

THEORY ABOUT FOOD.—A German physician has started a new theory with regard to food. He maintains that both the vegetarians and the meat eaters are on the wrong track. Vegetables are not more wholesome than meat nor meat than vegetables, and nothing is gained by consuming a compound of both. Whatever nutritive qualities they may possess, he says, are destroyed in a measure, and often by the process of cooking. All food should be eaten raw. If this practise were adopted there would be little or no illness among human beings. They would live their apportioned time and simply fade away, like animals in a wild state, from old age. Let those affected with gout, rheumatism and indigestion try for a time the effect of a simple uncooked diet, such as oysters and fruit for instance, and they will find all medicine unnecessary and such a rapid improvement of their health that they will forswear all cooked articles of food at once and forever. Intemperance would also, it is urged, no longer be the curse of civilized communities. The yearning for strong drink is caused by the unnatural abstraction from what is termed "solids" of the aqueous element they contain—uncooked beef, for example, containing from 70 to 80 per cent, and some vegetables even a larger proportion of water. There would be less thirst, and consequently less desire to drink if our food was consumed in its natural state without first being subjected to the action of fire.

BOUND FOR BUNCH GRASS.—On the opposite bank of the river and a short distance south of the 1. street landing of the Stark street ferry boat, may be seen a number of covered wagons and scampering about in the vicinity may also be seen numerous children women, and men: The little colony has stopped to allow their horses to rest and recuperate for the rough trip over the mountains to Eastern Oregon. The men were farmers up the valley and were struck with rust. They became disgusted, sold out their farms, formed a little colony, and are now on their way to new homes somewhere in that great bunch grass empire east of the mountains.—Bee.

All Bitters are whiskey in a disguised form. It is far better and more honorable for a man to "brace up" to a bar and call for whiskey than to sneak in the back door of his house with a bottle of Bittets under his coat. It's whiskey in a bottle "all the same." No whiskey in Pfunder's Oregon Blood Purifier.

Rev. L. A. Banks has removed to this city and commenced his pastorate at Hall street last Sunday. His residence is on Sixth street opposite the Harrison Street School.

Rev. L. Dielman, for many years located at Salem, is at present rector of St. Mary's Church, Astoria. Rev. V. Capelle is Father Dielman's pro tem during his absence.

A good deal of interest has been felt in the final outcome of the late coalition or union, or whatever it may be called, between the Methodist and Congregational Churches at Forest Grove.

The Evangelical Association have nearly completed their new church building on the corner of Clay and Elkhart streets, it is now being plastered inside and will soon be ready for occupancy. It is a very substantial and handsome building, and is a credit to the association as well as to the worthy pastor, Rev. Mr. Axthelm, who has been very active in the planning and completion of the edifice.

Lumber! Lumber!
AT THE
STEAM SAW MILL OF
W. S. SOUTHWORTH.

HAVING put my Mill in good repair I now offer for sale all kinds of BUILDING and FENCING LUMBER, at prices that
DEFY COMPETITION.

Grain, Stock and a limited amount of Vegetables taken in exchange for Lumber.

Give me a call before purchasing elsewhere.

W. S. SOUTHWORTH, Proprietor.

J. H. WOODS. G. D. HUSMAN

WOOLSEY & HOUSMAN,
CANYON CITY, OREGON.

THE BAR is supplied with pure Wines and Liquors, Beer, Ale, Bitters and Cigars.

FINE BILLIARD TABLES
In the Saloon. Give us a call.

T. H. WOOD J. W. CHURCH

WOOD & CHURCH,
LIVERY STABLE
—AND—
CORR'L, and FEED STABLE.

Good buggy teams and nice Saddle horses furnished at all hours of the day or night, at reasonable prices. Particular attention paid to boarding and grooming transient stock.

ENTRANCE
On Main and Washington Sts., CANYON CITY, OREGON

The cheapest place to buy
PAINTS, OILS,
TURPENTINE,
GLASS, PUTTY,
VARNISHES
And **WALL PAPER**
Is at Sam. Sired's, opposite the M. E. Church, Canyon City, Oregon. n12tf.

BAKER CITY ADVERTISEMENTS.

A. B. ELMER
Watchmaker and Jeweler,
BAKER CITY, OREGON.

All work done promptly, and warranted to give satisfaction. Has constantly on hand a full and complete stock of Watches, Clocks and Jewelry, for sale Cheap for Cash. All goods warranted as represented. Watches and all other articles sent for repairs may be left with S. H. Shepherd, who will attend to forwarding the same. A. B. ELMER.

WM. GOOS,
BAKER CITY, OREGON,
CIGAR MANUFACTORY,
ALSO
Wholesale and Retail Dealer in
Tobacco and Smoking Articles.

T. C. HYDE,
ATTORNEY AND COUNSELOR AT LAW,
Baker City, Oregon.
Office corner of Court Avenue and Liberty Street.

Haines & Lawrence,
Attorneys at Law,
BAKER CITY, OREGON.
Will practice at law in all courts in Oregon and Idaho.

ADAMS & CRAWFORD
ATTORNEYS AND COUNSELORS;
Real Estate & Collecting Agents
Baker City, Oregon.
Will Practice in all Courts of the State.

W. H. CLARK

Has Constantly on Hand at
THE OLD STAND,
A Large Assortment

—OF—
GENERAL MERCHANDISE,
Consisting of
DRY GOODS,
CLOTHING,
BOOTS,
SHOES,
GROCERIES,
PROVISIONS,
TOBACCO & CIGARS

WALL PAPER,
HOUSE LINING,
CROCKERY,
GLASSWARE,
LAMPS
AND
LAMP FIXTURES.

AND a thousand other articles too numerous to mention, all laid in at low figures, and for sale CHEAP FOR CASH. Our motto: "Large sales and small Profits."
Highest Cash price paid for Furs.

CITY BREWERY
—AND—
SALOON,
Washington St., Canyon City, Oregon

F. C. SELS, - - Prop't'r.

Constantly on hand and for sale,
Lager Beer,
Superior to any in the State

FINE WINES, LIQUORS AND CIGARS
ALSO, MALT, MALT VINEGAR AND
CHOICE CALIFORNIA HOPS AND
LAGER BEER—WHOLESALE
AND RETAIL.

LIQUORS AND WINES,
For sale in quantities less than FIVE GALLONS.

STOVES
—AND—

TIN WARE
—BY—
MAX METSCHAN,
CANYON CITY, OREGON.

Keeps constantly on hand a good assortment of
STOVES AND TINWARE
And such other articles usually kept in a first class

Tin Establishment,
AT MODERATE PRICES.

HENRY SIEGART,
Fashionable Barber,
WASHINGTON ST., opposite City Brewery.

**HAIR CUTTING, SHAVING,
AND SHAMPOOING,
AND RAZORS HONED**
With the utmost skill and care.

St. Paul's School,
WALLA WALLA, W. T.
—A boarding and day school for girls.—

THE REV. B. WISTAR MORRIS, D. D.,
Rector. Miss H. B. Garretson,
Principal. The Fall term opens
September 4 1879.
For Catalogue and particulars address,
Miss H. B. Garretson,
n21ml Walla Walla, W. T.

Administrator's Notice.

Notice is hereby given to all persons concerned, that the undersigned has been duly appointed, by the County Court of the State of Oregon for Grant County, Administrator of the Estate of Otto Scholtz deceased, late of said County, and all persons having claims against said estate are required to present the same, with the proper vouchers, to the undersigned administrator at his residence in Prairie City in said County and State, within six months from the date of this notice. Dated September 5th, 1879.
N. W. THORNTON,
n22n25 Administrator.

OVERHOLT & MULDRICK,

CANYON CITY, OREGON,

Are Receiving their Heavy Stock of

Spring & Summer Goods,

—COMPRISING—
DRY GOODS GROCERIES, HARDWARE, READY MADE CLOTHING, HATS, CAPS, BOOTS & SHOES, ETC. ETC.

Our Stock is complete and inexhaustible. Mining Camp Supplies in endless quantity and at reasonable prices.

New Goods of Every Description.
—A full Stock of—

CROCKERY, GLASSWARE, PATENT MEDICINES, PAINTS, OILS, SCHOOL BOOKS, STATIONERY AND NOTIONS, ETC.

on hand.
We have the best selected and largest Stock of General Merchandise in Grant County.

Call and see for yourselves.
OVERHOLT & MULDRICK.

W. P. Gray & Bros.
Canyon City Meat Market
Washington Street,
CANYON CITY, OREGON,

GRAY BROS.,
Proprietors

DEALERS IN
All Kinds of

FRESH MEATS,

Hams,

Bacon

—AND—
Lard,
By Wholesale and Retail.

Orders Filled on
Short Notice.

Frank McCallum's
Variety Store,

John Day City, Oregon.

—DEALER IN—
CHOICE GROCERIES,
TOBACCO,
CIGARS,
STATIONERY,
NUTS AND
CONFECTIONERY,
ETC., ETC.

Would respectfully solicit a share of the patronage of the citizens of John Day and surrounding country.
MAIN ST., JOHN DAY, OGN.

E. E. TURK,

Opposite the Odd Fellows' Hall,
DEALER IN
FAMILY GROCERIES,
TOBACCO AND CIGARS,
CROCKERY, GLASSWARE,
GENTS' FURNISHING GOODS,
WITH A MOST

COMPLETE ASSORTMENT
—OF THE—

Latest Style Hats.
Also a well selected stock of
Ladies' and Gents' Boots and Shoes.
HANDIES AND NUTS,
SEWING MACHINE NEEDLES,
AND OIL, NAILS, AXES,
& ROPE AND CUTLERY.

In fact a thousand other articles too numerous to mention.
ALSO AGENT FOR THE
PACIFIC MUTUAL
Life Insurance Company,
CALIFORNIA.

J. OLLIVER & CO,
Proprietors of the

John Day Milk Ranch
Will furnish the people of John Day and Canyon Cities with milk by the gallon or quart.
We sell the best of milk, and our charges are reasonable.

HENRY R. SELS,

Dealer in General Merchandise,

Would most respectfully announce to the Public in general, that he has just received and will keep constantly on hand, a full line of

CHOICE FAMILY GROCERIES,

Lard and Bacon.

HARDWARE, CUTLERY,

Boots, Shoes, Clothing, Cents' furnishing Goods

CROCKERY, GLASSWARE,

TOBACCO, CIGARS,

PATENT MEDICINES

OILS AND PAINTS,

SCHOOL BOOKS,

STATIONERY AND NOTIONS.

All orders for Goods will be as usual, filled promptly and satisfactorily.

N. B. Store will be closed hereafter at noon on Sundays.

H. R. Sels,
CANYON CITY, OREGON.

BLACKSMITH SHOP

Peter Kuhl, Prop't'r
Canyon City, Oregon

BUGGIES,
WAGONS,
PLOWs,

and all work in his line made and repaired in a workmanlike manner.

Particular attention paid to

Horse-shoeing,

FEED STABLE

In connection with the shop I have a commodious Feed Stable. Horses boarded at Reasonable Prices.

PETER KUHLL.

C. W. BAGGETT,
—DEALER IN—

BOOTS AND SHOES,
HARDWARE, CROCKERY, GROCERIES, LIQUORS

—AND—
Miners' Goods

of Every Description,
ROBINSONVILLE
GRANT COUNTY, OREGON

We also keep a hotel, where the weary can find rest, and plenty to eat.

EUREKA
—O—

Meat Market

CANYON CITY, OGN.

JOHN HERBURGER
Dealer In

Choice BEEF,
MUTTON,
VEAL,
PORK,
HAMS,BACON,
LARD,
CORNED BEEF
POULTRY and GAME,
In Season.

Goods promptly delivered free CHARGE.

A. HUPPRICH,

FASHIONABLE BOOT AND SHOEMAKER,

CANYON CITY, OREGON.

Is fully prepared to turn out first-class work out of the very best material and finest machinery.

Repairing neatly and cheaply done.