BLOCKLAND BROS.

Island City, Oregon of BERKSHIRE and POLANDCHINA Breeders SWINE.

We now have eight young bucks, pure 'bred, Cotswold and shropshires, ready for service, anyone needing choice bucks, should see these to appreciate them

Young stock always on hand, and always glad to have you call and see our hogs, as we breed them for the Farmer, and ask you to compare our paices before buying some where else.

Begin Christmas Work Now

We have a splennid assortment of-

Stamped Linens Scarfs Pillow Tops and Cords

DON'T FORGET We carry a full line of Headwear

E M WELLMAN & CO

La Grande

Oregon

DENVER & RIO GRANDE RAILROAD

ghtful Route, Daylight Ride

Dizzy Crags, Deep Canons.

A Golden Opportunity—See
nature in all her glorious
beauty, and then the acme of man's handiwork. The first is found along the line of the Denver & Rio Grande Railroad and the latter at the St. Louis often, World's Fair. Your trip will be We one of pleasure-make the most of it. For information and illus

trated literature write
W. C. McBRIDE, Gen. Agt. Portland, Orege .

LADIES SAY

That the way to reach a

man's heart is through his

stomach. Try it by using Geddes Bros' canned truits, delicious beraies, lettuce, on-

ions, and radishes, just fresh

from the garden. We are

the first store the farmers

call on and of course we get

We always have the fresh-

Special attention given to

Geddes Bros.

the choice of everything.

est eggs, butter, etc.

phone orders.

"Just Sick All Over"

There are many cases that come, to the physician for advice that are sick not only in one place, but, to use the current phrase, 'just sick all over' Men women and children present this condition. Men and women who have overworked either mentally or physically; women who have borne children; invalids that have made a bad recovery from some disease, and children physically weak, showing poor nutrition, are the ones physicians see most

We can explain to our readers why anatomical variations-physical conditions that are departures from norm al findings, are the causes of all the symptoms of which these patients com

Consider two mental pictures :- First the healthy, erect and well-proportioned figure. Observe that the spine in such a person has normal curves; the body is roomy enough for all vital functions; and the abdominal organs are prevented from pressing upon the womb, rectum, or bladder by the ab dominal muscles which are tense, not liabby, in a healthy state of contrac

Then-contemplate the typical fig ure of one "just sick all over." The relaxed, drooping figure tells the story Liver, stomuch and bowels are dragged down. Womb, bladder, rectum are prolapsed. Abdominal muscles are flabby and relaxed. So the blood vessels and nerves of the pelvis and legs cannot but be compressed. That ie to say, circulation is blockaded. Congestions occur. Various disease states follow. The patient at length becomes "sick all over."

dere we have no specific 'lesion,' or isolated spot where abnormality ex ists in the Osteopathic sense; but rather the whole organism is out of h rmony

The relation of the spinal vertebra one to another, is likewise changed.

The curves of the spine are not no mal.

The ligaments and muscles binding the spine together are in a state of relazation.

The abdominal muscles are relaxed llowing the organs to become dis

These variations in the normal anat

omy of the spine, we can easily se cause particular nerves—in fact, the entire nervous system, to become irri with the normal circulation of the blood and of all the body fluids, tha nutrition and the drainage of the whole organism becomes much damaged.

Briefly, then: This spine of invalid of the person "just slok all over who does not know what really is the matter," becomes the harvest of cur-rent medical practice as affording the widest range for medical inference, from general practice to multiply specialism, one phase and experience collowing swiftly after another, and lastly comes the surgeon in the hope that the knife or cautery may do what drunging would not, to-wit, give health

Look at the languid, drooping figure of one thus sick all over. What do you think is reeded? Medicine? Will drugs straighten that spine? Will it replace the organs that are sagging and partially dormant? Will it tense those labby muscles? Does drug medicine ccomplish such things? Unfortunately no. We all wish that such healing were possible and that these unfortanates might be cured in such an easy

way as by taking drugs.

No, we do not want medicine; but we do want intelligent mechanical inervention in these cases. We want Osteopathy to put these defective spines a order, first of all; and then we may ope for all subordinate symptoms to ight themselves. Let us go after first suses and not waste time counter-acting after-effects-dealing with mere symptoms.

Yes, these defective spines can and must be righted; these normal curver can be more or less restored; relaxed ligaments and muccles can be 'toned up" to the point where they will hold the spinal column as it should be held. Then prolapsed and dragged down organs may be put b ck in their proper places; but not before! Soon, secondary he. ith effects will appear, namely sluggish blood streams are aroused to setivity and begin delivering to starved tissues rich, red lood again, which in turn has been produced through the the more perfect assimilation of food.

Is it not plain now, that by the ai of Osteopathy pressures and obstructions are removed, retained poisons are excreted, nerves are stimulated until at length health-virile, robust health-is reclaimed from that vague conglomeration of symptoms common to those "just sick" - Osteopathic Health.

remember very distinctly," said an old gentleman in the Waldorf-Astoria to a New York Press man, "the first we inhabitants of Glasgow heard of Tom Lipton. And to think he is now a man of world renown. Tom and 1 were schoolbox teacher." were schoolboys together. Then I went to Eten and lost track of him. I studied law, and when I returned to Glasgow Tom had hung out his shingle as a green grocer in an obscure street. He was competing with well established firms and for three years plodded along almost unnotified and with only a small. almost unnoticed and with only a small number of customers. But one day the Glasgow papers bore an advartisement connething like this:

something like this:

"Thomas Lipton will sell at market price good cheeses filled with coin of the kingdom. The cheeses have been prepared especially and are laden with threepences, sixpences, shillings, half sovereigns and sovereigns."

"This astonishing amounteement at

"This astonishing announcement at-iracted a lot of attention, and the little shop of Lipton, green grocer, was be-sieged. He sold his cheese by the pound, and in each silice one was quite sure to find at least a silver coin. What a trade he drew! He sold cheese by the thousends of pounds. It could be set these trade he drew! He sold cheese by the thousands of pounds. It cost him a goodly penny, too, because he gave away in this fashion about 4500. But Lipton was established. For years he was known as 'Cheese Lipton,' and each Christmas he would conceive some brilliant scheme along lines that appealed to the mubil."

Hear the Plantation Male Quartefte with McKaulses Co wed, 23rd Opers

LOST-A ladies dark green glove on the street near Lewis's Printery. Finder please leave at Lewis's Printery.

McKaulass Colored Vaudeville Co. La Grande Opera House Wed. Nov. 23rd. Adults 50, children 25. Res.

WANTED-Washing to do at home. Mrs. Shaw, West W st.

LOST—On the streets of this city about nooh Nov 9, Ladies gold watch. Finder please leave at this office and receive suitable reward. tf

Starving?

Go to the chicken pie dinner next Friday Nov 18 given by the Ladies of the M E Church at the Salvation Army Hall, Dinner served from '11,30 to 2

o'clock Also supper.
All you want to est for 25 cents.

Ladies

We will make you a box coat for less money than you pay for a ready made garment and you have two hu dred patterns to pick from. We also cover buttons, press cotches and clean your coats and you have a chance to win a \$40 coat with every dollar paid in our store. Al Andews, Gents furnishings. Phone No 231

Public Sale

320 acres Finely improved farm. 280 acres plow land, 140 acres in fall grain new house 28x28, good two story barn and 2 gransries, 15 shares in ditch. Only 4 miles from Island City. Farm machinery included only \$55,00 per acre half cash.

Also 5 room house, large barn and half block of land 2 blocks from Court House at \$1100 a Snap.

G H Powers The Minnesota Land man, Slater [W-11-17-12-18] Block.

Furniture for Sale

Furniture complete for housekeepsing Everything from cook stove to pictures Inquire Jefferson Av. between Chestnut and Fourth St., Lagrande Ore. 11 9-12 9.

Guntheries Candies

All the essence of purity. As you can easily convince yourself by test. Bon Bons and Chocolates—assorted Bon Rons—50 cts. an up. Newlin Drug Co.

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

Pay Up

The public is hereby notified that have disposed of my feed store to W. White and I desire to thank he public generally for their liberal patronage in the past and that parties now owing me will please call and settle with me personally or they can call at the La Grande National Bank who will receipt for all bills. II-II to 12-1

Farm for Sale

I desire to sell my beautiful little farm of 80 acres two miles and a half east of La Grande on the rural postal and farmers Telephone line to cuit the purchaser.

Classified Advertisements

If You Have Anything to Sell 1et the People hear about it throgh This Depar ment and You wil Find a Buyer. If You Want To Sell Explain Your Wants and You Will Find a Seller.

Sale or Exchange

Right acres, six room house, large bars, place for hoge and chicken four scree in orchard and berries Just east of flour mill. This will feet investigation for particulars inq rat MacFarlane's grocery store. sell or exchange for city property. 10-28-11-26

Notice

I hereby notify all persons that I am the so's leave of the Thos Smith stone quarry, also all stone on the 230 acre pasture and all parties are hereby for bidden from taking stone off of said truck J L Mare.

Fruit Boxes.

Send your orders for Fruit Boxes to Stoddard Lumber Co at the La Grande planing mill

FOUND-Ladies light colored mack intoch on top of a row of balled hay on the outside of Olivers & Boyton's warehouse. Owner can obtain same by calling at their place of business.

Alfalfa Hay

The finest lot of alfalfa hay just recaived ever brought to this city. Pric. Try the Ottes right. Lawson & Zundel Job Work. es right.

Household furniture, choice house plants and 3 good milch cows. Mrs H A Burroughs, Cor. Jefferson Ave, and 2nd St.

OR SALE-Milch cow Jersey, 1100 lb. driving horse, gang plow, top buggy. Apply to A. Mullenburg, % mile N E of Island City

w Oct 14-Dec 14 FOR SALE-Tamarack and Fir split fenceposts. Nov 1 tf

For Rent

he building formerly occupied by the Salvation army. For full par-ticulars and rates inquire of Mrs S C Zuber. Aug. 31 t f

Furniture For Sale

And house to rent apply to Mrs Shearer opposite Star Grocery North

Furnished Rooms

Furnished room for gentleman sleep-ing nights Mrs C W Preston. 1915 Adams Ave.

Centrally located corner of Washing-ton and 6th Streets. Known as Geo. Bail's lodging house.

Try the Observer for first class

\$1,687,500

The Bulletin just issued by the United States Government, after months of careful research, shows that in the Western States, the average family purchases annually goods to the amount of \$750

On this basis the 2250 families visited with each issue of the Daily and Weekly OB-SERVER annually purchase merchandise to

\$1,687,500

The natural logical conclusion cannot be otherwise than that no wide-awake business man who will take the few moments necessary to convince himself of the accuracy of the above statement, can afford to miss the opportunity of placing his announcements (25,500 each month) before this army of purchasers.

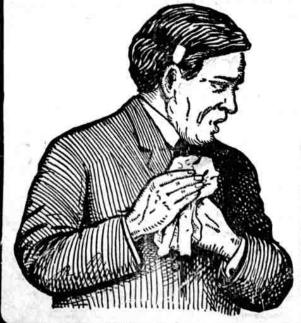
An ad under such conditions, properly token care investment.

These Presentations of ACTS

Should receive the most careful consideration of every business house whose volvme of business depends upon the patronage of this city and county,

TEE OBSERVER

First Class Job Work



SORE LUNGS

When your lungs are sore and inflamed from coughing, is the time when the germs of PNEUMONIA, PLEURISY and CONSUMPTION find lodgment and multiply.

stops the cough, heals and strengthens the lungs. It contains no harsh expectorants that strain and irritate the lungs, or opiates that cause constipation, a condition that retards recovery from a cold. FOLEY'S HONEY AND TAR is a safe and never failing remedy for all throat and lung

Tho I uld He Had Consumption — A Marvelous Cure. s. Reasoner, Towa, writes: "The doctors said I had const no better until I used FOLEY'S HONEY AND TAR. from the start and stopped the spitting of blood and the my lungs and today I am sound and well.

THREE SIZES 250, 500, and \$1.00 REFUSE SUBSUITUTES

SOLD AND RECOMMENDED BY AT HILL, DRUGGIST