

The Way of Life

by BRUCE BARTON

DO YOU KNOW HOW TO BREATHE?

I once had the misfortune to know a pessimist. There was some excuse for his pessimism. He was a narrow-chested chap threatened with tuberculosis.

He had given himself up for lost. One night somebody induced him to go to a singing school. A year later his chest was filled out; there was a sparkle in his eye; his laugh could be heard a city block away.

He had learned how to breathe. Even when you practice deep breathing exercises you probably do not fill your entire lung capacity. You expand your chest; but the really important part of your breathing is done with your diaphragm—a big flat muscle that forms the floor of your chest.

And the abdominal muscles are the boys you need to train if you are to get the most out of your diaphragm.

Fill your lungs until you feel your stomach muscles hard against your belt.

That means that your diaphragm has straightened down and is massaging the top of your stomach and intestines—helping along with the process of elimination.

When you breathe out, do it forcibly, with the stomach muscles; like a horse snorting—but without

the snort. Your stomach and intestines will be forced up against the diaphragm again and given another massage. Breathing in is important, but breathing out is much more important.

Read sometime a book by a man like Thoreau, or John Burroughs, or Stewart Edward White—one of the great open-air writers.

Then, while the impression of its rich, bounding optimism is still strong upon you, pick up a book by one of our modern long-haired writers who believe that realism necessarily means murder and drunkenness and prostitution.

What a difference! And what makes the difference? The realist will tell you that it is because he thinks deeply, while the optimistic writer thinks superficially. As a matter of fact, the difference is not in the brains of the two men, but in their lives.

It is not the depth of their thinking so much as the depths of their lungs.

The corpuscles of the one are red and fed with oxygen; the corpuscles of the other are pale and fed with cigarette smoke and germs.

"For what, after all, is life?" asks an old Sanskrit quotation. And answers:

"Life is the interval between one breath and another—he who only half breathes only half lives."

land is substituting again. Mrs. Lowell Spagle and baby son, Lowell Leonard, have returned from Hermiston. The Spagles are moving this week to the Harrison place which they have leased for the year.

The Home Economics club met with Mrs. Chas. Hango on Wednesday with a good attendance. The usual delicious luncheon was enjoyed, followed by a business meeting.

Mr. and Mrs. L. G. Smith, who have been much feted preceding their departure, were the honor guests on Tuesday evening at a lovely card party given by Mrs. Royal Rands and Mrs. Nick Falser at the Rands home. Four tables of "500" were in play. A delicious lunch was served. Attending were the Dillaboughs, I. Skoubos, Fortiers, Maccombers, Falers, Mrs. C. G. Blayden, Jack Gorham, J. C. Ballenger, the Smiths and Rands.

Ralph Skobe was host Saturday to all the members of the first and second grades, in honor of his birthday. Fifteen guests were seated at the table which was exceptionally pretty with the trimmings of green and white. A big cake was the centerpiece and clever little favors were given each guest. Everyone had a most delightful time. Mrs. Marschat, his teacher, was also present.

Mr. and Mrs. L. G. Smith were overnight guests Sunday at the home of Rev. and Mrs. W. O. Miller at Umatilla.

Nels Kristensen and Elizabeth left last week for Cheyenne, Wyo., to visit her sister for a time. Her sister lost a little girl in January, as a result of mastoid trouble.

Mrs. Z. J. Gillespie was home for the week end from near Oakland, Ore., where she is teaching.

Fortiers drove to Waila Walla to attend a Standard Oil meeting and remained overnight in Pendleton Tuesday.

Mrs. Eli Knight was a guest at the home of her parents a few days this week. Mrs. Knight who lives at Sunnyside, was Esther Nickerson before her marriage.

Mrs. Guy Barlow came home Sunday from Heppner where she had been for some time for medical treatment. Her mother, Mrs. Elva Perry, came with her.

Beth Merle Miller came down from La Grande Friday to attend the Senior Frolic. Lillian Breece and Gladys Wilson also came with Fred True and a friend by motor.

On Sunday Miss Henry, Miss Brown and Alvin McCarty took Gladys as far as Pendleton. All three girls are students at LeGrande normal.

Friday evening Mrs. Leo Root planned a pleasant surprise for her brother, Alvie Mefford, on his 18th birthday. The high school students were all present as was Miss Leona

Simonis of Wapato who came over for the occasion. A most delightful time was had, followed by a dainty lunch.

Hereins moved last week to the Hatch place and the Howleys are expected from Portland this week and will live on the ranch again.

Mrs. Truman Messenger and children are here from Athena, visiting at the E. T. Messenger home.

Many Boardman people motored to Umatilla Sunday to see Harold Lloyd in "Welcome Danger."

Chas. Barlow and family of Heppner were guests Sunday at the J. F. Barlow home.

Joe and Leo Gorgor were in from the wheat country Sunday and were guests at the Cooney home.

Glen Hadley left Saturday for the shearing season. Ed Kunze will leave soon to shear.

Mrs. J. L. Jenkins and Mrs. Leslie Pacard returned from Seattle where they attended the funeral services of their mother, Mrs. Elvira Jane Curtis. Robert Berger took them over and Glen and Richard Berger accompanied them. It was erroneously stated last week that Clarence Berger made the trip.

Sheep men are busy day and night with the lambing season at its height. M. Mulligan is lambing at the Jenkins place.

Friends are sorry to learn that Mrs. Geo. Gross of Ione is quite ill with appendicitis and was taken to Portland Sunday for an operation. Her parents, Mr. and Mrs. J. H. Inus, and sisters, Blanche and Esther, were called to Ione Saturday to be with her. Blanche is teaching near Kennewick, Wn., and Esther is employed near Council, Wn. Both girls were guests Sunday at the Olson home.

Maxene, eldest daughter of Mr. and Mrs. Leo Cooney, has been quite ill and was taken to Pendleton Saturday to Dr. Cavanaugh. She has been having intestinal flu.

MANY ATTEND MEETING. Much interest in the last meeting of the evangelistic program at Ione was shown by Heppner residents, 43 of whom were in attendance to hear this last sermon delivered Sunday evening by Ted Leavitt, who was able to be present only during the latter part of a three-week revival program, because of a throat operation. C. L. Feiler of North Bend filled the pulpit until Tuesday, March 11.

GRANT SHOWS INTEREST. Grant county is interested in competing with Morrow county next year in both school declamatory work and spelling, according to a letter received from Miss Gertrude M. Lyon, Grant county school superintendent, by Mrs. Lucy E. Rodgers, county school superintendent.

BOARDMAN

MRS. A. T. HEREIM, Correspondent.

The annual Senior Frolic was the largest social event of the week held on Saturday night at the auditorium. About 50 couples attended. Music was by the local orchestra. A number of carnival features preceded. Many lovely new dresses were in evidence.

Tryouts for the annual declamatory contest were held Tuesday afternoon. Members of the faculty acted as judges and the selections and contestants were judged from various standpoints. Echo Coats was selected from the non-humorous of the first division and Wilma Myers from the second. Catherine Mead will represent the first division in the humorous and Mary Chaffee the second. Other speakers competing were Helen Mead,

Lois Messenger, Delbert Machan, Mildred Ayers, Allan Chaffee and Francis Titus. The four winners will go to Alpine for the divisional contest on Saturday. Winners at Alpine will compete at Heppner April 5.

Ludemans, who purchased the Ralph Humphrey place, motored to Waldport for a week's visit with relatives before starting spring work. Their children entered school here Monday. One daughter, a high school student, will remain at The Dalles for the balance of the school year. She takes a prominent part in school activities at The Dalles high school.

Mr. and Mrs. H. E. Waite left the latter part of the week for Portland to consult a physician about Mr. Waite, who has been suffering an attack of rheumatism since his second flu illness. Mr. Quillen of Port-

That Dressy Appearance

—Can be yours. Cleaning and pressing of your suit, dress or coat make it look like new. Get acquainted with our superior service at reasonable prices.

Our driver visits Heppner every Monday. Just notify Miss Opal Briggs, and he will call for your apparel. Work returned promptly.

Spaulding Cleaners

Arlington, Ore.

Mothers

Protect Your Children with Plenty of Butter

Butter not only contains an almost 100 per cent digestible fat, but also an abundance of the Vitamin A so necessary for normal growth in children. A liberal amount of butter in the daily food prevents the dreaded eye disease, xerophthalmia.

"There is No Substitute for Good Butter"

Morrow County Creamery Co.

This advertisement is sponsored by the Oregon Creamery Operators Association

THE Allis-Chalmers MONARCH

"50"



Extra Wide Tracks for Soft Boggy Land

HERE is a tractor that will pull in the extremely soft soils of the Pacific Northwest.

The tracks are furnished 18 or 22 inches wide, with extra deep grousers. Maximum traction is secured with greatly reduced ground pressure. This Allis-Chalmers Monarch "50" rides over the ground like a man on snow shoes.

In this new Monarch "50" you have the same superb performance that has popularized the standard "35", "50" and "75" .. you have the lowest cost draw-bar horsepower .. another advantage offered by Allis-Chalmers.

The new wide-shoe Monarch has met and triumphed in every conceivable field test. It is offered on a basis of guaranteed satisfactory performance.

Write or phone for price and full information.

W. G. McDONALD
Arlington, Ore.

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Monarch Tractors

Political Announcements

FOR COUNTY COMMISSIONER.

To the Democratic Voters of Morrow county: I will be a candidate for County Commissioner at the May Primary Nominating Election, May 16, 1930, subject to your will. (Paid Adv.) SAM J. TURNER.

FOR COUNTY JUDGE.

At the coming May primary election I will be a candidate for the office of County Judge of Morrow county on the Democratic ticket. If nominated and elected, I will, to the best of my ability, endeavor to carry out the program of the past five years. (Paid Adv.) R. L. BENGE.

FOR JUSTICE OF THE PEACE.

I hereby announce myself as a candidate for the office of Justice of the Peace for the 6th district of Morrow County, subject to the will of the democratic voters of said district as expressed at the May primaries. (Paid Adv.) E. R. HUSTON.

FOR COUNTY COMMISSIONER.

To the Republican Voters of Morrow County: I hereby announce myself as a candidate for the office of County Commissioner at the May primaries; if

nominated and elected, I promise to serve the people of Morrow county to the very best of my ability. (Paid Adv.) JOE DEVINE.

FOR COUNTY COMMISSIONER.

I hereby announce myself a candidate for the office of Commissioner for Morrow county, subject to the will of the Republican voters, expressed at the May primaries. (Paid Adv.) GEO. N. PECK.

FOR COUNTY ASSESSOR.

I hereby announce myself as a candidate for the office of Assessor of Morrow County, subject to the will of the Democratic voters at the May primaries. (Paid Adv.) JESSE J. WELLS.

FOR COUNTY JUDGE.

To the Voters of Morrow County: I hereby announce myself as a candidate at the coming primaries for the office of County Judge of Morrow County on the Republican ticket. If nominated and elected, I pledge the same faithful and sincere service that has characterized my long term with the County Court as commissioner. (Paid Adv.) G. A. BLEAKMAN.

FOR COUNTY COMMISSIONER.

At the next Primary election I will be a candidate for the office of County Commissioner on the Republican ticket. If nominated and elected I will carry out the duties of such office to the best of my ability. (Paid Adv.) CREED OWEN.

FOR COUNTY JUDGE.

To the voters of Morrow County, I wish to announce that I will be a candidate for the nomination of County Judge on the Democratic ticket at the next primary election, and if nominated and elected, I will perform the duties of such office to the best of my ability. (Paid Adv.) G. L. BENNETT.

FOR COUNTY COMMISSIONER.

I hereby announce myself for the office of County Commissioner of Morrow County, subject to the will of the voters of the Republican party at the May Primaries. (Paid Adv.) GEORGE W. DYKSTRA, Heppner, Ore.

FOR COUNTY TREASURER.

This is to announce that I will be a candidate for the office of County Treasurer, subject to the will of the voters of Morrow County, at the Primary elections, May 16th, 1930. I wish to thank my friends, both republican and democratic, for their generous support in the past, and hope I have proved worthy of their confidence. (Paid Adv.) LEON W. BRIGGS, present incumbent.

FOR COUNTY JUDGE.

At the next primary election I will be a candidate for the office of County Judge for Morrow County on the Republican ticket, and if nominated and elected I will carry out the duties of such office to the best of my ability. (Adv.) WM. T. CAMPBELL.

A PERFECT MEAL

-AND LOOK AT THE SAVINGS TOO!



"Just perfect!" What a pleasure to have your family or guests say that about one of your delightfully good meals. They'll say just that and even more if you buy your foods at MacMarr's where every item is fresh, clean and full of appetizing and nourishing goodness. And look at the savings you make! Every purchase means a saving for other things you want.

Features for Friday-Saturday, March 21-22

Coffee Week SALE

RUNNING ALL THIS WEEK
Never Before was MacMarr Coffee Offered at This Price
1 Lb. 35c; 3 Lb. . . \$1.00

SUGAR

Pure Cane and Berry

10 Lb. Sack 70c
25 Lb. Sack \$1.75
100 Lb. Sack \$5.95

Pork and Beans

Van Camp's medium
5 Cans 50c
12 Cans . . . \$1.15

Oats

Sperry's Brand
Quick or Regular
9 Lb. Sack . . . 55c

MILK

Darigold Brand
10 Cans 95c
48 Can Case \$4.35

Corn Flakes

Kellogg's Brand
3 Pkgs. 25c

Jell Well

Assorted Flavors
4 Pkgs. 25c

SOAP

Crystal White Brand
10 Bars 37c

Sardines

Booth's Brand
3 Oval Tins . . 40c

Standard Corn

White and Yellow—No. 2s
2 Cans 25c

Mayonnaise

Nalley's Brand
Pt. Jar 27c

PEACHES, No. 10 Tins . . 63c

Blackberries, No. 10 Tins . 63c

APRICOTS, No. 10 Tins . 63c

Loganberries, No. 10 Tins . 63c

Pineapple

Broken Slices—No. 2 1/2 tins
3 Cans 69c

FLOUR

MacMarr Brand
24 Lbs. . . \$1.05
49 Lbs. . . \$1.75

Tomatoes

Solid Pack—2 1/2 tins
3 Cans 55c

Bananas

Nice and Ripe
3 Lb. 25c

Mazola Oil

Qt. Size 50c

Raisins

Thompson's Seedless
4 Lbs. 26c

MACMARR STORES

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