

von Stamm, Miriam Lichtenfeld, Mabel Ellen, Pearl Miller, Mary Madron, Margaret Humes, Grace Hirschman and Daisy Ohlson. Alice Lauer was pianist.

#### Spaghetti Party

Mrs. A. J. Windert will sponsor her regular spaghetti party tomorrow afternoon at Moose Hall at 2 o'clock. The public is invited to come and enjoy for attractive prices.

The Carrieston, by Mrs. J. H. Anthony, was the subject of a lecture given by Mrs. J. H. Anthony at the Pacific Union College yesterday.

The regular meeting of the child welfare department of the Vallejo Women's Club will be held at the community rooms of the First Presbyterian Church next Wednesday afternoon at 2 o'clock. Dr. Cary Shoddy will perform free examinations upon all pre-school children brought to the center. Mrs. Charles Givens is chairman of this department.

Mrs. and Mrs. J. H. Anthony were among the many local people who attended the baccalaureate services at Pacific Union College yesterday.

## To Be Strewn During Biennial

Golden poppies, the symbol of California's sunshine, will be strewn by this state's delegation over the convention hall at Atlantic City at the coming biennial of the General Federation of Women's Clubs, when Dr. Mariana Bertola, president of the California Federation of Women's Clubs, is introduced. The scattering of California poppies will be but a part of the outlined plan of the women of this state to direct the attention of the big gathering to the western coast.

The sessions will be held May 24 to June 4. A Californian, Secretary Herbert Hoover, is slated as one of the big guns of the sessions. He will speak on Public Welfare Day on "What Every Woman Should Know."

Other speakers of the sessions will include C. A. Eaton of New Jersey, W. Graham Rice, W. Green, Mabel Potter Daggett, Grace Abbott, Major J. T. Taylor, Dr. W. M. Lewis, Governor Pinchot, Mrs. T. G. Winter, Mrs. P. V. Pennybacker, General P. Garibaldi, Minnie Muddern Fiske, Dr. J. J. Tigert, Dr. G. O. Smith, Mabel Walker Willebrandt, Dr. H. E. Barnard, C. B. Booth and others.

Subjects touching on women's place in the world today, American citizenship, international relations, war and peace, the great outdoors, recreation, education, prisons and kindred matters will be discussed.

Copies of the manual address of Dr. Bertola marking the 25th anniversary of the State Federation have been released in which a plea is featured for the old-fashioned seeking after righteousness. Declaring the practical thing to do is "this first thing first," state president hints that if youth today is going far afield, if parents are lax, it all has to do with a lack of religious training as a strong foundation on which the young might build their life structure. Dr. Bertola makes a plea for the teaching of the old, basic attributes—honesty, truth, fidelity, sincerity, friendship and love, and declares that by adult rejuvenation, especially in a spiritual way, will come making of the right environment for the future guidance of our youth.

Dr. Bertola pays tribute to past and present Federation officers and members and declares the growth of the California Federation has been not rapid, but one of strength and surety.

### GRANT P. T. A.

Members of the Grant P.T.A. will hold a food sale next Wednesday afternoon at the library in South Vallejo. The co-operation of parents of children attending this school is asked by those in charge. The sale will be held from 2 to 4 o'clock. Mrs. H. C. Short is the chairman in charge.

O. L. Brizgindine, 325 Illinois street, is reported confined to his home under the care of a physician.

The McKinley P. T. A. has completed plans for a card party to be held next Tuesday evening at the school. Parents of all children attending the McKinley school are given a special invitation. Four prizes will be awarded for high scores. The committee of arrangements includes Mrs. Bert Wilson, chairman; Mrs. Prize, Mrs. Massey and Miss Helen Williams.

### PERSONAL

George Robert Wolf, who has been employed as a clerk at the Hotel Fairmont pharmacy, San Francisco, has returned to work at the Boll & Kilpatrick drug store here.

Dr. and Mrs. David O. Zeigler (nee Grace Klemmer) are spending the week end with relatives and friends in Vallejo. Dr. Zeigler is attached to the Naval Hospital at Mare Island, but is serving a month's detail in San Francisco.

Mr. and Mrs. R. B. Allison, Jr., are returning on the U.S.S. Chautauque tomorrow. Mr. Allison was master pattern maker at Cavite, where he has been for the past three years. Thomas Adams is also expected to return here on the Chautauque.

## Sister Mary's Kitchen

BY SISTER MARY

**Breakfast**—Stewed rhubarb, crisp broiled bacon, creamer potatoes, bran muffins, milk coffee.

**Luncheon**—Spinach soufflé, rye bread, dried fruit conserve, milk, tea.

**Dinner**—Roast shoulder of lamb, new potatoes in parsley butter, new carrots in orange cream sauce, pineapple bavarian cream, bran bread, milk coffee.

No dessert is planned in the luncheon menu. The conserve with bread and butter is planned to furnish the "sweet." This substitute can often be used and the housewife who would make the most of her food allowance will do this. Preserve and jellies will bread and butter, provided a fruit dessert is not needed to balance the meal, preclude the need of pie and cake.

Be thrifting in your use of spinach. The family will learn to like it time regardless of their scathing remarks.

#### Spinach Soufflé

One pound spinach, 1 tablespoon butter, 1/2 tablespoon minced onion, 1 tablespoon flour, 1/2 teaspoon salt, 1 cup milk, 4 tablespoons grated cheese, 3 eggs.

Wash spinach through many waters, drain and mince. Melt butter, add minced onion and cook over a low fire for five minutes. Add spinach and stir with a fork until well coated with butter. Cover and cook five minutes. Sift over flour, stirring with fork until perfectly blended. Add milk and cook until mixture thickens. Season with salt and pepper and add grated cheese. Bring to the boiling point and remove from fire. Add the yolks of the eggs well beaten and fold in the whites of the eggs beaten until stiff and dry. Turn into a well buttered baking dish and

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