



RESTAURANT

It Looks Good

and tastes better. So patrons say of the food we serve in our restaurant. Naturally to be expected. We purchase only the best in the market and our chef understands his business to perfection.

Let us tickle your tongue with a tempting plate of fish. You'll smack your lips over the first mouthful and want more. Our regular diners at 25c are the delight of epicures.

MODEL

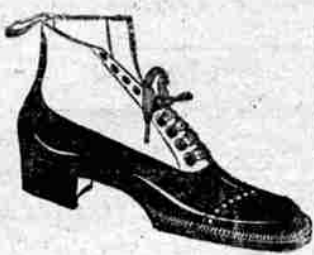
RESTAURANT
J. A. ARBUCKLE, Prop.
OPEN DAY AND NIGHT
We sell weekly Meal
Tickets, Cash, \$4.50

SUMMERVILLE LIVERY

W. I. Hunter & Son have leased the McKinzie Stables and are prepared to serve the public in a first class manner at reasonable rates

TRADE FOLLOWS THE PRICE

That is why people come here for men's and boys' shoes. The J. E. Tilt line is our specialty. Here is where price and quality are combined.



C. W. PRESTON,
Shoe Specialist DEPOT STREET

A SKETCH OF OSTEOPATHY

From the earliest days of which any record can be had, diseases and how to prevent and cure them have been subjects of absorbing interest among men, says the St. Louis Star. Putting something into the stomach—the more nauseating and foreign to the body, the better—to cure the pain in the toe, seems to have been the leading idea among our progenitors. In some parts of the world mechanical measures received a degree of attention that would have come to more if anatomy and physiology had been understood better at the time.

The growing tendency of today is to get away from routine dressing, as any one may see by looking over the prescription files of years ago in a drug store and comparing them with those of today. The best physicians are now treating typhoid fever, pneumonia, smallpox, scarlet fever, measles and many other diseases mainly with out drugs.

The times are ripe for a school of doctors who know how to treat diseases by more natural and more physiological methods. We have them. They are the Osteopaths.

The most satisfactory way to tell a person what Osteopathy is, is to say that the drug doctor is the body chemist, the Osteopath is the body mechanic. The fundamental principles underlying Osteopathy are so simple and so true that any one can understand them.

Osteopaths think of the body as a living machine or engine, and do not insult its Creator by assuming that He would make such a machine and not furnish it with all the drugs it needed and with organs capable of making them out of the ordinary food, drink, air, etc., normally taken into the body. Sunlight, proper diet, exercise and rest, cleanliness and all other common sense aids to health they consider of vast importance, but the distinctive features of Osteopathy are these:

First—Mechanical order in the body will be all but sure to be followed by physiological order, which is health.

Second—Good nerve and blood supply and disease can not exist in the same place at the same time.

Third—Internal organs can be stimulated by external mechanical treatment (usually by way of appropriate nerves or nerve centers), while overactive organs can be restrained by appropriate mechanical treatment in much the same way.

See how simple and true this is: If a shoulder is dislocated any one knows the arm will soon become maimed and weaker than its fellow. All know that correct nerve and blood supply means health, because too much blood, etc., makes congestion, and too little blood means starvation of the part. And one who has ever made himself cough by irritating the nerve in the neck beside the windpipe (the pneumogastric) knows there is such a thing as stimulating in population, a gain of treatment per square mile in the prevalence of diseases.

Compare the increase to Oregon's population for the same period with Massachusetts. Oregon imports an area of land surface of 30 square miles and in 1900 the population increased 95,832, or a little more than one person per square mile whereas Massachusetts added 70 persons to her population in the same period.

What is Osteopathy doing right now? What has it been doing? The records show many remarkable cures. Hundreds of cases of asthma of many years standing have been cured. Most of the cases of rheumatism, no matter how bad or of how long standing, are either cured or benefited. Many cases of paralysis have yielded to the treatment when there seemed to be no chance for a cure. Locomotor cases of chronic constipation and chronic diarrhoea and dysentery have been cured. Spinal curvatures are almost always benefited or cured. There are many cases of congenital and acquired hip joint and other dislocations that have been cured by this treatment.

Innumerable cases of nervous prostration have been cured or benefited; about one third of the cases of epilepsy that have tried Osteopathy are well; there are well authenticated cases of insanity cured; there are some seemingly perfect cures of locomotor ataxia among its cures; most of the cases of Bright's disease that do not wait long can be cured by Osteopathic treatment; in short there are but few diseases, especially chronic diseases, that have not been more or less successfully treated by Osteopathy. In diseases peculiar to women, its success is such that the wife of a prominent United States Senator said: "If Dr. Still with his system known as Osteopathy had done nothing but what he has done for women, his name would be immortal."

The greatest recommendation to this method is that it is tonic or constructive in its tendency, not destructive, and if properly administered it will never injure any one. Run down, overworked business men are always benefited by the treatment. Weak, debilitated people who have no definite disease are always helped.

Twenty years ago there was but one man who could practice the method intelligently—Dr. A. T. Still of Kirksville, Missouri, the founder of Osteopathy. Today there are thousands in all the states and territories and many foreign countries who are capable practitioners. Does this mean there is merit in it or is it just "by chance?"—Osteopathic Health.

Dr. Moore, Osteopath, Sommer Building

THE LEAGUE AT BAKER CITY

The meeting of persons interested in organizing cooperating branches of the Eastern Oregon Development League in eastern Oregon, which is announced for Friday September 2nd at Baker City bids fair to be one of exceptional interest to those who attend and of vital importance to this part of the state. From best information on hand at least twenty-five cities and towns will be represented by citizens thereof.

Able men, interested in the growth of Oregon in population and wealth, will be there address the meeting, among whom are booked H. H. Calk, president of the Commercial Club, Theodore Wilcox, chairman of executive committee of State League, E. L. Smith, president of the State League, and several prominent railroad men. Union county will be ably represented by many of her most zealous citizens.

Card of thanks

We wish to thus publicly thank the many friends who so kindly expressed their sympathy by their many acts of kindness at this time of sad bereavement caused by the death of our beloved son and brother Richard Crossen and it is our sincere hope that no such accident may occur in their families. D. L. Crossen and family.

Philippine City Burned

Manila Aug. 31.—The city of Binang, province of Laguna, in Luzon, was destroyed by fire yesterday evening and 220 people perished in the flames. At least 5000 are homeless and the property loss is \$320,000.

The city of Binang is the chief center of Laguna province and has a population of 13,000, mostly mixed blood. The town was built principally in the native style, thatched roofs being like tinder.

Most of the houses were built on stilts and the natives are very careless about fire.

Walla, a high wind made the speaker of the flames rapid and high-burned rapidly.

Special BONHRIES FLEE TO ESCAPE

The Shanghai, Aug. 30.—Twenty American missionaries including women and children have been forced to leave Tainingfo, Penehill province, owing to an intended massacre by the Boxers. The local telegraph company refused to dispatch a message to Minister Conger at Peking and an English friend sent the message. The viceroys of Penehill province then sent orders for their protection and the missionaries came out safely.

Attention W O W

All Woodmen of the World are requested to be present at regular meeting Wednesday night August 31st. Floor work and refreshments. J. K. Wright Clerk.

For Sale

An extra good cow and calf. Inquire at the Old Town Store.—F. Smith.

Furniture For Sale

And house to rent apply to Mrs. Shouser opposite Star Grocery North of track.

Furnished Room

Centrally located corner of Washington and 6th streets. Known as Geo. Bal's lodging house.

SOMMER HOUSE

A. P. Grant
R. McLean
C. J. Blanchard
J. Alexander
O. A. Slopes
J. A. Riley
L. Jones
D. Sommer and wife
D. Reavis
P. C. Bates
Geo. N. West
A. F. McKie
P. N. Nose
A. S. Marlow
E. S. Hubbard
M. S. Marks
B. Bath

Portland
Wallawa
Washington D. C.
City
Hilgard
do
Elgin
do
City
Portland
do
do
do
do
do
San Francisco
Milwaukee

FOR RENT—Furnished rooms for rent. Apply to Mrs. M. A. Adams, 1306 O street. Phone 563. Sept 1

For Rent

The building formerly occupied by the Salvation army. For full particulars and rates inquire of Mrs. S. C. Zuber. Aug. 31 t f

NOTICE OF FINAL SETTLEMENT.

Notice is hereby given to all whom it may concern, that Christian W. Murphy, has filed her final account as administratrix of the estate of Thomas N. Murphy, deceased, and the County Court of Union county Oregon has set Tuesday, the 6th day of September, A. D. 1904, at two o'clock P. M. for the hearing of such report. Christian W. Murphy, Administratrix.

ACUTE RHEUMATISM

Deep tearing or wrenching pains, occasioned by getting wet through; worse when at rest, or on first moving the limbs and in cold or damp weather, is cured quickly by Ballard's Snow Liniment. Oscar Olson, Gibson City Illinois, writes, Feb 16 1902: "A year ago I was troubled with a pain in my back. It soon got so bad I could not bend over. One bottle of Ballard's Snow Liniment cured me." 25c, 50c, \$1.00. Sold by Newlin Drug Co.

LA GRANDE SCHOOL OF MUSIC

Opposite the Sommer House. One of the best musical institutions in the state. Four rooms used for musical instruction, 15 grades of music taught. Department 1, 2 rooms used for the 3 first grades. Children at the age of 5 and older come one hour every day. Department 2, 2 rooms for grades 4 to 15 for pupils of all ages. The latest course best practical musical instruction. Musical contests for medals every few weeks.

E. PORTER DAY Principal
MRS. DAY, Assistant

HARD WALL PLASTER

Only costs about 5c per yard more than common plaster, and worth many times over.

ADVANTAGES

No danger of freezing as it can be used in zero weather.

Being flexible instead of brittle—as all sand mortars are—it will dent like wood when struck or jammed, instead of breaking. Doors, windows, pipe holes, etc are easily cut through it. It is a non conductor of electricity and thus prevents short circuiting. It adheres equally well to brick, stone or common lath. It contains no acids nor chemicals to corrode. It will not burn nor disintegrate by fire being a perfect protection for wood frame work. It will under no condition pit or blister.

Parties having plastering to do should consult me regarding this class of work. Estimates cheerfully given.

E. REISLAND, Phone 371

A FORETASTE OF HEAVEN

A touch of an Angel's Wing

Sorbello Sandwiches

LOY MAKES 'EM

WEATHER FORECAST
Tonight and Tomorrow fair, cooler tomorrow

THE TRAINS
No 2 East bound 9:10 p.m. on time
No 5 West " 8:5 p.m. on time

LADIES SAY

That the way to reach a man's heart is through his stomach. Try it by using Geddes Bros' canned fruits, delicious berries, lettuce, onions, and radishes, just fresh from the garden. We are the first store the farmers call on and of course we get the choice of everything. We always have the freshest eggs, butter, etc. Special attention given to phone orders.

Geddes Bros.

CLAIM MEATS

OUR BACK ROOM
Is open for your inspection. In fact we will be pleased to show you through our entire establishment. Everything is kept scrupulously neat and clean and we have no hesitancy in showing the most fastidious how our meats are handled. We now have the latest improved sausage machine and can sell you sausage in all styles.

Bock & Thomas

MY SHINES

Are like the "Smile that won't come off." They are put on right and stay right. I use only Whitmore's paste and guarantee that if after thirty days trial you find that it has in any way injured the leather I will present the customer with a \$5 pair of shoes purchased at any store he may select. If you desire really first class work call and get a shine. Ladies work a specialty. Remember the place, Kirtley's Barber Shop, where everything is first class from the boot black up. JOE B. WILLIAMS.

Sacred Heart Academy

La Grande, Oregon. This well known institution, conducted by the Sisters of St. Francis, affords excellent educational advantages. Music, drawing and painting optional studies. Preparing young ladies for the profession of teaching a specialty. Boarding and day school opens the first Monday in September. For catalogue address Sister Superior. Aug 4 Oct 4

O. R. & N. OREGON SHORT LINE

UNION PACIFIC

DEPART	Time Schedules LA GRANDE	FROM
NO. 2 8:50 p.m. NO. 6 8:50 a.m.	Balt. Lake, Denver Ft. Worth, Omaha, Kansas City, St. Louis, Chicago and East.	NO. 1 8:50 a.m. NO. 5 8:50 p.m.
NO. 1 8:50 a.m.	Portland, Dallas, Pennington, Walla Walla, Dayton, Pomeroy, Colfax, Moscow, Spokane and 31th via Spokane.	NO. 2 8:50 p.m.
NO. 5 8:50 p.m.	Portland, Dallas, Pennington, Umatilla, Lewiston, Colfax, Moscow, Walla Walla, Dayton, Pomeroy, Colfax, Spokane and other points east and north via Spokane.	NO. 6 8:50 a.m.
NO. 6 8:50 a.m.	Portland, Dallas, Pennington, Umatilla, Lewiston, Colfax, Moscow, Walla Walla, Dayton, Pomeroy, Colfax, Spokane and other points east and north via Spokane.	NO. 1 8:50 p.m.

Ocean Steamers between Portland and San Francisco every five days
E. C. MOORE, Agent

EXCEPTIONAL BARGAINS!!!

Fine Quarter sawed 3 piece Bed Room Suit, Beveled French Plate Mirror 28X40 inches, \$25.00. Cost 50 and is as good as new.
2 Blue Flame Oil Stoves. A bargain. You may have them on trial.
12X13 ft 6 in Brussels Velvet Carpet, \$25. Cost \$45, is new. Look at this.

SHADES, CURTAINS and CARPETS

We have a fine line of these goods new, also linoleums on which we save our customers money.

Remember we do Upholstering and all kinds of Repair work. Carpets Cleaned and laid.

H. B. Waisten Phone 2051 **F. D. Waisten**
Highest Prices Paid for Second Hand Goods.

Get The Habit

Of trading at the Nebraska Grocery Store and you cannot break yourself of it. Our goods are always the best, our prices are the lowest and our stock is complete.

Besides having the largest stock of "Preferred" canned goods, Allen & Lewis special brand on all their leading lines. We have just received a new and complete line of Men's and Women's and Shoes which we invite you to inspect.

C. L. RALSTON
NEBRASKA GROCERY STORE

Cor. Fir and Jefferson Sts.

ELECTRIC FIXTURES

All who are building new or rebuilding their homes, can neatly finish their parlors, dining rooms, halls etc with a 1 to 6 light Electolere, at a reasonable price, as we are in position to undersell any fixture in the Inland Empire.

We have at our office a complete stock of assorted styles of ceiling and wall fixtures of beautiful designs and finish. Also Shades of all designs.

We cordially invite the public to inspect our stock even if you are not ready to buy. Office open from 7 a.m. to 8:30 p.m.

La Grande Light and Power Co.