Are you aware that Lime is one of the principal ingredients adopted by the West Virginia College of Agriculture for spraying in controlling the common orchard insects and diseases of the state?

Have you been advised of the fact that Prof. Eugene A. Crilly, of Littlefield County, Connecticut, one of the country's leading chemists, has requested Gov. Lake Everett, a former Harvard athlete, to urge the legislature to extend the State Reclamation Act by furnishing lime and Legumes to the farmers of the state to build up the soil, so it will supply the proper nutriments in the products that the athletes of Yale and Havard and the people statewide may become a race of greater vitality?

Get aboard the water wagon of Natural Fertility Resources, Nature's Own Soil Tonic. "Can't afford it," is the greatest slogan of all the hosts of opposition that would impede, and has rung the death Knell of many a bright future.

An organization is now being formed by some of the country's most eminent citizens, who through tests and experiments realize the necessity and importance of promoting the use of Nature's Own Fertile Resources for the growth, progress and longevity of life in plants, animals and human beings. Are YOU overlooking scientific research?

Every man has a chance to be successful except the one who knows those with a bank account are crooked.

Farm life has its disadvantages, but no matter how tight money gets the dinner bell still rings at noon.

SUNNY-SOULED MEN

What affords any more pleasure than meeting on the street the man whose soul is filled with sunshine? The world loves him, and at home it is like a good tonic to have him around. We have a few of this kind here, and how we wish we had more. Their magic power to transform trying situations is worth more than money, and it always makes a fellow feel like he had more to live for when he sees their sunny smiles, hears their words of good cheer, and feels their approving hand-shake or pat on the back. What a wonderful thing it is to be able to carry your own sunshine right around with you; to cast a glow of brightness and joy upon every condition of life. The power to turn gloom into gladness, the mirth-provoking faculty, the ability to make a man smile when he feels blue—it's worth everything to possess. And the young man who is soon to start out into the world for himself couldn't do a wiser thing than cultivate the sunshine habit.

THE DRUMMER KNOWS

No set of men who visit our city in a business way know more about conditions in this country than the traveling salesmen, whom we once referred to as the "drummers." When there are a lot of them on the road business is flourishing when they're scarce, it's bad. They are a good barometer of business conditions all over the country.

In conversation with one a few days ago he emphatically declared that increased buying is in order particularly in the South and West. Merchants who believed that commodity prices would make further drops have, he says, apparently realized that they are mistaken, and they've started again to stock up. Where traveling men have heretofore been unnecessary and where buying has been so small that the merchants ordered what they wanted by mail, the knights of the grip are finding a revival that is encouraging.

Failure and refusal of merchants to buy products was largely responsible for stagnation of manufacture. That, too, is changing now, and factories throughout the county have commenced to take back their men. The big industrial towns report a brighter employment outlook, and the labor situation is fast being adjusted. There will be some few additional adjustments, of course in the price of a few commodities but they will be gradual, and the traveling man says there isn't going to be a big increase or a big decline in anything in the food or apparel line for a long time.

MUSEUM TO GET FOSSILS

Reprint from The Los Angeles Times

Dr. Milbank Johnson, president of the Southwest Museum, accompanied by a staff of scientists, yesterday inspected the fossil-laden lime pits on the property where the Torrance Lime and Fertilizer Company is conducting its excavations. Just before the trip was made an agreement had been reached between Dr. Johnson and S. Maus Purple, general manager of the company, providing for the taking over by the museum of all the fossil remains which had been or might be dug up, and which would be of value to that institution.

At the conclusion of the trip arrangements were made whereby the museum will keep closely in touch with the work as it progresses, and will be in readiness to rush trained excavators to the scene whenever particularly promising-looking remains are brought to light.

The pit was studied by Dr. John Comstock, curator of the museum; Dr. Loye Holmes Miller, biologist; Prof. Donald Dickey, paleontologist; Mr. and Mrs. William H. Golisch, conchologists for the museum, and J. E. Lord, ornithologist. A survey of the topography was made by Dr. Gilbert H. Bailey, geologist of the University of Southern California.

As rapidly as possible the remains secured at various times and from various portions of the property will be gathered together and classified, and as soon as they have been authenticated, work toward the reconstruction of the different animals will be undertaken by the museum.

This morning another inspection of the pit will be made, with particular reference to the chemical content of the deposits and their relation to problems of fertilization in the West.

After the chemical tests have been completed at the company's plant near Torrance a trip will be made by the party through the citrus belt to see the result of the application of the decomposed marine shell lime to various soils. Several months ago test areas were designated in different portions of the orange belt, and records have been kept of the amounts of fertilizer which have been applied. Today's visits will be for the purpose of checking on the result of the application of the lime by means of comparison with trees which have received specialized treatment along other lines with trees which have been left unfertilized for a long period and have recently been revitalized.

Now that the season for beating a train across the track is here, the Fool Killer is in the height of his glory.

THE KITCHEN CABINET

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I'll bind myself to that which, once being right will not be less right when I shrink from it.—Kingsley.

HOW MUCH FOOD SHALL WE EAT?

It is safe enough to state that the average adult eats at least one-third more food than he needs and is able to assimilate. The excess of food overtaxes the digestive organs and is thrown off in waste or stored up as excess fat. Fletcher says if we masticate our food twice or three times as long as we do we would eat less, be fully satisfied, feel much more comfortable and eliminate a large percent of illnesses. Such a treatment costs nothing to try, but a little perseverance and stick-to-it-iveness.

We know that there are four things that the food which we eat is to do for us: To generate heat, to keep the body warm, to rebuild and repair the waste tissues, to store up reserve energy for illness or emergency work, and to produce energy to enable us to walk and do all kinds of physical and mental work. Hard, mental labor or hard physical labor uses up more food than the inactive body, but even that needs food to keep it in working order.

A calorie is a measure of heat or energy which a certain amount of food yields when burned in the body. Just as so much gas per cubic foot produces a certain heat or light, so too a definite amount of food gives off so much heat and energy measured in calories when we burn it in our bodies. An active adult needs from three thousand to three thousand seven hundred calories per day to cover all the body needs. Just necessary this as we do that it takes two cupfuls of many things to make a pound. Science helps us in finding the calorie value of various kinds of food by giving us the hundred calorie portions of common dishes. For example one small baked apple without sugar yields one hundred calories, one-half a medium-sized grape fruit yields the same, also a large banana, three prunes with a tablespoonful of the juice; two slices, one-fourth inch thick of bread equal the same; one tablespoonful of butter, one cupful of cooked cereal, one tablespoonful of sugar, one-half cupful of whole milk and one-fourth cupful of thin cream; cocoa, one-half cupful.

Nellie Maxwell

The KITCHEN CABINET

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The happiness habit is just as necessary to our best welfare as the work habit, or honesty or square dealing habit.

What a great thing common sense is—when we practice it.

DAINTY, DELIGHTFUL DISHES

As lemon pie is a general favorite where pies abound, the following recipe will be one to cherish:

Fluffy Lemon Pie.—Mix two tablespoonfuls of sugar and one-half teaspoonful of salt with one-quarter of a cupful of cold water to pour; add three-quarters of a cupful of boiling water and cook, stirring until boiling; add the juice of a lemon, the grated rind. Beat the whites of two eggs, also the yolks; fold the whites into the yolks, then add one cupful of sugar, adding a tablespoonful at a time, so that the mixture is kept very light. Bake in two crusts.

Lettuce With Russian Dressing.—Prepare the lettuce, chilling after draining, and pour over the dressing or serve with the dressing passed in a bowl. Beat one-half cupful of French dressing, using six tablespoonfuls of oil and two of vinegar, salt and paprika to taste, gradually with an egg beater into one-half cupful of mayonnaise dressing; then add two tablespoonfuls of chili sauce and fold in one-third of a cupful of cream whipped, with finely clipped red and green pepper to taste, with onion juice, parsley and cucumber pickle to season.

Oatmeal Biscuit.—Sift together two-thirds of a cupful of pastry flour, two teaspoonfuls of baking powder, one-quarter of a teaspoonful of salt; add two-thirds of a cupful of oatmeal, two teaspoonfuls of shortening into the flour and meal, then add milk to make a soft dough, adding a little at a time. Pat the biscuit into shape with a wooden spoon; set them into gem pans and bake in a very hot oven.

Apricot Sponge.—Soften one tablespoonful of gelatin in one-quarter of a cupful of cold water, then add to a cupful of apricot pulp and juice, heated hot; add one-quarter of a cupful of sugar; stir until the mixture begins to thicken, then fold in the stiffly beaten whites of two eggs. Serve with whipped cream. Prunes may be used in place of apricots if preferred.

Nellie Maxwell

LOCAL TIME SCHEDULE

—Of The—
REDONDO - SAN PEDRO STAGE
Between Redondo and San Pedro

-Via-
Lomita and Torrance

Effective 12:00 O'clock Midnight
Sunday, October 31, 1920

	Leave San Pedro	Lomita	Torrance	Arrive Redondo
A. M.	5:50	6:05	6:12	6:32
	6:50	7:12	7:19	7:41
	8:00	8:22	8:29	8:46
	9:00	9:22	9:29	9:46
	10:00	10:22	10:29	10:46
	11:00	11:22	11:29	11:46
	12:00	12:22	12:29	12:46
P. M.	1:00	1:22	1:29	1:46
	2:00	2:22	2:29	2:46
	3:00	3:22	3:29	3:46
	4:15	4:37	4:44	5:01
	5:20	5:42	5:49	6:06
	6:15	6:37	6:44	7:01
	8:10	8:32	8:39	8:56
	10:00	10:22	10:29	10:46

	Leave Redondo	Torrance	Lomita	Arrive San Pedro
A. M.	5:50	6:07	6:14	6:36
	6:35	6:52	6:55	7:21
	8:05	8:22	8:27	8:49
	9:05	9:22	9:27	9:49
	10:05	10:22	10:27	10:49
	11:05	11:22	11:27	11:49
P.M.	12:05	12:22	12:27	12:49
	1:05	1:22	1:27	1:49
	2:05	2:22	2:27	2:49
	3:05	3:22	3:27	3:49
	4:10	4:27	4:34	4:56
	5:10	5:27	5:34	5:56
	6:15	6:32	6:39	7:01
	7:15	7:32	7:39	8:01
	9:15	9:32	9:39	10:01
	11:00	11:17	*11:24	*11:46

*Sunday Service Only.