

**THE SOUP HABIT**

There are habits to be avoided and habits to be cultivated. Among the latter is the soup habit. It is not only economical, using all the odd tablespoonfuls of vegetables and meat left on the serving dishes which are too small to make other use of, but it is a most appetizing as well as nourishing form of food. Many people have an idea that soup, like the ancient bit of history regarding Gaul, which was one of our first lessons in Latin, is "divided into three parts," vegetables, beef and potatoes. They have not learned of the infinite variety which can be given by the addition of various vegetables and herbs.

He who knows one religion knows none.—Max Muller.

**MARSHMALLOW FUDGE**

Use one-quarter pound of fresh marshmallows, three cups confectioner's sugar, three-quarters cup cream, one square cooking chocolate, one teaspoon vanilla extract and one tablespoon butter. With sharp scissors cut the marshmallows into small pieces. Butter the pan into which the candy is to be poured. Boil together the sugar, the cream and the chocolate until a little of the mixture will form a soft ball when dropped into cold water. Remove it from the hot part of the stove, add the butter and the vanilla, and beat into it the pieces of marshmallows. Pour the mixture out before it becomes too thick. If desired chopped nuts also may be mixed in—one-half cup for the quantity of fudge that this recipe will make.

**LOMITA NEWS ITEMS**

Thos. Jones, son of Mrs. Bertha Jones, of Weston street, who has resided in the city for two years, an employee of the Pacific Electric, now lives in Lomita, making the trip night and morning.

Mr. and Mrs. G. E. Harris, Miss Mildred Trotman, Miss Edwina Nelson attended the submarine base dance at the Virginia Hotel, Long Beach, last Friday evening. The dance was given in honor of Mr. and Mrs. Chauncey Shackford, who were leaving for San Diego. A souvenir was given each guest, a toy submarine made of the metal from the German U-boat 88 which was captured during the war. Mr. and Mrs. Laski, Mr. and Mrs. Wm. Williams and others attended from Lomita.

**BIRTHDAY SURPRISE**

A delightful surprise party was given on Wednesday evening, June 1st, in honor of Mrs. M. E. Phillips of Hill street, the occasion being a birthday anniversary. Old-fashioned music and dancing furnished the entertainment for the evening, causing merriment among the guests. At a late hour Miss Marvel Phillips, assisted by Mrs. W. P. Brown and Mrs. W. A. Lorbur, served refreshments to the following: Mr. and Mrs. J. H. Spittsoesser and daughters, Julia and Irene; Mr. and Mrs. John Engle, Mr. and Mrs. W. P. Brown, and Mr. J. H. Bradley.

The out of town guests were: Mr. and Mrs. J. B. Blake, Mr. and Mrs. Herman Rutkerooki, Mr. and Mrs. Fred Briggs, Mr. and Mrs. Lowery, Mr. and Mrs. Hines and Mrs. H. A. Lorbur and son, Elton, all of Los Angeles. Mrs. Phillips was the recipient of many fine gifts, among which was a Columbia gramophone.

**BIRTHDAY PARTY**

Mrs. Chas. Wentz of Eshleman street entertained Tuesday evening of last week in honor of her niece, Boneta Barror, the occasion being the honoree's thirteenth birthday anniversary. Twenty of her friends gathered at the home of Catherine Hunter and departed at 8:00 o'clock for the Wentz home, the affair proving a complete surprise. Games were played and a birthday cake and other refreshments were served to the following: Levaun Goist, Isabelle Groover, Lois Lucille Pangborn, Billy Pangborn, Blake Hanson, Gordon Groves, Harry Mack, Frank Willson, Carl and Armenda Sandstone, Evalyn Mack, Effie Antry, Merle Richey, Devitte Cook, Rula Jones, Marion and Banard Gannon, Katherine Hunter, Marshall Richey, Mr. and Mrs. Monroe Gamby and Mrs. Chas. Wentz.

**BIRTHS**

A son was born to Mr. and Mrs. Marion Dudgeon of Lemon street on Thursday, May 26.

A daughter was born to Mr. and Mrs. J. R. Talbert of San Deigo, May 24. Mrs. Talbert was formerly Gladys Biekle of Lomita.

A daughter was born to the wife of Geo. Lawrence of Whittier, May 23. Mrs. Lawrence was formerly Miss Jessie Smith of Lomita.

From present indications the Harbor City Canning Company will have the Harbor City plant in operation as soon as tomatoes are ready for canning.

**How Postage Stamps Started**

Sir Roland Hill, known as the author of the penny postage stamp, was traveling in England when the postman brought a letter for the daughter of the inn-keeper. After turning the letter over and over in her hand and examining it carefully, the girl asked how much postage was due. She was told a shilling. As she seemed to feel so badly that she did not have the money to pay this with, Mr. Hill paid the postage. This seemed to embarrass the young miss, and after the postman had gone she confided to Mr. Hill that the letter was from her brother, and that he had made signs on the envelope which conveyed to her all she wanted to know; that there was really no writing inside the envelope. She said they employed this code system of communicating because neither was able to pay postage. On that very day Mr. Hill planned a postal system upon its present basis.

**Perplexing**

A woman can never understand what her husband does with his money, even when she gets it herself.—Life.

**THIS IS THE SEASON OF GOING SOMEWHERE**

We are told that recently on one day fourteen liners left New York for Europe, carrying 13,000 passengers. The great stampede of tourists following the war is on. It will continue probably during the most of June for the great vacation period in America when everybody moves from the place where he happens to be to some other place, is on.

At the same time the railroads announce that the tourist travel to California has commenced and is very heavy. Every train is packed with travelers and will continue to be during most of the summer. Late in the fall there will be a brief interval in this traffic between the period when the summer tourist travel to the west ends and the winter pilgrimage begins. Many of those already crowding the cities and hotels of Europe will come back in time to spend the winter at their favorite California resorts. For the most part those traveling in Europe this year are people of wealth. High railroad and steamer fares or hotel rates mean little to them. They are not the school teachers, college professors and professional people who in other years saved up their money and made the tour of Europe for about half what it will cost this year. Americans will spend many millions in Europe this summer and their coming is anticipated with interest and pleasure, for Europe needs the money.

Those who are crowding the trains to come west are also people of means, whether one counts them as actually wealthy or not, wealth being a relative term. In these days we hardly count anyone not in the millionaire class as wealthy.

But while all these travelers are traversing both continents and learning more in a few months than many previous years of their lives taught them, thousands of others of all classes are making shorter trips by rail, steamer or automobile to the not distant wonderlands. It is a period of much moving about. Salaried people who achieved nothing more notable in ten years than a trip to the mountains for the summer now figure out vacation trips to the Grand Canyon, Yellowstone Park, Alaska or the Hawaiian Islands. Having achieved one, they cannot rest until they have seen the other.

None of these things keeps the rest of California from going to the lovely spots nearer by. The lovely lakes, streams and forests, the coast resorts and all the roads leading thereto are thickly peopled with "folks." Many of them, thank heaven, are just the "folks" folks in their little Fords or other inexpensive cars with the whole family and camp equipment to spend a few weeks in the open.

It is a great country, a great state and a fine old season when the world and his wife and the babies are out on wheels bound for somewhere.

**HE TOLD IT WITH FLOWERS**

A well-meaning florist was the cause of much embarrassment to a young man who was in love with a rich and beautiful girl.

It appears that one afternoon she informed the young man that the next day was her birthday, whereupon the suitor remarked that the next morning he would send her some roses, one rose for each year.

That night he wrote a note to his florist ordering the delivery of twenty roses for the young woman. The florist himself filled the order, and, thinking to improve on it, said to his clerk:

"Here's an order from young Jones for twenty roses. He's one of my best customers, so I'll throw in ten more for good measure."

**THE IDEAL DIET**

In an ideal diet as much should be expended for fruits and vegetables together as for bread and cereals, and more than is spent for meat, butter and other fats. The only article of diet for which one is justified in spending more is milk. Apples supply necessary minerals, aid in preventing acidosis, scurvy and constipation, improve the sanitary condition of the bowels and promote the growth of children. It has been demonstrated that the antiscorbutic vitamin contained in apples is an essential for normal growth.

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—Of The—

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Between Redondo and San Pedro

—Via—

Lomita and Torrance

Effective 12:00 O'clock Midnight

Sunday, October 31, 1920

Leave	San Pedro	Lomita	Torrance	Redondo	Arrive
A. M. 5:50	6:05	6:12	6:32	6:32	
6:50	7:12	7:19	7:41	7:41	
8:00	8:22	8:29	8:46	8:46	
9:00	9:22	9:29	9:46	9:46	
10:00	10:22	10:29	10:46	10:46	
11:00	11:22	11:29	11:46	11:46	
12:00	12:22	12:29	12:46	12:46	
P. M. 1:00	1:22	1:29	1:46	1:46	
2:00	2:22	2:29	2:46	2:46	
3:00	3:22	3:29	3:46	3:46	
4:15	4:37	4:44	5:01	5:01	
5:20	5:42	5:49	6:06	6:06	
6:15	6:37	6:44	7:01	7:01	
8:10	8:32	8:39	8:56	8:56	
10:00	10:22	10:29	10:46	10:46	
Leave	Torrance	Lomita	San Pedro	Redondo	Arrive
A. M. 5:50	6:07	6:14	6:35	6:35	
6:35	6:52	6:59	7:21	7:21	
8:05	8:22	8:29	8:49	8:49	
9:05	9:22	9:29	9:49	9:49	
10:05	10:22	10:29	10:49	10:49	
11:05	11:22	11:29	11:49	11:49	
12:05	12:22	12:29	12:49	12:49	
1:05	1:22	1:29	1:49	1:49	
2:05	2:22	2:29	2:49	2:49	
3:05	3:22	3:29	3:49	3:49	
4:10	4:27	4:34	4:56	4:56	
5:10	5:27	5:34	5:56	5:56	
6:15	6:32	6:39	7:01	7:01	
7:15	7:32	7:39	8:01	8:01	
9:15	9:32	9:39	10:01	10:01	
11:00	11:17	11:24	11:46	11:46	

\*Sunday Service Only.

**Way Worry?**

To worry about the past is to dig up a grave; let the corpse lie. To worry about the future is to dig your own grave; let the undertaker attend to that. The present is the servant of your will.

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