

# ^ AND 'Y' LUMBER YARD

Lumber Shingles  
Doors Sash  
Boxes Millwork

STODDARD LUMBER CO.  
LA GRANDE, OREGON.]

Everything you want want for that

## SUNDAY DINNER

Is Awaiting Your Order at

C. RALSTON'S  
NEBRASKA GROCERY STORE  
Cor. Fir and Jefferson Sts.

OUR SPECIALTY  
Full Line "Perferred Stock"  
Canned Goods.

SHOES  
Good School Shoes  
a specialty

Grand Ronde Lumber Co.  
PERRY, OREGON.

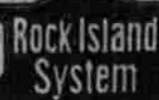
Manufacturer of  
LUMBER  
LATH  
and  
BOXES

Grande Ronde Lumber Co.  
PERRY, OREGON.

### Rock Island meals are the best on wheels

Not very good poetry, perhaps, but what it lacks in rhythm, it more than makes up in fact. And the prices are reasonable—low enough to be within the reach of people of moderate means; high enough to ensure good food, good cooking and good service. Breakfast and dinner are served on the a la carte plan—you pay for what you order. Luncheon, 50 cents.

Denver to Kansas City; Denver to Chicago; St. Paul to St. Louis.  
Full information on request.



L. B. GORHAM, General Agent,  
140 Third St., Portland, Ore.



### Health Is A Question of Mechanics

Under certain conditions the human body is subject to disease. Disease in the main is a penalty imposed upon us by Nature for some criminal assault upon our bodies, or possibly mere neglect of its wants, or it may be the direct result of some accidental injury. Consider the origin of the word. The prefix dis has a negative meaning. We all know what ease signifies. We like ease. We court it. It is good for one. Dis-ease, then, means no-ease or not-easy, in other words uneasiness, the extreme degree of which readily becomes pain or sickness.

We can to a great extent, ward off disease by observing the laws of hygiene; many diseases, Osteopathy has now proven, are caused by disturbed relations of the bones or contracted muscles and ligaments, which serve to interfere with the proper circulation of the blood and finally the activity of myriad small ducts that carry on secretion, so necessary to the living healthful organism.

A glance, that, at the human mechanism will help us to understand this subject better. We will compare the human body to a delicate self propelling machine. We find in it levers and bars which have connected to them different kinds of joints called hinge-joints and ball-and-socket joints. There are strong ligaments which bind these joints together and play over them to move them in various directions. We also find a great pump, the heart, that forces the blood through intricate pipes to every part of the machine, while its great bellows, the lungs, keep the fires within us burning fiercely, consuming the dross and ever purifying and revitalizing the precious blood stream.

There are also stored up in the vaults of the body all the fluids necessary to lubricate and keep this machine running, so long as the ducts and channels are open for their proper distribution. The brain which we can liken to a dynamo furnishes power to sustain every motion of the body and as well to give activity to every gland and blood vessel. It is like an electric power house in which is generated the power sent out over the many wires connecting with it—the electricity, so to speak, or nerve force necessary to the different organs and muscles of the body, giving generously heat, energy, sensation—in brief, conducting every process of the body.

In connection with the brain there is a great cable carrying many bundles of these "live" wires, or nerves. This cable is the spinal cord. It is encased in a canal of twenty-four bones connected together by the muscles. From between these bones or vertebrae pass thirty one pairs of spinal nerves.

Some of these nerves go to the muscles and some by the way of the Sympathetic Nervous System to the different organs of the body. If a vertebra should be slipped somewhat—even slightly—from its position so as to pinch on one of these nerves, perhaps irritating, possibly paralyzing it, the organ it supplies would then become either irritated or torpid. A disturbed rib or any other misfit at a joint—no matter how slight its degree—is thus to press on an important nerve or vessel and interfere with its action.

Then, now necessary it is to have this frame work of such a delicate machine in perfect adjustment?

Now, the Osteopathic plan is to give a thorough examination to this human organism to find out just where the trouble is, and then to correct this trouble, just as any other intelligent mechanist would do with a machine of his own construction. Osteopathy, it will be observed from the foregoing, is based upon scientific principles; and its technique is inscrutable to any but the trained Osteopathic physician; yet the common sense of it appeals instantly to all unbiased minds, and its philosophy is easily understood.

Osteopathic Health

### THE GOLDEN WEST PEACH

Will soon have another invoice of select fruit, shade and ornamental trees. Peach, pear, plum, prune and apple, gooseberries, currants, pie plant, etc., including the Boissana Poplar, Sugar Maple, Black Walnut and the celebrated Golden West Peach tree.

Office opposite U S Land Office.  
M 6 tf JOHN E HOUGH

WANTED—Girl to do general house work. Inquire at this office.

### SHADE TREES FOR SALE

The undersigned has a limited quantity of shade trees which he will sell at a reasonable price. These trees are of the variety known as the Rock Elm and the Gray Ash. Parties wishing me to set the trees out may do so by paying fifty cents additional. Address J T Jackson, La Grande, Oregon, or phone 1893.

### Music

R P Tait, the pioneer music teacher of Grande Ronde Valley, is still in the ring. During my vacation I made it my business as well as pleasure to attend concerts, operas, and in fact everything in my line of business and I found that I as a teacher, and interpreter of music am still in the front rank. Pupils who do not wish the full conservatory course may take the popular piano course. This places the pupil in position to play the popular music of the day, Church and Sunday School music.

The Violin popular course places the pupil in position to play all kinds of dance music as well as light overtures. Quite a number of musicians who have been under my instruction are now making good money as teachers and soloists. Pupils who are under my care will be thoroughly instructed in

R P TAIT, teacher

### BRICK BRICK

Brick furnished in any quantity or any style. No contract too small or too large. See samples of our pressed brick.

GEO. KREIGER,  
La Grande, Oregon.

### 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.

### LA GRANDE MARBLE WORKS

E. C. DAVIS, Proprietor,

Complete assortment of finest marble and granite always on hand. Estimates cheerfully furnished upon application.

Headstones and Monuments  
A Specialty

### CHICKENS WANTED

We pay cash for chickens, and want all we can get at our new warehouse on Jefferson Avenue.

GRANDE RONDE CASH CO.

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



### YOU WILL BE SATISFIED

If your tickets read over the Denver and Rio Grande Railroad, the "Scenic Line of the World"

BECAUSE  
There are so many scenic attractions and points of interest along the line between Oden and Denver that the trip never becomes tiresome

If you are going east, write for information and get a pretty book that will tell you all about it.  
W C MCBRIDE, Agent,  
124 Third St.  
Portland Oregon

### CLASSIFIED ADVERTISEMENTS

IF YOU HAVE ANYTHING TO SELL LET THE PEOPLE ABOUT IT THROUGH THIS DEPARTMENT AND YOU WILL FIND A BUYER. IF YOU WANT TO BUY EXPLAIN YOUR WANTS THROUGH THESE COLUMNS.

### For Sale

FOR SALE OR TRADE—5 good work horses, 1 3/4 inch wagon, 1 4 inch logging truck, 1 4 1/2 inch logging truck.  
JOHN ANTHONY.

FOR SALE—Poland China bear. Enquire of W T Stein, E F D No. 2, two miles east of La Grande. Phone 1774 w 1 16-162

FOR SALE—Must sell within the next fifteen days, building now occupied by my meat market. Cor. Fir and Monroe Ave. Two story, six rooms upstairs. Remember the building only is for sale. I HARRIS 1 week.

FOR SALE—New Ideal washing machine price \$7.00 E J Conrad R F D No 1

FOR SALE—Good paying business doing \$1,500 annually. Address P O box 681 La Grande.

### For Rent

FOR RENT—Furnished rooms with or without bath. In best residence district. Inquire at Cor Fourth and Main st., the George Hansen property. Jan 6 tf

FOR RENT—Furnished house keeping rooms, in suits of two, three and four rooms. Inquire of Mrs. Mary Noble.—Phone 5-4-7. tf

Board and Lodging by Mrs Goodall 214 3rd St. Phone 707 tf

FOR RENT—All parties wishing to rent a portion of the O'Connor tract for the present year, call at residence as the land will be rented immediately. Dr. O'CONNOR, corner Park and Oak street.

WANTED—First class single driver. Inquire Boss Meat Market.

ANTED—Lady or gentleman with fair education for a business position, salary \$15 to \$20 per week. Address with stamp and give your name and the name of the town. Mrs. L F Rich, La Grande, Ore., G D 3t

### BEEES FOR SALE

The undersigned has eight stands of Italian bees which he will dispose of at reasonable price if sold at once. These are all good strong and healthy colonies and will surely thrive if given proper attention.  
H O Thomason, La Grande, Oregon  
Residence Fourth street Old Town M 2 D & W

### Estray Notice

Notice is hereby given that I have taken up at my farm three quarters of a mile southeast of Alcol, Union county, Oregon, on January 1, 1905, one sorrel, bald faced gelding, branded figure 4, on right shoulder, about 6 or 7 years old, weight about 800 pounds. Appraised value \$15. Owner can have same by proving ownership and paying expenses, otherwise the animal will be sold according to law. W J CUBE, Feb 17-Mch 25 Alcol R F D No. 1

WANTED:—An elderly lady to keep house and take care of five children. Will pay good wages. Apply at this office.

FOR SALE—Many thousand feet of lap siding for sale by F S Newsome, north of car shops. M 16

WANTED—Furnished or unfurnished house. Inquire at this office.

WANTED—A girl or middle aged woman to do light house work for two. M Baker.

WANTED—The undersigned wishes a set of books to keep. Rates reasonable and satisfaction guaranteed. Satisfactory references furnished. Lon L Fox, La Grande, Oregon. M 14 21

LOST—A dress pattern on the railroad crossing on Fir St. Reward will be paid for its return to this office.

LOST—Sorrel horse with white blaze in face weight about 1100 branded with keg on shoulder. Liberal reward for its return or information leading to recovery. David Bay

### Taken Up

One blue roan mare colt with new halter on, no visible brand. Owner can have same by proving property and paying charges.

JUD DRAPER  
Andross Ranch

d & w 3 10-24

### Land Scrip For Sale

Unrestricted forest reserve scrip for sale at lowest market prices. My scrip secures title to timbered, farming, grazing or desert land, in any quantity, without residence or improvement. Address H M Hamilton, The Portland, Portland, Oregon.

### For Sale

First class seed potatoes, Carmen no 3 and Early Rose, one half mile east of L Oldenburg.

J S CHANDLER, Fruitdale

### For Sale

Splendid yearling Short Horn registered bull. Weighed, when seven months of age, seven hundred and five pounds. Is now in splendid condition. Address J E Reynolds R D no 2 La Grande Oregon.

### Cows for Sale

Splendid dairy cows for sale. Will sell one or more or the entire business. Mrs. A J GRIDER,  
La Grande, Oregon, R F D No. 2 M 11 21

### Estray Notice

Notice is hereby given that the following described stock has been taken up at my place six miles east of La Grande Union County Oregon and appraised, as follows, one bay mare branded N on left hip weight about 950, aged 13. One sorrel mare branded W on left shoulder, weight about 800 aged 4. One bald faced filly, white feet no brand weight about 700 pounds.

W D Grandy P O at La Grande.  
Feb 27 March 27

## Oregon Produce Co.

Phone 1761 La Grande, Oregon.  
Corner Jefferson Avenue and Greenwood Streets.

Largest Packing  
House  
In Eastern Oregon.

APPLES  
25c PER BUSHELL

Good No 2 apples at the packing house. Call and see them, they are as good as those offered by peddlers