1. From the first room of Lost Time, run 4n to find Fred. Mobprog activates when you enter the room.

2. Type ''bellow''.

3. Buy Crude Oil.

4. Run 3s2en and kill Ratty Headman for twisted root.

5. Unlock and open Turtle Box in the room for Gold Nugget.

6. Run s2wsw and kill Shaman for crystal figurine (immune to magic, use physical attacks).

7. Run 5e and kill Doorguard for Stone Carving of a Key.

8. Unlock n;open n;run 2n2en and kill Crab for Belligerent tablet.

9. Run se. Find and kill Peaceful Brontosaurus for Bubbling Vial of Green liquid.

10. Find and kill Horned lizard for Bloody Bucket of Fish Guts (northern part of area).

11. Go to room "Sphere of Serenity" to find Budd. Give him oil, root, nugget, figuring, key, tablet, vial and guts to get pack of mixed-up ingredients.

12. Recall and return to first room of Lost Time. Find mumbling mage (wandering mob) and give him pack of mixed-up ingredients.

13. Find and kill Earthworm for Worm''s mirror.

14. Go to the room "Wading in the Water". Kill Mongoose for sizzling meteor.

15. Find and kill Stegosaurus for Turtle shell helmet (northern part of area).

16. Recall and return to first room of Lost Time. Find mumbling mage and give him helmet, meteor and mirror.

17. Go to Fred and buy a Wizardstick. Return to Mumbling mage and give him Wizardstick.

18. Find T-Rex and give Calming Potion to it to get Belligerent Tablet.

19. Recall and return to the first room of Lost Time. Go west and give Belligerent Tablet to Shaman.

20. Now run to the area Seven Wonders. From the first room of Seven Wonders, run w4n;enter lighthouse;open s;run s;enter bermuda. Find and kill Mrs. Robinson for Red Hot Lipstick.

21. Recall and return to the first room of Lost Time. Run 4n and give Red Hot Lipstick to MickJaeg to get Mountain Dew.

22. Run 4sw and give Mountain Dew to Shaman to get beautifying potion.[/c

23. Kill Shaman to get another crystal figurine.[/

24. Run en2e and give beatifying potion to Bren.[/

25. Run 2wse;open e;run 3e;open n;run 2n3ed to get to Kraken.[/c

26. Run u4w3n2wuw and give Kraken''s spellbook to T-rex to get 10,000 gold and the area portal, Time Capsule.[

\* Goal Completed: Bring peace back to the Island of Lost Time.\n