

Outdoor Life Requires Hearty Food;
Mrs. Wilson Gives Western Recipes

Splendid Soups Vary Today's Menu—Some Prize Cakes That Whet the Appetite and Make Good Desserts

By **MRS. M. A. WILSON**
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OVER the great highways and small byways to our great Northwest, I have traveled far for some old-time dishes of the old country. Minnesota's wheat fields are filled by sturdy farmers and quite a few of them still have the old-world dishes.

Running a heavy tractor or working the field with a team, out in the open, the sunshine and fresh air gives them a hearty appetite that would surely surprise our Eastern folk. Along about the noon hour the dinner horn sounds its blast far and then with a "Let's go, boys," they cross the fields for their nooning.

I have brought to this page two splendid soups, both meatless; they are great favorites during the spring and summer season. Try them and I am sure you will like them for variety.

Russian Cabbage Soup
Place in a soup kettle
Five tablespoons of salad oil.
One-half cup of onions, sliced.
One small head of cabbage, shredded.

Two grated raw beets.
Two grated raw carrots.
Cover very slowly and steam until very soft. Do not brown. Now add three quarts of water and then cook slowly for one and a quarter hour, adding salt and pepper to taste. Now place in a mixing bowl.
One-half cup of water.
One cup of sour cream.
One-half cup of flour.
One and one-half teaspoons of salt.
One and one-half teaspoons of pepper.

Stir to dissolve the flour and then bring them to a boil and cook slowly for one-half hour and then serve.

Swiss Soup
Wash one-half pound of dried peas and soak over night. In the morning place in a saucepan and cover with three quarts of cold water. Cook slowly and then add
One bunch of green onions, chopped fine.
One bunch of leek, chopped fine.
Egg of soup herbs.
Two mint leaves.
One pint of finely shredded ocarose.

One-half teaspoon of thyme.
Cook slowly until all peas are very soft and then rub through a sieve and return to the saucepan and season well.
Here is a real gipsy dish I obtained while browsing about the country. Try it and you will find how splendid it is. Select for this dish either a flank or chuck steak. The amount required for six people is about one and a half pounds.
Heat the skillet until very hot and then cut the meat in suitable pieces for serving and then brown very quickly in a hot pan and lift to a steaming plate as soon as it is browned. Now add three small knuckles of veal. Cover with plenty of boiling water and cook on a simmering burner for one hour.

Now add
One dozen small onions.
One-half dozen small carrots.
Two young turnips, cut in quarters.
One-half teaspoon of savory herbs.
One-half teaspoon of garlic.
The cup of shelled peas or one-quarter cup of dried peas, soaked and parboiled.
Cover slowly and simmer for one and a quarter hours and then add one package of noodles and salt and pepper to taste. Cook for fifteen minutes and then remove the knuckle of veal and discard the gravy slightly and add finely chopped parsley and serve in a soup platter.

This is an entire meal and needs but bread butter and a cup of tea and a fruit dessert to complete it.
The veal is minced from the knuckle when cold and is prepared as follows:

Inky Pinky
Place four tablespoons of shortening in the skillet and add four tablespoons of flour and brown until a rich mahogany color. Now for the petals.
One cup of sliced onions.
One-half cup of sliced cooked carrots.
One-half cup of sliced cooked beets.
One bunch of leek, minced very fine.
Slammer gently for half hour and then add the veal and
One-half teaspoon of herb seasoning.
One and one-half teaspoons of salt.
One-half teaspoon of pepper.
Four tablespoons of vinegar.

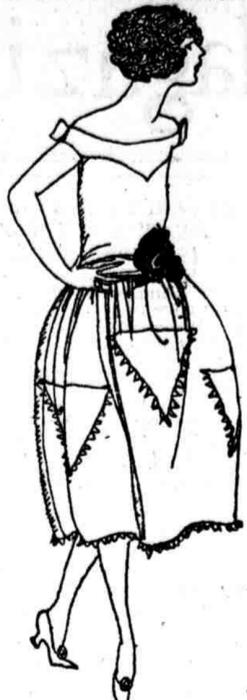
Stir to blend and then cover the top of this stew with three tomatoes, sliced very thin. Cover closely and let simmer for fifteen minutes to heat thoroughly. Serve mashed potatoes, cold stew, bread and butter and tea and a dish of stewed fruit to complete this meal.

Breusicht
Place in a saucepan
Two cups of water.
One leek, chopped fine.
Three slices of minced fine.
One-quarter teaspoon of poultry seasoning.
Bring to a boil and add six tablespoons of wheat cereal and cook until thick, like for breakfast porridge, and then turn into a bowl and let cool.
Place in a saucepan one and a half quarts of breast of lamb and cover with boiling water and add
One-half dozen small onions.
One large onion, cut in dice.
Cover and cook slowly for one and three-quarter hours. Season and then thicken in a gravy. About three-quarters of an hour before serving the stew add to the cereal in the bowl.
One and one-half cups of flour.
Two teaspoons of baking powder.
One teaspoon of salt.
One-half teaspoon of pepper.
One-half cup of finely chopped parsley.

One-half cup of fine bread crumbs.
One egg.
Mix and then form into balls the size of an egg. Place two quarts of boiling water in a large flat steppan and drop in the dumplings and cook closely and cook for fifteen minutes. Lift and then form into border on a large hot platter. Then place stew in the center and garnish with finely minced green pepper and serve.

The following are some sweet dishes from the waving wheat fields of Minnesota:
Sour Cream Chocolate Cake
Place in a mixing bowl
One cup of sugar.
Yolks of two eggs.
Three-quarters cup of thick, sour cream.
Mix well to blend thoroughly and then add
One-half cup of cocoa.
Two and one-quarter cups of flour.
Two level teaspoons of cinnamon.
Beat to mix and then bake in two well-greased and floured deep layer cake pans in hot oven for twenty minutes.
Now place in a saucepan
One-half cup of sirup.

TRIANGULAR MOTIF
POPULAR THIS SEASON



By **CORINNE LOWE**

That the sum of three triangles is equal to the sum of smartness of a dance frock is proved by the charming model shown today. Now, in south, we can mention the eternal triangle with deep conviction, for the season's frocks are ornamented with this motif, ranging in size from the tiniest mold to the adult size illustrated here. This particular frock cleets for its foundation.

COME HAVE LUNCHEON AT
Meershan's Cafe
92nd and WALNUT
TOMORROW'S MENU
Chicken Ome Soup
Choice of Braised Short Ribs of Beef
Cresole or Fried Oysters (Platter)
Rolls and Butter
75c
Private Parties and Dinners a Specialty
Serves, Grill and Chicken Dinners
CAFE OPEN EVERY SUNDAY

Chinese pink taffets, and the triangles are bounded on two sides by loops of silver braid. This braid is repeated at the top of the skirt in a large black-satin rose accents the long corsage wrinkling down to the hips. The corsage itself is trimmed only by a shaped piece of the material projecting into small loops at the shoulders.

Adventures With a Purse

"TAKE along a book" is the new book slogan, and I think it is a very good one. After all, there is no friend quite like a book friend, and I love to run my hand over the back of some book I have read with pleasure that lasted from cover to cover. "The Busy Publisher" put me in touch with a book that is somewhat the style of Lewis' book, but which, in my humble opinion, is infinitely superior. It tells of the small town of Mapleton, of the unjust treatment of the downtrodden, of so many the sins in such a delightfully charming manner, that the reader's attention never once wavers. The book sells for \$1.00 and should be among the collection of each vacationer and the stay-at-home as well.

There comes a new nail polish which gives a luster to the finger tips that would make the most sparkling of cut glass jealous. It is a liquid, and just a touch is required on each nail. The polish lasts from seven to fourteen days and is entirely harmless. Washing does not affect it and it's an entirely new product. It is priced at 85c a bottle.

Something new in collars and cuffs is always acceptable, and so you'll be interested, I am sure, in those I saw recently on display. The sheers of white organdie embroidered with tiny silk flowers and the greenest of green tervals is about a half inch. The organdie is priced at \$2.25 a yard and about a yard and a half would be ample.

For names of shops address **Woman's Press** Editor or phone Walnut 5000 or Main 1001.

Washing Silk Stockings

You should not soak white or colored silk stockings. They should be washed out quickly in warm water and a good white soap and rinsed well in clear water. Then put them in a coarse towel and wring them out as far as possible before hanging up to dry. And do not hang them in the sun to dry. Neither should you iron them. The same recipe may be used for washing silk gloves as well.

If you follow these instructions you will never fade, nor yellow, nor spot, and they will dry quickly.

WANAMAKER'S DOWN STAIRS STORE

Wanamaker's Down Stairs Store

Like a Cool Breeze From the North

—that is what it is like to step off the hot, sun-flooded pavement of Chestnut Street and down the stairs into the Down Stairs Store!
Cool, pleasant, roomy and refreshing—people find it the most satisfactory way of getting to Elevated trains and Subway cars.

Two entrances, on either side of the main Chestnut Street doors, lead directly to the Down Stairs Store.



A Sale of Women's Cool Voile House Dresses, \$1.50

Imagine a cool, pretty frock all ready to put on for \$1.50! There are eight different styles among these fresh, pretty dresses in light and dark colorings. Some have white organdie collars and cuffs, some are trimmed with lace and others have frills of self materials. Almost all of them have pretty sashes. All are delightfully cool and oh, so low in price!
Sizes 36 to 46 and plenty for everybody.
(Central)

Center Aisle Opportunities

Mill Clearance of Fiber and Wool-and-Fiber Rugs Average Third Less

We were able to pick up this excellent lot of rugs to sell at a considerable saving to those interested in homes. The rugs are fine and perfect of weave, but sizes are slightly irregular. Attractive colors and combinations, some in the well-known art style.
Approximately 27x54 inches at \$1.25, \$1.50 and \$2.50.
Approximately 36x63 inches, \$1.50, \$2, \$2.50 and \$3.75.

44-Inch Cool White Voile, 35c Yard

Sheer, soft quality for frocks, blouses, and some women use it for the finer curtains.

10-Yard Pieces of Longcloth, \$1.50

For cool underclothes, nightgowns and other Summer uses. Good quality, 36 inches wide.

Big Snowy Turkish Towels, 35c

20x40 inches. They are soft and spongy and make one cool just to look at them!

White Leather Handbags, \$1

Women have been asking for them, for they look so well with light clothes. Made in puff shapes with inside mirror.

Leather Belts, 35c

A new shipment brings plenty in white and black-and-white combinations.

1000 Cool Summer Nightgowns, 85c

Five simple slip-over styles of pink or white nainsook. Featherstitching, hemstitching, embroidery medallions and strips of lace are used for trimming.

Pink Crepe Bloomers, 85c

Made of trade-marked crepe, cut on a generous pattern with blue-stitched knee ruffles.

Remarkable 85c Petticoats

White nainsook ones with deep embroidery flounces and underlay.

White Skirts for Juniors and Small Women, \$1

Plated or gathered styles of white jean in 28, 30 and 31 inch lengths.

Semi-Annual Sale

Broken Lines of Fine White Shoes Reduced to

\$10

CLAFLIN, 1107 Chestnut
Established 1888

Things You'll Love to Make

Feather Flowers



A charming novelty trimming is shown today in these FEATHER FLOWERS. The centers of the flowers are wooden buttons painted yellow. Use any kind of feathers for the petals. Paint or dye them if you want any special color. Cut the feathers into the shape of the petals. Glue the petals to the back of the button. Use smaller buttons for the smaller flowers. Cut pieces of the feather the shape of leaves and fasten these lovely FEATHER FLOWERS to your hat by using a small glass bead over the hole in the wooden button. FLORA.

the Fabrics
COLGATE'S FAB
Because FAB Dissolves Completely
it leaves no undissolved lumps of soap to stick to your garments and spot them. It entirely dissolves the dirt in the tiny meshes of fabric and therefore requires less rubbing and less rinsing.
A Test is Your Proof
FAB—a new soap-flake—made by Colgate & Co.—safely washes fine FABrics.

THE ELSO
Is a New Elastic Girdle That Is an Improvement on All Others

It's the best elastic girdle we have ever seen and has several features which are unique.
First, it laces in the back and has a shield beneath the lacing, enabling the wearer to loosen or tighten the corset at will.
Second, it is reinforced with coutil across the front, which prevents stretching.
Third, it has just enough boning to keep it from wrinkling uncomfortably—fairly heavy steels in back and front with three light ones over each hip.
It is made of firm pink elastic of good quality, yet not so heavy as to be hot or uncomfortable in Summer. It is the ideal corset for tennis, golf, horseback riding and all outdoor exercise, as it combines perfect freedom of movement with trim, well-modeled lines.
In 12 or 14 inch depth, \$3.
A lighter model with less boning, 10 inches deep, \$2.25.
(Central)

Men's White Oxfords, \$6.40

That's a little price for good-looking Oxfords of white leather, like buckskin, with full wing tips, perforations, rubber soles and heels!
Tennis Shoes and Oxfords, \$2 to \$3.75
Men's and boys' shoes and Oxfords of brown or white canvas, some trimmed with leather, are in sizes from small 11 to big 11.
Tan Calfskin Oxfords, \$7.50
Built on English lasts, in straight-lace style, with floured toes, these Oxfords of good tan calfskin are excellent buys!
(Gallery, Market)

Vacation Footwear for Women, Special, \$5.25

Decidedly the thing to wear with suits, sleeveless dresses, sports skirts and particularly nice for vacation!
Many models are in plaid voile, batiste and striped dimities, all snowy, sheer and fresh. Some have short sleeves.
Some of the blouses are quite plain and others are trimmed with tucking, frills or picot edging.
Sizes for women and girls.
(Market)

Low White Sports Shoes, \$6.90

White canvas Oxfords and strap pumps are trimmed with tan leather. Heels are medium.
White buckskin Oxfords and strap pumps are very good-looking. They have straight tips and saddle straps.
Especially smart are the sports Oxfords of white leather, like buckskin, with rubber soles and flat rubber heels.
Not all sizes in every style, but good choosing.

Children's Pumps, Special, \$1

These are ankle-strap pumps of white canvas and black patent leather, in sizes 2 to 5. The good leather soles are turned.
(Chestnut)

Children's Princess Slips, \$1 to \$2

Delightfully soft and well made, these are unusually good at the prices. There are many styles trimmed with lace and embroidery. For girls of 4 to 16 years.
(Central)

Organic Points Special, 10c a Yard

Yards and yards of this most refreshing trimming for all kinds of frocks—especially the slip-overs! They are somewhat like a glorified edition of rickrack braid.

New Vestings \$1.50 to \$4.25 a Yard

(But it doesn't take anywhere near a yard to make a vest!) Great variety is to be seen among the newest organdie vestings—allover tucking, shirred net insertions, embroidery and lace. Net and lace combined are also pretty. Widths vary from 13 to 19 inches.
Pleatings and Bandings
(many of which match the vestings) are 3 1/4 to 4 1/2 inches wide at 55c to \$1.50 a yard.
(Central)

New Bathing Suits Extra Good at \$3.25

All four styles are made of durable black surf satin or Venetian, cut on the simple straight lines which, after all, are the most practical and comfortable.
One style is in all black with a square neck.
Another has a scalloped skirt which is piped in white or green to match the pipings at neck and pockets.
A third suit has four little ruffles at the sides, each piped with white or green.
It has a collar of white or green to match the band on the skirt and can be had in sizes 48 to 52.
Tights to Wear Under These Suits
are of black cotton at 50c, 85c, \$1 and \$1.35. Of part wool at \$1.65 and \$2; of all wool, \$2.90.
Beach shoes are 50c to \$2.75.
Beach capes of black surf cloth are \$5.75.
(Market)

Men's Light-Weight Cheviot Suits, \$16.50

(Each suit all-wool, through and through)
Of mixed chevits in the good gray and brown colorings that men like for Summer. They're good business suits and equally pleasant vacation companions.
Mostly single breasted and semi-conservative as to style.
Wanamaker suits in every sense of the word, with average savings of a third.
All regular sizes up to 42.

Men's Cool White Pajamas, \$2.65

White always seems cooler than color and these pajamas are of very soft, smooth white cotton with a highly mercerized finish. They are cut amply full and fasten with unusually good pearl buttons.
(Gallery, Market)