

**Pastor, 1833**

**SALARY WAS LITTLE,  
LUXURIES LESS**

The Methodist preacher of the early days was not expected to revel in luxury. This was evidenced by the minutes found in an old Quarterly Conference minutes record book, now in McKendree College Library in Illinois.

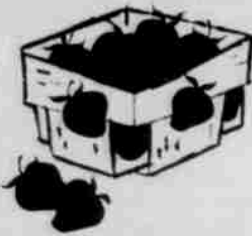
The record shows that in the Quarterly Meeting held at Shiloh Methodist Church in the year 1833 the estimating committee brought in a report recommending the following allowance for the support of the pastor and his wife for the ensuing year:

Twenty pounds of coffee	.....\$ 4.00
Twenty pounds of sugar	..... 2.00
Four hundred pounds of beef and pork	..... 10.00
Ten bushels of cornmeal	..... 5.00
Three hundred pounds of flour	..... 7.50
House Rent (\$1.50 per month)	..... 18.00
Corn to feed the horse	..... 7.50
Fodder for horse (200 bundles)	..... 2.00
Wood, six cords	..... 6.00
Vegetables	..... 1.00
Salt, pepper and spice	..... 1.00
Butter	..... 2.50
Total for the year	.....\$68.50

This report was amended after discussion, and the corn and fodder stricken out on the ground that they were not taxable expense. They raised the sugar from 20 pounds to 40 pounds. The flour was raised from 300 pounds to 400 pounds. The salt, pepper and spice was raised from \$1.00 to \$2.00. This made the total allowance \$73.00 instead of \$68.50.

There is no record to show how the horse was fed. This was left to the ingenuity of the Circuit Rider.

Reprinted from *The Texas Methodist*



**FRESH STRAWBERRY PIE**  
(9" pie)

- 1 1/2 quarts fresh strawberries
- 3 tablespoons cornstarch
- 1 cup sugar
- 2 tablespoons lemon juice

Wash and cap the berries, reserve half of them—the largest and best colored ones. Mash the rest of the berries, and add the sugar and cornstarch, mixed together. Cook 5 or 6 minutes until clear and thick. Stir in the lemon juice. Cool. Add the whole berries to the cooled mixture, saving a few for garnish. Pour into a baked pastry shell. Top with whipped cream just before serving and garnish with whole berries. Two-thirds of this recipe (1 quart of berries) is enough for an 8-inch pie.

When a young man asked to look at engagement rings, the jeweler asked, "What sort of setting did you have in mind?" The youthful swain looked startled, flushed, then said, "Oh, probably her living room couch."

**Returning Mental Patient,  
What He Expects from You**

David E. Mitchum, Mental Health Director

One of the most significant results of the recent advancements in the care and treatment of the mentally ill is the greater number of people returning from our mental hospitals. Eastern Oregon State Hospital returns over 350 people to this part of the state each year. Unfortunately, the returning mental patient often faces a community whose attitudes are changing at a much slower pace than needed to meet his needs.

Although we understand it is not generally true in this area, there are still employers who will not re-hire mental patients. Sometimes you hear of landlords who will ask a patient's family to leave, store managers who will refuse to extend credit to ex-patients, teachers who will feel uncomfortable about their students who have had to seek help, and friends and relatives who will wonder and be over-cautious.

The first thing one must do is admit to feeling uneasy about the returning patient, which most people deny. They must

- remember that the mentally ill are more like them than they are different from them. They expect to be treated like everyone else—with a few variations. Dr. Lauren H. Smith, former chairman of the Council on Mental Health, American Medical Association, outlines the following suggestions to help the ex-mental hospital patient:
- DON'T:**
  - Be over solicitous or encourage dependency.
  - Be demanding, disrespectful or rejecting.
  - Threaten a return to the hospital.
  - Attack self-esteem or self-confidence.
  - Agree with "extreme" talk or attitudes.
  - Talk behind his back.
- DO:**
  - Give support, encouragement, respect and affection.
  - Expect in general the same kind of conducts you would from anybody else.
  - Be optimistic about the ability to change.
  - Recognize the right to disagree.
  - Keep up prescribed medication.

**COW POKES** By Ace Reid



"Aw right, you've cussed 'em in english long enough, now scare 'em, cuss in spanish!"

**TO THE EDITOR**

June 18, 1973 Dear Editors:

Dear Sir:

I am a student at Grants Pass High School in southern Oregon. This last semester we had a new course called Model State Legislature. It was a mock State Legislature, I had the pleasure to be the representative from District 55.

I was the only student who got a telephone call from their representative. Some students did not even get a letter of acceptance, which was required. I got all of the information on what was going on in Salem.

I think the people of District 55 should know what an effort Mr. Sumner is doing for their District. He took time out to talk to me when our class went to Salem. We watched from the gallery, he was just great.

I think that you the people in District 55 should be proud to have such a good Representative.

I would like to thank Mr. and Mrs. Sumner for all the help that they both were during the class.

Thank you for printing my letter, and a very special thank you to all who helped clean up the Main St. since that is all I have seen. Murrays must sell energy pills, now if he would sell me some maybe I could get my own mess cleaned.

On TV news I heard that if you didn't carry a trash container you'd better have an extra \$10.00 bill. Seems a little steep to me but the idea was good. Maybe if we followed their idea and maybe charged our care-less people a dollar and use the money for more help to keep up our cemetery and parks. We were at Goldendale for Fathers Day and was told anyone without the ten dollars worked 10 days. I don't think any of us want to do that. I'll probably be first. So don't be surprised if you see me pushing the first broom.

The street really looks good and I thank all who help. Next time give me a call and I will do all I can to help.

Many Thanks to all,  
Edna Hutchens.

Susan Peoples  
1216 S. E. Rogue Dr.

**Yes,  
there are  
a lot of  
good reasons  
for women  
to quit  
smoking.**

**Find yours.**

- ( ) I'm a mother. Children whose parents smoke are more likely to smoke than those whose parents don't.
- ( ) My closet smells rotten, my clothes smell rotten; I'm sick of it.
- ( ) Lung cancer deaths are twice as high among women who smoke as among those who don't.
- ( ) I'm pregnant. Smoking can affect the health of my baby.
- ( ) I'm middle-aged. Women 45-54 who smoke have twice the risk of dying of coronary heart disease as those who don't.
- ( ) I seem to be sick a lot. Women who smoke a lot have more chronic illness, lose more time from work, are sick more often than those who don't.
- ( ) I know my husband's been trying to quit. How can he be with me still puffing away?
- ( ) I want to wake up feeling fresh and clean again. I've had it with nicotine hang-over.
- ( ) The thing that appeals to me most is: In most cases, if you quit for good it can be as if you never smoked.
- ( ) I thought it was hopeless; I quit once and went back. But someone told me a lot of people had to quit over and over before it took. I'm trying again.
- ( ) If I quit, I'll save 50¢ a day. That's \$3.50 a week, \$14.00 a month, \$182.50 a year. What I could do with that!
- ( ) So many people I know have quit. I'm beginning to feel stupid about smoking.
- ( ) There's something very cool and self-assured about women who don't need cigarettes.
- ( ) I quit once for 10 days and, frankly, I felt pretty good about it. I like that feeling; this time I'm quitting for good. Lord knows, I've done a lot harder things in my life.
- ( ) Somewhere in the back of my head I've been nursing the illusion that smoking is really only dangerous for men. I've just seen the latest statistics. The death rate for women who smoke is more than 20% higher than women who don't. We've come a long way baby, but I'm not going any further.

Now all you need is help and encouragement. Send a postcard today to: Women & Smoking, Rockville, Md. 20852. And we'll send some free booklets to help and encourage you.

U.S. Department of Health, Education, and Welfare. This space contributed as a public service.

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**THE INDIANS OF IONE**



**THE INDIANS OF IONE** Little League team. Coach Jerry Stefani, Craig Rea, Treve Peterson, Greg Rietmann, Scott Martin, Larry Snider, Robin LaRue. Coach William Arthur, John Murray.  
Front row: Bruce Millman, Alan Roberts, Leland White, Jerry Rietmann, Dennis Stefani, Jack Rothe, Frank Engelman.

**Power Without Pollution**

By John J. Greve, M.D., President Oregon Thoracic Society

Pollution is the price our society pays for the fuel of progress. But there are untapped sources of energy that would not despoil our air.

Nuclear power may solve our energy needs and pollution problems. Many experts predict it will. Others disagree. A staff report to the Public Service Commission in New York recently warned that nuclear energy cannot solve the power crisis swiftly and safely. The Commission urged the development of nonatomic sources.

One source of energy suggested was coal gasification. Coal is dwindling as a source of power now because it creates so much pollution. But polluting gases can be extracted from the burning coals in special refining plants. Then the gas can be burned in steam generating plants that spew little pollution.

Still another source of energy is advocated by former Interior Secretary Walter J. Hickel. He has proposed that the government invest \$685 million to study ways to develop geothermal energy. This energy comes from tapping the heat of the earth's core to make steam to run electric power plants.

The most visible forms of geothermal energy are geysers, hot springs, and volcanoes. Much larger reserves lie in great underground regions of hot dry rocks and volcanic molten rock. If development begins soon, Mr. Hickel predicts that in another 25 years this form of energy could supply even more power than is produced by the entire electric power system in the U. S.

Developing ways to provide power without pollution is an overriding concern. To find out how you can pitch into the fight against air pollution, contact your local tuberculosis and respiratory disease association. It's a matter of life and breath.

**Kinzua**

Mr. and Mrs. Louis Lorengel and Mr. Willia Lorengle of Netarts spent the weekend at E.O.C. in La Grande participating in Parent's weekend.

Going to The Dalles Tuesday were Mrs. Delbert Barzee, Mrs. Junior Benson, Mrs. Jack Ball, and Mrs. Lige Long of Fossil. The ladies spent a day of shopping.

**Merrymakers Card Party**  
The Merrymakers Card Club was held Wednesday evening at the First Grade Room with Sue Mattison as hostess. High went to Irene Samples, with second high going to Barbara Williams. Pinochles went to Hall Spivey and Dinah Jackson. Others playing for the evening were Bonnie Campbell, Lorri Hire, Barbara Heim, Judy Simmons, Evy Luper, Ruth Carey and Sharon Bell.

Mr. and Mrs. Earl Norris spent the last week in Tacoma, Wash. where they visited Mr. and Mrs. Ken Norris and son, Ken, Jr.

Mr. and Mrs. Steve Benson of Albany were here this weekend visiting Mr. and Mrs. Verlin Conner and Mr. and Mrs. Stan Benson.

Mr. and Mrs. Bernard Dyer went to The Dalles Friday for medical care for their son.

Visiting Mr. and Mrs. Don McConnell and family over the weekend were Mr. and Mrs. Raymond Vargus of Klamath Falls and Mr. and Mrs. Harold Heath of Portland.

Mr. and Mrs. Paul Oyler and son, Don, were here this weekend visiting Mr. and Mrs. Howard Rice and family. While here they also visited Mr. and Mrs. Don Slinkard and Mr. and Mrs. Delbert Barzee.

Guests of Mr. and Mrs. Wayland Hyatt and family over the weekend were Mr. and Mrs. Charles Buell and son, Jeff, of Portland, Mr. and Mrs. Don Bonison of Portland, Mr. and Mrs. Joe Worlein and Joe Mattison of Portland.

Weekend guests of Mr. and Mrs. Jiggs Bowman and family were Mr. and Mrs. Manuel Espinola of Hermiston, Mr. and Mrs. Joe Bowman of Portland, Dr. and Mrs. John Rademacher and son, Joey, of Twin Falls, Idaho, Mr. and Mrs. Mike Espinola, Randy and Ricky of La Grande, Mr. and Mrs. Paul Revis and daughter, Karen, of Eugene, Mr. and Mrs. Tom Bowlin and son Kevin of Pasco, Mr. and Mrs. Clayton Clapper of Maupin, Mr. and Mrs. Rosco Sapp of Pasco, Wash., Mrs. Dolly Murphy of Bend, Mr. and Mrs. Bud Laite of Milwaukie, Vic Bowman of Hermiston and Gregg Nelson of La Grande.

**Buffet Dinner**  
After graduation Saturday evening there was a Buffet Dinner at the home of Mr. and Mrs. Jiggs Bowman. Those attending were Mr. and Mrs. Al Riney and Dave of Condon, Mr. and Mrs. Doc Rice of Condon, Mrs. Bob Miller and Robin of Condon, Mr. and Mrs. Elvyn Bell, Mr. and Mrs. Mark Jellick, Mr. and Mrs. Lyle Ostrander, Mr. and Mrs. Don Slinkard, Mr. and Mrs. Steve Benson, and Miss Georgie McQuin of Olex.

Visiting Mr. and Mrs. Jack Ball over the weekend were Mr. and Mrs. Ray Woodward and son, Boyd, and Doug Conners all of Hermiston.

Weekend guests of Mr. and Mrs. Denzil White were Mr. and Mrs. Bruce Hollomon and family of Hermiston.

Mr. and Mrs. Mike Todd and family went to Portland Friday for medical care for Mike.

**Recreation**

**RECREATION REPORT**  
For the Umatilla National Forest, Heppner District, June 18, 1973.

**Roads:** Our supplier was unable to furnish the dust oil for application last week. If the dust oil is available this week, an application will be placed on Coalmine Hill Road, S-422, Elkhorn Road, S-543, Western Route Road, S-518 from S-520 to S-518, S-642 from Hwy 207 to S-518, — the Dixon Basin Rd. S-723 from S-642 to S-746.

**Campgrounds:** Bull Prairie has been filled to its capacity on most weekends except on special holidays.

**Fishing:** Fishing is poor at Bull Prairie and in streams.

**Fire Danger:** High & increasing. All lands within District protection boundary are closed to debris burning & require burning permits. Camp fires are permitted on all lands within the District protection boundary as long as State Regulations are met. Except when camping in Bull Pr. & Fairview, campers must carry bucket, shovel & ax. Be sure to put out all campfires. Please do not abandon.

**Weather:** Hot and drying. Special items: Please do not waste water at Bull Prairie. Water source is low.