

Yale Students Work Their Way Through College.

Serve as Waiters, Drive Milk Wagons, Act as Pall Bearers and Do Other Things to Pay Their Expenses.

About 70 freshmen, or one-fifth of the class, in the academic department at Yale this year expect to earn all or part of the money required to pay the expense of their first year in college. In the whole university, Prof. C. L. Kitchel, of the self-help bureau, reports, about 200 men will make the experiment of trying to support themselves this year for the first time. In the academic department the experiment has voted about \$30,000 this year in the form of scholarships for needy students, and the rest will be given out, principally from the bureau of self help, reports the New York Sun.

Of the students left for the long vacation last June about 300 applied for work during the summer, and Prof. Kitchel is reporting returns of the work done by them. The long vacation is regarded as the poor student's golden opportunity for the more he earns the less he will have to work for a livelihood during the college year.

One man has reported that he earned \$200 by tutoring a young man in Washington for ten weeks. Another has cared for three young children of a Yale professor during the summer months and has added considerable to his stock of money.

Several men have been driving milk wagons in the early morning hours and harvesting hay between times. One student was head waiter at a hotel at Plymouth, Mass. A Yale graduate who is an invalid and resides near New Haven, has been traveling through Nova Scotia and has had with him a Yale man to act as nurse and guide.

A half dozen Yale men have been acting as pallbearers at funerals during the season and have found the work so profitable that they will continue after college opens. The Silver Bay religious conference at Lake George attracted a score or more of needy Yale men and all had a successful time there.

One student has been making out bills of fare at a White Mountain resort all the season and he has been so successful that the leading Yale "joint" of the town has hired him for the coming year to make out all its menus.

All the summer resorts from Block Island to Kennebunkport have had small colonies of Yale men acting as waiters, clerks, cooks and general helpers.

It is estimated that the students of the academic department have earned during the year just closed about \$40,000. Last year 37 sophomores earned \$10,000 and 28 seniors earned \$8,067. These figures include only those who made reports to the bureau of self help and not all who earned part of their tuition.

Besides the routine work furnished each year for needy students during term time, which includes waiting on table, caring for furnaces, lawns and horses, doing street car service, clerical work and reporting, there is a new field open this year in the line of chauffeurs and already several Yale men have qualified themselves in this capacity.

An increasing number of students this year have come back to college with automobiles, and Prof. Kitchel expects that there will be an opportunity for several expert chauffeurs to earn good money this fall in managing fractious machines and teaching the novice to handle the vehicles.

"This," observed Wu, as he lifted a box-like affair from his trunk, "is one of the greatest wonders of America."

"It doesn't look very wonderful," commented Tsi Ann, tucking one foot up where she could sit on it and the throne at the same time, relates the Chicago Tribune.

"No, but even in America no one can understand it. Listen."

"Don't put that thing to my ear," cautioned Tsi Ann. "Is this another of those telephones?"

"O no. This is worse than the telephone. It is a gas meter."

"A gas meter? What does it do?"

"The consumer?"

"How does it work?"

"That is a mystery. It is only known that it works always and untiringly. It works while you sleep and while you wake. It never stops. It is constructed after the Newtonian theory of creation. It has something in it that just keeps it whirling on and on, at so much per revolution, and nobody knows what keeps it moving, and nobody can stop it."

"That's funny."

"Funny, yes. But very sad in America. Listen to it. Hear it running right along. Thank Confucius and the 500 gods of the Pale Green mountains! The gas company never will get the chance to read what this meter has recorded."

"But," said the empress, "is there no escape from this in America?"

"None."

"It must be worse than manifest destiny."

"It is."

"Wu," remarked Tsi Ann, with that intelligent smile which has enshrined her in the hearts of curio collectors, "Wu, I am glad you were sent to America. At one time I almost had decided to become civilized."

"So had I," acknowledged Wu, "but the bite of the dog, as the foreign devils put it, will cure the hair."

LESSON FROM ORIENT

System of Exercise Claimed to Quiet Most Unsteady Nerves.

Comes from Class of Hindoo Occultists and is Being Taken Up in This Country with Great Enthusiasm.

Exercises for fat, exercises for imperfect digestion, exercises for that tired feeling—these are our common portion. Americans have been body building by physical culture with astonishing persistence of late. "Cures" for half the ills that flesh is heir to have been found in various "movements," and it has seemed that the cold morning tub and the 15-minute "drill" was to become as universal as breakfast itself.

But now comes an exercise system, reports the New York World, which is claimed to have an almost occult influence; to promote personal magnetism, to quiet, strengthen, and steady the most erratic nerves, and to promote great power of mental concentration in the slightest.

This new and peculiar fad is, as might be guessed, oriental in its origin, and either because of this or because of some realization of real possible benefits it is being taken up with enthusiasm.

Oriental nerve control is taught by Hindoo occultists, a class of teachers who are generally recognized to have delved with great and tangible results in the realm of mysticism.

Its remarkable feature is its great simplicity, for the system consists of a few exercises in breathing accompanied by a mild admixture of oriental philosophy. These are based upon the fundamental truth that all vital forces in the body center in the lungs and that breathing according to certain rules will generate new and healthy forces in the body which find expression in the absence of nervousness, strong personal magnetism and the ability to concentrate the mind readily upon a given subject.

The first position in the principal exercise for developing control is taken with the heels together and hands hanging at the sides. The position should be erect, without stiffness, and the mind should dwell upon the philosophy of nerve control while the lungs inhale and exhale deeply.

When both mind and body seem concentrated upon the matter, with a long inhalation the arms should be raised slowly at the sides in a relaxed position till on a line with the shoulder. This attitude is retained for a few seconds, while several breaths are taken. Then, with lungs full of air, the arms should fall slowly to the sides, with the elbows held in toward the body and the hand and forearm forming a curve. During this gentle movement the breath should be exhaled so softly that the effort has the effect of being unconscious. One has a drowsy sensation which, in a little while, gives place to one of increasing physical control and greater mental balance.

The erect position should be retained in this movement and a finger of the left hand pressed against the right nostril. This exercise is the same as the first, and may be practiced first with the right arm and the right nostril closed, and then with the left arm, having the left nostril closed.

When a pupil has thoroughly mastered this exercise tenity is combined with it by holding the right arm in a horizontal position and a left finger against the right nostril while a deep breath is being taken and held for about five seconds. Meanwhile the extended arm should be made to stiffen from the wrist to the shoulder and then from the finger tips to the wrist while the lungs are being expanded with the imprisoned air. In the first lesson five seconds is considered long enough before relaxation occurs. As the breath is gradually expelled the arm should relax from the shoulder to the wrist and from the finger tips to that point. As the arm slowly becomes limp the elbow should be drawn in toward the side of the body and the fingers curved upward.

After exercising each arm in this manner ten or twelve times the two arms may be raised together.

For nearly 24 centuries the Greeks and Persians have been at loggerheads with each other, and, now at last, they have decided to become friends again, reports the New York Herald.

During this entire period there were no diplomatic relations between the two countries, and for this reason unusual interest attaches to the news that an envoy from Persia is now on his way to Athens for the purpose of presenting his credentials as ambassador to King George.

The rupture between the two nations occurred in the year 491 before Christ, when Darius, son of Hystaspes, sent an embassy to Greece, with instructions to demand homage from the high-spirited Athenians. The latter promptly refused to offer the customary earth and water to the Persian monarch, and war was at once declared. From that time, 2,393 years ago, until now, the Greek and Persian courts have held no official intercourse with each other.

Heppner Gazette—Weekly Oregonian. Always reliable—The Weekly Oregonian.

BANK OF HEPPNER

We pay 4 PER CENT Interest

DID IT EVER OCCUR TO YOU THAT THOSE PEOPLE WHO LAY ASIDE A PORTION OF THEIR INCOME AGAINST A DAY OF ADVERSITY, SCIDON EXPERIENCE HARD TIMES.

Whereas, those who spend all they get are usually hard up. You have probably noticed, too, that money that lies around the house or that is stored in the purse or pocket generally keeps on the move—often spent for "unnecessary" things.

This should remind you of the advisability of saving a portion of your income regularly, and must also impress upon you with the importance of depositing your savings in a strong bank.

If you have been reluctant about opening an account, either because you were unfamiliar with banking methods, because no bank seemed near enough, or because the amount of your savings did not seem large enough, permit us to urge the consideration of this bank as a desirable place in which to open an account—NOW—since we are in such a good position to be of service to you.

The opening of an account is a simple matter. Let us know what amount you wish to deposit [don't be ashamed of small amounts, as a great many accounts are opened with a few dollars] and we will send you a signature card and full information regarding the regulations of the bank. Money can be safely sent by registered mail, postal notes, or express orders, and subsequent deposits or withdrawals can thus be conveniently made.

Sums of \$100 and over, which you may be keeping for investment in real estate or in some other way, need not be kept idle in the meantime. Security for the safety of such deposits is found not merely in the character of this bank and its officers, but in its ample financial responsibility—the whole of its capital and an equal amount from its stockholders. When deposited for a stipulated time we are able to pay as much as FOUR PER CENT per annum interest.

If you think you'd like to have a bank account, don't hesitate to write and ask for further information which you might like to have before opening an account. So take advantage of your opportunities while you think about it, and avail yourself of the security and facilities afforded by THE BANK OF HEPPNER.

We charge 8 PER CENT for loans

We have the 1905 dollar for Sale. Get the Portland spirit and help make the fair a success.

BANK OF HEPPNER

NOTICE FOR PUBLICATION.

Department of the Interior, Land Office at La Grande, Ore., Sept. 27, 1904.

Notice is hereby given that the following named settler has filed notice of his intention to make final proof in support of his claim, and that said proof will be made before Xavier Crawford, county clerk at Heppner, Oregon, on Nov. 15, 1904, viz:

Frank R. Matteson.

Of Heppner, H. E. No. 13170, for the e½ sec. 3, Tp. 38 S., R. 25 E., Sec. 28 East W.M.

He names the following witnesses to prove his continuous residence upon and cultivation of said land, viz: John Busbeck, George Moore, Paul Hisler and Mat Kelly, all of Heppner, Or. 006-nov10 E. W. DAVIS, Register.

NOTICE FOR PUBLICATION.

DEPARTMENT OF THE INTERIOR, LAND OFFICE at The Dalles, Ore., Oct. 27, 1904.

Notice is hereby given that the following named settler has filed notice of her intention to make final proof in support of her claim, and that said proof will be made before Xavier Crawford, county clerk at Heppner, Oregon, on the 13th day of December, 1904, to-wit:

Eva M. Cowdrey, formerly Eva M. Emry, of Hardman, Oregon, on homestead entry No. 7617, for N½ Sec. 4 and N¼ Sec. 5 of Section 26, Tp. 4 South, Range 25 E., W. M.

She names the following witnesses to prove her continuous residence upon and cultivation of said land, to-wit: Holly Leathers, Fred Knighten, William Beamer and Frank Cramer, all of Hardman, Oregon. 006-nov10 MICHAEL T. NOLAN, Register.

NOTICE FOR PUBLICATION.

DEPARTMENT OF THE INTERIOR, LAND OFFICE at La Grande, Oregon, Oct. 17, 1904.

Notice is hereby given that the following named settler has filed notice of his intention to make final proof in support of his claim, and that said proof will be made before the county clerk of Morrow Co., Ore., at Heppner, Oregon, on December 2, 1904, viz:

H. E. No. 13755, John B. Nolan, of Heppner, Oregon, for the Lots 2 and 3, SW¼ Sec. 4 and SW¼ Sec. 5, Tp. 38 S., R. 25 E., W. M.

He names the following witnesses to prove his continuous residence upon and cultivation of said land, viz: John S. Busbeck, D. G. Jones, W. L. Witherell, George Moore, all of Heppner, Oregon. 006-nov10 E. W. DAVIS, Register.

NOTICE FOR PUBLICATION.

Public Land Sale (Isolated Tract.) U. S. Land Office, The Dalles, Oregon. October 31, 1904.

NOTICE IS HEREBY GIVEN THAT IN pursuance of instructions from the Commissioner of the General Land Office, under authority vested in him by section 215, U. S. Rev. Stat., as amended by act of Congress approved February 26, 1895, we will proceed to offer at public sale at this office at five o'clock p. m. on the 15th day of December, 1904, at this office, the following tract of land, to-wit:

The NW¼ Sec. 4 and SW¼ Sec. 5 of Section 26, Township 2 south, Range 25 East of Willamette Meridian.

Any and all persons claiming adversely the above-described lands are advised to file their claims in this office on or before the day above designated for the commencement of said sale, otherwise their rights will be forfeited.

ANNE M. LANG, Receiver.

0063-Dec8 MICHAEL T. NOLAN, Register.

ADMINISTRATOR'S NOTICE.

In the County Court of Morrow County, Oregon, in the matter of the Estate of George F. Welch, deceased.

Notice is hereby given that the undersigned has been duly appointed administrator of the Estate of George F. Welch, deceased, by the County Court of Morrow County, Oregon; and the said Administrator will present to the undersigned at the office of Redfield & Van Vactor at Heppner, Morrow County, Oregon, with proper vouchers attached, within six months from the date of the first publication of this notice.

First publication November 10th, 1904. C. C. PATTERSON, Administrator of the Estate of George F. Welch, deceased.

Redfield & Van Vactor, attorneys for said administration.

Call at the Gazette office and learn of our clubbing offer with the Weekly Oregonian.

Domestic Peace
in the family is not to be expected where a poor cook stove is used. That is only natural. Secure **DOMESTIC HARMONY** by furnishing your home with one of those magnificent

Superior or Majestic
STOVES OR RANGES

Economical in Fuel, Satisfactory in Results, and as cheap and good as a good grade of Stoves can be sold.

FOR SALE ONLY BY **Gilliam & Bisbee, Heppner, Ore.**
LEADING DEALERS IN Stoves and Kitchen Outfits
PLUMBING A SPECIALTY
GILLIAM & BISBEE