

MRS. WILSON APPROVES OF FOOD COOKED IN CASSEROLE

Pot au Feu, Chicken Chile and Barbecue of Beef With Sweet Potatoes Are Some Dishes Prepared in This Way

By MRS. M. A. WILSON

INDIANS and the early pioneers used a tree which could be cleverly fashioned and then spread with wet clay and formed into a sort of crude bowl and cooking utensil; they were fired by burning and in this way were prepared as cooking utensils, in which the food was cooked.

From these crude utensils to the modern casserole is indeed a long step. The modern casserole is a combination of the ancient food cooked in pottery should induce the modern housewife to plan to use not only the casserole, but also the soufflé and au gratin dishes.

European housewives know that foods cooked in the petite marmite or deep casserole are tender, delicious and fragrant and for these reasons this style is used by its prudent housewives.

Foods cooked in casserole by the long, slow process best conserve the nutritive values as well as the delicious flavor and tenderness of the food. The close-fitting lid makes it possible to leave the dish without the constant watching. These dishes hold the heat for a long time, and they are sent directly to the table and this prevents the food from cooling too rapidly, so that if by chance it becomes necessary to delay the serving of the meal for a few minutes, the food will still be palatable when the meal is eventually served.

Fish, meat and vegetables may all be cooked in the same casserole. The casserole, while for everyday use, the women value themselves upon the setting of a dinner table and the individual casseroles of roasted chicken, steamed fish, a real beef; even the little coquettes lend an air of aristocracy to the humblest table and are appropriate to the most formal dinner. When guests are invited to the family board.

The interior surface of these earthen cooking dishes is glazed like a china plate and they do not retain the odors of the food which is cooked in them. However, you must be careful not to plunge your earthenware cooking utensils into sudden changes, such as hot water, cold water, or a sudden change to hot water. If this caution is observed the surface of the earthenware will not crack.

Petite Marmites

Pot au Feu This is usually an extra deep casserole or stock with a long handle, which is used in France, Belgium, Switzerland and other European countries for making soups, stews, goulashes, etc. Place the meat and vegetables in a hot water and place in it one pound of well-cracked soup bones with one pound of water.

Two and one-half quarts of cold water. Two onions chopped fine. One carrot, cut in dice. Large turnip, cut in tiny dice. One faggot of soup herbs.

Cover and set on a slow fire to cook for four hours. If you use the gas range, it is best to place an iron stove lid over the simmering burner and place the casserole on top. The heat will crack the earthen cooking utensil. About one and one-half hours before serving the soup add:

Two cups of finely chopped cabbage. One cup of tomatoes, rubbed through a sieve. One-quarter cup of well-browned flour.

Dissolve the flour in the tomatoes before adding to the stock and season to taste with salt and pepper. A two-pound piece of beef with bone in it will make this dish.

Bouilli

This is the meat cooked in the marmite, and it can be served at the same meal. The foreign housewife usually cuts this meat up and serves it in the soup. This soup usually comprises the entire meal, with a salad and a dessert.

The Breton, Flemish and Swiss housewives frequently serve the bouilli with sauce, such as cream, parsley, cheese, mock Hollandaise, with vegetables. So, you may select the sauce and serve in a like manner. Garnish with finely chopped parsley.

For binding the bouilli, baked beans in the casserole is indeed an ideal condiment. Just prepare the beans by your

Menu Contest Honor List table with columns for Name, Address, and Total Score.

Mrs. Jeffers, Washington Street, Gibbstown, N. J.

Mrs. Mary Wright, 815 Silver Street.

Menu Contest Honor List table with columns for Name, Address, and Total Score.

Prize Menu Contest

The winners of the Prize Menu Contest will be announced on Monday.

Three prizes are offered each week for the best menu for a dollar and a half dinner for four people.

YOUR FULL NAME must be given and correct address on the menu. Also the date of sending it. The foods used must be staples and in season, and a sales slip giving the cost of all materials must be included.

The prizes are: First, \$2.50; second, \$1; third, \$1. Address all menus to Mrs. Wilson's Menu Contest, Evening Public Ledger, Independence Square.

Chicken Chile

Select a fat stewing chicken and then singe and pluck it. Cut the chicken into small pieces and place in a hot water and lift to a casserole dish. Now add four tablespoons of flour to the hot water and stir until it is browned and then browned well. Add two and one-half cups of water. Bring to a boil and pour over the chicken. Now add one cup of soaked and par-boiled kidney beans, lima beans, green or red peppers, prepared as follows: Place the peppers in a hot oven for ten minutes to blister. Rub the seeds and skins and chop fine. Add to the chicken with:

One-half cup of finely chopped onion. Three medium-sized tomatoes, sliced thin or one cup of stewed tomatoes. One teaspoon of salt. One-half teaspoon of pepper.

Cover and cook in a slow oven or on a hot fire for three and one-half hours. This is a most delicious dish. Add more water for gravy if necessary. This additional water will be needed if the long slow cooking process is used.

Barbecue of Beef With Sweet Potatoes

Cut the flank or skirt steak in serving portions and brown quickly in red hot pan without fat. Lift to casserole dish and add one-half cup of fat to the frying pan in which meat was prepared. Rub the fat over the meat and season with salt and pepper. Brown quickly and then add:

Six tablespoons of flour. Brown the flour and then add: Two cups of water. One-half cup of sliced onions. One-half cup of sliced carrots.

Place the sweet potatoes in the bottom of the casserole and lay the meat on top. Cover and cook for one hour. Lift the meat and place on a platter. Cover and cook for one hour. Lift the meat and place on a platter. Cover and cook for one hour. Lift the meat and place on a platter.

Hungarian Goulash

Place in a frying pan two ounces of salt pork cut in tiny dice, and four ounces chopped fat. Toss to brown the salt pork and do not let the onions brown. Now add one-half pound of stewing beef, cut in pieces the size of walnuts and rolled in flour, and one-half pound of lean stewing beef prepared in the same manner. Brown the meat well and then add two small potatoes. Brown well and then add five tablespoons of flour and cook four until brown. Add:

One cup of stewed tomatoes, put through sieve. One and one-quarter cups of boiling water. One teaspoon of salt. One-half teaspoon of paprika.

Bring to boil and then turn in casserole, and cook for one hour. Cook as for petite marmite for two hours, and then serve at table garnish with triangles of toast and sprinkle with paprika.

In many parts of Europe one cup of soup is added to this dish before it is sent to the table.

Menu Contest Honor List table with columns for Name, Address, and Total Score.

Mrs. Julia Bowes, 307 Worth Street, Frankford, Pa.

Menu Contest Honor List table with columns for Name, Address, and Total Score.

A NOVEL COMBINATION



Is shown in this useful dinner, informal dance, theatre and general evening dress. The foundation is silk voile, which is not so expensive as some of the usual materials used for this type of frock, and the upper part is made of lace. The simple, becoming style in which it is made makes it indispensable for all the occasions for which it can be used, and the dark shade is practical, as it does not require so much cleaning as one of the lighter tones. You won't make a mistake in choosing either the style or the combination of materials shown in this picture.

INCHES FROM The Golden-Plated Rule

By Lillian Paschal Day

My neighbor and I exchange papers. She has the morning, I the evening. Her little boy is the go-between. Daily we explore my garden. He dearly loves flowers. So we call a little bouquet. He is really a pleasant fellow. But of course he doesn't know it. He is only half past five. He specially likes morning glories. "But, dear, they're not yours!" "Why do you like them best?" "They last such a little while." "But they're so extra pretty." "They make up for it," he defended. He groped for expression. Finally it burst forth: "They're so glory while they last!" "I looked up at the wonderful flower. It was a glory of Tyrian purple. Then down at the child's eager face. It was a glory of bewitching worship. "What could be sweeter?" he laughed. "Why, Arthur dear, you are a poet!"

CARELESS HEARTS

By HAZEL DEYO BACHELOR

Diana and Julian longed a mess of their lives by divorcing themselves from the fact that they wanted to separate. Of course they thought they were doing the right thing, but the result of a lifelong friendship and what they both wanted was the devil of a divorce. Her real love for each other, and from then on they tried to be as good as possible. If it had been for the fact that their friends saw the tragedy, Diana and Julian, with their careless hearts, might never have admitted the truth, so terrible a truth.

Charlotte Graves Was "The Unwelcome Wife"

in the home of her husband's parents, who cared more for conventions than for the fact that each was an expert. Her husband, who had married her with Edith Comstock, the girl he had almost married, and HAZEL DEYO BACHELOR author of this interesting new serial, tells the rest of the little country girl's story. The first installment appears on

Things You'll Love to Make

When draperies are so expensive, handsome hangings can still be made and at little cost. Use batiks, chequer-board and try making these batik hangings. If you cannot draw the design suggested, have an embroidery stamp stamp a design as near like this as possible. Melt wax or paraffin. Keep it over a small light while in use. When the wax is hard, dip the entire design in a small brush wax in the design. Let it dry. Press between layers of waxed material more than necessary. Let it dry. Press between layers of newspaper with a hot iron until all the wax is removed. (Dye penetrating the wax produces the characteristic "crackle" effect that identifies batik.) Finish the curtains as wanted. What exquisite hangings they make!

Table with columns for Name, Address, and Total Score.

WHAT'S WHAT

By HELEN DECIE

No, Polly, We Cannot

You Are Too Young

Their Ideal of a Husband

Sounds Very Right

THE DAILY NOVELLETTE

PERRY'S DEED OF KINDNESS

She Is Beautiful

Is a Boy Friend Proper?

Dear Cynthia—I have been an ardent reader of your column for the last year and derive much pleasure in reading the letters therein. From your heading, "Please tell me what you think," I arrive at the conclusion that this column was originated by you with the idea of helping the young girls who are troubled by a certain clique, who sign themselves De, Graun, Just Old Bachelor, and a few others, their whole object being to "pan" girls.

Dear Cynthia—I have been an ardent reader of your column for the last year and derive much pleasure in reading the letters therein. From your heading, "Please tell me what you think," I arrive at the conclusion that this column was originated by you with the idea of helping the young girls who are troubled by a certain clique, who sign themselves De, Graun, Just Old Bachelor, and a few others, their whole object being to "pan" girls.

Dear Cynthia—I have been an ardent reader of your column for the last year and derive much pleasure in reading the letters therein. From your heading, "Please tell me what you think," I arrive at the conclusion that this column was originated by you with the idea of helping the young girls who are troubled by a certain clique, who sign themselves De, Graun, Just Old Bachelor, and a few others, their whole object being to "pan" girls.

Dear Cynthia—I have been an ardent reader of your column for the last year and derive much pleasure in reading the letters therein. From your heading, "Please tell me what you think," I arrive at the conclusion that this column was originated by you with the idea of helping the young girls who are troubled by a certain clique, who sign themselves De, Graun, Just Old Bachelor, and a few others, their whole object being to "pan" girls.

Dear Cynthia—I have been an ardent reader of your column for the last year and derive much pleasure in reading the letters therein. From your heading, "Please tell me what you think," I arrive at the conclusion that this column was originated by you with the idea of helping the young girls who are troubled by a certain clique, who sign themselves De, Graun, Just Old Bachelor, and a few others, their whole object being to "pan" girls.

Dear Cynthia—I have been an ardent reader of your column for the last year and derive much pleasure in reading the letters therein. From your heading, "Please tell me what you think," I arrive at the conclusion that this column was originated by you with the idea of helping the young girls who are troubled by a certain clique, who sign themselves De, Graun, Just Old Bachelor, and a few others, their whole object being to "pan" girls.

Dear Cynthia—I have been an ardent reader of your column for the last year and derive much pleasure in reading the letters therein. From your heading, "Please tell me what you think," I arrive at the conclusion that this column was originated by you with the idea of helping the young girls who are troubled by a certain clique, who sign themselves De, Graun, Just Old Bachelor, and a few others, their whole object being to "pan" girls.

Dear Cynthia—I have been an ardent reader of your column for the last year and derive much pleasure in reading the letters therein. From your heading, "Please tell me what you think," I arrive at the conclusion that this column was originated by you with the idea of helping the young girls who are troubled by a certain clique, who sign themselves De, Graun, Just Old Bachelor, and a few others, their whole object being to "pan" girls.

Dear Cynthia—I have been an ardent reader of your column for the last year and derive much pleasure in reading the letters therein. From your heading, "Please tell me what you think," I arrive at the conclusion that this column was originated by you with the idea of helping the young girls who are troubled by a certain clique, who sign themselves De, Graun, Just Old Bachelor, and a few others, their whole object being to "pan" girls.

Dear Cynthia—I have been an ardent reader of your column for the last year and derive much pleasure in reading the letters therein. From your heading, "Please tell me what you think," I arrive at the conclusion that this column was originated by you with the idea of helping the young girls who are troubled by a certain clique, who sign themselves De, Graun, Just Old Bachelor, and a few others, their whole object being to "pan" girls.

Dear Cynthia—I have been an ardent reader of your column for the last year and derive much pleasure in reading the letters therein. From your heading, "Please tell me what you think," I arrive at the conclusion that this column was originated by you with the idea of helping the young girls who are troubled by a certain clique, who sign themselves De, Graun, Just Old Bachelor, and a few others, their whole object being to "pan" girls.

Dear Cynthia—I have been an ardent reader of your column for the last year and derive much pleasure in reading the letters therein. From your heading, "Please tell me what you think," I arrive at the conclusion that this column was originated by you with the idea of helping the young girls who are troubled by a certain clique, who sign themselves De, Graun, Just Old Bachelor, and a few others, their whole object being to "pan" girls.

Dear Cynthia—I have been an ardent reader of your column for the last year and derive much pleasure in reading the letters therein. From your heading, "Please tell me what you think," I arrive at the conclusion that this column was originated by you with the idea of helping the young girls who are troubled by a certain clique, who sign themselves De, Graun, Just Old Bachelor, and a few others, their whole object being to "pan" girls.

Dear Cynthia—I have been an ardent reader of your column for the last year and derive much pleasure in reading the letters therein. From your heading, "Please tell me what you think," I arrive at the conclusion that this column was originated by you with the idea of helping the young girls who are troubled by a certain clique, who sign themselves De, Graun, Just Old Bachelor, and a few others, their whole object being to "pan" girls.

IS OCTOBER SAD TO YOU? LOOK AT ITS GLORY AND COLOR

Summer Is Dying and Bleak Winter Looms Ahead—But Copper and Brown and Gold Are on Earth and There's a Tang in the Air

OCTOBER—some people think it's the saddest time of the year. Ever think of this, my dear: the glory of summer is past and gone, and there's nothing to look forward to but bleak winter.

Summer's beauty has faded, it's true, and winter is just ahead, but can you stand on a high place and look out over a rolling hill of old green and rich brown that's a forest of copper, deep red, purple gold and mahogany and call it sad?

Can you ride through the country with that hope of autumn tang in the air, and those clusters of purple and gold along the roadside and call it sad?

There are some days in October that are hot, with that dead autumnal heat that burns and steams without any logical cause. You wear fall clothes because it's October, but it's a warm summer thing—and anyhow they are all worn out—and you feel like a mummy all day long.

You hate October. "Nextest month in the year," you grumble. "Late enough in the season to be cool, and yet it's as hot as midsummer!" On these days you can look at any place and see a million things that other disagreeable names that you can think of.

But let a breeze spring up, just as the sun goes down. A breeze that blows your skirts and makes you want to take off your hat and let your hair get ruffled, as you stand facing the west, taking in the silent wonder of the sunset.

LOOK out from a high place on a real October day, when the air's fresh, the colors are brilliant, and the sun feels good on your back. Gaze out over a rolling, colorful landscape, and think about the coming winter.

It's all so quiet and peaceful and beautiful that your plans for the year stand out ahead of you as new and exciting. Give it to me! I'm a nickel fan. You don't worry about them because you're so contented and comfortable and there's so much beauty about you that it doesn't matter a bit.

LOOK out from a high place on a real October day, when the air's fresh, the colors are brilliant, and the sun feels good on your back. Gaze out over a rolling, colorful landscape, and think about the coming winter.

It's all so quiet and peaceful and beautiful that your plans for the year stand out ahead of you as new and exciting. Give it to me! I'm a nickel fan. You don't worry about them because you're so contented and comfortable and there's so much beauty about you that it doesn't matter a bit.

LOOK out from a high place on a real October day, when the air's fresh, the colors are brilliant, and the sun feels good on your back. Gaze out over a rolling, colorful landscape, and think about the coming winter.

It's all so quiet and peaceful and beautiful that your plans for the year stand out ahead of you as new and exciting. Give it to me! I'm a nickel fan. You don't worry about them because you're so contented and comfortable and there's so much beauty about you that it doesn't matter a bit.

LOOK out from a high place on a real October day, when the air's fresh, the colors are brilliant, and the sun feels good on your back. Gaze out over a rolling, colorful landscape, and think about the coming winter.

It's all so quiet and peaceful and beautiful that your plans for the year stand out ahead of you as new and exciting. Give it to me! I'm a nickel fan. You don't worry about them because you're so contented and comfortable and there's so much beauty about you that it doesn't matter a bit.

LOOK out from a high place on a real October day, when the air's fresh, the colors are brilliant, and the sun feels good on your back. Gaze out over a rolling, colorful landscape, and think about the coming winter.

It's all so quiet and peaceful and beautiful that your plans for the year stand out ahead of you as new and exciting. Give it to me! I'm a nickel fan. You don't worry about them because you're so contented and comfortable and there's so much beauty about you that it doesn't matter a bit.

LOOK out from a high place on a real October day, when the air's fresh, the colors are brilliant, and the sun feels good on your back. Gaze out over a rolling, colorful landscape, and think about the coming winter.

It's all so quiet and peaceful and beautiful that your plans for the year stand out ahead of you as new and exciting. Give it to me! I'm a nickel fan. You don't worry about them because you're so contented and comfortable and there's so much beauty about you that it doesn't matter a bit.

LOOK out from a high place on a real October day, when the air's fresh, the colors are brilliant, and the sun feels good on your back. Gaze out over a rolling, colorful landscape, and think about the coming winter.

It's all so quiet and peaceful and beautiful that your plans for the year stand out ahead of you as new and exciting. Give it to me! I'm a nickel fan. You don't worry about them because you're so contented and comfortable and there's so much beauty about you that it doesn't matter a bit.

LOOK out from a high place on a real October day, when the air's fresh, the colors are brilliant, and the sun feels good on your back. Gaze out over a rolling, colorful landscape, and think about the coming winter.

It's all so quiet and peaceful and beautiful that your plans for the year stand out ahead of you as new and exciting. Give it to me! I'm a nickel fan. You don't worry about them because you're so contented and comfortable and there's so much beauty about you that it doesn't matter a bit.

LOOK out from a high place on a real October day, when the air's fresh, the colors are brilliant, and the sun feels good on your back. Gaze out over a rolling, colorful landscape, and think about the coming winter.