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HOUSEHOLD HONENESS

By AUNT POLLY

APPETITE JUICE

Did you ever take time to think what a wonderful apparatus you have in the "Department of your Interior"? Digestive organs that are capable of secreting a fluid that some are pleased to call "appetite juice," which flows at the taste or even grist the sight or smell of savory, satisfying food.

As that is the case, Mrs. Menu Maker, don't ever feel that time has been wasted when you've prepared fancy dishes, though some call them merely "trills," for Miss Farmer, one of the best food experts, says a dainty dish which appeals to the appetite is an aid to digestion. We wouldn't be willing at all to merely "live to eat" instead of eating to live, but it is necessary that we take pleasure in our eating, as it has been proved that "food that is relished is half digested."

TO KEEP CORN WHITE

When boiling corn on the cob, if some ears turn yellow, just before removing from the pot drop in a little vinegar—a tablespoon or two to a large kettle will be ample—and the more attractive white color will instantly return.

If you only have a few flowers for your table, put them in a small, slender vase and set the vase in a cut glass or plain glass shallow bowl.

PETER-TOM SALAD

Remove the stones from stewed prunes, add a tablespoonful of cream to four tablespoonful of cottage cheese. Fill the prunes with this mixture and lay three or four of them on crisp lettuce leaves with mayonnaise dressing.

If an orange is placed in a box of fresh cookies it will impart to them a most delicate flavor.

Too much sugar is used on the American table, with a consequent loss of variety and piquancy of flavor. The nutty flavor of grains, the natural sweetness of cornbread, the distinctive flavor of fruits and the real coffee taste are too often smothered with sugar.

Dry cheese makes delicious cream cheese by grating half pound of dry cheese and blending thoroughly with one teaspoon of mustard, one tablespoonful of butter and half cup of cream cheese.

CHEESE WITH BANANAS

Cut slit lengthwise in banana skin, force into it a long wedge of cheese, sprinkle salt over it and a little lemon juice, bake in oven ten or fifteen minutes.

In making coffee add a dried prune and it will improve the flavor and give the coffee a richer color. This helps to make coffee digestible.

WONDERS OF AMERICA

By T. T. MAXET

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NATIONAL METHODIST CHURCH

RAMBLING about the so-called "old" section of our national capital one Sunday morning, my attention was attracted to a church which, outwardly, looked but little different than hundreds of other houses of worship which are scattered promiscuously across our broad land and are representative of numerous denominations of religious belief, except for its peculiarly slender and graceful spire.

Approaching this thus distinguished edifice, the air suddenly filled with colorful and pleasing tone, as, from up in the steeple, a chime of ten rare bells called the faithful to devotion. Entering, I learned that this historic structure was none other than The National Methodist church. After service, I was told and shown how a former bishop and beloved worshippers had immensely enriched it and endeared its memory by unusual contributions collected on their travels in foreign lands.

For instance, some of the marble tiles in the vestibule were brought all the way from the ruins of Solomon's temple in Jerusalem; the keystone in the arch above the pulpit was carved from a stone carried from the ruins of the same far-off temple, and the beautiful pulpit and highly-polished altar rail are partially made from the logs of olive wood, transported from the Garden of Gethsemane and Mount of Olives. An ivy vine which tightly attached itself to the east wall of this old edifice was grown from a slip taken from the tomb of Martin Luther, at Wittenberg, Germany.

Presidents Grant and McKinley, Vice Presidents Cullax and Fairbanks, General John A. Logan and many her men prominent in the affairs of a nation, have worshipped at this shrine.

TORRANCE NEWS ITEMS

Mrs. Harry McManus of Andreo avenue was taken last Friday to the Angelus Hospital, Los Angeles, for a serious operation.

Mr. and Mrs. W. R. Downer of Glendale spent Sunday in Torrance visiting the latter's sister and brother, Mrs. E. N. Tomkins and L. J. Acree.

Mrs. R. S. Algeo of Long Beach was a guest of Mr. and Mrs. J. A. Campbell, Park Terrace, Tuesday. Mrs. Algeo's son, Lloyd, and friends motored over in the evening.

J. A. Bowers of Vista Highlands has not entirely recovered from an accident several weeks ago, when he was run over by an automobile.

Mr. and Mrs. Hurum Reeve and family, Mr. and Mrs. Ralph Howe and family and Mr. and Mrs. Merley Harshaw of Moneta spent the day at Nelson Reeve's Sunday.

Jack Quigley of North Arlington fell twenty-five feet from a crane at the Llewellyn iron works Sunday night and was seriously injured.

OBSERVATIONS OF A NUT

By Robert Edward Bartlett

When a boy whose mamma has never made him mind gets to be about five years old he begins to be known as a bad boy. Everyone hates him and wants to spank him, and he deserves to be spanked, of course. But his mamma deserves spanking also, although it might be an undignified process, and his daddy often needs it, too. It might be even more undignified to spank the daddy, especially if he happened to be a stronger man than you.

The other day a lady and her five-year-old boy called on a friend who has some very nice furniture in her home and is particular what happens to it. She has a right to be particular, just as every good housewife has. She realizes that good furniture does not grow on every bush about town. And she may be one of those few remaining persons who do not believe in wanton destruction, no matter who are articles belong to.

When the lady and boy arrived at this place everything was spick and orderly, but within five minutes a wonderful change had taken place. A vase of roses had been overturned, all the movable furniture had been misplaced, the book cases were open and several costly volumes were pulled out on the floor. Their pages were being ruffled in a way to make chills creep up and down the spine of any book lover.

The hostess fidgetted in her chair but the boy's mamma remained as placid as though her boy were playing with marbles on the garage floor. Perhaps she reasoned that the books were clean and there would be no extra washing of the boy's clothes on their account. Perhaps she did not reason at all, her mind being incapable of that process.

Just as the youngster had tired of the books and was threatened with ennui after a thirty seconds' rest the telephone man came to repair the telephone and the boy rushed to his assistance like a spider to a crippled horsefly. The assistance he rendered was rapid and varied. He took the receiver off the hook six times in succession as fast as the man could replace it, and scattered several small parts that had been laid on the window sill over the floor.

The man gave him a terrible look which angered him so that he seized the instrument bodily and ran away with it, very nearly jerking it from its moorings. All through this the guest retained her smiling placidity, but the hostess, unable to longer endure the strain, came to the man's assistance and the youngster was coerced into letting the instrument alone.

But either to get revenge or to further satisfy his destructive ambition, the five-year-old next jumped into a leather upholstered chair with his hobnailed shoes and practiced the feats of a circus clown on a tight net. Again the hostess fidgetted and again the guest sat smiling with folded hands. The thing that finally saved the hostess from nervous collapse was that the guest concluded it was time to go home and get dinner for her husband. She confided that her husband was awfully cross when dinner was late, but it was then six o'clock.

There are boys like that in every town and they all have mammas just like this one's mamma. Whenever I come in contact with them it makes me feel like I wanted to lick somebody, but the law forbids me administering bodily chastisement to another man's wife or her offspring, so the only thing left for me to do is to cuss. And I'm getting to be an awful cusser.

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CERTIFICATE OF DOING BUSINESS UNDER A FICTITIOUS NAME.

The undersigned does hereby certify that he is transacting business in Lomita, County of Los Angeles, State of California, under the firm name and style of THE HARBOR CITY DAIRY; that the name in full of all members of such business is Arthur G. Plumb, and that the place of my residence is Pomelo Street, East of Redondo and Wilmington Boulevard, Lomita, Calif.; that my Post Office address is Lomita, Calif.

In witness whereof I have hereunto set my hand and seal this 22nd day of September, A. D. 1921.
ARTHUR G. PLUMB.

State of California, County of Los Angeles—ss.
On this 22nd day of September, A. D. 1921, before me, L. J. Hunter, a Notary Public in and for said County and State, residing therein, duly commissioned and sworn, personally appeared Arthur G. Plumb, known to me to be the person whose name is subscribed to the within instrument, and acknowledged to me that he executed the same.

In witness whereof I have hereunto set my hand and affixed my official seal the day and year in this certificate first above written.
L. J. HUNTER,

(Seal)
Notary Public in and for said County and State.

DON'T PLAY WITH FIRE

This is the lesson your parents have tried to teach you from infancy. Have you learned this lesson well, or have their efforts been of no avail? THEY knew from experience what they were talking about, and they tried to impart their knowledge to you so that you might be spared the bitter experience of losing your home, your stock, your savings of a life time. . . . Out duty is to remind you of your obligation to your parents, and to assist you in your insurance matters by rendering expert advice as just how you should be protected.

L. J. Hunter

Notary Public
Phone 171-J-3. Res. 178-178-3
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CENTRAL EVANGELICAL CHURCH

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Morning worship at 10:45.
The evening service begins at 7:30. Subject, "The Evolution of Christian Experience."
A good choir will lead the congregational singing and will render special selections.
On Thursday evening at 7:30 the people gather for prayer. Robert Spencer is the leader in this service.
Everybody is invited to share with us in the blessings of these services.

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F. & A. M.
Meetings at Lomita Hall



Friday, October 14—Dark.

TRIPLE CITY LODGE I. O. O. F.

No. 333, LOMITA, CAL.



Meet every Tuesday night.