



Increasing high cloudiness
Friday
Cooler afternoons;
Decreasing wind

ALPINE ECHO

Serving a Growing Area of Homes and Ranches

**AREA
POPULATION**



Alpine	3078
Campo	1256
Descanso	776
Guatay	200
Harbison Canyon	720
Jamul	952
Pine Valley	856
Total	7938

VIEJAS MEMORIAL

It would be interesting to know how many motorists have stopped at the springs and turnoff on Viejas Grade in hope of a cool drink and restful pause only to find the run-down, unsightly spot that exists there now. Even the spring water is contaminated.

If plans for restoring this site go through, this stop can be a potential oasis for hot and tired motorists. According to Mr. Earl Roberts of the Lazy R Ranch, Mr. Stanley Stevenson of the Federal Forestry Service, and Mr. Howard Keddie, radio commentator—all of the "Citizens Forestry Study Group"—the following improvements will be made at this site: Restoration of the stone reservoir for storage of spring water for use of the public and for fire protection; purification of the water system, now contaminated; two or more rest rooms provided; clean-up of the area, erasure of writing on the rocks; provision of trash receptacles and disposal; and installation of an animal and bird drinker.

After restoration is completed, this spot will be named "Ellis Wayside Springs" in honor of a pioneer family of the area, and will be identified by a bronze plaque. (More about the Ellis pioneers will follow).

The Federal Forestry Service will contribute money and manpower to this project, but will not be able to complete the entire job without some assistance. Arrangements have been made for organizations and individuals who wish to contribute to this worthy improvement.

Continued on Page 2

Dehesa Brush Fire

A brush and grassland fire across the road from the Dehesa School in Dehesa burned over a thirty-five acre area last Sunday. Firefighters from the California Division of Forestry used a bulldozer and twelve tanker trucks to fight the blaze. The fire was controlled after about two and one-half hours.

MEXICAN FRUIT FLY TRAPS IN LOCAL ORCHARDS

Some of you may have noticed the odd-looking glass jars that are hanging in different orchards around Alpine, and wondered what their purpose is. These are detection traps set and maintained by the Mexican Fruit Fly Control, based under the Agricultural Research Service, Plant Pest Control Branch.

In an interview with Mr. Duane Close, inspector for the U. S. Department of Agriculture based in El Cajon, he states that these detection traps are placed in areas near the border so that the department will know what insects are in the area. The traps are merely inverted glass jars filled with a new bait called "Stanley's Insect Bait No. 7," or soy sauce—a mixture which is especially attractive to the Mexican fruit fly.

The primary trapping line is right on the border; Alpine being included in the secondary trapping line. The area within five airline miles of the border is checked and sprayed with insecticide regularly every twenty-one days. The Mexican government has cooperated thoroughly, and they run a trap line and spray crew below the border similar to what we have on this side.

Be Sure To Vote

In just a few days the November elections will be held across the country. Never has it been so important for the American people to become informed about issues and candidates and to vote.

For years too many citizens have been so busily engaged in their work that politics and voting have been ignored. These non-voters have stood by watching the gradual, creeping paralysis of our free enterprise system with its ever-growing loss of freedom and loss of opportunity.

Trail Riders Plan Breakfast

The Alpine Trail Riders are planning a breakfast trail ride this Sunday morning, November 2, at Pine Valley.

According to Al Griggs, club president, the ride will start from the Pine Valley stables at 8 a. m. The group plans to rendezvous in the center of Alpine and proceed to Pine Valley caravan style. The ride chairman, Norman T. Foster, said horsemen may trailer their horses to the event if they desire.

An invitation is extended by the group to all Alpine area horsemen to join the ride. Reservations, which can be made by calling HI 5-3123 or HI 5-2509, must be in by 5 p. m. Saturday, November 1. The cost for a rented horse for the two-hour ride is \$2.00, and the breakfast, which will be served immediately following the ride, is \$1.

Religious Census

According to Leonard F. Kaiser, religious census director, one in ten San Diego county homes does not have a Bible.

This information resulted from the survey sponsored by the San Diego County Council of Churches conducted throughout San Diego county on October 12.

The final census count for the Alpine area was published in our last issue. Additional information resulting from the survey will be distributed to city and county when tabulation has been completed.

More and more industries are joining the trend toward more active participation in politics, encouraging employees to take a greater interest in candidates and voting. Organized labor is deeply involved in political activity, with continuous and strenuous efforts to encourage members to vote.

This is an important election. Several of the propositions involve issues that have far-reaching influence on the future of our state and locality. Election for state offices include Governor, Lieutenant Governor, Secretary of State, Controller, Treasurer, Attorney General and Board of Equalization member; Congressional offices—United States Senator and Representative; Legislative offices—State Senator and member of Assembly; Judicial—two Associate Justices of the Supreme Court, a Presiding and Associate Justice of the District Court of Appeal. There are 18 State Propositions and two County Questions on the ballot. All candidates and questions deserve your individual investigation; however, Propositions 16, 17 and 18 are extremely important.

Polling places in Alpine are: Alpine 1—Youth Center; Alpine 2—1546 Tavern Road Garage; Alpine 3—La Mesa Realty, 2237 Hiway 80; Alpine 4—Woman's Club.

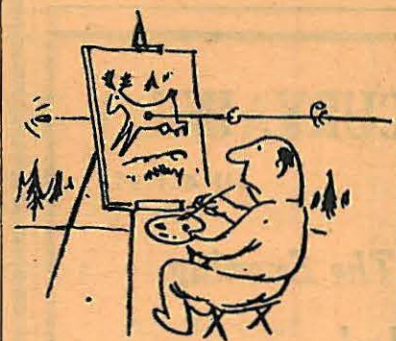
Polling place in Japatul is Shepard's Residence, Rt. 1, Box 441; in Descanso—Stille Residence, Oak Grove and Sycamore; in Pine Valley—Community Club House.

Circus Daze

A so-called circus was in Alpine last Thursday evening, but very few people knew about it—which is just as well as things turned out.

The show arrived with practically no advance publicity, and only those who happened to drive by the corner of Tavern Road and Arnold Way knew of it. The circus owner had tried to locate at the Youth Center grounds, but permission was emphatically denied by several members of the Youth Center Committee.

A two ring tent was raised; electric generators were started; and two large searchlights illuminated the area. About 35 persons apparently paid admission for the dog and pony show. However, when an investigator from the sheriff's office learned that the show had no permit, no insurance, and no animals on the circus grounds, the owner was forced to refund all admission charges.



Deer Season Closed Oct. 26

Electrical And Appliance Show

Stereophonic sound equipment will be highlighted at the 1958 Electrical and Home Appliance Show opening November 28 in the Electric Building, Balboa Park. The show will last six days and is free to the public.

Recent advances in electrical toys, train models, electronics and household appliances will be exhibited.

This is the 25th anniversary of the event, which is sponsored by the Bureau of Home Appliances. Approximately 200,000 visitors are expected to attend the display.

Mayor Dail will officially open the show by switching on the lights of Christmas Tree Lane, which extends from Sixth Street to Park Boulevard.

United Fund Drive Successful To Date

According to Mr. Henry A. Boney, chairman for the Heartland Division, which includes Alpine, the drive to date sets a record for this area. More than \$29,000, 57 percent of the goal of \$51,000, having been reached. This represents the collection of 22 percent of the goal since the last previous report one week earlier.

Last year only \$22,600 was raised over a five month period. This year's drive has been under way only six weeks, states Chairman Boney.

Alpine's extensive recreational program for our youth at the Youth Center last summer was made possible by assistance from the United Fund. No doubt this assistance will be continued.

A TOWN GROWS— AND GROWS AND GROWS

Charles Birkett, of Union Title Company, graphically revealed the facts regarding the phenomenal growth of the City of El Cajon at the Kiwanis meeting last Thursday evening. For many years the Union Title Company has been collecting data and pictures of historical interest about the San Diego area. The study involves specifically the appreciation for construction of a building. Mr. Knox also managed a larger hotel, the Corona, built about 1909. It was located at the northwest corner of Magnolia and Main Streets where the Standard Oil Station stands today. The Corona Hotel was destroyed by fire.

(Continued on Page 4)

EARNINGS UP; COSTS FIRM

Earnings of the average factory worker rose to a record high in September while living costs held steady. Family living costs have climbed for two years until the dip in July and August. The average is now at 123.7 percent of the 1947-49 base period, the same figure for September as for August. This leveling off is encouraging news; however, experts warn that a slight increase is anticipated for October.

Although the cost of most items has continued to decline during October, higher prices for 1959 automobiles will probably push the average above the September level. Despite slight monthly fluctuations in living costs, the present level is expected to remain relatively stable for at least six months. The overall living cost average remains high, however, about 3 percent above the index of September, 1957.

Worker earnings are based upon spendable income. Average weekly earnings, after deductions, climbed to \$77.25 for a worker with three dependents and to \$69.80 for a single worker. This is an increase of \$1.80 over September, 1957. Increased hourly pay rates, steady price levels, and reduced work hours per week are factors contributing to increased buying power.

School Hearing Test

On Monday of this week half of the children in the Alpine schools, first through eighth grades, were given hearing tests by the school nurse in conjunction with the County Health Department. The remaining half of the students will be given their test in November.

This test will discover any deficiency in hearing so remedial measures can be taken. All school children are given eye tests by the school nurse.

Over 140,000 historical pictures are included in the collection, many of which will be exhibited in a museum in the new Union Title Company building. The museum and building will open to the public in March or April of 1959. Mr. Birkett extended a request for pictures of any event, personage, or building of historical significance to add to the collection. Photographs will be copied and the originals returned to the owner.

Slides exhibited at the meeting showed pictures of the Knox Hotel dating from 1876. The hotel was situated about where the Universal Boot Shop and Thrifty Drug Store now stand. This site was the function of a trail leading to the Julian mines, and was given to Mr. A. Knox by a large landholder in

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ALPINE ECHO

An Independent Weekly Newspaper
Published in Alpine, California, San Diego County

TELEPHONE Hickory 5-2616

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Accidents About The Home

Many accidents about the home are easily preventable if we remain cognizant of household hazards and will take a little time to correct a treacherous condition beforehand. Accident prevention should be a part of everyday household routine.

The causes of many home accidents are all too obvious but a few should be mentioned. Keep walks, porches, and floors free of obstacles; mark areas where lawn faucets project from the ground; provide lighting for walks, steps and driveways; keep matches, knives, insecticides, caustics and drugs out of the reach of children; keep closets, basements, garages and storage areas free of combustible materials. Should your home have a porcelain faucet handle, replace it immediately with a metal handle; porcelain handles inevitably break resulting in a severe laceration of the hand.

A frequent cause of a serious major household accident is the presence of firearms in the home. This week another youngster was fatally wounded in a San Diego home while his parents were away. The Constitution gives us the right to bear arms but the presence of firearms in the modern home is almost useless. Countless lives of adults as well as children are needlessly lost from accidental gunshot wounds in the home.

As our standard of living and the structure of our homes change, new types of accidents manifest themselves. Consequently two other causes of major home accidents are increasing. Sliding glass doors and picture windows reaching to the floor are the cause of a relatively new household hazard. Many persons are walking into these glass panels mistaking them for open doorways. If the glass breaks, a serious injury usually results. Recently, a San Diego county surgeon suffered such an accident and severed all of the tendons on the back of one wrist. A sliding glass panel can have a strip of wide tape or a large decorative decal attached to the glass at eye level to provide a warning when the panel is closed.

The family with a swimming pool may be envied by many; however, a family pool is a constant worry to the owners. Swimming pool accidents are all too common. One should not build a pool unless he also plans and can afford to construct a sturdy fence completely surrounding the pool. The fence must extend to the ground in order to prevent children from crawling under the enclosure. Another safeguard is a cover for the entire pool when not in use. This sounds like an awkward accessory, but it is rapidly becoming a necessity for the peace of mind of pool owners.

CHURCH Services



ALPINE COMMUNITY CHURCH — Roger M. Larson, Ph.D., Pastor; HI 5-2110

Sunday School For All Ages 9:45 A. M.
Morning Worship Service 11:00 A. M.
Pilgrim Fellowship (For Youth) 7:00 P. M.
Church Guild, Fuller Hall Every Wednesday 9:00 A. M.

ST. PHILOMENA CATHOLIC CHURCH—Fr. Joseph deCristina, Pastor; HI 5-2145

Sunday Masses 8:00 and 10:00 A. M.; 6:30 P. M.
Daily Mass 8:00 A. M.
Receive Confessions Saturdays 4:30 to 5:30 P. M.; 7:30 to 8:30 P. M.
Religious Instruction for Children Attending Public Schools:
Harblson Canyon 11:00 A. M. Saturdays
Alpine 1:30 P. M. Saturdays

BAPTIST CHURCH — Rev. James C. Arnold, Pastor; CY 8-3768

Sunday School For All Ages 9:45 A. M.
Morning Worship Service 10:55 A. M.
Evening Worship Service 7:30 P. M.
Prayer Service Wednesday Evening 7:30 P. M.

CHURCH OF GOD—BETHEL ASSEMBLY —Rev. Ruth Copeland; HI 3-3239

Sunday School For All Ages 9:45 A. M.
Morning Worship Service 11:00 A. M.
H. C. A. 6:30 P. M.
Evangelistic Sunday Night Service 7:30 P. M.
Prayer Service Wednesday Evening 7:00 P. M.
Colored Bible Slides Third Sunday Evening Of Each Month

CHAPEL OF THE HILLS, Descanso. Rev. Mr. Wallace L. Truman; HI 5-3628

Sunday School, for all ages 9:45 A. M.
Morning Worship 11:00 A. M.
Youth Fellowship 6:00 P. M.
Prayer 9:00 A. M. Wednesday

BLESSED SACRAMENT CHURCH, Descanso — Fr. Tullio Andreatta, Pastor; HI 5-3620

Sunday Mass 9:00 A. M. For week day Mass call rectory
Holy Days Mass 7:00 P. M. Confessions heard before all Masses

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Meet Our Teachers

Mrs. Myretta (Farris) Snyder, next in the order of service in our school, has been teaching here in Alpine 18 years out of her total 19 years of teaching experience.

This fifth grade teacher was born in Kingsland, Texas; went to elementary school in Arizona and California; and received her B.A. and M.A. degrees at San Diego State and University of Southern California.

Perhaps the fact that she has three boys explains why her hobby is baseball! Her boys are George, 16; John, 12; and James, 10.

Mrs. Snyder's husband, George, is a transportation supervisor at Grossmont High School. The Snyders live in Japatul Valley.

Viejas Memorial

Continued from Page 1
ment project to send donations to Mrs. Mollie Martin, Rt. 1, Box 484, Alpine. Check or money order may be made payable to "Ellis Memorial Fund."

It will indeed be a pleasure to see this area—which is such a disgrace to the picturesque surrounding countryside—cleaned up, beautified and made of service to the motoring public.

THE ELLIS FAMILY

Mr. William Edward Ellis, a retired rancher living in this area, was born March 18, 1878. His birthplace was about midway between the present Ranger Station and Perkins' Store in Descanso. His wife, Clara, was born in San Diego February 23, 1889.

Mr. Ellis spent 15 years with the State Highway maintenance division, and it was during this time that he was responsible for the excellent stone work at the site of the proposed improvement. He states that the stone walls were built about 1930.

The Ellis' have three children: Mr. Gordon Ellis lives in San Diego and is with the State Highway Department; Mrs. Glen Cheesman of Whittier; and Mrs. Gertrude McDougal of Newhall. They also have four grandchildren.

Mr. Ellis' father was a sailor from Norway and came to California in the days of the gold rush. He operated a Stage Coach Station at Coyote Wells in the 1860s, and came to the Descanso area about 1867. His mother was born in San Juan Capistrano, and her parents later owned a ranch in the Descanso area. Although they were ranchers most of their lifetime, they owned and operated the then famous "Ellis Ranch Resort" from about 1900 to 1920.

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Bees Rival To Rattlesnakes

Honeybees, hornets, wasps, and yellow jackets—all equipped with built-in venomous stingers — are more of a menace to life in the U. S. than poisonous snakes.

Honeybees alone, for all their storied sweetness, are second to rattlesnakes as killers. Fifty-five deaths in five years have been traced to rattlesnake bites, and fifty-two to allergic or anaphylactic reactions in sensitized subjects stung by bees.

Hornets, wasps and yellow jackets accounted for 30 other deaths. In the same period all venomous snakes caused 71 deaths. Total score: Insects, 82; snakes, 71.

As rattlesnakes are a serious menace in the backcountry, every home should take precautions to cope with the problem. A handy weapon can be easily constructed which is much safer to use than the usual hoe or shovel.

To the end of a long pole fasten a flexible wire securely. Screw an eyelet into the same end of the pole, and loop the wire through the eye. The other end of the wire is secured to the opposite end of the pole. This device forms a snare which enables one to trap a rattlesnake at a safe distance. Once in the snare, the snake will be held tightly and can be destroyed with relatively little risk.

Halloween Party

DON'T FORGET about the fun that will be going on at the Halloween Carnival at the Youth Center Friday night. Everyone is welcome.

There will be seventeen different booths, and tickets for the activities in these booths will be three for a dime.

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Fly Kills Grasshopper

A parasite fly has been found so implacably lethal to its grasshopper victims that it may supplant insecticides in the control of this pest.

Already, in one part of central California, the fly has virtually wiped out the grasshopper population, according to entomologist W. W. Middlekauff, of the University of California College of Agriculture. It is the larva that wrecks this vast havoc, he reports. Deposited in the grasshopper's leg muscle through a fanglike tube on the mother fly's abdomen, it gradually devours the victim's body until, about six days later, nothing remains but a hollow shell.

The possibility of exporting the California fly to other parts of the world where farmers are severely harassed by grasshoppers and locusts is currently being explored by Mr. Middlekauff.

● The fellow who can swallow a pill at a drinking fountain deserves to get well.

● A recording star is sick because her records are not at the top of the hits. She's probably suffering from slipped disc.

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HORSE TIPS

MOUNTING BAREBACK

Actually there is a way to mount a horse bareback without the aid of a box or rock or something to stand on, and I guess with a little practice it CAN be done. Frankly, though, I feel it would take a very young and very agile person to accomplish it—especially if the horse is any higher than a Shetland pony!

First, you must be able to check your horse with the reins at any time should he decide to move out.

Next, you must be able to spring sufficiently to get your upper body weight across the horse's back up close to his withers. When you first start to practice, this may startle your horse for the first few times. It will help to train him to remain still if you give him a "ho" signal just before you spring and check him with the reins when you are in position across his back.

Use the strength in your arms and the spring in your legs to get as much of the weight of your upper body as possible over the horse's back. Your abdomen should be across the horse's back immediately behind the horse's withers with your weight evenly distributed. If the horse should move, stay where you are and check him with your rein hand.

Then, lift your right knee and twist your shoulders up and pivot into position. Hold your horse until you are in correct position, and then move out.

Faulkner Ranch Sold

Mrs. Bill Brown, Alpine Branch of La Mesa Realty, reports the sale of the George L. Faulkner ranch to Mr. and Mrs. Edward L. Newton of Monrovia. Mr. and Mrs. Faulkner both work at Rohr Aircraft in Chula Vista, plan to buy a home nearer their work. Mr. and Mrs. Newton have been planning for some time to come to Alpine. Mr. Newton plans to retire in six months and will move here.

Club Calendar

Mrs. Hazel Hohanshelt, Alpine teacher and choral director, is hoping to assemble a group of mothers to form a P.T.A. choir which she will train. She also would like to start a father's quartette.

Anyone interested in joining either of these groups is asked to contact Mrs. Hohanshelt.

JIM BEAR

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• Professor of Law • Veteran



JIM BEAR

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PAT BROWN

Oct. 28th Speech in El Cajon

Paid Political Advertisement

Dr. Rust To Speak At P.T.A. Here

Dr. William C. Rust, President of California Western University, will be the featured speaker at the P.T.A. meeting on Tuesday, November 18th at 8 p.m. in the school auditorium.

Dr. Rust is an educator and author, and his message will be of vital interest to all. The theme for this meeting will be: "We expand our circle of cooperation through the inner action of moral and spiritual values of the church, school and family."

The spiritual thought will be given by Dr. Roger Larson. Hostesses will be the Kindergarten room mothers.

School Press Project Underway

Rules for the 22nd Annual School Press Project have been mailed to all Junior and Senior High Schools in the City and County of San Diego. This year's topics are "Meet the TB Fighters" and "Careers in Health Sciences." The project offers students of journalism a unique opportunity to develop news and feature stories, editorials and art work by students for students in school newspapers.

Chairman of the Press Project Committee is Dr. Earl P. Andreen. It is co-sponsored by the San Diego County Tuberculosis and Health Association, the National Tuberculosis Association, and the Columbia Scholastic Press Association.

An informal press conference will be held to give participating student journalists and their newspaper advisors an opportunity to hear outstanding speakers discuss this year's topics. It will be held at the Association's office on Thursday, November 6, 3:15 p.m.

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Pine Valley News

By Elizabeth Taylor

Fire Chief Pingley and five members of the fire department attended a 3-hour traffic control course in disaster at the Club House on October 22. Two movies were shown on traffic control, and a lecture was given by Officer Austin of the California Highway Patrol.

Don't forget, the Improvement Club is having a Halloween party, Saturday, November 1. Prizes will be awarded.

About forty guests attended the Halloween Dance given by Susan Major and Sharon LaDua at the Club House Saturday, October 25.

Mrs. Bill Hillyer came home with her new baby daughter from Kilgare, Texas.

Mr. and Mrs. Morris Havens and twin sons, Ronnie and Donnie, spent Sunday visiting their friends in Pine Valley.

Mrs. William Scheniman of El Centro, formerly of Pine Valley, visited with Mr. and Mrs. Houck on Sunday.

Judge and Mrs. Wattawa of San Diego entertained friends over the weekend in their Pine Valley cottage.

★ ★ ★

DESCANSO NEWS

The PTA Halloween Carnival will be held October 31 from 5:30 p.m. to 9:00 p.m. at the Descanso School. There will be tacos, chili beans, hot dogs, cake, coffee and punch sold. Entertainment will be ping pong, ball toss, country store, fish pond, movies and other fun games.

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CLUB Activities

The Epsilon Sigma Alpha sorority announces another of their delicious Turkey Dinners, with all the fixin's, to be served at the Youth Center Sunday, November 2nd from 4 to 7 p. m. Donation: adults \$1.50 and children 75 cents. Bring the whole family.

Coming Events

Annual Community Church Bazaar and luncheon November 15th.

Another of the ever popular bus excursions to Hollywood November 19th, auspices Community Church Guild. Trip includes Art Linkletter House Party show and Cinarama South Seas Adventure. Bus only carries 45 passengers so get reservations early. For details phone Mrs. Isaac Chutor, chairman, HI 5-2397.

• Nature does her best to teach us. The more we overeat, the harder she makes it to get close to the table.

• Our fashion expert says, "Blue serge is dead." But we know one place where it shines as bright as ever.

WANTED—Used tractor. HI 4-1328 After 6:30 p. m. HI 4-4125.

CLASSIFIED ADVERTISING

FOR SALE—MISCELLANEOUS
USED furniture, Appliances, Tools and 1001 other articles. Alpine Sales Yard. 2940 Hiway 80.

RESTAURANT FOR SALE—Sunshine Summit, 8 miles northwest Warner's Hot Springs on Hiway 79. Excellent opportunity man and wife to make good living. \$1100 will put you in business. Call Mr. Hartley, BE 4-3581. 10-31

WANTED—Masonry, plastering, septic tank work by hour or sq. ft. Fred Yale, Route 1, Boy 440. HI 5-2098.

BUSINESS OPPORTUNITY—Chevron Service Station. Center of Alpine. Price \$2,800.00 for equipment, plus cost of stock. Average gallonage 13,000. Larry Landholm, HI 5-2963.

FOR RENT—Large 1-bedroom apartment, furnished. Utilities included. TAPPY'S MOTEL, Alpine. 10-31

FOR SALE, CHEAP—2 Thermador Heaters. 1—3000 watts and 1—500 watts. SANDERS. HI 5-2943 10-31

FOR SALE—Furniture. Two double beds and one single. Refrigerator, chairs, lamp and washer. HI 5-2794. 10-31

BEAUTY REST double Hollywood bed. Good condition. \$50.00. Prone HI 5-2767.

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RECIPES

BANANAS

Did you know that bananas are composed of three-fourths water? They still contain much less water than either apples or oranges, and are more nourishing. They contain three valuable vitamins—A, B, and C—and each banana contains about 88 calories.

Bananas grow best in a hot, damp climate in tangled jungle country. Costa Rica, Honduras, and Ecuador are the three leading banana exporting regions. Florida grows small quantities of bananas, and some also are grown along the coast of the Gulf of Mexico.

When the fruit is to be shipped for considerable distances, it is picked green, a whole bunch at a time, and allowed to ripen on the way to market. The United States alone imports about 65,000,000 bunches in a normal year.

Raw bananas are at their best when the peeling has turned yellowish-brown. Then the flesh is fully ripe and contains sugar. Unripe bananas contain less sugar, more starch, and are hard to digest. However, green bananas may be made digestible by cooking. Cooked bananas are becoming increasingly popular in the United States where they are fried, made into fritters, cooked with ham and bacon, and prepared in other ways.

The banana is one of the few fruits which can be bought fresh and in good condition at all times of the year. Here are a few good ways to use this highly nourishing fruit:

BANANA NUT BREAD

- 1 cup Sugar
 - 1/2 cup shortening or salad oil
 - 3 medium-sized ripe bananas mashed
 - 1 teaspoon vanilla
 - 2 eggs
 - 1 1/2 cup wholewheat flour
 - 1/2 cup wheat germ
 - 2 teaspoons baking powder
 - 1/2 teaspoon each salt and cinnamon
 - 1/2 cup coarsely chopped walnuts
- Cream sugar and shortening together. Stir in mashed bananas, vanilla and well-beaten eggs. Combine flour, wheat germ, baking powder, salt, cinnamon and nut meats; add to first mixture. Turn into well greased 5x9 loaf pan. Bake in a moderately slow oven (325 degrees), for 1 hour and 10 minutes, or until well browned and crusty.

BANANA FRITTERS

- Prepare Fritter Batter
- Beat 2 eggs
- Stir in 1/2 cup milk
- Sift together and beat in 1 cup sifted flour
- 1 teaspoon baking powder
- 1 teaspoon salt
- Beat in 1 teaspoon melted fat or cooking oil
- Cut bananas in quarters and dip in fritter batter. Drop into hot deep fat and fry at 375 degrees until brown. Drain and serve hot with syrup.

REA STREET BARBER SHOP

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When In El Cajon and Need a Haircut — Stop In

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HI 5-3779

A Town Grows

Continued from Page 1

In 1910 there were twelve merchants in El Cajon, five in Lakeside, and one in Foster. Foster was a small village north of Lakeside and a terminus of the San Diego Railroad connecting to the old stagecoach trail. At one time eight trains per day had scheduled runs to Foster. A flood in 1916 washed out the village.

The W. D. Hall Company was one of the merchants in business in 1910 and is the oldest valley business remaining under its original name. Actually the village was called Knox Corners until about this time. Because of the large number of saloons existing in the area, the Woman's Club was founded in 1905. After a great deal of controversy, El Cajon became incorporated in 1912.

Mr. S. M. Marshall, one of the original Marshall Field & Company founders, developed a ranch on the eastern slope of the Grossmont grade about where Ernie's Rancho was situated. He planted 70 varieties of fruits and trees in 1885. Ten of these varieties did well. Considerable quantities of citrus and grapes were grown in the area. There were five packing houses in 1897, and in one year 600 tons of raisins were shipped. A bulletin called "Millilans Guide" stated that El Cajon Valley could produce the finest of tobaccos.

A flume was constructed sometime before 1915 carrying water from the Cuyamacas for the area. The Helix Irrigation District placed the flume underground in 1935. It was this additional supply of water which touched off the first spurt in real estate development and population growth. In 1930 the population of El Cajon Valley was 2,250. Today the Valley has about 60,000. In 1995, Mr. Birkett predicted the population will be 400,000. This prediction is based upon data accessible to the Union Title Company.

BANANA WHIP

- A delicious topping for angel food, sponge, and chiffon cakes.
- Beat until light and fluffy and then chill:
- 1 ripe banana, sliced
- 1 unbeaten egg white
- 1-3 cup sugar
- Dash of salt
- 1/2 teaspoon vanilla
- 1/2 teaspoon lemon juice
- Amount 1-3 cups.

DON BATES

REAL ESTATE LOANS
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Hickory 5-2537

Log Cabin Cafe Installs Broaster

Barney and Agnes Ratliff, owners of the Log Cabin Cafe, report they have just installed a Broaster—the original pressure fryer—to serve their customers distinctively different foods of superior taste and tenderness.

Broasting is a scientific new application of deep fat under pressure combined with a fully automatic cooking cycle to produce uniformly delicious meats, fish, and fowl in just a fraction of the usual time.

Broasted foods are seared and sealed instantaneously... browned and cooked simultaneously. Pressure raises the boiling points, permits faster cooking without dehydration, keeps flavorful juices in, and keeps fat out. That's why all Broasted foods are a crisp golden brown outside, tender and juicy inside, and delightfully delicious to the bone.

Barney and Agnes invite you to come in and enjoy your favorite food cooked this modern way. It can also be packaged to take out if you prefer.

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U. S. Good
PRIME RIB
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U. S. Good
RIB STEAKS Pound **75^c**

First College For Hunters

The world's first college conducted school for hunters will open Nov. 30 at North Carolina State College.

Students in the five-day game hunting short course will leave the classroom for outdoor sessions with quail, pheasant, deer, and coon.

Enrollment information may be obtained by writing Division of College Extension, Box 5125, State College Station, Raleigh, N. C.

Quotes In The News

Alfred C. Neal, an economist, explaining why Russia's spurt in science and economics would be overcome: "History is on our side. It is the free economy which has produced the greatest production per capita and the highest standard of living the world has ever known."

Hendrik Van Loon, historian: "Nothing is ever accomplished by a committee unless it consists of three members, one of whom happens to be sick and another absent."

Reprint LAKESIDE PRESS Editorial October 1958

Lakeside Press Endorses Bear

At the suggestion of the Republican Assemblyman from this District we have reviewed the record. We are not happy with what we find. We feel that our District, and in particular the Lakeside-Santee area has been much ignored. We never see the Assemblyman any more, which makes it most difficult to communicate with him.

We need new blood in Sacramento. We need a legislator who meets and talks with the people on an equal level.

Jim Bear's 10 years of legal and administrative experience in the Navy will be invaluable in working out the many problems involved in the creation of legislation involving water, highways, or just the simple everyday needs that come up from time to time.

We need someone with a positive program for improving our schools... providing a better curriculum and eliminating the double sessions. Jim Bear's educational background and his experience as an educator give him real understanding of this problem.

It is after considerable thought, and after much investigation that we proudly endorse Jim Bear, as the Assemblyman for this district.

To us he appears clean and unspolled as a breath of fresh air in this world of politics.

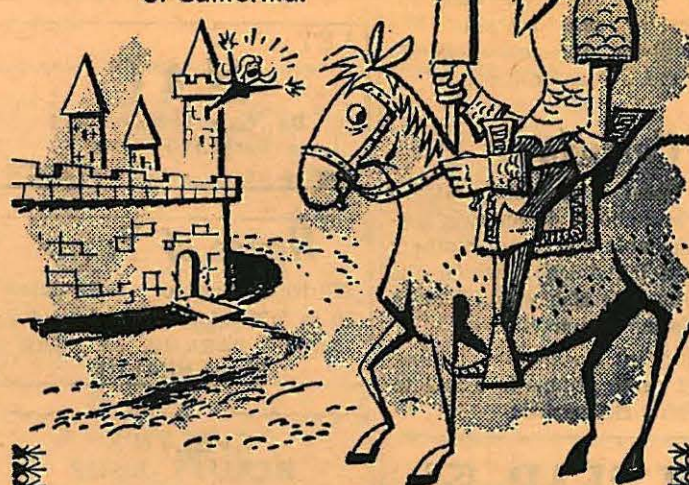
ELECT JIM BEAR ASSEMBLYMAN

DEMOCRAT ATTORNEY VETERAN EDUCATOR
80TH DISTRICT ASSEMBLY CLUB
Gaylord Henry, Treasurer

A Paid Political Advertisement

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Are fair wages an evil?
Are stable labor-management relations an evil?

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VOTE NO
ON PROP. 18
(so called Right to Work)

CITIZENS COMMITTEE AGAINST PROPOSITION 18
LOUIS ETS HOKIN, HAROLD A. BERLINER, CO-CHAIRMAN

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