MRS. WILSON GIVES SOME GOOD DISHES FROM SPAIN

Enchillades Consists of Chicken and a Batter Baked Into Pancake—Chile Con Carne Delicious and Easily Made

By MRS, M. A. WILSON , 1920, by Mrs. M. A. Wilson. All rights reserved.)

SLOE-EYED daughter of Andabrings to the cosmopolitan lusia brings to the cosmopolitan kitchen this week some of the dishes from sunny Spain, the home of the picturescue and gallant chevatier, whose love for his food surpasses that which he gives to his immortella. Sweet and pungent spiced foods are necessary to those who inhabit the semi and tropical climes, and for this reason all the des-serts are spicy and frequently very while the staple toods are highly weet, while the star

The Spaniard knows nothing of cornneal, but he dearly loves dishes made zee mays-maize-or the Indian which is something about as our cornmeal, only the Span-

Enchillades This typical all-Spanish dish is made

chicken and a batter baked into a How to Prepare the Chicken

Remove the seeds and veins from six eppers and then nour boilput the prepared peppers and

Two large tomatoes. One-half clove of garlie Tico medium sized onions

through the food chopper, using Now place one-half can of vegetable cooking oil in a frying pan. salt. and when hot add the prepared toma-toes and onlons, one cup of finely minced, cooked chicken meat and one five minutes.

Tup of chicken stock. Simmer slowly for twenty minutes. Season. Now when the chicken is ready to serve prepare one and one-half cups of rich brown gravy, using the chicken stock for the gravy. Have both the gravy and the chicken ready before preparing enchillades.

Enchillades

One cup of cornmeal, One tenspoon of salt. Place in a bowl and pour over the

meal one cup of boiling partly cool and then add One cup of cold scater.

One cup of flour. level teaspoons of baking

One tablespoon of shortening,

One tablespoon of sirup.

Reat the mixture until smooth, and then bake on a hot griddle in the form of large pancakes. When the cakes baked spread with the prepared chicken mixture. Roll and then pour over a spoonful of the prepared gravy. Dust lightly with paprika and serve. This dish may be prepared from the

chicken meat which is picked from the neck and carcass of the chicken, using ones to make the stock. It is de ous for luncheon and supper.

Chile Con Carne

This is a true Spanish dish. Wash en soak overnight in plenty of water In the morning cook until tender, and then while the beans are cooking cut one and one half pounds of beef heart into inch cubes, wash and drain and then turn on a cloth to dry. Place the meat in a bowl and add one cup of flour. Toss the meat so that each piece may be well coated with flour. Now place saucepan and when smoking hot add the neat. Toss constantly until well then add one-half cup of four and brown a deep mahogany color. Add three pints of cold water and stir to blend thoroughly. Bring to a boil and then add

One dozen peppers, prepared as for enchillades.

Put the peppers, tomatoes and onions Fahrenheit is reached on the candy therthrough the food chopper and add to the meat. Cook very slowly until the meat is tender, and then season and add the cooked beans, well drained, can nuss. Drop, using a teaspoon on grax paper, and when cool-lift and then place in a dry box.

Catahis

The threnheit is reached on the candy thermometer. Now pour in a fine stream upon the stiffly beaten whites of two eggs, adding one cup of coarsely chopped permanents. Drop, using a teaspoon on grax paper, and when cool-lift and then place in a dry box.

Note—Use a large bowl for mixing

Mrs. D. Dietrich,

Bread and Butter B

1 SALES SLIP Potatoes (one-eighth peck) \$.10

THE PRIZE MENU CONTEST offers three prizes for the best menu for a dollar and a half dinner

First. \$2.50 Second, \$1.00 Third, \$1.00

Rules: The foods used must be staples and in season. Each menu must be accompanied by a sales slip showing the cost of all the ma terials. The name and address of the sender and the date must be distinctly written.

Address all menus to

Mrs. WILSON'S MENU CONTEST EVENING PUBLIC LEDGER INDEPENDENCE SQUARE

and seasoning, then a layer of thickly sliced tomatoes; dip the tomatoes in boiling water before slicing to loosen the the water over them and let them stand skins, and then remove the skins. Refer ten minutes. Drain and turn on a peat until the dish is full, having the cloth to absorb the meisture and then tomatoes on top; for seasoning prepare tonuatoes on top; for sensoning prepare six sweet red peppers as for the en-chillades; peel four large onions and add one half clove of garlic. Put the peppers, onlons and garlic through the food chopper, using a large knife. then add

One and one-half level teaspoons

One-half level teaspoon of pepper Bake in a moderate oven for thirty

Frijoles

Wash one pint of kidney or pinto beans and then soak over night. In the morning wash and cook until tender in plenty of water, adding one-quarter clove of garlic. Drain. Now prepare six sweet red peppers as directed for enchillades, an othen put through the food chopper, using the fine knife. Place one-half cup of salad oil in a frying pan and add the peppers. Cook until soft, and then add the well-drained beans and let brown. Now add

One cup of tomato pulp, rubbed

through a siere. One cup of stock or gravy. Heat to boiling point and serve.

Sweet Pickled Figs

Wash one pound of rope or layer figs: if you use the rope fig. that is a small round, dried fig. threaded on a rope of raffia; these can be purchased in Italian, French, Spanish or Hun-rian settlements. Or the ordinary garian settlements. layer or box fig may be used; they can be purchased at any large fruit store.

Wash the figs in warm water, place i large saucepan and add Two cups of boiling water. Three cups of vinegar. Three cups of brown or soft sugar,

One dozen schole cloves. One dozen whole allspice. Two sticks of cinnamon,

icers.
One-half owner of blade mace, broken

in pieces,

Gne tablespron of celery seed,

One tablespron of mustard seed, One cup of preserved ginger, cut in

pieces. Bring to a boil and simmer slowly for two hours. Set aside for twentyfour hours and then return to the stove and heat again to the boiling point Simmer slowly for thirty minutes and then turn into all-glass jars and seal. This sweet and sour sweetmeat is unusually good and is generally with the ment course as a relish.

Andalusia Kisses Place three cups of brown or soft

One cup of milk, Tiny pinch of cream of tartar. Stir and heat slowly to dissolve the Six tomatoes.

Six large onions.

One-half clove of garlic.

Put the peppers, tomatoes and onions

Stir and heat slowly to dissolve the sugar, and then bring to a boil and cook until it forms a soft ball when tried in cold water, or until 245 degrees.

Fahrenheit is reached on the candy ther-

Pare and remove the seeds from two good-sized squash or vegetable marrows the stiffly beaten whites of eggs and for good-sized squash or vegetable marrows the boiling sirup. Beat the eggs in the usual size bowl and then turn into a larger one.

Menu Contest Honor List

Miss Elizabeth Weber, Second and Westmoreland Sts. 2217 Ritter St.

Tomatoes Stuffed With Hamburg Steak

Escalloped Potatoes Stewed Tomatoes
Daisy Salad With Mayonnaise
Bread and Butter Blackberries
Leed Tea
Blackberries
Bread Butter Tea
Bread Butter Tea

SALES SLIP

FOR SUMMER MORNINGS



A dainty, cool-looking frock that is comfortable to wear and pleasing to look upon. It is of white pussywillow embroidered in a flower design of delicate pastel shades. The hat is of georgette trimmed with large roses

CARELESS HEARTS

By HAZEL DEVO BATCHELOR

(Copyright, 1920, by Public Ledger Co.) Another Woman

Diana and Julian Long after three years of married life, decide that their marriage has not been a success. Everything has been too placid, and there have been no thrills, mainly because they have known each other from childhood. They decide to separate and directly afterward Diana drops purposely out of the old life. She becomes designer in a dressmaking establishment, kept by an old friend, Rita Graves, who has changed her name to Madame Naldi for business reasons. Out of the old crowd Diana keeps just one friend, Alice Inview, whom she pledges to screege. At Alice's home one, evening she mets a man, Dan Bishop, who invites her to dine with him. Diana and Julian Long after three

IN THE meantime, Julian had settled down to a nondomestic existence which he found very satisfying. Nothing was required of him. He did as he pleased, he are at the club, saw as much as he liked of the men and excepting for the fact that he worried more or less about Diana and what she was do-

looked at him with appealing blue eyes, and smiled at him wistfully.

He called on Margery, who knew all about his divorce and was properly impressed by it. So clever was she that he did not discover through a whotevening that she had not said one thing that would require thought or application of any kind. She fluttered around a great deal, flattered and cajoled him invited him to talk about himself and listened charmingly; was in short just

Making More Money

eries and Candles

Some years ago Mrs Mabel K Baket.

Some years ago Mrs Mabel K Baket.

to what to give one of the best frends when the finds were not which to give one of the best frends at Christmas time. Her funds were not which to give something that the wanted to the wanted to the best frends would refree individuality. The wan shahed when he remembered that would would refree individuality estima which to give something that the wanted to the best frends would refree individuality. The wanter when he remembered the would refree individuality estima which to give something that many out of wax which they secured from the world refree individuality estima which would refree individuality estima which was not sometimated to the beginning the had to do because of duty. But the was not sometimated the would be promised to the world as the way of the would be promised to the world as the world was not that the next year of see parts it was in the world was not shown that the next year of see parts it was not sometimate with the was not some which was not sometimated to the world was not should be a seen which was not some which was not sometimated to the world was not some which was not sometimated to the world was not should be a seen which was not some which was not some which was not some which was not some which was not sometimated to the world was not sometimated to t

much.

And so Julian had the pleasure of inviting a pretty woman to go to the theatre with him, of looking forward to

was required of him. He did as he pleased, he are at the club, saw as much pleased, he are at the club, saw as much pleased, he are at the club, saw as much for the fact that he worded more or less about Diana and what she was doing, life was entirely satisfactory.

If wasn't that he missed Diana, for the hand taken their important step without welshing matters carefully. It does not not shall be a start that he missed Diana, for the hand not taken their important step without welshing matters carefully. It does not have a strong and the satisfactory.

If wasn't that he missed Diana, for the hand a gleaming of the satisfactory and the satisfactory.

If wasn't that he missed Diana, for the hand the satisfactory and the satisfactory and

between himself and his wife.

It was in this frame of mind that he met Margery Weston, blonde, fluffy and femininely appealing. He did not realize that Margery was as crafty as she was blonde, as clever as she was fuffy, as wilse as she was feminine. Her method was to flatter a man first, and inasmuch as Julian had been told how popular she wild men, he was gratified when she deferred to him with sweet little, flutterings of her lashes in his direction, looked at him with appealing blue eyes, and smiled at him wistfully.

He called on Margery, who knew all

Wall tint is put on plaster waits; but do you know that you can use it over your old wallpapers with most pleasing result? An amateur can use this suc-cessfully. A broad brush is best, such as paperhangers use. If it is put on as directed in the package the result will be a cartridge effect.

IMPORTED Pompeian Olive Oil is food for the well-medicine for the sick



or depliatories." So writes a physician about NU-ART. And besides being a Permanent remedy for superfluous hair it removes All the hair with One application, kills the root, is absolutely harmiers and paintiess, easy to appointely harmless and paintess, easy use, fragrant, and cannot mer the skit. A large garkage for \$1.00 at year dealer A marvelous discovery. A marvelous discovery—guaranteed.
NU-ART LABORATORIES.
Dept. 10. Boulh Orange, N. J.

Please Tell Me What to Do

By CYNTHIA

"Abraham A."—It is not possible for Cynthia to introduce young men and young women to each other. Cynthia's column was started to help the readers in their various heart problems, to give advice when asked for; but it is not a matrimonial bureau nor a column through which friendships may be formed. Cynthia is sorry to refuse, but your request is impossible.

He'd Spank 'Em

He'd Spank 'Em

Dear Cynthia — I'm an enthusiastic reader of the column and enjoy it very much, especially the letters beginning "I'm good looking." "I'm attractive." I could do this and could do that." Why don't these foolish girls keep that stuff in the attic and write some interesting letters? For what does a girl of fourteen or fifteen know? Isn't her love too puppy to be known? My congratulation to "Black Eyes." I think she has the right ideas, and although I'm a young man of twenty years and in love with a good, loving, sensible girl of nineteen, we have some of the "real" love, for we have suffered for each other. But these kids and their foolish ideas ought to be censored and their parents ought to spank 'em and let them go to bed without supper.

Honest, Cynthia, if I was ene of those girls' fathers that's what I'd do. With best wishes to Black Eyes. best wishes to Black Eyes

DO WONDERS.

Dear Cynthia—We are getting disgusted with the opposite sex and would like to know what some of the readers of this column think of our statements. We have had many friends and have noticed it is the same thing with them all. They are all mushy!'

The only thing they think of is silly talk and mushing it up. They are old enough to know better. If they walk to the corner they want a kiss.

Now, I know you are going to say they are not all alike, but we have found this to be the case with the most.

We have had two friends we thought were a little sensible, but they proved to be the same. They all flop sooner or later—little sense in the beginning and none in the end.

Now come forward, you mushy ones, and defend yourselves. Drop These Friends

TWO DISGUSTED GIRLS. If your friends insist on demonstration of affection, you would be wise to forego their friendship. There are plenty who are fine, straight living, sensible men worth knowing. Do not waste your time with these silly boys.

They Quarreled

They Relead And Sanch Sanch

WHAT'S WHAT



To say that a man is aggressive may be a compliment to his Roosevettian American energy, but an aggressive woman is nothing better than a porcuwoman is nothing better than a porcu-pine in human society. Always bris-tling; ever ready to take offense where, none is intended, her attacks come so unexpectedly that those who have a distaste for quarreling, and who do not distaste for quarreling, and who do not wish to put themselves in a position where rational explanation sounds like forced apology, find it best to avoid the disturbing element by eliminating the asgressor from their invitation lists and by declining to accept invitations to any house where the "too-sensitive" Amazon is likely to be present.

Human Curios

'No. 70-Berlin" Ensconced behind a large mahogany

Enseoneed behind a large mahogany desk in a room to which entrance was obtainable only through a secret pass.

And if her yoice should drop for a obtainable only through a secret pas-Baron Steinheuer, the master mind of the German spy system during the recent war, flashed his messages to the She feels humiliated if anybody minor officials of his service in much the same manner that a spider operates from the center of his web. But the woman, or a well-bred woman, in her joke of their own! from the center of his web. But the

the same manner that the same from the center of his web. But the baron was remarkable, not only because of the exceptional efficiency of his system, but also because of his facility for thinking up new and diabolical schemes, for causing consternation in foreign countries.

He it was who planted the secret wireless stations in Paris, London, Brussels, Rome and other capitals. It was his "genius" which evolved the plan of signaling by means of advertising signs which flashed through the night—a plan which came perilously close to costing the United States several of its largest transports. The baron's fertile mind also concocted the rumors of intended air raids upon England, which for more than five years before the war were disseminated by his agents in all sections of Great Britain and which were to designed to frighten the English people

Describe a light, easily carried unbreakable cup and saucer, con-venient to use for a pionic. How can real bristles be dis-tinguished from fiber in a new

What is the correct fashionable 6. If a silk bathing suit is too light and flimsy to stay down in the breeze, how can it be kept in place and stiffened?

hairbrush?

leather belt that is too shabby to wear can be cut into smaller pieces, and these with holes pieced in each end can be slipoed on string and used as handles r packages.

plaster, after the powder is gone covered with cretonne, chintz, or gingham to match the room and used as curtain pulls for the pedroom shades.

For it's always cool weather

when some fragrant Tetley's Orange Pekoe

Tea, a cool, clinkety piece of ice, and some

lemon and sugar get together! At the very

first cool sip, you stop fanning and begin

TETLEY'S TEA

makes good tea a certainty

With Tetley's Orange Pekoe, you

have the right tea to start with-

gathered right, blended right and

JOSEPH TETLEY & CO., Inc. New York, N. Y.

packed right.

THE CONVERSATION STOPPED AND SIX EYES STARED HARD

As Two Women Passed a Group of Girls in the Hotel Lobby. It Was Lack of Good Breeding Which Made Them

Stare and Laugh

THEY were sitting in the lobby of for fear the woman will think that it is THEY were sitting in the lobby of the hotel just before dinner. People were coming in from the porch every few minutes, passing directly by the few minutes, passing directly by the

Two well-dressed, well-bred women came in from their afternoon ride up the boardwalk. As they passed the three girls sit-ting there talking, the conversation stopped dead.

Three pairs of eyes rose from knitting, reading and the depths of interesting talk to stare while the two women went through the lobby.

As soon as they had disappeared into as if you were in the habit of passing and the lobby.

the elevator the talk was resumed, and an before the door closed and shut out the sounds from the first floor a burst of noisy laughter reached them. TT IS not the easiest or the most

pleasant thing in the world to have "run the gantlet" of a row of critical eyes, in the first place. The considerate person realizes this. person passes by, she somehow man-ages to keep up the conversation at the ages to keep up

sage and after giving a predetermined few minutes, she is very careful to lift password to more than a dozen guards it again as quickly and as gracefully as possible, so that nobody would ever know that she had been guilty of gazing

life.

And most certainly if she finds something to laugh about, as soon as the woman has disappeared from sight, does she keep that laughter discreetly quiet

Joke of their lown?

It was just their lack of consideration and good breeding that allowed them to stop talking and stare and them to s

WHY, you've felt that way yourself lots of times.

"Good heavens!" you've shrisked mentally. "Do I have to walk past all those people? We'l. I won't let 'en know I'm nervous."

day.

And you've heard a conversation stop dead as you went by too.
You've realized those eyes staring at you, taking in every detail—and oh, how you've hoped that there wasn't a hole in your heel.

You've felt very much as you feel sometimes in winter when you pass' a group of boys with a pile of snowballs all ready to throw. You've mentally hunched your shoulders and got ready for the blow.

And then when you've got out at ight and heard that sudden burst of aughter, hasn't your face burned, your feelings squirmed and your hear yearned to get to a mirror where you could look yourself over and find out

that was funny about you?

THE WOMAN'S EXCHANGE

lish?

I don't believe you need exercise as much as food. Sometimes, you know. exercise isn't a good_thing, and if you don't eat very much and do exercise a good deal it doesn't do you very much good. But if you eat plenty of good, wholesome food and then keep dancing and swimming and doing calisthenics or playing tennis to develop your muscles you ought to get fatter. Be sure to sleep enough and don't worry about things; that makes you thin. sleep enough and don't worry about things; that makes you thin.

Milk and potatoes are fattening, if they agree with you.

You can get good English in any of the day or evening schools that teach the regular high school courses. Consult the Board of Education (the telephone number is Locust 500) to find out what school is nearest you and when the classes are.

A Day in Washington To the Editor of Woman's Page:
Dear Madam—I saw the letter of Mrs.
S. MacD. in last Saturday's paper, and
I am writing this in hopes it will be of
assistance to her. We had but one day
in Washington, D. C., and we feel as
though we saw as much of the town as
is possible in so short a ting.

We get the could be said to the town as

is possible in so short a ting.

We got there quite early in the morning, and went immediately to the Washington Monument. The earlier you get there the less crowd there is, and consequently the more chance of your getting up. From there (Fifteenth street Southwest and B street Northwest) walk up Fifteenth street Southwest to G street Northwest. There you will find an agent of the Royal Blue Bus Line. This line starts its tours at the Raleigh Hotel, and if convenient you can go there. If possible get the 9:30 or 10 o'clock bus from Fifteenth street Southwest and G street Northwest. The trip is the building tour and costs \$1.50. You visit the Bureau of Printing and Engraving and Smithsonian Institution New National Museum, Pan-American

Train to Trenton

To the Editor of Woman's Page:

Dear Madam—I thank you for your kind advice and ask you for some more, which I am desirous of receiving as soon as possible.

Where can I take a train for Trenton? What is the fare one way, and if I get a roundtrip ticket, how much will it cost and how long is it valid?

NOM DE PLUME.

You can get a train for Trenton at Broad Street Station. The New York trains stop there, you know, and there is no change before you get there. The fare one way is \$1.98. The round-trip ticket is \$2.16, and it is good for twenty days.

She's Too Thin

To the Editor of Woman's Page:

Dear Madam—Being a constant reader of your page and seging how well you help others, I know you will help me, too.

I am nineteen years of age and any very thin, especially my legs and arms, and would like to know what exercise I should take to develop these more. Also, where could I take up good English?

VIRGINIA.

I don't believe you need exercise as much as food. Sometimes, you know, exercise isn't a good thing, and Congressional Library. At each place your bus party is taken through the mentioned buildings by a special guide, except the masseums, where you are given a reasonable length of time to get back to the bus. This trip is very complete. There is but one such trip a day, the one mention? What is the bus of time to get back to the bus. This trip is very complete. There is but one such trip a day, the one mention? What is the bus. This trip is very complete. There is but one such trip a day, the one mention? What is the bus. This trip is very complete. There is but one such trip a day, the one mention? Use and yet length of time to get back to the bus. This trip is very complete. The bus of time to get back to the bus. This trip is very complete. The bus of the bus. This trip is very complete. The bus of the bus. This trip is very complete. The bus of the bus. This trip is but one such trip a day, the one mention? What is the bus of time to get back to the bus. This trip is but one such trip

Thank you very much for the Washington information. I am sure that others will be glad to know about this as well as Mrs. MacD. It was very kind of you to send it in.

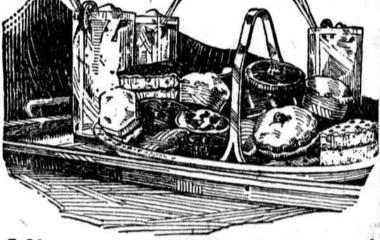
Use one of the commercial leather cleaners for this table cover. The water has no doubt taken off the dressing of has no doubt taken off the dressing of the leather, and the oil in the cleaner the leather, and the cill in the cleaner will soften the stain and at least hide the ring. No home address is given for Geraldine Farrar. Letters addressed to her in care of the Metropolitan-Opera House, New York city, will reach her safely.

The Sugar Saver among cereal foods

No added sweetening needed. You'll like the appeal ing flavor of this

SOLD BY GROCERS EVERYWHERE!

sugar-saving food.



VOU can—all you have to do

a package of Pat-a-cake. Pour into oiled tins and bake. All the ingredients for a perfect home-made cake, flour, sugar, eggs, milk, salt, shortening, bak-

ing powder and flavoring, are

right in the package—the fuss and uncertainty are cut out.

C.A. GAMBRILL. MFG. CO.



PAT-A CAKE a GAMBRILL Product

A December 1

Mix your cake in a minute! I is add one cup of water to

Serve Pat-a-cake iced or plain, with fruit, lemonade, ice cream, or any way you want it-it's always delicious and it's very economical.

(Tomorrow—More of Dan Blahop)

It is always a pity to be mysterious about anything that can be clearly explained, when it comes to a matter of jealousy. Be sure to speak when you meet again and in the meantime write

Yesterday's Answers

Pasteboard powder boxes can be fastened together with adhesive

The best material to use for window cleaning cloths is chamois skin, as it does not make any In packing a bat for traveling, wedge a corset steel down around the top of the crown inside to keep the shape firm.

The newest shape of the popular beaded bags has a round flat top, caused by the insertion of a mirror on the inside.

A striking foulard suit has a novel lining of organdie with a band of the organdie turned up on the coest.