Some Ideal Picnic Suggestions for Day's Outing Offered by Mrs. Wilson

Pack Your Baskets for Light Marching Order to Give the Least Trouble—Sandwich Fillings and Desserts Are Today's Special Recipes

By MRS. M. A. WILSON

(Copyright, 1921, by Mrs. M. A. Wilson. All rights reserved)

A DAY'S outing in the park or country with the mother and children should be part of the weekly regime. This picnic can be arranged so that the business folk can join them after business hours. The wise mother does not allow the younger children to overdo their strength, but rather lets them lazy around and then, when the older folk come, be ready to wait on them, for they have had a strenuous day in the business world.

Start early in the morning and pack the food in boxes or basket. Take along a bean bag and a rubber ball. It is very foolish to allow young children to play in the open; they will burn and become overtired. So seek sheltered spots for them and time their play; forty minutes is a big allowance.

Tell them stories of how the Indians and early settlers made nice snug little beds of grass and leaves and let them arrange little individual beds; cover these with a cloth or mat and let them rest an hour or two. Take picture books or games and let them have a day's rest in the open air. Let them fuss over the business members of the family when they arrive in the evening. This kind of an outing will give them many real gains in health.

How to Pack the Lunch Kit

The use of paper plates and cups makes for much economy in service and labor. The usual knives, forks and spoons make for comfort. Take along a large pail for drinking water and be assured that this water is drawn from a spring or well that has been inspected. Using water from unknown sources, is a dangerous thing and, aside from typhoid, it is frequently the cause of intestinal disturbances—hence an ounce of prevention is worth more than a pound of cure—don't guess, but know

Dainty and attractive picnic meals are possible with very little trouble. Remember that light marching order for these outings is the rule, unless you have a car. Wax paper and a number of small cartons will soon solve the food problem. Lemonade is a satisfying drink and can be easily prepared.

Ream out the juice of the lemons and place with the required amount of sugar in a fruit jar. Fasten the top securely and it is then ready for easy transportation. Just a word about preparing the lemons—use one medium-sized orange to every four lemons and note the improvement in the lemonade.

For those who like the flavor of mint, a small bunch of mint may be crushed and added to the lemonade.

Pickles, jellies and coleslaw may be placed in paper cups and covered with wax paper, and a rubber band used to fasten them; they can then be packed securely in a box or carton.

Some Attractive Sandwiches

Purchase two sheep or pigs' tongues and cover with boiling water. Add

Bit of bay leaf,
One onion,

and cook until tender. Allow tongue to cool in water and then chill. Now remove the skin and put the tongue,

Six branches of parsley,
Four pimentos,

Through the food chopper using the fine knife, then add

One-half cup of mayonnaise,
One-half teaspoon of salt,
One-half teaspoon of paprika,
One-fourth teaspoon of mustard.

Mix well and then use for sandwich filling.

Salmon Mayonnaise

Open a can of salmon, remove the bones and skin, then break into flakes and add

Two onions, minced very fine,
Two green peppers, minced very fine,
Four branches of parsley, minced very fine,
One cup of mayonnaise,
One sour pickle, chopped fine,
Juice of one lemon,
One teaspoon of salt,
One-half teaspoon of pepper,
One-fourth teaspoon of mustard.

Toss to blend and then fill into Mason jar. Wash crisp leaves of lettuce and roll lettuce in wax paper.

Try this delicious wheat nut loaf:

Place in a mixing bowl

Three cups of unsifted whole wheat flour,
One cup of sifted white flour,
One-half cup of brown sugar,
One teaspoon of salt,
Three level tablespoons of baking powder,

Rub between the hands to mix and then add

Two cups of buttermilk,
Four tablespoons of melted shortening,
One cup of finely chopped nuts,
One cup of finely chopped seeded raisins.

Chop and work this dough with a large spoon for five minutes to mix. Then bake in two narrow loaf-shaped pans for thirty-five minutes in a moderate oven. This bread slices very nicely when a day old.

The young folks are likely to consider the picnic a failure unless there is a cake and some sweets, so include a cake and a few home-made sweets to complete the bill of fare.

Chocolate Cake

One cu pof sugar,
Six tablespoons of shortening,
One egg.

Place in a mixing bowl and cream well; now add

Two and one-half cups of flour,
One-half cup of cocoa,
Four level teaspoons of baking powder,
One-half teaspoon of cinnamon,
One cup of milk or water.

Beat to mix and then add

One and one-half cups of seeded raisins,
One cup of finely chopped nuts,
One cup of prunes, stoned and cut in bits,

Mix thoroughly and then bake in a round pan with a tube in the center for forty-five minutes in a moderate oven, and when cold cover with chocolate icing.

Chocolate Icing

One cup of confectioners' sugar,
One-half cup of cocoa,
One tablespoon of cornstarch,
One tablespoon of butter,

Sufficient boiling water to make a mixture that will spread. Beat until smooth and use for icing cake.

A glass or two of jelly that can be spread on plain bread and butter will usually satisfy the small child, but the larger girl and boy will enjoy a piece of candy, so try this fudge; it is splendid:

Newport Fudge

One and three-fourths cups of brown sugar,
One cup of granulated sugar,
Four tablespoons of butter,
Six tablespoons of corn sirup,
Six tablespoons of evaporated milk,
One-half cup of cocoa,
One-half teaspoon of cinnamon,
One teaspoon of vanilla.

Stir to dissolve the sugar and bring to a boil. Cook for eight minutes, then remove from the fire and beat well until creamy. Turn into well-greased pan and mark into squares. Let cool. Nuts or raisins may be added if desired.

Stuffed prunes and dates are delicious on a picnic. Remove the stones from the prunes or dates, then put through the food chopper

One-half pound of shelled peanuts,
One package of raisins,
Peel of one-half orange,
One strip of lemon peel,
One cup of coconut.

Add two tablespoons of sirup to this mixture and work to blend. Use for forming into a filling, or it may be formed into balls and rolled in powdered sugar and let dry.

Crushed fruits sweetened to taste, then packed into jars, are very easily carried, and when served over cold brown Betty, are delicious.

One family that spends two days each week picnicking uses an old bread box to pack the foods in and then, when reaching the selected picnic grounds, the box is placed on two stones, which keeps it free from insects and keeps the food cool.

Teach the children that this outing is to give them a chance to enjoy God's sunshine and fresh air, and that if they race about they exhaust their vitality and so become overtired and cross, and, if overheated, illness is liable to follow. Let them bring along their little dolls or mechanical toys and play quietly in under the cool, shady trees, instead of romping in the hot sunshine, and then they will be able to return home in the cool of the evening, much benefited by their outing. By all means select a spot that is convenient for the business folk of the family to join you. Do not forget to take along a toilet case of soap, towels, etc., so that they can refresh themselves after leaving the dusty city.

LITTLE BENNY'S NOTE BOOK

By Lee Pape

Us fellows was setting on my frunt steps tawking about diffrent things in genrel, nuthing special in particuler, and Sam Cross sed, Heer comes Puds Simkins with his sore thum, gosh you mite think he had radium on it insted of jest a blister.

You mite think it was a broken leg the way he's got it all rapped erround, sed Lew Davis.

G, he thinks he owns the werld with a fents erround it jest because he's got a sore thum, I sed.

Lets dont pertend we even notice it, lets leeve on we never even herd of his sore thum, sed Reddy Merfy.

Wich we did, jest saying, Hello Puds, ware you bin? instead of saying, Hello Puds, hows your sore thum? And Puds sat down holding his sore thum away out conspicuous, and none of us fellows dident say enything about it, and Puds sed, G, if you fellows had wat I got you'd be feeling something all rite.

Being a hint for us to start to tawk about his sore thum, which we dident, and after a wile Puds sed, Hay fellows, I can take the bandige off now, G you awt to see that blister, does enybody wunt to look at it?

Wich nobody sed weather they did or not, and Puds sed, Do you wunt to look at it, Skinny?

Wat, that darn thing? sed Skinny Martin, thats no good, I wouldent look at it if you paid me.

Thats no more intristing to me than a deserted mud puddle, I sed, and Sam Cross sed, Id drather look at a hole in a fents than that.

Id drather look at a old hunk of newspaper with nuthing in it but avvertizements, sed Reddy Merfy. And all the fellows started to say wat they would drather look at, and Puds sed, Aw, wat do I care, who wunts you to look at it, you aint got eny simpathy and I wouldent wunt eny of it if you had.

And he got up proud and went over to Loretter Mincer steps, and there was about 4 gerls setting on them and pritty soon they was all looking at Pudses sore thum and making sounds as if a fearse axident was happening.

Proving you can allways get simpathy if you look long enuff.

McClees Galleries
1307 WALNUT ST.
PAINTINGS CLEANED and RESTORED
ALL KINDS OF FRAMING
Estimates Cheerfully Given

Need Money? We Buy Old Gold, Silver, Platinum, Diamonds, Jewelry, Etc.
PENN SMELTING CO.
The Old Gold Shop
906 FILBERT ST. Est. 1887

Mattresses Renovated
SIZES ALTERED
Feathers Renovated and Made Into Mattresses
Brass Beds Relacquered
SICHEL'S 1104 S. 2d St. Phone: Lom. 4703 Est. 37 yrs.

SAVE COST
of Repairing and Replacing
UNION METAL COLUMNS
Last a Lifetime
Prices as Low as Good Wood Columns
PEARCE FIREPROOF CO.
1345 Arch St., Phila.

SAMPLE TRUNKS & CASES
MADE TO ORDER
Also
TRUNKS, BAGS & SUIT CASES REPAIRED
Victor Valise Co., 48 N. 7th St.
Mkt. 2085

Adelphia Garden
Being 21 stories above the heated street is only part of the story. Good food, moderate prices, fine music, beautiful surroundings — these play their part. A fine place to bring wife and daughters for Luncheon, Dinner and Supper.
Dancing 8.30 till Closing
HOTEL ADELPHIA
CHESTNUT AT 13TH

Straws & Panamas
Cleaned and Remodeled
In the newest shapes for Summer.
Our 40 years of experience is at your service.
STEINMAN
PRACTICAL HATTER
54 N. 7th St. Phone: Market 2437

For Your Prettiest Summer Frock!
We have won a record for showing the loveliest summer wash Dress Fabrics at the lowest prices in town! Just a word of a new arrival of
Batistes and Voiles, 38c yard
These come in the much favored checks in color, with white—like the new ginghams. They are 36 inches wide—wonderful at this price.
Ginghams, Exceptional, 18c and 24c yard
A wealth of smart and very much wanted checks, stripes and new plaids.
W. H. Smith & Sons 914 Walnut St.
Dry Goods at a Saving
Thousands of Mill-Ends and Remnants in All New Wash Goods

for bruises
Absorbine, Jr. should be applied promptly, for the chief danger from cuts and bruises is the danger from infection.
Absorbine, Jr. is both a corrective and a preventive remedy; an efficient antiseptic it prevents infection, and its healing and soothing properties take out all the soreness from the wound.
$1.25 a bottle at most druggists'
W. F. YOUNG, Inc.
Springfield, Massachusetts
Absorbine, Jr.
THE ANTISEPTIC LINIMENT

MARKET ST. BEEF CO.
5221 Market St. 5939 Market St.
Prime Rib Pin-Bone Rump Bolar ROAST Choice of Any Cut 25c lb.
Lean Boneless Stewing Beef, Shin or Neck of Beef, 12½c lb.
Fresh Ground Hamburg Steak ..... 12½c lb.
Lean Brisket Beef for Soup ..... 3 lbs. for 10c
Strictly Fresh Eggs, big and meaty, in cartons .... 40c dozen
Best Creamery Butter in the city ..... 40c lb.
Nice Lean Boneless Bacon, sliced as you like it on our own machine ..... 25c lb.
Best Sugar-Cured Corned Beef (all cuts) ..... 12½c lb.
We save your carfare by selling you Wilson's Certified or Nut Margarine or X. L. Margarine, 3 lbs. for 50c
MARKET ST. BEEF CO.
5221-23-25 Market St. and 5939 Market St.
Deal at the Store Most Convenient to You
One car ticket brings you from almost anywhere.
For your convenience, we are open Friday and Saturday until 9:30 P. M.

LAFF WITH FALSE TEETH? SURE!
Dr. Wernet's Powder
KEEPS THEM TIGHT
Relieves sore gums, sweetens the breath. A white powder. At best Drug or Department Stores, 30c., 60c., $1.00 or write direct to Wernet Dental Mfg. Co., 115 Beekman St., N.Y.

Cuticura For All Skin Irritations
Bathe with Cuticura Soap and hot water to free the pores of impurities and follow with a gentle application of Cuticura Ointment to soothe and heal. They are ideal for the toilet, as is also Cuticura Talcum for perfuming.
Sample Each Free by Mail. Address: "Cuticura Laboratories, Dept. 30, Malden 48, Mass." Sold everywhere. Soap 25c. Ointment 25 and 50c. Talcum 25c.
Cuticura Soap shaves without mug.

Another GRANT Triumph
The World's Best SILK HOSE for $1
Black, White, Tan, Cordovan

12-strand silk threads used instead of 10-strand silk threads. Only an expert can tell the difference—but the wear is nearly double.
Seam at the back.
Free from cloudy appearance when worn.
Twenty inches of pure silk up to the knee.
Five-inch mercerized hemp at the top.
Double sole and high spliced heel.
Knitted to fit snug around the ankle.
All dollar silk hosiery has some of these features—but none that we have ever found contained all these strong points.
W. T. Grant Co.
920 Market St.
Next to Postoffice

Ivinssponge Cake

For the week-end picnic lunch!
WHETHER you motor out into the country—or spend a day in beautiful Fairmount Park—or just serve a dainty "picnic lunch" at home—
Ivinssponge Cake will help to make Saturday and Sunday, or any day in the week, a day of perfect enjoyment!
Buy a whole 2½ lb. Ivinssponge Cake from your grocer, enough for the whole family for several meals. Learn that the famous Ivins Baker, by using only tested eggs, finest flour and other pure ingredients, has baked a cake such as most housewives yearn in vain to produce in their own kitchens!
J. S. IVINS' SON, Inc.
"Baker of Good Biscuits in Philadelphia since 1846"

ASCO ASCO AMERICAN STORES CO. ASCO ASCO
Do You Realize What a Rare Bargain This Is?
Don't consider Asco Coffee a twenty-five cent coffee merely because it is sold at 25c per lb. Asco Blend is a combination of rich, full-bodied, high-grade coffees grown on the best cultivated plantations of the tropics. In fact, coffees of the same high grade are being sold elsewhere for 40c and 45c per lb., but, by various economies effected through our Producer-to-Consumer Plan, we are able to give you this splendid coffee for only 25c per lb.

ASCO Coffee lb. 25c
Get acquainted with this delicious coffee. The first cup will convince you that if you are paying more than 25c for coffee, you are throwing money away.
Taste the difference?
Gorton's Cod Fish Cakes can 18c — Enough in each can for a family of three. Just make into cakes and fry.
New Pack Peas can 12½c — Asco Sifted Peas cut to 19c can — With the "right-from-the-garden" taste.
FAB For Fine Fabrics pkg. 11c — It won't harm anything that plain water won't harm. Try a package.
Gold Seal Flour 5 lb. Bag 31c — Highest quality all 'round family flour. Asco Baking Powder can 5c, 9c, 17c
Louella Butter lb. 50c — It justly deserves its name—the finest butter in America. Richland Butter lb. 45c — Pure creamery prints. Big Value.
Gold Seal Eggs carton of twelve 43c — Big beauties, selected for their size and weight. Fresh from the nest. Strictly Fresh Eggs doz 38c — Every egg guaranteed absolutely fresh.
Asco Evap. Milk can 6c, 12c — Better than cream for your coffee and tea and stays sweet longer.
Calif. Prunes lb. 10c, 17c — Big meaty fellows from Sunny California.
Elkhorn Cheese tin 12½c — Two styles. Pimento and American Cheddar. Nice and "nippy."
Need a Broom? 45c Brooms cut to 39c; 60c Brooms cut to 54c; 70c Brooms cut to 64c
Asco Corn Flakes pkg. 9c (3 pkgs. for 25c) — A nourishing cereal of exceeding goodness and high food value.
ASCO Teas

¼-lb. pkg. 12c; ½-lb. pkg., 23c; lb., 45c
For a glass of real Iced Tea, try our Orange Pekoe. It's wonderfully refreshing.
Orange Pekoe, Old Country Style, India Ceylon, Plain Black, Mixed
Fancy Reedbird Norway Mackerel 3 for 10c — Each fish a nice individual portion. Very tasty. Try them.
Best Pink Salmon can 10c — The finest Pink Salmon caught in the headwaters of far away Alaska. Best Red Salmon can 30c
Victor Bread Big Loaf 6c — Big, golden brown loaves that are a delight to the eye and a treat to the palate. Victor Bread stays fresh.
Quality and Economy: Asco Dried Beef pkg 10c; Asco Sliced Bacon pkg 18c; Asco Cornstarch pkg 7c; Asco Jelly Powder 3 pkgs 25c; Asco Pork & Beans can 10c; Asco Macaroni pkg 9c; Asco Spaghetti pkg 9c; Asco Bread Crumbs pkg 10c; Asco Ice Cream Salt 6-lb bag 15c
To Beat the Heat Here's a Treat! Asco Sarsaparilla, Ginger Ale, Root Beer 12½c bot. $1.45 doz. Pure Grape Juice, pt bot 29c. Keep a dozen bottles handy.
More Big Values! Pure Jellies glass 10c; Window Screens each 65c; Pleasant Val. Evap. Milk can 10c; Best Pure Catsup bot 10c; Calif. Asparagus can 18c; Calif. Sardine Herrings can 19c; Choice Rice lb pkg 7c; Best Honduras Rice lb pkg 10c; Asco W. D. Vinegar bot 12c
Our Meat Markets Now Total 190
Whole Cut Chuck Roast lb 8c
Rolled Shoulder lb 12½c; Boneless Pot Roast lb 12½c; Thick End Rib Roast lb 17c; Cross Cut Roast lb 20c; Finest Standing Rib Roast lb 25c
Delicacies Ready to Serve
Sliced Lebanon Bologna ¼ lb 8c — Whole Pieces, lb. 25c
Sliced Dried Beef ¼ lb 12c — Whole Pieces, lb. [illegible]
Sliced Large [illegible]gna ¼ lb 7c — [illegible]ieces, lb. 22c
Sliced Cooked Ham ¼ lb 16c — Whole Hams, lb. 50c
All Smoked Hams lb 35c
Asco Stores all over Phila. and throughout Pennsylvania, New Jersey, Delaware and Maryland
ASCO ASCO ASCO ASCO ASCO ASCO ASCO