

The Way of Life

by BRUCE BARTON

In Praise of Earthworms

If the earthworms were to publish a magazine, some dramatic success stories would be recorded.

It would tell, for example, the remarkable career of John G. Worm. Born of humble parents, in dark surroundings, he managed by his own efforts to push himself up to the surface. There he was spied by Fortune in the form of a robin, which snatched him high into the clouds. His moment of elevation was brief, but while it lasted the vision was splendid.

It would tell of Frederick L. Worm, who was working along quietly one day when an upheaval tossed him to fame and glory. Success was attended by pain, as is often the case. He was impaled upon a fishhook and carried away to be immersed in a strange element. There his life ended, but not before he had done the biggest job ever achieved by any member of his family. The fortune he landed devoured him, but it was a big fortune.

To the other worms these stories might be discouraging. "Fame is for the few," they would say. "Nothing ever happens to us. We just stir around awhile and die."

It would surprise them to know that a book was written about worms by the great scientist Darwin. Their surprise would be in-

tenified if they were to learn that this book makes no mention of the exceptional members of their tribe. The few worms that are carried into the clouds, or succeed in landing big fish, are dismissed by him as of small importance.

But the great mass of unknown worms, who spend their whole lives beneath the surface of observation, he hails as the most important creatures in the world.

If for one year they should cease their industrious digestion of the leaf mold and their incessant stirring of the ground, no crops would grow, and animals and men would die.

I think that Darwin's book on earthworms should be a part of all education, along with the inspiring biographies of the great. It would tend to teach us humility. We human beings who walk so proudly as monarchs of the world—what are we, anyway? Beneficiaries of the worms, without whose leave we could not live a year.

As for fame, it is stimulating, and lifts the spirit of the crowd. But shall we despair because to most of us it is denied?

Beneath the surface life is carried forward by the sustained loyalty of the mass. And who shall doubt that there are purposes as far beyond our reckoning as our lives—which they make possible—beyond the vision of the worms?

Hints for the Home

by Nancy Hart

Carrot Croquettes

Scrape and boil some young carrots. Boil till about half done, then drain dry, and grate them. Add enough thick cream sauce to bind the puree together, with one egg to each cup of the mixture, sugar and salt to taste. Set away. When quite firm, form into croquettes, dip in egg and fine breadcrumbs, repeating the dipping if necessary. Fry in deep fat.

Macaroni Croquettes

Boil one-fourth pound macaroni in salted water until very tender. Drain and toss in a saucepan with one heaped tablespoon butter, and one tablespoon of cheese. Spread on a well-buttered platter, about one inch thick, cover with a buttered

paper, press it well down and set away to cool. Divide with the back of a knife into six parts, roll each one in grated cheese, then in beaten egg and in crumbs. Fry in very hot fat till well browned. Drain and serve.

Fish Croquettes

2 cups boiled fish.
2 cups hot potato.
1 tablespoon butter.
1/2 cup hot milk.
1 egg.
1 teaspoon salt.
1/2 teaspoon pepper.
1 teaspoon chopped parsley.
Pick the fish over carefully to remove skin and bone; mince fine; combine all the ingredients, mix thoroughly and let cool. When cold, form into balls, dip into beaten egg, roll in crumbs, fry in hot fat. Drain on brown paper.

Shad Roe Croquettes

4 shad roe.
3 tablespoons butter.
4 tablespoons flour.
1 teaspoon salt.
Juice of one lemon.
Few grains nutmeg.
Few grains cayenne.
1 cup milk.
Boil the shad roe fifteen minutes

in salted water, then drain and mash. Melt the butter, add the flour and seasoning, add the milk slowly, cook until thick and smooth. Mix the roe with the sauce, cool, shape and fry as directed.

WHEAT LOANS RECEIVED.

Six members of the Morrow County Grain Growers received loans on their wheat Saturday from the regional, North Pacific Grain growers, Spokane, Wash., amounting to a total of more than \$14,000. Those granted the loans were C. A. Marquardt of Lexington, Oscar Peterson, L. P. Davidson, Frank Fraters, Jesse Warfield and A. C. Lundell, Jone.

GRANGE TO MEET.

Grange members from all parts of Oregon will gather at Redmond for the state grange meeting, from Monday, June 9 to Friday, June 13, inclusive. Consideration of a multitude of important questions will be made by 24 committees of the state organization.

NOTICE TO CREDITORS.

Notice is hereby given that the undersigned has been appointed by the County Court of the State of Oregon for Morrow County administratrix of the estate of Millard F. Parker, deceased, and that all persons having claims against the said estate must present the same, duly verified according to law, to me at the office of my attorney, S. E. Notson, in Heppner, Oregon, within six months from the date of the first publication of this notice, said date of first publication being June 3, 1930.

TRANNEE B. PARKER, Administratrix.

TEACHERS' EXAMINATIONS.

Notice is hereby given that the

County Superintendent of Morrow County, Oregon, will hold the regular examination of applicants for state certificates at her office in the court house at Heppner as follows: Commencing Wednesday, June 11, 1930 at 9 o'clock A. M. and continuing until Saturday, June 14, 1930, at 4 o'clock P. M.

Wednesday forenoon: U. S. History, Writing (Penmanship).
Wednesday afternoon: Physiology, Reading, Composition, Methods in Reading, Methods in Arithmetic.
Thursday forenoon: Arithmetic, History of Education, Psychology, Methods in Geography.
Thursday afternoon: Grammar, Geography, American Literature, Physics, Methods in Language, Thesis for Primary Certificate.
Friday forenoon: Theory and Practice, Orthography (Spelling), Physical Geography, English Literature, Chemistry.
Friday afternoon: School Law, Algebra, Geometry, Civil Government, Bookkeeping.
Saturday forenoon: Geometry, Botany.
Saturday afternoon: General History. 11-13.

SUMMONS.

IN THE CIRCUIT COURT OF THE STATE OF OREGON FOR THE COUNTY OF MORROW.

David McCullough, and Helen McCullough, Administratrix of the estate of John McCullough, deceased, Plaintiffs, vs.
Hannah J. Paine, Arthur C. Paine, Gertrude A. Paine, Elzada H. Paine, and Cecil Paine, heirs at law of Philip L. Paine, deceased; Also all other persons or parties unknown claiming any right title or interest therein, and plaintiffs have such other and further relief as may be just and equitable. Defendants.

This summons is served upon you by publication thereof once a week for four successive weeks in the Heppner Gazette Times, a newspaper of general circulation, pursuant to an order of Hon. James Alger Fox, Judge of the above entitled court, which order is dated the 27th day of May, 1930, and the date of the first publication of this summons is the 29th day of May, 1930.

Attorney for Plaintiffs.
Residence and postoffice address, Heppner, Oregon. 11-15.

To Hannah J. Paine, Arthur C. Paine, Gertrude A. Paine, Elzada H. Paine, and Cecil Paine, heirs at law of Philip L. Paine, deceased; Also all other persons or parties unknown claiming any right title, estate, lien or interest in the real estate described in the complaint herein, Defendants.

IN THE NAME OF THE STATE OF OREGON, you and each of you are hereby required to appear and answer the complaint filed against you in the above entitled court and cause on or before four weeks from the date of the first publication of this summons upon you, and if you fail to so appear or answer for want thereof, the plaintiffs will apply to the above entitled court for the relief prayed for in their complaint, to-wit: That you and each of you be required to assert and set forth the nature of your claim or interest in and to the real estate described in plaintiff's complaint, and as follows, to-wit:

The SE 1/4 of NW 1/4, the SW 1/4 of NE 1/4, the NE 1/4 of SW 1/4, and the NW 1/4 of SE 1/4 of Section 18 in Township three (3) South of Range 28 East of Willamette Meridian, and that if he adjudged and decreed that plaintiff, David McCullough, and the heirs of John McCullough, deceased, be the owners in fee simple of said real estate; that you and each of you, and all persons or parties claiming by, through or under you or either of you be forever barred of and from all claim, estate, right, title or interest therein, and plaintiffs have such other and further relief as may be just and equitable.

This summons is served upon you by publication thereof once a week for four successive weeks in the Heppner Gazette Times, a newspaper of general circulation, pursuant to an order of Hon. James Alger Fox, Judge of the above entitled court, which order is dated the 27th day of May, 1930, and the date of the first publication of this summons is the 29th day of May, 1930.

Attorney for Plaintiffs.
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Heppner, Oregon

The Gazette Times for Everything in Printing

THE FAMILY DOCTOR

By JOHN JOSEPH GAINES, M.D.

SELF-DRUGGING

It grows on people—the habit of "taking something" for every little discomfort they happen to feel. Self-dosing is never the wise thing to do; you would not employ a physician to treat you who made no pretense to any knowledge of treating the sick or indisposed; now, would you? Then why do it to yourself?

A diagnosis of any indisposition is necessary before any sort of intelligent treatment can be instituted. Even the intelligent physician may be puzzled over the actual cause of a given complaint, often a comparatively trivial, yet a very annoying thing. Not long ago I met a lady who had spent over \$500 on a peculiar neuralgic headache without more than temporary relief; she had taken every variety of "headache tablets" that she heard of—seriously impairing her blood and weakening her heart very perceptibly; I suggested examining her nasal passages and sinuses; "O, there's nothing wrong there—I have no catarrh," she insisted.

Nevertheless a few treatments to reduce the swollen turbinates cured the headache.

Many elderly men in the western section of our country are sure they have "prostate trouble." They hear their symptoms accurately described daily over the radio, by the advertising miracle-worker; they hear the promise of absolute cure by a simple operation—they make their own diagnosis, and drug themselves frantically without benefit; they accept the fakir's "simple operation," paying for it in advance with all the money they can scrape together; they reason that, if the quack were not honest, the government would not permit him to broadcast his hullyhoo! A nasty mess, isn't it? They do broadcast just the same; we are so busy trying to avoid foreign entanglements that we haven't time to protect our people from fraud!

Several men have recently lost their lives because of their own gullibility, according to newspaper reports, in one of our western states.

A SPECIAL FOOD EVENT FOR BRIDES

OF YESTERDAY OF TODAY OF TOMORROW

A SPECIAL JUNE FOOD EVENT for Brides—for brides of yesterday, today and tomorrow. That is what we are offering NOW. For this very important occasion we have stocked our stores to the fullest with seasonal items specially arranged and priced. And as for the values—they are greater now than ever!

CITY GAS

from Standard Oil Wells now ready

FOR COUNTRY HOMES

Ask about this new STANDARD OIL COMPANY GAS SERVICE—no gas mains needed—hot water—gas Refrigeration—quick cooking—anywhere.

Families living in rural communities as well as those in the cities can now have GAS for cooking and heating—a revolutionary contribution to rural life which the Standard Oil Company of California is making possible through STANDARD FLAMO CITY GAS SERVICE FOR COUNTRY HOMES.

Families in the cities—with every kind of commercial fuel to choose from—use gas because it is quick, clean, safe and economical. Rural families are now being given an equal opportunity to have modern gas ranges, quick-heating gas plates, water heaters, lights, gas refrigerators and individual room heaters—economically!

This unprecedented new gas service does not require the laying of gas mains. Your home installation for complete gas service can be made immediately. A simple gas-pipe connection between your kitchen gas stove and a steel container, housed out of doors in a locked metal cabinet is all there is to it!

These Local Dealers Will Gladly Give You Details

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Prunes LARGE SIZE, FANCY DRIED 5 LBS. 49c	Sardines BOOTH'S OVAL TINS In Mustard or Tomato Sauce. 4 LGE. 45c TINS	Salad Dressing BEST FOODS PRODUCTIONS—Full 12-oz. Bottle Per Bottle 19c Catsup SNIDER'S OR DEL MONTE 2 Large 45c Bottle
FLOUR MacMarr's Best "The Best in the West" A SPERRY PRODUCT. 49-lb. \$1.74 Bag	Pancake Flour A Sperry Product 9-LB. BAG 64c BAYO BEANS These are genuine \$ 1.29 5 lbs, 65c — 10 lbs.	SPUDS 75 Per cent No. 1 in fine condition except a few sprouts. Per Sack \$3.49
JELLY Kerr's Best Assorted 6-oz. Tumbler 10c 2 14-oz. 49c Jars for	LETTUCE Large Size and Crisp 3 Heads 20c	CABBAGE Hard, Crisp Heads Per 5c Pound

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