

The Way of Life

BRUCE BARTON

"Therewith To Be Content"

I ran across this paragraph in the note-books of Samuel Butler: "I imagine that life can give nothing much better or much worse than what I have myself experienced. I should say I have proved pretty well the extremes of mental pleasure and pain; and so I believe, each in his own way, does almost every man."

Charles M. Schwab, at last reports, had more money than I—but just what can he buy with it?

Three meals a day. They will cost more to serve than my three, but if Charlie enjoys them any more he is going some.

A roof over his head. It will be wider and steeper roof than mine, and more rain will run off it; but the rain that runs off mine will be just as wet, and underneath I shall be just as dry.

A good night's sleep—if he's lucky. He can own more of the world's surface than I. But, try as he may, he can not breathe up any more of its air; he cannot absorb any more of its sunshine; he can not bribe the ocean to give him any more invigorating bath; nor the evening stars to shine any brighter over his estate.

The world is full of pleasant sights and sounds and smells, and his ears and nose and eyes do not bring him any sensation a particle more sweet than mine bring to me.

Compared with the blessings we have in common, the few blessings which he has and I have not are insignificant.

The habit of contentment is formed, not from without, but from within.

"There is no duty we so much underestimate," says Stevenson, "as the duty of being happy. By being happy, we sow anonymous benefits upon the world which remain unknown even to ourselves; or, when they are disclosed, surprise nobody so much as the benefactor. A happy man or woman is a better thing to find than a five-pound note. He or she is a radiating focus of good will, and their entrance into a room is as though another candle had been lighted."

It is strange that contentment should not be more widespread, considering how very common and close at hand are the elements that go into it.

Work is one big ingredient. Simple tastes—the power of finding great satisfaction in little things—is another.

The power to take things as they come, and enjoy them to the limit, is another. St. Paul, for instance, did a good-sized job, and left a shining record.

He was forever "pressing forward to his goal." Yet it was he also who wrote:

"For I have learned, in whatsoever state I am, therewith to be content."

number signed for the canning of vegetables.

Mrs. Carl Haddock who has been down the flu for several days is again able to be in school.

Mrs. J. Berry visited with her parents, Mr. and Mrs. Emmett McCoy Sunday.

Mr. and Mrs. Fred Markham made a trip to Hermiston Thursday. Mr. and Mrs. C. Wilson took their little daughter Alice to Hermiston Sunday for medical treatment.

The Home Economics club met Thursday and spent a very profitable afternoon making twelve lovely pictures in Jesso work.

George Doney Funeral Rites Held Wednesday

Funeral services for George Willis Doney, 54, of Yamhill, who died at his home March 17, were held in that city on the Wednesday following, with interment being made in the Lafayette cemetery. He is survived by his widow, two brothers, Samuel of Lafayette and Joe of California, and one sister in Indiana.

Mr. Doney was formerly located in Morrow county, being employed on the Hynd brothers' ranches for nearly ten years. He left this section about 20 years ago after making many friendships here. William, Jack and Charles here, William, Hynd attended the funeral ceremonies of Mr. Doney, their brother-in-law, returning to Heppner by automobile Saturday.

Potatoes for seed, whether certified or not, are best treated for diseases before planting in Oregon, advises the experiment station, O. S. C. The corrosive sublimate treatment is one of many possible treatments, and it is still recommended as standard. While it is somewhat cumbersome in operation, many growers find it more satisfactory in the long run than some of the newer methods.

After the ice cream has been frozen, the ice and salt may be emptied into a sack and when the ice has melted the salt will remain to be used again.

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.
R. L. BENGEE.
(Paid Adv.)

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 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.
E. R. HUSTON.
(Paid Adv.)

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.
G. A. BLEAKMAN.
(Paid Adv.)

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 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.
GEORGE W. DYKSTRA,
Heppner, Ore.
(Paid Adv.)

generous support in the past, and hope I have proved worthy of their confidence.
LEON W. BRIGGS,
present incumbent.
(Paid Adv.)

perform the duties of such office to the best of my ability.
(Paid Adv.) G. L. BENNETT.

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.

NOT TOO HIGH..... NOT TOO LOW
-JUST EXACTLY RIGHT!

Food costs at MacMarr's are "just right"—always. They are never too high to meet the means of the most economical food buyer. And too, they are never so low that our foods fall beneath our exacting high standard for quality—they are JUST EXACTLY RIGHT. Come in and let us prove this to you—gladly!

SATURDAY AND MONDAY SALE

MAYONNAISE NALLEY'S BEST QUALITY Pints 29c	COFFEE MAC MARR'S BEST Lb. 39c, 3 lbs. \$1.15
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OATS Sperry's extra creamed 10-lb. bag 49c

SYRUP TEA GARDEN Cane and Corn SYRUP 10-lb. can \$1.49

Milk Darigold Brand "Cream's closest rival." Darigold is a quality milk. Note the saving. Tall cans. 48-Can Case \$4.35	HAMS Armour's Heavy-Skinnet Hams. This is an exceptional value. Lb. 25c	Sugar Pure 'C & H' Cane Priced even lower than today's market. 100-lb. Sack \$5.99
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FLOUR MacMarr's all hard blended wheat 49-lb. Sack \$1.69

SOAP Crystal White Laundry Soap Priced Low 10 Bars 39c	BANANAS Fancy Ripe Fruit 3 lbs. for 25c	WHITE BEANS Small Variety 5 lbs. 59c 10 lbs. \$1.10
SAUCE TOMATO HOT SAUCE 4 Cans 25c	LETTUCE Large, Solid Heads 2 Heads for 15c	CORN MEAL Sperry Yellow or White 10 lb. Sack 35c
Pancake FLOUR Sperry's Ready Prepared 10-lb. Sack 69c	CARROTS Large Fancy Bunches of New Carrots 2 Bu. for 15c BULK 6 lbs. 25c	LARD Pure Hog Lard Fresh Stock 8 lb. Pail \$1.29

MACMARR STORES
Phone 1082 STONE'S DIVISION Hotel Heppner Bldg.

IRRIGON

Miss Zepha Bulwair of Monmouth visited several days this week at the James Warner home, returning to Monmouth Sunday.

Mrs. J. Graybeal was a Hermiston visitor Friday.

Miss Joyce Caldwell who is attending Monmouth normal spent the week end with her parents, Mr. and Mrs. Tom Caldwell. She was accompanied by a girl friend from the school.

The winners of the declamatory contest which was held Thursday evening will go to Alpine in the near future.

Frank Frederickson made a trip to Pendleton Thursday and brought back his wife and little son.

Mr. and Mrs. Frank Bruce and daughter Florence are quite ill with influenza.

Mrs. Lucy Rodgers, county school superintendent, and the health nurse from Heppner spent Thursday in the school visiting the rooms and examining the students.

The school band went to Pendleton Friday afternoon and played at the Rivoli theater in the evening.

George Kendler and Dorothy Isom motored to Heppner Saturday for a short visit with Mr. and Mrs. Roe Bleakman.

Mrs. Batie Rand and little son visited with Mrs. Isom and daughter Tuesday.

Elroy Lamoreaux who is working in Arlington spent the week end with his family.

Batie Rand and mother were Hermiston visitors Tuesday.

Wiley Benefield has been absent from school this week with the flu.

Mr. and Mrs. Gene Dexter were in this vicinity Sunday in the interest of the Hermiston cannery. A

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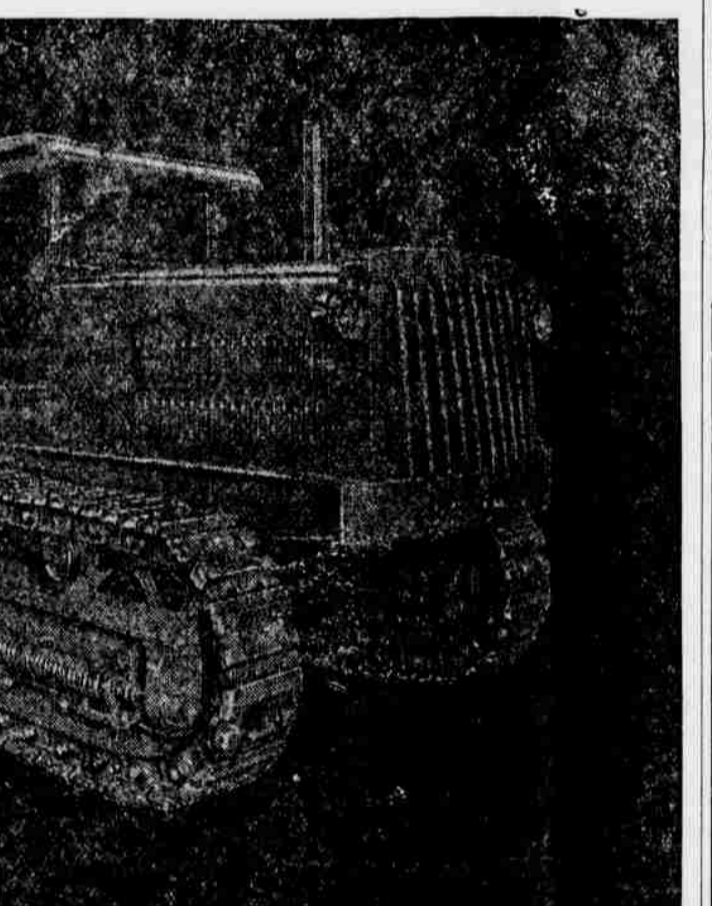
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That Dressy Appearance

—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

GET ALL THE POWER YOUR MONEY WILL BUY

WHEN you're buying a tractor, be sure to get the one that gives you most power for your money.

In the Allis-Chalmers Monarch "75" you have the most advanced engineering design plus the finest materials and skillful workmanship. Over eighty years' leadership in the manufacture of power machinery has enabled Allis-Chalmers to produce tractors that offer outstanding value.

Unusually long tracks for greater traction . . . easy steering, due to combination of clutches and truck-type steering wheel . . . and lowest cost per drawbar horsepower. These are a few of the reasons why Allis-Chalmers Monarchs are winning the approval of city, county and state officials, of contractors, logging men and others . . . Let us show you how a Monarch "75" gives you more power for your money.

W. G. McDONALD
Arlington, Ore.

Allis-Chalmers Monarch Tractors