

The Way of Life

BRUCE BARTON

Too Much Pity

A man who has won high distinction in his chosen field of labor came into my office not long ago. He walks with a limp, for one of his legs is shorter than the other. He told me that for years he went around on crutches.

"I finally threw them away," he said, "and I'll tell you why. I got infernally tired of having people stop to ask me what had happened. I didn't want sympathy. It did me no good, and slowed up my operations. I'm lame. I'll never be any better. But I can stand the lame-ness better than I can stand being pitied."

There is a great waste of pity in the world.

I know, for example, a couple who seem to be curiously mated. The woman is ten years older than the man. She is argumentative. She is not a very good housekeeper.

At least a hundred times I have heard somebody say: "I'm so sorry for Joe. He might have picked out a lovely young girl, and see what he went and did."

Now, the simple fact is that the man and woman are exceedingly happy. I personally can't see what he finds attractive in her, nor why she should have chosen him. But

it is none of my business, and I certainly am not going to waste sympathy on two folks who seem to like each other and to be perfectly satisfied.

I live part of every year in the middle of Manhattan Island, and the rest of the time in a New England village. My Manhattan friends say: "What a terrible bore it must be to live in a little town. No theatres, no art galleries, no excitement. How I pity country people."

My village friends say: "I like to go to New York for a visit, but what a frightful place to live! Noise, and crime, and rush and expense! The poor folks who are crowded together in those big apartments just don't know what real living is. How I pity them."

What an absurd situation. What an emotional waste!

This seems to me to be a pretty good idea—don't weaken your emotional nature by pouring out pity unless you intend to do something about it.

Pity the sick and relieve them. Pity the poor, and divide with them. Sympathize with the struggles of youth, and lend a helping hand.

But don't get into the foolish habit of being sorry for anybody who happens to be different from yourself. The chances are that he is spending an equal amount of time being sorry for you.

station in Statuary Hall in the national capitol in Washington, it would seem that the last vestige of animosity born of the war between the states must have passed away.

Sixty-nine years ago Davis became the titular head of the Confederate States of America. He had served as Secretary of War in President Buchanan's cabinet, and on one of the abutments of Cabin John bridge in Washington, carrying the Washington aqueduct, a blank space appears where his name was chiseled out when the South seceded! That was a war gesture, as important then and as silly in perspective, as our ban upon teaching German in the public schools, when we were at war a dozen years ago.

All the old bitterness may never die. There is still a considerable body of Jacobites in Canada who hold that the present King of England has no right to his throne and that an obscure European nobleman of the Stuart line is the rightful heir of James II. But nobody takes them seriously, any more than anyone now takes seriously those who try to keep our old sectional enmity alive.

with the butter in a saucepan about ten minutes, remove from the fire, add the beaten eggs, stir over the fire until it sets, then serve on the toast.

Your Appetizer

If you are having chicken for dinner, some sort of tomato appetizer is a good choice.

A fruit appetizer precedes lamb or beef very well. A fruit appetizer is also good before veal or pork.

Before fish some sort of vegetable appetizer may be served; or an appetizer containing bacon.

Sometimes have the appetizer placed at each plate when dinner is announced. In this case, there is no choice. Sometimes have several sorts of appetizers passed in an

GIVES THANKS TO BUTTE DRUGGIST

"My hips and knees hurt so from neuritis pains that for days at a time I couldn't bear my weight on them. A disordered liver and con-



U. S. G. QUICK

stipation with headaches and backaches helped pull me down and I was about ready to give up. While on a cross-country trip with my son a druggist in Butte, Montana, recommended Sargon and that was the turning point to good health. Six bottles put me back on my feet in great shape. I'm as sound as a silver dollar and haven't felt as good as I do now in 20 years. I stood an examination for life insurance the other day and the doctor said I was in wonderful shape for a man of 62.

"Sargon Pills completely ended my constipation and my days of taking purgatives are past"—U. S. G. Quick, 404 2nd St., Portland, Ore. Patterson & Son, druggists, local agents.—(Adv.)

Hints for the Home

by Nancy Hart

Kidney Beans With Tomatoes

Soak one and a half cups of white kidney beans over night. Drain them and boil in water containing a quarter teaspoon of soda. Fry a tablespoon of minced onion in a little dripping. Add two cups of stewed tomatoes, season with a little salt and two level teaspoons of sugar. Barely cover with water and cook in a fireless cooker or double boiler until tender.

Beef and Tomato Pie

Put meat left over from yesterday's bouillon through the meat chopper. For four cups of the beef you will need a pint of canned tomatoes. Grease a baking dish with bacon fat or good drippings and put in a layer of the tomato with a little onion juice, then a few bread crumbs and then a layer of meat. Continue in this way until near the top and then cover over with fresh mashed potatoes. Brush the potatoes with milk and cook for thirty minutes.

Tomato Toast

Two tomatoes, two eggs, one tablespoon butter, one-quarter cup of minced ham, a slice of onion, one-quarter teaspoon salt, one-eighth teaspoon pepper, six rounds of buttered toast. Skin the tomatoes and chop; mince the onion and mix with the meat and tomatoes. Cook them

glimpse of another phase of Henry Ford's character.

METALS

The most precious of all metals is neither gold nor platinum, but the rare substance known as iridium, which is used chiefly to make points of fountain pens and to alloy with platinum to give it the necessary hardness.

Last year iridium prices ranged in the United States from \$180 to \$450 an ounce with \$229 as the average price. Platinum dropped from \$110 an ounce to \$56, the drop being due to the large importations from Colombia, whence we got over 45,000 ounces. Before the war Russia was the principal source of platinum, but only 6 ounces came from there last year. The United States produced only 516 ounces of this metal.

Palladium, worth about \$40 an ounce, osmium about the same value as platinum, and ruthenium, only a little less valuable, are other rare metals used by jewelers.

DAVIS

With the acceptance by the Congress of the United States of a statue of Jefferson Davis, and its in-



CANADA

Canada is becoming increasingly popular as a place for Americans to go on their vacation trips. That is not all on account of the ease with which one may get a drink across the border, compared with this side. Those interested in the quaint and historical find much to fascinate them in the old French settlements in Quebec and the historical coast of Nova Scotia. Fishermen, mountaineers and motorists, as well as ordinary vacationists, from the United States spent \$289,000,000 in Canada last year, the Department of Commerce estimates, while Canadian tourists spent about \$91,000,000 on this side of the border. Considering that Canada has less than 10 per cent as many people as we have, that is a pretty good showing for our northern neighbors.

FLYING

The flying season is just now at its height. Roger Q. Williams flew the 1,560 miles from New York to Bermuda and back without a stop, between daylight and dark, in 17 hours. John and Kenneth Hunter, flying over Chicago, beat the endurance record for continuous flight, 420 hours, on the same day.

Still comparatively few in America have ever been up in an airplane and fewer still, proportionately, use planes for transportation. Just how rapidly we are becoming nationally "air minded" nobody can tell exactly, but not as rapidly as the aviation folk hoped when Lindbergh made his historic flight.

FORD

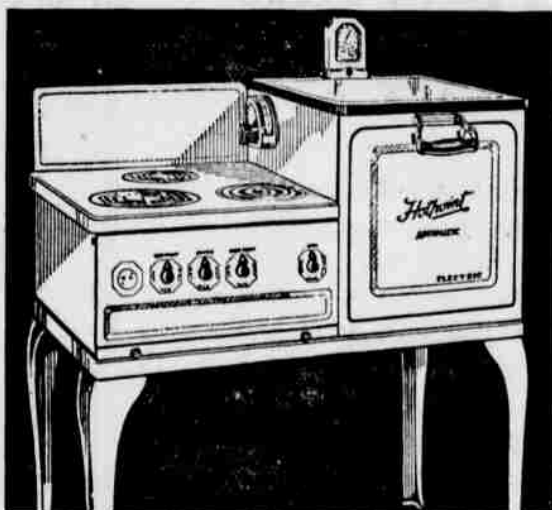
I visited Henry Ford's great plant at Dearborn the other day. As I came out of one of the buildings I saw a rope stretched across the brick pathway.

"We'll have to walk on the grass," said my guide. "There's a kiltdeer's nest down that path. Mr. Ford saw it the other day and had us block off the path. The kiltdeer, you know will leave its nest and let its young ones die if it is disturbed."

I didn't know that fact of natural history, not having been brought up in the prairie country where the kiltdeer flourishes, but as I looked down the path and saw the mother bird hovering over the nest in a low bush I felt that I had got a

Last call!

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And it costs so little to cook on a Hotpoint. Less than 1c a person a meal—about \$3.75 a month for the average family. Take advantage of this Hotpoint offer—ONLY

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A clean, cool kitchen—fast, automatic and delicious cooking—is what our wonderful offer has brought to dozens of your friends. It can bring these things to you, too. It costs so little to own a Hotpoint—only \$5 down and \$6.45 monthly.

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"Always at Your Service"

Save 30 Miles

When Traveling to Yakima Valley CROSS ON THE Alderdale Ferry Landing located four miles east of Heppner Junction. Recent road improvements make this the Ideal Route

of the Eastern Oregon Wheat League, died at the Coffee clinic in Portland last Friday from heart trouble and hardening of the arteries, following a lingering illness. Much of the progress toward opening up the Columbia river for transportation is attributed to Mr. Harrah's untiring efforts. He was one of the best posted authorities in eastern Oregon on freight rates for farm commodities and took a leading part in the recent adjustment fight before

the Interstate Commerce commission to gain the benefits intended by the Hoch-Smith resolution.

C. W. Smith, county agent, reports the grange field day at Boardman Sunday a success. He was in the city Monday evening, leaving again Tuesday morning for the J. B. Huddleston farm near Lone Rock.

Local ads in the Gazette Times bring results.

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SUGAR PURE 100-Lb. Bag \$5.45

POWD. SUGAR For delicious cake frosting 5 Lbs. 45c	CHEESE A real hot weather food. Full cream loaf PER LB. 29c	CHOCOLATE A Ghirardelli product, ground and sweetened. 3 LB. TIN 99c	PRUNES A real hot weather dessert at a real saving 5 Lbs. 49c
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FLOUR MacMarr Fancy Patent Per Sack \$1.49 Per Bbl. \$5.89

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CORN, PEAS, TOMATOES, STRING BEANS, HOMINY PER CASE \$2.89	Pears, Peaches, Blackberries, Apricots, Apples PER GALLON TIN 59c
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1 CAKE FLOUR Reg. Price 39c, and 1 WHEATIES Reg. Price 15c BOTH FOR 40c

FLY SPRAY Oronite Brand, lays them and slays them 3 SIZES PER GAL. \$1.79	Lemons LARGE SIZE Sunkist—Nothing Better for Hot Weather PER DOZ. 45c TWO DOZ. 85c	TOILET PAPER A Fine Grade Tissue Paper. LARGE ROLLS 3 ROLLS 19c 6 ROLLS 37c
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