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# SUNDAY DINNER

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OUR SPECIALTY  
Full Line "Perferred Stock"  
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General Blacksmith  
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# CITY BREWERY

JULIUS ROESCH, Proprietor.

Largest Brewing Plant in Eastern Oregon

Ask for La Grande Beer and get the Best

LA GRANDE BEER IS MADE IN LA GRANDE AND SHOULD HAVE THE PREFERENCE.

# Robert Burns Society Honors the Great Poet

The Caledonian Reunion held at the K P Hall in La Grande last evening by the Union County Burns Society in honor of the anniversary of Scotland's great poet Robert Burns was a grand success, being well attended and the program was all that could be desired. Following is the program as was carried out:

Invocation..... Rev. E B Hayes  
Piano Duet..... "Scotch Blossoms"  
Gertrude and Harold Eakin  
President's Address..... Turner Oliver  
Piano Duet..... "Rob Roy"  
O E Cochran, Robt. Eakin, Jr.  
Song..... "Meet May O'Braw ower"  
Mrs Forest, Mrs Lyle pianists  
Eulogy to Deceased Member.....  
..... F S Ivanhoe  
Song..... "I loe na' a' Laddie but ane"  
Mrs Giebel, Mrs Lyle pianist  
Address..... "The Scotch Irish"  
Rev Needham  
Song..... "We'r A' Noddy"  
Mrs Forest and Mrs Giebel  
Mrs Lyle, pianist, audience join in the chorus  
Song..... "My Ain' Country"  
Prof Powers  
Medley of Scotchish Melodies..... Prof  
Tait's Orchestra

Banquet, at which there were toasts by T A Rinehart, Wm. Muir, and Mrs F S Ivanhoe

Selections on the graphophone by Prof. Hendricks, including, "The Kilties Band," "Banks and Braes of Bonnie Doon," and Bagpipe selections. The banquet was one of the grandest spreads ever served in Union county and all did justice to the feast.

Officers elected for the ensuing year were as follows: President Turner Oliver, Vice President, La Grande, F S Ivanhoe; Vice President, Union, M Schoonover; Vice President, Island City, C D Huffman, V. P. Alicoel, D McDonald, V P, Summerville Jno Mc Bee, V P Wallowa Jno McDonald, V P North Powder Robert Shaw, V P Elgin Dr Mc Naughton, V P Starkey and Camp Carson Wm Muir, Hughlin Wm Grant, La Grande Treas. and Sec. Ladies Executive Committee, Mrs Wm Grant, Mrs Cavana, Mrs T A Rinehart.

This society has a large membership in Union and Wallowa counties and the Scotch deserve much credit for being ever faithful to their honored poet.

## Neurasthenia is Vital Bankruptcy

While Americans take great pride and pleasure in being called "a strenuous people," it is perhaps not generally appreciated that a great many injure themselves physically—wreck nervous systems, invite premature wrinkles, gray hairs and infirmities by the hurry, worry way in which they live, neglecting in many instances proper care of the body and letting the real pleasures of life escape as a forfeit. Unrestrained strenuousness means neurasthenia ultimately.

Neurasthenia is nerve-exhaustion and that means inefficiency of the body to carry on vital functioning. Nerve centres lag; debility ensues; listlessness and fatigue reign. Pain may be felt in the back; fullness or pressure at the top of the head; sleep is broken and without refreshment; digestion notably is weak and loss of appetite, constipation and distress after eating are the rule. The headache of neurasthenia is like a band around the head; ordinarily is worse in the morning and better toward the end of day, and is probably the most common of all headaches which come for treatment. This debility of life is functional rather than organic in character. It may involve the entire system or be confined to certain regions or organs as the head, the spine, the stomach or the heart. Men and women are equally prone to it, but it is confined rather closely to dwellers in cities and to brain-workers—professional people, corporation officials and leaders. In the maelstrom of fashionable social life being most subject to nerve strain and brain lag. A wrecked nervous system is really hard to restore. Individuals are endowed with varying degrees of inherent nerve force. Many persons draw upon their capital stock of physiological energy so far in excess of its income that nerve solvency can not be postponed indefinitely. The day of reckoning is upon them—oh, the misery of neurasthenia, the relentless, pitiless penalty! Those who inherit but little reserve in nervous energy naturally become vitally bankrupt easiest and quickest. Now, drugs do not help neurasthenia; that is admitted; and physicians have long been accustomed to send their neurasthenics away from the cities to the mountains, seashore, abroad or anywhere to find new scenes and enjoy tranquil restoration. But that is expensive and there is a surer, quicker and better, as well as a less costly way—Osteopathy. Dr. A T Still, the founder of Osteopathy, discovered that the chief reason why the human machine runs poorly at times is because it is out of tune in some of its parts—small details of the machinery are not in adjustment. He began with the study of gross disorders, like dislocated hips, and worked on down to the finer and even infinitesimal disturbances of the body, still investigating disease in all its forms as a manifestation of mechanical disorder whether always detectable or not. In neurasthenia he found that slight defects in the adjustment of vertebral bones, or of ribs to the spine—as in many other diseases also—set up nervous disturbances, wasting vitality and that these, if not corrected, at length bankrupt the nervous system. When the spine of an individual is in that condition the unfortunate clergyman, or lecturer, or lawyer, or bookkeeper, or banker, or the society woman—not one of whom probably is allowed to retire "from the maddening crowd" and rest up just when such an one would like to—needs only to carry on a double strain of fatigue and worry long enough when something will snap and brain-fog is upon the hapless person! It is needless to try to make a layman or a lay-woman understand how many different infinitesimal slips in the spinal anatomy may be instrumental in causing this nerve-wreck and brain-fog. That is for the Osteopathic physician to spend his life to study. But, that neurasthenia is caused primarily by physical defects in the system and comes after strenuous life has placed too heavy a strain upon the individual so handicapped, the Osteopath knows beyond peradventure. He knows equally well that Osteopathy does more to restore these patients than any other treatment. He knows that many neurasthenics are restored by Osteopathy every year and that, usually, they begin to sleep better and show improvement even from the outset of treatment. If you have paid the penalty of too much stress in life, the moral is plain: An accredited Osteopathic physician can lift your anatomical handicap and help you to recover; and, be assured, he will not put poisons into your system while restoring your nerve tone, which is an important thing if you will just give it a few minutes' serious consideration.—Osteopathic Health.

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Safe and reliable rigs furnished at all times. Special accommodations furnished to commercial travelers, Phone. 3-5

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Hay, Grain and feed. Free delivery to all parts of the city. Mountain trade a specialty. Phone 1961

## NOTICE

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Press Lewis

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# Grande Ronde Lumber Co.

PERRY, OREGON.

Manufacturer of **LUMBER LATH BOXES**

# Grande Ronde Lumber Co.

PERRY, OREGON.

# Oregon Produce Co.

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**Largest Packing House**

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Will Pay Highest Cash Price for Marketable Apples.

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We pay the highest market price for hides, pelts, and furs

We manufacture Butter from sweet cream. Our butter is full weight and guaranteed. Leave orders at J. D. McKennon's Summerville Creamery Ass'n

## LA GRANDE SCHOOL OF MUSIC

PROF. DAY, Principle. MRS. DAY, Assistant

This is one of the best musical institutions in the state. During the year 1904 there were nearly four thousand lessons given. The people in this city and valley are beginning to discover the great advantage of this school. The system used is the latest and most practical, and includes all the latest discoveries in the art of teaching music. The school is divided into two departments; No. 1 is for beginners, from 5 years up, and taking in the 1st to 3rd grades. In this department pupils come one hour every day. In No. 2 the grades are from 3 to 15. Here they graduate. Pupils take one or two lessons a week as they desire. No scholars will be permitted to remain in this school who do not study.

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## The Diamond Cure

The latest news from Paris, is that they have discovered a diamond cure for consumption. If you have consumption or pneumonia, it will, however, be best for you to take that great remedy mentioned by W. T. McGee, of Vanleet, Tenn. "I had a cough, for fourteen years. Nothing helped me, until I took Dr King's New Discovery for Consumption Coughs and Colds, which gave instant relief, and ed's permanent cure." [Unqualified quick cure for Throat and Lung Troubles. At the Newlin drug store, price 50c and \$1.00, guaranteed Trial bottle free.

## Absolutely Harmless

The fault of giving children medicine containing injurious substances, is sometimes more disastrous than the disease from which they are suffering. Every mother should know that Chamberlain's Cough Remedy is perfectly safe for children to take. It contains nothing harmful and for coughs, colds and croup is unsurpassed. For sale by Newlin Drug Co.