

The Way of Life

by BRUCE BARTON

THOUGHTS

One of the most interesting men in the United States is a nerve specialist whom I am fortunate enough to count among my friends. The other day he was called upon to testify in the case of a woman who had been paralyzed by falling from a street-car.

She could not move an arm or a leg. Needles thrust into the flesh produced no pain, and the other customary tests all proved to the satisfaction of the jurors that paralysis was complete.

She was awarded heavy damages in spite of the testimony of my friend, who was convinced that her condition was entirely the result of her own thinking. He took interest enough in the case to follow it up, and discovered that two days after the award of damages the woman had made a complete recovery.

"You will say she was faking," he said in telling the story. "Was she? I say to you that with all my knowledge of the nervous system, I could not produce in myself such a condition. You couldn't do it. The woman herself could not do it again. But the combination of the shock and the thought was sufficient. She knew she was paralyzed, and so she was."

"I saw the same sort of thing again and again in the war," he continued. "There was a soldier who used to have an epileptic fit regularly at the stroke of seven every morning. That was the hour when the heavy shelling began, but his fits lasted long after the war was over and withstood all treatment. I cured him finally by a positive counter-suggestion. I said to him: 'There is no form of epilepsy like this. I have lived for years among epileptics and I know. You thought your self into this condition; you can think yourself out of it.'"

If a single thought is powerful enough to paralyze an arm or make a man epileptic, what are our

thoughts—good and bad—doing to us every day?

"To what base uses we put this ineffable intellect!" Emerson exclaimed. "To reading all day murders and railroad accidents, to choosing patterns for waistcoats and scarfs."

These are petty thoughts that fritter away power. What about the destructive thoughts—jealousy, envy, hatred, fear?

By a change of thought the yeomen of England became the unconquerable army of Cromwell. By a change of thought a handful of fishermen of Palestine transformed human history.

Because she "stirred people up to think who had never taken it into their head to think before," Madame de Staël was banished from France by Napoleon. He could banish her, but he could not stop the thinking. It broke him.

It can break or make us all.

IRRIGON

Mrs. Fred Reiks and her son-in-law, F. Alquist, motored to Everton, Wash., Wednesday of last week where they spent several days with a daughter of Mrs. Reiks whom she had not seen for eleven years. They returned Saturday.

Miss Agnes Kendler visited Dorothy Isom Sunday.

Mrs. Jim Warner has been confined to her bed the past week as the result of a bad fall while alighting from her car last Sunday. She is improving slowly.

Mrs. W. C. Isom and Mrs. F. Alquist called at the Warner home Monday.

The Community club met with Mrs. Genevieve Hayden Wednesday afternoon.

Mr. and Mrs. Vernon Jones were Hermiston visitors Tuesday.

Mrs. J. Wilson left for Ontario Wednesday for a few days' visit

with her daughter.

Ralph Benefield is home for the Christmas holidays.

Batie Rand returned home from Pendleton one day last week with a 1929 model Chrysler coach. He disposed of his Dodge touring car in the deal.

Mrs. Vern Jones purchased the piano belonging to Si Barker, Saturday.

Mr. and Mrs. Frank Strader, formerly of this place but now living at Cascade Locks, brought the remains of their little four-year-old daughter here for burial Friday. The little one passed away suddenly Thursday evening after only 26 hours illness with a mysterious malady. The funeral was held Sunday at the Graybeal home.

Many beautiful floral offerings were contributed by friends and relatives.

Their little eight-year-old son, Darrell was taken quite sick Friday evening after their arrival and is still in quite a serious condition.

The death of their little daughter is a sad blow to the parents and the community unites in extending its sympathy and hope for a quick recovery of the little boy.

Mr. and Mrs. Lee Graybeal and their two daughters of Imbler, Ore., were in Irrigon over Sunday attending the funeral of the little granddaughter.

Russell McCoy returned home from Portland Saturday to spend the holidays with his parents, Mr. and Mrs. Emmett McCoy.

John Caldwell came home Thursday from Monmouth to spend Christmas vacation with his parents, Mr. and Mrs. Tom Caldwell.

Mr. and Mrs. J. Berry and Mr. and Mrs. Marshal Markham attended the funeral of little Barbara Strader Sunday.

The Irrigon Grange met Wednesday evening for installation of officers for the coming year. Mr. and Mrs. Chas. Wicklander of Boardman were visiting strangers. Mr. Wicklander assisted with the installation program. Several new members were given the first degree. Lunch was served at the close of the meeting.

Earl Benschel of Hermiston spent Sunday at the W. C. Isom home.

The Christmas program given by the teachers Friday night at the high school was fine. The hall was

crowded to capacity. The beautiful Christmas tree which was lighted by colored lights and hung with many ornaments added to the evening enjoyment, and the appearance of Santa Claus at the close was a fitting climax for both old and young. Our teachers are to be congratulated on their ability to bring out the talent of the pupils in the different grades affording such a pleasant evening for the entire community.

Supt. Holington went to Emmett, Idaho, to spend the holidays with his parents.

Miss Rachel Sloan will spend Christmas with her parents at Stanfield.

Mr. and Mrs. Si Barker are planning a trip to the valley for the holidays.

Will Greybell and Snow McCoy were in Pendleton Saturday to do Christmas shopping.

Mr. Doble was quite seriously injured Friday when he accidentally fell head foremost into a well that they had dug recently.

Mr. and Mrs. Sterling Fryrear of upper Rhea creek were doing Christmas shopping in Heppner on Wednesday. Out that way there is an abundance of moisture that is soaking down into the ground. As yet it has not got so bad but that the ranchers can make it to town reasonably well.

Mr. and Mrs. Victor Rietmann of Ione spent Saturday in Heppner attending to Christmas shopping.

HUMORETTES

"Such a quaint thing happened to my mother in Paris!"

"Really? I thought you were born in London?"

Office boy (tearfully): I want the afternoon off, sir, if it's convenient. It's my poor old grandfather.

Manager: But I gave you a day off last year to go to his funeral.

Office boy: Yes, but I'm going to try to get in touch with him at a spiritualist seance this afternoon.

"How did you get that black eye, Mrs. Higgins?"

"Well, sir, me 'usband come out of prison on 'is birthday."

"Yes?"

"And I wished 'im many 'appy returns!"

Teacher: But, Jackie, why are you playing here? Surely you should be at school.

Jackie: There! I knew there was something I had forgotten!

Poet: Dash it, the baby must have thrown that last sonnet of mine in the fire!

His wife: Don't be absurd, Richard. The little dear can't read yet.

Mrs. W. H. Instone was a visitor in the city on Monday from her home near Lena, spending several hours here while doing some Christmas shopping.

NOTICE OF SCHOOL MEETING

NOTICE IS HEREBY GIVEN to the legal voters of School District No. One of Morrow County, State of Oregon, that a SCHOOL MEETING of said District will be held at Council Chambers, Heppner, Oregon, on the 27th day of December, 1929, at 2:00 o'clock in the afternoon for the purpose of discussing the budget hereinafter set out with the levying board, and to vote on the proposition of levying a special district tax.

The total amount of money needed by the said school district during the fiscal year beginning on June 17, 1929, and ending June 16, 1930, is estimated in the following budget and includes the amounts to be received from the county school fund, state school fund, elementary school fund, special district tax, and all other moneys of the district.

BUDGET

ESTIMATED RECEIPTS	
Balance on hand at beginning of school year (third Monday in June) for which this budget is made (O. D.)	\$ 295.36
From county school fund	4,502.32
From state school fund	1,252.56
From elementary school fund	3,262.98
From tuition for pupils below high school	275.00
From county high school tuition fund for tuition and transportation	2,263.98
Receipts from all other sources:	
Delinquent taxes	8,000.00
Other sources	46.54
Total estimated receipts	\$19,308.02

ESTIMATED EXPENDITURES

GENERAL CONTROL	Elementary		High School
	Elementary	High School	
GENERAL CONTROL			
Personal service:			
Superintendent	750.00	750.00	
Clerk	150.00	150.00	
Stenographers and other office assistants	100.00	100.00	
Supplies	100.00	100.00	
Elections and publicity	50.00	50.00	
Legal service (clerk's bond, audit, etc.)	75.00	75.00	
Total Expense of General Control	\$ 1,225.00	\$ 1,225.00	\$ 2,450.00
INSTRUCTION—Supervision			
Personal service:			
Principals	1,750.00	2,000.00	
Stenographers and other office assistants	100.00	100.00	
Supplies, principals and supervisors	50.00	50.00	
Total Expense, Supervision	\$ 1,900.00	\$ 2,150.00	\$ 4,050.00
INSTRUCTION—Teaching			
Personal service:			
Teachers	8,225.00	8,260.00	
Supplies (chalk, paper, etc.)	250.00	250.00	
Textbooks (desk copies and indigents)	25.00	25.00	
Total Expense of Teaching	\$ 8,510.00	\$ 8,535.00	\$17,045.00
OPERATION OF PLANT			
Personal service:			
Janitors and other employes	1,080.00	1,080.00	
Janitors' supplies	150.00	150.00	
Fuel	350.00	350.00	
Light and power	150.00	150.00	
Water	150.00	150.00	
Telephone and transfer	50.00	50.00	
Total Expense of Operation	\$ 1,980.00	\$ 1,980.00	\$ 3,860.00
MAINTENANCE AND REPAIRS			
Repair and replacement of furniture and equipment			75.00
Repair and maintenance of buildings and grounds	200.00	200.00	
Total Expense of Maintenance and Repairs	\$ 200.00	\$ 275.00	\$ 475.00
AUXILIARY AGENCIES			
Library:			
Personal service (librarian, etc.)	70.00	70.00	
Library books	300.00	300.00	
Total Expense of Auxiliary Agencies	\$ 370.00	\$ 370.00	\$ 740.00
FIXED CHARGES			
Insurance	125.00	125.00	
Total Fixed Charges	\$ 125.00	\$ 125.00	\$ 250.00
CAPITAL OUTLAYS			
New furniture and equipment	500.00	500.00	
Total Capital Outlays	\$ 500.00	\$ 500.00	\$ 1,000.00
DEBT SERVICE			
Principal on bonds	2,000.00	2,000.00	
Principal on warrants	1,947.83	1,947.83	
Principal on other indebtedness	4,099.74	2,600.00	
Interest on bonds	2,750.00	1,644.25	
Interest on warrants	359.87	51.75	
Interest on other indebtedness	227.34	180.95	
Total Debt Service	\$11,884.78	\$ 5,651.95	\$ 2,869.25
EMERGENCY			
	\$ 500.00		\$ 500.00
Total Emergency	\$ 500.00		\$ 500.00
GRAND TOTAL	\$42,505.28	\$20,668.12	\$16,511.75

RECAPITULATION

Total estimated expenses for the year \$44,744.78

Total estimated receipts, not including proposed tax 19,308.02

Balance, amount to be raised by district tax \$25,436.76

SUMMARY OF ESTIMATED EXPENDITURES

For school year from June 17, 1929, to June 16, 1930.

Personal service	\$24,735.00
Supplies	1,100.00
Maintenance and repairs	475.00
Debt service	14,384.78
Miscellaneous	2,550.00
Construction	1,000.00
Emergency	500.00
Total	\$44,744.78

INDEBTEDNESS

Amount of bonded indebtedness	\$53,000.00
Amount of warrant indebtedness on warrants issued and endorsed "not paid for lack of funds"	5,790.00
Amount of other indebtedness	899.74
Total Indebtedness	\$59,689.74

Dated this 26th day of November, 1929.

Attest: VAWTER CRAWFORD, District Clerk. CHAS. THOMSON, Chairman, Board of Directors

ORIGINAL ESTIMATE AND ACCOUNTING SHEET

SCHOOL DISTRICT NO. ONE

This original estimate shows in parallel columns the unit cost of the several services, material and supplies for the three fiscal years next preceding the current year, the detail expenditures for the last one of said three preceding fiscal years and the budget allowances and expenditures for six months of the current year. ("Six months of the current year" means six months of the last school year.)

EXPENDITURES

ITEM	Estimated Expenditures for the ensuing school year		Expenditures and budget allowances for six months of last year		Expenditures for three fiscal years next preceding the last school year		
	Exp'dit' res	Exp'dit' res	Budget allowance	Exp'dit' res	Second Year	First Year	
GENERAL CONTROL							
Personal service:							
Superintendent	\$ 3,000.00	\$ 1,500.00	\$ 1,500.00	\$ 3,000.00			
Clerk	300.00	100.00	100.00	200.00			
Stenographers and other office assistants	400.00	257.50	180.00	515.00			
Supplies	200.00						
Elections and publicity	100.00			50.00			
Legal service (clerk's bond, audit, etc.)	150.00						
Total Expense of General Control	\$ 4,150.00	\$ 1,857.50	\$ 1,780.00	\$ 3,765.00			
INSTRUCTION—Supervision							
Personal service:							
Principals—High School	\$ 2,000.00	\$ 832.50	\$ 832.50	\$ 1,665.00			
Grade School	1,750.00	822.50	822.50	1,645.00			
Supplies—General	100.00	232.83	300.00	465.67			
Total Expense of Supervision	\$ 3,850.00	\$ 1,887.83	\$ 1,955.00	\$ 3,775.67			
INSTRUCTION—Teaching							
Personal service:							
Teachers—High School	\$ 6,760.00	\$ 3,307.50	\$ 3,307.50	\$ 6,615.00			
Grade School	8,235.00	4,117.50	4,117.50	8,235.00			
Supplies	500.40	232.83	300.00	465.67			
Textbooks (desk copies and indigents)	50.00						
Total Expense of Teaching	\$15,545.40	\$ 7,757.83	\$ 7,725.00	\$15,315.67	\$22,375.00	\$22,250.00	
OPERATION OF PLANT							
Personal service:							
Janitors and other employes	\$ 2,160.00	\$ 1,194.50	\$ 750.00	\$ 2,389.00			
Janitors' supplies	300.00	396.50	150.00	793.00			
Fuel	700.00	559.30	450.00	1,118.60			
Light and power	300.00	120.90	187.50	241.79			
Water	300.00	115.00	50.00	230.00			
Telephone, transfer, etc.	100.00	100.50	100.00	100.49			
Total Expense of Operation	\$ 3,860.00	\$ 2,486.70	\$ 1,687.50	\$ 4,872.78	\$ 5,688.00	\$ 4,385.00	
MAINTENANCE AND REPAIRS							
Repair and replacement of furniture and equipment	\$ 75.00	\$ 507.23	\$ 250.00	\$ 1,014.45			
Repair and maintenance of buildings and grounds	400.00	290.58		581.17			
Total Expense of Maintenance and Repairs	\$ 475.00	\$ 797.81	\$ 250.00	\$ 1,595.62	\$ 3,390.00	\$ 700.00	
AUXILIARY AGENCIES							
Library:							
Personal service (librarian, etc.)	\$ 140.00			227.18			
Library books	600.00	113.59	125.00				
Total Expense Auxiliary Agencies	\$ 740.00	\$ 113.59	\$ 125.00	\$ 227.18			
FIXED CHARGES							
Insurance	\$ 250.00	\$ 57.50	\$ 60.00	\$ 115.00			
Total Fixed Charges	\$ 250.00	\$ 57.50	\$ 60.00	\$ 115.00	\$ 430.00	\$ 100.00	
CAPITAL OUTLAYS							
Alteration of buildings (not repairs)	\$ 1,000.00						
Total Capital Outlays	\$ 1,000.00						
DEBT SERVICE							
Principal on bonds	\$ 2,000.00	\$ 500.00	\$ 500.00	\$ 1,000.00			
Principal on warrants	1,947.83	675.00	675.00	1,350.00			
Principal on other indebtedness	4,099.74	2,600.00		5,200.00			
Interest on bonds	2,750.00	1,644.25	1,644.25	3,288.50			
Interest on warrants	359.87	51.75	50.00	295.00			
Interest on other indebtedness	227.34	180.95		361.90			
Total Debt Service	\$11,884.78	\$ 5,651.95	\$ 2,869.25	\$11,405.40	\$ 4,000.00	\$ 4,000.00	
EMERGENCY							
	\$ 500.00				\$ 500.00	\$ 500.00	\$ 525.00
Total Emergency	\$ 500.00				\$ 500.00	\$ 500.00	\$ 525.00
GRAND TOTAL	\$42,505.28	\$20,668.12	\$16,511.75	\$41,777.22	\$36,383.00	\$31,960.00	

I, Vawter Crawford, do hereby certify that the above estimate of expenditures for the year 1929-1930 was prepared by me and that the expenditures and budget allowance for six months of the current year and the expenditures for the three fiscal years next preceding the current year as shown above have been compiled from the records in my charge and are true and correct copies thereof.

VAWTER CRAWFORD, District Clerk.

Make Your Money

GO FARTHER

Pay your bills by check and save time and money. With a checking account you can make your income go further by regulating your money outgo, and it is easy to budget your expenses.

You will find it well worth your while to open your checking account with us today.

Farmers & Stockgrowers National Bank

Heppner Oregon

Happy New Year

Another year is about to dawn. We most sincerely hope that it will be the brightest and most successful of your career in health, happiness and prosperity.

PHELPS GROCERY CO.
"Home of Good Eats"

Heppner Gazette Times, Only \$2.00 Per Year

INSURATECTS!

Not just agents, but really insurance architects—for it is our business to plan and build for each client the policy or combination of policies which will serve him most efficiently. And, of course, that means economically, too.

May