```java
import javax.swing.*;

import java.awt.*;

import java.awt.event.*;

import java.util.DefaultListModel;


public class ToDoApp {

    // Main UI components
    private JFrame frame;
    private JTextField taskField;
    private JButton addButton, deleteButton;
    private JList<String> taskList;
    private DefaultListModel<String> listModel;

    public ToDoApp() {
        // Frame setup
        frame = new JFrame("To-Do List App");
        frame.setSize(400, 500);
        frame.setDefaultCloseOperation(JFrame.EXIT_ON_CLOSE);
        frame.setLayout(new BorderLayout());

        // Top panel: input + add button
        JPanel topPanel = new JPanel();
        topPanel.setLayout(new BorderLayout());

        taskField = new JTextField();
        addButton = new JButton("Add Task");

        topPanel.add(taskField, BorderLayout.CENTER);
        topPanel.add(addButton, BorderLayout.EAST);
```

```java
// Center: list of tasks
listModel = new DefaultListModel<>();
taskList = new JList<>(listModel);
JScrollPane scrollPane = new JScrollPane(taskList);

// Bottom: delete button
deleteButton = new JButton("Delete Selected Task");

// Add components to frame
frame.add(topPanel, BorderLayout.NORTH);
frame.add(scrollPane, BorderLayout.CENTER);
frame.add(deleteButton, BorderLayout.SOUTH);

// Add task button listener
addButton.addActionListener(e -> {
    String task = taskField.getText().trim();
    if (!task.isEmpty()) {
        listModel.addElement(task);
        taskField.setText("");
    }
});

// Delete selected task
deleteButton.addActionListener(e -> {
    int selectedIndex = taskList.getSelectedIndex();
    if (selectedIndex != -1) {
        listModel.remove(selectedIndex);
    }
});

// Show the UI
```

```java
        frame.setVisible(true);

    }


    public static void main(String[] args) {

        SwingUtilities.invokeLater(ToDoApp::new);

    }

}
```