FOUND BIKE CONTEST "EASY"

#### arefully Chosen Diet Essential for Hot Weather, Says Mrs. Wilson

Physical, Mental and Spiritual Condition Depends Upon Food, So Fill Friday's Market Basket With Fresh. Seasonable Vegetables

By MRS. M. A. WILSON

Mr. All rights reserved; A. Wilson, RIOUS minded people today know OBRIOUS minded people today know that certain reforms in dietetics are that certain reforms in dietetics are to enjoy good entials if we are to enjoy good entials. The fact that our physical, the state of the condition is greatly estal and spiritual condition is greatly estal and condition is greatly estal and

one are many of the old-time illu-one and fables about certain foods, ne longer believe that grapefruit quinine in it to give it a tare e; nor that lettuce contains a quan-of opium; nor that cucumbers con-

sasily planned foods produce abuntaristic, sasily planned foods produce abuntaristic, and while the fresh mits and vegetables are in season, the mits and vegetables are in season, the mits and vegetables are in season, the mits and vegetables are the housewife an action of the open air, and if you do not are a car, then pack the food, the smock and other equipment to make confertable and divide the load so at every member of the family can be with it, and then perhaps you can be with it, and then perhaps you can be a neighbor or friend who has a wand make a double family outing. It is a seighbor or friend who has a wand make a double family outing.

SUNDAY BREAKFAST

BREAKFAST
Berries
Berries
Lyonnaise Potatoes
Sliced Tomatoes
Mountain Muffins
Coffee DINNER This may be a platter meal, which

easy serving. Radishes Olives Radishes
Cold Sliced Barbecue of Ham
Potato Salad
Tomatoes Stuffed with Coleslaw
and Butter Sandwiches with
Minced Peppers
The Country Cake

Coconut Custard Cake Stewed Fruit SUPPER

Deviled Eggs
Watercress and Cheese Sandwiches
Tomatoes Mayonnaise
nit Custards Angel Cake Te Mirred Eggs With Minced Peppers

Mince very fine One onion,

One onion,
Two green peppers.
Rub individual shirred egg dishes or
makins well with butter and then
see in the center of the dish two
sell pieces of toast. Cut in inch
mars, for the family of five. Place
a mixing bowl
Four cops,
Yelks of two eggs,
Four tablespoons of milk.
Best to mix thoroughly and then
bide into the five prepared shirred

into the five prepared shirred dishes and sprinkle with the minced and pepper and bake in a hot until just beginning to set, then quickly with a fork and pour one are melted butter over each son of melted butter over each and serve. Green Mountain Muffins

Four tablespoons of sugar, Two tablespoons of butter, One coa and then add

One cup of sour cream, Two and one-half cups of sifted flour, Five level teaspoons of baking

Best to a smooth mixture and then in in well-greased mussin pans and rable well with finely chopped nuts add one raisin. Bake in a moderate for twenty-five minutes. Barbecue of Ham

best a five-pound cut of shank end ham and then place in a saucepan of cover with cold water. Bring to bell and cook very slowly, allowing lift minutes to the pound. Let the a cool overnight in water and then the morning lift and remove the la. Now place in a bowl

Now add
One-half cup of mayonnaise.
Its well and use as a sandwich fill-

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 custard cups. Set the cups in a baking pan that contains warm water to twothirds the depth of the cups. Bake in a very slow oven until firm in the cen-

Angel Cake

Two eggs, white reserved for shirred One egg, white reserved for mayon naise dressing.
Two eggs, white reserved for coconut

cake, Two eggs, white reserved for fruit Turn very large meat platter and

Four tablespoons of water, One level teaspoon of oream of tartar. Beat until firm and use a wire spoon

to whip. Add after egg white begins to hold its shape, slowly, three-quar-ters cup of powdered sugar and then fold in One cup, two tablespoons of flour. Turn into ungreased angel-cake pan and bake for forty-five minutes in a

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. MRS, K. L. A. Ice cream and cake is the usual service. Cake with either tea, coffee or cocoa. Fancy sandwiches with either of the above beverages. The choice of napkins is a matter of personal opinion; either may be used, although the smaller ones would be better for light lunch.

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

MRS. W. L. W.

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

oizes length of onion, One bunch of celery, cut in thin, twoinch 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 NOVELETTE

The Swaml and the Judge

By Martha McCulloch-Williams "S'matter, pop?" Tony quoted gleefully as his father laid down a letter with a suppressed imprecation. "Bankruptcy or breach of promise-

eh what?'

"Nothing so simple." Pop, otherwise Hon. Anson Trimble, growled, crushing the sheet of paper he held:

"The mater writes she is bringing home with her one of those Sweni things. things blacker, no doubt, than the ace of spades—and is 'sure I'll be delighted to have him stay a month.' 'Good Lord!' with a whistled ob-

ligato. "Surely not here! Has she

clear forgot her raising?"

"Looks like it—but there's a lot more—she says all the fashionables in town are daffy about the fellow—and that to carry him off this way puts her quite at the top of the heap. He's goin to lecture — talk sublimated damn foolishness, and do mystic stunts—"

sare. See him now in a purple turban and green swaddings, gazing into crystals and things—at so much a gaze—and telling the world things it has known since Adam was a yearling—bit doep of flowr. Three tablespoons of water. It to a paste and use this to cover a tisurface of the ham. Now place is bowl.

Ose cup of brown sugar, Ose teappoon of nutmeg, Ose teappoon of allspice.

In and then pat this mixture into it it side of the ham. Place in a coven and bake for forty-five min—Baste with

Ose-half cup of vinegar.

The tablespoons of sirup.

Let cool and then remove the paste the cut end. Chill this ham. This is the started on Friday evening for it is and then place near the ice is a hint of losing them will make her soul was in peril—but dinner rings, and tiaras and things—and a coming-out party to knock Hillwood silly—a hint of losing them will make her soul was in peril—but dinner rings, and tiaras and things—and a coming-out party to knock Hillwood silly—a hint of losing them will make her soul was in peril—but dinner rings, and tiaras and things—and a coming-out party to knock Hillwood silly—a hint of losing them will make her soul was in peril—but dinner rings, and tiaras and things—and a coming-out party to knock Hillwood silly—a hint of losing them will make her soul was in peril—but dinner rings, and tiaras and things—and a coming-out party to knock Hillwood silly—a hint of losing them will make her soul was in peril—but dinner rings, and tiaras and things—and a coming-out party to knock Hillwood silly—a hint of losing them will make her soul was in peril—but dinner rings, and tiaras and things—and a coming-out party to knock Hillwood silly—a hint of losing them will make her soul was in peril—but dinner rings, and tiaras and things—and a coming-out party to knock Hillwood silly—a hint of losing them will make her soul was in peril—but dinner rings, and tiaras and things—and a coming-out party to knock Hillwood silly—a hint o

relish for it.
On the steps Mr. Trimble said

the morning train might have lessened relish for it. On the steps Mr. Trimble said: "You'll tell Florry, of course; but mind she don't pass it on to her father. Then the fat would surely be in the fire." "You'll tell Florry, of course; but mind she don't pass it on to her father. Then the fat would surely be in the fire." "Wro "Il tell Florry, of course; but mind she don't pass it on to her father. Then the fat would surely be in the fire." "Wro "Il tell Florry, of course; but mind she don't pass it on to her father. Then the fat would surely be in the fire." "Wro "Il tell Florry, of course; but mind she don't pass it on to her father. Then the fat would surely be in the fire." "You'll tell Florry, of course; but mind she don't pass it on to her father. Then the fat would surely be in the fire." "You'll tell Florry, of course; but mind she don't pass it on to her father. Then the fat would surely be in the fire." "You'll tell Florry, of course; but mind she don't pass it on to her father. Then the fat would surely be in the fire." "You'll tell Florry, of course; but mind she don't pass it on to her father. Then the fat would surely be in the fire." "You'll tell Florry, of course; but mind she don't pass it on to her father. Then the fat would surely be in the fire." "You'll tell Florry, of course; but mind she don't pass it on to her father. Then the fat would surely be in the fire." "You'll tell Florry, of course; but mind she don't pass it on to her father. Then the fat would surely be in the fire." "You'll tell Florry, of course; but mind she don't pass it on to her father. Then the fat would surely be in the fire." "You'll tell Florry. His con't feet sell the fire." "You'll to run to Swam; form. His con't he father. Then the fat would surely be in the fire." "You'll transported the fire." "You'll to run to Swam; form. His com't was set off by London of the pass and to like a dou't the life. The solice and then the fat would surely be in the fire." "You'll transported the father. Then the fat would surely be

But when, after a bit, he roused, saying passionlessiy:

"All must be laid on the altar—our fortune, our children, ourselves," she smothered a shriek, cried hard for three minutes, then rushed to call, privily, not a doctor, but her father, a famous, retired Judge.

"Come! At once!" was all she said, but her tone spoke volumes. Hence the Judge came next day, the very moral and pattern of bland unconsciousness. Tony met him at the train, on the surface quite the same. But as they stepped from the car he said, with a twinkle: "If you could land an ambassadorship under the new Administration. I think the mater would go joyously to head the household—and give her family a change of air."

She did not fall upon her father's neck—instead there was a short secret session in her small sitting room. The Judge listened, nodding, to a recital that was two-thirds accurate, then shot at her: "You're afraid of something—tell me what?"

"Losing everything—most of all my husband," Mrs. Trimble answered: "He is bewitched—I want to murder that Swami when I think of him—I brought it on myself—if that wretch fascinates my baby also, I shall murder him—or die myself."

"Don't—not for a day or so," the judge answered, chuckling unfeelingly. "Baby's in no danger—I think she inherits my legal mind."

She did. In proof, half an hour later she said straightforwardly to Tony: "Watch your step, Buddy—else the Big Injun will run over you."

"How come?" from Tony.

"By way of strong boxes and things," said Miss Baby. "Big Injun the same and th

"How come?" from Tony.

"By way of strong boxes and things," said Miss Baby. "Big Injun has sunrise trances—in them he tells daddy what to buy and sell in town. You know dad has got a fat hen or in the street—"

"Where do you learn such language?" Tony interrupted. Baby went on unheeding. "He's fighting old Gid Campbell—your daddy-in-law—maybe—and when you two leave after break-

campbell—your daddy-in-law—maybe—and when you two leave after break-fast Big Injun phones Miss Flora what orders he has given. I cavesdropped, of course—first accidentally, then because I knew I should. Big Injun is no fool—he knows dad's conversion is a trick. And he's real mushy about Flora—even "as is." What won't he be if she can bring him the best part of our money?"

""Go talk to grandad," Tony counseled: "Better wait though till aftet dinner—I want him to see our Swami with an open mind."

At dinner the Swami excelled himself. Nothing of the mystic showed—instead, the brilliant, observant manof-the-world, traveler, wit and philosopher. Judge Este said little—indeed, all felt inclined to listen rather than speak. But presently, apropos a story of marvelous recognition in a crowded Eastern city, he roused a bit, and said: "It is a great gift—this memory of faces and their backgrounds. I have it in a way—sometimes to my sorrow—sometimes also to that of—the other in a way-sometimes to my sorrow-sometimes also to that of—the other

"Give an example," Baby piped pertly.

Judge Este looked straight at the Swami. 'Faces are nearly as changeable as clothes—when you know the trick," he said, "but voices are hall-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. The suggestion was taken up promptly, and after only a day and a half's work in his neighborhood Joseph turned in the necessary thirty-five subscriptions to the Evening, Morning and Sunday Public Ledger and received his certificate for his Black Results.

"I hardly think so," the Swami said with a bored accent, "any practiced speaker can change tone, accent. everything." "Then—why don't you do it?" the judge demanded sternly. Before you had said three words, I knew you for the fake Hindoo, peddling fake rubies, almost the last man I sentenced three years back."

tificate for his Black Beauty.

Ile declared today his intention to make a trip to Clementon on his wheel. "Thank you!" the Swami said, rising and bowing deeply. "You have as good as endowed me—your words are actionable, as you must know. I can Asked why he chose Clementon over all other alluring spots and roads of Cam-den's environs, he replied: "It's thir-teen miles, and it's the longest trip I know of." Joseph is the son of Mr. and Mrs.
David Lloyd and is a student at the
Broadway School, Camden.
James W. Carney, eleven years old,
of 618 South Sixteenth street, beat his

'Not half what I can," cried Trimshadowed. 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. Be sure I have followed none of your trance-tips—so am as whole financially as in spirit. you like to go free. We want no scan-dal—"And I'll forgive you all. in the name of the family, if you'll take Flora along with you," Baby said vindictively, but the Swami paid no heed. Doubtless he believed "he travels fastest who travels alone."

Next Complete Novelette "The Tea Room.

David McCann, twenty-four years old, Tennis avenue, Ambler, is recovering in the Chestnut Hill Hospital following his being struck by a bat at a twilight baseball game last evening.

Dicycle contest.

Like most other boys James has always wanted a bicycle. He got a good bit of experience riding around the square on the other fellows' wheels, but that wasn't just what you would call satisfactory. Naturally the minute has

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mileage at a

LOWER cost

Prices are Down on

Hoods-down to

what you were willing to pay for

an ordinary tire a

few weeks ago. But

Hoods today are

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tire per mile at old prices-and at the new prices, well just ask any of these dealers to show you the figures.

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Wm. Fox

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

seph Lloyd, eleven years old (inset), of Camden, needed fewer than

**NEEDED LESS THAN** 

Pace for Others in

**Bicycle Contest** 

has long been hankering after a bicycle and frequently returned to the subject of a parental promise that some day he

should have one.
When the PUBLIC LEDGER's offer to

brother Joseph, nine years old, in a race

LIC LEDGER office with his aunt, Mrs.

James Hunter, with whom he makes his home, to claim his prize.

James has lived with his aunt since he was a baby, while Joseph stays at home with his parents, Mr. and Mrs. James F. Carney, 5632 Malcolm street.

The boys visit each other frequently and have kept close tabs on their respec-

tive progress in the PUBLIC LEDGER

"He's got more nerve than me too,"

for a Black Beauty.

On the way down to get his bicycle James was careful to think about which Camden Youngster Sets Fast Getting a Black Beauty bicycle from PUBLIO LEDGER presented no difficul-ties for Joseph Lloyd, eleven years old, of 509 Pine street, Camden. Joseph

heard about the PUBLIC LEDGER con-2 DAYS TO WIN BIKE

least a bout the Folia Leboth contest the 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.

street it would be safest to ride home on. That was the fine thing about win-ning 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.

DREAMLAND ADVENTURES

The Invisible Sailors By DADDY

CHAPTER V No Water To Drink DEGGY 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 Wisher, the goblin, remembered something. It was that they membered something. It was that they come the storm cleared away, the rain had not brought any fresh water along stopped, the skies cleared and the gale to drink nor any food to eat. They couldn't drink the ocean water because couldn't drink the ocean water because what it was will have to wait until to it was so salty it would make them morrow for the telling. ill. And they didn't have even a plece 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, water to drink," dry and dry er throat feeling so dry

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 reef in the sails. Peggy and Billy couldn't understand this flurry until Folly Wisher pointed away off to where the sky and sea

scarcely speak.

It is white as snow

UNITED STATES SHIPPING BOARD EMERGENCY FLEET CORPORATION

OFFERS FOR SALE HOG ISLAND STEEL

Sealed bids will be recevied 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., Wash-ington, 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, 12 inches to 48 inches wide, ¼ inch to ¼ inch thick; 70% consisting of heavy built up members.

LOT (2)-11,000 tons, approximately. 20% consists of channels, 7 inches by 10 inches, 6 feet to 40 feet long, and a small quantity of angles and plates; 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; % inch to 11-16 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; 14 inch to 11-16 inch; 5% in large pieces fabricated.

LOT (5)-10,000 tons, approximately. 85% consists of punched plates, 20 inches to 36 inches wide, 2 feet to 30 feet long, 14 inch to 16 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 5x12.

LOT (7)-12,000 tons, approximately. 100% of built up members, 2x4 to 9x20.

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 Upon application to the Director of the Division of Supply and s. U. S. Shipping Board, Washington, D. C., proposal forms and addital 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



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.

"Yes, and it is all your fault." shouted Folly Wisher, wringing his hands, as if in great fear.

"Why is it my fault?" asked 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 Wisher.

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

that most of them got her into trouble

storm came sweeping down upon them.

Peggy, Billy. Folly Wisher, the captive
maid and the chocolate-colored youth 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 visi-ble. 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

turned into a soft breeze.

Soon they had another adventure, but

CHURCH LEFT \$15,000

Will of Agnes V. Alburger Remembers Lower Doublin Baptist The will of Agnes V. Alburger, 328 Stanwood street, \$23,500, was admitted to probate today. Relatives receive \$1700 under the will, \$5000 is willed to Franklin Hospital, and \$15,000 is set aside for a gymnasium for the Lower Doublin Baptist Church, at Bustleton.

Doublin Baptist Church, at Bustieton.
The residue is created a trust fund, to
provide for upkeep of the gymnasium.
Other wills admitted were: Antonio
Sauino, of Vineland, \$35,000; Jennie
L. Nelke, who died at the Ritz-Carlton, \$25,000; Edward Cooper, 5933
Wayne avenue, \$68,000, to his widow, Maria C. Cooper; and Georgiana Bar-rett, 4119 Pine street, \$10,000.

of some sort.

The lightning flashed more often, the thunder rolled more loudly and the storm came sweeping down upon them. Peggy, Billy, Folly Wisher, the captive maid and the chocolate-colored youth

With White of Egg

Glue or fly-paper stickiness can be removed in a few seconds with the white of an egg. Rub over the hands or solled article and the glue will roll up at once and wash off.—McCall's.



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