a patriotic rally and "Weeny Roast," the success of which was limited only by the supply of weenies in that locality. They have had demonstrations in canning by instructors from University of California, and samples of flour for war bread. In closing she spoke with feeling of the value of what she was taking back to her club from the convention.

The Woman's Club of Fruitvale was represented by its President, Mrs. W. E. Gibson, who is now Food Director of Oakland. This club has collected 1500 books and hundreds of pounds of magazines for the army. It is affiliated with all local Civic Centers and organizations for the public good, and is doing war work along all lines. It has opened a library and has adopted a Belgium orphan. Its ten-cent luncheons, scientifically planned to demonstrate a different menu each month, are a well-known feature of its program. Its representative told the convention that this club finds that, having Faith, everything else comes.

SOUTHERN

Myrtle V. Stuelke

The Yorba Linda Woman's Club is enjoying its first year in the new club rooms. They report a most successful musical program for February 6.

The Placentia Round Table recently celebrated its sixteenth anniversary. These sixteen years of the club mark a life of great achievement. The beautiful club house has been built and the club motto, "Why stay we on earth except to grow?" breathes the spirit of this progressive body of women.

The Round Table has just become a member of the Woman's Legislative Council of California. As an example of the interesting programs rendered before the Round Table, one recently given is worthy of note. Miss Freda Weik, first grade teacher at the grammar school, told of the present method of teaching primary reading and gave a demonstration, using a number of her present first grade pupils. A paper was read by Miss Minnie Maxwell on "What Shall Our Children Read?" The famous painting, "The Blessed Damozel," was interpreted and Lucy Almes and roll call was answered by quotations from Stevenson's "Child Garden of Verse."

Fullerton has two wide awake clubs, each filling a conspicuous role in the life of the little city.

The Woman's Club lately inaugurated a movement to secure a community nurse for Fullerton. The plans are well under way and the nurse seems assured.

The Ebell Club in co-operation with the local moving picture exhibitor, gave a series of Red Cross benefit programs on the screen. These three evenings netted the Red Cross $119.50. The work was suggested by Mrs. Harriet Barry of Los Angeles, chairman of the Better Films Committee of the Federation of College Women.

The Woman's Improvement Club of Corona will celebrate its eighteen birthday anniversary on February 26th with a luncheon for all members.

Miss Lillian Burkhardt Goldsmith, president of the Channel Club of Los Angeles, gave her program, "Patriotism in Litera-
ture," at the Corona Woman's Club house on the evening of February 18th. She came under the auspices of the Improvement Club and delighted her large audience with her dramatic readings.

Anaheim Ebell Club will hold a reciproc- city day on March 4th and be hostess to all clubs of Orange county. In the morning there will be a business session, at noon a luncheon will be served, and in the afternoon a delightful program of music and readings has been planned.

The Anaheim Ebell has been active in all lines of war service. Mrs. Dutton, the president, has served efficiently as chairman of the Liberty Loan drive and also of the Food Card distribution campaign.

Riverside Woman's Club has just com- pleted a war relief survey with the most satisfactory results. The object was to as- certain how many of the members are ac- tively engaged in war relief work and to promote more extensive activities. It was found that practically every member of the club is doing her share in the activities of the war relief organizations. One day out of each month the program is given over to emergency work and this is always received with much enthusiasm.

Mrs. Geo. M. Turner spoke to the club recently about bird life as she has seen it. Mrs. Turner has lately been appointed chairman of the department of birds and wild life, to succeed Mrs. James R. Stevenson of Imperial. Mrs. Turner was for many years prominently identified with the work of the Audubon Society, both in the national organization and in the New York State Society, of which she was secretary for eight years.

Mrs. Geo. K. Bretherton
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Supervision by
THE CUDAHY PACKING COMPANY
Los Angeles, Cal.

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SELLS FOR LESS
(Highest Quality Goods)

(Continued from Page 6)

where then shall they play? Play they must, and fenced-in backyard areas with costly window-glass everywhere contiguous cannot always be made to answer.

The modern school grounds go a long way to answer the question. Large of area and usually equipped with modern appar- atus, they are ideal play-places, their sin- gle drawback being their comparative in- frequency. The large city playgrounds are even better but so few are they, in compari- son with the number of children to be served, and so wide-scattered that they can scarcely be said to supply a perfect substi- tute for the street.

The solution would seem to be a larger number of playgrounds, smaller in size if necessary, and so located as to provide for the children of every neighborhood with- out more than two or three blocks to walk. These playgrounds may be merely vacant lots, without expensive apparatus of any kind, but kept up to a moderate extent at city or community expense.

THE GREEKS CAME BEARING GIFTS

When Miss Jane Addams spoke in Sacra- mento in the Senate Chamber, her great audience represented, literally, all the peo- ple. A remarkable demonstration was that of the Greeks through the Hellenic Society Elpis, which presented a floral offering.

The Grecian lady that presented the piece to Miss Addams was Mrs. Alkion L. Vanos. Several of the local Greeks received their American training largely at Hall House, and they speak very highly of Miss Ad- dams.

The piece attracted a great deal of atten- tion, and hundreds went up to take a closer view of it after the meeting. The shield of the United States was formed of beautiful blossoms of red, white and blue. Surround- ing the shield were many other flowers of various colors and ferns of several kinds. The floral piece stood seven feet high. The inscription, "The Greek colony of Sacra- mento is thankful to the great philanthrop- ist," appeared on the piece in both the Eng- lish and the Greek languages.—Sacramento Union.
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—Women are all interested—instanter.

—If you've thought that the best silk underwear was an expensive luxury, let Kayser silk wear dispel THAT idea, for every garment is so carefully made and of such serviceable silk, that it will give a surprisingly long term of service.

—Kayser garments, for which you pay a trifle more, will not begin to show signs of wear, when the less expensive kinds, after a similar term of service, will be candidates for—the rag bag!

—So many women prefer to launder their own silk underwear and stockings, doing the work as it should be done, and they feel well paid when their garments come from each tubbing and careful pressing, looking like new!

—We doubt if there is a more extensive Kayser line in all Los Angeles than you'll find right here at The Broadway, for we plan to have complete size ranges in the various Kayser garments, and a most satisfactory selection of styles.

—There are the pretty vests—some embroidered, some with the French band top.
—There are the envelope suits and the knickers.
—The new "Pettibockers," to wear with the season's narrow skirts—these are very new, but have already been elected by a large and very enthusiastic majority as 1918's very smartest garment.
—Doubtless YOU are a Kayser enthusiast—nearly every woman is—
—Doubtless you know of The Broadway's vast stocks.
—And doubtless you come straight here when you've silk underwear to buy. —Doubtless!

Aisle 8
The Clubwoman

Official Organ of the California Federation of Women's Clubs
Composed of over 40000 Members

May, 1918
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The Clubwoman

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Composed of Over 40,000 Members
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MRS. J. A. MATTHEWS, Club Representative, Brack Shops, Los Angeles

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The Artist and the Starr Piano

As an artist who has won unqualified success as a singer and as a pianist, together with her world-wide prestige as a thorough musician, the opinion of MME. HESSE-SPROTTE on the qualities of a piano is worthy of the greatest respect and consideration. The following statement is indicative of her opinion of the Starr Piano:

"It is a pleasure to commend the excellent qualities of the Starr Piano. Its responsive action, surprising tonal power and excellent mechanical construction, strongly appeal to me. That I was so well impressed with the Starr Piano as to purchase the Minium Grand of that make, speaks for itself."

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Nowhere in America could there be found a more select assemblage of distinctive new spring and early summer footwear. And BOOTERY models are exclusive designs.

- **A hand turn Louis XV heel**
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  - $8

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*Smart Shoes for Women*
432 SOUTH BROADWAY
Los Angeles  Pasadena  San Francisco
"WITH OUR BACKS AGAINST THE WALL," HAIG.
"AND BACK OF THE WALL, THE THRONE OF GOD," FRANCIS.

MESSAGE FROM BIENNIAL

The California Delegation at the Hot Springs Biennial, sends greetings to all Club women. The War Service Convention promises to be one of the greatest in the history of the Federation. Our honored President, Mrs. Cowles, is an efficient Chairman, popular and beloved as always; her praises are sung on every side. The spirit of the Convention is the spirit of the American people, loyal, devoted and consecrated to winning the war, realizing all that victory will mean. The loyalty of the California Club Women who have rendered service in every war activity is represented by a delegation small in number, but strong in your faith and accomplishment. The same spirit expressed from all parts of our country proves us a united people. Every State is represented, and China. Mrs. Cowles sends loving greetings.

(SIGNED) BERTHA L. CABLE,
President C. F. W. C.

"LET NO CLUB CLOSE ITS DOORS DURING THE SUMMER," IS THE SLOGAN OF THE CALIFORNIA FEDERATION OF WOMEN'S CLUBS.

EDITORIAL NOTES

Enthusiastic reports come from the Biennial Convention G. F. W. C., held at Hot Springs.

The California Special left Los Angeles on Friday, April 26 with a large delegation of club women. Among the number were Mrs. Herbert A. Cable, state president; Mrs. Robert J. Burdette, State Food Administrator; Mrs. O. Shepherd Barnum, member of the State Board of Education; Mrs. P. G. Hubert, State Chairman of the Biennial Committee; and Mrs. E. G. Denniston, California Director G. F. W. C.

At Colton where the train made a short stop, the club women in the vicinity gave them a hearty "Godspeed."
The "War Victory Fund" has taken the convention by storm. The newspapers report something over $100,000 at the opening session—We are sure to go over the top.

Leading club women from all over the State were in attendance at the Social Agencies Conference held at Santa Barbara last month—under a woman president, Miss Pearl Chase, we are glad to report the most successful conference of the Agencies.

Local delegations are so enthusiastic that many Agency organizations are being effected in different parts of the State. A decided impetus in social work is thus assured in California.

In her addresses in California Miss Mary McDowell, national authority in settlement work, took occasion to pay a high tribute to the immigration and housing commission of California and the advanced laws on the subject of housing which have been passed on suggestion of the commission. It was exceedingly gratifying to have a person of her knowledge and reputation voice this commendation of what California is doing.

In this connection it is interesting to note that the California state housing laws have been declared constitutional in a decision handed down by Judge Crothers in the superior court of San Francisco.

Attorney General Webb, in a letter to the C. F. W. C., has rendered a favorable opinion in regard to the Jury Law, giving women the right to serve on juries. Judge Curtis Wilbur has recently handed down the same opinion—The Jury Law, the validity of which has been questioned, was one of the three measures indorsed by the Women's Legislative Council at the last Legislature.

At a recent conference of the Executive Board, the Editors of The Clubwoman were asked to prepare and publish in the June number, suggestions for summer club work.

Digest of the laws relating to women and children, passed by the last Legislature, are now ready and can be obtained by writing to the State printer, at Sacramento.

In the report of the State Convention in the April number of The Clubwoman, we credited the idea of the "Victory Bell," to the woman who presented the resolution to the convention—we were in error it seems—Mrs. Gertrude Dodds Treher, of Hueneme, has the first published statement, so far as we can learn.

In the Sunday Times, of March 17th, John S. McGroarty indorses Miss Treher's suggestion, "That the mission bells on the King's Highway in California, all the way, from San Diego's Harbor of the Sun to Sonoma, in the Valley of the Seven Moons, shall be rung once each day at a fixed hour in remembrance of our soldiers in the trenches "over there," in the alien lands. Moreover, it is hoped, that all the bells in California—bells of every church, of whatever denomination, and bells in town halls and schoolhouses—indeed, wherever there is a bell—that it will be rung at this hour every day, and that, when they hear it, the people will stop and say: 'God save

(Continued on Page 34)
CALIFORNIA WOMEN'S COMMITTEE
COUNCILS OF NATIONAL AND STATE DEFENSE

Dr. Adelaide Brown, of San Francisco, Chairman, Executive Committee, 'Children's Year,' has sent out the following instructions to the County Chairmen:

The National program for Children's Year has succeeded all State Council of Defense work for children. As State Chairman of Public Health, my county committee chairmen will be instructed to turn all energy to carrying out the Children's Year program. The County Child's Welfare program is also to be absorbed in the Children's Year program and one state chairman to direct the Children's Year activities.

The Children's Year program for California will be launched on May 15th by a drive of one month on measuring and weighing of children under six-years of age. The record blanks are furnished you by the Children's Bureau, Washington, and will be sent to your address. An extra supply will be on hand in our office. This record is to be returned direct to Miss Lathrop, but for all babies under 2 years of age, we would suggest an extra card be kept in your office for our state report, and a re-weighing test every three months through the year. This card will be furnished by us.

Will you, as County Chairman, see your Chairman of Child Welfare and Public Health, divide the County between them and call them the Children's Year Committee, or unite them in one committee as seems best to you, to carry out this new program?

THE YEAR'S WORK
   b. Clean milk.
II.—Establishing of Children's Health Centers.—1. For babies. 2. Opportunities for guidance of health of child from two to six years of age, the neglected period of childhood.

WAR VICTORY FUND

When Mrs. P. G. Hubert, Chairman of the California Division of the War Victory Commission, departed from Los Angeles April 26th, for the National Convention, to be held at Hot Springs, Arkansas, April 30 to May 8th, she carried with her, to be delivered to Mrs. George W. Perkins, Sec'y-Treas., G. F. W. C., checks to the amount of $6,210.30—the donotions of the California Division to the War Victory fund, to be used in establishing army furlough houses for "our boys" in France.

It was very gratifying to have the Clubs respond so promptly, willingly and in many cases, so generously.

We realize the demands made upon individuals during these strenuous times and also realize that the more patriotic we are, the more we feel we can give to this noble and, certainly, necessary cause, for when all is given that we feel we can give, it is so little in comparison to what our boys are giving for us.

We wish to say to the Clubs that have not responded to the first call, as well as to those that still wish to aid in this great work, the War Victory Commission is still in existence and will stay in existence as long as the war lasts and "our boys" are here. Need these vacation homes in which to spend their few days, so often their last, of rest from the nerve-racking, strenuous life of the trenches.

This work has been taken over by the G. F. W. C. and must be carried on befitting this great organization of noble-hearted women.

All checks will be receipted for and promptly forwarded to Mrs. George Winslow Perkins, Sec'y-Treas., G. F. W. C., as well as Treas. for the War Victory Commission.

—MRS. F. T. BICKNELL
Treas. Calif. Division War Victory Commission.

Official address—
719 So. Hill Street
Los Angeles, Calif.
A NEW PROPAGANDA IN WAR IDEAS

By MILA TUPPER MAYNARD

To many persons it is enough to know that America is at war, they know she must be right, and their own enemies must be thrashed; but most Americans want more than this; they want to know the principles back of the War. The issues which are at stake, and the history which has lead up to this crisis.

Our men in the ranks are going to be the best fighters the world has ever seen, because they will so generally understand the struggle in which they have a part. They know the cause for which they are fighting. It is not blind faith; for most of them, it is steadfast, clear-eyed devotion to a great cause.

In the training camps they have seen to it that our soldiers were given this information, and the inspiration of this knowledge. To the men and women at home must also be fired with a zeal born of knowledge. We cannot go on with our countless War activities, giving the sacrifice and persistent devotion required of us unless our people see full circle the tremendous issues that are involved.

Miss Everts whose inspiring conservation lectures stirred this community the last month tells us that the Germans admit that the French are the greatest soldiers in the world. It is believed that they can fight so magnificently because of the French woman, and Miss Everts’ appeal was that American womanhood stand back of its men with the same courageous, intelligent devotion that has spurred on the Frenchmen.

To this end the Women’s Committee Council of Defense has instituted a new department of work in line with a similar committee of the national organization. It is called the Educational Propaganda Committee. This Committee will not overlap the work being done by Red Cross, Conservation and Financial Committees, but will limit its work to measures which will tend to give added ardor to all of these efforts by spreading in every possible way an understanding of the issues at stake in the War, the history which has led to this crisis and the divergent ideals which make this the supreme part of the way in civilization.

The aim will be to list in the headquarters of the various Councils of Defense, speakers who will be available and whose topics will together cover the chief phases of the War issues. Since speakers will not always be available in every part of the State, or for all the meetings in any part of the State, a bureau of manuscript addresses will be maintained and these will probably cover a score or more of important topics and will be prepared by men and women who are sufficiently trained both as students and as speakers to make these lecture manuscripts authoritative and yet practical in the popularity of their presentation.

It is hoped that the trained or experienced readers of every community will be enlisted also, in the work that there may be persons available to deliver these manuscript lectures as effectively as if given by their authors.

Among the authors of these manuscript lectures will be some of the most prominent names in the State—Professors, Preachers, Judges, and well known lecturers, as well as persons not well known, but equally well fitted for the work undertaken.

A bulletin announcing available lecturers (both individual and manuscript) with many other suggestions helpful to those providing programs will be issued within the next month. Application for information, for speakers or for manuscripts, may be addressed to Mrs. Seward Simons, Council of Defense Headquarters, 719 So. Hill Street, Los Angeles, California.

FIELD MARSHAL HAIG REPLIES TO QUEEN MARY

LONDON, April 30.—Field Marshal Haig, replying to Queen Mary’s message to the British army, telegraphed as follows:

“The message which Your Majesty sent to the army and air force in the name of the women of the British Empire will inspire with new strength and fresh determination the brave men from every part of the Empire, who on the battlefields of France and Flanders are fighting so gallantly for all they hold most dear.

“They who with their own eyes daily see the women and children made homeless in these peaceful and prosperous villages and towns now ruined by flames, are resolved, come what may, that their own loved ones shall not share this suffering.

“No peril is too great, no sacrifice too extreme to save the country from such a fate.

“Side by side with our gallant allies, whose wrong we felt as our own, and are determined to set right, we will persevere in this fight against all odds until victory is achieved. We are heartened by the love and confidence of the women of the British Empire to which Your Majesty’s message has given such a moving expression.”
WOMEN'S LEGISLATIVE COUNCIL OF CALIFORNIA

MRS. A. E. CARTER, President, 3002 Twenty-third Avenue, Oakland

The Woman's Legislative Council, representing 87,000 women, the largest organized body of women in the State of California held the semi-annual meeting at the Palace Hotel in San Francisco on April 12-13th, to select the measures to be referred to a referendum vote of all of the organizations, thirty-eight in number, who compose the Council. The meeting was one of the largest and most enthusiastic ever held in the history of the Council, and was attended by a large delegation from the southern part of the State, among whom were Mrs. Hester Griffith, First Vice-President of the Council; Dr. Jessie Russell, State President of the Congress of Mothers; Mrs. Robt. J. Burdette, State Chairman of Food Conservation; Miss Caroline Kellogg, State Chairman of Legislation of the California Federation of Woman's Clubs, and Mrs. M. E. Johnson, President of the Wednesday Morning Club of Los Angeles.

Seventeen measures were submitted from the various organizations composing the Council, of which eight were selected by ballot to be referred to a referendum vote of the whole body. The ballot, which will be sent out within a few days, will read as follows:

BALLOT
Referendum on Measures submitted to the Woman's Legislative Council, April 12-13, 1918.

Each organization in the Council is entitled to vote for these measures, the method of voting to be determined by the Executive Board of each organization. The three measures receiving the highest vote will be endorsed by the Council.

NOTE: The By-laws of the Council provide that "all votes upon the endorsement of measures by preferential ballot must be in the hands of the Recording Secretary on or before July First."

All marks except the cross (X) are forbidden.

VOTE FOR THREE

1. Community Property. — The husband and wife shall have equal rights in the community property during life and at death, the wife shall have the same right of testamentary disposition which the husband now has. This measure received the unanimous vote of every organization and every delegate at the meeting on April 13, 1918.

2. Reforms in the Jury Law.—(a) Jury lists to be drawn from entire electorate. (b) Limitation of time of service. (c) Limitation of time within which any person may again be called for jury service. (d) Abolition of open venire as long as any names remain upon the list of qualified jurors. (e) Reduction of exempted classes. Submitted by the California Civic League and the San Francisco Civic Center.

3. Providing for an Increase in the State fund for Elementary Schools from $15.00
Per Pupil to $17.50 Per Pupil. Submitted by the School Women’s Club of Oakland, Lakeview Club of Oakland and the Oakland Civic Center.

4.—Amendments to the State Aid and Juvenile Law. Providing for state and county aid for dependent children under 16 years of age, not to exceed $15.00 for each child in any one month. Submitted by the California Congress of Mothers and Parent-Teacher Associations.

5.—To Establish a State Farm School in Southern California Similar to the One at Davis. Submitted by the California Congress of Mothers and Parent-Teacher Associations and the California Federation of Women’s Clubs.


7.—Raising the Age of the Majority of Girls to 21 years. Submitted by the California Civic League and the San Francisco Center of the California Civic League.

8.—Establishment of a State Industrial Farm for Delinquent Women. Submitted by the California Civic League, the California Federation of Women’s Clubs and the Women’s Christian Temperance Union (North).

The following Motion Was Carried Unanimously: “Resolved, that the Women’s Legislative Council of California go on record as recommending to its organizations for their endorsement, in addition to the three initiative measures, the ratification by the State Legislature of the Federal amendment on Prohibition and the Susan B. Anthony Amendment (National Suffrage) if passed by Congress.”

The State Chairmen are:

Publicity—For Southern California: Mrs. W. H. Anderson, 4300 Victoria Park Drive, Los Angeles. For Northern California—Miss Edna Kinard, 5246 Desmond Street, Oakland. Public Speaking—For Southern California—Dr. Jessie Russell, Glendale, California. For Northern California—Miss Martha A. Iams, 1406 Arch Street, Berkeley. Membership—For Southern California—Mrs. C. E. Spence, Long Beach.

OUR DEFENDERS
Ada Kyle Lynch
Tramp, tramp, tramp, tramp,
March with the flag unfurled;
Tramp, tramp, tramp, tramp,
’Gainst the foe will our strength be hurled
Till might is made right,
And the end of the fight
Brings Freedom to all the World.
(All rights reserved.)

A PRAYER
Help me, O God to keep before my eyes
The Larger visions of this war: to be
Inspired each day by noble thoughts that rise
Of duty, honor, country, and of Thee.
Help me to think of war as one vast whole
Of human effort struggling toward the right,
Ever advancing nearer to the goal
Of freedom, from the iron rule of might.
Lest I forget, and in my sorrow see
Only the face of him who goes from me.
—Written by a Soldier’s wife.

AMERICAN
Just today we chanced to meet
Down upon the busy street,
And I wondered whence he came,
What was once his nation’s name.
So I asked him. “Tell me true,
Are you Pole or Russian Jew,
English, Irish, German, Prussian,
French, Italian, Scotch or Russian,
Belgian, Spanish, Swiss, Moravian,
Dutch or Greek or Scandinavian?”
Then he gave me his reply
As he raised his head up high
“What I was is naught to me
In this land of liberty;
In my soul, as man to man,
I am just American.”

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SEVENTH STREET AT OLIVE
DEPARTMENT OF LITERATURE C. F. W. C.

This were not 1918, almost the anniversary of our entrance into the most desperate struggle in history, nor a survey of the work of the women of California, did not the report of the department of literature chronicle interruptions, innovations, departures and "substitutes."

The initial velocity of club life has carried us across this year with marvelous momentum. Times and schedules have been observed. Committees have been kept intact—the usual number of programs of high literary value have been given; but club-women, at least, have disproved the oft-reiterated, popular fallacy that the nation does not know that it is at war. The consciousness of that seething, palpitating horror has unified us as nothing has ever done before, and at the same time forced us along many new detours when we would fain have followed the broad highway.

And so it comes that, except for the preparation of comprehensive quarterly reading lists, the third of which is now ready for the press, and the making out of courses of special study and of programs upon request, the work that has been paramount with our department chairman this year has been the dissemination of war emergency printed matter (some of which we cannot quite call literature), through the 3000 California libraries.

In these days when even our words are overworked, let us not waste them extolling the wonderful California library system. During the years in which it was being perfected much was said of its excellence, its adaptability, its opportunity for intensive work and of its complete distribution. Emphasis has been laid, time and again, upon the good library laws, the superior plan of organization and well prepared administrators. It has been the supreme test of the real value of all these things, that the librarians of California have accepted the responsibilities of War Service as easily and naturally as they did their privileges, and that, with depleted forces, they have attacked the great work in hand with a courage and determination that means accomplishment.

Now for a word on the work of the publicist in this war. There are distinctly two armies fighting this fight—that obvious army at the front would soon succumb were it not supported by the army of publicists at home, keeping the people in mind of their responsibilities, keeping alive their sympathies, touting up their courage, downing false rumors; for well we know the value of propaganda. Thousands of the brightest minds of the country are giving themselves to the work of getting together compelling material. The Government presses are groaning under it. Institutions throughout the country are contributing their utmost to arouse and awaken the people by authoritative informative literature. At the beginning of the war, much of this was misdirected and wasted. It is the province and privilege of the librarian to direct all of his talents and training toward getting as much of this information as possible to the greatest number of people possible. This is no mean task—but it is distinctly his—and never a slacker is found in the ranks. The press has been magnificent in its efforts toward publicity; but tinctured by its own particular bias, each paper has its own adherents and its opponents, and its utterances are credited or discredited accordingly. The library is authoritative. People look to it as they do to the dictionary. It is oracular. It is governmental. It can conform to a general plan and has infinite possibilities for local adaptations. Literally tons of propaganda material have passed through the hands of your department chairman this year en route to the libraries—and yet other tons have gone directly from Washington, and we are just beginning to get the system into working order. Every librarian in California has become automatically a member of the Council of Defense. Each librarian in California has enrolled in the Grand Army of Publicists. And what of the women of the California Federation? Could anything separate the

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work of California's women from that of her libraries? The librarians must have help, support and encouragement. Can we not this year abandon our "light summer reading" in favor of the library publicity work? Is not this detour warranted by its necessity? In some of our smaller communities, at least, the women of the clubs must help out.

Before leaving the subject it is interesting to note that $48,345 was raised last year through the libraries in California for books for the soldiers and sailors in camps and that there are active flourishing libraries at Camps Kearney and Fremont.

Because of the way the collection was conducted, it is impossible to say exactly how much of this sum was contributed directly by club women, but it is quite safe to state that they were the chief contributors and that without their support no campaign would have been made. At this writing another special effort is being made to collect books—but all times are times to send good books to the local libraries to be forwarded to the camps.

Returning again to the matters more strictly literary, the Book Lists seem to have been accepted with general favor, and many letters of comment have been received. Because of one recurring question about the lists, however, and because of a certain querulousness on the part of a very few as to why they may not be allowed to escape the war even upon a "literary afternoon," let us call the roll of our artists themselves and see if we do not find them, too, in the fighting line in magnificent array.

Mr. Percival Chubb, President of the National Drama League, speaking before a local center in January, said the war was a "great inventory." And literature must come into the survey if it is to be justified. Men of letters, themselves, were among the first to hear and answer the call. The war has emptied the colleges and left the chairs of professors vacant. Authors have set aside their most cherished plots and plans, and gone forth to read pages from the book of human history; pages printed in the blood of their fellow men. Granville Barker, the distinguished dramatist, in a notable address, told us that the first effect of the war was to confront the artist with the disagreeable truth that he was not a necessity in this terrible emergency, and that the only art which could be practised was the art of living nobly. The list of men of promise and genius who have already been sacrificed—nay, who have attained an early immortality—is even now intolerably long. Charles Peguy, the idol of young France, fell with a cry of exalted patriotism on his lips. Alan Seeger and Rupert Brooks and Thomas Keile, and Charles Sorley, and Francis Ledwige have gone to join "the choir invisible." And of those who remain Hugh Walpole, Compton MacKenzie and John Masefield have been stretcher bearers and workers for the Red Cross. Patrick McGill and Lord Dunsany are in uniform, and almost every well known name in literature may be found in the ranks of service. Rudyard Kipling's son is numbered among the dead; Harry Lauder has given his all.

Women have not only upheld these men but have, by the written and spoken word, done valiantly. Gertrude Atherton and Edith Wharton are in France, Mrs. Ward has used her gifts to present her country's effort to the world; Agnes Repplier has pierced the pretensions of the Pacifist and the Enemy with a pen as sharp as a sword. The poets have fashioned verses, the dramatists have composed plays, the novelists have made plain to us the reality of terror and woe.

And we, the audience—?

Have we refused to hear?

The greatest drama of our race is being acted out upon the stage of the world. We are all cast for a part in it; and there is no excuse or pardon for our refusal to learn our lines.

Only such books as deal with the precious things we are striving to save, are now worthy our time and attention. If an author has no lesson to teach, no message to bring, no ideal to uphold, no beauty to present, he has no claim to be heard. We need the contact with reality. The shocking story of human beings trodden down by ruthless arrogance, the tale of those who are desolate and oppressed, the battle, murder and sudden death—from narratives of war, such as these we must not pray to be delivered. Let us not send men away to endure an Iliad of grief, which we cannot bring ourselves even to consider between the covers of a book. Only a full realization of the cost of this war, in terms of human anguish, will enable us to comprehend the value of the ideals and principles for which we fight. And part of the price we must pay, in demobilization of the screens we would fain erect between ourselves and the arena in which the struggle rages. The complaint that these books harrow our feelings comes ill from those who reap the benefit of heroism.

Literature is our "substitute" for Life, and Life is today an epic of high adventure, splendid deeds, magnificent fortitude and glowing courage.

We are making history: let us read what is written—written in blood and tears. And let us read for the future which we hope to construct.

We have much to learn from the past of the associate countries; the threads of their destinies will, henceforth, be woven into the pattern of our lives. We have to cultivate and cherish the possessions which we are left to guard at home—treasures of lofty thought, unsullied purpose and forward looking vision. Books which can teach us to "take occasion by the hand and make the
bounds of Freedom wider yet”—only these, today, are worthy to be admitted as Literature.

In a modern book of essays there is a valuable preface, from which I quote: "The plain truth is that this war has taken the pen out of the hand of the few and put it into the hand of the multitude. The only fiction which remains tolerable at all is that which speaks in a clear voice to some direct human needs created, or re-emphasized by the war. The only standard of criticism worth raising is the sum of those very needs. Thus the war becomes a critic and the only critic of enough scope and candor to meet the requirements of the hour."

War is the great satirist, the great cynic, more than all now, in a world so shrunken that we must all live at the center of it. A destroyer—this war—and a leveller (a teacher of unfaith): a testing scourge for men and movements, for ideas and creeds. Many things we shall never countenance again on the old terms, many other things have dropped quite out of mind. Nothing can survive except by multiplying its claims and paying a price for survival. The war (indiscriminately wrecking) has taught us to discriminate. Some things more precious than we had known we must cling to more fondly because they are threatened. Whatever appears beautiful now, is beautiful, has something of the eternal in it.

The flood of history is at the full, broken over its dikes—and raging. If our whole consciousness is not drenched with that, if we have the heart in the midst of it to sit in our comparatively safe place, apart, with a detached and idly curious glance for the red tide that rises, if we feel no insistent demand to revise the standards and values we have lived by, to ask in a new way the worth of the things we do, and whether there is any solid ground under our interest in them; in short, if we can still go on in the old placid ways—then we are indeed "Little folk of little souls."

It is certain that if Meredith was still a part of the English world, he would see a target for cold scorn in the spectacle of some persons trying irresponsibly to enjoy the fine fruits of the heritage of race, language and tradition, just when the tree that bore those fruits is being all but uprooted. "All right to use life, and the one secret of life," he said, "is to pave the ways for the surer footing of those who succeed us."

And so, the women of California will read books about the war and more books about the war, and when our men come back to us (God speed the day!) they will look at us with eyes that have beheld impossible infamy and infinite heroism, and we shall meet their eyes, steady and unafraid, with a mightier pride, because we have understood.

FRANCES M. CARLTON HARMON,
State Chairman of Literature, Cal Fed.
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DAY AND EVENING CLASSES
PUBLIC HEALTH AS A WAR ISSUE
MARY B. RITTER, M. D.

This year it is possible to think of Public Health only as a war issue—as a condition which will help to win—or lose—the war. It goes without saying that anything which reduces the strength of our soldiers, incapacitates them for their strenuous life, by so much militates against our chances to win this struggle for freedom—for all we prize most highly in life.

The present menaces of the soldier are tuberculosis, alcoholism, and the two venereal diseases. These three issues face us squarely. The battles against tuberculosis and alcohol are already on. All agencies for combatting tuberculosis must be vigilantly kept up and increased, for despite every effort to overcome it, the exposure, the trench life, the terrible ordeals, physical and mental, are bound to augment the ratio of victims of tuberculosis. Hence all forms of anti-tuberculosis crusades are as necessary war-relief measures as are the missions of the Red Cross to those wounded in battle.

As to alcohol, national prohibition seems to be not far distant, but we must not relax our vigilance nor our efforts for its attainment.

Alcoholism as alcoholism, a definite diseased condition, is not so imminent a menace to the soldiers as its insidious influence in undermining resistance to disease and resistance to temptation, to vice. Every social agency recognizes that liquor is used by all the forces for evil which endeavors to break down or lower the morale of men, at all times. As its results, if we study the statistics of crime, of insanity, of feeble-mindedness, et cetera, we find that alcohol leads the list of causes in all forms of delinquency.

Next to alcohol as a cause for both moral and physical degeneration comes syphilis, the more severe of the two venereal diseases. With the advance of scientific knowledge, society is beginning to recognize that the so-called social evil is not a case of social propriety, but of highly contagious and destructive diseases, and that they can be fought and vanquished only in the open by squarely facing the issue. To appreciate this, it is necessary to understand how these diseases affect society.

Syphilis besides being loathsome and highly contagious in its early stages, is recurrent and has a particular fondness for the tender nervous tissues, the brain, and the spinal cord. Next to alcoholism, it leads in filling our insane asylums. It is also a cause of mental and nervous breakdowns of men in middle life. Softening of the brain, paresis, the various forms of tabes and chronic paralysis, are almost universally due to it. Being directly heritable, thousands of children are born with it: many of them still-born, or die in early infancy. If we would reduce the terrible mortality of infants, which the Federal children's bureau reports, we must eradicate syphilis from our midst.

The so-called lighter disease—gonorrhea—is lighter for men, but virtually is incurable and the lingering catarrhal condition is always contagious. Innocent wives pay the penalty here. When a student in Germany, I was assured that 100 per cent of all operations peculiar to women were due to gonorrheal infection. In this country it is reckoned at 75 per cent. Sterility is largely due to it. But again the innocent children are the worst victims for almost all infantile blindness is due to infection during birth. Can we allow this to go on and thousands of babies be doomed to eternal night because of our social laxity?

Let us frankly ask ourselves what are the social conventionalities which aid and abet these diseases of disrepute? They are (1) the double standard of morals for men and women; (2) the natural result of this double standard—a system of legalized or tolerated prostitution of young womanhood—for prostitutes rarely live to be middle-aged. (3) The licensing—for municipal revenue—of dance halls, cabarets, and saloons where liquor is served, and where youths of both sexes often take the first downward steps leading into the deeper pits. Were we to ask "How has this tolerance of a double standard of morals arisen?" I should reply it has not arisen—rather civilization has not yet outgrown it. It is a remnant of primitive usages, of barbaric practices before the family unit was developed by mankind.

This tacitly recognized license for men to break the moral law has necessarily resulted in a "supply" of women and girls to meet the "demand" for illicit sexual indulgence and the black spot upon our so-called civilization—the licensed and protected system called prostitution, has resulted.

As a consequence, at this time when hundreds of thousands of our finest men and boys have been torn from the restraining influence of home, from wives, mothers, sisters and sweethearts, taken from their businesses, their college courses, from all the occupations and activities to which they are accustomed, and herded together by tens of thousands, good, bad, and indifferent, together, with their fighting instincts stimulated to the Nth degree, these men in their leisure hours are turned out upon the streets of a strange city to find entertainment and drive away their loneliness. And what do they find?

Although the Red Light districts have been almost completely levelled by the defense efforts, other districts of that system simply swarm to the cities near which the soldier boys are encamped. Not being licensed, they become only the more wily in their methods, and virtually the soldiers are beset on every side by temptation and vice. Our cities are struggling with the situation but not very effectually as yet. Good things are accomplished.
but they are as drops in a bucket. The entire communities, especially the women of our land, must awaken to the menace and help solve the problem.

Heretofore when a community has assumed a virtuous streak, they have driven these poor creatures from their midst, but driven them where? Just somewhere else—to continue their operations. As nearly every prostitute is a source of venereal infection—is a victim of one or both of these diseases—this method only spreads the infection. Definite plans for eradicating the sources of infection have seldom been seriously considered. Steps in the right direction have been made by several of our cities. Hospitals have been opened where arrested prostitutes are sent for treatment. But a few weeks medical treatment and moral training will neither permanently cure nor reform the victims. If then turned out upon their own resources, it will usually mean a return to their former mode of life, and very little will have been accomplished.

If we are rational beings, we must recognize that in some way they must be prevented from again becoming vultures, preying upon our men. What can be done? Some plan of segregation must be formulated. They must be interned until such time—if ever—that they can become self-supporting in some honest way.

Roughly speaking, these unfortunate women can be classed in three groups: (1) Those who are fully endowed mentally and follow this life for monetary ends and are conscienceless in ruining both men and other girls. These are vicious—are criminals and must be handled as criminals—incarcerated with indeterminate sentences—segregated entirely from the opposite sex and from the world in general until declared safe to be at large by proper authorities. The opposite extreme comprises the larger class—the mentally deficient girls—girls with adult and perhaps attractive bodies, with the natural sex instincts fully developed, but not counterbalanced by intellectual or moral attributes; with minds that have never developed beyond the 8, 10, or 12-year old stage. These morons and mental deficient are in large measure the victims—yes, victims of alcoholic and syphilitic parents—victims of the sins of the preceding generation, and likewise, usually the victims of environment, born where poverty and vice prevail. They are to be pitied intensely, they never had a fair chance, nevertheless having become a public menace, a source of virulent contagion, the public must be rescued from them, and they in turn must be cared for in a segregated life by that same public.

In brief, after proper hospital treatment, they must be segregated in farm colonies where they can lead healthful lives, learn farm industries and handicraft as well as some book knowledge, and housework under efficient teachers. In other words the girls should do the house and farm work and lead as nearly normal productive lives as is possible with their deficient mentality.

(3) The third or middle class is the hopeful class, as the middle class usually is in any stratum of society. Those are either high grade morons or girls with ordinary intelligence who, by force of circumstances in one way or another, have been engulfed in this vicious whirlpool. Many of this class have not entered the life willingly and a goodly proportion can be rescued by proper methods. This method is again farm colonies, with schools of various kinds to give training in the branches that will fit them for the struggle with life. The plan must be progressive—advancement from house to house for good behavior and merit, until self-government is attained; there a probationary period of work in situations secured for them where they are under supervision. Many of these
moved from our social conventions—we must have but one code of honor for men and women alike. An outlaw must be an outlaw whether it be the civil or the moral law that is broken, and regardless of sex. Surely this war—this terrible ordeal through which the world is passing will lift our civilization to a higher level—will make us discard the barbaric practices which have clung to us in our upward progress—will place us upon the sure foundation of a single standard of morals.

EXHIBITS AT EBBELL CLUB HOUSE DURING STATE CONVENTION, C. F. W. C.

By MRS. F. I. BAMFORD

The exhibits made by the city and county Libraries were evidence of the splendid work the Libraries of California are doing in war work. The Government pamphlets on food conservation and production; the grains that can be used instead of white flour and also the fats; recipes in the form of bulletins and tried recipes catalogued and printed on cards; Liberty Loan and Red Cross posters and literature; War Saving Stamps slips and Liberty Loan slips, which are put into each book issued; the candies of the Lyle Shop, which save from 10 per cent to 50 per cent of white sugar, and some made entirely of other materials, were some of the exhibits.

Some of the special work done by the county Library, not lending itself to exhibit, ought to be mentioned here. The Americanization of foreigners seeking naturalization is being pursued vigorously. Their names and addresses are obtained from the County Clerk and their circulars giving lists of books helpful in passing examinations for citizenship are sent to them.

The Book Drive in Alameda County was another bit of splendid work, managed by the County Library. The drive netted thirty thousand books from Alameda County, not including Berkeley.

The American Library Association asked for a million dollars to extend their war work and received three hundred thousand over the amount asked.

The Libraries are surely "mustered in" and are doing a large part in winning the war.

The Botanical Society arranged a wild flower exhibit of twenty-five varieties from Marin and Alameda Counties. These ex-

(Continued on Page 34)
NORTHERN DISTRICT CONVENTION

HELD AT RED BLUFF, MARCH 6-7-8, 1918.

A thousand thousand welcomes was expressed with streaming banners, spring blossoms and smiling faces by the Red Bluff Women's Improvement Club as it welcomed the Northern District Federation of Women's Clubs to its hospitable city for the 16th annual convention of the Northern District. A splendid program had been prepared by the program committee and the delegates were in an appreciative mood. All those in attendance seemed to realize the common interest which brought them together, realized it more this year than ever before. From the singing of the Star Spangled Banner at the opening of the Convention, to the singing of America at the close, the dominant thought was how to give more, to get more to "my country." The addresses of welcome and the responses showed the spirit of fellowship and good will. The reports of the officers indicated that the year just closed had been prolific in patriotic accomplishment and federation endeavor. A year of wonderful opportunities recognized and developed.

OPEN FORUM

Mrs. E. D. Knight, our beloved past state president, was the first speaker and in concise, logical style, presented the plan of War Savings Stamp and Thrift Societies. The Red Cross work was explained in detail by Mrs. A. L. McLeish of the State Department. In her business-like uniform of grey and with suppressed emotion she told of the needs and the demands of this organization. The knitting needles flew faster and idle hands became restless. The Y. W. C. A. work was presented by Mrs. Annie L. Barry in the absence of Miss Mary I. Bentley and touched a responsive chord in all who are interested in this wonderful work. Our own Mrs. Edward Stanwood spoke on "The Value of Departmental work in Clubs" and proved conclusively that the successful club is the one that handles every phase of woman's interest and activity. That a club so organized appeals to the community and makes for unified club loyalty.

PUBLIC SERVICE HOUR

Under this head the reports of the chairman of Industrial and Social Conditions, Public Health, Legislation and Civics; and the speaker, Mr. Harold F. Gray and Mrs. A. L. Barry. These departments are flourishing and the reports showed vital interest and concern for local problems. Mr. Gray's address on "Urgent Health Problems of Northern California," was a direct challenge to the club women of his district to enforce existing health laws. Mrs. Barry in her own inimitable way drew conclusions of "Conservation and conversation." It developed the fact that there might be too much conversation about conservation and that a little conservation might be productive of better results.

THE EDUCATIONAL HOUR

This was perhaps the heaviest program of the convention but after the delightful luncheon by the High School Domestic Science department everyone was happy and ready for a long program. After the report of Home Economics, Mrs. Robert Burdette gave an address on "Mobilization of the Household." This was the first opportunity the women of the Northern District had had to hear Mrs. Burdette and their intense enthusiasm nearly caused her to lose the train. After a hard night of traveling arriving at 5:00 a.m., and then planning to leave at 3:00 p.m., Mrs. Burdette's words showed her consecration to the service, as she said, "If I am needed, there is no thought of rest. My few remaining years are at the service of my country." Mrs. R. W. Seagee's report for the department of Education was a strong plea for Americanization and this was followed by an eloquent plea of Governor Stephens along the same lines with the subject, "Problems of the War." The Governor was introduced as the "Leading club husband of the State, and at the conclusion of his address the audience arose as a tribute to "the power behind the throne."—Mrs. Stephens—Governor Stephens was the first on his feet, saying, "He needed no invitation, but that he knew when to stand. Mrs. S. E. Mack's report for the Child Welfare Department was of intense interest for this is truly the day of the child. War problems have emphasized the need of preparedness in child welfare and conservation. Mrs. Mack presented logical arguments why it would be advisable to coordinate the existing agencies of child welfare and advocate a children's bureau of the State of California that would more efficiently handle this work. Miss Amy D. Steinhart's subject, "Child Welfare in California," developed this theme, until everyone was most enthusiastic about the Bureau, notwithstanding the eloquent arguments against it of Dr. Martin Meyer of the morning.

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CONSERVATION HOUR

Conservation of forests, waterways, history and landmarks was reported by Mrs. L. J. Dorundy of Placerville. Birds and wild life was reported in writing by Mrs. P. B. Joss, of Sheridan, and Country Life by the State Chairman, by Mrs. M. B. Church, of Nevada City. Mr. John L. Chambers gave a splendid address on Financing the Government which gave an insight into the "wheels" of the machinery and the great need of judicious apportionment and budgeting. Dr. M. S. McNaught, who is so popular with the rural work on account of her sympathetic understanding of rural school problems, spoke on "The great world war and its effects, present and future, upon education." Her talk was instructive and prepared the women to meet the great charges that are bound to come and come soon.

HOUR OF ART

The reports of the chairman of music, art and literature were interesting in that they showed the solace of the arts in times of distress and peril. "The art of Belgium," an address by Mrs. J. B. Hughs of Oroville, a past chairman of art, was particularly interesting. Mrs. Miller's report of music showed remarkable interest during these strenuous times and a ripple of surprise and pleasure was evinced when she announced the Auburn Improvement Club as the winner this year of the Walton Cup. The report of the Department of Literature by Mrs. E. E. Seltzer, was followed by one of the most patriotic and thrilling addresses of the entire convention. Mr. Harvey B. Miller, of Sacramento, spoke on "The Challenge of the World Community." He spoke of the period of reconstruction that must follow this war and how other countries are preparing to meet this very serious future condition. And he told of the great vocational schools for the re-education of the crippled.

THE FEDERATION HOUR

Federation Extension and Emblems was reported by Mrs. C. L. Donohoe of Milues. Three new clubs were admitted and one old one reinstated. The Press was handled by Miss Sally Mulligan of Auburn. Her appeal to club women's interest in the "club woman" resulted in over 100 new subscriptions. Mrs. Bradford Woodbridge engaged the sympathies of the delegates in the "Cora E. Jones memorial" for crippled children. Miss Susan Smith, of Sacramento, in her usual clever style, spoke on "The Country as a unit for service." The delegates were very much interested in Rural Districts the idea of the county as a unit for service is becoming popular, as the need becomes more apparent. "War Measures and Purposes," by Mr. Max Thelen, was the climax of this great patriotic convention program. In a deep ringing voice he drew the analogy of the wars of 1776 and 1917. In part he said, "The issue that now confronts us is the same as that of 1776, freedom or liberty from the rule of another nation, and the outcome will be a survival of the fittest, which will be the United States and her allies triumphant over autocracy and militarism."
a welcome diversion from strenuous work. Mrs. Donohoe graciously presided and the numbers were all splendidly rendered. Perhaps the greatest treat was the singing of Mrs. P. L. Hamilton, of Chico, who possesses an unusual voice of great range and wonderful sweetness. The last night was given over to comedy, pure and simple. "Billy's Bungalow" was staged by the young people of Red Bluff. Splendid talent and careful training produced a most creditable performance.

Each session was opened and closed with some musical selection. The local board provided this, accepting the services of the musical talent of the neighborhood. Every member contributed in no small manner to the success of the convention.

THE LOCAL BOARD

Too much appreciation cannot be expressed of the efforts of the women of the Red Bluff club. Such harmonious work was certain to be crowned with success. They were "on the job" before, during, and after the Convention and at all hours of day and night. One wondered when they ever slept.

ART EXHIBIT

The Northern District is justly proud of its Art Exhibit which was on display in a room adjoining the Convention Hall. Composed of thirty-seven copies of famous paintings and two original paintings, there was something to please the eye and taste of each spectator. The book of explanation was in great demand, and Mrs. Campbell in charge of the Exhibit was fine in her efforts to present each piece to the best advantage.

EXECUTIVES

Mrs. Campbell presided at most of the sessions of the convention, with Mrs. A. L. Barry parliamentarian. Mrs. L. C. Barrentine presided at two of the sessions and the delegates were favorably impressed with the very apparent ability of the future aspirant to the presidency. Mrs. Ircast and Mrs. Schilling the 3rd, vice-president, assisted ably in conducting speakers to the rostrum and looking after their welfare while they were in town. Great regret was expressed at the unavoidable absence of our beloved fourth vice-president, Mrs. Narch. Mrs. R. Skinner, in her usual efficient manner attended to the minutes and the reports—one of the most arduous tasks of the convention. Mrs. Ben Tabor, the Convention Secretary, shared the secretarial desk and took care of all the convention correspondence. Mrs. J. I. Wright, treasurer and chairman of the Credentials Committee, was a very busy lady indeed, but the credentials were handled in a most efficient manner. The Transportation work was in charge of Mrs. G. P. Dillon and the uncasing fifty certificates were quickly signed the first morning of the convention.

RESOLUTIONS

The Resolutions committee presented four resolutions which were passed unanimously without discussion. National Prohibition was the first to come before the convention. All seemed to be familiar with this amendment and very much interested. The second resolution endorsed the candidacy of Mrs. Josiah Evans Cowles for re-election of the G. F. W. C. Every California woman is proud of the record achieved by Mrs. Cowles and are most anxious for her re-election. The Children's Bureau Resolution had been fairly well thrashed out before the convention. The strongest "Convention" speech was presented by Dr. Martin Meyer, president of the State Board of Charities or Correction. He spoke eloquently and forcefully, and all were glad to learn more about the work of this important Board. But his address as an argument against a State Children's Bureau was not convincing for the resolution passed without a dissenting vote. The courtesy resolutions were also passed. The late Mrs. Annie K. Bidwell, of Chico, was to have presented the Invitation of the Chico Clubs for the next convention. Her illness made this impossible and at the request of Chico club women the invitation was made by the President, Mrs. Campbell. Their invitation was endorsed by all the civic organizations of Chico and many private concerns and individuals. Chico is a beautiful little city and the indications point to an enthusiastic convention for 1919.

"Must Woman Ever and Man Never Forgive?"

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DO NOT KILL THE GOOSE THAT LAYS THE GOLDEN EGG

By H. S. CARROLL, Sales and Advertising Manager, The Broadway Department Store

—There are many public speakers today who, without giving the matter serious consideration, tell us that we must—wear our old clothes, buy nothing new for our homes, give up all amusements, deprive ourselves of all pleasures.
—Let us see how this affects the general community.
—When we stop buying certain lines of merchandise, the retail sales are affected first. The sales force is then curtailed to keep down the over-head expense. The wholesaler's business is taken from him, he in turn, does away with his working force, and, if he is a maker of one line of goods, he may suspend entirely. Production is curtailed. In fact, all down the line business is affected.
—We will say that an article sells for $3. True, you, as an individual, save $3. But look at the line of industries that have been disturbed. Look at the number of employees who have had their salaries stopped.
—Does the means justify the end? Will not the buying of Bonds or Thrift Stamps be affected materially?
—We will say that the Government is to spend $15,000,000,000 this year in building ships, in making ammunition, in making uniforms for the soldiers, equipment, etc. Now then the men who are employed at this work are paid higher salaries than were ever paid in the history of the country. They are able to buy Liberty Bonds and Thrift Stamps and they'll have a generous surplus. Should they stop buying? It doesn't seem reasonable that they should.
—The experience of London, England, teaches us that business has kept on an increase since the war began.
—This nation wants us to increase the production of foodstuffs and conserve what we are already producing.
—It seems to me more reasonable that we live within our means, according to our standards of living—buy the things we need as we have always bought them, but to conserve on the things that are of essential use in the conduct of the War.
—We must keep the wheels of Commerce in motion, the busy factories, the mines, the farms, that people may be employed and money kept in circulation for the channels of trade.

—President Wilson said, in one of his messages, "It is evident to every thinking man that our industries, on the farm, in the shipyard, in the mines, in the factories, must be made more prolific and more efficient."
—We need prosperity in war time, even more than when we are at peace.
—War does not have an evil effect on business. It is the lack of confidence and false economy that hurts. Business furnishes the sinews of war, and when this country is prosperous we can easily finance our war costs as they come, with plenty left over to assist financing the cause of the Allies.
—But, this country, unprosperous, with business halting, money hoarded through false economy, will be hard pressed to exist.
—"When we study the Nation's business carefully, resolving it to basic elements, we must reduce it to four factors, under normal conditions.
—These are the consumer, the retailer, the jobber or manufacturer and the bank. Further "the flow of trade exchange is an endless, rotary chain between these four factors," says Carl H. Fast, in a recent issue of Women's Wear.
—We are told that the non-essentials should be curtailed. This is true, possibly, but who is to tell us what is the non-essential and what is the essential?
—The Government, yes, surely,—and the Government will tell us when that time comes. Already the Government has what is called a "War Finance Corporation," which shall have power to issue several billions of Bonds, secured by the property of the essentials war supply corporations, which it is forced to finance.
—Every dollar of the Nation's credit power must be available for Government use and kept from the non-essential direction of industry and commerce. Money will be loaned only to the essential industries. The non-essentials will have to give way.
—When our Government has taken the pains to create this War Finance Corporation, is it policy for individuals to take upon themselves the calling of this and that line of merchandise a non-essential? We will know quickly enough when a line is not an essential, for the line will gradually disappear from the market.
—Does it not seem reasonable, then, that we should buy the things that are to be bought, for the fact that they are permitted to be sold is sufficient reason for us to consider them, up to the present at least, essential.

—It is a patriotic duty for everyone to help keep the everyday channels of commerce open.

—The real patriotic economy means the elimination of waste and extravagance. A conservation of our natural wealth, health and energies, but it does not necessarily mean the lowering of our standards of living.

BUSINESS AND THE WAR
(From "Transportation")

Newspapers continue to print interviews and editorials in opposition to the position taken by Frank A. Vanderlip, president of the National City Bank, in his war savings campaign remarks, in which he has said in so many words that the buying of any article that will not advance our interests in the war is unpatriotic. Bankers and other students of economics disagree with this stand, taking the ground that success in the war will come by greater and not less production, although all give great credit to the honesty of purpose which has prompted the remarks of Mr. Vanderlip. The Mechanics and Metals National Bank says: "We confess ourselves not a little troubled over one aspect of what is ahead in the United States. We refer particularly to the program of converting American industry from a basis of things non-essential to war to a basis of things like guns and ammunition. It is right to urge thrift, and it is thoroughly patriotic to suggest a wholesale transfer of the nation's energies away from the satisfaction of personal wants to the satisfaction of the wants of the nation. Never before was the need so imperative to reorganize our business. The nation needs guns and ammunition. It needs labor. It needs coal, locomotives, railroad cars. It needs ships. There is no gainsaying all of this. But at the same time there is no gainsaying that the nation needs business stability. Never before was it so necessary for us to have good business of a general description."

S. W. Straus, president of the American Society for Thrift, says: "The tendency on the part of many of our citizens to practice indiscriminate economy at this time is regrettable because of the danger of injustice to legitimate business enterprises, without any benefit therefrom to our government in winning the war. Furthermore, it is regrettable because of the possibility of fostering a popular misunderstanding of the true meaning of thrift.

"This condition, if it were to continue, would tend to discount the valuable lessons in the sensible practices of thrift which we as individuals and as a nation must learn from the war.

"We must bear in mind that money is just as essential in winning the war as food, ammunition, and guns. Any condition, therefore, which tends to halt business, transacted along conservative lines, and stop the flow of money through the customary channels, saps our financial power.

"Money, lying dormant, is cold metal—nothing more. Money is merely a symbol of wealth. It has no value whatever excepting when in circulation, or when used as a basis of credit. Real wealth is only that which money can buy.

"We must differentiate between the elimination of waste and the withholding of money from legitimate business. We must remember that what is one man's luxury is another man's necessity, jointly creating a transaction on which business and employment depend.

"All our people are united on the point that war requirements come ahead of private considerations, but we need not feel that it is our patriotic duty to create an epoch of receiverships and cripple the business of manufacturers, theaters, artists, musicians, dressmakers, tailors, jewelers, small shopkeepers, and the millions of our citizens whose livelihood is directly or indirectly dependent on so-called non-essentials. If an era of receiverships is precipitated through the dissemination of doctrines of destructive economy a popular misconception of thrift will be created and the thrift movement in

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this country will be retarded for many years to come."
Frank A. Vanderlip in a recent interview took a different view when he said: "The problem of America is to speed up its productive machinery to the highest possible limit. If the output of products is as large as the government's program requires, the earnings of the people will be large enough to supply the treasury with money for the payments. The appeal for economy does not mean that less business should be done, but it does mean that every possible ounce of working power must be devoted to the national purposes."

BUY AND HELP THE GOVERNMENT

By HENRIETTTA R. KAPP

BUY LIBERTY BONDS.
BUY WAR SAVINGS STAMPS.
BUY HOMES, HOME FURNISHINGS, AUTOMOBILES.
BUY CLOTHING.
BUY GOOD FOOD, NOT NEEDED BY THE GOVERNMENT.

Keep the channels of business open, the Nation on a substantial, economic basis and thus help win the War.

Keep up your courage. The Courage was never more prosperous than now, employment being open to more men today than ever before, who are ready and willing to work.

American people must as a vast unit give a service that means to the Nation, in Liberty Bonds and War Savings Stamps, but a service of conscientious right thinking, a service of time well spent, of concentrated force and energy in efficiently working in the particular niche in which they find themselves.

The arteries of business must be kept open, must flow on with even greater health-giving vitality, that the life blood of our Nation may not be hampered or impaired in this GREAT WORLD STRUGGLE.

The American people must raise their ratio of service and earning power to a higher standard, must be capable of a larger helpfulness, must be self-sacrificing enough to save what the Nation needs and have a purchasing power able to keep at highest speed all our industries, that the whole economic system may not be blocked, from the manufacturer of a product to those who buy, sell, handle or deliver this product.

There has never been a time when Science has played so important a part. Every particle of production and consumption are utilized today. Not only raw materials but their by-products heretofore unused are now as important a feature as the material itself. From kelp we are obtaining iodine and potash in large quantities, the latter so helpful in war productions. We are even making of paper most durable and artistic furniture, known as Fibre-Reed.

We are all striving for some phase of happiness and we need to pour into the world of thought a confident faith in the ideals our Country is striving to maintain. We can satisfy this search for happiness to a degree by carefully studying the distinction between NEEDS and WASTE. We must at this time deal with the needs—

Popular Song

"California, Where Dreams Come True"

is offered "on sale" to any federated clubs.—One-half of the net proceeds to be retained by club for any fund desired. Sung at two recent conventions. For information address

ETTA EMLAY PIERCE
R. 1, Box 18, Roseville, Calif.
DISTRICT NEWS

NORTHERN DISTRICT
To the "Club Women:

Our President, Mrs. Cable, wished me to make a report to the Clubwoman on the work accomplished during my administration.

In accordance with her request, I desire to say that I am well pleased with what has been, as our's is a small club in a small community.

The first result achieved was the presentation to the Dutch Flat School of an American Flag;
Second—a donation to the Red Cross;
Third—donation to the Home Town boys, who are going "over there";
Fourth—donation, our quota, Placer County Library Fund, for soldiers;
Fifth—donation to Red Cross.

We have for some time been planning on giving our Dutch Flat School a piano, not perhaps a new one, but one for about $150.00. We have, at present, some money for that purpose and we intend to give a concert to raise the rest of the needed amount. My daughter, Madame Jelica, a well-known concert singer, has kindly consented to donate her services for this occasion and will also bring a violinist and pianist with her, from San Francisco. We would like to ask that as many of the Northern Federation attend as possible, as it will be a nice automobile trip for many and will help in a worthy cause. The children have only an old organ and cannot have their little dances and community sings. It would give me great pleasure if they could have this much-needed piano before I retire from the Chair.

Very respectfully,

AMELIA C. COUGHLIN,
President, D. F. Civic Club.

SOUTHERN DISTRICT
MYRTLE V. STUELKE. Chairman

The Woman's Club of Indio has devoted most of its time and work during the present year to the Red Cross.

We donated $324.00 to the Red Cross, are now planning an entertainment to be given the 3rd of May, the proceeds to go for Red Cross work. We have bought and paid for a $100 Liberty Bond, and have adopted a French orphan for the period of one year.

On Saturday, April 27, Mrs. Florence Schoneman, State Chairman of History and Landmarks, spoke before the Santa Ana Ebell, on Spanish Customs and Manners in California.

Senorita Elevita Sepulveda, the granddaughter of a Spanish Don, gave a group of Spanish dances, in costume, the same as she presented at the State Federation in Oakland.

Mrs. Florence Dodson Schoneman of San Bernardino, held a most successful Convention of San Bernardino County Federation of Women's Clubs at Upland, Monday, April 29. Mrs. Schoneman has proved so efficient in her work as president of her County, she was re-elected.

SAN FRANCISCO DISTRICT
MRS. W. C. MORROW, Chairman, San Francisco.

Report in part of Dr. Mexicana Bustola, Chairman of Child Welfare Department of the San Francisco District, as given at the District Convention:

The Child Welfare and Health Department of the San Francisco District, C. F. W. C., did its best this year to keep up the interest and enthusiasm of our people in home matters, overshadowed as they are by Red Cross, National War Work, and Allied Relief Work. It is very important that we keep up our own "morale" here at home. The health of the babies, of the children, and of the adult community is of prime importance.

SAVE THE WHEAT

The Food Administration is striving at every turn to divert the demand for white flour to the coarser meals such as corn, oats, rye, etc. They asked us for a cracker that would save more wheat. SWASTIKA Master Bakers answered with these new crackers that are wholesome, energizing, delicious! We have named them WHEAT SAVERS. WHEAT SAVERS are real wheat savers—they are made from a blend of cereal flours that live up to the true spirit of Conservation. And the same skill, the same spotless surroundings, that make all SWASTIKA PRODUCTS so good, are responsible for the goodness of WHEAT SAVERS.

Pacific Coast Biscuit Co.
MEASURES TO SAFEGUARD THE CHILD.

A circular letter was sent to every Club, setting forth the necessity of sustaining the proper diet of children, and that the greatest assistance could be given the Government by looking after the young. Each Club was supposed to interest itself in the young life about it. Many have done so. Many Clubs outside of our district have sent for information and assistance, which have been cheerfully given. San Mateo Woman's, The Vittoria Colonna, Mesa Redonda, Laurel Hall, Corona, ToKalon, Mills, Palo Alto, Saturday Afternoon, Santo Rosa, Gilroy Civic, California, Forum, Hypatia, and Eureka Women's Clubs have done Child Welfare Work.

CHILD WELFARE WEEK

One of the biggest things that the Federation of Women's Clubs has ever undertaken is the Child Welfare Week. The Clubs in general should take a keener interest in this great work. Some Clubs are doing a tremendous work, but others are lukewarm. May I issue this word of warning: unless you do take up this work with your whole heart, you will lose it entirely. Many other organizations stand ready to take it and are anxious to get hold of it. There is enough work for all organizations to do, but this phase of it has been placed in your hands, and greater effort and greater enthusiasm should be manifested.

CHILD EXAMINATION

The work of the examination of children falls entirely upon the doctors. They are unselfish in their assistance, but this year we did not have so many to help as last year. Many are in the army and those at home have more to do. The Children's Hospital, Stanford Medical School, University of California Medical School, Mount Zion, and Hahnemann Hospitals sent physicians and nurses on their staffs to assist in the examinations. Many physicians were on duty in their work. We had one paid nurse who assisted every day.

My Committee of Club women worked splendidly and well, but we all agree that Mrs. Charles F. Lewis should be especially mentioned for her untiring efforts every day and all the day.

Mrs. Clarence Leavy acted as Secretary of Child Welfare Work and did good work.

Five hundred (500) children were medically examined, and two hundred (200) given dental care. We had all kinds of babies-white, yellow and black. They came in singles and doubles. There were healthy babies and sick babies, fat babies and thin babies, well-fed babies and half-starved babies. One, two years old, was deaf and dumb, and its mother was not aware of the fact. One mother when questioned said with pride that she bathed her boy every three weeks. I did not doubt her work; her statement was child-evident. A grandmother who did not approve of her daughter-in-law's methods, brought two very dirty children. She hoped the Committee would do something to bring about a change in the household. She wanted the Association for Prevention of Cruelty to Children notified. A mother with a crying, irritable baby, came to see what ailed it. The baby was covered with eczema; it had scratched itself and was bleeding in several places. Another child appeared whose mother wanted to know why it "was different" from other babies. It was deficient in intellect. Questioning revealed that the father is a drunkard. Another baby bore symptoms of syphilitic parentage. There was a large number of perfectly beautiful babies.

During the Child Welfare week of the past years, we encountered one obstacle. Many mothers asking for copies of the records made on babies were disappointed because they were not to be had. It was impossible to supply extra clerks to do this work. This year, it was suggested by Miss Wittenmyer, of the Mills Club, that score cards be printed in book form with carbon copies. This was done. The examination of the child was made by the physician and the record with copy taken by the assisting Club woman. A copy thus made was given to the mother, much to her satisfaction.

"PRACTICAL DIETARY FOR CHILDREN"

In these past years I have felt more and more that if simple hygienic laws were obeyed and a correct diet followed much illness could be avoided. Six years ago I sent out a circular on feeding, but I felt that a booklet would be fuller and easier to keep. Accordingly, I asked Dr. Holsclaw and Miss Mary B. Vail to assist me in preparing such a booklet. Each one of us worked up one-third of the book; I took the business end of it also. Feeling that such a booklet was not only conservative of food, but is also constructive work of the best kind, I asked the Federal Commissioner of Food Conservation, Ralph J. Merritt, to write a letter of introduction. His letter is found in the booklet.

The booklet is being asked for from every quarter, and mothers seem to find it a practical answer to their questions on feeding. The committee decided that the booklets should be distributed free to mothers during Child Welfare Week. If any club or other organization desires any, they can be procured at ten cents apiece in quantities not less than two dozen. One thousand copies have already been distributed.
LOS ANGELES DISTRICT
MISS BESSIE H. CARRICK, District Chairman of Press
WAR WORK OF THE LOS ANGELES TRAVEL CLUB

Adaptability, the American woman's strongest characteristic, has made it possible for her to conform quickly to changes in club ideals, due to the war. Clubs like the Los Angeles Travel Club, which a short time ago confined their activities to mental advancement and entertainment of their members, have been mobilized for service in Uncle Sam's Army in the home trenches. But while releasing men for warfare, conserving the world's resources, feeding, clothing, nursing and cheering the fighters "over there," American women have not lost sight of the need for informed and intelligent action in other directions, as an aid to the community and National life.

Progress, through study and service, was clearly shown in the annual reports of the Travel Club given recently. In the field of war work, many roads were followed by this small organization (60 members), and short stops allowed for treading the peaceful paths of municipal affairs.

Under the enthusiastic leadership of the patriotic President, Mrs. Harold A. Gilman, the year's work became the special avenue of adventure. As the result of a Handicraft Sale held last October, the Club forwarded over fifty dollars to the War Library Fund—a war time cook book, compiled by one of the members, netting a big share of that sum. In April, thirty scrap books for convalescent soldiers in France were made by members and forwarded; and over forty books were sent to camp libraries. The Club's War Savings Society was organized in February and the monthly meetings show real activity in this aid to the Government. Through the sale of Liberty Loan Bonds, the Club has raised $6,000.00 towards financing the war; the Red Cross Auxiliary, organized last December, has been zealous in knitting, bandage making and salvage work. A depot for making surgical dressings and two special Salvage Stations have been established by members who are still in charge.

In presenting a Russian Festival on April 29th, it was aimed to combine the year's study theme with the Club's most vital war service—its quota toward the War Victory Commission. This affair proved the most satisfying of the year's achievements. The Russian motif was dominant in decorations, program and refreshments. Club members, in Russian costumes, received the guests in Brackett Hall, where the following program, in charge of Mrs. A. Sidney Cox, was presented:

1. Vocal Selections . . . . Mrs. A. R. Jaquith
   (a) "Thou Art So Like a Flower" (Rubinstein
   (b) "Song of the Shepherd Lehli" (Rinsky-Korsakov.

2. Russian Ballet . . . . . . . . . . . . Frank Goldenson
3. Piano Solos...................... Mrs. Harriett Snider-Laughlin (a) "Mazurka Fantasie" (Rubinstein) (b) "Berceuse" (Rubinstein)
4. Russian Airs...... Miss Georgia Williams Star Whistler
5. Russian Peasant Folk Songs and Classic Airs of Russia... Miss Rose Weisberg
6. A Russian Bridal Feast, at the mother's home, after the wedding ceremony. The wedding loaf (Russian Bread) was cut, and served with honey and tea poured from a Russian samovar, to all present:
   Bridal Party—Bride, Mrs. E. C. Kesling; Bridegroom, Mrs. Harry L. Hartman; Bridesmaid, Mrs. Louise B. Byrnes; Grooms- man, Mrs. Chester Smith; Mother, Mrs. E. R. Haferfield; Father, Mrs. S. K. Szmyanowski.
   Besides various war work, the Club has held monthly "travel" programs on Russia, conducted by native-born Russians, or travelers from that country; has given studious thought to Parliamentary Law, Civics, Music, Spanish, Federation Department Work, Literature and Drama. All these have proved but stepping stones in a safe and sane service to our mecca—World Democracy.

MAUD E. BUTLER,
Press Chairman. L. A. Travel Club.

At the Educational Conference, held in April, one of the most interesting speakers was former Senator R. L. del Valle, who spoke on Historical Land Marks.

Senator del Valle told some very interesting facts about gold being discovered near Saugus prior to '49, he said that there was a Rosary in existence made out of that gold.

The next Educational Conference will be held on May 23, and will have as general topic International Relations, and some splendid speakers have been secured.

PEACE

Peace is not an ideal at all; it is a state attendant upon the achievement of an ideal. The ideal itself is human liberty, justice, and the honorable conduct of an orderly and humane society. Given this, a durable peace follows naturally as a matter of course. Without this, there is no peace, but only a rule of force until liberty and justice revolt against it in search of peace.

—Nicholas Murray Butler.

THE GREAT STRUGGLE

One of the oldest and subtle philosophies in the world teaches that the whole of history consists in the struggle between the principle of good and the principle of evil. It teaches that now one, now the other, is uppermost, but that as the good principle overcomes the evil, or as the evil principle overcomes the good, so mankind marches forward to freedom or so it falls back into serfdom and slavery.

This great struggle between the good and the evil principle has taken, in this twentieth century, the form of a contest between two political and social principles which cannot live together in this world. And that is why this contest must be settled by force of arms. If those two principles had anything in common, an adjustment between them might possibly be reached; but each principle absolutely excludes the other. As Abraham Lincoln said a generation ago, "This nation cannot exist half slave and half free," so it may be said today, "This world cannot exist half despotism and half democracy."

Democracy must in its way dispose of despotism or despotism will in its way overcome democracy. Therefore it is to no ordinary contest that this nation goes forward. It is to no struggle as to which one may be for a moment indifferent. It is to the deepest and most tremendous conflict that all history records.

—Nicholas Murray Butler.

THE BUILDING OF THE NATION

In the history of nations the story of our America has a place that is all its own. The American nation came into being in response to a clear and definite purpose. A theory of human life and of human government was conceived and put into execution on a remote and inaccessible part of the earth's surface. The moving cause of the American nation was the aspiration for civil and political liberty and for individual freedom which was already stirring in the minds of western Europe in the sixteenth and seventeenth centuries.

Thereis not yet a nation, but the rich and fine materials out of which a true nation can be made by the architect with vision to plan and by the builder with skill adequate to execute.

—Nicholas Murray Butler.

NEW OFFICERS OF DOWN-AND-OUT CLUB.

President, Dr. Aurelia Reinhardt, Alameda.
Vice-President, Mrs. Shephard Barnum, Los Angeles.
Secretary, Mrs. Percy Shuman, San Francisco.
Assistant Secretary, Mrs. Robt. Garner, Southern.
Treasurer, Mrs. Geor. McCoy, Northern.
Auditor, Miss S. Platt, San Joaquin.

Statement of Ownership
Publisher, E. S. Trueblood, Hyde Park.
Editor, Jessica Lee Briggs, 1942a Hyde Street, San Francisco.
Managing Editor, Dr. Louise Harvey Clarke, 1046 Orange Street, Riverside.
Business Manager, E. S. Trueblood.
PRUSSIANISM AT HOME

There could be no more cynical conclusion of this war than for those of us who are allies to defeat the German army on the field of battle, to surrender in the process to the ideas that have taken the Germans captive and sent them into this contest. It is as necessary for us to defeat the spirit of militarism in our own hearts and in our own land, in our own economic and industrial organization, as it is to prevent it from conquering on the field of battle. That is the dilemma, that is the difficulty, which confronts us.

—Nicholas Murray Butler.

INTERNATIONALISM

The new world will be one in which international policies will play a greatly increased part. Perhaps the greatest enemy of true internationalism is false internationalism. Movements to advance international interdependence and international understanding are of two distinct kinds. One of these is both misleading and harmful, and by its methods and processes would make the achievement of its declared aim quite impossible. The other is wise and statesmanlike, and follows the path by which such progress as has already been made has been achieved. Of these two methods of promoting what may be called internationalism the former would proceed by denouncing all nationalistic and patriotic feeling whatsoever in order to exalt the supernational brotherhood of man, and to lay stress upon a world-wide community without national ties or national ambitions. To use a figure drawn from chemistry, this might be called colloidal internationalism. It is hopelessly impractical as an ideal, and hopelessly unsound and unstable as a public policy whether for individuals or for nations. The second method of promoting internationalism would strengthen and develop nationalistic and patriotic sentiments and aims, in order that when so strengthened they may be used without impairment or weakening as elements in a larger human undertaking of which each nation should be an independent and integral part. Pursuing the same figure, this might be called crystalline internationalism. The strength and beauty of the whole international structure when complete would then depend upon and reflect the strength and beauty of each of its national elements. The colloidal internationalism of the type of person who insists that he knows no country but humanity, and that he is a citizen of no state but only of the world, is hopeless nonsense. It prevents the development of true internationalism by affronting common sense.

—Nicholas Murray Butler.

THE INTERNATIONAL MIND

The international mind is nothing else than that habit of thinking of foreign relations and business, and that habit of dealing with them, which regard the several nations of the civilized world as friendly and cooperating equals in aiding the progress of civilization, in developing commerce and industry, and in spreading enlightenment and culture throughout the world.

—Nicholas Murray Butler.

ALAMEDA DISTRICT

(Continued From Last Month)

The senior club of the Pacific Coast, the Ebell Club, of Oakland, sent by its able President, Mrs. Vandegrift, a record of patriotic work done during the year that will be published in a later issue. Mrs. Vandegrift gave a message of invitation to the State Convention, from Oakland to the District, in behalf of the Federated Clubs of that city. She described the Pageant that will be given for the entertainment of the visitors, gave an invitation from Dr. Reinhart for all in attendance to visit Mills College, and mentioned speakers of national renown who will be heard, and whom none can afford to miss.

The Live Oak Club of Lodi, which thought itself the smallest club, but with its 50 members is hardly that, has done war work in full proportion to clubs of much larger size, and is doing it all the time. It has turned out 150 garments for the Red Cross, and has had demonstrations in use of foods.

HOLSUM

Victory BREAD 10 Varieties

Takes You Back To Younger Days

The same today, yesterday and tomorrow. Has no competition

The HOLSUM Bakery

Bakery Rated 98% for Cleanliness
Made According to Government Regulations
EVERYWOMAN'S TASK
By HELEN N. DEIMLING

The playlet, "Everywoman's Task," is Food Conservation propaganda, as the synopsis shows. The play requires fifteen characters, though one or two of the chorus may be omitted without changing the plot. The songs used are parodies of popular songs, old and new. If singing voices are not to be had, the lines may be spoken to the music. The costumes are simple, easy to make, and inexpensive. One scene only is used, the interior of a home.

Synopsis

In Canticle I Everwoman, the wife and slave of King Appetite, longs to take such care of their child, Money, that he will grow large, and become a power in the world. Aided by the maid, Economy, hindered by the maid, Extravagance, Everwoman seeks means to satisfy Appetite, yet provide for Money's growth. To Everwoman, Money represents that which brings safety from poverty, comfort in old age, and makes all conditions of life happier. Appetite tempted by Grocer, Baker, Meat Market, Milliner, Modiste, Style, and Beauty Doctor, wastes what should be given to Money. While Everwoman laments Money's lack of growth, greater distress is thrust upon her by the appearance of the Witch Hooverism, who threatens punishment if Money, who represents the world's products, is not more carefully nourished. When Everwoman wishes to follow directions left by Witch, Appetite forbades and, calling for his chorus, gives himself up to worldly pleasure more than ever before. To Everwoman's help comes the Witch Hooverism, who casts aside the disguise and is revealed as Patriotism. Patriotism orders Appetite banished, the chorus subdued and promises his aid to Everwoman, who in turn gives to Patriotism for her country's use all she has of talents, gifts, and services, and above all, her child—her Money.

In Canticle II, after a Seed Time and Harvest, great changes are seen at King Appetite's Court. Appetite has become a producer instead of an extravagant consumer. Extravagance, quite reformed, is working for the army. Everywoman finds her task grown easy, and to her comes Patriotism, militant, ready for his country's call, but still needing all that Everwoman can give him. The Chorus of Tempters, now under Economy's direction, enter. They have followed the Helpful Hints of Hoover, and led by Style, who is now Cook, tell of their wonderful exploits since "Hoover Showed Them How." Everywoman calls Money, now a full-grown youth, and sends him with Patriotism, to give all the aid Patriotism may need, and to carry Old Glory—Over There.

The price for use of play is $5.00 for each performance given.

A TOAST TO THE FLAG

Here's to the Red of it—
There's not a thread of it,
No, nor a shred of it
In all the spread of it.
From foot to head,
But heroes bled for it,
Faced steel and lead for it,
Precious blood shed for it,
Bathing it Red.

Here's to the White of it—
Thrilled by the sight of it,
Who knows the right of it
But feels the might of it
Through day and night;
Womanhood's care for it
Made manhood dare for it,
Purity's prayer for it
Kept it so White.

Here's to the Blue of it—
Heavenly view of it,
Star-spangled hue of it,
Honesty's due of it,
Constant and true;
Here's to the whole of it,
Stars, stripes, and pole of it,
Here's to the soul of it,
Red, White and Blue.

—Anonymous.

MAJESTIC
Hams and Bacon

WILSON & CO.
REPORT OF GENERAL FEDERATION STATE SECRETARY

The most pleasurable task which your General Federation State Secretary performed this year was the collection of data of war service rendered by the clubs of California in response to a request from the President of the General Federation. A questionnaire was sent to 500 clubs with the following result:

1. How much money has your club appropriated for Liberty Bonds?
   Answer: $82,450.00.
2. For War Savings Certificates?
   Answer: $1,008.28.
3. Have you a War Savings Society with your organization?
   Answer: 50.
4. Appropriation for war camp community service?
   Answer: $1,102.60.
5. Appropriation for American Library Association War Fund?
   Answer: $3,175.00.
6. Appropriation for the Red Cross?
   Answer: $13,746.00.
7. Other appropriations?
   Answer: $7,000.00.
8. Has your club house been opened for Red Cross or other services?
   Answer: 100.
   Varied in character; dances, card parties, Cinderella party, lunches, picture shows, bazaars, lectures, teas, concerts, flower festivals, musicales, playlet, dramatic evenings, children's party, auction sales, Hoover booth at county fair.
10. Other activities.
    Work for Red Star, emergency service, Knights of Columbus, Y. M. C. A., Y. W. C. A., Red Cross Drive, Armenian and Syrian sewing, Belgian relief sewing, jelly and fruit sent to soldiers, Christmas boxes, layette for soldiers' wives, comfort bags, day nurseries, entertainment of soldiers, war programs, food conservation, food conservation forum, organizing district clubs, patriotic mass meetings, Red Cross Christmas seals, raising potatoes for the benefit of the Red Cross—proceeds $172,00. Carload of raisins sent to soldiers in France, neighborhood knitting teas, Liberty cook book sales.

One hundred and eighty clubs are represented in this report.

In addition to this work I have written to nine clubs reminding them that the treasurer of the General Federation awaited a remittance for dues, and have received five replies therefrom. I have answered ten queries regarding membership in the General Federation, have extended greetings at three district conventions, and have responded to many invitations from individual clubs, addressing them regarding the General Federation magazine and the coming biennial. The work of this office has been lightened because of the service rendered by California's able director of the General Federation, Mrs. E. C. Denniston.

It is a privilege to be even a very modest part of the official family of the General Federation serving under the direct leadership of our own Mrs. Cowles.

MRS. E. D. KNIGHT.

DEDICATED TO THE SEVENTEENTH ANNUAL CONVENTION C. F. W. C.
BY THE NORTHERN DISTRICT

Hurrah for Mrs. Cable!
Hurrah for Mrs. Cowles!
Hurrah for our club women,
With their patriotic souls.
When we'll rally to the cause,
We will rally once again,
Shouting the cry of Federation.

THEN—
Hurrah for Federation!!!
Which binds us strong and true,
Hurrah for Herbert Hoover,
And Mrs. Burdette, too;
Then we'll rally to the cause,
With our substitution laws,
Shouting the cry of conservation.

Golden Crown Butter

can not fail to please you
because it is—
CLEAN
UNIFORM
HEALTHFUL
UNEQUALLED

Protect your family by serving them
"THE BEST OF THE GOOD"

Sold Wherever Quality Prevails
ASK YOUR GROCER

Golden Crown Butter Company

HOME PRODUCTS

SUETENE
THE IDEAL SHORTENING
Made Fresh Every Day

REX
PORK and BEANS
With Tomato Sauce

Appetizing Delicious Nutritious
Manufactured under Government
Supervision by
THE CUDAHY PACKING COMPANY
Los Angeles, Cal.
DEPARTMENT OF POLITICAL SCIENCE AND LEGISLATION

In view of the fact that the past year was an off-legislative year and because of the issues involved in our present world conflict, greater stress has been placed on the Political Science Division of this department and the assimilation of recent legislation. To this end the clubs have been urged to establish Current Event and Political Science Study sections and about 400 copies of a proposed outline was mailed to the clubs and district chairmen under this department. The women were urged to also procure and use as a text and reference book the state pamphlet entitled "California Laws of Interest to Women and Children."

Your chairman has received seventy-eight communications. A number of these were from clubs seeking advice regarding the organization of study sections along the line of this department.

In conjunction with the War Emergency Department, copies of a resolution adopted by the executive board, urging the passage of the Susan B. Anthony Amendment by the United States Congress, were mailed to the clubs of the State Federation, urging them to endorse the resolution and mail a copy to the state congressmen at Washington, D. C.

A conference was called February 16th at Los Angeles, for the members of the executive board and the federation delegates to the Women's Legislative Council for the purpose of determining what proposed measures the Federation was most interested in.

The measures receiving most attention were:
National Prohibition Amendment.
A possible National Suffrage Amendment.
Legislation creating a more equitable distribution of community property upon the death of one of the spouses.
Establishing of a Farm School for Southern California.

There was also considerable interest shown in Social Insurance, the establishment of a Children's State Bureau and the regulation of children's trades on business streets of cities over 23,000 inhabitants.

Now it is a law of life that for every study or line of human advancement, we find a system of logical, harmonious, definite steps (the following of which will lead us to the end we have set ourselves to attain.

For instance: If my goal is to become a French scholar, I must first learn the alphabet, grammar, orthography, etc., of the French language, and no amount of studying any other language would, in itself, gain me the understanding of French requisite to a French scholar, and everyone who would become a scholar must first learn these fundamental underlying principles of that language.

Now there is a great lesson that this war is teaching humanity and it is that there are principles of government, just as there are principles of language or any other human achievement—clearly defined steps for the feet of humanity to tread, and a pilgrimage that each state or political unit must take before that state of world government is established wherein the inhabitants thereof may beat their shields into plowshares, their spears into pruning hooks and the voice of the harvesters may be heard in the land.

We Americans have the conviction that our government is the clearest delineation and expression of these fundamental governing principles that the world has ever known; that the motive actuating our forefathers in their search and establishment of a government by which to form a more perfect union, establish justice and secure the blessings of liberty for themselves and their posterity, was so lofty and noble as to cause to be inculcated in the annals of our government and in the hearts of their posterity, a love for, and appreciation of, those high and fine ideals of human political conduct that have since ever characterized our country.

Today we are sending the best blood and brawn of our nation, the most lovable and loved of our people—our youth, to fight on

Ralphs Grocery Co.

SELLS FOR LESS

(Highest Quality Goods)

MAYONAISE DRESSING

made with VIOLET BRAND SALAD OIL:

1 egg yolk
1 teaspoon mustard
2 teaspoons lemon juice
1 cup VIOLET BRAND SALAD OIL

Mix the egg yolk with the lemon juice and mustard, add the VIOLET BRAND SALAD OIL a little at a time, stir until thick and smooth.

NOTE: The addition of the stiffly-beaten egg white will improve the dressing. Do not add any salt or pepper until the dressing is mixed.

Hauser Packing Company
the hillsides and fields of a foreign land that all humanity may have the opportunity to establish and experience the benefits of this form of government. Can we pour out the inspiration—the joy and sunshine of those happy moments of life, that we may uphold before the eyes of a bewildered and groping world, a principle, the meaning of which to the majority of its adherents is a vague, meaningless something.

Now the word has come that it is so difficult to get the clubs interested in Political Science and Legislation; that everyone is so busy doing Red Cross and war service work that they haven't time for Political Science and Legislation.

We are told this in the face of the fact that the primary cause of this war was a lack of understanding—an ignorance of the fundamental, underlying principles of government on the part of the great masses of European peasantry.

Would the German workman connive in the breaking of faith of a nation's sacred treaty, or the betrayal of a defenseless country if he understood how to establish and function a higher and better form of government?

Do you think anarchy would be rife in Russia today if its nine-tenths illiterate peasantry understood the principles of Political Science and how to express and crystallize that knowledge in sane, safe, just laws?

My dear ladies: The road from hate consuming Germany, from Russia's red plain of Anarchy or the pest breeding dumps of Asia, to greater political freedom and liberty is traversed, only, through an intelligent understanding of the fundamental principles of Government, and the concrete expression and application of those principles written in their statute books by intelligent legislation, and there is no other way by which their citizenship may climb up.

Our President has made it clear that we have no quarrel with the German people; that we are fighting for higher principles of Government, greater political freedom and individual liberty against enslaving, tyrannical, and autocratic ideas. In other words we are fighting ignorance of true governing principles that underlie human progress, and this ignorance has been crystalized and personalized, as it were, into militarism, Prussianism, divine right of kings, the right of might and kindred beliefs.

Our boys are fighting on the battlefields of Europe, not just people then, but prin-

cipalities and powers of darkness; they are making the supreme sacrifice that out of their crucifixion may arise to the world a purer and truer concept of governing principles. The world is to be made safe for this truer, higher government and you and I are to establish and maintain it.

We cannot use a language we do not understand. Neither can we achieve for the world a democracy, or form of Government, we do not clearly understand and are able to demonstrate. We cannot give the stumbling children of Europe a thing we do not have ourselves; we cannot give them the example of useful, just laws which we have not evolved and worked out, nor the example of obedient, intelligent citizenship when we do not understand our own principles to be expressed in the conduct of our public officials.

Let us arise then, a Victory Army, and fight the enemy, wherever or whenever he may be found, by our firesides, in our schools, in our communities, on the battlefields and in our own consciousness. Let us become more familiar with this institution our brothers and sons are dying to establish; let us become so well acquainted with its terms and expressions that they will be as household words on our tongues; let us know these governmental principles as we know our mathematics.

We will fight and overcome procrastination, idleness, a love for more pleasant

---

**WHITE KING**
White
For the Laundry

**WESTERN STAR**
White Floating
For Laundry or Bath

**CALLA LILY BORAX**
White Coconuts Oil
For Bath and Shampoo

**COCOA NAPTHA**
Yellow
For The Laundry

**MERMAID WASHING POWDER**
Softens the Water

**ANVIL PUMICE**
Toilet
For the Autoist
Sufficient Assortment for any Family

**LOS ANGELES SOAP COMPANY**
experiences, fear of criticism, the desire to shirk responsibility and kindred children of ignorance, and we will prove to our sacred dead, that we hold most high, next to our God, our love for, appreciation of, and loyalty to, those high principles of Government they died to give us.

You are soldiers then. You know your duty. What to do and how to do it. You will all organize and it is your duty to study Political Science and you will enlist recruits in your community and we will achieve a commonwealth that is worthy of the soldiers of our Army.

We must first understand our Government, the needs of our people politically, and our present status of political existence before we can frame intelligent legislation; we must possess political knowledge and understanding before these ideas can be crystallized into law.

There should be no question where the Clubwomen of this State stand on the matter of the National Prohibition Amendment and we should have the courage of our convictions. If the National Suffrage Amendment is an issue we should stand firmly behind it with all of our power so that the justification of suffrage by the states already enfranchised may influence doubtful legislatures of other states or foreign countries, by our overwhelming endorsement.

Respectfully submitted, CAROLINE KELLOGG, Chairman of Political Science and Legislation.

The Los Angeles District is very happy to announce that they are settled in their new headquarters in the Chamber of Commerce Building and that the rooms are open every Monday, Wednesday and Friday afternoon.

At the Board Meeting held in April, the Board voted $100.00 to buy a Liberty Bond, the Bond to be given to the Endowment Fund to place the name of Mrs. Mattison B. Jones, the District President on the Founders Roll. The sum of $25.00 was voted towards the War Victory Fund.

The Los Angeles District is very much gratified at the way the Clubs in the District are responding to the call for the War Victory Fund, and Mrs. Jones feels sure that every Club will do its share for this Fund, and that each Club Woman will have contributed before the lists close.

Mrs. Jones announces that the cards will be sent out to the Clubs for the data for the new Year Book, and she asks that the presidents respond as promptly as they did last year, thus enabling the Board to get out the Book at an early date.

MUSIC

We are all more musical than we are thought to be; more musical than we get a chance to be. Everybody loves to sing, and many a person can pour out his soul when singing beside someone else, though he might be frightened at the sound of his own voice if he heard it alone. Such people should be given a chance to sing. Every town should have at least two community sings each year. Help to bring about that happy time when we shall hear "all America Singing." Development of Community Singing may solve many questions of criminoology in the future.

Call a meeting of all who love singing. Get the very best enthusiastic musician who can lead to conduct. Let all the people sing. Have short talks on musical conditions in your community. Form a community orchestra.

Thomas Whitney Surette in Atlantic Monthly says:

"Wherever there is a neighborhood, there is a chance for singing. It needs only a person who believes in it, and who will rigidly select only the best music. Where neighborhood groups have been singing the same fine music any great gathering of people would find everybody ready to take part in choral singing. This would make community music a reality, and would doubtless so foster the love of the art as eventually to affect the whole musical situation."

"There are multitudes of people whose desire for music has never been satisfied."

"In music everybody makes their own Heaven. Let us have a taste of Heaven now." CARRIE STONE FREEMAN, Past State Chairman of Music Two Southern Districts.

Greetings to the Seventeenth Annual Convention at Oakland were received from the following State Presidents and General Federation officers:

D. W. Watson, Mrs. N. S. McCreadie; Vermont, Mrs. Gilbert Davis; Iowa, Mrs. J. W. Watzek; Rhode Island, Mrs. Bissell; Wisconsin, Mrs. L. D. Harvey; Massachusetts, Mrs. Herbert J. Gurney; Kentucky, Mrs. Richard Tasker Loundes; Montana, Mrs. Wallace T. Perham; Nevada, Mrs. Perris Buckner Ellis; Utah, Mrs. Edward Eihel; South Carolina, Mrs. J. L. Coker, Jr.; Wyoming, Mrs. S. Conant Parks; New York, Mrs. William Grant Brown; Missouri, Mrs. George Still; Michigan, Mrs. A. E. Bulson; Colorado, Mrs. Weiss; Arizona, Mrs. H. A. Morgan; Georgia, Mrs. Nellie Peters Black.

Mrs. Frances Everett, Corresponding Secretary, G. F. W. C.

Mrs. J. C. Gawler, Chairman of Home Economics, G. F. W. C.

Mrs. True Worthy White, Chairman of Literature, G. F. W. C.

Mrs. Cyrus E. Perkins, Chairman of Art, G. F. W. C.

Mrs. Steele, Chairman of Music, G. F. W. C.

Greetings were also received from the California State Federation of Colored Women's Clubs.
HOME DEPARTMENT

PROTECTING THE PUBLIC

The advertisements of foods and foodstuffs which appear in this and coming issues of The Clubwoman are from firms which have in every respect conformed to the rigid requirements laid down by the Department of Health, C. F. W. C., as a part of its present campaign for the protection of the public through the elimination of impure foods and food materials. In every case, before a food advertisement is accepted for the official magazine of the Federation, the plant or establishment is thoroughly inspected by a special committee named for the purpose by the Department of Health and composed of qualified experts on the subject. The appearance of such an advertisement in The Clubwoman is consequently prima facie evidence of purity, reliability and patronage worth.

The work of the committee has now been extended to include the inspection of laundries and other establishments whose work affects the public health.

At the head of the department's committee of inspection in the South is Dr. Lulu H. Peters, M. D., Chairman of the Department of Health for the Los Angeles District.

SCHOOL LUNCHES

These are the suggestions of home economics specialists of the United States Department of Agriculture, now that millions of the future citizens of the country are again eating their midday meals from box, basket or confectionery shop instead of from the family table under watchful parental eyes.

The preparation of luncheons which will fill the needs of the child's body, does not mean the use of more expensive foods or the expenditure of greater effort, the specialists point out. In many cases both expense and work will be lessened.

The following suggestions are among those made in the bulletin for well-balanced lunches to be carried to school.

Basket Lunches

1. Sandwiches with sliced tender meat for filling; baked apple, cookies or a few lumps of sugar.
2. Slices of meat loaf or bean loaf; bread and butter sandwiches; stewed fruit; small frosted cake.
3. Crisp rolls, hollowed out and filled with chopped meat or fish, moistened and seasoned, or mixed with salad dressing; orange, apple, a mixture of sliced fruits, or berries; cake.
4. Lettuce or celery sandwiches; cup custard; jelly sandwiches.
5. Cottage cheese and chopped-green-pepper sandwiches or a pot of cream cheese with bread-and-butter sandwiches; peanut sandwiches; fruit; cake.
6. Hardboiled eggs; crisp baking-powder biscuits; celery or radishes; brown-sugar or maple-sugar sandwiches.
7. Bottle of milk; thin corn bread and butter; dates; apple.
8. Raisin or nut bread with butter; cheese; orange; maple sugar.
9. Baked bean and lettuce sandwiches; apple sauce; sweet chocolate.

PEERLESS

LAUNDRY COMPANY

All That the Name Implies

AS TO

FAMILY WASHING, FAMILY STYLE

Main Street at Slauson Ave.

Home 27961 South 6518

Manufacturers of

HOME-MADE

HIGH-GRADE FLOUR

AND ALL KINDS OF CEREALS

Los Angeles, Cal.
hibits were artistically arranged in flower holders specially selected as to color and shape to show their decorative possibilities. Since the war the society has been analyzing our natural plants to ascertain their food values.

The Oakland museum exhibited school extension cases of our local birds in their natural habitats.

The Oakland Public and High Schools displayed drawings and the California Arts and Crafts, Berkeley, displayed drawings, paintings, weavings, dressmaking, brass and copper work. The Harry Kendal Bassett memorial set of collection plates of All Souls' Chapel, Berkeley, was especially admired.

The art department of the San Francisco schools sent an exhibit of color designs. The Gift Shop sent an exhibit of choice art pieces, all made in California.

(Continued From Page 6)

Some change has been made necessary in the subject matter of this issue and the reports of State Chairmen will be carried over to the July number. The June Club Woman will give the Biennial story, written by the delegates.

"Pasadena, Sept. 27.—The war is making its influence felt at the night high school. A special course in the study of the songs of the allied nations has been added at the request of the 500 students.

The class is to learn the national anthems of all of the allied nations engaged in the war, and at the end of the course it is expected that a concert will be given at which many of the allied songs will be sung.

The class meets each Tuesday evening and promises to be one of the most popular in the night high school's course of study."

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Southern California Beverage Company
1423 SO. ALAMEDA ST.
Tel.—21498
So. 6712
Los Angeles California
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The Complete Shopping Building

E. R. BRACKETT, Sole Proprietor

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Upstairs Fifth Ave. Los Angeles
THE PRINCESS LLOYD
—The Baby Carriage De Luxe

—The most beautiful, the most comfortable baby carriages made are those bearing the name "Lloyd."
—Exquisitely designed and loom woven, showing a remarkable evenness of weave, impossible to produce by hand.
—There are the "Pullman Sleepers," the "Gondolas," "Pullman Sulkies" and "Park Wagons"—enameled in colors—baby blue, pink, cream, brown, gray, light and dark green—and luxuriously upholstered.
—Having all the late improvements known in the manufacture of baby carriages—and the beauty and grace of outline that are characteristic of the Lloyd line.
—The Broadway is Los Angeles' exclusive representative—and these wonderful carriages come to us in carload lots!
—These carriages cost a bit more than the ordinary kinds, but there's every reason why they should—a comparison with others proves this in an instant.
—We've found from experience that mothers and fathers who come to buy a carriage for baby, really have no eyes for any other kind after they have seen the beautiful Lloyd Princess line.
—Prices range from $22.50 to $50, and you'll find them on the Sixth Floor.

ARTHUR LETTS
The Broadway Department Store
BROADWAY FOURTH AND HILL
HIGHEST QUALITY OBTAINABLE
at any price

Buy it in the 3lb. cans—it Pays.
The Clubwoman

Official Organ of the California Federation of Women's Clubs
Composed of Over 40,000 Members
PUBLISHED MONTHLY

OFFICES
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Telephone 79735 Connecting All Departments
DR. LOUISE HARVEY CLARKE, State Chairman and Southern Federation Editor. 1046 Orange St., Riverside
MISS JESSICA LEE BRIGGS, State Chairman and Northern Federation Editor, 1942A Hyde St., San Francisco
MRS. J. A. MATTHEWS, Club Representative, Brack Shops, Los Angeles

Copy from the Clubs Must be Sent to the District Press Chairmen
Subscription Price, Fifty Cents the year. Ten Cents the Copy
Entered at the Hyde Park Postoffice as second-class matter.

MOROSCO THEATRE
BROADWAY NEAR EIGHTH
NOW PLAYING
"WHAT'S YOUR HUSBAND DOING?"
Coming Attraction
"ONE OF US"
By JACK LAIT
All the Morosco Favorites
PRICES
Nights 10 Cents to 75 Cents
Matinees 10 Cents to 50 Cents
Regular Matinees—Sunday, Tuesday and Saturday

IN A MAN'S STORE
Highly individualized modes in women's apparel and accessories
Men's and Boys' Wear

"Desmond's"
Spring near Sixth

Grauman's Million Dollar Theatre
Broadway at Third
Commencing June 10th
DOUGLAS FAIRBANKS in "SAY, YOUNG FELLOW"
SESSUE HAYAKAWA in "THE BRAVEST WAY"

KINEMA
Now Playing
"WITHIN THE CUP"
By Bessie Barriscale
COMING
"THE DOLLS HOUSE"
By Elsie Ferguson
The Starr Phonograph

—the latest Phonograph with the Greatest Improvements.

The Starr is the only Phonograph conforming with correct tone building principles as they are applied to the finest pianos and violins.

The only Phonograph in which the tone chambers are made entirely of silver grain spruce, the sweetly vibrant music wood of centuries.

Let the Starr demonstrate its superiority. Come in and spend a delightful half hour listening to the lifelike tones of the Starr Phonograph and let us explain the many exclusive features that make it the most perfect of all reproducing instruments.

The Starr plays all makes of Disc Records.

The Starr Piano Company
FACTORY SALESROOMS
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The NEW CAWSTON OSTRICH FANS ARE ULTRA SMART

Cawston designers have created very charming new styles in Ostrich fans in unusually smart shapes. You may have any color you wish to correctly match any gown or costume.

New Cawston hats also, of all—Ostrich—and stylish new neck pieces of Ostrich-Marabout.

CAWSTON
OSTRICH FARM
SOUTH PASADENA
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Little Things That Make A Woman Well Dressed

We feature all the accessories for women as soon as they are introduced. If you would keep abreast of Fashion’s vagaries, form the acquaintance of this section for women—first floor, near the door.

Tailored Stocks
In all colors and white. Madras or silk, 50c, 75c, $1.

Linen “Kerch’fs”
Pure linen, these in smart new novelty effects, 25c, 35c, 50c.

New Hosiery
Phoenix—all colors at 90c to $1.35. McCallum—plain and fancy, $1.50 to $4.50.
Fancy Lace Hose—the latest vogue—black, white, gold, blue, brown, $2 to $3.50.

Special Values in Gloves
Genuine French White Kid Gloves—special at $2
Fownes White Wash Gloves, 75c and 85c.
Auto Gauntlets—$2.50 to $5.
CHAPTER II.
State President's Letter

The fourteenth biennial of the General Federation of Women's Clubs, known as the great "war" convention, has passed into history, with the testimony from every delegate present that it was the greatest convention in the history of the Federation.

Primarily, it was for the purpose of recording the accomplishment and progress of an organization of nearly three million club women. In reality, it was much more than this. It was the opportunity of the earnest, devoted, loyal women of America to reconsecrate and re-dedicate themselves and the organization in which they serve to the nation's cause—the winning of the war—and to the principles and ideals of government and permanent world peace which make that war worth the fighting and the winning.

From the opening morning, throughout the nine days and the thirty-five sessions, there breathed a spirit of patriotism, of earnest effort, of selfless devotion which not only inspired and renewed our courage, but deepened our conviction and determination to "see it through," and that with the least possible loss to our present standards of life and of living and to all those safeguards and extensions of happy, normal, rights and privileges of our individual citizenship which we have so hardly won and so determinedly defend.

California gave a good accounting and occupied an enviable position among the States because of the service we have been able to render: First, to the General Federation and to the Nation in the leadership of our loved and honored President, Mrs. Josiah Evans Cowles. During the two years of her service she has been untiring, meeting each emergency with wisdom and with vision, working with full devotion and with loyalty. From the time she called the first session of the convention to order, throughout the fulfillment of a most wonderful program and the consideration of the details of the business sessions, involving the plans and policies for the future of the Federation, she was recognized as a leader, one who, kind and just, was ever wise and firm.

There was no opposing candidate for the office of President and her nomination for re-election was unanimous.

Mrs. Robert J. Burdette, as chairman of the Resolutions Committee, filled a trying and responsible position with that dignity, sweetness and complete competency which we have learned to expect from her on every occasion and in every capacity. It was the consensus of opinion, universally expressed, that the resolutions presented at this biennial were uniformly constructive in character and truly representative of our relation to and place in the public affairs of the country.

Mrs. P. G. Hubert, as chairman of the Biennial Committee, having upon her the responsibility of the transportation of the California delegation and the California reception tendered the members and guests of the convention in honor of Mrs. Cowles, fulfilled completely and satisfactorily all responsibilities placed upon her.

The delegation arrived in Hot Springs on schedule time and without any casualties to persons or feelings throughout the three days of travel. We are deeply indebted to Mr. S. P. Monahan of the Southern Pacific Railway Company for his personal attention to tickets and for the privilege of a private Pullman which took us through without charge of cars and with all possible comfort.

The baskets and armful of beautiful roses and springtime blossoms brought to us by the San Bernardino club women made our car a bower of fragrance and beauty and enabled us to fare forth on our journey with fresh realization of the love and loyalty of the thousands of women whose hearts were carried along with us, and whose hands were happily carrying on the work at home, and of whose wonderful accomplishment and service we were but the messengers.

The California reception was informal in invitation, including all club women, and simple in entertainment in accordance with "war" conditions. Cut flowers and decorations were dispensed with, the receiving line was short, including only officers of the General and State Federations, Governor and Mrs. Brough of Arkansas, and the hostess chairman. California poppy badges were the souvenirs and the refreshment was punch made from California fruits, served without cakes. The success of the reception was due entirely to the cordial greeting and hospitable welcome extended our guests by the individual members of the California delegation, who were everywhere at once, meeting every one and extending on behalf of California a welcome as big and broad as our beautiful State, a smile as sunny as our golden sunshine, and a handclasp as sincere as the western spirit of comradeship.

The State President was accorded the most delightful co-operation on the part of all the California delegates and desires to express her appreciation of the many courtesies extended to her in her official capacity and the many personal kindnesses and thoughtful attentions that made of our associations at Hot Springs a continual dwelling in love and good fellowship.

The program of the biennial and the various department conferences will be reported to you by the delegates, so I will
confine myself to a mention of a few of the business actions with which we as a State Federation must be concerned the coming year, which are:

First, the executive board was enlarged to include the chairman of departments.

Second, the amendment to combine the offices of Director and State Federation Secretary was defeated.

Third, the purchase of the General Federation Magazine was ratified and each State pledged subscriptions to the amount of one for every club. California must fulfill this pledge, but in so doing will receive information and inspiration many times more valuable than the subscription price, which is but a dollar a year. I suggest that each club subscribe in the name of the President and that the magazine be reviewed by some member of the club once a month. Send subscriptions and checks to our General Federation State Secretary, Mrs. E. D. Knight, 58 Woodland Avenue, San Francisco.

Fourth, over $110,000 was subscribed and paid for the War Victory Fund, and the convention voted unanimously to extend the work and increase the amount asked for from $250,000 to $2,000,000, which will represent but one dollar from each of our members and is an amount more in keeping with the large membership of the General Federation and the purpose of the fund.

The money will be expended upon the advice and under the direction of the War Department.

The State of Texas made the largest cash subscription—$25,000. Massachusetts was next with $19,000. California was in third place, but the drop was considerable—$7,000—but represented good work on the part of the committee and the clubs in the short time since we undertook the work. Let us quickly raise the balance of our quota in every club in our State—a dollar a member—not alone for our part in this great work, but that we may honor and serve our splendid lads who, far from home and native land, are fighting to preserve to us those homes and all that native land may mean and who today on foreign fields "saturate the colors with their lives."

And now that we are approaching what is ordinarily the close of our club activities, let us mark that closing period not as an end but as a beginning, encouraged by our past accomplishments, our oneness in faith and vision, our fellowship in suffering and sacrifice and renewed in understanding, in purpose and in spirit, to the greatest cause the world has ever known—the winning of a war to the end that wars may cease and peace may endure throughout the earth.

Lovingly and loyally,

BERTHA L. CABLE,
President C. F. W. C.

MESSAGE TO GENERAL PERSHING FROM THE BIENNIAL

Very tense was the feeling in the big assembly of club women when the pledge of loyalty to our men in France was proposed.

"The women of the United States will stand behind the American soldiers and the soldiers of our Allies in every measure to the end that this war shall be won for the peace and the happiness of the world."

This was the message from the women of the fourteenth biennial convention of the G. F. W. C. to General John Pershing, cabled to this leader of the American forces, that the word may be sent up and down the line not alone to our own men, but to all who are fighting shoulder to shoulder with them. This "hands across the sea" from the club women of America as represented in this convention was taken by a rising vote that they might the more emphatically declare their support to the country.

THE BIENNIAL AND THE BIG C'S (CALIFORNIA, COWLES, CABLE—ALSO CAKE)

Those who had the pleasure of hearing the first chapter of the "Story of the Big C's," as it was told after the thirteenth biennial at New York, will be eager for the second chapter, from the fourteenth biennial at Hot Springs, in the interwoven plot of which appears a new C—a strong Cable.

The California delegation would have been "half C's over," intoxicated with pride, if there had been time to indulge themselves; there wasn't; their earnest leader kept them too busy helping make the great war service convention a phenomenal success.

On two occasions, however, there was suitable celebration. One was the brilliant reception given by the California Federation, in honor of the President of the General Federation, to the convention, the Ar-

kansas hostesses and all visiting club women. This is described in full elsewhere. It may be described in brief as "hands across the C's." Mrs. Cable at the head of the line represented the California Federation in a most distinguished manner and presented Mrs. Cowles—the second lady in the land.

The other occasion was an exclusive and intimate dinner given by the California delegation to its own "General President," with the other Federation officers as guests of the proud family. Arrangements were made perfect by Mrs. Matthew Robertson, although her presence was missed because of duties on the election board. Mrs. Cable, as hostess and toastmistress fairly personified California, the "golden," the lady of
heart's desire." Mrs. Denniston (re-elected Director, member of the War Victory Commission, board representative on the Credentials Committee, and otherwise honored) gave a toast to Mrs. Cowles which was beautiful in its loving appreciation and understanding gained through years of joint service in State and General Federations. In response, Mrs. Cowles, allowing herself relief from responsible duties for perhaps the only time during the strenuous convention, gave free and warm expression to her personal feelings of affection for her own delegation and her fellow officers. Mrs. Burdette (honored pioneer, past officer, and chairman of the strategic Resolutions Committee) powerfully voiced the visitors' gratitude to the hostess State—Arkansas. The answering words of Mrs. H. C. Gibson, President of the Arkansas Federation, were redolent with Southern hospitality and touched with the fire of Southern eloquence. Mrs. Barnum (chairman of the President's Aids) gave a toast to the guests—the officers of the General Federation.

Ordinary words will not give any adequate idea of what followed. Unexpectedly and spontaneously, out of the fullness of their hearts, the officers who had served under or with Mrs. Cowles for periods varying from two to fourteen years, one after another rose and paid tenderest tribute to her. They testified to an unbroken record of fairness, unselfishness, patience, devotion to right and to religious principles; they spoke of gentleness, sweetness and delight of truest friendship; they rejoiced in her nobility of character, staunchness of determination, strong leadership in the supremely important qualities of heart and spirit.

Meanwhile the California delegation radiated bliss—longed for a dictograph or notebook or some means to preserve and transmit the loving messages to all Californians at home.

At the conclusion of the dinner Mrs. Cowles took the Cake. This expression is not slang, but literal and faithful record. A charming California delegate, Mrs. Finney, had made and brought a marvelous California cake, guaranteed 100 per cent Hoover conservation and 100 per cent California ingredients. With rare skill she had decorated it with the California poppy, the C. F. W. C. pin, the flag, and around the edge the flags of the Allies. As Mrs. Cowles had just been re-elected it was really her second official birthday, so she cut the cake and gave us each a bit to eat and one for golden dreams.

Speaking of delightful dinners, there was one given by the local board to Mrs. Newton D. Baker, a near-cabinet dinner, as it were. Out of twelve guests, three were proud Californians, two being the big C's—Cowles and Cable.

As noted at the outset, this second chapter about the big C's has interwoven in its plot a strong C. Among all the State Presidents at the biennial Mrs. Cable had no superiors and few, if any, peers. On State Presidents' and President's nights, daily as delegation head, as participant in debate or other Federation business—always she was alert, earnest, clear-headed, well-informed, resourceful, replete with reserve power and with the unconscious poise that comes from participation in the affairs of state, habitually and on equal terms. Many came to know, also, Mrs. Cable the woman, as Californians already know her—attractive, warm-hearted and true-hearted, intent on noble undertakings—the resolute, proudly smiling mother of a soldier son in France.

Later, in Washington, at a meeting of the Women's Committee of the Council of National Defense, including a personal reception by President and Mrs. Wilson, the big C's appeared again and conducted themselves most honorably, with B's—Bryant and Burdette—but that is another story.

A DELEGATE.

IMPRESSIONS OF THE FOURTEENTH BIENNIAL CONVENTION OF THE GENERAL FEDERATION OF WOMEN'S CLUBS, HOT SPRINGS, ARK.

The paramount impression gained from the fourteenth biennial was that of a woman's national army—a true-blue American version of the English W. A. A. C's (Woman's Auxiliary Army Corps), comprising a host of women of every State, every type, every walk of life. Furthermore, it proved to be an "officers' training camp," including officers from an enlisted army of two and a half million club women mobilized for war work. To direct this training there came from Washington and elsewhere official representatives of various departments and war activities of the Government. They brought authentic information and instructions for the present campaign—for the victory "which must ultimately be won by the civilian population of the United States." Always on the part of the convention there was ardent response, and a Federation department pledging devotion to each specific task that needed systematic and nation-wide effort.

A prophetic C's triumph often quickened our pulses, as the great auditorium glowed with the national colors, echoed with the bugle call, and resounded with assembly-singing of army and camp songs—learned "while you wait" from the music chairman, or a national expert, who showed us how he was helping to make a "singing army." Then all would be hushed for hours as each State Federation reported through its President or committee chairmen or club
officers the kinds and amount of war work accomplished during the year since war was declared. The grand totals reached, as one after another went "over the top," would have justified a jubilee, but there was no time to pause and every face was set toward a greater goal.

The conquering spirit of the convention, as well as the great reported results of practical patriotism, carried conviction regarding the efficient and consecrated leadership of Mrs. J. E. Cowles. As the local press said on the morning of her unanimous re-election:

"She has many admirers who believe that the revolution that has been worked out within the organization in converting it from the ordinary war channels to that of war service has been largely due to her splendid efforts. They believe that the responsibilities of the future are well placed in her hands." (Sentinel-Record, May 7th.)

In addition to focusing the Federation's eleven departments of work on war needs, Mrs. Cowles made three specific recommendations, which were heartily adopted and will greatly strengthen the Federation. As a result, the General Federation has now for the first time real and legal headquarters in Washington—in the Service Office, in convenient contact with directing Government agencies. Also, for the first time it now owns its organ, The General Federation Magazine, which has such facilities for gaining and transmitting authentic instruction on war needs that it can be our manual of arms and provide our marching orders.

Thirdly, the whole undertaking of the War Victory Commission aroused such enthusiasm that the sum pledged was increased from $250,000 to $2,000,000.

An indelible impression of sympathy and solidarity was made by the hearty welcome which the sisters of the South gave those of the North and the East and the West. The women of the hostess City and State Federations extended unlimited and gracious hospitality. Their solicitude foresaw every need and provided every comfort. Meanwhile they roused our envy by somehow concealing tireless activity under a manner of quiet charm, soft slow speech, and a perfectly good imitation of languorous leisure. Southern gentlemen were chivalrous through all hours and demands. Governor Brough appeared repeatedly on the program and seemed to co-operate with the club women in every way. And the bevy of lovely girls! pretty, fascinating, deferential; if they could be spoiled we did it by our irresistible admiration and delight.

The impression most precious of all grew upon us day by day as we noted that most of the women present wore over their hearts the red badge of courage and consecration—the Service pin. We realized that American womanhood, organized and individual, was ready—as the fruition of Federation service, as the heritage of heroic hearts. They are ready, one and indivisible, one and invincible, in the sudden hour of the Nation's supreme need.

MRS. O. SHEPARD BARNUM.

J. W. Robinson Co.
DRY GOODS
Trefousse Gloves Munsing Underwear Gossard Corsets
SEVENTH and GRAND AVE.

LOS ANGELES CALIFORNIA
KEEP THE HOME FIRES BURNING

"I move you, Madam President, that the War Victory Commission increase the amount for the establishment of furlough homes for our soldiers in France to two million dollars, which represents but one dollar from every American club woman." Carried unanimously. Instantly the convention was on its feet, and with one voice, in spite of dimmed eyes, there swelled a mighty chorus:

"God save our valiant men,
Bring them safe home again,
God save our men.

Make them victorious.
Patient and chivalrous,
They are so dear to us—
God save our men."

Would that it were possible to convey to everyone the thrilling spirit of the war service convention which dominated the biennial just ended at Hot Springs, Ark. For ten days the great auditorium was crowded to the balconies, eager listeners taking to heart the vital messages of the world's present-day unprecedented activities. Every topic seemed to culminate in some war theme, and the personality of the speakers enhanced the force of the varied subjects, presented as they were by leaders and workers who were sent from Washington, from camps, from universities, while some came even from France. The daily singing of patriotic songs stirred the emotions and every voice joined in the favorite chorus:

"Loyalty is the word today—loyalty to the U. S. A.;
'Peace with honor,' the nation cries;
Peace without—the nation dies.

Now's the time for hearty action,
Without fear and without faction:
Loyalty is the word today—loyalty to the U. S. A."

In what more lovely manner can the club women of America express their loyalty and encourage the lads far away, who dream of home, than by keeping the home fires burning for them "over there"? Homes! Furlough homes for our soldiers in France to which they can go to escape the din of battle, the horrors of war environment, and find not an assigned billet or the hospitality of a chance invitation however kindly, but a home to which they can turn with a sense of ownership. English and French soldiers on furlough can return to their own real homes, and the club women of America have now launched the greatest constructive piece of work they have ever yet undertaken—the establishment of home centers for American men. Have the clubs grasped the full sense of privilege and responsibility of this upbuilding movement, or the deep-seated meaning of the magic word home? Is it not the foundation and climax of the best thing in life? A man's yearning is always for a home; his instinct is to bring honor into his home where love stands as a guardian angel by the fireside. Home—the place for complete relaxation and rest. Sanctuary—from the humble cottage to the palace. The bard sings ever thus:

"There's no place like home." Do we not owe them their rightfully won furlough homes!

Thanks and congratulations are due the clubs of California, whose contributions enabled the chairman to report seven thousand, four hundred and nineteen dollars and seventy cents for the War Victory Commission at the biennial, this generous amount resulting from a campaign of barely five weeks. Of this sum the Ebell Club of Los Angeles gave one thousand, one hundred and twenty-six dollars. This is an excellent start, and if it were possible to inspire every club member of the State with the rousing spirit of enthusiasm which this patriotic fund created at the biennial, not many weeks would pass before our full quota—forty thousand dollars—would be in the hands of the Treasurer? And why not? Among the forty thousand club women of California many a man "over there" claims a mother, sister, wife or sweetheart, and shall it not be his pride and joy to say, "This is what the American club women have done for our comfort." "He gives twice who gives quickly." Report by dollars to your club and let California become the banner state in promptness of response.

Days count "over there." Texas has already given twenty-five thousand dollars; Massachusetts nineteen thousand five hundred and eighty-five. California stands third with over seven thousand. She has given to the General Federation its capable President, and with the re-election of Mrs. Josiah Evans Cowles, standing first in honor of position, let her be equally quick to stand first in her subscription to the full quota for the men's furlough homes.

"They are so dear to us—
God save our men."

LILY E. G. HUBERT,
Chairman War Victory Commission, California Division.

The officers who are to serve the General Federation for the next two years are as follows:

President, Mrs. Josiah Evans Cowles, California; First Vice-President, Miss Georgy V. Bacon, Massachusetts; Second Vice-President, Mrs. Thomas G. Winter, Minnesota; Recording Secretary, Mrs. Adam Weiss, Colorado; Corresponding Secretary, Mrs. Mary I. Wood, New Hampshire; Treasurer, Mrs. Benjamin Clark, Iowa; Auditor, Mrs. William P. Harper, Washington; Director for California, Mrs. E. G. Denniston, San Francisco. Mrs. O. Shnurd Barnum of Alhambra, Cal., a member of the State Board of Education, has been appointed chairman of the Department of Education, G. F. W. C.
BIENNIAL CONVENTION RESOLUTIONS

As the resolutions passed by a convention are supposed to embody the principal outstanding features of a working platform for the organization until the next convention, it is of interest to note the general trend of those passed at the biennial convention of the General Federation of Women's Clubs held at Hot Springs, Ark.

The resolutions, shorn of their lengthy preambles and "whereases," will appear in the June number of the General Federation Magazine, a copy of which should be on the desk of every club woman who is serving in a position of leadership, either as an elective officer or appointed chairman.

Those adopted by no means covered the wide range of unusually interesting action embodied in resolutions presented, but the Resolutions Committee, of which I had the privilege of serving as chairman, were obliged to work under rules and regulations adopted by the convention which prevented the consideration of many resolutions. Those which were presented were unanimously adopted with almost no discussion, showing how universal was the feeling that women in industry, war service measures, expressions of patriotism, preparation for the restoration—physically and economically, of the returning soldier—should engage our earnest activities for the next two years.

Resolutions were passed reaffirming the action of the Chicago biennial regarding national prohibition and national equal suffrage—asking Congress to pass these amendments as necessary war measures—resolutions asking for the appointment of efficient women in national boards of industry and boards of administration in activities in which women and children were concerned; resolutions for more stringent social hygiene regulations based on records made as result of the Draft Board inspection; resolution asking for full recognition and privileges of the women physicians and surgeons, and for the American nurses the official recognition granted those of our Allies; others furthering the requests of the Food Administration, encouraging the speeding up of shipbuilding, stressing the Children's Year Program, demanding the training of girls as well as boys in industry and for citizenship under military discipline; the requirement of the use of English for all public and private schools, and concerning the desecration of the flag, asking that it be not further polluted by the kiss of the offender but that some other punishment be substituted.

A resolution most heartily endorsed and promptly broken at the very next session, was one with the usual whereass, our men are asked to respect the flag when passing in parade by halting if walking, rising if sitting, and stand at attention, uncovered, and when the "Star Spangled Banner" is played or sung to stand at attention, therefore, be it resolved, that all club women shall show equal respect to the flag and our national song. This, being translated, means, face the flag or the music, cease talking, cease putting on hats and wraps, with hands at the sides (thumbs at trouser seams), remain silent. Mothers of men can do no less.

Thus did a very splendid convention, inspired by a strong, well-balanced, sustained program, go on record for potential action that must strengthen the woman power of our Nation in the crucial hour.

CLARA B BURDETTE.

Mrs. Josiah Evans Cowles Honored

The closing of the biennial was the presentation of a large silver basket filled with roses to Mrs. Josiah Evans Cowles, President of the General Federation, by the Business Men's League of Hot Springs in token of appreciation of the coming of "this splendid convention to our city."

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SEVENTH STREET AT OLIVE
BIENNIAL ADDRESS—EXCERPTS

WORLD DEMOCRACY
Hon. Charles H. Brough, Governor of the State of Arkansas:
"Our country is no longer isolated political entity, and the freedom of the flag is no longer limited to our shore, for..."
"...We are set where waves are met To lead the waiting nations on.
Not for our own land is freedom's flag unfurled,
But for the world."

"In order to make the world safe for democracy, in a great republic there should be an assimilation of our population of recent foreign origin and intensifying the intelligent patriotism of our young people; there should be respect for law and order and the self-control necessary to prevent viciousness and crime among youth of our land; there should be the appreciation and value of laws of physical and moral strength, the laws of hygiene and sanitation; there should be a development of a higher sense of personal duty as to the obligations to citizenship; there should be an assimilation of understanding among the different groups of people who should, in time of trouble, cooperate intelligently; and also be no less an ability to defend our liberty with force of arms, if necessary.

"All of this can be accomplished through universal military training, and I would endorse such training most earnestly. You don't know the importance, my friends, the importance of training our boys before they reach a voting age for citizenship and for some one specific thing. After we have trained the individuals for some specific duty, then they must learn the importance of coordination, and after that, they must learn the importance of service for humanity."

THE WOMAN'S LAND ARMY OF GREAT BRITAIN
Helen Fraser of the National War Service Commission of London, England, in her address outlined the great work the women of England are doing in support of their government at war, and also paid a tribute to the work of the French women and other women of the allied nations.

"There is not a question about winning this war," she said, "but the question of how long before it will be won depends on America. The need of shipping facilities is the greatest need at this time. There are millions of tons of food in Australia, but that is a reserve that cannot be used at this time. All the people of England are now on rations and the food is low. It is one of the critical periods of the war.

"That country does not exist which can whip Germany and carry out a policy of 'business as usual,' as was adopted at first in England. Germany is a frightful foe. But a great democracy of people working together in a common cause can defeat any militaristic foe that is driven to war by autocracy."

"In England the women are at work. More than seven million of them are in the places of men. Today the women are constructing aeroplanes without the assistance of man in any part of the work. A million of women in England who perhaps never before dressed their own hair, are today in the workshops, side beside the other women, drawing the weekly stipend, and taking only the same holidays that are accorded the other workers. This work is made necessary, when you realize that in England the conscription ages are from 18 to 31 years.

"It is not the spectacular work done that is need of the women. The woman who does her duty in her own way, who lives right, who economizes, who lives simply, is doing her share, just the same as the other women at other tasks."

CO-OPERATIVE SANITATION IN CANTONMENT COMMUNITIES
Surgeon C. C. Pierce, United States Public Health Service, told how conditions around Camp Pike were clean up.

In closing, he paid a high tribute to American womanhood. He said:

"There are many things that have to be done to increase the efficiency of our country and help win the war that are related to the protection of public health. I refer to the splendid efforts of the noble women working through their clubs and societies for community welfare. The anti-tuberculosis work; the home service work; the infant welfare work; reconstruction work; work among unfortunate women; the development of the sense of community responsibility for sanitation; better housing and living conditions among those of small incomes, and the manifold activities of patriotic women throughout the land.

"With the coming of suffrage, accomplished for the betterment of our race and when the record of this present superlatively important period is made into history, the deeds of the women of America will stand out as glorious beacon lights for the encouragement of future generations of civilized peoples, that will be safe from the miseries that have resulted in our time from the insane selfishness of an autocrat with a withered soul."

FEDERAL AID FOR PUBLIC SCHOOL HEALTH SERVICE
Surgeon General Rupert Blue, who was with the United States health demonstration car at Hot Springs, made a plea for Federal assistance in supervising the health of school children.

The urgency of the proposal has been disclosed, the speaker stated, by the operation of the selective draft act, and by sanitary
surveys made in various states by the Public Health Service, of which he is head. The report of the Provost Marshal General shows that approximately 29 per cent of registrants examined were rejected on account of physical and mental defects, he pointed out. The first and most important fact to be grasped in this connection, he argued, is that in a large percentage of instances the physical defects that so commonly handicap adults in the struggle for a livelihood would not exist if they had been properly dealt with in childhood.

Dr. Blue said that in the states where the need of medical inspection of school children has been fully recognized, local effort in that direction has been greatly handicapped by lack of funds and organizations. This is not the fault, he asserted, of State school and health authorities, adding that in Europe the problem has been met by the national governments assuming the greater share of the expense, thus increasing both the military and industrial efficiency of the nation.

SAFEGUARDING THE MEN IN THE SERVICE

Dr. Katherine Bement Davis, former Commissioner of Correction of New York under Mayor Mitchel, and chairman of the Parole Commission, and at present director of the section on Women's Work, division of social hygiene, commission on training activities, for the War Department, spoke at the public health conference on the subject of safeguarding the men in the service. She referred to the necessity of clean communities as an adjunct to the training camps, and said that co-operation from the local authorities would be necessary. She urged the women to help create a demand through their officials for this co-operation, adding that one-half of the public sentiment is made by the women, and they could engage in this more important work. Relative to the opportunity for great advances to be made now, in war time, she said that as much progress had been made in the last year in this respect as had been made in ten years before, or could have been made in another ten years without the war.

THE PROTECTION OF CHILDREN—A WAR TIME MEASURE

Miss Julia C. Lathrop, Chief of Children's Bureau, United States Department of Labor, Washington, D. C., said:

"Public health is not cheap. It requires the spending of taxes for all those purposes of sanitary and wholesome community life which no family, however rich, can control individually.

"But beyond this necessary regulation, all the charity, all the wise philanthropy, even all the profound research of public and private effort, are as a tinkling cymbal in producing a healthful population when compared with the efficacy of a decent income.

"Indeed, the chief value of such research as that of the children's bureau series of studies of infant mortality is to prove the necessity of an income permitting a proper degree of care and comfort for parents and children together at home.

"The family is a unit and it can only flourish as a unit. If mothers go out to work, leaving young babies, these babies die at twice the rate of those whose mothers are able to stay at home and take care of them. Older children get into mischief without a mother at home. There can be no toleration of wage scales for men that compel women to help earn money to support young children.

"School luncheons are admirable as a feature of a school curriculum or even as an occasional needed experiment in nutrition. They are sadly preposterous as a substitute for proper food for children at home. One of the great troubles with our over-worked school teachers is that they are compelled to stop teaching and patch up children physically so that the children are in condition to learn. Give adequate family income and intelligence and we shall be able to see all children go to school as do all fortunate children, well fed and clothed, with eyes and earths and teeth and feet and throats in order. And the school can put its full inventive genius into developing the minds, not patching bodies."

---

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(Representative Jeannette Rankin of Montana.)

Miss Rankin reviewed the work of the women at large in all patriotic undertakings, but paid particular attention to the other class of American women, the toilers, who she said must be given much consideration at this time when new responsibilities were being added to her.

"Wherever a company employs a woman it must be made to understand that she is not only a worker but a woman, and an actual or potential mother; and the adjustment of the woman worker to industry, and industry to the woman worker, must be made with intelligence and justice. This adjustment, neglected in peace time, to our loss, cannot be postponed in war time, for the supreme test of endurance is upon us.

"And the woman worker herself must come to understand that she is not only a wage earner, but that she is a social factor, a citizen and a soldier. She should wear her cap and apron as proudly as a soldier his khaki.

"The present crisis will not admit of the smallest waste of the woman worker. If her productive power wanes and clothing and equipment fail the men at the front, the war is lost and all the hand sewing and knitting women of the country cannot supply the needs of our fighting men. Knit if you can at your leisure moments, for sweaters are sweaters and everyone wrought out of odd moments is so much gain; but don't think that your services end there. What is one sweater a week, the average of a hand knitter, to the conservation of a factory women who turns out 180 in the same time? I know that you are all doing war work, giving your days and nights, your leisure and your strength to a thousand patriotic duties. But I am asking you to charge yourselves with another duty—the conservation of the wage earning woman, the war working mother, without whose sturdy driving power all our devotion would be puny and ineffective. Without whose healthy motherhood we dare not face the nation's future."

"WOMEN IN WAR TIME"

Miss Maude E. Miner, chairman Committee on Protective Work for Girls, War Department Commission on Training Camp Activities:

"There is great need of more protective and probation officers, more places of detention and reformatories, better ways for the protection of girls, and above all, more educational work which will reach the mothers of the girls, the girls themselves, and the men who have the greatest power to safeguard young women.

"It is necessary to have better laws, so that no State shall have on its statute books an age of consent law of ten years, as has Georgia; it is still more necessary for the power of public opinion to demand of men the same high moral standard that men demand of women.

"They call comes to woman as never before to mobilize for service. One of the first groups of workers to be mobilized must be the 5000 telephone operators, laundry workers, nurses and other workers in the military training camps. This group, and the larger force of women who will be needed, should be organized as a woman army under military authority and control, as is the women's army auxiliary corps in England."

WOMAN'S COMMITTEE, NATIONAL COUNCIL OF DEFENSE

Dr. Anna Howard Shaw, Chairman.

Dr. Shaw explained the facts concerning the organization of this particular branch of the service. It is not in opposition to any other woman's war work, but makes the work more efficient by having this agency in direct touch with the administration and heads of departments. It is the connecting link between the Government at Washington and the patriotic woman worker.

"The women of America have not had enough work assigned to them as yet. But do not be discouraged. The orders for work will come. You are only drilling now, being fitted for the great work that is to be done. The war is not yet ended. We will have orders for the women of America such as the women of Europe had and we will respond to those orders as the women of France and England are responding."

In closing Mrs. Dr. Shaw made a strong appeal for the full suffrage of the women.

"I believe that the Government has as much right to conscription of the services of women as to conscript the services of the men," she said, "and I believe in conscription as the fair and equitable method of distribution of the burden of war. But before that conscription is done, I believe that it is the bounden duty of the Government to make the women full citizens of the Nation, that they might have the full spirit of responsibility." She made a stirring plea for not alone a freedom of nations after this war, but that the women who worked and helped to win the war should have the promise of a democracy that would extend to them.

CONSERVATION AND RECLAMATION SERVICE

Mrs. John Dickinson Sherman of Chicago, who is chairman of conservation in the General Federation, urged, as a war measure, the organization of a distinct unit in each of the States on the conservation work, and also that there be an organization perfected for the purpose of reclaiming swamp land, or irrigating arid lands, and of opening up more country so that when the men come home from the war there will be plenty of new field of endeavor opened to them, and also that some provision be made that each returning soldier might have a certain plot of ground on which he could rebuild.
A MEDICAL WOMAN'S STORY FROM "OVER THERE"

Dr. Esther Lovejoy, who has seen service in France under the Medical Woman's National Association Unit, has returned with a story. Her story is facts gathered from a visit, particularly that of the section near Evian. It is here that Germany makes a dumping ground of the human refuse she has gathered when her armies advance. It was of these that Dr. Lovejoy told her pitiful story.

"I talked to a woman of intelligence who had been three years under Germany, after the first invasion of the German army. She had a son of 13 years and she had other children, one a babe in her arms.

"What of the babe in your arms?" was asked.

"It is mine," she answered.

"Then her story developed. There were her father and her mother beside her, and there were her older children. These had all been under the German domination. There had been a day when it was the firing squad for the mother and the father. Then a German had stepped in and had saved them. The German was the father of her babe. She was a conquered woman.

"The little boy of 13 years was turned to. 'What do you think of your little brother?" he was asked.

"'He is not my brother,' the boy replied. 'He is my mother's boy, but he is a Boche.'"

That, Dr. Lovejoy said, tells only part of the story of the things that must be given attention in this war. "There is to be an unending strife after this war, for generations. The people do not know the propaganda the German is spreading. His subtility and his trained methods are effective. It will take the influence of our people for years to overcome the evil he has planted."

UNIFORM DIVORCE LAWS URGED

The subject of a uniform divorce law, such as might be written into the Constitution, was presented to the legislation conference from Mrs. P. B. Ellis, President of the Nevada Federation. Briefly, she urged the club women to create a sentiment that would favor a uniform divorce law written into the Constitution of the United States. Also she referred to the divergence of the laws of the States.

GOVERNMENT AND LIBERTY

If all individual initiative be transferred to the realm of government, we have no opportunity for that individual life which has been the glory of our modern world. If we transfer all the fundamental elements of a well-ordered government over to the realm of liberty, we have national dissolution and political death. The American patriot, keeping his heart open and his mind free from prejudice, seeking friendships everywhere in this world and enmities nowhere, keeping his eye fixed on this line between government and liberty, will ask himself how, as one of the keepers of the democratic conscience, can he act in a given crisis, in the presence of a given problem, before a given issue—how can he act, my friends, so as to protect the aim and the ideals of the American Republic?

—Nicholas Murray Butler.

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Keep us, O God, from pettiness; let us be large in thought, in word, in deed. Let us be done with fault-finding and leave off self-seeking. May We put away all pretense and meet each other face to face—without self-pity and without prejudice. May we be never hasty in our judgment and always generous. Let us take time for all things; make us to grow calm, serene, gentle. Teach us to put into action our better impulses, straightforward and unafraid. Grant that we may realize it is the little things that create differences; that in the big things of life we are at one. And may we strive to touch and to know the great, common woman's-heart of us all; and, O Lord God, let us forget not to be kind!

—MARY STUART.

EDITORIAL NOTES

We are getting down to hard facts. The July Clubwoman is to be a "Business Number." It will contain the reports of all State officers, chairmen of committees not published in the previous issues of the magazine. A report, by districts, of the Endowment Fund will be given. Any officer or chairman not having filed her report with the Recording Secretary, Mrs. W. H. Anderson, will please do so at once. Mrs. Anderson's address is 4300 Victoria Park Drive, Los Angeles, Cal.

In the May number of The Clubwoman the name of Dr. Mariana Bertola of San Francisco got badly "pied." Dr. Bertola is so well known through her splendid work in public health and child welfare in the San Francisco district that no matter under what name she may appear she will be known. We make humble apology and confess that the editor is more vexed and humiliated at any mistake in the magazine than any one else could be. We try to give the club women of the State a good magazine. We have never come up to our standard yet, but we hope with your hearty co-operation to make every number of The Clubwoman better than the last. "Then to our faults be a little kind."

With the German submarines off the Atlantic coast, destroying our shipping and menacing the lives of our men; and with no assurance that the U-boats may not soon be in the Pacific waters harrying our defenseless coast, we fully realize that the war has come to America. It is therefore no time for sectional differences. California must stand as a unit and bend every energy towards winning this war. With so great a task before us, there is no room for the petty things of life. They must go—fall from us like a wornout garment. Since the beginning of the woman's movement there never was a time when the need for women to stand shoulder to shoulder was as great. "Each for all and all for each" should be our motto.

Eleven thousand "Four-minute Men" have been appointed by Uncle Sam on his publicity program to be his national messengers in "four-minute" talks before the movie audiences throughout the country. It is gratifying to know that on this list are the names of many of our women who are prominent in the state federation and in local club work.

When you are wondering what you can do to unify your people, why don't you follow in the footsteps of Pasadena and get your people together to sing songs of the allied nations?

"I stood, and lo! the armies of the world rushed by to battle, 
I fled, and slipped, and fell, for all the ground ran blood
I knelt, and unto my palsied sense came an old message strong and clear, 
"To me incline your ear
Come unto Me,—Hear, and your soul shall live."
I rose, for faith and hope and vision come when the soul has spent its utmost, as our great host of warriors give their all, like Him whose love transcended on that far eastern dawn, the very strife which hides our God this day."

Seashore---

VACATION TIME

Is here again and many of us are planning to spend a goodly portion of that time at one of the numerous seaside resorts while others will prefer the mountains—

In either case the PACIFIC ELECTRIC RAILWAY offers unexcelled service to seaside resorts and direct connection to many mountain camps.

SEASIDE RESORTS—Venice, Ocean Park, Santa Monica, Hermosa Beach, Manhattan Beach, Redondo Beach, Long Beach, Seal Beach, Huntington Beach, Newport Beach, Balboa.

MOUNTAIN RESORTS—Mt. Lowe, Camp Baldy, Hoegee's Camp, Glenn Ranch, Cold Brook Camp, Camp Rincon, Follow's Camp, Strain's Camp and San Bernardino Mountain Resorts.

ASK FOR SPECIAL FOLDERS.

PACIFIC ELECTRIC RAILWAY
WOMEN JURORS CONSTITUTIONAL

The Supreme Court of the State of California, sitting en banc as follows: Judges J. Wilbur, J. Richards, pro tem, C. J. Angelotti, J. Sloss, J. McElvy, Victor E. Shaw, in re application of Eben Mana for writ of Habeas Corpus on the grounds that he had been convicted by a jury upon which women served, under the theory that the act of the Legislature authorizing women to serve as jurors was unconstitutional, held as follows: The act of the Legislature authorizing women to act as jurors is constitutional.

In this connection, public acknowledgment should be made of the assistance rendered to Attorney General U. S. Webb, representing the State, by Miss Gail Laughlin, representing the various organizations of women throughout the State of California, who asked the Supreme Court for permission to file a brief on the subject and was granted leave to do so within four days. She prepared and filed, within this incredibly short time allowed her, a very masterful brief on the subject, which, no doubt, gave the Supreme Court valuable assistance in arriving at their decision.

At any rate, this decision settles the question of the constitutionality of women to serve as jurors in California and will give the movement of women's interest in political and judicial matters a great impetus, as a number of the clubs of the State have added to their Current Event or Political Science Section a class on the "Duties of a Juror," etc., in which information is given regarding the duties and qualifications of a juror, definitions of various crimes, misdemeanors, etc., the weighing of evidence, legal phraseology, the history of the jury, etc., which will greatly assist the women jurors of our State in rendering invaluable service as such.

CAROLINE KELLOGG,
State Chairman of Political Science and Legislation.

AMERICA

My country, 'tis of thee,
Sweet land of liberty,
Of thee I sing;
Land where my fathers died,
Land of the Pilgrims' pride,
From ev'ry mountaintop
Let freedom ring.

We consecrate to Thee,
Father Almighty,
This our loved land;
To stand a shining light,
Where darkness reigns in might,
To battle for the right
In Thy great name.

And when our men shall go,
Forth 'gainst the ruthless foe,
To fight for right;
Give them the victory,
O'er sin and treachery;
Freedom from slavery,
Help them to win.

God keep our warrior men,
Brave, pure, noble men,
Through the great strife;
May they come back to us,
An army glorious,
Conquerors victorious,
For God and right.

Our fathers' God! to Thee,
Author of liberty,
To Thee we sing;
Long may our land be bright,
With freedom's holy light;
Protect us by Thy might,
Great God, our King.

Added lines written by Mrs. Kate J. Woodworth, member of Pasadena Shakespeare Club.

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“Here’s to the Blue of the wind-swept North, When we meet on the fields of France, May the spirit of Grant be over them all When the sons of the North advance.

“Here’s to the Gray of the sun-kissed South When we meet on the fields of France, May the spirit of Lee be over them all When the sons of the South advance.

“Here’s to the Blue and the Gray as one When we meet on the fields of France, May the spirit of God be over us all When the sons of the Flag advance.”

( Intellectuals are regretted that the name of the writer of this beautiful toast is unknown.)

* * *

A French visitor to American cantonments and encampments writes: “I saw yesterday an American unit in which men of very varied origin abounded—French, Polish, Czech, German, English, Canadian—such their names and other facts revealed them. Nevertheless, all were of the same and of similar type, a fact due apparently to the combined influences of sun, air, primary education, and environment. 

“The intelligence of each had a wider outlook than that of the man of a single racial lineage and of one country in particular,” and he continues, “The general impression which one derives from a visit to an American camp is that of solidarity. Physically the American is a compound of lime and grit. . . . The American soldier is a man even in his first youth—he is like a house the framework of which is iron instead of wood. A uniform complexion almost bronze, with nothing in it of lilies or roses, helps to given an impression of irresistible strength. The American is a Roman, straight and massive like a tower, with an air of gravity which is enhanced by his lean and closely-shaven face.”

* * *

In speaking of the “Pulpit and the Reconstruction,” following the war, a writer in a recent publication says in point that the “comforting” religion is not one of reconstruction; that if the pulpit is to have a message for the modern world, it must relate itself to it . . . the fact of the future being the creation of “the great community,” and the church’s share in the task is that of liberating and stimulating the moral energy of social cohesion.

The writer tells us further that the materials for this are in the New Testament, but that emancipation must come from individualism of the popular evangelical tradition. “For,” he states, and no one can deny the truth of his statement, “in the New Testament ‘the great community’ figures as the Kingdom of God, and it is plainly no other than the Kingdom of Man.”

* * *

The phrase “the efficiency of certain nations” is covert, and those who still cling to Prussian ideals may feel that such, and similar phrases, add to the strength of their own statements in giving out information by word of mouth or by pen; but the word “efficiency” has become meaningless in the light of the facts shown and its over-worked usage can convey only the picture of slaughter and crime, of the attempted defeat of all that the world has held highest and best in ideals. In this consideration an efficiency is, to say the least, diabolical which has developed for the last half century the Hun for the express purpose of killing and maiming the human race, even to seeking to destroy its soul.

* * *

Another drive, this time for the American Red Cross, has “gone over the top.”

* * *

That great and splendid mother, Mme. Schumann-Heink, stirred to its depths a San Francisco audience in the Auditorium with a group of patriotic songs at the Red Cross rally held on the evening of May 23rd. Mme. Schumann-Heink has given her four sons to the cause of liberty. Three are enlisted in the navy, one in the army, and she herself serving the national government came across the continent, paying her own expenses, that she might sing for the benefit of the recent Red Cross drive. “If I had one thousand lives to give, I’d gladly give them all for the United States,” she told the massed people earnestly, when asked to speak.

* * *

The year 1918 has been set aside as a year to be devoted to the preservation of the child, particularly the preservation of the babies of America. The movement is under the direction of the National Children’s Bureau of Washington, D. C., and is now being fairly launched in California, where it is receiving the strong support which should be accorded it.

* * *

Announcement has been made through the newspapers that Mrs. J. L. Harbaugh of Sacramento, Mrs. J. B. Hughes of Oroville, and Mrs. Frank L. Saylor of Berkeley are to run for the Assembly at the next state election.
HOW MAY CLUBS BEST SERVE THEIR COUNTRY
AS ORGANIZATIONS AND STILL KEEP
THE CLUB LIFE INTACT?

Mrs. H. C. Tibbitts, President-elect of the
California Club, San Francisco, writes in
reply to the above question:

"Club women can best serve both country
and club this summer by turning club head-
quarters into vacation headquarters. Keep-
ing 'open house' for one another in the com-
bined interests of country and club will be
a right-about-face innovation upon the pre-
vious peace-time custom of barred doors,
silent halls and locked piano,—but, these
are stirring times that rightly upset trad-
tion. Many members this year will forego
selfish pleasure in expensive travel, duti-
fully diverting their recreation money into
Liberty Bonds, Thrift Stamps and patriot-
ic donations. Why not meet at the club
for work and also for play, since every
conscientious toiler will require occasional
relief and relaxation to maintain her ef-
ficiency?"

"The piano does not need a vacation—it
can contribute a delightful part in informal
programs. Let the home spirit, the get-to-
gether spirit, invade the club house and take
possession as lessee for the summer.

"Woman's present opportunity for con-
structive work in government behalf is un-
precedented in history and it is up to the
club organizations to set a splendid example
of co-operation. As in the days when all
roads led to Rome, so now do all the a-
venues of our thought and our creative ef-
forts lead us to the common goal of World
Liberty.

"Therefore, an 'open house' this season
for the California Club, and 'oco-operation'
the handwriting on the wall."

* * *

"On Women's Clubs and War Work;"
Miss Jennie Partridge, out-going President
of Corona Club, San Francisco, writes:

"The three months' vacation period for
the women's clubs has always been consid-
ered a wise arrangement, as it gave the
women a much-needed rest and breathing
space from their arduous duties, and af-
forded the new President time to appoint
her new chairmen and plan the work for the
coming year. But the war is the business
of every club woman, as of every other
woman, in our nation today. The women's
clubs are making a brave effort to carry on
their manifold activities with the war ser-
vice, as Child Welfare, Civics, Home Eco-
nomics, Social Service, are just as necessary
as before the war, as they intimately con-
cern the lives of the individuals of the na-
tion. Therefore, the preservation of club
entity now means a whole machinery for
service.

"The women's clubs, being already or-
ganized, and with their machinery ready,
could, and have, put through, easily and
quickly, the service asked of: Red Cross
auxiliaries, Liberty Bond sales, Red Cross
membership drives, War Savings Societies,
and the great War Victory Commission,
which Mrs. Cowles, our President, was
proud to be able to offer the President of
the United States as the special work of the
General Federation.

"During the summer let the chairmen of
sections accomplish the barely necessary de-
tails of their office, and let all club women
devote their entire time to our country's
service. Club houses should remain open

“Must Woman Ever
and Man Never
Forgive?”

A most interesting novel advocating
the “Single Standard.”

By RICHARD LIGHTFOOT

A story of love's sunshine and its
sorrows. Clean and pure throughout,
with a great defense of womanhood.

For Sale At
Cunningham, Curtiss & Welch Co.
and all other bookstores

Mrs. Geo. K. Bretherton
Soprano
Available for club programs—recitals and
private musicales.
Studio, 345 Blanchard Hall—10082
Residence, 3795 Harvard Blvd.—77665
daily, even a gathering of five women means much in results. The club houses will inevitably attract many outside women, whose interest will be awakened, and an increase in club membership may eventuate from these friendly gatherings.

"Never before in the history of the world has any one project bound women together in sisterly service as this War Service. The "Colonel's Lady and Judy O'Grady" work side by side, "Mrs. Wiggs of the Cabbage Patch" and Mrs. Van Renssaeler Brevoort Astor roll their bandages together. Class distinctions are abolished. Never have hearts been so stirred, minds inspired, and bodies energized in one grand far-reaching service. Patriotism and Service are our watchwords; and, as the King of Day gives life and light to the earth, so does Patriotism give rise to service.

"We, as club women, do pledge our instant response to the needs of our Nation as voiced to us by that great man, Woodrow Wilson, President of the United States."

* * *

On how to keep club life intact in spite of the demands made on the women's clubs for all kinds of service work, Mrs. John S. Perine, President of Mills Club, San Francisco, says:

"Unless there is a specific reason for the existence of a club, its regular life cannot be kept intact, for it must, if it is doing its duty, do service work before all others. In the case of Mills Club, which is comprised solely of former students of Mills College, its first and most important work has always been to foster and support such work or service which should strengthen or help the college. Since the demand was made for war service it has responded to this, together with its regular interest and work."

* * *

Mrs. Louis Hertz, who has lately been appointed by Governor William D. Stephens as an honorary trustee of the State Normal School of Manual Arts and Home Economics of Santa Barbara, as President of the Presidents' Assembly of San Francisco and of California, believes that:

"With the Pledge of Allegiance to our Flag, clubs should take a hand in 'planting the Domestic Pleybean Spud,' they should advocate and follow out the plan of the state and national food conservation committee: they should entertain the enlisted men, and substantiate the work of the Y. M. C. A., be in sympathy with nation and state movements in giving monetary and physical aid, and should not neglect local entertainments or local charities. In illustration of this last-mentioned interest, and in commemoration of 'Mothers' Day,' the members of the Assembly had for their guests at the Children's Theatre in San Francisco the children of the San Francisco Nursery for Homeless Children to see the play 'Puss in Boots.'"
THE WORK OF UNIVERSITY EXTENSION IN SOUTHERN CALIFORNIA

By Nadine Crump, Southern Representative.

The people of Southern California have ever given whole-hearted support to their State University. Since the establishment of the General Extension Division five years ago they have availed themselves of the opportunity of using the extension service in every way that financial and geographical limitations made possible. It was, therefore, occasion for congratulation when the University decided to open a summer session in Los Angeles the coming summer, and when the additional appropriation granted by the last Legislature made possible the establishment of a permanent extension office in Los Angeles.

The University Extension office was opened last September in rooms 507-9, Union League Building, Second and Hill. Since that time some fifty courses of instruction have been offered, in which there have been 1474 enrollments.

One of the most satisfying features of the year’s work has been the cordial cooperation of the educational institutions in the South. The thirty members that compose the teaching staff make a faculty of as high an order as can be found anywhere. Some of these have come from the State University, others from the University of Southern California, from Pomona, from Occidental College, from Throop College, from the Normal School, from the public school and from the business and professional world. One very significant thing about the class work in the South has been, that so large a number of the courses have been of University grade, and many of them carried University credits.

In addition to the cultural appeal for French, the war situation has added a very practical need. The University Extension Division has in the past few months, in Los Angeles alone, organized twenty-three classes in French. Some of these have been especially for nurses who are either now in France or will be going soon. It has supplemented the work of the Shipping Board by giving instruction in navigation. There has been a large enrollment in other technical subjects. At the present time some thirty women are studying the principles of banking, women who for the first time are under the necessity of looking after their own business or women who desire to qualify to take the place of the men who have gone to the front. A long list of labors, laid down by hands and brains that will take them up never again, await the women who can qualify. Many women can be generally useful, but are not trained to do anything in particular, and it is the trained one who is needed. The University Extension offers the opportunity for the woman who desires intensive training in special lines.

Great as has been woman’s war work and great as it must continue to be, its final good will be greatly minimized if in much doing woman ceases to become—fails to enrich her own life. It is therefore to be hoped that while continuing their war work the clubs will not give up their study programs. Never was there so much need of clear thinking as now, thinking based on knowledge.

This year has been designated as a Child Welfare Year. Educational and social agencies will direct their energies toward a study of conservation and development of that most valuable asset to any nation—its childhood. Lectures and class instruction in the problems of child welfare will be available. In addition to such men as Professor C. E. Rugh of the State University and Dr. Ernest Hoag of Los Angeles, both of whom have given valuable courses in Southern California the past year, the University will have the services of Dr. J. Harold Williams, child psychologist of the State School at Whittier. It is hoped that the clubs of Southern California will make use of all the time Dr. Williams can spare.

Then there are questions of economics, of labor, of commercial geography. Calls have already come for lectures on the probable effect of the war on trade. Above all, we

SAVE THE WHEAT

The Food Administration is striving at every turn to divert the demand for white flour to the coarser meals such as corn, oats, rye, etc. They asked us for a cracker that would save more wheat. SWASTIKA Master Bakers answered with these new crackers that are wholesome, energizing, delicious! We have named them WHEAT SAVERS. WHEAT SAVERS are real wheat savers—they are made from a blend of cereal flours that live up to the true spirit of Conservation. And the same skill, the same spotless surroundings, that make all SWASTIKA PRODUCTS so good, are responsible for the goodness of WHEAT SAVERS.

Pacific Coast Biscuit Co.
should study history and literature—the philosophy that underlies them, for in that knowledge is to be found the understanding of the present and the ability to give proper direction to the future.

It was a matter of regret that the University was not able to announce its courses last year until after the club programs had been completed. It is to be hoped that next year a closer relation between the University and the clubs may be established. A letter has been sent to all the club presidents calling attention to the work for the coming year and asking for suggestions. Some valuable ones have already been made.

The following is a brief statement of what the University has to offer for next year. Arrangements for programs are now being made through women's clubs and other Extension centers. (1) Class instruction in cultural and business subjects; (2) lectures, single or in series; (3) musical programs and recitals; (4) educational films and printed lectures on current events. A new feature of extension work is the music. Some of the best musicians of the Bay region and of Southern California are cooperating with the University and are available for programs.

So rapidly have events happened the past year that the entire face of the world is changed for us. Our thoughts have been scattered, concentration has been difficult, creative ability weakened, constructive power minimized. It is time to stop and think clearly and to draw upon our State University for every possible resource that will help us.

FAITH

By MARGARET MARCH, Northern District.

Oh, Father, God, is Thine ear so far above the roar of battle
That thou can'st not hear the sobbing voices that daily cry to Thee in prayer,
And can'st Thine eye not pierce the darkness of this blackest night
And see no gleam of early morning's breaking light?

Thou, Savior of men, who freely gave Thy blood that men should live,
And died upon the Cross to make men free;
Has Thou in sorrow gone: In sorrow to see what men have done
With the precious heritage that Thou so freely gave to them?

Has Satan and all his forces let loose upon the land,
And the burning fires of Hell lighted by human hands
And roaring and black'ning and their flames scorching the very doors of Heaven itself—

Are they keeping God and His angels far away?
Oh, thou of little faith! Know you not that I am still God,
That Heaven and Earth may pass away, but I, Thy God, still shall be?

Know'st thou not, that a thousand years are but as a day,
And thy weeping and all they sorrow will e'er long have passed away,
And there shall be light?
Even as the waves of Galilee obeyed My will
when I spoke, saying to them, "Peace, be still!"
So shall the storms of earth cease, when I,
Thy God, shall speak.
True, I have turned away in sorrow, that my children had forgotten Me;
Forgotten the priceless treasures of life, that I have given unto them,
And had cast them into the mire of lust and hate and of rapine,
But men shall heed again My voice, after the rod has fallen and they have paid the price,

Even as I, their Lord, did pay the price for them,
Then shall all nations rejoice: then shall men be men again and brothers:
Then Satan and all his league, both of Earth and Hell, shall pass away and be no more:

Then shall the fires of hate be quenched by the tears of women,
Mothers without their sons and children left fatherless:
Then shall the angels of Heaven sing and there shall be great rejoicing,
Then shall men and angels join together in the one refrain.

"Hosannah in the Highest, peace on earth, good will to men."
For I, thy God, am still thy God, and I am with thee to the end:

And broken hearts shall all be bound and tears be wiped away.

Fear not, I hear My children's voices even midst the battle's wildest night.
For I am God, thy God.

Popular Song

"California, Where Dreams Come True"

is offered "on sale" to any federated clubs.—One-half of the net proceeds to be retained by club for any fund desired. Sung at two recent conventions. For information address

ETTA EMLAY PIERCE
R. 1, Box 18, Roseville, Calif.
BALBOA PALISADES — THE WONDERLAND OF THE PACIFIC

One of the most beautiful places on the whole west coast at this season of the year is the stretch of territory lying south from Newport Beach to the Balboa Palisades, on the crest of which the famous Palisades Tavern has just reopened for the summer.

In few seaside resorts is there the combination of picturesque and practical to the degree found here. There is both surf and still water at Balboa, the latter being a land-locked tidewater bay or lake, nine miles in length and of extraordinary beauty. This bay opens into the ocean immediately below the tavern, the view from whose high bluff is one of the finest in America. Since the completing of the great Newport harbor jetty, stretching out to sea from this inlet, the resort has become one of the finest for yachting on the Pacific Coast. For smaller craft—canoes, rowboats, motor and speed boats—it is an ideal playground.

The fishing is excellent, both from the standpoint of the mere hook-and-line amateur and the expert angler for the great game fish of the southern waters. Golfing at the Orange County Country Club is near and the tavern’s spacious and attractive grounds include a number of fine tennis courts. Its bathing beaches, at the foot of the cave-pierced palisades, are unsurpassed.

The tavern itself is built for quiet comfort. Its cuisine is in large part supplied from its own gardens and barns. For those desiring establishments of their own there are a series of pretty bungalows surrounding the hotel and whose windows all command the same remarkable view as the tavern itself.

Launches are provided by the hotel for excursions and shooting parties during the duck season, to the Country Club and to and from Balboa. The tavern is reached either by automobile via Santa Ana or Pacific Electric car to Balboa and thence by motor launch.
THE CLUBWOMAN

(The following is the fourth of a series of articles which will be printed in The Clubwoman on the necessity of keeping business normal as a war measure. As women are the world's retail buyers, the attention of the members of the California Federation of Women's Clubs is especially directed to this subject.)

SANE BUYING

WHAT SHALL WE BUY — WHAT NOT TO BUY?

By A. D. SMITH, Advertising Manager, Barker Bros., Los Angeles.

To many of us, this is indeed a problem — this question of wartime economy which means both saving and spending wisely.

We must all do our part in contributing our "bit," large or small as it may be, as it is called for from us, either in physical effort, or in contributions of money to Liberty Loans, Red Cross Relief, War Savings Stamps or other patriotic demands as they may present themselves. We must adjust our finances so that we can do our share.

But What to Buy—What Not to Buy? Many, many articles could easily be placed in a questioned class and it would not be difficult to answer the question with equal consistency both pro and con.

Perhaps the best answer to the problem would be a sane and sensible answer from each individual according to his or her station financially.

Let us continue to buy what we can afford to buy. What may be a luxury to one, is not at all a luxury to another whose income may be of larger proportion. Let each one of us continue to live in such a manner that we can continue to maintain our efficiency, our cheerfulness and our patriotic enthusiasm.

Keep your eye on the trend of events at Washington. Watch the instructions of our Government. Endeavor to do what the Government indicates it desires done.

Articles which the Government definitely places in the non-essential class will take care of themselves. Decreasing supplies of merchandise still on hand in such lines will cause such merchandise to disappear ultimately from the markets. In the meantime, the purchase of such goods from dealers who still have stocks of such goods on hand to dispose of, can certainly have no detrimental effect, as the money invested by you, and received by the dealer will immediately turn itself over and over through the marts of trade, in other lines.

Confidence in the ultimate outcome of the war and in the victory of Allied arms, is something each one of us must fix firmly in our minds. There can be no other result. The force of America has been thrown into this war to WIN.

"Germany can NEVER win the war."

"She could never WIN it even though her armies marched simultaneously through the streets of Paris and London."

"For AMERICA has called into life those forces that not all the cannon of the world can kill—those elements of JUSTICE and RIGHT, and of LIBERTY, that NO CONQUEROR can long hold prisoner." — Secretary of Navy Daniels.

With this purpose definitely fixed and our confidence in the outcome firmly established, we should, each one of us, "Keep our Feet on the Ground," and not allow ourselves to become pessimistic in our thoughts, weak-kneed in our outlook or foolishly hesitant in our plans concerning our mode of living and our expectations for the future.

A few million of us will be engaged in fighting; many millions of us will be engaged in activities backing up the fighters, BUT, every one of us "Over Here," must continue as normally as possible to live and to sustain our strength, our prosperity and our well-being, that the very Nation itself may continue to prosper, that it may prove equal to the supreme test to which it is now being subjected.

Therefore, in conclusion it might be repeated that perhaps the best answer to the problem—What to Buy, and What Not to Buy—would be the sane and sensible answer of each individual, according to his or her station financially.

Music, the government needs for its fighters, and it provides them with the very best bands and musical talent available. Entertainment likewise; suitable clothing; the best possible food (not necessarily extravagant, but good)—all of these are essentials as much to all of us as to those who go to the front.

Our homes are important. We cannot afford to let them deteriorate—in fact, our obligation and our duty today, to "keep the home fires burning," is an imperative one that our physical and mental resources may be equal to the demands upon us, and that our homes may preserve and offer a fitting welcome when those "Over There" come back.

So let us all continue to live sensibly and sanely, spending wisely, just as liberally as we can afford, so that the Nation as a whole may be just as prosperous as it is possible to make it.
HOW YOU MAY HELP

By Mrs. Mila Tupper Maynard, chairman Educational Propaganda, California Woman's Committee of the Councils of National and State Defense.

A bulletin has just been issued by the Woman's Committee, State Council of Defense, which opens a big vista of opportunity to serve.

Here are some of the ways in which you may help:

First—See that your club, or your church, or your Red Cross, or the Civic Center group in your school house uses the lecturers of your locality, not to push this or that drive, but to arouse a desire to help all along the line, through showing the tremendous cause humanity has at stake. Probably this bulletin will have listed some speaker within reach of you (an hour's trip or so). If not, apply to your county or city Women’s Committee chairman. There is no charge for these lectures. Expenses should be met of course. Remember, persons who would ordinarily expect to be well paid for lectures, are glad to give their services in this cause, providing a reasonably good hearing can be assured their message.

Second—Use the manuscript lectures. The greater part of the lectures announced in this bulletin are available in manuscript form. If your club is small and no one wishes to "work up" papers or talks during the summer or during the club year, enlist the services of your very best reader. Ask our committee to send you the lectures which most appeal to you, stating how often your club or group meets. Manuscripts will be sent in time for careful preparation. A reader should make sure that she "puts the subject across," even if she absorbs the matter and then reproduces it in her own words.

Third—If you are interested in this work, ask your club secretary for the bulletin or send to Mrs. Seward Simons, 719 South Hill Street, for one. Study it. Plan to use the suggestions it offers. Then, or earlier, talk with the chairman of your City or County Woman’s Committee, Council of Defense. Let her know this is not to be a dead committee. Help her find just the right one for executive chairman in your county and city. We want live wires who will know how to find the speakers, who can really educate and then make openings for them, and the manuscript lectures.

Some of the Good Things Offered

There is a "German Peril" series, a Normal School series, prepared by a scholarly faculty for their students; a set of prize es-

BRADFORD'S

For a satisfactory loaf try Bradford's. You will be surprised and delighted at the splendid Victory bread we are making.

BRADFORD BAKING CO.
HALT the HUN

Provide the boys with the things they need to make short work of him.

Guns, clothes, aircraft, food, munitions and the ships to get over with. These are the things the boys need, and they cost money—hunks of it.

JUNE 28th.

National War Savings Day

Make a pledge to buy War Savings Stamps

The more quickly our soldiers have all the things they need, the more quickly the ships will be bringing our boys back to us.

NATIONAL WAR SAVINGS COMMITTEE
This space contributed for the Winning of the War by "THE CLUBWOMAN"
says (national competition) on "Why We Are at War," a miscellaneous list—rich and wide in subject matter.

All these are by men and women who not only speak as careful students, but as persons experienced in the art of "putting it over."

Now please do not let the efforts and desire to serve of these fine folk waste their sweetness by inaction. Get busy!

P. S.—The "Cree" Committee of Public Information has asked to use one of our manuscripts in its work. I refer to the lecture on "Poetry and the War" by Mrs. Katherine Wells Smith of the Friday Morning Club. The others are equally fine in their way. Use them!

Women Drivers for American Dye Works Autos

Some thirty-one years ago the father of the present owner of the American Dye Works started in the cleaning and dyeing business. From a small establishment he saw it grow into the largest of its kind in Southern California and increase in size from a small store on Broadway, where Jacoby's is now located, to the present extensive buildings at Washington and Griffith, Los Angeles, without doubt the finest equipped plant of its kind in this State.

At first the company was known as the City Dye Works, but after continuing under that name for about five years, Mr. Kornblum sold this plant and established the Berlin Dye Works, so called on account of the fact that in those days—in fact, up to the commencement of the present worldwide war—practically all dyestuff was made in Germany. After the war broke out and our country entered the fight on the side of the allies, they changed the name to the American Dye Works, finding it inconsistent and unpatriotic to bear the name of the capital of a country that was violating all the laws of humanity in the present war.

No company can exist and prosper over a period of this time without there being some sound reason for its prosperity. In the cleaning and dyeing business there are two vital things that must be made the keynote of every day's program. One is good work and the other is prompt service, the latter coupled with uniform courtesy on the part of all employees meeting the public.

Needless to say, the American Dye Works features these principles of success in conducting their business, and the quality of work turned out by this plant is a standard for all competition to equal. "As good as the American" is what all the other cleaners claim when soliciting, and while once in a while you may get as good work elsewhere, you will never get any better. The satisfaction of good garment cleaning, plus an old reliable company's responsibility in handling your valuable gowns and dresses, is what you can count on absolutely in sending your work to this company. We recommend them to our subscribers with no fear that they will not be pleased with their work.

In order to conserve man power, the company has recently instituted lady drivers to pick up and deliver garments. Already one Ford machine is being driven by one of the fair sex, and as fast as the male drivers are drafted, either for military or other purposes, they will be replaced by uniformed women chauffeurs. This innovation speaks well of this company's ability to adapt itself to the changed conditions brought on by the war and opens an avenue of employment to women hitherto unthought of.

Live for something, have a purpose,
And that purpose keep in view;
Drifting like a helpless vessel,
Thou canst ne'er to life be true.
Half the wrecks that strew life's ocean
If some star had been their guide,
Might have long been riding safely,
But they drifted with the tide.
—Robert Browning.
DISTRICT NEWS

SAN FRANCISCO DISTRICT

Mrs. W. C. Morrow, Chairman.

The Red Cross parade and the Red Cross drive which followed engrossed all club women to the exclusion of everything else during the two weeks of May beginning the 18th. Members from all the clubs participated in this splendid work of mercy. The white apron with its red cross, the white veil with the red cross emblazoned on it, were the uniforms of the women who took part in the wonderful pageant.

The Red Cross parade on Saturday morning, May 18, 1918, will go down in the history of this glorious state as the most wonderful spectacle ever presented. Seldom is a parade consisting only of women to be seen. It is estimated that over 40,000 women were in the procession. They were of all ages, from the tiny little girl in her white costume of mercy to the school girl, the debutante, the worker, the girl from every walk of life; the women from every part of San Francisco were there. They were young, old, middle-aged, and even women of seventy marched proudly. Women carried service flags, banners and standards, while over all floated the beautiful emblem of Liberty—the Star Spangled Banner. Every organization, every church, every club and every shop, as well as every hospital, had its band of white-robed women, marched with uplifted faces, looking straight ahead and keeping step with case and precision. Not one woman showed signs of fatigue, and every woman said she could have walked to the Cliff House, so earnest of purpose were they. It was a noble and inspiring sight, one never to be forgotten. It had its effect, too, for a number of the visiting Belgian officers affirmed they had seen nothing since their days in the trenches that had touched them so deeply as did the courage and unselfishness of the women in the parade.

The march was also instrumental in waking people to their responsibility in the “drive” which followed and which reaped such an abundant harvest.

As it was impossible to give all of the reports in the May number, a few of them will prove good reading through the summer in order that every club may reap the benefit; and especially those who could not attend the splendid convention in March may know what other clubs are doing.

The Outdoor Club of Mill Valley, of which Mrs. O. C. Capplemann has been President, has had for its aim the past year the loyal support of our government. The club established a War Service Section and met every Monday in the Red Cross rooms. Four dozen fully equipped kits were made and sent to France. Layettes were made for expectant Belgian mothers. A fund for tobacco was raised and sent to a base hospital. About $115 worth of Thrift Stamps have been purchased, and to further food conservation a series of demonstrated lectures on cooking were given. Benefit performances were given for the Red Cross, boxes of good things to eat were sent to the Marin County Barracks, and the members participated in a “pie drive.” They sent a hot supper to one of the near training camps, and “kept the homes fires burning” by aiding needy families with shoes, clothing and food. The motto for the club year is:

“One flag, our land;
One heart, one hand;
One nation evermore.”

SAN JOAQUIN VALLEY DISTRICT

The majority of the clubs of the San Joaquin Valley District end their club year the latter part of May, but the closing weeks of club work have never been so active as their year, for in addition to assisting in the Liberty Loan and Red Cross drives, the clubs have faithfully carried out their regular programs.

During the past month many reciprocity days have been featured and they are one of the most delightful days of the club calendars.

Almost every club in the district has given under its auspices during the present month Red Cross benefits, thereby swelling the funds for the upkeep of the local chapters.

The following clubs have reported Red
Cross benefits and reciprocity days: Woman's Club of Clovis, Women's Improvement Club of Fowler, Strathmore Club, Tuesday Club of Lindsay, Oakvale Club, Woman's Club of Dos Palos, Wednesday Club of Fresno, Parlor Lecture Club of Fresno, Exeter Club, Corcoran Club, Stratford Club, Clubs of Coalinga, Hanford Club, Women's Club of Lost Hills, Madera Club. And other clubs are yet to have these days.

The Parlor Lecture Club of Fresno, following out its plan of a Service to Country Year, has devoted much time the past two months to war work. The Red Cross Auxiliary meets at the club house regularly and reports splendid results.

A Red Cross Carnival, featured by the club the last of April, enabled the club to turn in $441.47 to the local chapter of the Red Cross. Also several of the departments have made individual contributions from time to time. The Civic Department presented the patriotic play "The Doll Shoppe" in Fresno and a number of the neighboring towns with great success and did much to arouse patriotism.

Several organizations, in recognition of the splendid work done by this club, have made generous contributions to our work. The Booster Club of Wheatville, Helm & Burrel donated $15, to be used by the Red Cross Auxiliary. Roos Bros., at their recent opening, added $100 to the Red Cross Nurses' Fund. The Woodmen of the World featured a delightful dancing party on their beautiful roof garden, furnishing music, punch and all requisites for the evening, and the entire proceeds were turned over to the emergency fund of the club.

Miss Blanch Post, the county visiting nurse, has accomplished a great deal of work in a remarkably short time. She has been well received in the various school districts.

The club members did valuable work in the Liberty Loan drive and are now actively engaged in the Red Cross drive.

War savings societies are being organized and a large amount of Thrift Stamps have been sold.

A committee of Parlor Lecture Club members is presenting weekly a program at the Edison School, hoping to be the means of finally having the school a social and civic community center. These programs are well attended and seem to be much enjoyed. In addition to music and little playlets, readings, etc., different patriotic topics are presented.

Though the club year has formally closed, the members have by no means ceased their activities, and the members are ready to meet any emergency that may arise.

The year has been a splendid exemplification of just how well prepared the club women were to efficiently carry on the various phases of war work in which they have felt so privileged to have a part, and throughout the district there is a renewed appreciation and spirit of loyalty to our Federation.

LOS ANGELES DISTRICT NEWS

MISS BESSIE CARRICK, Chairman.

The Wednesday Morning Club has just closed a year of unusual activities, one of the special features of interest being the clearance of the debt on the club house and the burning of the mortgage at the last meeting of the year.

At this meeting Mrs. W. C. Mushet, president of the Building Committee, paid a high tribute to the members who so courageously carried this burden to its final culmination in addition to their many other patriotic and philanthropic interests.

The club is actively interested in languages study, besides Shakespeare, Dickens and Music. The Shakespeare Section, under the able leadership of Mrs. H. E. Brett, graduated four pupils this year. Mrs. Charles A. Holland, the new President, being one of the graduates. In addition to the critical study of the plays, dramatic representation is not neglected, and "The Merchant of Venice" was creditably presented as part of the graduation exercises and also as a benefit for the Red Cross. The diplomas given by this section are accepted by Cumnock and leading dramatic schools.

The Music Section, under the direction of Prof. Carl Bronson, has been very valuable,

---

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*can not fail to please you because it is—*

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Protect your family by serving them "THE BEST OF THE GOOD"

Sold Wherever Quality Prevails

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**Golden Crown Butter Company**

---

**Peerless Laundry Company**

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AS TO

FAMILY WASHING, FAMILY STYLE

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Home 27961 South 6518

---

JUNE, 1918
as they have given several concerts which have netted goodly sums for the Red Cross, and they are to continue their lessons throughout the summer to keep in training, as they are to give a number of concerts this summer for the different Red Cross units.

The officers for the coming year were installed at the last meeting, and the retiring President, Mrs. M. E. Johnson, was presented with a token of love and appreciation by the members of the club, who regret losing this able leader.

The club owns a number of Liberty Bonds and has just dedicated a service flag of twenty-two stars.

The club house is to be kept open all summer as a community relief center and as a work shop for the local Red Cross Auxiliary, and for the French and Belgian relief, the latter under the direction of Mrs. J. E. Brown and Mrs. W. C. Mushet.

May 24th was a memorable day for the Pomona Ebell Club, an occasion fraught with a variety of interests, chief among which was the dedication of the big service flag, with the sixty-nine stars, representing the husbands, sons and brothers of the Ebell women, who are now in the country's service.

The dedication was preceded by the annual luncheon, at which covers were laid for 125, including local club women and their guests, and a large number of visitors from other clubs of the Los Angeles district, to whom a special invitation had been extended.

After the dedication came the Recital Section program, which proved to be one of the most delightful events of the club season.

**SOUTHERN DISTRICT NEWS**

**MRS. MYRTLE V. STUELKE, Chairman.**

The Beaumont Woman's Club recently had the honor of publishing a special edition of the Beaumont Leader. The articles constituting the edition cover twenty-four pages and testify to the energy and ability of the editorial staff. This edition should prove a boost for Beaumont.

Dr. Mary B. Ritter of La Jolla delivered an address before the Beaumont Woman's Club while in Beaumont recently. She also visited the proposed site of the Pacific Colony, where Beaumont would like to see this institution located.

The Placentia Round Table held its reciprocity day in the club house during May. The guests pronounced it a merry occasion in every way, the chief attractions being a play, "My Turn Next," presented by the ladies of the Round Table, and a delightful tea served by the hostesses.

The Ebell Club of Fullerton was honored at its May meeting by Mrs. Claire Hosler Coombs, who spoke for the American Red Star Animal Relief. The Red Star organization is being cared for in Fullerton by the Civic Section of the Ebell, and in this short time has made a wonderful record. They have secured 382 junior members and 100 adult members.

Fullerton has a new community nurse in the field—Miss Emma Gunther—whose services were secured through a Community Nurse Association formed through the efforts of the Woman's Club.

A very profitable year's work was brought to a conclusion May 7th when the Woman's Improvement Club of Corona held its annual meeting. During the past year the city nurse has been secured through the cooperation of the school board with the city trustees and the Woman's Club. The first Red Cross organization in the county was Corona's, a speaker being brought there by the club. The report of the President, Miss Lewis, showed a splendid year's work. The spring fete given on the 24th of May at Lemonia Grove was planned at this meeting.

More than one hundred representative club women attended the annual meeting of the San Bernardino County Federation of Woman's Clubs at Upland in April, when officers were elected for the ensuing year as follows: President, Mrs. Florence D. Schoneman; First Vice-President, Mrs. Henry Goodcell; Second Vice-President, Mrs. Adda Manker; Recording Secretary, Mrs. Phillip Harris; Corresponding Secretary.

(Continued on page 34)

**MAYONNAISE DRESSING**

made with VIOLET BRAND SALAD OIL:

1 egg yolk
1 teaspoon mustard
2 teaspoons lemon juice
1 cup VIOLET BRAND SALAD OIL

Mix the egg yolk with the lemon juice and mustard, add the VIOLET BRAND SALAD OIL a little at a time, stir until thick and smooth.

**NOTE:** The addition of the stiffly-beaten egg white will improve the dressing. Do not add any salt or pepper until the dressing is mixed.

**Ralphs Grocery Co.**

**SELLS FOR LESS**

(Highest Quality Goods)

**Hauser Packing Company**
At the blast of the noon whistle over a hundred girls file into a big, immaculately clean room, through which floats the aroma of appetising soup and fragrant coffee. Each girl after supplying her needs at the counter, finds a place at one of the flower decorated tables to enjoy a pleasant, leisurely lunch hour.

Sounds almost like a girls' seminary, doesn't it? But it isn't. It is simply the daily routine at the Troy Laundry where this form of welfare work is being carried on.

"It has always been a source of pride with us," said Mr. Shimmin, speaking of the new cafeteria, "that our girl workers were of a superior class. We try to attract and keep girls of this finer type and we have succeeded pretty well for some of them have been with us from ten to twelve years."

"The cafeteria is simply an effort to give the girls congenial surroundings and make their hours as pleasant and agreeable as possible. We have dedicated the room to their use and when they have occasion to meet together in the evening, as they do for their War Savings Society for instance, they can have the place to themselves."

"You will notice a bouquet of flowers on each table. We don't provide the flowers; the girls take care of that themselves, just to show their appreciation. We provide the tablecloths and napkins and furnish soup, coffee, tea, milk and ice-cream at cost. The girls bring their own lunches and can buy as much or as little as they choose."

"The matron in charge of the service, also has the keeping of the new locker-room adjoining the cafeteria. This locker-room is, in reality, a dressing room providing means for seclusion and rest as well when it is desired."
HOME DEPARTMENT

PROTECTING THE PUBLIC

The advertisements of foods and foodstuffs which appear in this and coming issues of The Clubwoman are from firms which have in every respect conformed to the rigid requirements laid down by the Department of Health, C. F. W. C., as a part of its present campaign for the protection of the public through the elimination of impure foods and food materials. In every case, before a food advertisement is accepted for the official magazine of the Federation, the plant or establishment is thoroughly inspected by a special committee named for the purpose by the Department of Health and composed of qualified experts on the subject. The appearance of such an advertisement in The Clubwoman is consequently prima facie evidence of purity, reliability and patronage worth.

The work of the committee has now been extended to include the inspection of laundries and other establishments whose work affects the public health.

At the head of the department's committee of inspection in the South is Dr. Lulu H. Peters, M. D., Chairman of the Department of Health for the Los Angeles District.

U. S. DEPARTMENT OF AGRICULTURE
U. S. FOOD ADMINISTRATION
Washington, D. C.

FIG PUDDING

One-half pound dried figs, two cupfuls bread crumbs, one half cup Violet Brand Shortening, one cupful brown sugar, three eggs, one-half cupful flour, one-half cupful milk, nutmeg to taste. Mix ingredients well, adding eggs last. Boil four hours in double boiler.

Mashed Potatoes
(Friday)

Thoroughly mash cooked potatoes. Add four tablespoonsful of hot milk, one tablespoonful of butter, and a little salt and pepper, to each pint of potatoes. Beat the mixture with a fork until light and pile it lightly in a hot serving dish.

Mashed potatoes may be shaped into small cakes. Brown them in a frying pan in a small amount of hot fat. Mix with boiled codfish or canned salmon, for fish cakes.

Potato Soup
(Saturday—From Friday's Left-overs)

Two cupsful hot riced or mashed potatoes, 1 quart milk, 2 slices onion, 3 tablespoonsful butter, 2 tablespoonsful flour, 1½ teaspoonsful salt, celery salt, pepper, cayenne, 1 teaspoonful chopped parsley.

Scald the milk with the onion; remove the onion; add the milk slowly to the potatoes. Melt the butter; add to it the dry ingredients; stir the mixture until it is well blended. Add this to the liquid mixture, stirring constantly, and boil the soup for one minute. Strain it if necessary, add the parsley, and serve.

WHITE KING
White
For the Laundry

WESTERN STAR
White Floating
For Laundry or Bath

CALLA LILY BORAX
White Cocoanut Oil
For Bath and Shampoo

COCOA NAPTHA
Yellow
For The Laundry

MERMAID WASHING POWDER
Softens the Water

ANVIL PUMICE
Toilet
For the Autoist
Sufficient Assortment for any Family

LOS ANGELES SOAP COMPANY
enough milk to make a soft dough. Toss the dough on to a floured board, pat and roll it lightly to one-half inch in thickness. Cut it into shapes with a biscuit cutter. Place the biscuits on greased pans and bake 12 to 15 minutes in a hot oven.

CABBAGE RECIPES BY UNCLE SAM

Washington, D. C.—How to vary the preparation of cabbage from "plain boiled" is suggested by the United States Department of Agriculture in the following recipes:

Cabbage With Sour Sauce

After taking off the outside leaves, remove tough stalk from a small head of cabbage, cut in quarters; soak in cold water and cook in boiling salted water in an uncovered dish, adding 1/4 teaspoonful of soda. Cook slowly from 30 minutes to one hour. Drain and serve with the following sour sauce:

Melt one tablespoonful of butter or other fat, then add one tablespoonful of flour and 1/2 cup of milk. Stir over the fire until hot and add one teaspoonful of made English mustard and two tablespoonfuls of warm vinegar. Pour over hot cabbage. If preferred, a plain cream sauce can be used.

Smothered Cabbage

Cut fine 1/2 head of cabbage. Melt two tablespoonfuls of butter or other fat in a pan and stir in two tablespoonfuls of flour. Add the cabbage, one cup of sweet milk, 1 teaspoonful salt and 1/4 teaspoonful pepper. Cover closely and simmer slowly 30 minutes.

Cabbage Pudding

Shred the head of cabbage closely and cook in salted water until tender. Drain and place in buttered dish in layers with sprinkling of grated cheese between. To 2 level tablespoonfuls of melted butter or other fat add 2 tablespoonfuls flour, add a cup of milk, yolks of 2 eggs, 1 teaspoonful salt and 1/4 teaspoonful of mustard. Stir over fire until it boils, then add beaten whites of eggs. Pour over cabbage, mix well and bake one hour.

Stuffed Cabbage

Remove coarse outer leaves and core. Parboil for 3 minutes. Fill core and inside of each leaf with finely chopped left-over meat (raw meat is best), or sausage. Tie securely in cheese cloth. Place in kettle with 2 or 3 carrots and onions. Cover with stock and let simmer slowly two hours or until tender.

Cold Slaw

Slice a small cabbage very finely. Soak in cold water until crisp. Drain and dry between towels and mix with cream salad dressing. It will improve the dressing to add to it a little curry powder.

TREASURY DEPARTMENT

Office of Collector of Internal Revenue,
Sixth District of California

Collector of Internal Revenue, John P. Carter, has just received instructions from the Honorable Commissioner of Internal Revenue to call the attention of Income Taxpayers to that provision of the law which provides that U. S. Treasury Certificates of Indebtedness may be accepted in payment of income and excess profits taxes.

It is very much desired that those who have such taxes to pay by June 15th, and who may now have Certificates of Indebtedness in their possession, use these certificates to pay their income taxes, instead of making payment by cash or check. If taxpayers have no Certificates of Indebtedness at present time, it is requested that they make arrangement with their bank to purchase enough to pay their taxes, in whole or in part.

Accrued interest at rate of four (4%) per cent will be paid on the certificates from the date of issue up to and including the day when they are turned in to the Government in payment of taxes.

If the plan above suggested is observed by taxpayers, the necessity on the part of the Government of having to redeem these certificates when they fall due will be obviated, and the taxpayer who observes the suggestion will be rendering a patriotic service to the Government at the present time, and specially so if the tax is paid before due date.

Respectfully,

JOHN P. CARTER, Collector.
(Continued from page 30)

Societary, Mrs. W. B. Oliver; Treasurer, Mrs. George Barlow; Auditor, Mrs. Lloyd Mills.

Reports of the delegates showed perfect co-operation between the club work of the county and the Red Cross. Without exception, the clubs are doing all that is possible in war work.

Among the speakers at the annual convention was Mrs. J. J. Suess of Redlands, the new district President.

Symbolizing the hearty co-operation which has existed among the members of the San Bernardino county board during the year just closed, a social event which has been eagerly anticipated took place on the 29th of May, when Mrs. Florence D. Schoneman entertained the old and the new members of the county board at her home on Bunker Hill. The re-election of Mrs. Schoneman as President of the County Federation has meant a great deal to the clubs of the county, and those who have worked with her during the past year were glad of this opportunity of showing their appreciation of her untiring services, as well as welcoming the new members of the board.

Reciprocity Day was observed by the Riverside Woman's Club recently. Many guests from the clubs of neighboring towns were present. Mrs. C. C. Arnold, retiring President of the Southern California district of the C. F. W. C., spoke of the work which the Southern clubs are doing, and urged the club women to contribute to the "war victory" fund. The President-elect of the district, Mrs. J. J. Suess of Redlands, spoke briefly on club ideals during the war. The afternoon program took the form of a patriotic play, "The Ditch," by Mary Raymond Shipman Andrews, presented by members of the literature class. A reception and tea followed, when visitors and hostesses enjoyed the opportunity of becoming better acquainted.

REPORT GIVEN IN WAR TERMS AT THE NORTHERN DISTRICT CONVENTION

By Mrs. H. W. Dead of Willows.

I have the honor to submit the following report from the Willows sector, somewhere in the Northern District:

In May our company gave an entertainment back of the lines in the Y. M. C. A. hut—camouflaged as Willows Opera House—that netted $80, which sum was equally divided between the Red Cross and the fund for Belgian babies.

In December a lively skirmish took place under the direction of company sergeants and Red Cross nurses that resulted in the capture of $296 worth of Red Cross seals, which were sent on for the immediate needs of our base hospital for tubercular patients.

Early in the campaign our tanks smashed through the barbed wire entanglements of indifference, and the deadly poison gas of plain lies, liberating many wielders of Red Cross hand grenades. This brilliant success was made possible by the skillful tactics of those in charge of the Red Cross forces—Commanders Gutman and Walker. Out of its own funds the company has also given $30 to the Red Cross.

Our Willows Sammiettes have formed within their own company a W. S. S. society and are going over the top.

The Sammiettes have also done their bit with Liberty Bonds.

The public health division has twice engaged the forces of General Deblity and General Carelessness, demolishing their trenches and forcing the enemy into the open. A victory like this could only have been achieved by the rapid fire guns of the public health chief, Dr. Walker.

Mingled with the noise of battle was heard the wails of the suffering people of the devastated countries. The enemy are so strongly entrenched their destruction can come only from above. So it was quite fitting that we called on air craft. The bombs dropped by our California aviator, Miss Galtrea Vivian, were of deadly effect, and the result was the liberation of more sinews of war for the relief of the suffering. As Aviator Vivian was compelled to withdraw because of damaged wings, we wirelessed an S. O. S. call for further help, and the second plane bore that ace of aces, Aviator Mrs. J. B. Hughes. Now the Willows sector is prepared to wage incessant warfare in behalf of Belgians, French, Armenians and whoever else suffers from war's devastations.

The rations of the troops, while ample, are not elaborate, consisting of—(censored). Visitors from other dugouts are expected to bring their own rations.

As strict economy is urged by those in authority, several of our units are doing without new Easter helmets, but—our company owns its flag.

Our forces were greatly cheered by messages wigwagged from Commander-in-Chief Cable, General Chapnell and Brigadier General Knight.

Under a barrage made by sweaters, scarfs, wristlets, helmets and socks from our machine guns we daily advance upon the enemy.

Engagements are hourly expected between (censored).

Everything else in the report is censored except the last two words, "CARRY ON."
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The Complete Shopping Building

Beautiful Auditoriums, with Elegant Appointments

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Upstairs Fifth Ave. Los Angeles
Its Flavor is Unequalled

Rich, Aromatic, Delicious and It Never Varies

NEWMARK'S
PURE
HIGH GRADE
COFFEE

Buy it in the 3lb. can.
The Clubwoman

Official Organ of the California Federation of Women's Clubs
Composed of Over 40,000 Members
PUBLISHED MONTHLY

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San Francisco, Cal.
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MISS JESSICA LEE BRIGGS, State Chairman and Northern Federation Editor, 1942A Hyde St., San Francisco
MRS. J. A. MATTHEWS, Club Representative, Brack Shops, Los Angeles

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Entered at the Hyde Park Postoffice as second-class matter.

MOROSCO THEATRE
BROADWAY NEAR EIGHTH
NOW PLAYING
"Potash and Perlmutter in Society"
COMING
"Watch Your Neighbor"

Grauman's Million Dollar Theatre
Broadway at Third
WEEK OF JULY 15
Dorothy Dalton in "KAISER'S SHADOW"
Ince-Paramount Photoplay
WEEK OF JULY 22nd
Sessue Hayakawa in "CITY OF DIM FACES"
Lasky-Paramount Photoplay

A Woman's Shop
IN A MAN'S STORE
Highly individualized modes in women's apparel and accessories
Men's and Boys' Wear

Kinema
Mabel Normand in "THE VENUS MODEL"
J. Warren Kerrigan in Credo Harris' Novel "TOBY"
Have You Heard the Splendid New Kinema Orchestra
Starr Phonographs

Combine the essential feature of the perfect reproducing instrument. In its construction the correct principles of tone building, as developed in the manufacture of highest class pianos and violins have been applied, with the result that the "Singing Throat and Horn, made of Silver Grain Spruce, an exclusive feature in the STARR PHONOGRAPH, reproduces a tone absolutely true to the original and wholly free from any metallic sound.

The STARR PHONOGRAPH plays correctly all types of Disc Records. We will be glad to prove by actual demonstration the correctness of the claims we make for the STARR PHONOGRAPH.

Ask for a demonstration, in our salesrooms, or in your own home if you prefer.

The Starr Piano Company
FACTORY SALESROOMS
630 South Hill Street, Los Angeles, Cal.
609 Eighth Street, Riverside, Cal.

Cook With Electricity
and Save Fuel for War

It is not expensive to cook by electricity. The range itself is very efficient and quick in operation and the price of current is low. There is no loss of heat and the oven will retain a baking temperature long after the current is turned off. There is no shrinkage in roasting meats, the juices are not dried out and nearly the full weight is retained. You can save 25 per cent of the weight of every roast that goes onto your table. Also meat tastes better and is more nourishing.

Be a patriotic housekeeper, and conserve fuel and food with an electric range.

Southern California Edison Company
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MAYONNAISE DRESSING
made with VIOLET BRAND SALAD OIL:
1 egg yolk
1 teaspoon mustard
2 teaspoons lemon juice
1 cup VIOLET BRAND SALAD OIL

Mix the egg yolk with the lemon juice and
mustard, add the VIOLET BRAND SALAD
OIL a little at a time, stir until thick and
smooth.

NOTE:—The addition of the stiffly-beaten
egg white will improve the dressing. Do not
add any salt or pepper until the dressing is
mixed.

Hauser Packing Company
GENERAL FEDERATION

Through the columns of The Clubwoman I desire to express to fellow workers throughout California my appreciation of the delegation that was sent by the California clubwomen to represent them at the Fifteenth Biennial Convention of the General Federation of Women's Clubs, held in Hot Springs, Arkansas, April 29th to May 8th.

It was not my privilege to travel with these women en route, but from the time of their arrival at the Convention city until their departure, they were faithfully at work attending regular sessions and conferences, also performing such other duties as were assigned them by the head of the delegation, our loved and honored President, Mrs. Herbert A. Cable. Their unanimity and efficiency were marked characteristics.

Mrs. Cable endeared herself to all by her fairness and justice and the statesmanlike manner in which she handled all problems and spoke for California.

I was very proud of these splendid women in whatever capacity they served, whether simply as delegates, or as the heads or members of important committees. Each did her duty and reflected credit upon her club and our glorious state.

The attentions and courtesies that were shown me personally were too numerous to mention, but none of them were unobserved and all were sincerely appreciated.

At the Board Meeting, immediately following the adjournment of the Biennial, Mrs. O. Shepard Barnum was appointed Chairman of the Department of Education, which appointment was graciously accepted. Therefore, according to the new By-Law, she became a member of the Board, to which she was accorded an enthusiastic welcome.

The June number of The Clubwoman contained a copy of the cablegram that was sent to General Pershing, by unanimous vote of the Fourteenth Biennial Convention, to which the following reply was received:

"Your telegram delayed in delivery. Many thanks for greetings of Federation of Women's Clubs. To know that our women are also ready to make any sacrifices is our greatest incentive in this world battle for liberty."

As an organization and as individual women we will make good our promises, and stand back of our Government in helping to "Win the War" for a lasting and permanent peace.

With renewed assurances of confidence in California clubwomen that they will loyally do all, and more than their share, in these times of great opportunity.

Believe me,

Faithfully yours,

TONE V. H. COWLES.

CALIFORNIA'S CONTRIBUTION TO WAR VICTORY FUND

List of clubs and individuals that have contributed to the "WAR VICTORY FUND" to date. Additions will be made as contributions are received. * indicates the clubs that have contributed full quota or over according to membership listed in directory. It is possible that mistakes have been made in copying the list, although the Treasurer has kept a most accurate account of amounts received and forwarded to the General Federation Treasurer. If any mistakes have crept into this printed list corrections will be made in the next issue of the magazine.

Northern District

Elk Grove Friday Club .......... $ 28.00
Cosmos Club of Chico .......... 24.00
Woman's Improvement Club of Anderson .......... 7.00
Woman's Improvement Club of Orland o ........ 68.00
Yreka Woman's Club .......... 38.50
Sheridan's Woman's Club .... 7.00
Woman's Club of Jackson ...... 18.00

Coloma Woman's Club .......... 7.00
*Lois Art Club of Grass Valley .. 12.00
Monday Evening Club of Chico . 27.00
Woman's Improvement Club of Bangor ................. 9.00
Wednesday Club of Williams ...... 8.00
Orovile Woman's Club .......... 6.00
Westwood Woman's Study Club ... 17.00
Tuesday Club of Sacramento .... 26.00
*Woman's Civic Club of Williams ...... 56.00
Town and County Club of Yolo County ............... 121.15

San Francisco District

San Francisco District C. F. W. C.,S .... 10.00
Santa Cruz Study Club .......... 5.00
Monday Club of Fortuna .......... 11.00

$685.15
Sonoma Valley Woman's Club .................................. 41.50
Carmel Club of Arts and Crafts .................. 27.00
*Woman's Club of Hollister ...................... 158.65
*Woman's Club of Palo Alto .................. 85.00
*Carneros Social Club of Napa ................. 18.00
Mendocino Study Club .............................. 10.00
Kosmos Club of Ukiah .................................. 30.00
Junior Monday Club of Eureka ................... 21.00
Woman's Improvement Club of St. Helena .......... 72.00
Watsonville Woman's Club ...................... 85.00
Saturday Afternoon Club of Santa Rosa .......... 57.50
Blue Lake Civic Club .................................. 14.00
Corona Club, San Francisco ................. 61.50
Laurel Hall Club, San Francisco .................. 71.50
*Wednesday Club of Eureka .................. 31.00
Kings City Woman's Club .............................. 43.00
*Saturday Afternoon Club of Ukiah .............. 48.00
*Monday Club Association of Eureka .......... 50.00
Golden State Auxiliary to S. F. R. M. A. ...... 5.00
*Eureka Woman's Civic Club .................. 50.00
Metropolitan Woman's Club .................. 13.00
Woman's Improvement Club of Willits ........... 25.00
Samoa Woman's Club .................................. 28.00
To Kalon Club, San Francisco ................. 60.00
California Club of San Francisco .............. 180.50
New Century Club of Napa ..................... 85.00
Outdoor Art Club of Hill Valley, La Mesa Eudora Club of San Francisco ........... 40.00
Philomath Club of Santa Rosa ................. 5.00
Los Amegos Civic Club .............................. 10.00
Potter Progress Club of Potter Valley .......... 16.00
Woman's Civic Club of Pacific Grove .......... 70.00
Brown's Valley Social Improvement Club .......... 7.00
Edgewood Neighborhood Club of San Francisco ........ 10.00
Tamalpais Center Woman's Club .............. 10.00
San Francisco Colony of New England Women .......... 13.00
*Woman's Club of Arcata ..................... 50.00
Napa Study Club .................................. 20.00
Sunday Club of Vacaville ..................... 164.00
Carlotta Club of Carlotta ..................... 8.50

$1082.20

San Joaquin Valley District

Oakvale Woman's Club .................................. $14.00
*Woman's Club of Bakersfield .................. 212.00
*Lemoore Woman's Club .............................. 60.00
Dimuba Woman's Club .................................. 33.00
Hardwick Mothers Club .............................. 20.25
Woman's Improvement Club of Raymond ......... 12.00
Woman's Club of Stratford ..................... 27.00
*Coalinga Woman's Club .............................. 110.00
Dos Palos Woman's Improvement Club ........... 29.00
Exeter Woman's Club .................................. 10.00
*Welcome Club of Coalinga ....................... 46.00
*Wednesday Club of Fresno ..................... 25.00
Woman's Club of Stratford ..................... 16.00
Woman's Club of Tulare .............................. 80.00
Fowler Improvement Association .................. 23.00
Turlock Woman's Club .................................. 53.00
Madison Club, San Joaquin Valley District, Fresno ....... 10.00

$780.25

Los Angeles District

L. A. District C. F. W. C. ......................... $25.00
Ebell Club of Long Beach ....................... 62.00
Woman's Osteopathic Club of Los Angeles .......... 36.00
Los Angeles Auxiliary to R. M. A. .................. 8.00
University Book Club of Los Angeles .......... 13.00
Rosecrans Study Club of Los Angeles .......... 5.00
*Baldwin Park Woman's Club ....................... 28.00
Montebello Woman's Club ....................... 25.00
Woman's Club of Huntington Park .............. 28.00
Boyle Heights Entre Nous ....................... 12.00
Wednesday Progressive Club of Gardena ........... 50.00
Business Woman's Club of Santa Barbara ........ 2.00
Philotos Club of Los Angeles .................. 60.00
Business Woman's Civic Club ................... 14.00
Crafts Study Club .................................. 15.00
San Gabriel Woman's Club ....................... 27.00
Santa Monica Bay Woman's Club .................. 121.60
Tuesday Afternoon Club of Glendale ........... 121.60
Neptunian Club of Manhattan Beach .............. 5.00
Averill Study Club .................................. 43.50
*Laurel Canyon Woman's Club ................... 25.00
Ruskin Art Club .................................. 85.00
Los Angeles Section Council of Jewish Women .......... 10.00
Hermosa Beach Woman's Club .................. 8.00
Washington Heights Club of Pasadena .......... 19.00
Galpin Shakespeare Club ....................... 25.00
Shakespeare Club of Pasadena .................. 500.00
Whittier Woman's Club .............................. 7.00
Monrovia Woman's Club .............................. 13.50
Colorado Cliff Dwellers ....................... 12.00

$1901.65

Alameda District

*Antioch Woman's Club .............................. $71.50
*Twentieth Century Club of Berkeley ........ 407.00
Lockeford Woman's Club .............................. 22.00
Live Oak Ladies' Club of Lodi .............. 8.20
Berkeley School Women's Club .................. 2.00
Aldine Club of Stockton ....................... 24.00
Woman's Improvement Club of Pleasonton .......... 20.00
Walnut Creek Woman's Club ...................... 15.00
Adelphian Club of Alameda ..................... 148.50
Richmond Club .................................. 27.00
Ebell Club of Oakland .............................. 100.00
Glenview Woman's Club of Hayward ............. 10.00
*Hill and Valley Club of Hayward .......... 111.50
Book Club of Oakland .............................. 10.00
Woman's Civic and Literary Club of East Oakland .......... 11.00
Joaquin Miller Club of Oakland .................. 5.00
Newcomer's Club of Farmington .................. 8.00
Aronos Research Club of Sonora .................. 20.00
County Club of Washington Township .......... 63.50
Los Angeles Audubon Society ........ 15.00
Woman's City Club of Long Beach .... 79.00
Minerva Library Club of Santa
Maria .................................. 42.00
Echo Park Mothers Club .............. 53.50
Pacoima Woman's Club ............... 5.00
Woman's City Club of Long Beach .... 52.80
Friday Morning Club of Los Angeles .. 300.00
Cahuenga Book Club of Los Angeles .. 8.00
Los Angeles Travel Club .............. 52.00
Venice Woman's Club ................ 10.00
California Badger Club .............. 10.00
Woman's Club of Hollywood .......... 145.10
Highland Park Ebell ................. 11.00
Inglewood Woman's Club ............. 38.05
California Chapter Colorado Cliff
Dwellers ............................. 6.00
Van Nuys Woman's Club .............. 47.75
Wednesday Afternoon Club of Al-
hambra ................................ 5.25
*Wa-Wan Club of Los Angeles ........ 345.00
Athena Club of Bishop ............... 25.00
American University Study Club .... 14.00
Alpha Literary and Improvement
Club of Lompoc ..................... 30.00

$2585.05

Southern District
Placentia Round Table Club .......... $16.00
*Saturday Afternoon Club of Banning 126.00
Colton Woman's Club .............. 90.50
Woman's Club of Fullerton ......... 13.50
San Bernardino Woman's Club ....... 53.00
*La Jolla Woman's Club ............ 200.00
Brawley Woman's Club ............. 23.00

Wednesday Club of San Diego ....... 53.00
Forward Club of Lemon Grove ....... 3.00
Riverside Woman's Club ............ 175.75
College Woman's Club of San Diego .. 14.00
Mothers Club of San Diego .......... 13.75

$781.50

Unfederated Clubs
Sunnyvale Woman's Club .............. $11.00
Ebell Club of Los Angeles .......... 1000.00
Delta Club of Yuma, Arizona ...... 70.00
Long Beach British Ambulance So-
ciety .............................. 68.17
Channing Auxiliary, San Francisco .. 50.00

$1199.17

Individual Contributions
Mrs. W. H. Anderson .................. $ 5.00
Miss Janet Haight ................... 1.00
Mrs. F. T. Bicknell ................. 100.00
Gertrude H. Weller .................. 2.00
Martha and Isabel W. Parker ......... 2.00
Mrs. S. F. Zombro ................... 2.00
Mrs. Herbert A. Cable ............... 25.00
Mrs. Mary E. Entwistle .......... 5.00
Anne M. Mumford .................... 5.00
Dr. Louise Harvey Clarke ........... 6.00
Anna L. Finch ........................ 1.00
California Federation of Women's
Clubs ................................ 100.00

$254.00

Grand Total for California .......... $9268.95

MESSAGE FROM STATE PRESIDENT

Los Angeles, Cal., July 3rd, 1918.

TO CLUB PRESIDENTS

This issue of The Clubwoman is devoted to the Annual Reports of officers and Chair-
men for the year 1917-1918. The reports are issued in this manner to save expense. Some of
the reports have been printed in previous issues and one or two did not reach the
Corresponding Secretary in time to be included. We hope you will find this issue both helpful and interesting. Please file
for future reference, as no other report will be issued this year. It has been possible to
furnish the Clubs with the Annual Report in this form and to have this enlarged num-
ber of the magazine through the co-operation of the publisher and the advertisers.
Whenever possible, will you let the adver-
sisers in our magazine know that you ap-
preciate the contributions in advertising which make it possible for us to have such
a splendid magazine for our Club work.
I know of no better magazine in any State Federation and many come to my desk.

Next month's issue will contain outlines for Department work as planned by De-
partment Chairmen for next year. The Di-
rectory for next year will be issued just as soon as the data reaches us from the Dis-
trick officers and the clubs. Remember that while your club may have closed for the
summer, the work of the Federation goes on. Your officers will be on duty all sum-
mer and you can help greatly to make the work easier for them if you will but attend
to your duties promptly and answer defi-
nitely all correspondence that comes to you from Federation officers.
The war will not take a vacation this summer and it is our duty as loyal Club
women to "stand by," ready to respond to whatever call may come to us. Do not
forget the War Victory Fund and your sub-
scription to The Clubwoman and the Gen-
eral Federation Magazine at the special rate of $1.25 for the two magazines for the en-
tire year. Your officers are depending upon you for the continued co-operation and loyal effort which makes it possible for us to fulfill the responsibility placed upon us.

Yours sincerely,
BERTHA A. CABLE,
(Mrs. Herbert A. Cable) President.
REPORTS OF OFFICERS

The annual report of the president was published in the April number of the Clubwoman.

REPORT OF THE VICE-PRESIDENT

Mrs. A. B. Armstrong

As Vice-President I have not much of a report to make, as I have been a shut-in for the greater part of the year, but I bring you greetings and have watched your activities with a great deal of pride. You have all done splendid work and it has been organized work, as you have had a very efficient leader in the person of our beloved president, Mrs. Cable. I only wish that I might have been of more substantial assistance to her.

I know our President has given great emphasis to the Federation work, but I would also like to add mine to hers, for we must keep it alive for the sake of the organization. Once weakened by neglect, it would take years to bring it back to its original strength. But overtaking all this is a work we must increase, and that is our war work. President Wilson and Mr. Hoover say, "Women must win the war." All the leading periodicals of the country are full of it. So, if we must win the war, we must be about it. Only a few years ago, we were told President Wilson and the men of our nation did not believe in Woman's Suffrage because women were not fit to serve on juries or fill the places men filled. Suddenly, within one short year, we are impaneled on juries so that men will not have to be called from their labors. We are told we must win the war—the most terrible and deadly war the world has ever known. If we must win the war we should be about our business, for it must be won, for the sake of the principles we represent and in order to stop the toll of human life. Before this terrible crisis in our lives we felt we were a highly progressive people, but here we are back to the same condition of the early peoples of the race when women led in agricultural pursuits and men did the fishing and hunting and carried on the warfare.

The women of America are facing some pretty hard problems, but our sisters over the seas have had to face them and we are thankful we have the strength to do it. We are going to win the war, there is no doubt in our minds as to that, and I feel it is every woman's duty to enroll in the branch of work she is best fitted for, and she should draw the same salary as the man whose place she fills, so that when this war is over a man will not be asked to work for less than he can support his family on. If we are able to fill a man's place we should draw the same pay. Then we must do more work for the Red Cross, the Council of Defense, and more towards the conserving of food. This, to my mind, means there should be no more refreshments served outside of the regular three meals a day. This is enough for any one and the health of the people would be better. We do not need punch at afternoon and evening affairs, as it takes sugar. Neither do we need any fancy cakes, ice cream and soda water unless made with substitutes for sugar. If the women give up these luxuries I see no reason why there should be 4,500,000 bushels of cereals, as Mr. Hoover says there are, used in the making of beer for the gratification of men's appetites when we are liable to go without bread. If our boys are willing to offer up their lives on the altar of their country, we can do no less with our pleasures, which are not necessities. If they are called to go to the front in France we are called to the front in our country, and should be willing to deny ourselves anything for the sake of winning the war.

REPORT OF VICE-PRESIDENT-AT-LARGE

Mrs. Aaron Schloss

Your Vice President-at-Large has had the pleasure of representing our President at a number of club meetings and luncheons, and arranging for the Conferences of the Northern members of the Executive Board and the two regular Board Meetings held in San Francisco.

By virtue of the office, your Vice-President-at-Large was appointed on the State War Savings Committee of the North, and it was also by virtue of the office that she served as Chairman of the Program Committee for the State Convention.

It is a privilege to serve on the State Executive Board and to be of special service to our very efficient State President, Mrs. Cable.

REPORT OF THE RECORDING SECRETARY

Mrs. W. H. Anderson

The Recording Secretary's books, 1917-1918, contain: Records of all Executive Board meetings, executive sessions in the north—2, conferences—8, executive sessions in the south—8, conferences—2, joint conferences of the Executive Board and District Boards, in the north—1, in the south—1, San Joaquin Valley and State Executive Board—1; copies of all documents acted upon by vote of the Board; reports of officers, including complete reports and financial statements of President and Corresponding Secretary for each month; reports of District Presidents and Department Chairmen, all official correspondence received by the Recording Secretary, voucher stubs for all moneys paid out by the Treasurer, the Treasurer's bond, and resumes of all verbal reports of officers and Chairmen—any of which may be seen upon application to the Secretary.

Who bears the burden of the responsibility of all the carrying on, deserves the credit of its accomplishments, and I am sure that to our President, Mrs. Herbert A. Cable, for the splendid way she has not
only directed, but in many cases has also done the carrying on, herself, is due the success of this wonderful Federation year, and it is, therefore, to her I dedicate the following last twelve lines of my report:

RESUME

The book of this year's minutes and its files
No record of inharmony defiles;
A wonder-tale, it is, in which is shown
The boundaries of woman's service grown.
The whole, wide world to compass on its chart.
A book it is, also, of my own heart.
The joy I had, to write each noble thought,
And deeds which for eternity were wrought
Transforms each life into a golden page
Of treasures rare of its year-olden age.
Whose story now, how soon, alas, will be
At the last, fatal, magic word—FINI!

REPORT OF THE CORRESPONDING SECRETARY

Anne M. Numford

The Corresponding Secretary has endeavored to perform the duties of her office faithfully, efficiently and promptly. All the correspondence has been attended to, including that involved the gathering of material for the Year Book and in the preparation for the convention. All letters ordered by the Board at monthly meetings have been sent out. Notices for the Board meetings have been sent out monthly and luncheons arranged for those attending the meetings.

The first few months were devoted almost exclusively to the preparation of material for the Year Book and to the proof reading, in itself no small task. This year the book was issued in two volumes, the annual report for 1916-1917 and Directory for 1917-1918. The latter includes all the club data, the lists of officers and the Constitution and By-Laws. The Year Book had been growing more and more bulky and difficult to use, so this plan seemed to present a very happy solution to the problem.

The very able assistance of the District Secretaries in securing the data from their respective districts enabled us to get out a list of club officers which was practically complete and up to date. I wish to express my appreciation for their ever prompt and ready response to my numerous calls for help and information. Their assistance lightened a task which at its best is both taxing and wearisome.

In February all the material for the convention was sent out through this office. This included the call for the convention, the proposed revision, and the credentials cards.

As the Corresponding Secretary is also the chairman of the printing committee, all the orders for stationery and printed matter pertaining to the work of the Federation pass through her hands. A detailed account of the orders is attached to this report, but the total is over one hundred thousand pieces of printed matter ordered.

One hundred and fifty Annual Reports, 1500 Club Directories, 36,650 letterheads, 2350 note-heads, 15,250 plain seconds, 34,350 letter size envelopes, 2000 legal size envelopes, 5000 post cards, 1500 labels, 1500 credential cards, 300 Treasurer's Reports, 1000 notices of dues, 200 printed ships, 500 leaflets, 200 invitations, 800 calls, 1000 revisions, 3000 multigraph sheets.

REPORTS OF DISTRICT PRESIDENTS

REPORT OF THE NORTHERN DISTRICT

Mrs. G. E. Chappell, President

The Northern District is a district of magnificent distances. When the District President starts out to visit a club it isn't a matter of an afternoon's jaunt; but she has to put her house in order, plan the meals for two or three days, pack a bag, bid a loving farewell to the family and sail forth over hills and mountains, through valleys, on highways and by-ways (principally by-ways), and by railroad or Lizzie.

Reports may be tiresome to hear, but they are vitally necessary in summarizing the accomplishments of the last cycle of time.

Briefly stated, the District has had seven Board meetings, three County Federation meetings and ten Reciprocity Days. The President missed two Reciprocity Days and one County Federation meeting. With the fourteen individual clubs visited, this covers about fifty clubs out of the total of seventy-four. Many invitations have had to be refused on account of previous club engagements.

Our plethoric treasury was somewhat reduced this year. This was partly due to war conditions, but principally due to the visiting propensities of the President. Aesop, in one of his fables, says, "Wealth unused might as well not exist." And so, instead of hoarding money in the bank where thieves break in and rust might corrupt, it has been "used."

This year I hope to economize systematically on time, energy and money by planning an itinerary to cover the entire district. In the past there has been some hesitancy on the part of the clubs in regard to asking for official visits on account of financial stringency. I believe almost every club can be visited and the usual work accomplished with the funds available.

Many clubs have added new departments this past year and after the inspiring address at our recent District Convention on "The Value of Departmental Work in Clubs," I am sure there will be even a larger increase noted in the next Year Book.

We are proud indeed of the admission of three new clubs and the return of one withdrawn last year. One club has withdrawn,
but every member belonged to another Federated club.

I shall not bore you with the number of letters written; suffice it to say it has been my endeavor and pleasure to answer all correspondence promptly. In fact, it is absolutely necessary to be prompt in order to keep the desk reasonably clear. And let me advise all dilatory correspondents who wish to reform to hold office in the Federation.

Nor shall I recapitulate the Department work, for the State Chairmen have charge of this.

This year has been a pioneer year in new methods. We began by subdividing the district, giving each of the four Vice-Presidents charge of a certain part, wherein she was responsible for the Federation's welfare and extension.

Following the recommendations of the last President, Mrs. Woodbridge, the number of departments was reduced to thirteen. This was thought to prevent the overlapping and duplication of work. It seems to have been most successful, for splendid results have been obtained in each department covering every line of interest yet emphasizing the correlation of all.

The Suggestionnaire issued at the beginning of the club year placed the chairmen's ideas succinctly before the clubs with the offer of personal assistance when requested. Thus under one postage and at one reading the clubs and the Federation were brought in contact and on every subject.

My cordial thanks are due to the splendid personnel of the Executive Board. All work assigned has been promptly executed; wonderful initiative has been exhibited and friendships have been made that shall endure while life lasts.

My sincere appreciation of the cordial hospitality I have enjoyed wherever I have visited, has led me to believe that no home life can be more beautiful than that of the Federated Club women. And let me not forget to pay tribute to the fine club husbands and children I have met. The whole family is interested in mother's club.

Our District Convention held in Red Bluff the 6th, 7th and 8th of March surpassed our greatest expectations in attendance and enthusiasm. I believe every one received the inspiring patriotic message that was brought to us by every speaker. And a prodigious amount of knitting was accomplished.

Two of our delegates from Lassen County
traveled over 400 miles to attend; going over into Nevada, down to Reno and back into California, then up again to Reno.

One little ripple of excitement relieved the monotony of the pre-election year. We heard that one of our resolutions had conscientious objectors.

This resolution, endorsing a State Children's Bureau, was passed at our February Board meeting and copies were sent to each district and to all State Chairmen whose department might be interested in this measure. After arriving in Red Bluff for our convention in March, a friend of mine told me that a friend of hers, who had a friend on the State Board of Charities and Corrections, had been told that this Board was opposed to a Children's Bureau.

Strangely enough, we hadn't considered such a possibility!

However, on the strength of the "rumor" a telegram was sent directly to the Board of Charities and Correction offering an opportunity on our program to present their arguments against this resolution.

In the meantime, several of our speakers had touched lightly on the subject, all endorsing it most earnestly.

The President of this Board responded to the telegram, making the hasty and hard trip to Red Bluff, where he spoke for twenty minutes forcefully and eloquently, if NOT convincingly, against this measure. The resolution passed without a dissenting vote.

Friends of the State Board of Charities and Correction has asked us to withhold this resolution from this convention; they want to convince us that a State Board of Charities and Correction should have supervision over ALL the 800,000 children of the State instead of just the 15,000 dependent, defective and delinquent children.

REPORT OF THE SAN FRANCISCO DISTRICT

Mrs. Frank Fredericks, President

During the past year the work of the San Francisco District has been most successful—in fact unusually so, as clubwomen have recognized the fact that it was due to the strength of organized women that Women's War Service has been such a marked success. Our motto, "Strength united is stronger," has justified itself. As the District Presidents have been requested to make reports general in character, we will omit any mention of the work of the various departments—in fact we could not do them justice in the limited time, but we must say that we are proud of their progress and the fine records presented at the District meeting.

During the past ten months forty-two clubs have been visited by the President. Everywhere the clubs had their Red Cross units, their first aid classes, their sewing circles, their knitting bees, yet they found time to keep up the courage and morale of their women, by providing them with programs which gave them the imperatively needed relaxation. We must have diversity in our work, for we cannot labor at such a keyed-up pitch without nervous breakdowns—therefore it is a duty of our club leaders to see that such relaxation is provided. Current topic days we earnestly recommend, for when our men return, after seeing other countries, customs and modes of life, our women must be fully informed about those countries about all that has happened, take a broad view of life and be abreast of the times. One great purpose of the Federation is Education—education of the women themselves first and education of public opinion immediately afterwards—that is an important work for the clubs.

Conservation—of life—of liberty—of the child—of womanhood, which will make her in very truth the preserver of all that is good in the past and the helpmeet in the daily battle of life that is before them today, these are foremost themes, and should find place in all club programs during the year. The policy of this season has been to encourage war work in all branches—in every club—as well as to preserve the identity of the organization, for we will be needed as a reconstruction force after the war is over.

The Executive Board meetings have been well attended, although many of the Chairmen came from a distance; 289 letters and posts have been written by the President; She has called and answered 1263 telephone messages. The convention just ended in San Francisco has been pronounced "the best ever." As it is my native town I feel somewhat modest in praising the meetings, however, all who attended agree that they have a wealth of material to take back to their clubs. There can be no question of the future to this band of workers, great or small, whose sole ambition is to work for their fellowmen.

"The women of today hold in trust the heritage of the women of yesterday, for the women of tomorrow, and it is our sacred duty that they may receive it from us with interest, not squandered with idleness, nor damaged by decadent theories."

—Let go of dying issues—if die the must—and vigorously grasp more living issues.

REPORT OF THE ALAMEDA DISTRICT

Mrs. Katherine Smith, President

Alameda District during this year of trial has been very human. Just as to you and me there came first indecision and irresolution. We seemed not to know with certainty what our part, as organized women, was to be in such a crisis. I think I can say that we have learned much, that we are now striking our stride and falling into line in the great onward movement of civilization. It has been our hope frequently expressed, that clubwomen everywhere might at this time recognize our great opportunity of proving ourselves worthy of the priceless heritage bequeathed us by those heroic women who during the last genera-
tion suffered ignominy and jeers, fighting bravely the power of public opinion which denied to women those rights which we now know should always have been ours. Our women’s clubs of this generation are the flower and fruit of the effort put forth by them and the proof of our worthiness of that heritage will be in the measure of service which our organizations render to our country and thereby to humanity in this hour of need.

I shall not enter into detail of our work among the various clubs. The State Chairmen of departments will speak for us. But all club women know that only a small percentage of the good work accomplished is ever included in any report. We ask you to believe, then, that the clubs of Alameda District have done all that will be reported from this platform and a great deal more. Yet we have not realized our ambitions in full. We have still much to work for and as we give ourselves in service to the extent of our ability new reservoirs of strength will be opened to us upon which we may draw for greater achievement.

Representing Alameda District, I propose to you that we read anew and a little differently our own familiar “Salute to the Flag.” Move the comma in the last clause and place it between the words nation and indivisible, thus rendering a new interpretation, which voices that new democracy which is now dawning—one nation, indivisible with Justice and Liberty for all.

REPORT OF THE SAN JOAQUIN VALLEY DISTRICT

Mrs. W. A. Fitzgerald, President

The entire year’s work of the clubs of the San Joaquin Valley District has been an exemplification of the spirit of the American woman of the “nineteen hundred and now”—that spirit which appreciates that having a part, be it ever so humble, in helping to win this great war for democracy is the greatest privilege and opportunity that can come to us; that spirit which is reflected in all patriotic service and recognizes no sacrifice too great for securing Liberty and Freedom to the nations of the world.

In every phase of war work our club women have been the leaders and organizers, our club houses have served as meeting places and our club organizations have provided the medium and machinery by means of which these various war activities have been so effectively carried on. Each new phase of work has brought to us the realization of the important service that is being rendered by our chain of women’s organizations and a new appreciation of the meaning of Federation. When we think of what its past accomplishments have been, what advantages, inspiration and help it offers us today, surely each club woman experiences the rebirth of Federation spirit and loyalty.

Nearly every club in the San Joaquin boasts a 100 per cent Red Cross membership, and many clubs and Red Cross auxiliaries. The campaigns for the Y. M. C. A. and Y. W. C. A. have been contributed to by our clubs, also the Belgian Relief; the work of the Council of Defense has had our hearty co-operation; soon we expect to have every club in our district a war savings society and our immediate work is that of securing our part of the $250,000 fund that shall be used to bring as near to our boys to the front as we may the influences of home. While we cannot report many new clubhouses, we are able to report that in several instances the whole amount saved for such purpose has been put into Liberty Bonds and for the prosecution of war work.

While we emphasized the necessity of doing our utmost for the boys who are fighting for us “over there,” we have not been unmindful of our duty and obligation to those with us “over here,” for we realize that in addition to keeping at a high standard the morale of our army, the morale of our civilians must not be overlooked. It has been our endeavor to follow as best we could the plan of department work as outlined by our state organization. Splendid work has been accomplished in the departments of Child Welfare and Public Health. Through the efforts of the Child Welfare Department, numerous schools are furnishing hot lunches, undernourished children are receiving milk, new school nurses have been secured, and one

“Best in drygoods since 1878—the Oldest Drygoods Store in Los Angeles.”

AT NO OTHER LOS ANGELES STORE CAN YOU BUY

St. Marys Blankets, Shamrock Linens, Ostermoor Mattresses, La Greque Undermulsins and many other lines of nationally-famous merchandise of the best character.

For 28 Years this Has Been the Home of Perrin Gloves

SEVENTH STREET AT OLIVE
splendid clinic has been the outgrowth of the pioneer work of club members. The departments of Home Economics and Conservation have been of unusual importance and realizing that food will play a big part in the winning of the war, classes in domestic science, food demonstrations and series of lectures have been featured. The departments of Civics, Legislation and Industrial and Social Conditions have had their place in our program of work. Education featuring Americanization is being carried on in night schools for citizenship and in Civic and Community Centers. Community and union singing and Reciprocity Days have been delightful features on many club programs.

Our district board meetings have been well attended and the all day session seems at times hardly long enough for our routine work and discussions of our plans. One of the most enjoyable meetings of the entire year was an open conference held by our State President, Mrs. Cable, who in an informal meetings gave us much valuable help and suggestion.

Our recent convention was a notable mile-stone in our history, as it was the celebration of our twenty-first birthday, our coming of age. The San Joaquin is a pioneer in Federation—having been organized four years before the State Federation of which we are so proud to be a part.

To have served the clubs of our district has been an honor and a privilege. Whatever has been accomplished has been the result of their cooperation and untiring efforts. Their loyalty and kindness have made the year a happy and memorable one for me. To the officers, chairmen of departments and members of my district I extend my thanks.

Four new clubs have been added. Twenty visits have been made to clubs and several more are planned before the close of the year’s work. Each visit has been a help and an inspiration, for I found in clubs, large and small, old and young, in town and country, the spirit of harmony, the joy of service and an ever-increasing democratic and inclusive attitude.

To our State President and officers, I wish to express my thanks for helpful advice and suggestion and many courtesies that have been extended to me.

We appreciate that this year has been one of unusual responsibility and many new duties for our State President and in behalf of my district I wish to express our appreciation of the splendid services of our honored President, Mrs. Cable.

That during this crucial hour it has been our good fortune to have at the head of the General Federation our beloved Mrs. Josiah Evans Cowles has been a matter of pride and justification to every California clubwoman.

From this convention we expect to take home with us messages, help and inspiration for the work that is before us. And though the days are filled with anxious forebodings, may the vision of the ideals for which we strive never be dimmed, and may that day be not far distant when the war drums throb no longer, when the battle flags are furled in the parliament of man, the federation of the world.

REPORT OF THE LOS ANGELES DISTRICT

Mrs. Mattison B. Jones, President

Since assuming the responsibility of leadership one year ago, of 17,000 women in Los Angeles District, I have spent many days in active though pleasant service. With splendid loyal district officers, capable and efficient chairmen, and hearty cooperation of individual clubs, we could not do otherwise than achieve new honors and accomplish great good in our district as a whole.

Our clubs have been deeply stirred with patriotic fervent zeal in war relief work, and the reports at our recent district convention (as one of the delegates said) seemed more like a Red Cross organization than a Federated Club convention.

That is what it should be, for our Federation machinery is now Government machinery and we are drafted into service, not only to turn out sweaters, socks, scarfs and surgical dressings, but we are called upon to give of our brain power, to turn out sound opinions which are conducive to loyalty for our beloved country in her hour of trial!

I find no shirkers among our club women, so far as patriotic service is concerned, though I regret to say there are a few who do not answer letters nor send in routine reports promptly.

We have never had a report or communication from our Vice-President of San Luis Obispo County, but we hear from other sources that clubs in that county are busy. On the whole I think the morale of our ranks is most excellent.

To date eighteen new clubs have been admitted to our Federated army, and many more stand at the portals of opportunity for service. One club was admitted from Inyo County, none in San Luis Obispo, Santa Barbara and Ventura Counties; the other seventeen admitted are in Los Angeles County.

We hope since holding our Convention in Santa Barbara that many new clubs will be gained in those counties and that interest has been awakened for united effort. We are proud of the record our individual clubs are making in all lines of work. The Thursday Morning Club down to the smallest club in our district are all busy with war work, and the Hollywood Club has organized a junior auxiliary of young girls and women. I think every club large enough should have such an auxiliary—we need more youth in our reserve ranks.

Our district has profited greatly by our monthly all day educational conferences. The object was to illustrate the relation...
of our Federation departments to our Government, National, State, County and City.

The outline of topics was given in our Year Book and speakers from all professions have been enlisted to inform the club women of the special subjects under discussion.

There were two conferences on each subject; i.e., National Administration and National Remedial Legislation, State, County and City treated in the same way. Each conference was preceded by a parliamentary drill and it is my belief that if all clubs would make a study of parliamentary usage and practice it, there would be less friction in individual clubs, and business would not get into such a tangle, as is often the case.

We held our annual Convention in beautiful Santa Barbara. The attendance was splendid and our gracious hostess clubs, with Mrs. M. A. Levy as chairman, were unceasing in making every arrangement perfect. The programme and reports were fine and our only disappointment was that our own Mrs. Cowles could not be with us.

We were glad to welcome as our guest of honor our State President, Mrs. Cable, and also Mrs. Arnold, President of Southern District.

Since the added work of war service has come to us, our district board voted to secure a central location for headquarters, which is to be established at 618 Chamber of Commerce building in Los Angeles. We now have a place where we can lay our head, so to speak, where conference meetings and committee meetings may be held as often as we wish.

During the year I have written over six hundred letters, visited many clubs, sometimes speaking two and three times a day, answered innumerable phone calls, held regular all day monthly board meetings, monthly all day conferences, three Presidents' Councils, attended all Southern State Board meetings save one, and have enjoyed many Reciprocity Days. Two clubs, the Wednesday Morning Club and Badger Club, were delightful hostesses and served delicious luncheons (Hoover ones) for our Presidents' Councils. My work has been somewhat arduous, but the experience and friends gained have more than repaid every effort.

As I look into the future and see possibly a more strenuous year ahead, these beautiful lines come into my mind:

"Rest is not quitting
The busy career;
Rest is the fitting
Of self to one's sphere.
"Tis the brook's motion
Clear without strife,
Fleeing to ocean
After its life.
"Tis loving and serving
The highest and best.
"Tis onward, unswerving—
And that is true rest.

Many Women Have Fallen in Love With These Irresistible

**SPIDERWEB HATS**

Which One Can Make Oneself

—And which you should come to Bullock's Art Needlework Section to see.
—They are the cleverest, most fascinating head-pieces that Fashion has conceived for many a day and everybody is quick to proclaim their beauty.
—The idea is this: From a myriad of tempting shapes or frames, we shall say, you can weave your own hat—a spider hat of chenille, of yarn or narrow ribbon in any color or combination of colors you desire.
—And these frames are so ingeniously constructed that each one can assume three or four distinctively different shapes to suit your individual tastes.
—Imagine having three or four wonderfully chic hats to exactly match your sports sweater, dress or suit, for the price of just one hat of equal beauty and charm.
—Another appealing feature is their exceptionally light weight—and, listen to this, they require no hat pins as their flexibility makes them fit snugly to the head.
—They are as neatly finished inside as outside and therefore need no lining.
—The material, the frames with book of instruction, and you are ready—or if preferred you may learn the art of their making in Bullock's Lesson Room.
—A number of finished models are displayed—these millinery beauties—inspirations, if you please—that are well worth coming to see.

—Art Needle Section—Bullock's Hill St. Bldg.

*Bullock's*  
Los Angeles
SOUTHERN DISTRICT

Report of Mrs. Charles C. Arnold, President

It was while reading over the reports from Club Presidents and Department Chairmen, in preparation for this, my annual report, that I first realized how great a shock the war had been to the Clubs during this past year, and how great a test it had been of their ability to adjust themselves to new duties and how nobly they had endured this severe test, and had risen to the demands of the hour. It was a marvelous change from our ordinary peaceful, studious, philanthropic and artistic pursuits, to the practical, strenuous work demanded by our country's need; the making of surgical dressings and hospital garments, knitting for our soldiers and sailors, providing proper recreation for them, and libraries and music; guarding young women from the dangers of great cantonnements, speeding up the Americanization of the aliens within our gates; changing all our food habits; learning new ways of cooking; stopping waste of all kinds, in our attempt to save the world from famine; laying aside everything that did not help in some way to win the war.

We, in the Southern District, have not lagged behind any others in loyalty and patriotic work. In every community our Clubs have furnished trained leaders and workers in every emergency service that the war has brought to us. The few Clubs that have not been able to adjust themselves to the needs of the hour have been wrecked.

A questionnaire regarding definite figures as to Red Cross membership in the Clubs shows that many of them have a hundred per cent membership; practically all have over eighty per cent. The placing of the Liberty Bonds was entirely in the hands of the Clubs in some communities. The Contemporary Club of Redlands and the La Jolla Club especially distinguished themselves in this work. The La Jolla Club placed in the two loans $98,200.00 worth of bonds in the Club alone. Most of our Clubs have bought bonds themselves, many have invested in them all their clubhouse building funds gathered by hard work and economy and have postponed indefinitely the building of their clubhouses.

In the Food Pledge Campaign the Club women of Orange, San Diego and Riverside Counties had notable results. The women of San Bernardino County in connection with the Orange Show in February insisted on having a special Conservation tent in which they provided lectures by experts in Child Welfare, and demonstrations in new ways of cooking. These demonstrations were thronged with interested women.

The Department of Civic and Social Service done in the District is enormous in the aggregate. Day Nurseries are supported; hospitals and asylums assisted; visiting nurses maintained; night schools started; and every sort of community need is studied; the work of the Children's Clinic started two years ago by the Riverside Club and maintained since by them has been so valuable that it alone would justify the Club's existence. This Club has during the past year instituted as an experiment an Industrial Bureau, by which over two hundred women have found work that they desired. It has tried to get the exceptional or unusual woman to the exceptional or unusual work, such as caring for children during the mother's absence, taking care of mending, or even driving automobiles. The Club has given a knitting machine to the local Red Cross, and has assisted generously in the relief of the suffering people of Europe, giving one day's entertainment for the Armenian and Syrian Fund, which netted $220, recently.

The Indian Welfare Committee of our District was hardly organized when it was called on for important service in helping the Indians and the Exemption Boards in determining the status of the Indians under the draft. Our Committee Chairman, Mrs. H. A. Atwood, spent day after day with the Indians at the Court House at the time they were ordered to appear, helping them in their perplexity. Since then some charges involving the future usefulness of one of the agents in the Indian Service have engrossed her time. The situation calls for thorough investigation and careful handling, and the Committee realizes its delicacy and importance. There is no doubt that similar committees should be at work in every District where there are Indian Reservations, to guard the rights of our fellow Californians who are very helpless wards of the Nation.

Along with the serious work that our Clubs have been doing, they have not utterly neglected the lighter and brighter things of life, and our Departments of Literature and Art and Music have furnished relaxation and rest of tired hearts and overstrained nerves.

Our Annual Convention was held last November at the Mission Inn, Riverside. The three days were filled with instruction, patriotic inspiration and good fellowship. One of the notable things in connection with it, was a course of six lectures on Sex Education given by Dr. Mary Ritter, State Chairman of Health, before the High School girls and their mothers. These helpful lectures have been given by Dr. Ritter in several of our communities.

I have held ten all day executive board meetings, seven of which were combined with President's Councils.

A conference was held in Fullerton in January on the work of the Farm Bureau, the need of a Farm School for Southern California, and Americanization of Aliens. At Upland in February a similar conference was held on Food Conservation with the Food Directors from the three Counties of Orange, Riverside and San Bernardino, the problems of Americanization and the present need for nurses were also considered.
I have attended one State Convention and my own District Convention and the Los Angeles District Convention, two County Federation Conventions, nine State Board meetings, one Legislative Council Conference and innumerable Committee meetings.

The year's work has been unusually heavy, owing to the pressure of the war, but it has been a pleasure to co-operate with the loyal, earnest women on our State and District Boards, and with the Club women who are unselfishly giving their time and strength to the help of our Nation in this crisis.

At the close of my two years as President of the Southern District I wish to express my gratitude for kindness and consideration. I know that the women of the Southern District will be found ready to do their duty bravely and steadily in the hard days that appear to lie before us.

REPORT OF PARLIAMENTARIAN
Mrs. Mathew Robertson

"Your judgment can be no better than your information, therefore increase your knowledge, check up your information."

It was just a year ago that the mantle of Mrs. Annie Little Barry (one of the foremost Parliamentarians in the country) fell upon me. Mrs. Barry's recognized ability and her long familiarity of every detail of Federation work made it not only an added honor, but an added responsibility to follow her.

But I believe there is a growing interest in the study of "Parliamentary Law," and our club women have begun to realize that as "law is the first essential of civilization," so is Parliamentary Law the most important factor in all organizations of men or women. It is the only power that can adjust the cogs of the mechanism of Club Government, so that the composite body may be unified with a minimum of friction, and a lack of this power will end in disaster. We must know Parliamentary usages to be able to sit in any convention as an intelligent part of it.

Every club woman should know just when and how to make a motion—just the best method of procedure to enable her to carry her own point, or to defeat one that is in opposition to her views. Should be able to preside over any meeting if called upon to do so, and see that justice and courtesy prevail.

The advantages of a knowledge of Parliamentary Law are so obvious, it seems unnecessary to emphasize them, and the acquisition so easy that every Club woman should give this subject her careful attention and study.

During the past year I have written thirty-nine letters, helped some Clubs with their Constitution and By-Laws, either in forming new ones or correcting the old—have tried to be helpful and tactful in adjusting differences, and have enjoyed the work under the leadership of our able President, Mrs. Cable.

REPORT OF DEPARTMENT CHAIRMEN
DEPARTMENT OF ART
Mrs. Rose V. S. Berry, Chairman

The work of the Art Department in California has been most gratifying in many respects in the last year, and in the last two years it has been constantly increasing to such an extent that it is almost incredible. Notwithstanding the war and the survival of many of the Art Sections as "Red Cross" units, the love of the beautiful has held them together, and frequently an art talk has been given while every woman present was garbed in her working attire of pure white.

Throughout the state the work in the art clubs and art sections has consisted of a course of study carried on for the entire year; in lectures upon assigned subjects; and in single lectures, with a prepared discussion following; and exhibitions, though not as numerous as might be desired, nor as popular, yet they are increasing in frequency and gaining in merit. Portions of the State lying near Los Angeles and San Francisco have been favored with several large and important exhibitions this last season, and thousands have availed themselves of the opportunity of visiting them. Fresno, Bakersfield, Carmel-by-the-Sea, Oakland, Berkeley and Stockton have all
had creditable exhibitions under the supervision of some of the Federated Clubs. The Northern District has its own traveling exhibition of American art, consisting of reproductions in Medici prints and those issued by the Detroit Publishing Company, as well as a few original water-colors, etchings, wood-cuts and mezzo-tints. This collection is free to the members of the district upon the payment of the expressage. This insures good study on the subject of American art in the Northern Clubs. The collection is shown in the school houses and in the town halls and wherever it may be seen to best advantage.

The State Chairman has kept on hand three talks upon California art, to be sent out to the Clubs on request. These were illustrated and contained material on California painters, etchers and sculptors. In compliance with the work of the General Federation, however, American Art has been the course most studied.

As State Chairman, five of the District Conventions have been visited, where lectures and conferences were held for the benefit of the leaders of art sections and art students. Many lectures have been given before the Clubs in the State, and both of the State Conventions in the two years were attended as well. The women of the Federated Clubs have always had special attention at the Palace of Fine Arts in San Francisco, where clubs to the number of seventy-six have been entertained and interested. And many public schools have been visited, and classes of school children have been taken through the Palace of Fine Arts from time to time.

It has been the good fortune of the Chairman to have had eighteen articles published during this year. All pertained to California art and artists. Eight of them were published in California, and ten of them were published in Boston.

Many requests come for suggestions for study aside from the prescribed courses, and without sufficiently stating the nature of the material required. The Chairman cannot know what has been previously taken up by the Clubs; while it is always a pleasure to be of assistance to those asking, help, time and patience could be saved by an explicit demand for material.

Believing that the place for the study of art is everywhere; the time for the study of art is now and always now; that the whole story of man is involved in the history of the production of the creative arts which give out the best in his nature, the best in his ideals and the talent which makes him nearest divine; it is with renewed hope in our work, and a desire that in the future we of the Art Department may bring it nearer and nearer to the layman that I submit this report.

DEPARTMENT OF CALIFORNIA HISTORY AND LANDMARKS
MRS. FLORENCE DODSON SCHONEMAN, Chairman

In reporting the work of the California History and Landmarks Departments for the clubs of the past campaign, I find that there have been no really big things done, but I am happy to say that under the stress of war conditions the interest has gone steadily ahead.

Finding but comparatively few study sections in the clubs, the chairman has striven to stimulate an interest in this most important subject, especially now, when the fate of country and state is the incentive that makes good citizens and self-sacrificing patriots of our people. This study means more to us now than ever before, for we are in the throes of a war which will call for the best, and the best is only produced by fostering the love of its own land.

I believe that the steady influence of study at this time and in the year to come is most important, and I consider it a patriotic duty to know your own state's history. It is one of the ways we may keep the home fires burning.

Five districts out of the six have been actively at work.

The Coloma Woman's Club of the Northern District have done the most splendid things to perpetuate the history of our state, while the Oakland Ebell Club has given the most time for study during the past year.

I wish the club to know that the state library stands ready to help them at all times in furnishing data, books, etc. By applying to your county librarian you may secure the above named things from the state library.

The forest service of our government stands ready to assist the California Federation Clubs in placing signs on old historic roads and trails in any part of California. I hope many of the clubs will avail themselves of this opportunity, as this service earnestly solicits the cooperation of all club women in advertising the trails that are being restored by the forest service as means of pleasurable and healthful outing.

The chairman is happy at all times to help clubs plan for study or programs on the subject of California History and Landmarks.

DEPARTMENT OF CHILD WELFARE
DR. LOUISE B. DEAL, Chairman

Our government is upon the eve of launching a tremendous Child-life Saving Campaign. The women of our country are asked by the Children's Bureau to save, during this coming year, 100,000 lives of babies and young children. This number has been apportioned among the states of our Union and California's share is 1822 baby lives.

In every well organized business house, at the beginning of a new year, stock taking is looked upon as a necessary procedure. Let us take stock. What have we done this
year to lay a foundation for this great "Children's Year" that our U. S. Government bids us enter upon? Have we made any preparation? I think we have.

The reports that have come from the six districts of our State show that Child Welfare has received much attention from our club women during the past year.

Los Angeles District reports a well organized Mothers' Educational Center, which is supported by generous contributions from women's clubs. Thirteen hundred children have been examined during the past year, and the mothers given expert advice. Extension work from the center has been done in many of the neighboring towns. Free milk has been furnished where needed. Hundreds of garments have been sent to poor French children, day nurseries supported, fruit sent to the Children's Hospital and to the children of the poor.

One club, which has no Child Welfare section, sent over 100 quarts of fruit, 50 glasses of jelly, 175 pounds of apples, dozens of new children's garments, dozens of pairs of shoes, quilts, hats, furniture, groceries and 75 children's Christmas packages, besides numberless other things to the children of the needy. I wonder what that club would have done had they a Child Welfare Section?

Alameda District reports "follow up work" resulting from the Baby Welfare Weeks of last year and year before, a most important and far-reaching line of work, also much war work among Belgian babies and French orphans has been done by this district.

The Northern District has worked steadily toward the betterment of the rural school—the water supply—the unscreened windows—the common drinking cup—the common hand towel—the keeping of children of school age at school—the supervision of the movies—the wonderful Sacramento Maternity Hospital-bed Association, taking care of 48 maternity cases a year—all worthy women who could not otherwise afford hospital care. The clubs of this district have adopted many Belgian babies and a united effort is being made to provide district nurses throughout the entire district.

San Joaquin District has made a wonderful record. Founding of kindergartens and feeding the children therein, free milk to all needy families where there are small children, school lunches, district nurses, fruit throughout the year to the open-air schools of San Francisco and a financial support from the men of that district, which makes it possible for the women to carry out even the most Utopian schemes, it makes us wish that these men might be made members at large of the State Federation.

San Francisco District reports a most successful Baby Welfare Week, but the district chairman warns the club women that they must take a more active interest in this work, else other organizations will leave them behind in the race. A booklet on child feeding has been issued by this department. 1000 copies of which have already been distributed. Money is on hand with which to buy a moving picture machine, so that free exhibitions may be given in various locations on the care of the child.

It has been a matter of surprise and chagrin to the people of the U. S. that so many of our young men have been rejected by the army medical authorities for physical and mental defects. A large percentage of these defects might have been corrected in the early years of childhood had mothers been better informed. This must be our work. "Improved environment, improved personal hygiene and better general education" must be obtained for children of today, and this can best be done by educating the mothers of today.

Mental defects, arising from psychological causes, is comparatively a new subject to many of us, but the number of young men who have been rejected by our army medical examiners for these very defects, make us feel that his is a subject that we must interest ourselves in.

DEPARTMENT OF CIVICS

Mrs. R. F. Garner, Chairman

At the beginning of the year when I presented the outline of work, my first suggestion was that we emphasize education for...
good citizenship of our women, juniors and aliens, having in mind always that the end in view of all our Civic work shall be the making of good American citizens of our boys and girls, realizing the importance of the giving of training to our girls in those lines which shall fit them to aid in national emergencies; that woman may offer defense service in return for her privilege of citizenship; that our juniors may upon reaching the age of citizenship have learned the advantages and the responsibilities which citizenship carries with it, and that our aliens may be taught love and respect for this great country of ours, which has given them the flag that stands for Liberty and Justice. We feel that this work can best be done by beginning with the children in our public schools. At the close of the year's work, we realize that there never was a time when the teaching of these things was more vital and necessary, and never has there been such a call to service. Our women, our young men and children are all taking part in the great Civic work before the people today. Our Civic clubs and our Civic Sections have been working, even working overtime to help along all public measures, measures necessary to the welfare of city, county, state or nation, clean-up days, fly campaigns, waste-lot gardens, playgrounds and city planning, Liberty Loan, food pledges, Red Cross—all have been given attention. Our young men, many of them only boys, the flower of our land, have gladly offered themselves in defence of the great cause of Democracy, and have gone forth with enthusiasm to face dangers, hardships, any, even death itself, a demonstration of what citizenship stands for.

The children in our public schools are doing wonderful work along all patriotic lines, citizenship has a new meaning. It has a higher value with us today than ever in the history of our country.

From the Northern District to the Southern district the clubs report that much of the work has been along the line of war activities. However, the other things have not been neglected. There is closer cooperation between the clubs and the schools than ever before. Child Welfare work has been well looked after in each of the six districts of the State.

Splendid work has been done in Los Angeles District, which deserves special mention.

Mrs. W. A. Galentine, of the Los Angeles District, reports splendid work, in education for citizenship—first, the making of good patriotic citizens of our boys and girls, and second, the Americanization of foreigners by night schools and the home teacher, then community action in vacant lot gardens, the agitation of saving accounts by every man, woman and child; also the training of girls in lines fitting women for service in national emergencies.

In addition to the war work done in the Los Angeles District, there have been splendid accomplishments along the usual Civic lines—flower shows, home grounds beautification, fly and mosquito campaigns, community Christmas trees, pageants, Americanization, Social Center Work and good films. Forty clubs in the district have done some special Civic work,—the Friday Morning Club deserves mention for the splendid work of its Public Affairs Committee. This committee has worked for the improvements of women's quarters in jail, equal pay for equal work for women as for men industrial workers, made a recreation survey for Los Angeles, and much other work of great value to the city.

Mrs. Frank Warren Moore of the Southern District reports that the women of the district have been devoting the greater part of their time to War Relief, Red Cross and Child Welfare. Some clubs have been cooperating with the City Council or other local governors along Civic lines.

San Bernardino has an active Civic Section, known as the Open Forum, where things of vital civic interest are discussed. This is open and free to all women of the community.

Many of the clubs of the Southern District have civic chairmen, and all of the clubs are doing some civic work. Riverside has been very active in all civic measures.

During the past two years I have often urged that in each community a day be set aside as a holiday with music and patriotic exercises in honor of all the young men and women who have, during the year, attained to the age of citizenship. Not much attention has been given to the suggestion until recently an article appeared in an Oakland newspaper, speaking very favorably of it, and wondering why the suggestion of your Chairman has not been followed. Since then several communities have become interested, and in the near future such a day is to be celebrated in several communities.

Now, at the close of my two years' work as your Civic Chairman, I want to thank you for the privilege and joy of working with you. In the work of this last year we have had often to depart from the outlined plan of the year, to take up other things relating to citizenship, and as our government has asked for service of any kind, whether it was food conservation, Liberty Bonds, Red Cross or Child Welfare, all have with cheerful hearts and willing hands entered into it with hearty enthusiasm, realizing that we are in the midst of a stern and mighty struggle, and not daring to under-rate the magnitude of the task, and to such a task have we dedicated our lives that the world may be made safe for Democracy, and when we have won this War, and
have had time to right many things that are wrong, when the rights, liberty and justice of the humblest citizen are recognized,—when every man shall think of the other man and brotherhood shall reach the world around, then true citizenship shall have come into her own, and our vision of world citizenship shall have become a reality.

DEPARTMENT OF CONSERVATION
Miss Marguerite Odgen, Chairman

During 1917-18 the Department of Conservation organized again its long standing subdivisions of Waterways, Bird and Wild Life and Forestry, of which Mrs. Harriet Myers of Los Angeles is National Chairman. Because of the war pressure, special emphasis was laid as well upon the work of food conservation, recognized by the National Chairman as part of our service. Mrs. Alex McBean of Los Altos, San Francisco District, gives to Waterways an urge of necessity that some are apt to forget in war time.

Because the Council of Defense and the Department of Home Economics has so actively urged saving in the home, this department has taken up the problem of marketing and conservation therein. To assist in the development of more direct marketing methods, a plan was laid down for sale through the machinery of the Conservation Department of the Federation of canned or preserved fruits, vegetables, or anything which the individual clubs or their members had produced or acquired, and the local consumption of which was not feasible.

The appointment by the President of the Newlands River Regulation Commission and the work of that committee will follow carefully.

The interest of Postmaster Charles W. Fay, of San Francisco, was some time ago enlisted in this problem of direct marketing, and the co-operation of the Federation readily accepted by him. His monthly bulletin of Producers within parcel mailing distance of that city has been mentioned and distributed by the Federation. San Joaquin District, under the able leadership of Mrs. Wallace V. Andrews, District Chairman of Conservation, established its exchange. In the other districts the foundation was mainly laid for study of marketing problems and their solutions. The National Food Administration has gone far in the last few months. I trust that future work in conservation of the Federation may continue to co-operate with the National and State Commissions in this, one of the most pressing of current issues.

The Department of Conservation, under instructions from the National Chairman, has intervened with the view to co-operate, and assist in the furtherance of the work of the War Garden Chairman in the respective communities. A survey of the school gardens by the chairman, as one of a body of judges appointed therefor, showed the tremendous force for service and character building dormant in the war garden movement. Every district chairman has been urged to encourage school and home gardening in her community.

The work of the Lincoln Highway and the State Highway has been emphasized by the Federation programs.

The Department of Forestry of the University of California, of which Professor W. Mulford is acting head, welcomed the offer of the chairman to assist in his constructive work. To the committee working under him upon a direct fire prevention scheme for the summer, was given the names of the Federation conservation chairmen who would be interested therein. Their programs will, in future, be sent to the State Chairman for issuance.

The call has been made, and is repeated to each district chairman to familiarize himself with the work of her predecessors in office and in the department: to communicate with and interview where possible the national and state representatives of the various activities this department covers; and to assist thereby in the formation of a strong and constructive policy of Federation work.

DEPARTMENT OF EDUCATION
Mrs. Frank A. Gibson, Chairman

The State Department of Education has devoted itself, during the year, to the education of the foreign-born, but there has been some good work in the districts for both kindergartens and rural schools. As a result of the kindergarten law (the first of
its kind), passed by the women of California the year they were given the ballot, 300 new kindergartens, conserving 15,000 children, have been opened during the past four years and, last year, five other states copied the California law.

Because many organizations have contributed to the carrying out of an Americanization program, it is difficult for any one body of women or of people to measure their exact product, but is sufficient to know that much progress has been made; that evening classes and afternoon classes for women are advancing in both number and method of teaching.

In both San Francisco and Los Angeles directors of Immigrant Education have been appointed and the normal schools of the state are training teachers especially for teaching foreign classes. The State University is now conducting a summer normal class for the preparation of teachers.

Ten home teachers are in the field, carefully working out standards for future home teaching. This advance is largely the result of the education of public opinion, through the clubs.

Two district chairmen, those of San Joaquin and San Francisco, have made no report of accomplishment, though each of their districts have made distinct, and even brilliant, contributions to immigrant education.

The report of Mrs. Seagar on the Rural School Conference, held in Chico, has already been published in the Clubwoman. Mrs. Seagar writes, "The importance of the Americanization of foreigners to our national defense and the need for greater opportunities for the foreign population to become assimilated has been clearly discerned by many patriotic clubwomen and an increased interest in the work is shown throughout the district."

Mrs. Ira D. Howerth, Alameda District, and Miss Blanche Vance, Los Angeles District, both experienced club women, as well as educators, have studied rural school conditions, with a view to interpreting them to the clubs. Some work has been done in each district in training foreign women who are expected to carry back training to foreign groups.

Mrs. J. W. Gastrich of Fillmore, Chairman of Illiteracy, reports for Ventura County, which she has organized for an experimental and intensive campaign. With a committee of both men and women representing all the units of the county, foreign speakers have been sent out to talk on the many war services demanded by the nation, to interpret the necessities of the country. The chairman herself first visited grocers in order to know what flour substitutes are available for the Mexicans, and then has planned with the women for the intelligent use of the substitutes. At the District Federation she presented a short and instructive scene, showing home visiting and interpreting to the Mexican women on war service demands. Patriotic meetings for foreigners are already organized in Ventura. Next
year Mrs. Gastrich will extend her work to other counties on the same intensive lines she has used in her own county.

Mrs. J. W. Bishop, of the Southern District, in three months' work since her appointment, has made an educational survey of the foreign residents of San Bernardino County and secured a wealth of data (to be published later).

"The problem of this county is the Mexican—about 20,000—for whom we have four splendid night schools. Community visiting seems to be the direct way to reach these people, and that is the most exacting form of Americanization work, requiring tact, self-confidence and love for the alien. In our district I have helped to establish Mexican Mothers' Clubs, groups of club women teaching them sewing and other home-keeping ideas; have arranged mass meetings in several localities where there are large bodies of Mexicans, speakers explaining the various war measures; have assisted in interesting them in Victory Gardens."

DEPARTMENT OF HOME ECONOMICS
Mrs. S. H. Hain, Chairman

Heretofore, as stated by the former chairman of the General Federation, "the department has not sought to perform some set task or to secure action along some definite legislative line, but to promote the development of the educational ideals embodied in that group of subjects known as Home Economics," she adds: "We have held before us, as our large purpose, the establishment of a better understanding for fundamental training and education in the great business of home making and motherhood and that what such education involves." It was her plan to lay a foundation upon which succeeding chairmen might build, and a mighty foundation it has been. Not only have these ideals been held up before us, and there has developed therefrom tangible results.

This year has brought about almost a revolution in the customs and habits of the people. A great desire to serve in the home by conserving is expressed everywhere. The reports of the district chairmen are without precedent in the history of the department. The chairman does not assume individual credit for this more than the effort to carry out the ideals outlined by her predecessors, which could not have been done without the loyal support and co-operation of the district chairmen.

No appeal for literature or for assistance in preparing programs has been ignored. I have endeavored to secure literature from every available source for district chairmen, and any failure to do so was because of shortage of supply, because of the increased demand. Every effort has been made to answer letters promptly.

Two articles have been prepared for "Clubwoman," the first to set forth the importance of food conservation and co-ordinate this department with the Women's committee of the State and National Council of Defense, and the other the importance of knowing the selection of food from a nutritious standpoint.

I have endeavored to encourage clubs to open the way for home demonstration agents, that they may be kept busy and useful throughout the State. I have also endeavored to get clubs to have programs on "Dress Problem."

Alameda District may well be proud of her awakening to the importance of Home Economics. Her ten new sections and fifteen committees for establishing library corners labeled "Home Economics," with Farmer's Bulletins for use, speaks for this awakening. The Open Forum, conducted by the Home Economics Department of the Twentieth Century Club at Berkeley, is a type of work which may be used in larger clubs, detailed plans of which may be had from the State Chairman. The distribution to the Club Chairman of the "Latest News from the Food Front," study sheets and approved receipts, information regarding exhibits, speakers, and demonstrations for class work and programs, and helps in starting Library Conservation Corners, proved to be a successful way of stimulating clubs in doing constructive work.

The work in Los Angeles District has advanced. It had thirty Home Economics Sections to begin with, three new ones were formed. They have kept the home demonstration agent busy. Two clubs serve

SUBSCRIPTION BLANK
THE CLUBWOMAN
BRACK SHOPS, LOS ANGELES, CAL.
OFFICIAL ORGAN OF THE
California Federation of Women's Clubs

Please find enclosed 50 cts. for which send the CLUBWOMAN for one year to
monthly luncheons at a cost of from 15c to 17c per plate. This message was sent to Washington from the Northern District: "We, the club women of the Northern District, are not only ready for food service, but heart and soul in the fight." Many of the clubs have Home Economics Sections, and doing their utmost in learning to conserve.

Co-operation with the Food Administration and the sending out of information of value to the housewife in concerted effort by the clubs of San Francisco, together with three series of food demonstrations conducted by the College of Agriculture of the University of California, represents the work done by this district.

The clubs in the San Joaquin District have co-operated with Fresno Normal in giving a series of ten lectures; attendance, 125 at each meeting. Several clubs are taking a course from normal faculty. Coalinga's clubs in co-operation with woman's committee are endeavoring to reach women in their homes.

Riverside Women's Club, in the Southern District, began the year with a Hoover tent at the County Fair. Six days the home demonstration agents gave practical demonstrations—two members of the department assisting each day. Average attendance, 125 per day. Four luncheons, seating 100, were given, followed by Home Economics programs. Had food sale for American Relief, which netted $60.00. This club also financed and assisted the state demonstrator in canning and drying programs, with an average of 85 women present.

DEPARTMENT OF INDUSTRIAL AND SOCIAL CONDITIONS

Mrs. Joseph Ellery Henck, Chairman

Never before has the Department of Social and Industrial Conditions had such an important place to fill. Our ideal has always been to make living conditions such that remedial measures will not be necessary.

In order to help in this herculean task, we have considered that our great work was information and education, first of ourselves as chairmen, and then of the club women, in our federation. In our six districts we have endeavored to keep in touch with the various agencies which are struggling to better living and working conditions, and when some work has been done or some concerted action was necessary, we have tried to pass that word to the club women of our districts.

Great as this task was in ordinary times, now it is far greater, for, as Miss Pond of Nebraska says, "In the words of the Red Queen, one has to run as hard as one can to stay in the same place even; if one wants to get anywhere, one has to run twice as fast." So, with women replacing men in every industry, we have to guard against letting sentiment or false ideas of patriotism induce women to work too long hours and in unsanitary conditions. We have the sometimes unpleasant duty of bringing cold facts to stop unthinking enthusiasm and spectacular self-denial. We have to see how acts of the immediate present will affect the future of our women and so of our country, and try to prevent hasty action.

And so we have studied the reports of the Bureau of Labor Statistics on how England found that working overtime really gave a smaller output in the munitions factories and have tried to enforce the eight-hour law here.

We have watched our free labor bureaus throughout the State and urged our women to patronize them, and if the bureaus proved inefficient, to suggest ways of improving them. We have watched women taking over new work and have rejoiced to see how our system of co-education has produced self-reliance and initiative in our women, so that the change from men to women employees has caused no great excitement. Indeed, we have had to hunt out places where women have displaced men, being all the while mindful of the slogan, "Equal pay for equal work."

We have watched the mandates of the Industrial Welfare Commission, and where the minimum scale of wages has been adopted for women in mercantile industries, laundry workers, etc., we have tried to aid its enforcement.

We have kept a watchful eye on pending legislation, to see that the women of the State knew what measures were coming up and what the bills really meant. So the subject of Social Health Insurance has been put before numbers of clubs, so there may be an intelligent vote at the coming election.

We have worked with the State Commission on Women in Industry, each chairman making a careful survey of her district to see the particular needs of her district, and whether there is an under or over-supply of labor.

We have watched to see how universal suffrage has affected legislation concerning our work, and have tried to do our bit toward having the right women appointed to fill important positions. We have rejoiced that California has the first woman mediator for labor troubles, in the person of Mrs. Katherine Phillips Edson, who is Federal Mediator in the mercantile industries.

In our social service we have found that war service in various activities, such as Red Cross, Y. M. C. A., Y. W. C. A., Belgian Relief, American Relief, etc., has absorbed much of the time and energy of our women, but as Mrs. Weirick, Chairman of the Los Angeles District, puts it: These women have not neglected their duty at home, but have simply added to it their noble self-sacrificing work for the boys in khaki." Christmas cheer, vacation homes, entertainments for hospitals and jails, feeding and clothing the needy—these and many other good works have been continued along with the new war work.

And so, in closing the report of this department, the State Chairman wishes to say
that she and her district chairmen have worked hard to follow these words of our State President in her address next Santa Barbara: "The conserving and constructive agencies of peace, whether in the form of labor legislation, education or social work, instead of being abandoned at this time, should be redoubled in their efforts, and so far as conditions will permit, broadened in their scope."

**DEPARTMENT OF LEGISLATION**

Caroline R. Kellogg, Chairman

**DEPARTMENT OF LITERATURE**

Mrs. Frances M. Carlton-Harmon, Chairman

These reports were published in the May number of the Clubwoman.

**DEPARTMENT OF MUSIC**

Mrs. Alba J. Padgham, Chairman

Music has been a vital factor in club, community and war work. No one has been called upon more than the musician to give time and talent for all kinds of benefit programs.

There have been six active district chairmen who have done much for the success of the music department, and their work is appreciated.

These splendid reports show that music is always used on club programs, and music sections are doing wonderful altruistic work in giving programs for hospitals, jails and settlement work.

Many of the clubs featured American music for the year, and for the coming year the beautiful music of the Allied countries will be used.

War work in music has claimed the attention of many clubs. They have aided in sending records, sheet music and musical instruments to the camps throughout the State, and more will be done next year. The happy little canary song birds can be sent by express to any Y. M. C. A. Secretary to cheer our soldiers and sailors.

The government now recognizes music as being a war essential, and the camp music director is doing much to keep the morale of the army alive.

Thomas Carlyle says: "Give us, oh, give us, the man who sings at his work. Be his occupation what it may, he is equal to any of those who follow the same pursuit in silent sullenness. He does more in the same time—he will do it better—he will persevere longer."

The music department can help the spirit of the army, and also give cheer to those who have been called upon to make the great sacrifice.

Many of the clubs have been the nucleus of big community sings.

Arthur Farwell says: "The community chorus is the regular patriotic meeting of the representative people of the community, to the end of employing song for the unification of the country and, through song, to affirm our faith in God and in our nation."

Community sings have been very successful in San Diego and San Francisco, with the aid of the municipal organs. This summer community sings have begun regularly at one of the Los Angeles high schools.

During the Christmas season community singing was popular throughout the State and nearly every town had their Christmas tree out of doors.

The music department has gathered data on the public school music and sent, as requested, to the chairman of school music in the G. F. W. C. Music of Allied nations should be taught to all school children, for it is the medium of patriotic expression.

The Austro-Hungarian government has subsidized the publication of a beautiful edition of one of Beethoven's sonatas, and it is sold at a very low price all through neutral Europe. The reason lies in the "introduction," seventy pages of closely-printed German text, which precedes twenty-four pages of music. It is as follows: "The German nation is the most capable in the world, more richly endowed with talents and faculties than even the Greeks and Romans. The French are a people devoid of all sincerity, of all intelligence, of all kultur of life, on the whole, the dullest of artists of life. The Italian is a braggart and a bandit, and the Russian a beast. The love of sport has destroyed in the English all sense, all morals, all artistic taste, all scientific spirit, a people coarse, inhuman, lying, disgusting. The AMERICANS are a rabble of shop-keepers,
without kultur, whose dull brains are exercised only over the coarsest buffooneries, their country is where the most profound lack of kultur is to be found; a lack of kultur which results in impersonality, irreligion, laziness and that want of logic of which Wilson, Eliot and others have given so many proofs." This was written while the United States was at peace with Germany. The music department recommends the use of music that will express the united spirit of the Allied nations.

DEPARTMENT OF PRESS
Dr. Louise Harvey Clarke and Jessica Lee Briggs, Chairmen

The work of the Editorial and Press Department of the California Federation of Women's Clubs during the year 1917-18 was full and varied, although it was relieved in a measure by the greater number of official announcements being sent directly to the daily papers from the office of the state secretary. All "released" news received by the state press chairman from the General Federation was disseminated promptly, in so far as possible, through the newspapers.

This department consists of two state editors and six district press chairmen. The main duty of the editors is in editing and publishing the official organ of the State Federation. The principal duty of the district press chairmen is to collect club news from the respective districts and send it in to the Northern or Southern State Chairman as the case may be.

The official organ of the California Federation is known as "The Clubwoman" magazine. This magazine is a monthly periodical of 8 by 11 inches, ordinary numbers containing 32 pages and cover. Convention numbers may contain as many extra pages as are needed to report the sessions.

Through the columns of the magazine the State President is enabled to send out a monthly letter or message to her state officers and chairmen and to the districts and club presidents, or to individual clubs. This medium of communication to the constituency has been of essential value to former administrations, but during the past year was of inestimable importance in sending out the needed information regarding the various calls for service to the nation for the organized club women of California.

The 1917 August and September numbers of The Clubwoman were devoted chiefly to "Outlines of Work" for the year from the state officers and chairmen of departments in order that the six districts and individual clubs might conform to such outlines of work in making up programs. Later issues of the magazine contained more comprehensive articles on phases of department work; these being published from time to time together with the reports of conventions.

A page of this magazine is given to General Federation news, and a page to legislative matters, which are of interest to the women of the State.

The slogan for the magazine as announced by the editors two years ago, "Every number of The Clubwoman better than the last, and every club woman a subscriber," is the goal.

The first part of the slogan has in a degree been realized, the last part was greatly substantiated the past year by a long list of new subscribers.

That the articles which have been printed in The Clubwoman are of real merit is proved by the fact that leading educational and social service journals, and local papers have published excerpts from them. The Clubwoman is recognized as an authority in women's club activities, not only throughout California, but in other states.

DEPARTMENT OF PUBLIC HEALTH
Dr. Mary B. Ritter, Chairman

A report of the work of this department was given in the May number of The Clubwoman.

REPORTS OF COMMITTEES

ENDOWMENT COMMITTEE
Mrs. Robert J. Burdette, Chairman

A formal report of the year's efforts for the Endowment Fund could be covered by repeating the plan suggested at the beginning of the year for raising half the amount, and the statement that each chairman of the districts have been communicated with and urged to carry this out.

Since the first of this year the additional suggestion was made that club women be urged to buy Liberty Bonds and turn them over to the Endowment Fund, thus serving their Nation in its hour of need and fur-
the work of the Federation when it needs more than ever the financing which the interest from the investments might bring.

That the simple plan of every member giving a penny a week and every club giving $10, and each district finding some one who would go on the Founders' Roll has not been realized, was not the fault of the plan nor the district chairmen who tried to further it. The club conscience has been overshadowed for the time being by the seemingly more pressing needs caused directly by the world's condition.

This endowment fund would represent capital raised for the specific purpose of investing it and devoting the interest to increased service and helpfulness of the Federation. The fund has not been greatly increased financially this past year, but our members have raised a capital in service which is being invested in a larger life the interest of which is to enrich future generations of club women.

The world's condition has caused us to constantly lay aside many cherished plans and dedicate our energies to the needs of this hour.

We think we have not forever abandoned them, but gradually it is going to dawn on us that never again are we going to return to the old life as it was. We will have a new viewpoint, and new philosophy.

We have also acquired a habit of giving which is going to make many of our tasks easier. As we will not return to the old life easier. As we will not return to the old life that we have had toward the Endowment Fund and as the new habit of giving is to be cherished, I trust it will be applied to this most needed and practical cause.

Balance, July 1st, 1917 ............... $ 1902.84
Contributions—1917-1918:
Northern District—
   Honor Roll .................. $10.00
San Francisco District—
   General Roll ................ 3.50
Total ...................... $13.50
Alameda District—
   Honor Roll .................. 20.00
   General Roll ................ 1.00
Total ...................... $21.00
San Joaquin District—
   Honor Roll .................. 30.00
   General Roll ................ 18.90
Total ...................... $48.90
Los Angeles District—
   Honor Roll .................. 40.00
   General Roll ................ 9.00
   Mother's Roll ............... 9.50
Total ...................... $58.50
Southern District—
   Honor Roll .................. 20.00
   General Roll ................ 8.30

Down and Out Club .............. 25.00
Total ................................ $53.30
A Friend .......................... .50
Interest, 1917-18 .................. 86.85
Total ................................ $2185.39
Invested as follows:
Liberty Bonds ..................... 1500.00
Oakland Savings Bank ......... 685.39
Total ................................ $2185.39
March 26th, 1918.

CLUBHOUSE LOAN COMMITTEE
Mrs. R. S. Holway, Chairman

In 1904, in response to an appeal for assistance in solving the problem of housing the women students at Berkeley, the California Federation of Women's Clubs established the State University Clubhouse Loan Fund. The plan was to raise a fund of $10,000.00 (a sum sufficient to furnish ten clubhouses), by a per capita tax of ten cents annually, the amount to be contributed in installments of $100.00 each, and disbursed through the Clubhouse Loan Committee of the University. The $10,000.00 was to constitute a revolving fund, each clubhouse at the University returning its loan of $1000 to the Clubhouse Loan Committee at the University in installments of $100 annually, without interest. Sometime later the original plan of furnishing the club houses was changed to furnishing five, and the sum of

SAVE THE WHEAT

The Food Administration is striving at every turn to divert the demand for white flour to the coarser meals such as corn, oats, rye, etc. They asked us for a cracker that would save wheat. SWASTIKA Master Bakers answered with a new cracker that is wholesome, energizing, delicious! We have named it NO-WHEATA. NO-WHEATA is a real wheat saver—it is made from a blend of cereal flour that live up to the true spirit of Conservation. And the same skill, the same spotless surroundings, that make all SWASTIKA PROD-

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$5000 substituted for $10,000. In 1914 this amount was completed and turned over to the University. This would seemingly complete our pledge to the University, but at the State Convention in 1914 it was voted to continue the work, and an effort was made in the next two years to raise $500. At the beginning of the present year there was still lacking $600.40 to cancel this indebtedness. At the meeting on January 24th, of this year, the Executive Board voted to apportion this balance pro rata to the districts.

REPORT OF FEDERATION AND EMBLEM COMMITTEE

Mrs. H. G. Anderson, Chairman

This department has worked to organize clubs, to teach the value and history of federation, to influence clubs to federate, and stay federated during the period of this war; teaching them the great value of co-operation, and pointing out the many privileges and the influence the Federation has through its organization. We are now merging our federated clubs into war work, which will be one of the most influential and substantial factors in helping to win this war. For STRENGTH UNITED IS STRONGER.

Since July, 1917, 172 communications have been forwarded to district chairmen, club presidents, officers and business firms in the interests of federation. Have also forwarded to district chairmen, lists of un federated clubs, letters of information, 200 hand-books and other literature, stating the object and value of federation, for distribution to the various clubs. Letters have been sent to the various clubs notifying them of their acceptance into the organization. Letters of information and suggestions on Federation Extension and Emblem were forwarded to Mrs. Florence Shilling, Second Vice-President, Yuba, California, also to the W. C. Extension Club of Hamilton, California. Also upon request, to the Vice-President of the State Federation of Woman's Clubs of St. Louis, Mo.

During the same period, 150 letters and various reports were received and answered. An article on Federation Extension and Emblem was written and forwarded to the Clubwoman's magazine for publication.

All district chairmen have been very prompt in sending in their monthly reports, and many creditable results have been attained, making it possible for the State Chairman to send a comprehensive monthly report to the State Executive Board. The material results in newly Federated Clubs has been 36 clubs, with nearly two thousand members. Attached is a list of the clubs, with name and address of the secretaries.

The number of clubs federated in each district is as follows:

Northern District, Mrs. C. H. Donohoe, Willows, 3 clubs, 108 members; Alameda District, Mrs. J. N. Frank, Chairman, 4 clubs, 75 members; San Francisco District, Mrs. J. C. Perry, Chairman, 6 clubs, 422 members; San Joaquin Valley District, Mrs. Allan McGregor, Chairman, 4 clubs; 150 members; Southern District, Mrs. D. W. Willets, Chairman, 1 club, 26 members; Los Angeles District, Mrs. J. Bert Stearns, Chairman, 18 clubs, 1150 members.

In addition to these material results, several applications have been presented, and the various district chairmen have many prospective clubs which they expect to bring into the Federation soon. The district chairmen are to be congratulated, as they have given their time freely, and also have given from their own finances, to make every cent a gain for the department. Special mention must be made of Mrs. Dora Stearns, District Chairman of Los Angeles, for her untiring efforts, boundless enthusiasm, prompt reports, and interest in the work.

In summing up the work for the year, we feel the department has been successful, and has made an advanced step. An attempt has been made to keep the Federation spirit moving forward. Our one aim has been to merge all clubs in the Federation with war work and to influence them to stay federated, that we may be a strong body of women to aid the government of our great Nation, and to help alleviate the suffering of the world.

Before closing, I wish to express my appreciation and sincere thanks to the State President, Mrs. Cable; the Corresponding Secretary, Miss Mumford; the Recording Secretary, Mrs. Anderson; Mrs. Schoene man and the district chairmen for the many helpful suggestions and generous support given me since my appointment, which has made possible the work accomplished during the year.

EMBLEM

A Log of the Emblem was prepared, giving its history, analysis and significance of

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each part and form of the design, the business of the Emblem, the qualities, prices, methods of handling, etc., and a copy sent to each district chairman of Emblem. Arrangements were made with Brock & Company of Los Angeles, for the manufacture and distribution of emblems.

A communication was prepared and sent to each newly federated club in February, 1918, giving the analysis and significance of the Emblem; also qualities and prices, urging its general use, and giving the name and address of the district chairman, in each case, from whom the emblems may be purchased. It is true our department has not been as successful in the sale of emblems this year as in some of the former years. First, we were unable to secure any seals. After trying since last September to obtain them, none were received until a few days ago, and consequently have not yet been distributed to the district chairmen.

Second, owing to the war conditions of our country, and the great need of conservation, the members have conserved on emblems, to put more money in Liberty Bonds and Thrift Stamps.

Special mention should be made of Mrs. Harriet S. Wright, Chairman of Emblem of Los Angeles District, for her interest and enthusiasm in the work. The statement of emblems sold is as follows:

Mrs. H. S. Wright, Los Angeles District, 5 gold and 8 plated; Mrs. B. F. Hopkins, Southern District, 3; Mrs. Allan McGregor, San Joaquin Valley District, 3; Mrs. L. B. Griebnow, San Francisco District, 1 gold and 3 plated; Mrs. C. L. Donohoe, Northern District, 3; Mrs. J. N. Frank, Alameda District, 1. Total, 27.

BUREAU OF INFORMATION

Susan T. Smith, Chairman

No district chairmen were appointed this last year in the Alameda, San Francisco or Northern Districts, the work of filling necessary requests being done by the State Chairman, the planning of Reciprocity Days by the district presidents.

The San Joaquin Valley District reports twenty-two Reciprocity Days, that served a two-fold purpose—the promotion of patriotism, as well as of federation. The Chairman, William Hilger, has placed special emphasis on the exchange of talent between neighboring clubs. She reports the result as highly successful.

The Southern District Chairman reports a gratifying busy year, in response to her offers of help. Programs have been collected and planned; reference lists compiled, speakers provided for special occasions. Miss Chapin has made it a point to secure the names and addresses of free lectures and speakers which she furnishes on request. Many programs have been filled in this way.

The State Chairman has attended a number of Reciprocity meetings, finding that the spirit of service and federation had widened and deepened with the additional demands.
THE BOYS AT THE CAMPS NEED

Music, Music, More Music

In all departments, Artillery, Infantry, on board ship, on isolated sentry duty, in the various hospital wards, at all recreation centers, submarine bases, Naval Training Stations, Shipbuilding plants and Aviation Field Camps.

The American Red Cross is making a widespread appeal for Talking Machine Records—Victrola, Edison or Columbia—piano player records, sheet music—vocal or instrumental, choral or ensemble—talking machines of any make and small instruments of all kinds—flutes, violins, ukuleles, guitars, harmonicas, horns, trumpets, any and all kinds of wood-wind or string instruments in good condition or otherwise.

You may send your contributions to any of the principal music stores—Talking Machine Department—to Walter R. Leedes at the Red Cross Headquarters, 926 S. Main St., Los Angeles, to the office of L. E. Behymer, 703 Auditorium Bldg., Los Angeles, or telephone Rens MacDonald, A2680 or Main 1338, and arrangements will be made for the collecting of any instruments or records which you have available.

This space contributed for the Winning of the War by "The Clubwoman"
made upon women everywhere. As many clubs decided not to print programs, few were received. The request for special program subjects along regulation lines has diminished. Most of the clubs are devoting time and study to Red Cross work, food conservation, or subjects allied to the war.

I believe we can do much this coming year to help the club women retain the spirit and form of our federation, by means of special programs that will combine the study of history and forms of government with the war service work. The Chairman will be glad to prepare programs or furnish suggestions along this line. Send any plans that you may have, too, that we may have them to use.

INTERNATIONAL RELATIONS COMMITTEE

Mrs. C. E. Cumberson, Chairman

Reading between the lines of the reports from my district chairmen, I gather the impression that the idea prevails among our club women that the time is not propitious for the discussion of international relations.

As a matter of fact, we are discussing international relations in some shape or form every hour of the day. Almost every subject from the ever-present knitting bag to the first line of trenches in Europe, including Civics, Social Service, Child Welfare, Home Economics, down to the garbage can and the scrap-bag, are in some measure involved and may be viewed and discussed from the international aspect.

Our one year of war has aroused and quickened our international conscience, developed the international mind to a marvelous degree. It has given us an acute sense of international responsibility which, as women, we can no longer shirk if we would do our full share in making the world safe for generations yet unborn.

While not relinquishing for a moment the many kinds of war relief activities to which we are pledged, we can at the same time promote calm, dispassionate discussion, and encourage and stimulate the study of the many intricate problems which the world is facing, and will continue to face for many years after peace has been declared.

Let us bear in mind that world conditions are now in the melting-pot, are in liquid form as it were; sooner or later what remains of civilization will emerge from the crucible, and we will have entered upon a new era. It will be too late when world conditions have again taken on concrete form to say under what order or regime we will dwell. When that hour strikes the women of the world should be mentally equipped and ready to claim their right to representation at all official councils of debate that will consider terms of peace and the future protection of human life.

Should we not then prepare ourselves to meet this time through deliberate discussion now of national and international subjects that from time to time loom clear-cut out on the horizon, and will unquestionably have bearing upon our future.

By way of suggestion, let us take for our text-book the messages of President Wilson, messages that express the highest ideals and principles of which the human mind is capable. Through them one gains a vision of the future that will prove a mighty strength in the many perplexing problems that are continually confronting us. There should be broader circulation of these messages. Every library, whether home, school, church or public should contain copies, and attention given to their distribution.

Let us cultivate the new international spirit and develop internationalism by considering with open minds our duty and our

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relation to our neighbors, China, Japan, Mexico and Pan-America.

Censorship of motion pictures that tend to stir and incite race hatred should be insisted upon, and attention called to Assembly Concurrent Resolution No. 21—Relative to preventing the exhibition of motion pictures that tend to promote race hatred—passed by the last legislature and signed by the Governor.

Legislatures, both state and national, that may enact laws that would prove inimicable to friendly international relations, should be carefully watched, and our representatives made cognizant of the fact that we will not tolerate action that may prove a menace in the future.

The subject of "Americanization" may well be classed under the head of international relations, and our terms of peace, a League of Nations, in fact, every action that would insure to humanity, "life, liberty and the pursuit of happiness" in the future, should be familiar topics among thinking women throughout the world, of which our Federation contributes such a large share.

EMERGENCY SERVICE COMMITTEE
Mrs. Seward A. Simons, Chairman

This committee was created primarily for the circulation of a flood pledge. When the Food Administration was established, the Emergency Service Committee was abandoned by the General Federation, but in California our State President, Mrs. Her-
from our representatives there show that the suffrage amendment. This committee also circularized Congress with the leaflet printed last year on the Results of Woman's Suffrage in California, and on Congressman Raker's request, sent him 500 additional copies of the leaflet, which he reported were of great service.

The many national campaigns and "drives" for funds which have been carried on throughout the State, have been called to the attention of the clubs by this committee, asking their co-operation in these campaigns, and also of the local women's committees of the Councils of National and State Defense.

The district chairmen have done fine work, and the chairman of the committee wishes to express her approval of their efforts and to speak particularly of Miss Mary Foy, the chairman of the Los Angeles District, who kept in her notebook the date and meeting place of every club in the district, going to those meetings whenever it was possible; giving a wonderful message of inspiration and interest to the clubs in her district.

The reports made by individual clubs indicate that the women are feeling and sympathizing with the troubles of our beloved country and that they are doing what they can to help. There is no doubt that their efforts will be redoubled in the coming year.

CORA ELLIOTT JONES MEMORIAL COMMITTEE
Mrs. L. P. Crane, Chairman

The survey of the educational needs of crippled children under eighteen years of age, which was started in Alameda District Federation of Women's Clubs, by Mrs. Fisher R. Clark, President, was made a State work by the California Federation of Women's Clubs in 1917.

A committee was appointed to extend the investigation to every district in the State, as a prerequisite for the promotion of the educational interests of crippled children in California.

This committee has had the co-operation of the State Board of Education, the State Board of Control, the State Board of Charities and Corrections, the State Board of Health, which has made possible the investigation in the public schools of the State, the private and State institutions, the Associated Charities, and has given us the support of physicians, nurses and social service workers.

The returns have not been fully tabulated, but the following data is recorded:

There are 2500 cases reported, representing twenty-four different nationalities. Fifty percent of this number are of American parentage. Five hundred cases are so slightly handicapped as to require no special investigation. Of the 2000 cases investigated, only 23 are mentally defective. The remainder are reported normal, with a large percentage marked especially bright. One thousand and twenty-one are under fourteen years of age, and 979 between fourteen and eighteen years of age.

Infantile paralysis claims the largest number of victims; accidents come second; congenital conditions third; tuberculosis fourth.

The 2500 cases reported may be considered under three distinct classes:

One class is only slightly handicapped and can be educated in our public schools without any special type of school activity.

The second class cannot profit by our public schools unless provided with free transportation to and from school, and classrooms on the first floor.

The third and most helpless class can be made self-supporting only through vocational training in the home, or through a
private or State institution, especially adapted to its needs.

Although individual relief has not been the object of the survey, a committee has been appointed in several counties to follow up the investigation with some direct application to local requirements.

Mrs. Fisher R. Clarke, Chairman of the San Joaquin County Committee, reports the purchase of a tricycle for the use of one bright little girl who is unable to walk to and from school. The girl now attends school regularly and leads in her class. A wheel-chair has replaced a baby buggy that was being used by an extremely crippled child in another school. These vehicles are the property of the School Department, by the gift of Mrs. Clarke, and when not required by a pupil of either of these schools, they may be taken to another school in the city, if needed.

In Los Angeles a committee has been chosen from the Women's University Club, with Mrs. M. A. English as chairman. The committee has taken steps to co-operate with the Parent-Teachers' Association in inducing mothers of all crippled children in Los Angeles to attend meetings for the discussion of their special problems. The committee has also planned a regular sequence of automobile drives for crippled children.

The Alameda County Committee, Mrs. S. C. Borland, Chairman, is making a study of industries and employment conditions for the guidance of cripples in vocational training and finding employment; also to determine the ability of different types of cripples to perform the various kinds of tasks imposed by the given occupations. All general information on the subject helps to simplify the choice of occupations to be taught cripples.

In reviewing our work, two facts seem to be especially significant. The first fact is that we actually know of a large number of cripples who are receiving instruction along lines which will tend to make them efficient in some remunerative position.

The second significant fact is that these cripples are a great economic loss to the State, because of the lack of proper education, and that a crying need exists for the adoption of some plan of education for these physically handicapped children, in order to make them useful and self-supporting citizens.

Our next work should be to bridge the chasm which now lies between the physically handicapped and the normal child, and to reveal, if possible, to every crippled child in California the vista of a life of usefulness and independence.
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EDITORIAL NOTES

“We shall fight for the things which we have always carried nearest our hearts—for democracy, for the right of those who submit to authority to have a voice in their own government.”

During the month of July the women of New York State had the unusual experience of being received most cordially by the two great national political parties, and participated actively in their proceedings. The following newspaper editorial is significant of a new order:

Women in Tammany Hall

“For the first time in the history of Tammany Hall, women have been admitted to that ancient and checkered organization. At a meeting the other day there were 32 women elected as members of Tammany’s executive committee. Henceforth, it is announced, they will sit along the same basis as men in every Tammany district in New York City and in the councils of the wigwam. The organization will be divided between men and women on an absolutely equal numerical basis.”

“That first sex-equality meeting at Tammany Hall was a pleasant occasion. ‘Boss’ Murphy was all smiles. His henchmen beamed affability. Every one of those supposedly wily politicians did his best to make the women feel as if they really belonged. Their motions and speeches were listened to with respect. Male speakers told them proudly of the part the organization had played in the enactment of legislation favorable to women and children. An influential leader discoursed on the workings of the party machinery.”

“Anybody would have thought that Tammany had yearned always for feminine participation in its general scheme of humanitarian effort and political uplift. And no woman was so impolite as to remind the men that Tammany had fought woman suffrage tooth and nail—until it became inevitable.”

“That’s always the way. Old institutions, good or bad, generally yield gracefully when the hour of fate strikes. Tammany will no longer be the same old Tammany. The tiger won’t change his stripes all at once. But we may say without hesitation that henceforth there will be less secrecy in that body. And the women little by little will make their influence felt along lines that ‘practical’ male politicians have ignored as long as they could.”

The Republican State Conference held for the purpose of drafting a platform at Saratoga, New York, July 18-19, had 100 women delegates, or about 20 per cent of all delegates, fairly representative of all parts of the State. Honors were conferred upon several women, but the big honor fell upon Miss Mary Garret Hay, a leading club woman, and chairman of the Woman Suffrage party of the City of New York, who was made chairman of the Platform Committee, a distinction which next to the chairmanship is the highest in the gift of a political convention. The Woman Citizen says:

“Heretofore this honor has been bestowed upon acknowledged leaders of parties or old ‘war horses’ whose years of party service have given repeated tests of party fealty. It is safe to say that so responsible a post and so distinguished an honor were never before offered to an untried person and probably no other woman ever held the position in any State.

The plan to make Miss Hay chairman of the Platform Committee was not prearranged, but is reported to have been proposed, in one of the early caucuses at Saratoga, by a one-time bitter anti-suffragist. It is certain that the proposal did not come from women. From the caucus the rumor spread among the gathering delegates. Like a bolt from the blue it took the leaders and foes of woman suffrage. One long-time woman hater was heard to mutter, “outrageous, impossible, it must not be permitted,” while another such merely uttered a despairing “My God!”

Even the friends of suffrage questioned the wisdom of the movement. Of the fifty-one members composing the committee, there would be many who not only were unreconstructed anti but were adepts at parliamentary tricks whereby leaders of minorities at times trip up unskilled chairmen and get their way. Could a woman hold such a committee down to its work? Would a resentful minority display mob character and in order to flout the chairman prevent any business being done? If a platform could really be drafted by the committee with such a chairman, could a woman read it, so that it could be heard by the thousand delegates in the far reaches of Saratoga’s vast convention hall? These were questions passed from group to group, but the proposal gained ground from moment to moment.

Miss Hay had been appointed a member of the Platform Committee by the 18th Senatorial District and at the first meeting of the Committee she was nominated by Mr. Sam Koenig, Chairman of New York County, and was elected unanimously. Among the members were Senator Wadsworth, Nicholas Murray Butler, Elou Brown, William Barnes, ex-Governor Horace White and others whose imagination had never visualized a woman member of a Republican platform committee, much less a chairman of one. Two other women members served on the Committee—Miss Mary Wood of New York and Mrs. Mary Schwiedendorff of Buffalo.

A member of the committee, still harboring a little doubt, said to Miss Hay hesitatingly, “You know, Miss Hay, it may mean sitting up all night. That often happens.” “Oh,” responded Miss Hay, “I’ve sat up all night at the door of so many platform committees, hoping for a suffrage
resolution, that that is one thing I shall not mind in the least."

The committee did sit till three o'clock in the morning and met again at nine A. M., and was ready to report at the time ordered by the convention, eleven A. M.

Experienced members of the Committee declared that they had never seen a chairman make quicker decisions or fairer rulings.

When Miss Hay appeared on time with the platform in her hand, she was received by a standing audience and tumultuous applause, continuing without a lull, a la favorite candidate, for several minutes. Her first clear sentence, resounding throughout the hall announced that she brought a unanimous report, and that aroused another salvo of applause. It was known that the platform would contain a plank on behalf of the Federal Suffrage Amendment, and that the group of anti-suffragists would bring in a minority report was expected. That there was none was a relief to all concerned.

Senator Wadsworth announced to the Platform Committee that he would not bring in a minority report, but that fact was not to be construed into the belief that he had changed his mind.

Immediately after the planks relating to the war and the duty of the state to the nation the following plank was read:

"The woman's Federal Suffrage Amendment has passed the House of Representatives by a tremendous Republican vote. Practically every Republican County Committee in the State has urged its approval. The decisive plurality for suffrage in this great Republican State has so clearly shown the sentiment of the people, that we emphatically call upon the United States Senators from New York to vote for the submission of this amendment to the states."

The applause which followed the reading of the above resolution exceeded that of any other plank and recorded unmistakably the attitude of New York Republicans on the Federal Suffrage Amendment.

The description of the event in one newspaper paid the woman chairman the compliment of saying that "she read the long instrument of party faith so that it was not an instrument of torture, which in itself is a novelty." During the reading, the chairman interrupted to say, "Miss Hay, I fear the people in the gallery do not hear you," whereupon she addressed herself to the gallery and asked whether she was being heard. An unknown voice in the topmost seat responded with clear tone, "Yes, Mary," which occasioned a general laugh.

"This convention marks an epoch in the political development of the State of New York. For the first time we have sitting with us representatives of the Republican women of the State of New York. The franchise never moves backward. There never will be in the future a time when the women will not share with us equally the rights and the duties of citizenship. I am not one of those who ever regarded this revolutionary proceeding with either dread, or suspicion, or opposition. I never could see any good reason why the state should deprive itself of the assistance of the better half of its citizenry. I have always believed that the women of this state and the women of America would be a potent factor for good service and good results in political activities, as they have always been potent factors for good results in all charities of the world, and in the church of the world."

"Their passion for fair play and high ideals, their motherly instincts for helping the weak, and the unfortunate, and the inefficient; their bravery and resolution in times of peril convince me that we shall look back in the future with great joy and pride to the occasion when we first welcomed women to equal political rights. I can only say in passing that I hope the women, and I believe the women, will regard this high privilege for which they have struggled so many years in vain, with greater respect than we men have habitually regarded it."

"BUSINESS AS USUAL"

By Hon. E. P. Clarke,
President California State Board of Education.

We have no right to expect that we should have "business as usual" during the war; but on the other hand it is highly necessary for the success of the war that normal business activities be disturbed as little as possible. It is said by some that we should not buy any new clothes or automobiles or build any homes for the duration of the war. And it is true that there should not be extravagance in purchases or unwise expenditure of money for improvements which ought to be invested in Liberty Bonds or subscribed to the Red Cross. There is no advantage, however, in salting down our money in the bank and leaving it idle. It is money at work that counts; and unless merchants, auto dealers and mechanics are kept employed, there will be no money with which to pay income taxes and buy Thrift Stamps. Employment, production and business activity are imperatively necessary to "keep the home fires burning."

Montaville Flowers

A man of highest ideals, with the courage to fight for them. "We have not one, but two, enemies. They are equally deadly," said Mr. Flowers recently. "Whether I go to Congress or not, my life is pledged to fight for their utter destruction. One enemy is the despotic government of Germany. The other enemy is the curse of civilization—alcohol."

—Montaville Flowers for Congress Club.
STATE PRESIDENT'S LETTER

Dear Club Members:

The value and power of our organization life was established when the Government turned to organized womanhood for assistance in waging a war, and women's clubs have been justified by the answer they have been able to make to all calls and demands made by the Government upon the machinery of club organization and upon the time, ability, and resources of individual club members.

All are agreed, however, that our work is but begun—that so far, in fact, it has been a work of preparation only. While authorities may differ as to the possible duration of the great struggle, the announcement that five million of our men are to see service in France and the proposed extension of the draft to include men from 18 to 45 indicates that it is not to be a short war and that America must put forth her utmost in order to win.

Miss Helen Fraser of England, a member of the National War Savings Committee, addressing the biennial at Hot Springs said: "There is not a question about winning the war, but the question of how long it will be before it is won depends upon America."

The immediate duty before us as club women is to keep the machinery of our organization ready and the workers in this great body of women "at attention."

The great need in war work this second year will be workers who are faithful in "little things"—the dependable men and women.

This year we have seen something of the "spectacular" side of war work. From now on we must know the "drudgery" of war work.

Our clubs must become centers of war interest and war activity.

Every club program should give information regarding the meaning and progress of the Nation's task and should serve to enlist workers who will help to accomplish that task.

Particular attention must be given to "house problems." The boys in khaki will attend to the tasks "over there."

The great thing to remember is that essential service is not always military in character.

We must have canteen workers—but we must also have women who are willing to study and to teach dietetics and home economics if we are to maintain the health and efficiency of our people.

We must knit sweaters and socks for the soldiers—but we must also know how to economize in wearing apparel ourselves, to conserve wool and to substitute "old clothes for new" if we are to continue to supply the soldiers with all that they need.

We must have nurses to go abroad to care for the wounded and dying—but we must also have volunteers at home who will undertake the less exciting task of training to take the places of those who are so badly needed at the front and in military hospitals at home.

We must send child welfare workers to France and Belgium where the children make such pitiful plea to the fathers and mothers of more fortunate children—but we must also save to America the 100,000 children who die yearly because of our neglect and ignorance.

We must don "overalls" and "middy" and take the places of men in factory and store and on the farm—but we must safeguard both work and worker against the time when the man who fights will return to take his place in industry, and we must insure to present workers "equal pay for equal work" and expect to render honest service for honest pay.

We need women in uniform with buttons and badges and stars to dignify and designate their service, who will drive autos and ambulances, carry messages and run errands—but we also need women who will answer letters promptly, faithfully perform a promised service, typewrite or answer telephones in an office, carry on a "drive," distribute literature, canvas a block or precinct for Liberty Loan or Red Cross, and conscientiously carry on any one of the thousand little things that need to be done daily.

In other words we need to accept and settle down to the drudgery of war and to

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realize that the task just at hand is our “appointed” task, remembering “That the man who wins is the man who stays In the race in spite of odds.” and that

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   Newcomer’s Club of Farmington  1.00
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   Taft .................................  55.00
Los Angeles District—
   Ebell Club of Santa Paula ......  157.00
   Channel Club of Los Angeles ...  15.00
   ........................................ $  67.00
Southern District—
   Riverside Woman’s Club .........  1.00
   Forward Club of Lemon Grove...  3.00
   Upland Woman’s Club ...........  28.00
   Woman’s Improvement Club of
   Corona ..............................  35.00
   ........................................ $  70.00
   Down and Out Club of the
   C. F. W. C. .......................  50.00
   Mrs. F. T. Bicknell .............  50.00
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Total ................................... $9,709.95

PROVISIONS OF NEW INTERNAL REVENUE LAWS
PERTAINING TO CLUBS

By CAROLINE R. KELLOGG,
State Chairman of Legislation.

There has been some misunderstanding
among the Clubs of the Federation regarding Federal War Taxes on admissions to club programs or benefits and annual Club dues, and this article is in response to a request for general information along these lines.

First, each club president should send to the nearest Federal Internal Revenue Office for a copy of pamphlet Number Forty-three (43), entitled “RELATING TO THE WAR TAX ON ADMISSIONS AND DUES UNDER THE ACT OF OCTOBER 3rd, 1917,” or copies may be obtained by writing the Internal Revenue Department U. S. Government, Washington, D. C., or the Collector of Internal Revenue at either Los Angeles or San Francisco, California.

Section 701 of the Internal Revenue War Tax Law states: “That from and after the 1st day of November, 1917, there shall be levied, assessed, collected and paid . . . a tax equivalent to ten per centum of any amount paid as dues or membership fees (including initiation fees), to any social, athletic or sporting club or organization, where such dues or fees are in excess of $12.00 per year; such taxes to be paid by the person paying such dues or fees.”

It has been held by the Commissioner of Internal Revenue that any organization maintaining quarters or arranging periodical dinners or meetings for the purpose of affording its members the opportunity of congregating for social intercourse, is a social club within the meaning of the law, unless its social features are subordinate and merely incidental to the furtherance of business or other special interests. Any club whose main purpose is the furtherance of public welfare, civic education of the community, or the general education of its members, although there are occasional social gatherings scheduled, and whose membership dues, together with its initiation fees, amounts to $12.00 per year, per member, should immediately submit a copy of their by-laws and constitution, together with a statement of the general activities and practices of the club to the Collector of its district in order that he may determine whether that particular Club comes within the scope of the words “social, athletic or sporting” and to avoid any further taxing or penalty in the event they are found to be included in the list of taxable clubs.

While the dues of most of our women’s clubs and organizations are not taxable, yet many of the clubs will doubtlessly be required to pay taxes on their admission fees, and as the penalty for infractions of this law is rather severe, it is wise indeed for the officers of the Clubs to watch this phase of the matter carefully and to see that no unpaid tax has been overlooked.

Section 700 of Regulation Number Forty-three is as follows: “That from and after the 1st day of November, 1917, there shall be levied, assessed, collected and paid . . .
(a) a tax of 1 cent for each 10 cents or fraction thereof of the amount paid for admission to any place, including admission by season ticket or subscription to be paid by the person paying for such admission; Provided, that the tax on admission of children under 12 years of age where an admission charge for such children is made shall in every case be 1 cent."

The Commissioner of Internal Revenue has interpreted that while the context fails to define "place," yet it indicates that only places of amusement and entertainment were intended to be taxed, and where admission charge in form is made, but in fact, is merely a payment for the privilege of using certain equipment, the admission is incidental to the using of such equipment, and the tax does not apply. However, where a charge is made both to the persons using the equipment and to mere spectators, the tax applies to all such admissions. Under this ruling, as above stated, admission charged for a dinner and access to a program later, whereat one admission fee is charged for both, in order to avoid the war tax, must admit no persons to the program free, regardless of the fact of whether they participated in the dinner or not.

Article 15 of Section 700, also states as follows:

"No tax shall be levied under this title in respect to any admissions all the proceeds of which inure exclusively to the benefit of religious, educational, or charitable institutions, societies or organizations, or admissions to agricultural fairs none of the profits of which are distributed to stockholders or members of the association conducting the same."

The character of the organization for which the benefit is given, and not the purpose of the particular benefit is controlling. Admission to public zoological parks and other entertainment enterprises conducted by or under the direction of the Government or a State or political subdivision of it are not taxable.

"All the proceeds" means the net proceeds after payment of actual reasonable expenses. The Commissioner of Internal Revenue has interpreted that "educational, institutions, societies, or organizations" do not apply to a club whose main purposes are those of self education and advancement, but applies in a more technical sense to schools, colleges, universities or seminaries that are not owned by or operated for the benefit of private parties. Therefore, a woman's club, having for its purpose the civic or general education of its own members and the women of the community, charging admission to any entertainment or program, which proceeds inure to the benefit of the club or organization, is taxable on its admission fees, and if any such admission has been charged since November 1st, 1917, and such club has neglected to make a report at the end of each month and pay all taxes due in to the United States Government, the officials of such club are liable to a penalty ranging from a $50.00 up to $1000.00 fine and imprisonment for each offense, and the neglect to pay such taxes at the end of each month constitutes a separate offense. Any club intending to give an entertainment on behalf of a religious, educational or charitable purpose, and wishing to claim exemption from collecting taxes on admission, is required to procure from the Collector of Internal Revenue of its District, an affidavit form (known as No. 775) which should be filled out and presented to the Collector in sufficient time before the entertainment to permit of a full advance investigation of the circumstances and a decision thereon. Otherwise, the managers of the entertainment given shall keep and exhibit to the Internal Revenue officers a complete record of the admissions charged, and will be held responsible for the collection of the tax in case their claim for exemption is denied.

And any club that has given an entertainment or program since November 1st, 1917, and has charged admission therefor, and prior to such entertainment or program did not apply for and receive exemption from the tax through the local Revenue officer, and has not since paid any tax on such admission, should immediately take the matter up with their local district office, arrange for the payment of the tax at once, file an affidavit stating why such tax has not been paid sooner, and apply for a permission to compromise with the Internal Revenue Office for the penalty already accrued.

I have been informed at the Los Angeles office of the Collector of Internal Revenue that, in any instance where a showing will be made by affidavit to the effect that officers of a club were ignorant of the provisions of this law as applying to them, and did not intend to wilfully violate the same, an application to compromise all penalties to date, for a small sum, will not be denied.

WOMEN'S COMMITTEE OF THE COUNCIL OF DEFENSE

July 10, 1918.

To the Young Women of America:

Across the sea, from France, with every closing day of the heroic struggle of our fighting men, there comes a more imperative call to the women of America to assume their full share of responsibility in winning this world war for the right of men, women, and nations to live their own lives and determine their own fortunes.

There exists now an extreme need for at least 25,000 women of character, intelligence, and education to fill the gaps in our hospital staffs caused by the calling of many thousands of skilled nurses to the fighting front. There is only one way to fill these gaps: By keeping our hospital training schools
supplied with students, who are not only preparing for service abroad and at home at the end of their course and at the same time are equipping themselves to earn their living in one of the noblest of professions, but from the very outset of their course are serving their country as well as learning.

The Surgeon General of the United States Army, the Surgeon General of the United States Public Health Service, the American Red Cross, the General Medical Board and the Woman's Committee of the Council of National Defense therefore unite in an earnest appeal for 25,000 young women between the ages of 19 and 35 to enroll in what shall be called the United States Student Nurse Reserve. The enrollment will begin on July 29, 1918. Those who register in this volunteer body will engage to hold themselves in readiness until April 1, 1919, to be assigned to training schools in civilian hospitals, or to the Army Nursing School and begin their course of study and active student nursing.

The service which we are asking calls for the best that the womanhood of America can offer in courage, devotion, and resourcefulness. We can not go forward to victory overseas if the wives and families of our fighters are not sustained in health and strength, if we can not protect our workers against the hazards of war industries, if we can not defeat accident and disease, our enemies at home. Upon the health of the American people will depend the spirit of their forces in the field.

Acting on the urgency of the need, the undersigned have asked the State divisions of the Woman's Committee of the Council of National Defense, through their local units, to enroll the 25,000 women needed. We ask the women of America to support us in our further effort not to lower American hospital standards, and to give us the practical assurance of their support by going to the nearest recruiting station established by the Woman's Committee of the Council of National Defense on or after July 29 and enrolling in the United States Student Nurse Reserve.

ANNA HOWARD SHAW, Chairman, Woman's Committee, Council of National Defense.

W. C. GORCAS, Surgeon General, United States Army.

RUPERT BLUE, Surgeon General, United States Public Health Service.

H. P. DAVISON, Chairman, War Council, American Red Cross.

DR. FRANKLIN MARTIN, Chairman, General Medical Board, Council of National Defense.

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LOS ANGELES CALIFORNIA
THE WOMEN'S LEGISLATIVE COUNCIL OF
CALIFORNIA

Mrs. A. E. Carter, President
Charlotte Anita Whitney, Chairman of Publication

The Women's Legislative Council has passed through six years of service and is now an established fact in the activities of the organized women of the state. Through it the club woman's vista is enlarged, and she reaches beyond the aims of her local circle, toward the vital needs of women as they are linked up with the progress of the state.

The object of the Women's Legislative Council is to secure concerted action on legislative measures.

To do this its work must be educational. It must seek to find out the exact status of women and children, their needs, and the inequalities and disadvantages under which they labor. It must decide what changes are most fundamental, and what are the most practical importance now. It must determine the most appropriate and effective remedy, and it must unite its membership remedy, and it must unit its membership for concerted action. It must be intelligent, it must be orderly, it must be democratic and it must be loyal.

The work of the Council this year has been to prepare the way for the legislative work of 1919. Through the delegates from its constituent organizations, it has carefully considered the many and various measures submitted for its approval, and from them these delegates, at their meeting on April 12th and 13th, chose the eight which they considered to be the most fundamental and important. From these eight three were selected by the majority vote of the general membership of approximately 80,000 women.

These three measures which will be submitted to the Legislature of 1919 by the Women's Legislative Council are: (1) a measure dealing with the rights in community property, giving a married woman some control over her share during her lifetime, and the testamentary disposition of her half at her death; (2) an industrial home for delinquent women; (3) increase in the appropriation for the elementary schools of the state.

It is interesting to note that the vote for changes in the community property law was a unanimous one. Every club voted to make some change in the present law regarding community property. This means that the general impression of the women throughout the state is that the present law is unjust. They have the power in their hands to change it—they have the ballot and they have the organization. It is now only a question of intelligent and concerted action to make their will prevail.

The Industrial Home for Delinquent Women received the next highest number of votes and so stands second on the list. This means that the organized women of the state desire to see that the woman transgressor shall have a proper home with educational advantages and industrial training so that she can go out from a commitment in such an institution as a self-supporting, self-respecting woman. Such a home will mean the beginning of the end of the need of such homes.

The third measure—increase in the appropriation for elementary schools—indicates that the women have a vision of the future, and are laying the foundation for an educated citizenship, the only safe and true foundation for a democracy.

We have a splendid program for the coming six months. One that can well rouse all our efforts and our enthusiasm, but a few women cannot, must not carry it alone. In changing the laws relating to community property we shall have to encounter and surmount the opposition of big business interests, we shall have to cross swords with special privilege. We must not go into the lists unprepared. We must know the present law, we must be able to show wherein it is unjust, and how it works a hardship on woman and on her children. We must have a definite and clear understanding of the changes.

This column of the Clubwoman is given us to acquaint you with our plans and our progress. It will also give you every month some facts bearing on some one of the measures that we are to present to the Legislature. As a preliminary to our work on community property, will you become familiar with the following facts?

**Community Property**

All property, other than separate property, acquired during marriage, through business ventures or through the earnings and accumulations of husband or wife or both, is community property.

The husband has the entire management and control of the community property; during his lifetime he has the same absolute right of disposing of the community property that he has of his separate property, except that he cannot give it away, or otherwise dispose of it without a valuable consideration unless the wife gives written consent; neither can he sell or otherwise dispose of the furnishings of the home or the wearing apparel of the wife or children without the written consent of the wife.

The law provides that the wife must join with the husband in executing any sale or
mortgage, or any lease for a period of more than one year, of the community real property. If the husband sells, mortgages, or leases for more than a year, any or all of the community real estate, the wife must recover her rights, if at all, within one year. There is, however, a serious legal question as to whether this law will hold.

If the husband gives away or otherwise disposes of any of the community personal property, without valuable consideration, the wife has no redress during his lifetime.

The earnings of the wife, if she be engaged in a gainful occupation, although they are not liable for the debts of the husband, (that is, the husband's creditors may not attach them), are community property and therefore subject to the control and disposition of the husband.

Even though a deed to property bought with community funds stands in the wife's name, nevertheless either the husband or his heirs may prove community ownership.

In fact, during the lifetime of the husband, the wife has no element of ownership whatever in the community property, even though it may have been acquired wholly or in part through her efforts and earnings. Liability for Debts and Support.
—Husband and wife contract toward each other mutual obligations for support.

On the death of the husband, one-half of the community property goes to the surviving wife; the other half may be disposed of by will as the husband pleases; if he leaves no will, the half goes to his children; if there are no children, it is subject to distribution in the same manner as his separate property.

The wife's half of the community property is exempt from inheritance tax; but the entire community property is subject to the husband's debts, to the family allowance, and to the expenses of administration.

On the death of the wife the entire community property without administration or inheritance tax, belongs to the husband.

---

THE WAR'S RECOMPENSE

The original of this verse was found on an Australian soldier who bravely fought and as nobly died. His name is as yet unknown.
Ye that have faith to look with fearless eyes Beyond the tragedy of a world at strife, And know that out of death and night shall rise The dawn of ampler life.
Rejoice, whatever anguish rend the heart, That God has given you a priceless dower, To live in these great times and have your part
In Freedom's crowning hour.
That ye may tell your sons who see the light High in the Heavens—their heritage to take
"I saw the powers of Darkness put to flight,
I saw the morning break."

—Red Cross Magazine.
STATE CHILDREN’S

Dr. Adelaide Brown, Chairman.

DIET FOR CHILD FROM TWO TO SIX YEARS OLD

Observing the Food Administration Rules for Conservation

Orange juice or other fruit juice upon awakening.

Breakfast

1. Cereals as oatmeal, cornmeal, rice. This may be slightly sweetened and served with milk.
2. An egg either coddled, soft-boiled, poached, or scrambled. Two or three slices of crisply cooked bacon may be substituted for the egg, three times a week.
3. Toast (Victory bread) or toasted rice-biscuit, or barley crackers.
4. Fruit sauce made from either dried or fresh fruit, home-made jelly or honey.
5. Cup of milk or cocoa if desired.

Dinner

1. Broth (beef, chicken, mutton or veal), thickened with Pastine, cereal, or toasted bread crumbs. Some pureed vegetable may also be added.
2. Two tablespoonsfuls of well-cooked vegetable as: spinach, green peas, asparagus, cauliflower, string beans, carrots, artichoke hearts. These should be well-cooked in salted water, run through a puree sieve and seasoned with butter.
3. Meat: Lightly broiled steak or chop, roast beef or mutton, scraped or well chopped, once or twice a week; well-cooked white fish.
4. Dessert: Cooked fruit, custard, gelatine-fruit jelly, sago pudding, bread pudding, well-toasted lady-fingers or molasses cookies.

Supper

1. Junket, custard, rice with milk or toast with milk, toast with jelly or honey. Egg (if not served for breakfast) with toast.
2. Baked apple, prune whip or cooked fruit of any kind.
3. Cup of milk or cocoa if desired.

Precautions

Baked potato may be given for dinner two or three times a week. One-half of a medium sized potato in amount after the child has learned to eat all green vegetables.

Cereals should be thoroughly cooked. Oatmeal requiring three hours. Other cereals at least one hour.

All vegetables should be cooked in salted water and be well pureed and seasoned with butter. The child should drink freely of water during the day, taking not less than one pint. In the middle of the forenoon and in the middle of the afternoon, some scraped, raw, or ripe fruit.

All bread should be Victory bread, toasted (dried thoroughly in the oven). The hard bread strengthens the teeth and develops the jaw.

This diet can be increased in amount, but not in variety under six.

To chew and swallow without drinking is essential to good teeth and good digestion.

Teach your child to chew.

(From the President of Stanford University, Dr. Ray Wilbur)

June 22, 1918.

Dr. Adelaide Brown,
240 Stockton Street,
San Francisco, Cal.

Dear Dr. Brown:

I find on my desk your diet for a child from two to six years old, observing the Food Administration rules for conservation, and consider it first-class. It is just the kind of information that many ask for. I will speak to Mr. Merritt in regard to it and am sending the copy you gave me on to Washington, where I hope it will be made use of.

With best wishes, and hoping I may see you while I am out here,

Sincerely yours,

(Signed) RAY.

Chicago, June 25, 1918.

My Dear Dr. Brown:

Your “Diet for Children” has just reached me. Three cheers for you! ‘Tis a great delight and encouragement to see your fine work.

I remember with very great pleasure my hour at your home, and all the inspiration of your dynamics. “The Lord preserve thy going out and thy coming in.”

With all good wishes and with sincere appreciation and regard,

Cordially yours,

(Signed) SARAH LOUISE ARNOLD.
When you see the Blue Triangle you may know that it is the insignia of the Y. W. C. A.

It is most interesting to read of the work of the Young Women's Christian Association in connection with the Hostess Houses. These houses have become as much a part of the organization as the “Huts” of the Y. M. C. A. and have brought into the life of the cantonments wherever situated an atmosphere of hospitality, friendliness and home not to be found elsewhere. This work has the government sanction and is under the War Department Commission on Training Camp Activities.

The Hostess Houses are built at the direct request of the Commandant and are used by the soldiers and visitors to the cantonments. Cafeterias are run in connection with them and each house has provided a nursery where the young mothers bring their babies for the fathers to see perhaps for the first time, for the association has an especial care over the war brides who are often very young girls.

The Y. W. C. A. stands for the eight-hour day, one day’s rest in seven, prohibition of night work for women and children, a living wage, a federal child labor bill, equal pay for equal work, and the right of collective bargaining; proper housing, nourishing food, and healthful recreation.

In the task of the protection and assistance of women and girls affected by the war, the Y. W. C. A. is directing its resources and its “fifty years’ experience,” and has gained the cooperation of a thousand different associations from the Atlantic to the Pacific. Five hundred and eighty-one workers are employed in the United States on war work alone. These include both white and colored, social workers, recreation leaders, physical directors, dietitians, business women, household experts, educationalists and physicians.

Hotels and recreation centers, Foyers des Alliées, have been established in France. In Paris, besides the foyers already established for munitions workers, etc., plans have been made for a recreational center which is to be furnished and equipped by the National Sorority of Delta Delta Delta. This work of one national college fraternity might well be an inspiration for other college and church organizations to follow.

In the June number of the California Blue Bulletin, published by the State Department of Education, Mr. Will C. Wood, Commissioner of Secondary Schools, sets forth very clearly and definitely in two letters just why the teaching of German should be discontinued in the high schools during the duration of the war. Mr. Wood is in a position to write authoritatively on this subject and he writes with a conviction not born of narrow provincialism, but born of wisdom gained by thorough knowledge of the subject which, if biased at all, is biased only by conformity with the principles laid down by democracy.

Some of the statements Mr. Wood makes are these: “The life of American democracy depends upon the spirit of unity among the people. Anything that tends to disturb that unity or prevent a thorough assimilation of foreign-born men and women who have come among us, is subversive and dangerous to the peace and well-being of the state. . . . Investigation by the Congress of the United States revealed the fact that a powerful organization, made up chiefly of men and women of German birth, working in harmony with agents of Germany, sought to use the teaching of German in public schools as a means for spreading genuine pro-German propaganda in this country. . . . Some of the most generally used textbooks in German, laud the Kaiser, preach the doctrine of Germany above everything and uphold the German government as a model. "My position is," Mr. Wood further states, "that until German propaganda is completely eliminated from the textbooks and classrooms, the teaching of the German language should be forbidden. . . . It is beside the point to argue that France and England continue to teach German. These countries have no large population of German birth whom the Kaiser is attempting to hold in bonds of loyalty. America has such a population and we must face the situation frankly and fearlessly.”

Mrs. Geo. K. Bretherton
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DEPARTMENTAL PROBLEMS

These addresses, by the District Presidents, on Federation Problems, were scheduled for the last day of the State Convention, but were not given for lack of time. They are now printed in the Clubwoman for the benefit of the Clubs of the State:

FINANCING THE FEDERATION
Mrs. G. E. Chappell, Northern District

It is said "fools rush in where angels fear to tread." Our State Federation has been in existence seventeen years and the most brilliant women of this time and this state have grappled with this problem of finance.

Just what does the Federation mean to the average club women in dollars and cents? Ten cents to the state for what? Five or ten cents to the district for what? And I believe it is "up to" the District Presidents to elucidate "what."

Why not just plain "Federation dues" instead of state and district dues? Encourage the use of the word Federation instead of District.

These dues are the actual revenue of the organization. But think of the immense amount of money used by voluntary contribution! Car fare and incidentals for attendance at board meetings or committee meetings; visiting clubs and conventions; postage, telephones and telegrams; restaurant and hotel bills. To you who most appreciate this statement, may I ask how you classified this expenditure for your income tax?

This careless, indifferent business system would appear to be a purely feminine trait, as our Federation is one of the few societies conducted by and for the women, and only women.

Until each club woman realizes the vital importance of this Federation and treasures its dignity as her own; loves it as she loves her religion; recognizes it as concrete patriotism—there can be no change. Imagine the wall of protest at the bare mention of raising the dues. Yet that is just what we shall have to do eventually. And if these dues are added to the annual club dues of each woman, the additional strain will not be enough to cause inconvenience.

As to the expenditure of this munificent income, the budget plan is undoubtedly the best. The only question is that of equitable apportionment. But this can be managed if there is a fund for each purpose and a reserve fund for emergencies.

Perhaps it would be impossible for each district to be financially responsible for its own policies. It might be a greater incentive for economy of time, labor and expense of departmental work. Departmental suggestions may be issued in concise form, under one cover and under one postage; is a 90 per cent saving, and has been found satisfactory.

So financing the Federation seems to be more a matter of educating the Federation first to its needs and its duty. Then to put it on a strictly business basis of self-support—to collect sufficiently, to spend judiciously, and to increase efficiency.

DEPARTMENTAL WORK
Mrs. Mattison B. Jones

In studying present problems of departmental work in our Federation we should also study the future, for, as Lowell says, "the future works out great men's purposes. The present is enough for common souls, who, never looking forward, are indeed mere clay, wherein the footprints of their age are petrified forever."

If we do not wish to eventually stagnate or petrify in carrying on our department work, something more must be done in order to systematically push the educational work, not only in one district, but through all districts simultaneously and uniformly. We must standardize our department work, and the general Federation should be our model.

Having served as a district chairman for two years, as president of a large club for two years, and as district president one year, I have become convinced that our present system is wrong. I believe the State Board should be organized early in the spring and each state chairman appointed and instructed to send her plan of work to her district chairman not later than June 1st.

The district chairmen in turn should put the work into the hands of club program committees or club presidents not later than July 1st.

The smaller clubs usually plan an entire year's program during the summer, and if we wish to assist them, as well as to interest the larger clubs, we should get our plans to them in time to be used. This would, of course, require the state convention to be held first and the district conventions later.

I believe conventions are not merely a place to hear reports. Surely the state convention should outline new plans and point the way for greater achievements in the districts. As it is now, most of our conventions come in the spring, preceding the state convention. District officers are elected, appoint district chairmen, and sometimes wait all summer for state chairmen's plans.

Since our State Board dropped sub-de-

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John M. York
Candidate to succeed himself as Judge of Superior Court. Elected 1912.
Born in Berkeley, Cal., 1878.
Admitted to practice in Supreme Court 1899
portments, this year the Los Angeles District has followed the General Federation Outline, and while we have a great many sub-chairmen, we have the same number of departments as the state, with one extra, that of Parliamentary Usage.

In our district we have placed rural schools and Extension, as it is in the General Federation, but in other districts it has been placed under Country Life. This is one example of why we should standardize our work.

Of course, the State should follow the General Federation, since our by-laws have said so, and the District should conform to the State.

Where districts have sub-chairmen their names can be added to the stationery with very little expense, and need cause no confusion, if all districts follow the same rule.

As Mrs. Cowles has said, our department work is governmental work. The General Federation chairmen are drawing their information from Washington along educational lines, they pass it on to the state, the state to the district, and the district to the individual clubs.

We should try to translate our educational department work into every-day life by making use of information thus gained for social and civic betterment.

COUNTY FEDERATION
Mrs. Charles C. Arnold

When Mrs. Cable asked each district president to present some phase of club work or organization, she assigned to me the topic of "County Federation," as we have in the Southern District a good, strong Federation in each county, and I am therefore supposed to know something about them. Their value, and the best way to link them to the State Federation, are important questions now, not only in our state, but in many others.

The Southern District has every county organized, the San Francisco has two Federations. The Northern District has one, the Los Angeles District has one, and the Alameda and San Joaquin Valley Districts have none. The relations between the County Federations and the districts vary. In the Northern District no club is allowed to join the County Federation that does not belong to the District and State, and the County Federation is a part of the District and State Federation to all intents and purposes. In San Francisco and Los Angeles, the relation is one of mutual courtesy, so to speak. In the Southern District we allow the County Federation presidents to be voting members of our executive board. Some of our County Federations reciprocate by allowing all state and district officers and department chairmen residing in the county to be voting members on the county executive board. The closest co-operation and absolute harmony prevail, generally. Of course, this happy situation may not exist in every case. It depends on the personal.

William D. Stephens, Governor of California, is a candidate to succeed himself, and his political record for the past ten years is one that appeals most strongly to women because of the many causes he has espoused in their interests.

When in Congress as a representative from the Tenth Congressional district, he stood firmly for preparedness because of a belief that war was inevitable, thus showing foresightenedness that should go hand in hand with statesmanship.

Always a friend and advocate of the rights of women to the franchise, he voted for National Suffrage for women.

In the State of California he ever stood squarely for those measures for the protection of women that have been enacted into law, such as the Minimum Wage for Women, Eight-hour law, Mothers' Pensions, Child Labor laws, Child Welfare, Teachers' Pensions and higher schedule of wages for teachers in the public schools.

When the suffrage amendment was before the voters of the State, Governor Stephens was the first man to undertake a speaking campaign in its behalf.

And with all this noble record of the past, there are also the splendid achievements of the present. Coming to the office of the Chief Executive at a time of great national crisis, he has supported the national program for "Winning the War" in such a manner as will cause his name to go down in history as the true and noble War Governor of a great and loyal state.

His popularity with all classes has increased as his broad spirit and policies have become better known, and his nomination at the primaries is already assured. For the woman's vote is to be the deciding one this year because of the many more thousands of women who are registered than men, and who recognize in Governor Stephens the champion of prohibition because of the unequivocal stand he has taken for the ratification of the National Prohibition Amendment.

One little incident well illustrates the firmness of character and adherence to the courage of his convictions.

At a convention in Fresno not long ago of men engaged in the grape-growing and wine industries, Governor Stephens was a guest, and when a toast was called for in his honor he raised his glass filled with clear, cold water, and said: "Drink to me in this, gentlemen, for you are all coming to it."

Governor Stephens is fifty-eight years old and a native of Ohio.

He has resided in Southern California for thirty-two years, a greater part of this time in Los Angeles.

He is married and has one child, a daughter, who is the wife of a soldier in the army. Lieut. Randolph T. Zane.

FLORENCE COLLINS PORTER.
equation to a great degree. The County Federations are a great help to the district officers and department chairmen for both district and state. They carry on work under the direction and supervision of the state and district departments, and look to the State Federation for leadership and guidance.

The County Federation offers a logical, convenient unit with which to deal. It draws the women of the county together and makes it easy for them to co-operate for the common good of the county. It reaches the small communities and lonely farms and gives the rural clubs valuable training. Its annual convention brings close to the club women the leaders and speakers that they might otherwise never meet, as comparatively few of our members go to the district, and fewer still attend the state conventions.

To me, the whole Federation resembles our school system. The County Federation is like the primary grade, the District Federation is the grammar grade, the State Federation is the high school, and the General Federation is the university. We need them all in our great state, with its length and its many sparsely settled regions. If there were enough clubs in all our counties so that each county could have a Federation, I would favor the elimination of the district divisions, or at least have only two or three. Since this is not the case, our districts seem to be of use. Some club women favor the plan of making a County Federation into a district, when it attains a certain large membership. Others think it would be wise to permit the County Federations to join the State as units, paying a tax on each club in its Federation which is not directly federated with the State.

To me, the ideal organization would be one great federation, with county, district, state and national divisions. Any club joining the County Federation would thereby become a member of the District, State and General Federations. Our own state should have two or at the most three districts, instead of six. The presidents of the County Federations should be vice-presidents of the district, and the district presidents should be vice-presidents of the state. For each club member, a club should pay dues to the Federation amounting to 50 cents, in one payment, to the County Federation treasurer. The County Federation should keep 5 cents and give 10 cents to the district and 10 cents to the state and 25 cents to the Clubwoman Magazine. Each club woman would then receive our magazine and become an intelligent club member, and with such an income the work of the Federation could be carried on with efficiency and dignity.

SAVE THE WHEAT

The Food Administration is striving at every turn to divert the demand for white flour to the coarser meals such as corn, oats, rye, etc. They asked us for a cracker that would save wheat. SWASTIKA Master Bakers answered with a new cracker that is wholesome, energizing, delicious! We have named it NO-WHEATA. NO-WHEATA is a real wheat saver—it is made from a blend of cereal flour that live up to the true spirit of Conservation. And the same skill, the same spotless surroundings, that make all SWASTIKA PRODUCTS so good, are responsible for the goodness of WHEAT SAVERS.

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MAYONNAISE DRESSING

made with VIOLET BRAND SALAD OIL:
1 egg yolk
1 teaspoon mustard
2 teaspoons lemon juice
1 cup VIOLET BRAND SALAD OIL
Mix the egg yolk with the lemon juice and mustard, add the VIOLET BRAND SALAD OIL a little at a time, stir until thick and smooth.

NOTE—The addition of the stiffly-beaten egg white will improve the dressing. Do not add any salt or pepper until the dressing is mixed.

Hauser Packing Company
DEPARTMENT OF LITERATURE
FRANCES M. CARLTON-HARMON, State Chairman

Reading List—July, 1918

BOOKS ABOUT THE GREAT WAR

FICTION—
The Tree of Heaven
The Return of the Soldier
The Smiths in War-Time
The White Morning

Translations—
Potterat and the War
Soldiers Both
You No Longer Count

Short Stories (Book Form)—
The Full Measure of Devotion
Her Country
Tales of a Famished Land

Translation—
Tales of War-Time France
Chosen from the most notable contemporary French writers; such as A. Machard, Maurice Level, F. Boutet, Pierre Mille, Rene Benjamin, Jean Aicard and others.

Short Story in magazine (Scribner, May)
Ali Babette

DRAMA—
Efficiency
Pawns of War
They the Crucified
and Comrades

Translations—
The Hostage
The Commemoration Masque

This play was suppressed in Germany (after being played but twice), at the order of the Crown Prince.

POETRY—
Collections—
Front the Front
The Muse in Arms
In the Day of Battle
A Book of Verse of the Great War

Individual Soldier Poets—
Songs of the Shrapnel Shell
The Old Huntsman
Ardours and Endurances

ESSAYS AND NARRATIVES—
Ways of War
Glory of the Trenches
The Father of a Soldier
French Windows
The Dark People
In Mesopotamia
Marching on Tanga

Translations—
A Crusader of France
Comrades in Courage
Covered With Mud and Glory

Women’s Part in the War—
Women and War Work
American Women in the World War
Women War Workers
Essays in the magazines—

Alsace-Lorraine and Democracy
Soul of the Slav
German Intrigues in Persia
The Roman Church and the Entente
Mobilization of American Women
The Socialism of Modern War
Brand Whitlock's Own Story
Impressions of the Kaiser
The Bolsheviks at Home
All the articles appearing in the Atlantic each month under the caption—

“The Great War”

BOOKS THAT DISCUSS SOCIAL AND DOMESTIC CONDITIONS

FICTION—

First the Blade
His Second Wife
Pointed Roofs, Pilgrimage, Honeycomb
Aliens
Sale

Translations—
Mottke the Vagabond (Yiddish)
Martin Rivas (Chilean)
The Three Cornered Hat (Spanish)

Drama—
Why Marry? (Pulitzer prize play)
Social Plays (collected)
Wisconsin Plays, 2nd series

Translations—
Artists Families

Recommended—
Representative Plays by American Dramatists

INDUSTRIAL CONDITIONS

FICTION—

The House of the Conrad
The Golden Block
Making of George Groton
Rekindled Fires
Film Folk
Gaslight Sonatas

Poetry—
Over Here

BOOKS THAT CARRY FORWARD THE AMERICAN TRADITION OF LOCAL STUDIES

FICTION—

The Flower of the Chapdelaines (New Orleans)
The Kentucky Warbler (Kentucky)
Seth Way (New Harmony Community)
Smiting of the Rock (Oregon)
Professor Latimer’s Progress (New England)

Light in the Clearing

POETRY—

Wind in the Corn
Love Songs
Three Centuries of American Prose and Verse
American Poetry
Patriotic Poems (selected)

ESSAYS—

Atlantic Classics; first and second series
Shandygaff
On Contemporary Literature

BIOGRAPHIES—

Life and Letters of John Fiske
Audubon the Naturalist
Abigail Adams and Her Times
Booth Tarkington

Life of Augustine Daly

(American stage from 1865-1899)

OTHER BIOGRAPHY OF VALUE AND INTEREST—

Life and Letters of Stopford Brooke
(A charming man of letters)

Madame Adam (A remarkable French woman)
MOTION PICTURES AND THE YOUNG PEOPLE

By CLARA M. GREENING

The question sometimes arises, especially among the ultra conservative, as to whether the introduction of special picture programs for children and young people may not tend to over-stimulate the child's desire for such entertainment and so work an injury in the end. We sometimes hear it said: "Why, children want to go to the movies too much now. What will be the result if we mothers do anything to increase this desire?" and so fear stultifies activity, and the good work is left undone.

There is much to be said certainly in regard to the amusement-mad tendency of the age, but to those who have made a careful study of the conditions, the influence of the special film program for children seems to be against, rather than toward this tendency, in that it stimulates the natural activities of the developing mind, gives food for thought, and opens new avenue of interest along right lines; whereas the ordinary picture program, designed for the entertainment and relaxation of the tired or over-stimulated adult, and dealing with phases of life far beyond the legitimate experience of childhood, has quite the opposite effect, and leaves in its train only unhealthy thought, and an abnormal desire for more of the same quality.

Over-indulgence along any line is, of course, injurious, especially during the periods of great mental and physical development, and all child activities should, of necessity, be carefully supervised, amusement, neither more nor less than study, exercise, diet, etc.

Every thinking person is agreed that the child is actively benefitted by seeing good, clean, instructive and entertaining pictures, and there are plenty of such film in circulation. The vital point at issue is, therefore, merely what shall be seen, when, where, and with what frequency.

Of course the individual taste of the child enters largely into the selection of the picture, and it is exactly here that we need to make our start, in the cultivation of right appreciation of what is best, and it is here that the special program is most beneficial. And it does seem a bit illogical, doesn't it, to fear that an effort to have the child see the best should so over-stimulate his appetite that he will seek indulgence in quantity to the exclusion of quality? We do not hesitate to give our children good books lest they develop so keen an appetite for reading that they devour trashy literature. It is not the trained musician who loves to rag-time, not the cultivated artist who fills his house with daubs, nor the student of the drama who patronizes the questionable musical comedy. Neither is it the man or woman, boy or girl, in whom has been cultivated a taste for the truly good in motion pictures who helps to fill the house where vampires, melodrama, sex problems, and slapstick prevail.

Do you think a man or woman can sit through Joan and Woman and not be lifted above the cheap and lurid? Do you think a boy or girl can sit through a beautiful film where boys and girls have lived natural, normal lives, where men and women are stirred by noble emotions, or which has taken them through the vagaries of fairyland, or the ripples of a clean, lively comedy, without having been lifted above the gross and vulgar?

And quite aside from the welfare of the individual child, we must recognize and take advantage of the fact that the child of today is the potential audience of tomorrow, and that whether we keep him entirely away from the theaters now, let him see all things indiscriminately, or take the time and trouble to cultivate in him an appreciation of and love for the best.

It is a proven fact that a weekly special program for the young people has a very decided effect upon their thought during the intervening days. If it is properly managed it is like a great "party", and is looked forward to during the preceding week and talked about during the following week. It dovetails into their school studies, and these studies may also be made to dovetail into it. It occupies an entirely different place in the minds of the children from the regular theater programs, because it belongs exclusively to them. They, if given a chance to help in the selection of pictures, immediately begin to pictureize their favorite stories, they act and react the films shown, and in a thousand ways are stimulated and interested; and their judgment of the good and bad points of a picture is amazingly good.

And, given a generation of children whose tastes have been cultivated by well selected juvenile programs, how far do you think the vampire and the lurid sex-play would get? Not very far, certainly.

W. C. Mushet
Candidate for the Republican Nomination for Congress
in the Ninth District

Clubwomen can do no better than to elect him.
DISTRICT NEWS

Report of Dr. Marianna Bertola, Chairman of Child Welfare Department of the San Francisco District, on the Preservation of the Child.

Apropos of the national campaign for the preservation of the babies, perhaps no district in the State Federation has had such splendid initial work, which has prepared the way for this campaign, as the San Francisco District, under the capable direction of Dr. Marianna Bertola. Dr. Bertola has been the efficient chairman of the Department of Child Welfare in the district for the past several years, and for the past two years has held under her direction a "Baby Week," which has achieved far-reaching results, both educationally and specifically.

A report in part of the work of Dr. Bertola was printed in the May number of the Clubwoman, but owing to typographical errors and incorrect spacing, we regret to say that the entire article was disconnected and misunderstood. Although our space is too limited to print the report in full, the following is as it appeared in the May issue with corrections:

"The Child Welfare Department of the San Francisco District, C. F. W. C., did its best this year to keep up the interest and enthusiasm of our people in home matters, overshadowed as they are by the Red Cross, national war work and allied relief work.

It is very important that we keep up our 'morale' here at home. The health of the babies, of the children, and of the adult community is of prime importance.

"A circular letter was sent to every Club, setting forth the necessity of sustaining the proper diet of children, and that the greatest assistance could be given the Government by looking after the young. Each Club was supposed to interest itself in the young life about it. Many have done so. Many Clubs outside of our district have sent for information and assistance, which have been cheerfully given. San Mateo Woman's, The Vittoria Colonna, Mesa Redonda, Laurel Hall, Corona, To Kalon, Mills, Palo Alto, Saturday Afternoon, Santa Rosa, Gilroy Civic, California, Forum, Hyapatia, and Eureka Women's Clubs have done Child Welfare Work.

"One of the biggest things that the Federation of Women's Clubs has ever undertaken is the Child Welfare Week. The Clubs in general should take a keener interest in this great work. Some Clubs are doing a tremendous work, but others are lukewarm. May I issue this word of warning: unless you do take up this work with your whole heart, you will lose it entirely. Many other organizations stand ready to take it and are anxious to get hold of it. There is enough work for all organizations to do, but this phase of it has been placed in your hands, and greater effort and greater enthusiasm should be manifested.

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GEO. C. ROEDING, President
SACRAMENTO, CALIFORNIA

CHAS. W. PAINE, Secretary
The work of the examination of children falls entirely upon the doctors. They are unselfish in their assistance, but this year we did not have so many to help as last year. Many are in the army and those at home have more to do. The Children's Hospital, Stanford Medical School, University of California Medical School, Mount Zion, and Hahnemann Hospitals sent physicians and nurses on their staffs to assist in the examinations. Many physicians wereuntiring in their work. We had one paid nurse who assisted every day.

"My Committee of Club Women worked splendidly and well, but we all agree that Mrs. Charles F. Lewis should be especially mentioned for her untiring efforts every day and all the day."

"Mrs. Clarence Leavy acted as Secretary of Child Welfare Week and did good work."

"Five hundred (500) children were medically examined, and two hundred (200) given dental care. We had all kinds of babies—white, yellow and black. They came in singles and doubles. There were healthy babies and sick babies, fat babies and thin babies, well-fed babies and half-starved babies. One, two years old, was deaf and dumb, and its mother was not aware of the fact, and another when questioned said with pride that she bathed her boy every three weeks. I did not doubt her work; her statement was child-evident. A grandmother who did not approve of her daughter-in-law's methods, brought two very dirty children. She hoped the committee would do something to bring about a change in the household. She wanted the Association for Prevention of Cruelty to Children notified. A mother with a crying, irritable baby, came to see what ailed it. The baby was covered with eczema; it had scratched itself and was bleeding in several places. Another child appeared whose mother wanted to know why it "was different" from other babies. It was deficient in intellect. Questioning revealed that the father is a drunkard. Another baby bore symptoms of syphilitic parentage. There were a large number of perfectly beautiful babies.

"During the Child Welfare Week of the past years, we encountered one obstacle. Many mothers asking for copies of the records made of babies, were disappointed because they were not to be had. It was impossible to supply extra clerks to do this work. This year, it was suggested by Miss Wittenmyer, of the Mills Club, that score cards be printed in book form with carbon copies. This was done. The examination of the child was made by the physician and the record with copy taken by the assisting Club woman. A copy thus made was given to the mother, much to her satisfaction."

In these past years I have felt more and more that if simple hygienic laws were obeyed and a correct diet followed much illness could be avoided. Six years ago I sent out a circular on feeding, but I felt that a booklet would be fuller and easier to keep. Accordingly, I asked Dr. Holsclaw and Miss Mary V. Vail to assist me in preparing such a booklet. Each one of us worked up one-third of the book: I took the business end of it, also. Feeling that such a booklet was not only conservative of food, but is also constructive work of the best kind, I asked the Federal Commissioner of Food Conservation, Ralph J. Merritt, to write a letter of introduction. His letter is found in the booklet.

The booklet is being asked for from every quarter, and mothers seem to find it a practical answer to questions on feeding.

![Image](https://via.placeholder.com/150)

**Samuel W. Odell**

**Candidate for Representative in Congress, Ninth Congressional District of California**

On the Republican Ticket Only

Prominent in the California Dry work as President of California Dry Federation in campaigns of 1914 and 1916.

Endorsed by Republican Loyalty League

Endorsed by such well-known public men as late Lient.-Gov. A. J. Wallace, Senator Carr, Assemblymen Shepard and Merrim, Mayor Haysen of Pasadena, Mayor Lindsey of Long Beach and several hundred other leading Republicans. Primary August 27.
The committee decided that the booklets should be distributed free to mothers during Child Welfare Week. If any club or other organization desires any, they can be procured at ten cents apiece in quantities not less than two dozen. On thousand copies have already been distributed.

SAN FRANCISCO DISTRICT
Mrs. W. C. Morrow, Chairman

The all-absorbing topic of club women, in fact, of all women, has been the War Savings Stamp Drive. Not only club women, but women from every rank of life have been active in this patriotic campaign. The San Francisco Woman’s Army deserves great credit for the strenuous work done by them. From the chairman of the Council of Defense, Mrs. Frank Fredericks, and Mrs. Charles Sedgwick Allen, the efficient commander, to the humblest sergeant, perhaps a little Japanese or a Chinese maiden—a Hungarian, Danish, Swedish—any woman who has made this free and untrammeled country her home. These women who were “called by the Government” have worked assiduously and with but one aim—to stand by our President when he called upon them for service. Right nobly have the women of San Francisco and vicinity responded. First of all was the Baby Welfare Week, and the women and girls went about their task of acquainting the mothers of the city of the great need of securing the health of their children. Patiently they explained to reluctant mothers who disliked taking their children to a clinic, the great importance of their children being registered. The result of that campaign is far-reaching and much good has been accomplished.

The War Savings Stamps Drive was a stupendous undertaking, but the women of the San Francisco Woman’s Army went bravely to the task. Doubtless when the sums promised by the people visited are totaled the amount promised through their efforts will have reached nearly $500,000.

A meeting of presidents was called during the last week in June by the district president, Mrs. Frank Fredericks. Business of importance was transacted.

Mrs. Sarah Mayo Bunker assumes the reins of the Pacific Coast Women’s Press Association for the next two years. Mrs. Bunker is a faithful, honest officer, and her reign will be a just and capable one. Mrs. Ellen Dwyer Donovan, who retires from the presidency of the Association, has given of her best efforts and has left the Association in a good financial condition. Mrs. Donovan worked hard for her Club and deserves the thanks of all.

Mrs. Frank Fredericks was a guest of honor at the last social day of the Pioneer Women of California. Mrs. North-Whitcomb made one of her characteristic addresses and spoke of the Donner party.

Mrs. Robert Burdette made a splendidly patriotic address at the Palace Hotel during the last week of the W. S. S. Drive and urged upon the women the necessity of saving wheat. No one is considered patriotic these days who uses wheat flour and is lavish in the use of sugar.

Mrs. Edgar M. Grant succeeds Mrs. Millie Scott Biven as president of the Daughters of California Pioneers. Mrs. Biven has made a most efficient president and her administration was deservedly popular.

Through the courtesy of the directors of the General Federation Magazine and the State Executive Board, which has assumed the expense of mailing, a souvenir copy of the biennial number of the General Federation Magazine is being sent to club presidents in an effort to interest them and their Clubs in pushing the circulation of the magazine and obtain subscriptions for it. The special subscription price of the two magazines—The General Federation Magazine and our own state magazine, the Clubwoman—is $1.25. Club women should avail themselves of this unusual opportunity. As presidents of Clubs in this vast army of nearly three million women, you should keep in touch with the large interest of the Federation and the co-workers in other parts of the country in order to receive both information and inspiration from them.

The headquarters of the General Federation in Washington, D. C., shows that the editor in able to keep in touch with the departments of the Federal Government.

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He Has Been Faithful to the Trust of His Office. He Has the Confidence of the People He Has Served.  

VOTE FOR Thomas Lee Woolwine  
FOR GOVERNOR  
Twice Elected District Attorney of Los Angeles County

A Vote For WOOLWINE Is a Vote to Support the Democratic President Woodrow Wilson
HOME BEAUTIFUL
By Henriett R. Kapp

We are living in an age in which every phase of life moves with a rapidity hereto-fore undreamed of.

Our inventions, literature, music and art, all reflect the whirl of the hour. Electrical devices, short stories, catchy music and thought suggestive posters are the outcome of the mental attitude of the time. The same idea is reflected in the architectural arrangement of the home.

Years ago we frequently had a parlor, sitting-room and library, or double parlors and a library. Who does not remember the parlor of old, with its shades drawn, opened only on Sundays and holidays, for weddings or funerals, or on the arrival of some particular guest? This room had its ingrained or floral pattern brussels carpet; its hair-cloth furniture; its organ or square piano; family portraits and steel engravings, the center table with its albums, family Bible and plush-framed photographs, the corner what-not laden with white, gilt-trimmed vases and shell boxes and odd pieces of china. The back parlor, or sitting-room, was the family workroom and presented a more cheerful atmosphere.

Now, generally speaking, we have united these rooms into one commodious, comfortable room, called the Living Room. The living room of today is the room teeming with hospitality for the guest—the room in which every member of the family has his own particular, favorite nook; a room where books, magazines and music are freely dispensed; in short, a place where the family lives. Its exposure should be such that it affords abundance of light and air, for in this center the very heart of the home beats—and the joy and happiness found here will radiate in universal waves of helpfulness.

This room should be furnished with thought of the personal comfort of each individual member of the family. Special care should be taken in selecting a restful, harmonious color scheme; for color has a vital influence on the mind. The living room generally being bright, a color scheme can be chosen in old blue, mulberry, green or brown; any one of which colors is a suitable treatment. Help make the living room restful by having the walls plain, or nearly so. It gives the living room a pleasing atmosphere if there be an open fireplace with a large, roomy davenport facing it, back of which is a long table, on either end of which are good reading lamps. This room should also contain a desk near a window, bookcases, either sectional or built in the walls; comfortable chairs, a good-sized library table for magazines, papers and books, a piano and Victrola, and all the indispensable things, such as a Martha Washington work table, a fern stand, stool, waste basket and magazine stand. A living room should have in it a few good pictures and a piece or two of rare bric-a-brac to give inspiration. Creative spirit is developed by being surrounded by beautiful things.

There never was a time more than now that we needed the bright cheer that comes from an artistic, well-appointed home. We need to "keep the home fires burning," to keep steadfast and send out hopeful thoughts for the future to help encourage our boys "over there," and in the familiar words of Ivor Nevillo:

"Keep the home fires burning.
While your hearts are yearning,
Tho' your lads are far away,
They dream of home.
There's a silver lining,
Thru' the dark clouds shining;
Turn the dark cloud inside out.
Till the boys come home."

HENEY STANDS FOR
WILSON

IN 1916 Francis J. Heney supported President Wilson, stumpin California and Eastern States for him, and as a Wilson Presidential elector for California received 466,289 votes for the President in this State.

IN 1916 one of Heney's opponents for the Democratic nomination for Governor supported Hughes, the Republican presidential candidate.

IN 1916 Heney's other opponent for the Democratic nomination supported himself for a County office, refusing to address meetings for President Wilson on the ground that he might lose Republican support for his County office.

President Wilson, writing to Francis J. Heney, said:

"I must for the present content myself with writing you, how proud I have been of your support and of the sense of strength it has given me to feel my association with men who like yourself have devoted their full energies to the disinterested service of the great people whom we are trying to stand by and whose interests we are trying to advance in the policies of the country."
HOME DEPARTMENT

PROTECTING THE PUBLIC

The advertisements of foods and foodstuffs which appear in this and coming issues of The Clubwoman are from firms which have in every respect conformed to the rigid requirements laid down by the Department of Health, C. F. W. C., as a part of its present campaign for the protection of the public through the elimination of impure foods and food materials. In every case, before a food advertisement is accepted for the official magazine of the Federation, the plant or establishment is thoroughly inspected by a special committee named for the purpose by the Department of Health and composed of qualified experts on the subject. The appearance of such an advertisement in The Clubwoman is consequently prima facie evidence of purity, reliability and patronage worth.

The work of the committee has now been extended to include the inspection of laundries and other establishments whose work affects the public health.

At the head of the department's committee of inspection in the South is Dr. Lulu H. Peters, M.D., Chairman of the Department of Health for the Los Angeles District.

At the head of the department's committee of inspection in the North is Dr. Mariana Bertola, M. D., Chairman of the Department of Health and Child Welfare of the San Francisco District.

PLAN MEALS LIKE THESE FOR CHILDREN

Your child must have the best of foods

Here are two sets of the right kind for your youngster. Grown people will like them, too. If sometimes these seem too much work, bread and milk alone will make a good meal.

**Breakfast**
- No. 1.
  - Apple sauce.
  - Oatmeal with milk.
  - Milk to drink.
- No. 2.
  - Stewed prunes.
  - Cocoa (weak).
  - Toast and butter.

**Dinner**
- No. 1.
  - Stew, with carrots, potatoes and a little meat.
  - Whole wheat bread.
  - Creamy rice pudding.
  - Milk to drink.
- No. 2.
  - Fish, with white sauce.
  - Spinach or any greens.
  - Corn bread.
  - Milk to drink.

**Supper**
- No. 1.
  - Cream of bean soup.
  - Crackers and jam.
  - Milk.
- No. 2.
  - Baked potato.
  - Apple Betty.
  - Milk.

**Rice Pudding**
1 quart milk.
½ cup rice.
½ cup sugar.
½ cup raisins or chopped dates.
½ teaspoon salt.
½ teaspoon ground nutmeg or cinnamon.

Wash the rice, mix all together, and bake three hours in a very slow oven, stirring now and then at first. This may be made on top of the stove in a double boiler, or in a fireless cooker. Any coarse cereal may be used in place of rice.

**Brown Pudding**
2 cups cooked oatmeal.
½ cup molasses.
½ cup raisins.

Mix and bake for one-half hour. Serve hot or cold. Any dried or fresh fruits, dates, or ground peanuts may be used instead of apples. Either will serve five people.

WAR-TIME VACATIONS

Whether you "work or fight" you must maintain your efficiency by proper rest and recreation—and where can tired nerves be more quickly restored than a mile above the sea, among the pines and oaks?

Mount Lowe Resort—Ye Alpine Tavern and Cottages—offers ideal opportunities for an economical vacation—maximum benefit for minimum expense.

American plan—European plan—housekeeping cottages. Free amusements. Moderate prices. Further information from any P. E. Agent, or from Information Bureau, Sixth and Main.

Ask for Mount Lowe illustrated folder.

PACIFIC ELECTRIC RAILWAY
THE WAR DEPARTMENT’S APPEAL TO THE WOMANHOOD OF OUR NATION

Mary B. Ritter, State Chairman of Public Health

Our “Commander-in-Chief,” Mrs. Cable, requests her State Chairmen to continue to serve during the remainder of her term of office. In such service the thought and purpose is to turn all club energies toward helping to win the war—directly or indirectly. The opportunity for service in the department of Public Health is most direct.

During the last year war measures have revealed to us very startling information concerning civilian health. Never before in the history of the world was the entire manhood of a nation (between 21 and 31 years of age) subjected to a searching medical examination. Never before was it possible to so thoroughly investigate health conditions among civilians.

The first revelation was that nearly a third of our young manhood was temporarily or permanently rejected for deficiencies which could have been largely remedied in childhood. To correct these results of ignorance in parents, the U. S. Children’s Bureau has inaugurated the Children’s Year for the purpose of detecting faulty conditions in children under six years, and thus standardizing the health of the next generation. In our club world this program falls to the department of Child Welfare, but the department of Public Health must aid this wonderful preventive movement in every way possible. However, the appeal the government makes to our health department is more directly remedial than preventive.

In assuming the enormous responsibility of calling all its young men to arms, the Government pledged itself to do everything possible to safeguard them physically, intellectually and morally. To this end the Fosdick Commission of Training Camp Activities was established as an integral part of the War Department. Medical supervision, educational and recreational activities are provided alongside the military discipline and training.

The moral problem has resolved itself into three aspects: (1) the conditions within the encampments; (2) conditions in communities surrounding the camps as regards liquor and vice resorts; (3) the social, moral and health standards of all are largely filled with any way connected with enlisted men. The announced aims of the War Department are to eliminate liquor, prostitution and venereal diseases, and to establish a single standard of morals. The health question deals directly with the disease side of this problem, but as venereal diseases are spread through prostitution, we are asked to help eradicate this menace to civilization, and as both prostitution and venereal diseases are virtually dependent upon liquor as their promulgar, liquor likewise must go.

The draft examinations revealed the dumbfounding fact that venereal diseases are much more frequent among civilian men than in the regular army, and fully as frequent in rural districts as in cities. Previously we had looked down upon the common soldier because we knew the statistics as regards the prevalence of vice and disease among them. We can scorn them no longer. Worse conditions exist among our homes.

When we stop to realize that one person in thirty in the United States is deficient and dependent on the public, and that when we search for causes of delinquency in our state prisons, in our insane asylums, in our institutions for the mentally deficient and for paupers, we find that the first cause is liquor and the second syphilis, it surely behooves us, even from an economic standpoint, to aid the Government in removing these causes. When we realize that a large proportion of insanity and nearly all forms of paresis and brain disintegration are due to syphilis, that syphilis also stands first as a cause of infant mortality, and that gonorrhea is the most potent cause of sterility, it again surely behooves us to see that this depletion and degradation of our population does not continue. When we realize that our blind asylums are filled with children doomed to eternal darkness by gonorrhea, and that the majority of surgical operations upon women are due to the same cause—both mother and child being the innocent victims of a harvest of a supposedly cured “crop of wild oats” sowed by a young

Sheriff John C. Cline

Has the Organization to Give War-Time Protection to Los Angeles.

Re-Elect Him at the PRIMARIES AUGUST 27

CHAS. W. LYON

Candidate for Republican Nomination for State Senator 34th Senatorial District

Mr. Lyon has been indorsed by the Anti-Saloon League and by the Association for Betterment of Public Service, and has uniformly voted for all measures approved by the California Federation of Women’s Clubs.
Mrs. Lillian B. Goldsmith, known throughout the large cities in the United States as a very remarkable interpreter of literature, is preparing for a busy winter before the Women's Clubs in California.

Ruth Comfort Mitchell, the well-known poet and story writer, paid Mrs. Goldsmith a beautiful tribute recently when she said:

"Her most serious work has been her "appreciations" as she calls them of the great minds of the day. With readings, interpretations, criticisms and impersonations she has led her loyal following through the delights of Rostand, Sudermann, Maeterlinck, Peabody, and there are many who contend that she is at her very best in the wistful charm of the Celtic things—Lady Gregory, Shaw, Yeats and Branch, and out into the deeper waters with Ibsen, Olive Shreiner, Ellen Key, Mary Antin, Henderson. One of the most gratifying compliments ever paid her was the invitation from Professor Gray, at Stanford University, to address his class in modern drama.

Everyone can quote you humorous examples of the musician who can't sew a button on, and the artist who can't bake a potato, and the reformer whose own home is the scandal of her block—flocks of Portias who could teach twenty what were good to be done—but it is very rarely that you may follow a woman so gifted artistically to a home that might well be the product of all a clever housewife's time and thought.

Actress, interpreter, lecturer, stage manager, club-worker, home-maker, hostess, past mistress of culinary marvels, gardener, friend, wife, and mother—and a sound, reliable, eight-day, self-winding sense of humor! Suppose she had lived a century or two ago, and had—how else?—to put all the force and fervor, all the ambition and the fine intelligence, the subtle sense of values and the infinite pains, into her sampler.—


Yet she has kinship with a lady further back than that: "She looketh well to the ways of her household, and eateth not the bread of idleness. . . She perceiveth that her merchandise is good; her candle goeth not out by night. . . She openeth her mouth with wisdom, and in her tongue is the law of kindness."

Lillian B. Goldsmith

Interpreter of Literature

Contemporary Poetry  Modern Drama  Civics

"Audiences crowd our auditorium whenever Mrs. Goldsmith's name is announced for a program. She has a fine and very rare faculty of receiving literature en masse and distilling from it only the good and beautiful, eliminating the dross, and presenting to her hearers only what stimulates and inspires."—Mrs. F. C. G. Bartlett, ex-President Los Angeles Ebell.

"Mrs. Goldsmith's last program at the Shakespeare Club was her best. I have listened to many sermons by noted men, but none more powerful. It was a message for all humanity, and I feel sure she reached every hearer's heart."—Dorothea Ashcroft, ex-President Shakespeare Club, Pasadena.

"Every time I hear Lillian Goldsmith give a program before a woman's club, I catch fire, and I leave the clubhouse longing to blaze out a beacon to others. Mrs. Goldsmith is a torch-bearer."—Helen L. Coffin, Librarian Corona Public Library, and Chairman Program Committee, Woman's Club.

304 South Kingsley Drive, Los Angeles  Home Phone 568651
man before marriage; and when we realize that gonorrhea is the most prevalent of all contagious diseases except measles, does it not behoove us women to compel our so-called standard of morals to become a standard in reality?

Venereal diseases with their underlying causes are the public health menaces of today. A year ago no one knew what is common knowledge today. With this new knowledge of facts as to the prevalence of these menaces to public health, to sanity, and to posterity, the Government appeals directly, through its Social Hygiene Division, to the womanhood of America to aid it in stamping out liquor, prostitution and venereal diseases, and to establish a single standard of morals. So, as a program for the coming year the Public Health Department of the C. F. W. C. accepts this challenge and adapts this program to meet the demands.

Ordinary sanitary and health measures are not to be omitted, but these new lines of work are to be our immediate aim.

The first remedial measure is to clean out the places where contagion abounds. This, translated into action, means ridding our communities of all liquor and vice resorts. To this end Congress has submitted to every state legislature a prohibition amendment to our constitution for ratification. See to it that your legislators—senators and assemblymen—will support this Federal amendment.

Second, control the carriers of contagion. Each community must provide for the medical care of its prostitutes until they are rendered non-infectious. Then the community must (until the state can) provide for the segregation of these carriers of contagion in farm colonies where they can live healthful outdoor lives and help earn their living. To thrust them back on the public is only to force them to repeat their career of crime, vice and disease.

Third, we must prevent innocent women and children from being infected and sacrificed through a false standard of morals because we camouflage under a pretense of modesty what is in reality ignorance of a social monster in the form of highly contagious diseases. We must awake to the fact that every family is menaced by the worst scourges of communicable disease, and these dangers must be eradicated by education as to the cause, mode of conveyance and means of cure and elimination.

For this educative measure the Division of Social Hygiene of the War Department urges every club to have one open meeting at which a speaker provided by the division can explain the problems facing us, and later a second meeting in which free discussion by the club members can show the progress made, and carry the education to others yet unachieved.

For a satisfactory loaf try Bradford’s. You will be surprised and delighted at the splendid Victory bread we are making.

BRADFORD BAKING CO.
The above program I commend to all District Chairmen, and as the first lecturer appointed in California by the War Department under its Division of Social Hygiene, I offer my aid in carrying out the Government's policy.

Miss Maude I. Murchie, former State Chairman of Food and Clothing under the Department of Home Economics in the C. F. W. C., has been made by the State Board of Education Supervisor of Teacher Training Courses in Household Economics for the State of California.

Miss Murchie began her professional work as a teacher in elementary schools in Nevada County. Later she attended the San Jose State Normal School, where she graduated in 1907. Immediately upon completing her work at San Jose she went to New York City, where she spent two years in attendance upon Teachers' College, Columbia University, preparing herself as an instructor of household economics subjects. Later she took summer school work in the same institution.

For three sessions Miss Murchie had charge of the domestic art department at the University of California Summer School at Berkeley. From 1910 up to the time she took charge of her present office she has been head of the department of household economics at the San Jose State Normal School.

From Blue Bulletin.

POWDERED HELLEBORE TO PREVENT FLIES BREEDING
New and Safe Method of Destroying the Larvae of the Pest Discovered
Washington, D. C.—A safe and effective weapon against the typhoid or house fly has been found in powdered hellebore by scientists of the Department of Agriculture. Flies lay their eggs chiefly in stable manure. Powdered hellebore mixed with water and sprinkled over the manure will destroy the larvae which are hatched from the eggs. Since powdered hellebore is readily obtainable, this puts in the hands of everyone a remedy for one of the pests that has been found dangerous as well as troublesome. Powdered hellebore, however, will not kill adult flies, which must be swatted or trapped.

It has long been known that flies breed in manure, but previous methods of destroying the larvae there by the use of strong chemicals have been open to the objection that the treatment under some conditions lessened the fertilizing value of the manure or actually injured vegetation. This is not true of powdered hellebore. Government experiments have shown that the hellebore is entirely decomposed in the course of the fermentation of the manure and that even in excessive quantities it does no harm except to the larvae it is intended to destroy. Chickens picking in manure treated with it suffer no ill effects.

One-half pound of powdered hellebore mixed with ten gallons of water is sufficient to kill the larvae in eight bushels or ten cubic feet of manure. The mixture should be sprinkled carefully over the pile, especial attention being paid to the outer edges. In most places hellebore is obtainable in 100-pound lots at a cost of eleven cents a pound. This makes the cost of the treatment a little less than seven-tenths of a cent per bushel of manure. A liberal es-
timate of the output of manure is two bushels a day per horse. The money involved is, therefore, trifling in comparison with the benefits to the individual and the community from the practical elimination of the disease-spreadin by.

THE IMMIGRANT CONTRIBUTION

I am the immigrant.

Since the dawn of creation my restless feet have beaten new paths across the earth.

My unsteady bark has tossed on all seas.

My wanderlust was born of the craving for more liberty and a better wage for the sweat of my face.

I looked towards the United States with eager eyes kindled by the fire of ambition and heart quickened with new-born hope.

I approached its gates with great expectation.

I entered in with fine hope.

I have shouldered my burden as the American man-of-all-work.

I contribute 85% of all the labor in slaughtering and meat packing industries.

I do 7/10ths of the bituminous coal mining.

I do 7/8ths of all the work in the woolen mills.

I contribute 9/10ths of all the labor in the cotton mills.

I make 19/20ths of all the clothing.

I manufacture more than half the shoes.

I build 4/5ths of all the furniture.

I make half of the collars, cuffs and shirts.

I turn out 4/5ths of all the leather.

I make half the gloves.

I refine nearly 19/20ths of the sugar.

I make half of the tobacco and cigars.

And yet I am the great American Problem.

When I pour out my blood on your altar of labor, and lay down my life as a sacrifice to your God of Toil, men make no more comment than at the fall of a sparrow.

My children shall be your children, and your land shall be my land, because my sweat and my blood will cement the foundations of America.

If I can be fused into the body politic, the melting pot will have stood the supreme test.

—Author unknown.

Miss Mary E. Parker, of the College for Women, Western Reserve University, Ohio, who was W. F. W. C., chairman of Education last year, in her report at the Biennial made this statement on AMERICANIZATION:

We are committed at the last Biennial to Americanization work for our immigrant population, and here and there much has been accomplished. The whole Federation, as well as the state of California, is honored in the work done by Mrs. Frank A. Gibson of Los Angeles, who is an active member of the California Commission of Immigration and Housing, and also chairman of the Educational Department of the State Federation. Valuable work has been done in Mass-achusetts under Miss Mary A. Willcox, chairman of the Americanization Committee, and in Detroit and Cleveland the local federations have cooperated actively and effectively in the Americanization campaign.

The importance of this work is beyond our power to imagine, but it is so large, and successful work involves so much training and so much cooperation on a large scale with other agencies in the community, that except in a few instances our clubwomen have not frequently taken the initiative. Efforts have been made to secure reports of other pieces of work, but it has not been possible to gather up material which would be helpful, because the information has not been put into the hands of either the state or General Federation chairmen. Our great need just now is for more information as to how small beginnings may be made without financial support and without trained leaders.

Specialists in this work look to women to arouse public interest, to help in raising funds, and to give personal attention to specific problems. They urge also that no contribution can be of greater value than the individual and personal service of women who will themselves take a course in methods of teaching English to foreigners and thus make themselves trained teachers. In the opinion of the present chairman, a club or federation will do well to consider the plan of placing in the schools in the foreign quarters a "Home Teacher." Such effort attacks the problem at its point of greatest need and utilizes the public school, which must be in the last analysis the great instrumentality for Americanization. With a view to rendering especially efficient service in the cause of Americanizing our foreign women and their homes at a time when such work is not merely desirable but imperative, the recommendation is made that all state chairmen during the next Biennial inform themselves in regard to California Home Teacher Act and inaugurate a movement looking forward to similar legislation in their own states.

Of late many phases of the immigration problem have been discussed more than usual by the American people, and we might assume that this audience is very familiar with the matter of the Americanization of immigrants. The State Immigration Commission has had its speakers before many of the district conventions and clubs. Furthermore, the State Federation, through the woman member of the Commission, Mrs. Frank A. Gibson, has actively co-operated with the State Commission for many years to propaganda work in connection with the problem of immigrant education and the elimination of illiteracy, particularly among foreigners. That this co-operative work has been of some avail is evidenced by the fact that the State Commission has just been requested by the National Council of Women of Canada to send its woman member to the National Convention of the Council to carry the message of this work.
and to start effective co-operation in international work.

Now is the testing time of women's organizations, and every woman should register for service. If the club women of California shall rise to their great opportunities and do their bit and do it well, the cause of womanhood will be advanced and the Federation of Women's Clubs will have justified its existence.

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—And later on there will be, from time to time, lectures on pertinent subjects pertaining to War Work, Food Conservation, Dehydration.
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PRUSSIA AND OUR SCHOOLS
By Prof. Charles H. Judd

The elementary schools of the United States borrowed their plan of organization and the general definition of their course of study from Prussia. During the years from 1830 to 1850 such American leaders as Charles Brooks and Horace Mann of Massachusetts, Calvin E. Stowe of Ohio, and John D. Pierce of Michigan reorganized the common schools of their states, or the district schools, as they were called, on the pattern of the Volksschule of Prussia. The position of these reformers as revealed by their explicit statements is clear. They found the district system chaotic and unorganized. They found the Prussian school a model of organization. What better could they do than imitate?

During the first half century of statehood the schools had scant attention from the central state authorities. The districts did what they could or would, but there were no established standards for teachers, no course of study, no supervision except that supplied by the local committee. Equipment was meager, the length of the school year very short, and the range of subjects covered scarcely more than the three R's.

There was, however, widespread ambition among the frontiersmen for the education of their children. They wanted the district school and more. Here and there in towns and villages appeared that unique creation of democratic enthusiasm for the spread of learning—the American academy. This institution taught everything, including French and art, history and literature. The important fact too was that the academy taught all these subjects to the sons and daughters of the humblest homes. Popular education was under way on a scale never attempted in Europe. The district school did what it could and the academy took up the task wherever the district laid it down. There were no hard and fast lines, none of that sharp, clearcut definition of parts which the system-maker has to have.

Into this miscellaneous effort of the frontier came system. The common school was graded and its work supervised. Prussia had organized her schools so well that all the world was studying the Prussian system. English inspectors were studying it; Canada was studying it. Our leaders also studied Prussia.

The trouble is they did not study profoundly enough. They saw only part of the situation. Prussia had then, as she has now, a plan of education which divides sharply between the common people and the aristocracy. The common boy or girl of Germany goes to a school known as the Volksschule. This school receives pupils at six years of age and keeps them for eight years. At fourteen pupils are confirmed into the church and their schooling is over. They may go now to a trade school for a little time, but they cannot go to the University or to the secondary school. The Volksschule is an absolutely separate institution without contact with the higher schools.

The teachers of the Volksschule are trained in an institution called a Lehrerseminar. This has no contact with the University. Its graduates may not take courses in the university in any of the German states except the one liberal state of Saxony. The boys and girls who go to the Volksschule know from the day they enter school that they can never attain social position. The boys are conscripted into the army for two or three years of service and they must go for their training to some part of the empire remote from their homes in order to avoid the distractions which would come if they were near home. The boy from the Volksschule cannot become an officer in the army. He cannot enter the civil positions requiring training. There is nothing ahead of a boy or a girl from the Volksschule except to be a member of the common people. Just before the war ninety-two per cent of the children of the German empire were in training in the Volksschule for their part in national life.

The course of study of the Volksschule is what might be expected in such a school. There is no foreign language. Why should the common people know any other language than their own? There are no advanced subjects; for example, there are no higher mathematics, only rudimentary arithmetic. There is plenty of history and a regular training in religion. The common people need a great deal of a certain kind of religion in the lives they are to live. In point of method of instruction it is important to note that they are taught by the oral method almost exclusively. No text-books bring to them training in the independent collection of information.

Never was more perfect institutional machinery set up for systematic control and limitation of the range of ideas of a nation.

The school of the aristocracy in Prussia may be typified by the Gymnasium, which is the oldest and still dominant branch of the higher school system. The Gymnasium receives boys at six years of age. In recent years a few of these higher schools have grown up for girls, but in the main the Gymnasium is a boys' school. It should be noted especially that the Gymnasium does not begin, as does the American high school, after the elementary school. The Gymnasium takes little boys. The boys in this school know from the day they enter that they are going to a school with a long, continuous course. In some of the small states the separation between Volksschule and Gymnasium is not absolute for the first three or primary years. In Prussia and for the most
part throughout the empire the separation is absolute from the first year.

The Gymnasium has a three-year primary course and then a nine-year course. The Gymnasium leads into the universities and the higher technical schools. Not only so, but it leads into every professional opportunity that there is. Only products of the secondary schools may be army officers, or secure civil service positions which require intellectual equipment. The boy who completes the ninth year of the Gymnasium serves in the army only one year and serves in the locality of his own electing.

The teachers of the Gymnasium are trained first in these schools themselves, then in the universities. After certain examinations they are allowed to go through an arduous apprenticeship. At no point in their careers do they encounter the teachers of the Volksschule or deal with the problems of the lower school.

The course of study of the Gymnasium is of the type suited to the needs of aristocracy. The boy has plenty of foreign language. He begins Latin after the fourth year. English and French come after the sixth. He studies advanced subjects early. Algebra and geometry come after the sixth year. This is not a rudimentary, vernacular course in any sense of the word. It is an advanced school for the aristocrats.

The Gymnasium existed in Prussia in 1840. Indeed, the school for the aristocracy dates back to the early period when only the sons of the aristocracy were given an education. The common school came much later. It arose out of the effort to teach the common people religion and a few of the humbler phases of intellectual life. Today Germany preserves the ancient distinction of medievalism. There are two distinct schools. The common child gets a meagre training. The son of aristocracy is given all that science and letters can lavish on him.

It is one of the curious ironies of history that American educational leaders in the middle of the last century were so intent upon getting 'something for the common people that they borrowed one of the most potent devices of aristocracy for the suppression of the common people. The limiting influence of the Volksschule has hampered the normal development of our education. Our elementary school has been bound by the tradition that its instruction is strictly rudimentary.

For the sake of the pupils who are not going on and also for the sake of the pupils who are going on, we must get rid of an eight-year, rudimentary, vernacular school. In its place we must set up a truly continuous system. Within this system there will be differentiated opportunities opening larger experience to all and restricting none. In this way we shall get what the district school and the academy started to give us before we were allured from the path of democracy by the enticements of Prussian organization.—New Jersey Municipalities.
STATE PRESIDENT'S LETTER

August 31, 1918.

To Club Presidents:

The club year is opening. Already programs and bulletin announcements have come to my desk. Some of you have had vacations; some of you have been "on duty" all summer. All of us are looking forward to a serious and hard year. The demands of war work and the calls for special service are growing more insistant all the time. The "woman of leisure" is no longer with us. Hundreds of women who have "stayed" in the club world are being called for service in other fields.

Because of these things, we are going to find our club work difficult this year. But, on the other hand, we must remember that the Club is our great public forum. We must depend upon the machinery of our organizations and upon our membership to carry out the requests and demands of the government—to disseminate information,—to keep living at home normal and to prepare the way for the reconstruction period with all of its problems which is facing us. Then, too, we have a responsibility greater than ever, to the untrained woman. Club life has been the training school for hundreds and thousands of women who are giving themselves in public service today. We must make the same training and the same opportunity possible to hundreds and thousands of other women.

Many problems of our home life and of the community life must be worked out through our clubs. We can serve a greater and a larger purpose than ever before. Our responsibilities are heavy,—our opportunities are marvelous. You, who have accepted leadership as Club Presidents in this great organization of women, at this history-making period for women and the world, must arm yourselves with a high courage to "carry on"—a strong conviction of the importance of the work of Club women, and a deep and abiding desire to serve, and to serve unselfishly. And sometimes great things are accomplished by attending to little things faithfully. May I remind you of a few of your first obligations as Club Presidents.

1. Make your club programs helpful and instructive—not merely entertaining.

2. Hold your members, by giving them club work to do, which is war work. Sometimes you will have to educate both yourselves and your members as to what war work is.

3. Keep your Club interested in the Federation by presenting the work of the Federation, General, State, and District, and by reminding your members that they are a part of this great body of workers. You cannot do this unless you are familiar with the work of the Federation, yourself, and the best way to keep in touch is to send your subscription at once for the General Federation Magazine and the Clubwoman. Special subscription price for the two, $1.25.

4. If you can make a subscription to the Endowment Fund this year, it will be invested in a Liberty Bond, and will serve a double purpose.

5. See that a star is placed after the name of your Club on the subscription list of the War Victory Fund. This can be done by each member of the Club giving one dollar, to help our boys in France enjoy a Furlough Home provided for them by the Club mothers. Calls are many, and dollars are scarce, but this fund is our very own fund and our recognition of the service our boys are rendering to the Mothers of the World.

6. Be sure and read all of your correspondence carefully and answer it promptly. Government calls are in every mail. A request that may not seem of importance to you, may mean a great deal when responded to by five hundred clubs. A duty never grows easier by postponement. More discouragements in club life, and more wrecked nerves, result from unanswered letters than from reality.

7. Co-operate with your local Council of Defense. This organization is the medium which the Federal Government uses to reach your membership with its important messages and directions.

Because of constantly increasing duties in our Federation and in the work of the Council of Defense, your President will not be able to visit as many clubs as I had hoped and planned to do this year. This is a real sacrifice on my part, for I need the inspiration of your meetings and the encouragement of your association. The Vice-President at Large, Mrs. Aaron Schloss, has promised to represent me at club meetings this year, especially in the Northern part of the State. And I hope you will give her the opportunity to be with you often.

When you are having special meetings or meetings along special departmental lines, remember to invite the officers and the chairmen of the Federation who reside in your district. They will help you and be helped by you.

Last year we were asked many times for reports on the war work being done by the clubs and were unable to make a complete or representative report because records of such work had not been kept by the clubs. This year will you not appoint a war service chairman who will keep a record of all war work done by your club and report the same to the State Emergency Service Chairman? The Editor of the Clubwoman, Dr. Louise Harvey Clarke, suggests that reports of your club for publication in the Clubwoman should feature the war work of the club.

Such reports would stimulate and encourage all of our war activities.

May this be our best Federation Year!

Sincerely,

(Mrs. Herbert A.) BERTHA L. CABLE, President.
IN MEMORIAM—MRS. OLIVE COLEGROVE COLE

In the passing of the late Mrs. Colegrove Cole, wife of former United States Senator Cornelius Cole, our community has lost a citizen whose helpful, public-spirited and far-reaching influence was highly valued and will be greatly missed.

A charter member of the Los Angeles Friday Morning Club and a faithful attendant at its meetings, Mrs. Cole was always one of its most loyal and devoted friends. She was active, also, in the Hollywood Woman's Club, in literary work, and in many other societies organized to promote the best interests of the community.

After the enfranchisement of women in California, Mrs. Cole took an active interest in political affairs and in 1916 she was honored with an election as one of the delegates from California to the Republican National Convention in Chicago. In spite of her advanced age, she attended all the sessions of this convention and was a strong supporter of Justice Hughes who was finally nominated for president.

Olive Colegrove was born eighty-five years ago in Ithaca, New York, near the home of Cornelius Cole, and the two young people were companions in their early life. In 1849 Mr. Cole came to California, and four years later Miss Colegrove came from New York, by way of Panama. Their marriage followed soon afterwards in San Francisco. They lived in the northern part of the state thirty years and then came south. Here they founded the town in which they have lived ever since and which was named Colegrove in honor of Mrs. Cole.

While living in the north the former senator published the first paper in Sacramento, and in this work he was greatly assisted by Mrs. Cole, whose versatility was remarkable.

In 1863 Mr. Cole was elected to the United States House of Representatives, and in 1866 he was elected to the Senate.

Mrs. Cole is survived by her husband, two sons, two daughters and several grandchildren. Her memory will be cherished not only by this large family circle, but by the hosts of friends to whom she had so greatly endeared herself. And “To live in the hearts of those we leave behind is not to die.”

CAROLINE L. OSGOOD.
August 28, 1918.

THE WOMEN'S LEGISLATIVE COUNCIL

In order that we women may understand the present status of Community Property and the proposed changes that are to be presented to the California Legislature next year, The Woman's Legislative Council presents the following article by one of the well-known women lawyers of the state who is also the chairman of our Committee on Community Property.

COMMUNITY PROPERTY IN CALIFORNIA
C. A. Whitney, Chairman Publicity Committee.

Under the law of California, all property acquired by either husband or wife, after marriage, and while they are living together, except property acquired by gift, devise or inheritance, is community property (so-called). In other words, all earnings of husband or wife and all property acquired through labor or business ability, after marriage, is community property.

So far as contributing to this property is concerned, the community idea is retained; it is a complete partnership. But the partnership ends there. The property, to which each must contribute all the returns from his or her labor or abilities, is at the sole disposition of the husband during the continuance of the marriage relation, to use or spend or waste as he sees fit, except for certain minor restrictions into which there is not space to go, especially as decisions of our Supreme Court have made those restrictions of little force or effect. At death, if the wife die first, all of the community property becomes automatically and unre-
servedly the sole property of the husband; the wife cannot sell a copper to her children or to anyone, not even if she earned it all herself; but the husband, if he die first, may, whether he earned the community property, or his wife earned it, or they both together earned it, dispose as he sees fit of half of it, the other half going to the wife.

In other words, during the lives of husband and wife, and in the absence of divorce or separation, the wife has no right or title to, or control over, any of the community property, to which she, nevertheless, must contribute her labor in the household and her earnings outside, if any; and cannot dispose of any of it at death, if she die first.

In the language of our Supreme Court, her interest in the community property is "a mere expectancy." That is, if she outlive her husband, she will acquire title to half of it, otherwise she will never legally own a cent of it.

What the organized women of the State are asking for is that husband and wife shall be equal owners of the community property during life and shall have equal power of disposition at death; that, in other words, the partnership between husband and wife which requires each to contribute to the community property all earnings and all returns from labor or business ability shall not end there, but shall provide that husband and wife shall each have equal right and title to the property to which each has so contributed.

The wife, no less than the husband, gives all her time, labor and thought to the promotion of the interests of the marriage partnership, which includes the bearing and training of children, as well as their support. She should, therefore, have an equal share with her husband in the property of the marriage partnership, with an equal voice in the using and spending of it, and the same right as her husband to leave her share of it to her children.

To the objection that it would inconvenience or embarrass the husband if the wife should leave half of the community property away from him, the answer is that it would embarrass him no more, nor so much as it now embarrasses a wife when the husband, as he may and often does do now, leaves half the community property away from her; that, if, as the law now provides, the husband's right to dispose of half the property is so vital as to justify this embarrassment to the wife, then the wife's right to dispose of half the property is so vital as to justify the resultant embarrassment to the husband. The true test is to balance up against the possibility of embar-

rassment to the husband the injustice to the wife in depriving her of all power to dispose of any of the community property.

As to equal ownership during life—men own property in common, and are able to arrange amicably as to their respective spheres of ownership; so, occasionally, do men and women. Why not husband and wife? The only difference is that, except in the relation of husband and wife, human beings meet as equals, there is no traditional prejudice which seeks to justify the exploitation of one by the other or the right of one to enjoy and control the products of the labor of the other. Obviously, a husband finds it more advantageous, viewed solely from a materialistic and selfish standpoint, to own and control his wife's labor and earnings as well as his own, but are the husband's advantage and convenience the only things to be considered in the marriage relation, or does fair play to the wife have a place?

A father would find it advantageous, materially, to own and control the labor and earnings of his sons; but elemental justice says that the father's advantage is not the supreme consideration, that balanced against the father's advantage must be justice to the sons.

Once we look upon the marriage relation as a contract between equals, in which neither husband nor wife, as such, has superior claims, and neither is to be subordinated to the other, but in which conflicting interests must be adjusted with equal consideration for each, we will no more attempt to justify the owning and controlling of community property by the husband alone than we would attempt to justify the owning and controlling by a father of the labor and earnings of his grown-up sons. The solution of the matter is, after all, like the question of woman suffrage, dependent not so much upon argument as upon character. It is only another case of looking upon women as human beings with human rights and of applying the golden rule.

GAIL LAUGHLIN.
A Conference of the California Women's Committee will be held at Mills College, Oakland, on September 11th, 12th, and 13th. This Conference includes the whole Committee, officers, State Chairmen of departments. Organizations co-operating with the Committee, County Chairmen and their officers and department chairmen, and chairmen of city and local units. The Committee hopes that many club women will attend. The Committee has worked for more than one year, during which time much has been accomplished. A great deal more will be expected of the Committee in the coming year. All women are welcome whether they have been definitely affiliated with the Women's Committee or not.

This Conference will be for the discussion of the State and local problems for the presentation of plans of work in the various departments, for inspiration and courage to go on and overcome difficulties, and for the discussion of the best methods of carrying on work.

On Wednesday morning the subject for discussion will be "How to Organize a County" led by Mrs. F. T. Robson of Berkeley, Vice-Chairman of the Women's Committee. This will be followed by a discussion of the relation of other State organizations of women to the Women's Committee. That afternoon the general subject will be Industrial and Economic Problems, in charge of the chairmen of the departments of Home Economics, Food Administration, and Women in Industry. Thursday will be devoted to education in its various phases. That afternoon will be given to problems of Social Welfare under the departments of Health and Recreation, Maintenance and Social Agencies and Children's Year.

Friday morning the Governmental War Activities such as Liberty Loan, War Savings Stamps, Red Cross and War Camp Community Service.

Friday afternoon the closing meetings will be held in Oakland in co-operation with the Civic Center. Subject: 1. A New World for Women. 2. Women in Professions. 3. Women in Government.

There will be two evening meetings. The first on Americanization in charge of Mrs. Frank A. Gibson of Los Angeles and the other on Reconstruction.

Through the courtesy of the President of Mills College, accommodation will be furnished on the campus at the rate of Five Dollars for the three days.

If you plan to attend this conference, please notify Mrs. Edward F. Glaser, care State Council of Defense, Ferry building, San Francisco, who is chairman of local arrangements.
PANELS SHOW WOMEN'S WAR WORK, SAVE FREIGHT

To eliminate all unnecessary freighting, a dozen large canvas panels, representing every phase of the work of the Women's Committee of the State Council of Defense, have been designed and constructed at the local headquarters, No. 719 South Hill street, and were shipped to the State Fair at Sacramento.

The panels, which are about five by six feet, resemble pieces of stage scenery, and are the inspiration of Mrs. Frances M. Carlton-Harmon, a member of the State Executive Committee and chairman of the local information and library service board. Each panel represents a particular branch of the Women's Committee's work.

"We have in these charts a complete record of the united effort of our women," stated Mrs. Carlton-Harmon, yesterday. "All the bother of the transportation of material exhibits is eliminated and we have neither to attend to the packing nor the shipping of Council of Defense material, such as samples of food conservation, etc.

We can use these same panels, which will be set up like a stage setting, in different places with practically no expense. They are light, durable and artistic."

Although the idea originated with Mrs. Carlton-Harmon the planning and executing of the designs have been the work of Frederick J. Schwankovsky and several of his pupils including Bernard Garbutt, Edna Stewart and Estelle Peck. Other artists, who have been engaged in making the canvas posters include Miss Eusebia Francis.

The "sets" will be shown afterward at the Oakland Land Show, the Conference of the Women's Committee of the State Council of Defense at Mills College and finally at the Liberty Fair in Los Angeles.—Courtesy L. A. Times.

EDUCATIONAL PROPAGANDA

Manuscript War Lectures—How to Use Them

The State Department of Educational Propaganda has gathered a considerable number of fine lectures in manuscript form which it hopes may do wide service. In lieu of speakers countless small clubs and neighborhood gatherings can use these who could not have a speaker come to them in person.

In order that clubs planning to use these manuscripts may understand the details, method by which they are obtained, and their most effective use, the following suggestions are given; most of them are in answer to questions which have come to this office:

1. There is no expense attached to the use of the Manuscript except the return postage.

2. The number of Manuscripts is lim-

ited. We can only allow them to be re-
tained three weeks at the utmost and hope that it will be possible for many of them to be back in the office more promptly than this. We will aim to send at least two weeks before the meeting at which they are to be used in order that the reader may have ample time to prepare for effective delivery.

III. Clubs desiring lectures should send us the number of meetings to be held and the dates. When programs are printed in advance and if specific subjects are required the lists should be sent as promptly as possible. When no list is sent the Committee will choose lectures which will provide a well-balanced study of war topics.

IV. Copies of the lectures sent may be taken; when the one who is to read the lecture desires to keep it she will then be at liberty to use it as often as she chooses.

One Club plans to have a different reader for each program, that reader to prepare herself so that she can give the lecture at any time. This gives that community a permanent lecture bureau for use in any meetings at which they can be of use.

V. We are glad to serve, regardless of State lines, in fact we are already sending material to several states.

MRS. SARTORI CHAIRMAN WOMEN'S COMMITTEE COUNTY COUNCIL OF DEFENSE

Mrs. J. F. Sartori has been appointed by the Women's Committee of the National and State Councils of Defense chairman of Los Angeles county in place of Dr. Jesse Russell, who recently resigned. According to an announcement made recently by Mrs. Seward Simons, secretary of the Women's Committee of the county council.

Dr. Russell resigned when a ruling was made that members or officials in State, county or city councils must sever their connections with those organizations when becoming candidates for political offices. Mrs. Sartori is busy organizing her new committee, the personnel of which probably will be announced soon.

TO THE YOUNG WOMEN OF CALIFORNIA

The California Women's Committee, Councils of National and State Defense, calls attention to the fact that the Nationwide campaign for higher education, as urged by Secretary Franklin K. Lane of the Department of the Interior, emphasizes the war-need for men AND WOMEN trained in scientific and technical subjects, including teachers in these fields.

The maintenance of the war strength of the Nation in its full power demands the utmost efforts of colleges, universities and technical schools.

This means ever-increasing and more devoted bodies of STUDENTS as well as faculties.

This means that the highest type of patri-
otic service that a young girl can render today is to CONTINUE in high school or college so as to meet the fast growing demand for executives, administrators, social workers, dietitians, public health experts, chemists, bacteriologists, physicists, psychologists, physicians, and so on, and so on. The Red Cross, even in the call for canteen workers, says "College graduates preferred."

We, the undersigned, in our war-work in California, in Washington, in France, cannot too strongly urge the importance of trained and expert women, of whom the present supply is alarmingly inadequate, as compared with the vast number of incompetent young women of little education with which the country is flooded.

"This is no war for amateurs," to quote President Wilson; therefore we urge upon young girls that it is their bounden duty to secure that education which will best equip them to serve their country, and which will also prepare them most adequately to meet the problem that women in every walk of life must meet in the intellectual, industrial and economic competition that will surely follow this war.

Every day we are asked, "What can I do to help win the war?" Our advice is this: COMPLETE YOUR EDUCATION.

(Signed.) Mrs. Herbert A. Cable, Chairman Woman's Committee, Councils of National and State Defense; President California State Federation of Women's Clubs; Harriet Bradford, Dean of Women, Stanford University; Adelaide Brown, M. D., Member State Board of Health; Mrs. Robert J. Burdette, Woman Director for California, U. S. Food Administration; Charlotte P. Ebbetts, Distributor of Home Economics for California, U. S. Food Administration; Katherine Phillips Edson, Executive Officer, State Industrial Welfare Commission; Hettie B. Ege, Dean, Mills College; Mrs. Harry Kluetel, Director, Pacific Division, Junior Red Cross; Mrs. William Palmer Lucas, Publicity Department, American Red Cross, in France; Mrs. Duncan McDuffie, Chairman for California, National League for Women's Service; Jessica Peixoto, Secretary, Children's Year, Women's Committee, National Council of Defense; Aurelia Henry Reinhardt, President, Mills College; Mrs. Hubert N. Rowell, Treasurer, National Congress of Mothers' and Parent-Teachers' Associations; Lucy Ward Stebbins, Dean of Women, University of California; Mrs. Frederick C. Turner, Chairman, Alameda County Women's Committee, Councils of National and State Defense.

* * *

Dr. Margaret S. McNaught has resigned as Chairman of the Department of Education. The Women's Committee takes pleasure in announcing the election of Mrs. O. Shepard Barnum, Vice-Chairman of the State Board of Education, to be chairman of the Department of Education. Her address is No. 417 Union League, Los Angeles.

AUTUMN GREETS YOU WITH THE UNEXPECTED IN

Fall Headwear at $10.00

—WHICH IS A LITTLE MORE THAN ONE COULD HOPE TO SECURE AT SO EARLY AN AUTUMN'S DAY.

$10.00—But wait till you see the hats that $10.00 will buy.

—Wait till you see—and then you will appreciate the value that is in them—the value that is not alone gauged by quality (although quality is high), but value that is gauged by the extreme desirability (perhaps irresistibility were better) of these new originations for fall.

—The brightest of the new ideas in autumn millinery—depicting youthful turbans and large soft drooping brims.

—Of Lyons or Panne Velvet, trimmed in just the most fascinating manner with ostrich pom-poms, bands or fancies—or wings and bows.

—They will burst like autumn blossoms—new as the very day.

—And if you buy one for $10.00 you will have secured one of the rare vogue values of a new season.

—Third Floor

Bullock's

Los Angeles
"The American's Creed": I believe in the United States of America as a government of the people, by the people, for the people, whose just powers are derived from the consent of the governed; a democracy in a republic; a sovereign nation of many sovereign states; a perfect Union, one and in-separable; established upon those principles of freedom, equality, justice and humanity for which American patriots sacrificed their lives and fortunes.

I therefore believe it is my duty to my country to love it; to support its Constitution; to obey its laws; to respect its flag, and to defend it against all enemies.

— William Tyler Page.

To corrupt Malvolio: Some people are born to insurance; some acquire insurance; and some have insurance thrust upon them.

While the end sought for in the passage of a certain amendment appertaining to the health control of the state, which is to come before the voter in November, may be very desirable from some standpoints, the real question at issue is not so much whether a particular system of insurance shall be established, "but," quoting from the San Francisco Chronicle of August 13th, "whether the legislature may do anything it pleases, which is an entirely different thing." In other words, is it desirable to endow our legislature with such extreme powers as the proposed measure, or any similar form of legislation, would give?

"Teaching the Blind" as a phase of the State Library Extension work under the direction of Miss Kate M. Foley, is possibly the most important work, to be, of the extension department in view of the fact that the war is adding and will continue to add to this particular list of maimed and wounded.

Miss Foley has brought her message very forcefully to the women of the northern part of the state during the present year. She is spiritually convincing, which is to say that she leaves no doubt as to the possibilities, as yet but faintly understood to the great majority of people, which life may hold for one who has been deprived of physical eyesight.

With the exception of having to be accompanied in going about, no one, who has heard Miss Foley give her message, would for a moment think of her loss of sight as a handicap. Rather would one think of the wonderful opportunity thus given to her, and which she has cheerfully accepted, to become the blessed comforter, the sweet true guide in the Valley of the Shadow, leading many into green pastures and beside still waters.

One of the most interesting, practical and characteristic accomplishments of the clubs of San Francisco was the establishment of the "New Outside Inn," 2524 Lombard street, through the Social Service Department of the City Federation. Here, some forty-five bedrooms have been fitted up by individual clubs and by special persons for the use of the relatives of enlisted men, particularly for those who are in Letterman Hospital. These rooms express all degrees of beauty and usefulness,—ultra modern, mid-Victorian, and "go-between"—artistic and plain; the plan being to fit all sorts and conditions of pocketbooks and give a feeling of security to those unaccustomed to a city or to strangers. A representative hostess is in attendance every afternoon.

While the British Parliament is as yet considering whether it shall accord to its franchise women their full representation before the law of the land and admit them to the juries, jury duty is fast becoming as much a matter of routine in the life of the women of California as casting a vote at the polls.

"For, you see," like Alice in Wonderland, "so many out-of-the-way things have happened lately," that women soon cease to think them queer. It remains now for the United States Senate but to become the "Dodo" and solemnly present the throng to all the women in general. For hasn't a woman won the "Cactus-race" with the "Duck and the Dodo, the Lory and Eagle, the Mouse and the Crab, and several other curious creatures"?

And speaking of "Alice" and of jury duty and of trials in and out of court, many of them are not greatly unlike the one of "Who Stole the Tarts?" presided over by the King and Queen of Hearts.

The Business and Professional Women's Club of San Francisco is something like a year and a half old, a mere infant in age but not so in wisdom. This very interesting and enterprising organization "publishes every little while a more interesting sheet called "Now and Then," from which we quote the following:

"It is a strange but true fact that the greatest enemy of woman is woman. Thirty-three percent of the women entering business enter it as a temporary expedient. This provides an economic factor for the feminine sex to contend with that is the greatest menace to its progress in the business world. As these 'time-servers' are not sufficiently interested to become efficient, or to demand adequate returns for services rendered."

"The Melting-Pot"

By Jessica Lee Briggs, San Francisco, Cal.
CHILD LABOR BILL INTRODUCED IN CONGRESS

Congressman Edward Keating of Colorado stands sponsor for a new war measure which would directly prohibit the labor of children under the age of 14 years at any time and of children between the ages of 14 and 16 for more than eight hours a day or at night in factories, and of children under 16 years of age in mines and quarries. These are the standards of the federal child labor law recently declared unconstitutional by the Supreme Court. The new bill seeks to restore and maintain these standards during the war by direct prohibition under the war power of Congress, as there is no question of the authority of Congress to meet the present emergency in this way. It is believed by child welfare workers that prompt action by the Federal government is needed, since it is known that many children went back to work immediately upon the decision of the Court, and that the lure of high wages on the one hand and the high cost of living on the other, are inducing many others to keep out of school in the states which have not enacted these standards.

The new bill was drawn by Thomas I. Parkinson of the Legislative Drafting Research Fund of Columbia University and has been approved by a Joint Committee of the National Child Labor Committee and the American Federation of Labor which are actively supporting it.

Edward N. Clopper, Acting Secretary of the National Child Labor Committee, says: "This proposed exercise of the war power of Congress is not only to protect the children from excessive hours of labor and premature employment, but also to conserve national health and vigor. Children who lose their chance for education and normal growth today, will make poor citizens tomorrow. Those who are now children will have to bear the burdens arising from the war. So every opportunity must be given them to become strong and intelligent. The passage of the bill as a war measure will give the National Child Labor Committee and the American Federation of Labor and others interested in permanent child labor legislation time to study the best methods of meeting the objections of the Supreme Court to the old law and to frame a bill for times of peace calculated to pass the test of constitutionality. In the meantime the exploitation of children will be prevented. When the old law was declared unconstitutional it was insisted by those who were opposed to such federal legislation that the states would each take care of their own problems satisfactorily. The opportunity soon came—the legislature of Georgia, from which state strong disapproval of the old law had come, convened a few weeks after the decision of the United States Supreme Court was handed down. A child labor bill embodying the standards of the federal law was introduced in the lower house, but was roundly denounced on all sides and promptly rejected by a vote of nine to one in the committee to which it had been referred. This shows only too clearly that the remedy lies in federal legislation rather than in an appeal to the states."

The new bill has been presented to President Wilson and he is reported to have given it his unqualified approval.

NATIONAL CHILD LABOR COMMITTEE.

105 East 22d Street, New York.

COTTAGE CHEESE DAYS AT MARKETS

Through the efforts of home demonstration agents, special cottage cheese days have been established at curb markets in several cities in Virginia. The country women make up special lots of cottage cheese for these days and the city women know that they will be able to buy a freshly made product at that time. In Fayetteville, Ark., a grocer advertises a regular market day as Cottage Cheese Day. Farm women who have received instruction from the home demonstration agent provide him with a good product for his customers.


Sometime Soon—

Visit the 14-ROOM MODEL HOME

at Barker Bros.

Seeing how others do it, oftentimes awakens a dormant home furnishing idea in one's mind. There is little doubt but that your visit to our Model Home Exhibit will suggest innumerable "pointers" adaptable to your home.

Oftentimes, the thing that makes one home so much more distinctive than another is nothing more than someone's personality reflected in the furnishings. Why not reflect YOUR personality in YOUR home?

Barker Bros.

ESTABLISHED 1899

Complete Home Furnishers—Home Beautifiers

South Broadway, Between 7th and 8th
BABY-SAVING SPECIAL

Ohio women believe in the old adage—
"If Mohammed won't come to the mountain
the mountain will come to Mohammed."
A free version of which reads something
like this,—"If the mothers will not come
to the Better Babies Clinics, the clinics will
come to them." The August number of The
American City tells the interesting story
of how they do it in Cleveland:

Being a baby in Cleveland, Ohio, this
year means being a better baby. For Cleve-
land babies who are not fortunate enough
to be born healthy or who haven't lived long
enough to achieve health are going to have
health thrust upon them.

Health is being brought to their very
doors by a traveling child-hygiene dispensa-
ary, the first of its kind to be operated in
this country. This health center on wheels,
which went into action the last week in
June, is mounted on a standard army am-
bulance truck, and with side tents set up
provides a three-room dispensary. One room
is used as a waiting room for the mothers
and babies, the second as an exhibit and
lecture room, and the third, or the truck
proper, is equipped as a model child-hygiene
examining dispensary.

This traveling auto dispensary is known
as the "Baby-Saving Special" and is being
made the feature of Cleveland's participa-
tion in the Government's great Children's
Year campaign, by which Uncle Sam hopes
to save 100,000 babies and young children.
It was made possible through the interest
of Mr. and Mrs. A. S. Chisholm of Cleve-
land, who presented the outfit complete, at
a cost of $5,000, to the Cleveland Children's
Year Committee, as their "bit" towards the
saving of Cleveland's quota of 827 infant
lives. Mr. Chisholm is president of the
Babies Dispensary and Hospital and chair-
man of the Children's Year Committee for
Cleveland.

Modelled after the dental cars now being
used by the American army both in this
country and in France, the special body of
the traveling dispensary is mounted on a
GMC chassis of the type authorized for
army use by the U. S. Government.

As much of the work will be accomplished
on hot summer evenings, the roof of the
car has been fitted up with a folding alu-
iminum-finished motion picture screen at one
end, and at the other a tripod upon which
a portable projection machine is placed.
This makes possible the visualization in
popular motion picture form of the very
points on hygiene and care of the baby that
the physician and the nurse strive to im-
press upon the mothers. Among the films
already in use are "Six Ways to Save Your
Baby," "Fighting the Fly," and "The Great
Truth," a popular picture on the prevention
and cure of tuberculosis that is put out by
the National Tuberculosis Association.

Before the coming of the traveling dis-
persary to certain districts in the city, local
or district committees are named through
the established municipal dispensary to han-
dle the "advance publicity." Announcements
are made before local organizations, no-
tices are posted, and the foreign language
newspaper is encouraged to carry descrip-
tions of the work to be done on the days
when the car will appear.

The success so far has been beyond ex-
pectation.

A fund which has been appropriated by
the Mayor's Advisory War Committee will
make possible the intensive operation of the
Cleveland Children's Year Special until
late fall and again early in the spring or
until the close of the Children's Year. Ac-
tively assisting in the direction of its op-
eration are Dr. Richard A. Bolt, Chief of
the Cleveland Bureau of Child Hygiene,
and Mrs. J. N. Fleming, vice-chairman of
the Children's Year Committee.

DAVIS MUSICAL COLLEGE

Prepares pupils in repertoire of Voice culture, Piano, Organ and all Orches-
tral instruments.
Classes in Theory, Harmony and History of Music, Sight Singing.
Orchestra practice weekly.
A Special course for Vocal Teachers.
New teachers added to this year's Faculty, enables the school to offer unex-
celled advantages to any one desiring the best of instruction.
Students may enter at any time but it is desirable that they enroll with the
beginning of the year.
Prompt attention will be given all requests for further information, catalogs,
etc. Address: Dr. Eugene E. Davis, Pres.,

DAVIS MUSICAL COLLEGE,
Office 606 Majestic Theatre Bldg.
THE MERIT SYSTEM OF APPOINTMENTS

Mrs. Katherine Smith, President Alameda District.

Shall the chairman of departments be appointed according to geographical appointment or on account of special interest and ability even though all live in the same town or belong to the same club? This is practically the question under discussion.

It would seem, at first glance, that the latter method would bring better results. But a natural outcome of such a method would be too great emphasis on personality. The heads of departments would inevitably be the intimate acquaintances of the president. The locality in which the president lives and the club to which she belonged would have the power to shape the policies of the Federation during two years of administration. That power might never be used with detriment, but the opportunity is there nevertheless.

If, on the other hand, each county or district has representatives on the Executive Board there is likely to be a more widely diffused interest in the activities of the board. The policies will at least never be sectional. Without doubt the merit system should be used in making appointments but the meritorious ones can be chosen with regard to geographical representation.

Why not make it the custom to announce at the annual convention the list of departments in which vacancies are to occur and ask the delegates to take the list back to their clubs. Any club feeling that it has a member specially fitted for any of these chairmanships may nominate that member by communicating with the Executive Board, and setting forth the qualifications upon which the recommendation is made. A club might possibly name a member for each of the vacancies with the understanding that not more than one would be appointed in any club. We might in this way "smoke out" some earnest women whom we might not otherwise know—women eminently fitted for the places and who would accept the appointments because of the opportunity it offers to do big constructive work.

WAR CONTRIBUTIONS OF THE WOMAN'S CLUB OF REDONDO BEACH FOR THE CLUB YEAR 1917-1918

Mrs. Margaret J. Frick, President.

Club members, 96.

To the French Orphan Fund... $20.00
Y. M. C. A. .......................... 100.00
Y. W. C. A. .......................... 100.00
American Red Cross—Redondo Beach .......................... 300.00
Second Red Cross War Fund .... 50.00
Soldiers' Library Fund ............ 5.00
Yulicide Fund ..................... 20.75
W. S. Stamps—Prizes—Children's War Gardens .................. 8.41

Total ................................ $604.16

The above amounts were made by personal contributions of the members, card parties, young folks dances in the club house, cooked food sales, and a white elephant sale.

The Club is housed in the old Sea Gull Inn for which it pays rent. It has a building fund for "after the war" invested as follows:

First Liberty Loan Bonds .......... $200.00
Second Liberty Loan Bonds ....... 500.00
Third Liberty Loan Bonds ........ 200.00

Total assets of the club ........ $1,300.00

War Activities of the Club

It has met twice a month regularly, keeping up club spirit, making it possible to work as a unit.

It has had a study course under the University of California, called "Feeding the Family." This course taught practical lessons in food substitutions, and gave economical, satisfying menus with their food values. The University corrected the papers and awarded full credits.

It had a course in American History with reference to the formation of our national government and its crisis.

It had a Book Section that met at night once a month.

It had a Music Section that met at night twice a month.

Mrs. Geo. K. Breherton

SOPRANO

Available for club programs—recitals and private musicals.

Studio, 345 Blanchard Hall—10082
Residence, 3795 Harvard Blvd.—77665
CALIFORNIA
EXPOSITION PARK, O

Live Stock  Cattle Show
Horse Show  Flower Show
Horticulture Agriculture Manufactures
Our Nation’s War Work in Combined Exhibits
Direct from Washington

See What California is Doing to Win the World War
Helpful Hints on Household Habits
Learn how to cut down the High Cost of Living
Thousands of Dollars in Premiums
Poultry  Rabbits  Ponies  Pet Stock

Visit Los Angeles and See the California Liberty
LIBERTY FAIR

OCTOBER 12 to 26, 1918

United States Government War Exhibit
Military Insignia. Famous Browning and Lewis Guns. Trench Mortars, Hand Grenades, Depth Bombs

California Fruits  California Flowers
Special Prizes in Each Class

Fair, Exposition Park, OCTOBER 12 to 26, 1918
The suggestion, Stephen establishing drawn own story. 4:30

There question, put to our will "Of Pheidias was chance. wrists may nude, in pure loneliness; as Ecclesiastes as country; some of the stream of manuscripts pouring in on them are not plays, but literature in conversational style.

Drama, in contradistinction to literature, is an episode acted on a stage as if it were real life, instead of related as a story. Professional play readers sometimes fail to recognize the difference between literature in dramatic form and drama in literary form, sized, for private enterprises, in the actual projection on the stage of atmosphere, characters, speech, and action, the writing of which merely serves to preserve it, bearing the same relation to it, as the seed to the plant.

Service of Drama to National Ideals

Drama demands sincere devotion, but brings its own reward in the happiness of accomplishment, and the inspiration of finding that it reaches more deeply down in the heart and soul of people than any other art. As Hamlet found that the acted scene caught the conscience of the king, so, as a means to move an audience to a recognition of truth, in the mirror held up to nature, to stir the deepest emotion of their hearts, and to rouse them to the highest pitch of demonstration, "The play's the thing." Such an art may have the greatest power in the service of a nation's ideals—which would be the highest possible glory of any drama. Ours is now in process of developing, just as our country is establishing its principles, motives, and aspirations, in relation to other nations, as well as to its own internal life, and the drama which will most truly embody these principles and aspirations will become the great American drama, for it will be of the highest ideals of our people, by the clearest visioned of our people, and for the best good and happiness of all of our people. However, we can never have this great drama in our nation until we have endowed theaters, through which it may be developed; enterprises in the way of day and condition, do not foster this kind of art. Read Percy MacKaye's explanation of why, and impress it wherever and whenever you have a chance.

Undesirable and Un-American Drama

The degenerate drama—spoken, sung, picturized, and danced, and the imbecile kind cleverly burlesqued by Stephen Leacock, in "Behind the Beyond," when it is possible, wipe it out, and always use your influence against it. Some of it was put on in a conscious desire to lower the moral tone of the country; some was patronized in a desire to ape what was thought to be the "great world;" and some of it was done through Ignorance, notably some of the interpretative dancing, for which inspiration is drawn chiefly from Greek art of the period of Pheidias and Praxitiles. The imitators do not seem to know that the Greek dancers as well as the other women went well clothed. Some few gods, goddesses, and purely impersonal types were represented as nude, but it is said that Apollo, when he went to visit mortals, clothed himself to wrists and ankles. A conspicuous point in the Greek idea of graceful movement was the long lines of flowing draperies. No one who has studied their dancing figures could think that they considered nudity necessary for grace, and they knew more about motion and grace in dancing than our age has even begun to guess. Set your influence against everything that violates the ideas of womanly purity and dignity, and leave the problem plays to those who like to dip into mud.

Encourage the acting of original work, and in reproducing plays, choose with reference to the equipments you have available. Have every department of the production in charge of chairman.

References for Guidance

The Playhouse and The Play, and "Caliban," by Percy MacKaye.
The Community Theater, by Louise Burleigh.
The New Movement in the Theater, by Sheldon Cheney.
Community Drama and Pageantry, by Mary Porter Beegle and J. Crawford.

Drama Conference

Wednesday, November 13th, 10 to 12 in the morning, and 1 to 2 P. M., in Hotel Alexandria, Parlor F. There will be a question, and a suggestion, box.

Wa-Wan Drama and Music Sections' Reciprocity Day

Wednesday, November 13th, 2 to 4:30 P. M., Hotel Alexandria ballroom.

PEERLESS

LAUNDRY COMPANY

All That the Name Implies

AS TO

FAMILY WASHING, FAMILY STYLE

Main Street at Slauson Ave.
Home 27961 South 6518
DEPARTMENT SOCIAL AND INDUSTRIAL CONDITIONS

To the District Chairman of the Department of Industrial and Social Conditions:

This message to you must be in the nature of a foreword, as the outline or suggestions for the year's work is in preparation.

In trying to outline the work we find it more than ever before interwoven with the work of all the other departments. So "ripped," in fact, that it is difficult to separate, classify, and label the parts we shall call our own.

Industrial conditions as a subject for study has taken on new meaning with the entry of the United States into the war, the withdrawal of so many men from the ranks of labor, and the filling of their places with women.

"No man, who has seen anything of the great struggle can have any other feeling but that the real army behind the fighting army is the army of women. Back of every soldier is a woman; the real war crown of infantry and suspense rest upon the female brow. Women have made the successful prosecution of the war possible. Without them there could have been no stirring of wounds."

Does not such praise as this, from a writer like Marcussen, add a gleam and a glow to our work? Our very name is a call to arms. Who does not see the need of working in our department? By the very nature of things we are "Emergency War Workers."

Since the labor of the women has become a most necessary factor in carrying on the war, is there any one who does not want to understand, and to help make better all industrial and social conditions?

A few years ago industrial conditions meant garment makers, workers in canneries, packing houses, textile factories, stores and laundries; now the list of industries employing women grows until it seems infinite.

This has happened gradually. There is no surprise now when you see a woman collecting fares, operating an elevator, driving a stage, tractor, plow, or rake, rather the surprise comes when a woman is found who is not willing to do anything within her power if her help is needed.

All this makes manifold demands upon, and opportunities for us. The change in industrial life has brought a like change in social service. Great changes already appear in the centers where there are many war industries, and these are found to extend to our borders.

What about "after the war?" Is the woman who has been economically independent going contentedly back to the fireside and to the old manner of living?

These are questions we must consider even while we are working on the problem of today. In studying present conditions we must look far a head or with the rapidly-changing industrial situation we may find ourselves left far behind.

All this—by way of urging upon District Chairmen the necessity of thoroughly studying and investigating their local conditions—by having clubs report upon their respective communities.

Before it is lost or given away, take your July "Clubwoman," and read our State Chairman's report for 1917-18. In that Mrs. Heuch has outlined work we must keep going.

We will hold for the reasonable standards. The standards accepted by the Government for its war contracts should be accepted by all industries. Adequate wage, equal pay for equal work, eight-hour day, nothing but adult labor, one day in seven for rest, protection against overfatigue and industrial accident and disease, exemption for women having small children needing their care.

If we can interest not only our clubs, but the general public in keeping these standards, and in maintaining free employment bureaus it will be a long step toward better conditions.

It will be well for us to take stock just now, after the unusual work of this past summer. If each chairman, as soon as possible, will send a brief resume of the industrial activities of her district, the principal needs, and the plans she has for her work, we may hope to do some concerted work, as well as work that is local.

As to social conditions—so many new societies have come into being—all necessary, and all doing good work, but each chairman will find some need that has not been met. Cannot each club be encouraged to undertake as its "bit" some practical concrete form of social service?

This only sketchily gives you some of the wishes, hopes, ideal in my thought for our department, and then I am reminded of this saying of General Goethals, "Don't talk about a work. Begin it, and as you go on in its accomplishment half the problems at the start will solve themselves." Let us hope to hear before long from each club a report of "This one thing I do."

Yours faithfully,
(Mrs. W. L.) HELENE N. DEIMLING.

EAT CORN
SAVE WHEAT
THE CLUBWOMAN

DISTRICT NEWS

SAN FRANCISCO DISTRICT
Mrs. W. C. Morrow, Chairman

Mrs. Frank Fredericks, the President of the San Francisco District, is contemplating a tour of the Federated Clubs in Humboldt, Sonoma and Mendocino counties next month. She will make the tour principally by motor car, and she is to be envied, as the country is always beautiful in the Autumn. The days of Autumn are like wine, and one feels the joy of life in the crisp fresh air. Mrs. Fredericks will go north to Crescent City about the 8th of September. She will visit Smith’s River to organize a club there. On the 14th of September she will make her headquarters at Eureka, as the Humboldt County Federation will meet there. It is expected that Mrs. Herbert W. Cable will be there also. Mrs. Cable will have an opportunity to compare the peaceful and beautiful southern part of the state with the rugged and majestic scenery of the north.

Mrs. Fredericks will visit Trinidad and will meet the Hoopa Valley Indian Girls’ Club. A club composed of young Indian women is something of a novelty and is unique in the annals of club life. It is quite fitting that Mrs. Fredericks, who has lost none of her enthusiasm and has kept her ideals, should be the one to receive these dark sisters into fellowship with her white kindred. Mrs. Fredericks possesses just the right kind of tact to meet all conditions, and the new club is sure to receive a warm welcome.

Mrs. Fredericks has also the clubs at Scotia, Samoa and Petrolia as her objective points. The Metropolitan Club will receive its share of attention, and then she will go to Mendocino county and visit the clubs at Willits and Fort Bragg. Mendocino City and Ukiah are also included in her itinerary. It is a great satisfaction to a District President to be able to visualize the life and spirit of the clubs in the Federation, and it is an inspiration and a source of gratification to the remote clubs to have the point of contact with the spirit and life of a great metropolis and its many arteries. Keeping in touch is as great a factor in organization as harmony and loyalty, and it is fortunate that, though the distance is great and one’s body frail, yet the spirit is willing and the will to do and accomplish is there.

A meeting of the San Francisco District was called for Friday, August 30th. Business of importance was conducted, and the reunion after the long vacation was most pleasant.

Mrs. Fredericks visited the Woman’s Club at Redwood City on September 5th. Mrs. Helser has just assumed her duties as President.
SOUTHERN CALIFORNIA FAIR

Patriotism will run rampant at the big Southern California Fair to be staged in Riverside October 8-12.

Indications are that the fair will be replete with more new features than any three fairs ever held at Riverside in the past. The big fair grounds will be completely filled with patriotic and instructive exhibits of every nature effecting the "win-the-war" work.

Special government displays will be sent to Riverside from Washington, San Diego, Mare Island, March Field and other government posts to show the public the work of the government departments. In the "No Man's Land" exhibit where these will be arranged will also be displays from the Red Cross, Red Star, Belgian Relief, Armenian Societies.

There was recently completed at the fair grounds an addition to the woman's build-

OVER SEAS

I want to say that I have come back convinced that one of the greatest opportunities the Young Women's Christian Association has in the world today is in France. The future of the French women and the French girls is very far-reaching.

The Young Women's Christian Association club work has taken for its name "Cercle des Alices." The activities of these groups are as popular among the French business girls and the French women munition workers as they are in our own country.

I think everything that we do must be with the thought that we must do our work in France very well. It seems to me that we should exercise extreme care in selecting the women we send to France. We must sacrifice our best—and the best is not good enough for France. We want to consider not numbers, but quality.—Mrs. James S. Cushman, Chairman War Work Council.

THURSDAY

ONE MEAL
WHEATLESS

SATURDAY

ONE MEAL
WHEATLESS

USE NO BREAD CRACKERS.
BREAD OR BREAKFAST FOODS
CONTAINING WHEAT

FRIDAY

ONE MEAL
WHEATLESS

USE NO BREAD CRACKERS.
BREAD OR BREAKFAST FOODS
CONTAINING WHEAT

SUFFICIENT
ASSORTMENT FOR ANY FAMILY

LOS ANGELES SOAP COMPANY
California Liberty Fair

OUR INVITATION

Greetings:

This is to let you know that the California Liberty Fair is to be held at Exposition Park October 12 to 26. This Fair has the indorsement of the United States Government, of the State of California, of the civic organizations of Los Angeles, including the Chamber of Commerce, the Merchants and Manufacturers' Association and the Realty Board, and has the backing of the leading business men of this city.

R. W. Pridham has been appointed Director General and will make his headquarters in the office building in Central Park. Associated with him are the following well-known business men of this city: F. B. Davison, secretary of the Sixth District Agricultural Association, who is helping to make this Fair a success; E. W. Murphy, vice-president; R. W. Burnham, treasurer; Gen.-E. C. Bellows, Fred H. Bixby, Volney H. Craig, Marco Halman, E. G. Judah, C. E. Miller, W. P. Story, A. J. Scott, Frank Simpson, and Dell A. Schweitzer, our directors.

The livestock exhibit will be one of the largest ever seen at any fair. There will be many different breeds of beef and dairy cattle. Noted prize-winners will be exhibited. These will not only come from California, but from several other states of the Union. The hog exhibit will also be one of the largest ever seen. The horse show will be a society event and there will be ponies and pet stock in numbers. There will also be an exhibit of Angora, Toggenberg, Nubian and other breeds of goats.

In addition to all of this, the United States Government is sending us its own exhibit. This food show from Washington will help much to solve some of the problems of the high cost of living. The soldiers' insignia, uniforms, medals that are being distributed to our men, the emblems used, and in addition to all of this, the famous Browning machine gun, will be shown. The United States Government will show to the people who attend the California Liberty Fair what our boys are doing to help drive back the Hun.

This Fair is to be of an educational character. We invite you to attend, and we ask for your co-operation in the plan to make this Fair a success. Every boy and every girl, every man and every woman who visits the California Liberty Fair will receive not only an uplift, but many helpful hints from the varied displays that will be made at Exposition Park.

R. W. PRIDHAM,
DIRECTOR GENERAL,
California Liberty Fair.

WOMEN'S WORK AT THE CALIFORNIA LIBERTY FAIR

When the gates of the California Liberty Fair at Exposition Park are opened on October 12 much of the success of the great exposition will be due to the super-women who have given their time and talent and money to promoting this great enterprise.

Mrs. Oliver C. Bryant, as chairman of the Exhibits Committee, called the women into action early in the movement for this great Fair and organized them into a corps of workers whose efficiency is above par. Every day has proven conclusively that women not only can organize and originate ideas, but can carry them out to a logical conclusion, and woman's place in the California Liberty Fair has been firmly established.

As Chairman of the Exhibits Committee, Mrs. Bryant has associated with her men and women who understand what real work is. She has feared no task and nothing has seemed superhuman when it came to a matter of accomplishing something that would help bring the California Liberty Fair into prominence. Those who are with her have also learned that their names on a committee, of which Mrs. Bryant is chairman, means work, work, work.

Mrs. Willoughby Rodman, than whom there is no one among women folks better known, has proved a first lieutenant who can take orders and carry them out. "When the officer of the day," Mrs. Oliver C. Bryant, speaks, Mrs. Willoughby Rodman is ready to carry the message, and it is safe to say whatever the demand, whatever the request, if it is possible, the work will be done, and done well. Although Mrs. Rodman has been busy with war work to such an extent that her time must be counted in minutes, she has thrown herself heartily into the big job of marshalling the women into companies of workers who are attending this Fair throughout Southern California.

Another of the willing workers who sees in this Fair a great war work, is Mrs. Elizabeth May. She has also thrown herself heartily into this great big job. Realizing that it is woman's work to go anywhere she is told to go, provided she can go with a message, and feeling that this is a great war work undertaking, Mrs. Maw has "gone to the bat" in earnest, and is striking "home runs" with a regularity that counts for efficiency in the work of promoting, and helping to promote the California Liberty Fair.

Mrs. C. Q. Stanton has also been enlisted in the service of the workers. She, like the others, realizes that this big undertaking demands the utmost on the part of the women as well as the men. Mrs. Stanton is helping
to prove that women will not be found wanting when an emergency arises, and she is out with a bid for first honors when it comes to summimg up in the final review. She is making good every day and her place principally is helping to bring to public attention those particular interests which are to make this Fair famous.

Another of the war workers is Mrs. Mathew S. Robertson, who is also on the Exhibits Committee. She, like her sisters, has learned to take orders gracefully. She is willing to stand in the breach and work almost night and day in order to perform her part of this great undertaking. She never has been known to shirk, and it has been a pleasure to meet this woman who, like her associates, is performing a woman's part in the woman's work in connection with the California Liberty Fair.

Others who are associated with Mrs. Bryant on the committee are:


Of course it is necessary to have mere men on this committee, although we must admit that women have their way, and will do the work, and the men are simply taking orders and doing as they are told, but let it be thoroughly understood that woman's part in this great Fair has not been usurped by the men, not for one moment.

Now as to what the women are doing. They are making this Fair a big thing, they are grouping the exhibits in a way that will make it attractive. They have the taste and style and art to create an exhibit, and this Fair will be second to nothing that has ever been shown in the entire west. Women naturally know how to put things in order, and they are doing this on a large scale, so when the Fair is held at Exposition Park, from October 12 to 26, it will be possible to see thousands of exhibits grouped in a way that will permit of no confusion, as each set of exhibits, as they are entered, will be placed in such a systematic manner that everything will be in order and everything in its place.

Mothers who plan to attend the Fair with their babies need have no concern regarding their safety, whether it is to be for a half hour or a half day. There is to be a day nursery, where the youngsters can be placed and where they will be safe from the confusion, if there is any, as a result of the large crowds in attendance on any one particular day. In addition to this day nursery there is a wading pool where the little ones may enjoy themselves in perfect safety without danger of being drowned, as the water is shallow enough to permit of such enjoyment, and there will be an attendant in charge watching the toddlers enjoying themselves in the clear cool water. That the day nursery feature is a big thing in connection with the Fair is due to the wonder work performed by our women.

When in doubt ask a woman, of course she knows everything. Mrs. Oliver C. Bryant is the one to ask for, and she will direct you in a straight path. Women will be on deck at all times. They are even receiving entries, although their work is primarily to arrange the exhibits after Superintendent Wilson has taken care of those entries, and it means that this Fair is to be a success, largely because the women have swung into line so nobly, and also because they have been willing to take over some of the drudgery which the men in their hurry perhaps have overlooked. Not one detail will be missing from the part of the California Liberty Fair for which the women are responsible.

TUESDAY
ONE MEAL WHEATLESS
USE NO BREAD CRACKERS, BISCUITS OR BREAKFAST FOODS CONTAINING WHEAT

This sign is your guarantee of biscuit Purity and Perfection. It is the famous "Good Luck" Seal of the Pacific Coast Biscuit Company—makers of Swastika Brand—the best biscuits. Demand Swastikas!
TWELVE GOOD GAMES
Suggested for the
"WAR-TIME RECREATION DRIVE AND "PATRIOTIC PLAY WEEK"
By CHARLES FREDERICK WELLER,
Associate Secretary Playground and Recreation Association of America, 1 Madison Avenue,
New York City

Without apparatus, "Playgrounds," money or experience, anyone can use one or more of these games to vitalize leisure hours in his family or neighborhood. Between boys and girls today do not even know how to play such games. At best they need opportunities and some help in organizing. Leadership is thus necessary. Therefore the following games are described as the personal experiences of one adult who—in Chicago, in Lawrence, Kansas, and in a Maryland farming region—used these simple games to set the boys and girls to playing.

I. "Pom-pom-pullaway"

One evening in Chicago I chanced upon a vital discovery. I went into the street in front of our home, called together a few of the omnipresent youngsters and told them I was "It" for Pom-pom-pullaway. I lined the children up on one curb and explained that they must run across the street to the opposite curb when I called out:

"Pom-pom-pullaway!
If you don’t come,
I’ll pull you away."

When I caught any runner and tagged him three times he was "It," too, and must help me catch the others. Each player tagged became a tagger until all were caught. Then the player who had been caught first was "It" for a new game. I was so awkward at first that I fell, tore my trousers and scratched my hands. Button were torn off my old coat. I learned that the good old game is too strenuous for the aged, but my vital discovery was that the game would not let me remain aged. Many times since that night, thirty minutes of Pom-pom-pullaway has re-created me—physically and spiritually—and, for good measure, has won me friends among the neighborhood children.

II. "Tag" Games

Everyone knows the good old game of "Tag," in which one player chases the others until by touching one of them he makes him take his turn as "It."

In "Cross Tag," "It" starts after any player he chooses, but must change his course to pursue any other player who runs between "It" and the one he is chasing. Thus a fresh runner may at any time divert "It" from a tired player who is nearly tagged.

In an amusing form of the old game the player tagged must keep one hand on the part of his body which "It" touched until the new "It" can tag someone else. This is easy if the game is played in the spot touched, but not so simple if "It" managed to tag the player's ankle.

"Red Light" is an inactive form of "Tag," which illustrates the present-day tendency away from vigorous play. My children taught me to play it with them on the sidewalk and grass plots before our house. The player who is "It" turns his back to the others or closes his eyes while he counts ten. Then he shouts

"No moving;
No talking;
No laughing;
Red Light!"

At these words the players—who have been moving away from "It"—must "freeze" and remain motionless. If anyone moves, "It" chases him, and if he is tagged he becomes "It" in his turn.

"Travelling Apes" is of my own devising. One day after I had read "Tarzan of the Apes" I made up a new combination of "Tag" and "Pom-pom-pullaway" as a means of getting my boys and girls to move rapidly down the street on an errand upon which we had been sent by the household powers.

I explained that Tarzan and his brother apes traveled from tree to tree along the branches, but we would modify this slightly by traveling on the ground. All the apes gathered around a tree trunk. I selected as their first goal another tree—the first, second or third tree down the street.

As the Hunter, I stood between the apes and their new goal and shouted:

"Travel, Apes!"

Any ape that I tagged as he traveled between the trees became the Hunter, while I became an ape for the run to the next tree selected farther on.

To expedite our progress no ape was allowed to run back toward our house or to stray out of the space between the curbstone and the houses.

III. "Tug of War"

A strong rope thirty or forty feet long has provided for two very popular games in the big old attic of our house. On rainy days or in the cold weather of winter these games may be played on a barn floor or in any large room. But like all other play, they are at their best outdoors.

"Tug of War" is played by dividing the company into two equal groups, each holding half of the rope, which is divided by tying a handkerchief in the middle. All the
players on both sides grip the rope strongly, holding it so that the handkerchief stands at first just above a half-way point marked with chalk upon the floor.

On signal they pull as hard as they can. That side wins which pulls, and holds, the handkerchief over on their side of the line.

IV. "Snake in the Grass"

This old rope becomes a "snake" for the second game. A big knot is tied in one end. The players arrange themselves in a circle and one of them, standing in the center, swings the rope around, skimming along the floor or grass at the feet of the players.

Each player must jump up as the rope nears him, so that it may pass unimpeded beneath his feet. If it touches him, the player drops out of the game. That player wins who is the last one touched or "bitten" by the "snake."

In military training camps this game is played with an iron or lead weight fastened on the end of a strong cord. I have also heard of an old book being used as the weight.

V. "Prisoner's Base"

Our family went to Grandfather Winston's at Lawrence, Kansas, last Christmas and, recalling what Pom-pom-pullaway had done for me and for the children living near my Chicago home, I spent one to three hours daily for a week playing youthful games with my own boy and girl and other children.

We played a timely war game, "Prisoner's Base." I told the youngsters that in good old England centuries ago "Prisoner's Base" was prohibited in the avenues of the palace at Westminster during sessions of Parliament, because it interrupted the members and others passing to and fro. It was then played principally by adults. In Lawrence, we marked out two circles about fifty feet apart—they might have been nearer or farther. We "chose-up" sides and each of the two equal armies of players stood safely within its own circle.

Then a player from the opposing side led out from his goal toward ours and I ran to tag him before he could get back home; I was "fresh" on him, because I left my goal after he left his.

But another of our opponents left his goal after I left mine and tagged me before I could either touch the first runner or get back home. Thus I became a prisoner and had to stand in the jail which was located near the enemy's goal so that their army could prevent the prisoners from being rescued.

Then the captain on my side sent his players one by one into the open to tempt the enemy to run out of their base in pursuit. Then, before the enemy could run back into their goal to get "fresh" again, my captain rushed out—"fresh" on all the opposing players—tagged me in my prison and thus took me safely home to keep on playing.

Any player may slip into his enemy's goal if he can get there without being tagged. The latest player to leave either

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**Will C. Wood**

State Commissioner of Secondary Schools

Candidate for

State Superintendent of Public Instruction

"An educational statesman of a high order."—Dr. Alexis F. Lange, Dean of School of Education, University of California.

"A constructive and forward-looking school man of high ideals; a practical worker who gets things done."—Dr. E. P. Cubberley, Dean of School of Education, Stanford University.

**HIS CAREER**

A native of California.

Educated in the elementary and high schools of California, Stanford University, the University of California, and the University of Michigan.

Teacher of rural elementary school, 1901.

Teacher, principal and supervisor of elementary schools 1902-1909.

City Superintendent of Schools, Alameda, 1909-14.

State Commissioner of Secondary Schools, 1914 to date.

Lecturer in High School Administration, Columbia University (New York), Summer Session, 1917.
ONE OF THE SEVERAL OFFICES OF THE CAPITOL MILLING CO., ALL RECENTLY FURNISHED BY BARKER BROS.

INSTALL NEW OFFICES

To adequately meet the largely increased demands of wartime conditions, the Capitol Milling Company has just completed the installation of new administrative offices, together with an elaborated system of handling its accounting and government reports. The executive establishment now occupies four large rooms, done in oak and handsomely furnished by Barker Bros., in the same wood, with two reserve rooms for use as needed. The accounting is under the direction of an expert accountant from Haskins & Sells. Three new clerks have been added to handle the reports now made weekly, monthly and quarterly to the United States Food Administration.

goal—his own or his enemy's—is "fresh" on all players who ran into the open before he did, and may therefore send anyone of them to prison by simply tagging him.

When you have tagged a player, both of you may go unmolested to your places—your home base; your enemy to prison; or your own man, if you have just rescued one from prison, to his home goal.

The latest prisoner must keep one foot or hand within the marked circle or touching the tree or post which constitutes the prison. The other prisoners form a line stretching out toward their home goal; the player who has been in jail longest stands farthest from the prison; all others in the order in which they were captured. Each must clasp the other's hand; the oldest prisoner, nearest his home base, must be rescued first.

When all the players of one side are prisoners, the other side has won the battle.

VI. "Duck-on-the-Rock."

One afternoon at Lawrence we picked empty tin cans out of the scrap barrel in the back yard—one can for each player. One boy, volunteering to be "It," stood his can (or "Duck") upon a larger can, or on a box (called "the Rock"). The rest of us tried to knock it off.

We threw our cans (or "Ducks"), one at a time, from behind a marked line about twelve or twenty-five feet away from "the Rock." Then each player tried to run back with his Duck to the throwing line—to throw again.

While watching for a chance to run home safely, the player must keep his foot on his Duck. Whenever his foot is off the Rock, the player may be tagged by the guardian of the Duck on the Rock. But, whenever this Duck is knocked off the Rock, its owner must replace it before he can tag anyone.

When the Duck is on the Rock and its guardian tags another player, that player becomes "It"; he puts his Duck on the Rock, and all the other players try to knock it off.

Real rocks may be used instead of cans. Bean bags do nicely—especially indoors—but when a bean bag is the Duck, the Rock on which it is balanced should be an Indian club—or, in the school room, a desk or small table.

VII. "Fox and Geese."

Not having time enough for golf, I prefer a game like "Fox and Geese"—which Minnesota school children know as "Cut-the-Pie." Snow is best to play it in but, lacking snow, there is no good reason why one should not mark out a big wheel, with lime or chalk, on the asphalt pavement in front of a city home or on any available space.

Mark out a circle of any convenient diameter—perhaps twenty to fifty feet. Mark the spokes of the wheel—possibly ten or fifteen feet apart at the circumference and meeting at the hub.
Make one player "It." He pursues the others, but only on the spokes, tire or hub of the wheel. When he tags another player, that one takes his place in chasing the others. Some play that the big hub is goal and a player safe while he stands there, but I think that makes the game too slow.

VIII. "Up, Jenkins!"

Aunt Adda (who is eighty-four years young) taught me to play "Up, Jenkins!" and this became the principal indoor game with which we passed the Christmas-to-New Year's evenings at Lawrence last winter.

In two opposing groups, one on each side of the bare dining room table, we lined up the children, arranged spontaneously by ages five minus to eighty-four plus. One side took a silver quarter and passed it back and forth, with their hands all hidden beneath the table.

After the quarter had lodged in somebody's hidden hand, the captain of the opposing side, across the table, commanded: "Up! Jenkins!" and all the hands together were raised high over the table, with all fists clenched alike. "Down, Jenkins," called the opposing captain, and all hands at one time slapped the table noisily, with fingers extended and the quarter ringing on the boards—somewhere.

Then the captain of the opposite group of players, after consulting with his men, ordered up his opponents' hands, one at a time. If he succeeded in catching empty hands, leaving the quarter under the last hand left pressing upon the table, then his side took the quarter and its former custodians tried to win it back in similar fashion.

Obviously, this game may be played outdoors also. It gives less vigorous physical exercise than the other games described; but like them develops such discipline or "team play," and such alertness of eyes, ears and judgment as are essential parts of physical efficiency.

IX. "Horseshoes"

Up among the farms and orchards of northern Maryland, where my youngsters take me nearly every summer, the only game I ever saw played spontaneously by the natives was "Pitching Horseshoes." one may say "Quoits" if he prefers to buy them.

Everybody, old or young, can pitch horseshoes—though the youngest players would better use rope-rings.

Two wooden posts about an inch and a half thick are driven into the ground at any convenient distance apart. The posts stick up about four or six inches above the earth. Each of the two or more players, in turn, stands behind one post and pitches two horseshoes, one at a time, at the other post.

When all the players have pitched, the score is counted—perhaps as follows: Nearest the post, one point; if both the horseshoes of one player are nearer the post than any opponent's horseshoe, two points; a "ringer" (encircling the post), three points. Sometimes you play that the horseshoe farthest from the post subtracts one point from its pitcher's score.

From behind the post first aimed at the players pitch next for the other post. The game may be for the largest score or for a definite number of points, say 21. Teams of two or three players may compete or each may score singly.

In Columbus, Ohio, a resourceful organizer of recreation developed Horseshoe Tournaments into which players were drawn from all over the city. Crack teams fought for the championship for their neighborhood, or city square; and newspapers made much of the scores and personnel and skillful plays of the chief contestants.

X. "Run Sheep Run"

In small towns or country districts, in my boyhood, we played a kind of "I Spy" or "Hide and Seek," called "Run Sheep Run."

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MAYONAISE DRESSING
made with VIOLET BRAND SALAD OIL:

1 egg yolk
1 teaspoon mustard
2 teaspoons lemon juice
1 cup VIOLET BRAND SALAD OIL.

Mix the egg yolk with the lemon juice and mustard, add the VIOLET BRAND SALAD OIL a little at a time, stir until thick and smooth.

NOTE.—The addition of the stiffly-beaten egg white will improve the dressing. Do not add any salt or pepper until the dressing is mixed.

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PORK and BEANS
With Tomato Sauce
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THE CUDAHY PACKING COMPANY
Los Angeles, Cal.
One player threw a stick as far as possible, shouting “Run Sheep Run.” The player who had previously been chosen “It” must get the stick and lean it against the goal. Meanwhile all the other players ran away and hid themselves.

While the stick was on the goal, if “It” saw any player he called the player’s name, threw the stick as far as possible from the player caught, shouted “Run Sheep Run.” and ran to hide while the new “It” got the stick and leaned it against the goal. Thus the game really began anew as soon as any player was caught.

While “It” was searching in one direction for hidden players any player might run in from another part of the field, throw the stick as far from “It” as possible—shouting “Run Sheep Run”—and thus give all the players a chance to run farther from the goal and to hide themselves more securely.

XI. “Volley Ball”

If a family or a neighborhood group can spare five to ten dollars they will find that a “Volley Ball” and net are a good investment. (A clothes line or any other rope will do instead of the net.) This is the most costly playground equipment I shall suggest, but it is in “apparatus” and in “playgrounds” far less than in play.

“Experts” disagree somewhat as to the rules for “Volley Ball,” but the following may answer:

Use a tennis court, if you have one, or mark off an oblong the size of your back yard or lengthwise of your front street—about fifty feet long and twenty-five feet wide. Stretch the old tennis net, or your wife’s best clothes line, across the middle of the oblong, the twenty-five foot way. Have the line, or the top of the net, six to eight feet above the ground—its height depending somewhat on the age and skill of your players.

A volley ball is large and light. You and your boys have a preliminary contest as to which can blow it up the tightest and whose “butter fingers” let the most air out in trying to tie up the neck of the inside bladder.

The players are evenly divided, half on either side of the net or rope. Any number of players may play on a side, say three to thirty. One of the players stands behind the back line—the serving line which lies parallel to the net and twenty or twenty-five feet away from it—as the playground server, or batter. The other, or server, holds the volley ball on his left palm, tosses it up a little and hits it with his right hand—trying to make the ball go over the net and strike the ground, within lines, on the opposite side of the court.

But the enemy are alert to knock the ball back over the net to make it hit the ground first on the server’s side. No one may catch or hold the ball, but a player may strike it with one or both hands—hands always open. Good players will sometimes hit the ball from one to another on their own side of the net until they can suddenly bat it over into a place where no opposing player is ready to keep it from falling to the ground. But no player may touch the ball more than twice in succession until some other player has touched it.

The server’s side scores one when their opponents fail to return the ball. If the ball falls to the ground on the server’s side, no one scores but the chance to score by serving the ball passes to the other side. Any server continues the ball in play until his side fails to score, then the opposing side get the ball and serve it. On both sides the players take regular turns in serving—a new server each time the team gets the ball.

If the ball touches or passes beneath the net or rope, the play is lost but, if the ball came directly from the server, he has a second trial. Whenever the server fails in any way to get his first ball fairly over the net, he may try once more before losing his turn to serve.

In Elgin, Illinois, I saw fifty of the leading men of town—ministers, teachers, doctors and big business men—dressed in gym suits and shoes; yelling like mad; acting and feeling like a crowd of happy kids over their semi-weekly game of volley ball. It has no equal for meeting the recreation needs of all sorts and ages of folk. Boys and girls like it all the better because adults play it too.

None of the older boys or girls should be allowed to graduate from any school or from a summer “Recreation Drive” without proving that he, or she, has established a volley ball playing habit which is likely to help him over even such great “divides” in life as the forty-fifth year.

Eyes, head and chest are all uplifted because the volley ball is constantly flying in the air. The players strike upward. They run, jump, turn about, hit hard, and use all their muscles snappily. More individual skill and greater team organization are called for by this game than by the, others I have described, but unskilled youngsters enjoy it and it draws them on steadily toward greater physical efficiency.

XII. Baseball Games

Two modern games there are which should be universalized—“Volley Ball” and “Playground Baseball.”

Any American patriot would feel insulted at being told how to play baseball. Suffice it that “Playground Baseball” or “Indoor Baseball” (though it is best played outdoors) differs from ordinary baseball in four ways, namely: (1) A big soft ball is used, (2) because this soft ball cannot be batted far, a small diamond—not over 27 feet between bases—is laid out; (3) the pitcher must serve the ball underhand—that is, it must be tossed instead of thrown; (4) a base runner may not “lead off” his base, but must keep one foot on it until he runs for the next base.

Some people, girls especially, like to play this game without a ball bat—the batter
striking the ball with his open palm. For this a volley ball may be used.

A game may also be played which my boyhood comrades called “Scrub.” In this game there are no organized teams, but each player works his way, in turn, from fielder up to batter, falling back to fielder when put out at bat. There are always two or more batters. If only two, they should run only one base and home again. In this single-base game the batter’s difficulties are sometimes increased by putting the one base back of the pitcher—about where a second base should lie.

Edna Geister (author of “Ice Breakers”—a recent book of social games and stunts, mainly indoors) told me that when her father took away the children’s bat and ball one day they made up a “ball” game in which a piece of old garden hose about twelve inches long served as the “ball.”

Home base was two brick bats far enough apart so that a player’s foot could easily be kicked between them. Thus the “batter” was just a kicker. When he had kicked the rubber hose into play it was treated like a baseball and the usual rules of “Playground Baseball” applied.

Like volley ball, these games of modified baseball are far safer than “Basketball”—for they do not overstrain the players’ hearts or other physical powers. They develop all the essentials of physical efficiency more effectively—and with greater happiness for the beneficiary, be he boy, girl, man or woman—than any other method of physical training yet devised—even by Americans.

Why Teach Games?

These twelve games show clearly the need for resourcefulness and leadership, which someone—an adult usually, or an older boy or girl—must supply. But the classic expression of playground opponent is:

“It’s as foolish to talk of teaching children to play
As of teaching fishes to swim.”

Obviously, however, children do not by instinct know the rules of games like these. Such games are a precious social heritage. In my childhood they were part of an active play tradition handed on by adults and by other children.

At present, anyone who will watch what boys and girls are really doing in any community will usually find that they are idling or merely “fooling”—not playing an organized game which demands strength and skill and develops them.

To “teach children to play” is therefore essential—though formal “teaching” is less effective than such informal fellowship, with such suggestions, opportunities, and leadership as I have sought to portray in these “Twelve Good Games.”

Other games may be drawn from the young-spirited adults who can revive local play traditions, from immigrants who recall the games of their native lands, and from books like “Games for the Playground.
Home, School and Gymnasium,” by Jessie Bancroft. (Published by Macmillan, 1909; 456 pages; $1.50.)

If anyone doubts that the teaching of such games to boys and girls—America’s future rulers—is appropriate wartime service, let him consider how Rear Admiral Carey T. Grayson, M.D., has served his country and all humankind by teaching President Wilson to keep himself FIT THROUGH PLAY.

If some of these games can be made to take root in each American community, this Patriotic Recreation Drive will have added the equivalent of many regiments to the war-winning strength and spirit of our Country.

CHARLES F. WELLER.
(Washington, D. C., July, 1918.)

THE BLUE TRIANGLE FOR Y. W. C. A.

With the generous approval of the British Y. W. C. A., and the International Committee of the Y. M. C. A., the blue triangle has been officially adopted as the insignia of the American Y. W. C. A. Every French woman knows the blue triangle, for it has stood for the American Y. W. C. A. in France ever since our war work began. It has long symbolized the British Y. W. C. A. The red triangle of the Y. M. C. A. is quite familiar. The triangle, therefore, is well known, and slips into the place of expressing the Y. W. C. A. in all countries to which its work has been extended, as naturally as if it had always been there.

FARMERS RAISING OWN FOOD SUPPLY

Farmers are becoming more independent in regard to food supply than they have ever been since before the Civil war, in the opinion of a field man of the United States Department of Agriculture, who recently returned from an inspection trip in New York and the New England states. Farmers in that territory who have never before raised wheat, barley and buckwheat are growing small patches of such crops for their own use.—Washington Government Printing Office.

TRANSPORTING OUR TROOPS

The world has been astonished at the great number of American soldiers transported to Europe in the last half year. The number now approximates 1,500,000, and the loss of life in transporting them has been almost infinitesimal.

The success with which we have moved our troops from the scattered camps in this country and across 3,000 miles of ocean to the battle front is great evidence of American efficiency. We have not only surprised our enemies; we have surprised our friends and ourselves.

The British controller of shipping, Sir Joseph Maclay, speaks of this movement across the sea as "A transport miracle." We have been inclined to attribute this achievement solely to our Navy and our shipping, but the British controller speaks in his praise of the share the American railroads had in the work. He says:

"If the American railroads had not been operated with success the whole transport movement might have failed, because it was essential to quick transportation that the troops should be ready for the ships."

Director General McAdoo seems justified in his statement that while the development of the policy of the Railroad Administration requires time, progress has been made toward the goal.—Washington Government Printing Office.

GUARD MILK FOR NAVAL CADETS

The quality of the milk furnished for the use of the future naval officers of the United States Navy at Annapolis is being closely guarded. Representatives of the Dairy Division of the United States Department of Agriculture make monthly visits to the United States Naval Academy dairy at Gambrills, Md., and on each visit the dairy is scored and the bacterial count is taken of a number of samples of milk and recommendations for improvement are made. There are in this dairy about 200 grade Holstein cows.—Washington Government Printing Office.

Ralphs Grocery Co.

SELLS FOR LESS

(Highest Quality Goods)
HOME DEPARTMENT

PROTECTING THE PUBLIC

The advertisements of foods and foodstuffs which appear in this and coming issues of The Clubwoman are from firms which have in every respect conformed to the rigid requirements laid down by the Department of Health, C. F. W. C., as a part of its present campaign for the protection of the public through the elimination of impure foods and food materials. In every case, before a food advertisement is accepted for the official magazine of the Federation, the plant or establishment is thoroughly inspected by a special committee named for the purpose by the Department of Health and composed of qualified experts on the subject. The appearance of such an advertisement in The Clubwoman is consequently prima facie evidence of purity, reliability and patronage worth.

The work of the committee has now been extended to include the inspection of laundries and other establishments whose work affects the public health.

At the head of the department's committee of inspection in the South is Dr. Lulu H. Peters, M.D., Chairman of the Department of Health for the Los Angeles District.

At the head of the department's committee of inspection in the North is Dr. Mariana Bertola, M. D., Chairman of the Department of Health and Child Welfare of the San Francisco District.

GOLDEN AGE MACARONI SALAD

1/4 package Golden Age Macaroni
2 Bell peppers, cut fine
1 small can pimientos, chopped fine
1 cup or more grated cheese
Add salt and paprika.
Serve with Mayonnaise dressing.

Spaghetti With Red Kidney Beans

2 c. canned red kidney beans........ 1/408 cal.
1 T. bacon drippings.................. 100 "
1 T. finely chopped onion............. 3 "
1 T. flour............................. 28 "
1 c. canned tomatoes.................. 57 "
2 oz. bacon cut into small pieces... 335 "
1 10-cent pkg. Golden Age Spaghetti 911 "

1914 cal.

Saute bacon. Make sauce by cooking onion until soft at low temperature in bacon drippings; add flour, stirring constantly until it froths; then add strained tomatoes and cook 5 minutes. Add sauteed bacon and kidney beans and simmer 20 minutes. Line bowl with Spaghetti and into center pour beans and sauce.

Left-over spaghetti and tomato sauce may be used and other ingredients heated with it.

Noodles With Beef or Chicken Gravy

1 10-cent pkg. Golden Age Noodles...508 cal.
2 c. leftover gravy about...............120 "

628 cal.

If gravy is thick, add hot water and let come to boiling point. Mix with hot freshly prepared Noodles and serve.

EAT CORN SAVE WHEAT

FOOD WILL WIN THE WAR

WAR-TIME VACATIONS

Whether you "work or fight" you must maintain your efficiency by proper rest and recreation—and where can tired nerves be more quickly restored than a mile above the sea, among the pines and oaks?

Mount Lowe Resort—Ye Alpine Tavern and Cottages—offers ideal opportunities for an economical vacation—maximum benefit for minimum expense.

American plan—European plan—housekeeping cottages. Free amusements. Moderate prices. Further information from any P. E. Agent, or from Information Bureau, Sixth and Main.

Ask for Mount Lowe illustrated folder.

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Agricultural in Charge of Boys and Girls Extension Work, in the Northern and Western States

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United States Department of Agriculture

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A. C. TRUE, Director

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“Nenette” and Rintintin
Are Here
Coming From Paris via New York!

—If you’ve read of them—or heard of them, you’ll want to SEE them.
—If you are reading of them now, for the first time, let us tell you more!

In far-away Paris, in the well-known house of Paquin, to be exact, a dainty little milliner, nick-named “Nenette,” in a moment of idleness fashioned two quaint little figures of brightly colored yarns.

Proudly displaying them to the others, she said, “Here are ‘Nenette’ and ‘Rintintin,’ my talisman against the Gothas” — (Rintintin was her sweetheart).

The other girls of the shop were quickly fashioning others—and soon “all Paris” was wearing the dangling little yarn people.

They became the fad on the stage—and it is said that a squadrilla of airmen at the front has taken them as its insignia.

Then New York caught the idea and women wanted “Nenette and Rintintin” for blouse ornaments, a-dangle from sport hats and even as automobile ornaments.

Now these funny little yarn folk have come to Los Angeles—to The Broadway’s Millinery Department, where they have been attracting no end of attention.

There’s a pretty little black velvet hat (see picture) that is boasting of being the first to have “Nenette and Rintintin” as trimming.

If you wish a hat so trimmed, come and select the colors you wish used and we will make “Nenette and Rintintin” for you!

P. S.—Did you see what the Express’ “Suzanne” said about The Broadway’s “Nenette and Rintintin” in her fashion notes not long ago?

—Third Floor.