

Carefully Chosen Diet Essential for Hot Weather, Says Mrs. Wilson

By Mrs. M. A. WILSON. Carefully chosen diet is essential for hot weather, says Mrs. Wilson. The physical, mental and spiritual condition depends upon food, so fill Friday's market basket with fresh, seasonable vegetables.

tom and fill with custard, prepared as follows: Place in a bowl two eggs, yolks of three eggs, one-half cup of sugar, one teaspoon of vanilla.

Beat to blend thoroughly and fill into a pan that contains warm water to two-thirds the depth of the cups. Bake in a very slow oven until firm in the center.

Angel Cake Two eggs, white reserved for shirred eggs, one egg, white reserved for mayonnaise dressing, two eggs, white reserved for coconut cake, two eggs, white reserved for fruit custard.

Beat until firm and use a wire spoon to whip. Add after egg white begins to hold its shape a half cup of powdered sugar and then fold in.

Turn into ungreased angel-cake pan and bake for forty-five minutes in a slow oven.

Mrs. Wilson's Answers My Dear Mrs. Wilson—Would you kindly advise me what is considered proper to serve on a Sunday evening when guests come after supper? Also if I can use dinner napkins instead of tea napkins on a Sunday evening when I serve light food.

Dear Mrs. Wilson—Will you kindly send me a recipe for making and serving Chinese dish of fried chicken chop mein.

Chicken Chow Mein Select a squab chicken and cut the meat from the chicken in strips. Brown quickly in hot fat and then add.

One cup of stock made from bones. Add two tablespoons of cornstarch dissolved in stock and then bring quickly to a boil. Now add.

A few water chestnuts, cut in bits, one medium-sized onion, cut in thin slices length of onion, one bunch of celery, cut in thin, two-inch strips.

One-half pound of mushrooms, peeled. Cook for one-half hour. Now add one teaspoon of Chinese sauce and one package of noodles that have been fried in smoking hot fat and serve.

THE DAILY NOVELLE The Swami and the Judge By Martha McCulloch-Williams "Smatter, pop?" Tony quoted gleefully as his father laid down a letter with a suppressed impatience.

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FOUND BIKE CONTEST "EASY"



Joseph Lloyd, eleven years old (inset), of Camden, needed fewer than two days to win his bicycle in the Ledger Contest. James W. Carney, also eleven, of 618 South Sixteenth street, took a little longer, but found it easy—and profitable—work.

NEEDED LESS THAN 2 DAYS TO WIN BIKE

Camden Youngster Sets Fast Pace for Others in Bicycle Contest

Getting a Black Beauty bicycle from PUBLIC LEDGER presented no difficulties for Joseph Lloyd, eleven years old, of 609 Pine street, Camden.

When the PUBLIC LEDGER's offer to boys and girls was made Joseph's father suggested that he try his hand at earning the long-coveted wheel.

"Not half what I can," cried Trimble pere. "No, you have not been shadowed. Your woman confederate came to me today. She had found out your treachery—about the other girl—by whose help you planned to rob me outright."

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DREAMLAND ADVENTURES

The Invisible Sailors By DADDY

CHAPTER V No Water To Drink

PEGGY and Billy were glad to see the ocean ahead of them. They were eager to get out of the African River, with its heat and its crocodiles.

The wish sailboat sped steadily ahead, urged on by a brisk breeze. The invisible sailors steered it skillfully and Peggy and Billy felt safe, even when the boat began to ride the billows of the open sea.

The sailors had faded from sight again, as they could be seen only when their faces were red, and their faces were red only when they were warm.

Now the ocean wind kept them cool. The captive maid and the chocolate-colored youth were filled with wonder as the boat sailed out of the river upon the broad ocean, but they did not seem to be afraid. They were so happy to be free from Chief Mighty Spear and his savages that they did not seem to care where they went. They certainly didn't want to return to the jungle.

Soon the sailboat had sailed far, far out on the ocean, so far that no land was in sight. And when they were far out Folly Wisner, the goblin, remembered something. It was that they had not brought any fresh water along to drink nor any food to eat. They couldn't drink the ocean water because it was so salty it would make them ill. And they didn't have even a piece of bread and butter to satisfy their hunger.

They seemed in a very bad fix indeed, for they would have to drink soon or dry up with thirst. "Oh, I wish we had a lot of fresh water to drink," cried Peggy at last, her throat feeling so dry she could scarcely speak.

No sooner was the wish out of her mouth than the invisible sailors began to run around as though filled with great fear. The children could not see them, but they felt the sailors bump into them as they rushed about the deck and dashed up the mast to rear in the sails.

Peggy and Billy couldn't understand this furry until Folly Wisner pointed away off to where the sky and sea seemed to meet. There they saw a speck of cloud.

This speck of a cloud grew larger and larger and blacker and blacker. It sped toward them at train speed. It covered the sky. Lightning darted out of it, and thunder rolled.

"Oh, my gracious! An awful storm is coming," cried Peggy indignantly. She didn't like to be blamed for that coming storm.

"Why, you wished for a lot of fresh water to drink, and here it comes," shouted Folly Wisner.

Then Peggy was sorry she had wished that way. Indeed she was getting sorry for a lot of her wishes, for she found that most of them got her into trouble of some sort.

The lightning flashed more often, the thunder rolled more loudly and the storm came sweeping down upon them. Peggy, Billy, Folly Wisner, the captive maid and the chocolate-colored youth crept beneath a canvas awning. Then they were ready for the rain, which came with a quick patter followed by a roar.

The water came down in a deluge, and the wind came with it. The invisible sailors worked so hard keeping the sailboat from swamping that they grew hot, and when they grew hot their faces turned red and they became visible. But, as was said before, they were skillful, and though the tempest raged in a terrible way the boat rode safely through it.

And when the sailors saw that the boat was not going to be sunk by the waves and the wind, they set about catching the fresh water that fell from the sky. They did this with canvas and with pans and soon they had water enough to last for a long voyage.

Then just as suddenly as it had first come the storm cleared away and the sky stopped, the skies cleared and the gale turned into a soft breeze.

Soon they had another adventure, but what it was we have to wait until tomorrow for the telling.

CHURCH LEFT \$15,000

Will of Agnes V. Alburger Remembers Lower Dublin Baptist

The will of Agnes V. Alburger, 328 Stanwood street, \$25,500, was admitted to probate today. Relatives received \$1700 under the will, \$5000 is willed to Franklin Hospital, and \$15,000 is set aside for a gymnasium for the Lower Dublin Baptist Church, at Bustleton.

The residue is created a trust fund, to provide for upkeep of the gymnasium. Other wills admitted were: Antonio Sautino, of Vineland, \$35,000; Jeanie L. Neike, who died at the Ritz-Carlton, \$25,000; Edward Cooper, 6032 Wayne avenue, \$68,000, to his widow, Maria C. Cooper; and Georgiana Barrett, 4119 Pine street, \$10,000.

Inventories were filed in the estates of Mrs. E. Russell, \$3500; Virginia K. Thompson, \$12,004; Marguerita Rudolph, \$12,431, and Wynnedella S. Moore, \$21,742.

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HEARD ABOUT THE PUBLIC LEDGER

heard about the PUBLIC LEDGER contest he rolled up his sleeves and began to get busy with a capital B. It took just ten days to get the necessary thirty-five subscriptions.

On the way down to get his bicycle James was careful to think about which Eastern city he would ride home on. That was the fine thing about winning the bicycle. You don't have to go through a lot of red tape. Just get your wheel and take it right home with you, ready to use today and every day after that.

UNITED STATES SHIPPING BOARD EMERGENCY FLEET CORPORATION OFFERS FOR SALE HOG ISLAND STEEL

Sealed bids will be received until 11 A. M., July 26, 1921, by the United States Shipping Board at the office of the Director of Division of Supply and Sales, 19th and B Streets N. W., Washington, D. C., and will then be opened publicly.

The steel is as listed below in 8 lots: LOT (1)—12,000 tons, approximately. 30% consisting of angles, bars and channels, 3 feet to 40 feet long; 70% consisting of heavy built up members.

LOT (2)—11,000 tons, approximately. 20% consists of channels, 7 inches by 10 inches; 80% consists of built up members.

LOT (3)—20,000 tons, approximately. 90% punched plate—30 inches to 96 inches wide; 15 feet to 30 feet long; 1/4 inch to 1-1/8 inch thick; 10% of bar angles and channels, 3 feet to 12 feet long of various sections.

LOT (4)—30,000 tons, approximately. 95% punched plate, 10 inches to 112 inches wide, 5 feet to 30 feet; 1/4 inch to 1-1/8 inch; 5% in large pieces fabricated.

LOT (5)—10,000 tons, approximately. 85% consists of punched plates, 20 inches to 96 inches wide, 2 feet to 30 feet long; 1/4 inch to 1/2 inch thick; 15% angles and channels, 5 feet to 30 feet long.

LOT (6)—10,000 tons, approximately. 100% of built up members, 2x4 to 8x12.

LOT (7)—12,000 tons, approximately. 100% of built up members, 2x4 to 8x20.

LOT (8)—6,000 tons, approximately. 95% consists of large built up members; 5% of angles, channels, beams and plates, all punched.

The lots of steel will be identified and located as per sketch attached to bid sheet, and will be furnished upon application. All steel is sold on net ton basis "where is as is," without guarantee as to condition or quantity. TERMS—20% of purchase price to accompany bid, remainder to be paid as material is removed. Shipping instructions to be given 15 days after date of approval of sale. Material to be loaded by Emergency Fleet Corporation as rapidly as possible after receiving shipping instructions. Upon application to the Director of the Division of Supply and Sales, U. S. Shipping Board, Washington, D. C., proposal forms and additional information will be furnished. The Board reserves the right to reject any or all bids. Sealed bids should be addressed to the Division of Supply and Sales, United States Shipping Board, 19th and B streets N. W., Washington, D. C.

Shipping Clerks Warehouse Men—Drivers—Porters Don't stay out of a job—read the Help Wanted columns in THE PUBLIC LEDGER MORNING—EVENING—SUNDAY Walnut 3000—Main 1601