

## HOT LAKE SANATORIUM

"The Paradise of the West."

The Greatest Health Resort of the Northwest—A Hundred Thousand Dollars Now Being Spent on Improvements—Accommodations for 300 Guests.

The wonderful curative properties of Hot Lake waters were known to the Indians ages ago, and ailing members of the Northwest tribes came from great distances to secure a renewal of health through its use.

White men discovered the springs early in 1880 when an exploring party passed through the Grande Ronde Valley from the mouth of the Columbia river. As this section became settled the people continued to demonstrate the great medicinal value of the water and finally a company was organized and a suitable Sanatorium building erected, capable of caring for 100 guests. This was only three years ago, yet for some time it has been evident that facilities for the accommodation of more people were imperatively needed. This demand is now being met by the erection of a magnificent new building with rooms for 200 people which adjoins the present commodious sanatorium. It will be completed and furnished by the first of the coming year. When the entire scheme of improvement which has been begun is entirely carried out, the expenditures at Hot Lake will total between \$300,000 and \$400,000.

Hot Lake, Ore., is on the main line of the Oregon Railroad & Navigation Co., 314 miles east of Portland, in the beautiful Grande Ronde Valley, at an altitude of 2,700 feet above sea level. The main spring which feeds the lake has a flow of two and a half million gallons a day. Its temperature is boiling. The flow is fully four times greater and the temperature 70 degrees hotter than the famous Hot Springs of Arkansas. In fact, it is the largest, hottest and most curative springs in the whole world. Besides furnishing water for the baths, and heat for the bath-house and Sanatorium, a great river of this water goes to waste.

For all diseases of the stomach, for rheumatism and disorders of the blood, eczema or any skin disease, there is not a more certain cure in existence than the water of Hot Lake. It has been repeatedly proven that all diseases cured in Hot Springs, Arkansas, disappear even more quickly under treatment here. Some of the cures effected (particularly of rheumatism) by order on the miraculous. People unable to walk even with crutches have been carried to the Sanatorium on mattresses, and inside of a month have become as active as if they had never had a touch of rheumatism in their lives.

Dyspepsia and all stomach ailments vanish speedily and the cures are permanent.

In eczema or kindred skin diseases this water has never failed to cure.

The water is palatable, and large quantities can be safely taken without discomfort. Its cleansing properties are astonishing, resulting in complete rejuvenation. "That tired feeling" is soon dissipated, and perfect health restored.

Hundreds of patrons visit this Sanatorium to recover from the effects of over-work, and to regain their vitality. All are greatly benefited in an incredibly short time.

The accommodations at present, while limited to 100 guests, are decidedly excellent. The Sanatorium is a modern three-story structure, containing all the facilities of a large hotel. There is a commodious lobby, pool and billiard rooms, cigar and newstand, and attractive dining-room on the first floor. The ladies' parlor, which opens on a spacious veranda overlooking the lake, is on the second floor. The guest-rooms are neatly furnished, and the beds are comfortable. There is no bar, and the management prohibits gambling or the flipping of attendants. Long-distance telephone and telegraph facilities are provided.

The building is plastered throughout, every room heated by the hot water of the springs and lighted by electricity.

On the south, the lobby opens into a sun-parlor and conservatory, and on the north it opens into a glass-enclosed veranda which leads to the drinking room and bath house. The drinking room is a small brick building which covers the main spring, and the guest takes the water directly from the spring. The bath house, 100x40 feet in dimensions, is built of brick, cement and tile, and is directly connected through the glass-enclosed, steam-heated veranda with the main building. It contains separate departments for men and women. Each department is equipped with dressing room, steam room, private tubs, Turkish hot room, large cooling room, shower bath and massage rooms, where the various treatments are given by attendants skilled in their particular work and under the direction of the medical superintendent. Even in the coldest days of winter patients can go directly from their rooms to the baths without the slightest exposure, and those who are unable to walk are taken in an invalid chair by an attendant.

**Mud Baths.**  
This is the only place in the world where individual mud baths are heated to the desired temperature by the water from the spring. The mud is changed for each patient.

## Rates Very Low.

Rooms range from \$4 to \$8 a week, according to location. A regular 25c meal is served in connection with an a la carte menu. The total expense, including board, room, baths and medical treatment ranges from \$10.50 to \$14.50 a week. For mud baths, massage, alcohol and salt rubs, etc., there is a slight additional charge. Hot Lake Sanatorium is the only place of its class in the west where a physician has personal charge of each patient during his entire stay, without charge.

The O. R. & N. Co. has built a special depot for Hot Lake, at which all trains stop, so that railroad accommodations are excellent. Trains from the west arrive at 8:15 a. m. and 9:20 p. m. and those from the east arrive at 5:40 a. m. and 7:45 p. m. A covered walk connecting the depot with the Sanatorium is about to be built.

The high, dry, mountain air, is particularly stimulating and invigorating to patients from the low altitudes of the coast. The absolute quiet which is maintained throughout the entire house at night induces refreshing sleep. The use of the water effects a complete cleansing of the body, and nature, thus assisted, soon works wondrous cures.

Visit the Hot Lake Sanatorium. It is open the year round.

## J. M. BERRY

Mer's Furnishings, Clothing, Shoes, Hats, Trunks, Suit Cases and Valises—Corner Adams Avenue and Depot Street.

There is little comparison between the clothing of Hart, Schaffner & Marx and the average of "ready-made suits." A few years ago, this great clothing concern became impressed with the fact that careful dressers and well-groomed men almost invariably preferred to pay from \$30 to \$50 for a tailor-made suit, rather than to wear custom-made clothing at any price. Hart, Schaffner & Marx then went to work. They improved their equipment, studied new ideas, hired the highest-priced designers and cutters and invented new methods. Using the best of fabrics and sparing no expense to maintain the high standard of each garment, the firm has practically revolutionized the clothing business. Today, many of the best-dressed men one meets are wearing Hart, Schaffner & Marx clothing. Their suits represent the pick of the new fabrics, both imported and domestic, and outside of economy in price, are right up to date in cut, trimming and finish. Truly the firm is justified in advising the public that the "H. S. & M." label on clothing is "a small thing to look for, but a big thing to find."

In La Grande J. M. Berry sells Hart, Schaffner & Marx clothing, and it can be obtained nowhere else in this city.

There are and always will be some men who demand suits made-to-measure, and to meet this demand Mr. Berry represents the nationally known tailoring house of Ed. V. Price. Suits are made for from \$18.00 up, and a perfect fit is guaranteed.

The furnishing goods display is both complete and high grade. Cluett-Peabody shirts and collars, Standard shirts and Neustader Bros. shirts are leaders. Full lines of reasonable underwear, etc., are shown. The neckwear assortment is always worth inspection and frequent consignments keep it right up-to-date.

Florsheim & Co. shoes for men and boys, and Gordon and Ferguson hats are items of this store's stock sure to please you.

An overalls, "Boss of the Road" made by Neustader Bros., of Portland, and "Brotherhood" (engineers' overalls) manufactured by H. S. Peters, Dover, N. J., are offered. There are no better overalls.

As far as possible, Mr. Berry purchases his various lines of stock direct from the manufacturers, securing every possible concession and discount and his careful buying makes possible the quoting of unusually low prices. Inferior goods are not handled at all for they are really dear at any price. Since 1888, Mr. Berry has continuously been in business in La Grande, and he has done his part in the work of community advancement.

## CHRISTOFFERSON & STRINGHAM

Harness and Saddlery—Repair Work—Adams Avenue.

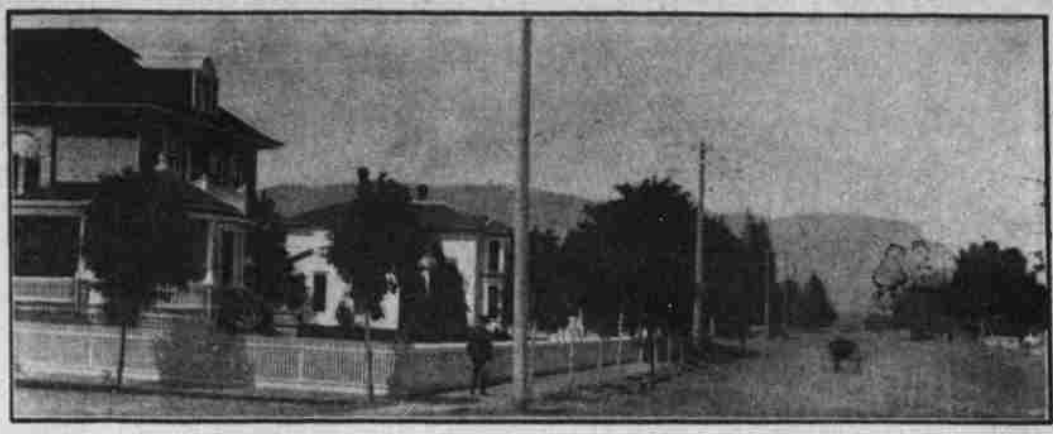
The high-class heavy harness made by Christofferson & Stringham meets the requirements of Grande Ronde people in every respect. It is reliable, being made from the best of selected leather, and there is honest workmanship in every thread. This is the sort of harness that can be depended upon. It don't break when called upon to stand an unusual strain, and while costing a little more than factory harness, is well worth the money. So far, this firm has been unable to accumulate a stock ahead, as the demand absorbs their output as fast as the harness can be made.

While equipped with the best harness-sewing-machine made, "The Landis," Christofferson & Stringham turn out a good many sets of strictly hand-made harness. Both being practical men, they operate their shop at a minimum of expense, and take pleasure in quoting as close prices as first-class material and careful workmanship will allow.

A stock of light harness is always carried, and it is the intention to keep a number of sets of heavy harness on hand. Saddles, whips and horse furnishings are also handled.

The firm was formed about two months ago, taking over the established business of J. E. Wines & Co.

If you want anything in harness, saddlery or repair work, this shop is the place to go, for you will certainly be treated right.



## SECOND TO NONE.

Union County, Oregon, Man Sings Praise of Pacific Northwest.

G. A. Nichols, Union, Oregon—I am practically a native Oregonian, having come from California when only 5 years of age. My early life was spent in the Walla Walla valley, but in 1900 I purchased extensive farming interests in the Grande Ronde valley, where I now reside. Have traveled considerably over the United States and consider the Pacific Northwest second to no country. The opportunities are wide in every line; climate excellent, crops sure, markets good and growing better. I farm 1,200 acres. In 1902 we put up 1,400 tons

## FOURTH STREET, LA GRANDE. FULL OF RESOURCES.

Advantages Not Possible in the East Are Found in Oregon.

Karl J. Stackland, Cove, Oregon—I left Kansas in 1891, after living in that state nine years, previously living in Dakota and farther east. In search of the best place for myself in the United States, I spent much time in investigating conditions east and west, also in the south, and concluded to try Oregon. I landed with \$10 cash at La Grande, in the Grande Ronde Valley, in October, 1891, and found a country full of resources and advantages not possible in other parts of the United States where I had been. I found this an ideal locality for raising fruit of nearly every kind. I bought some foothill land at Cove, and engaged in fruit-growing, and now only regret that I did not come here much sooner, as in comparison with the east, this section offers every advantage.

We have no violent summer storms, tornadoes, or blizzards; no excessive heat in the summers. The winters are mild, with grass the year round. My health is much better than it was in Kansas, and I weigh fifteen pounds more. I live better by 200 per cent., and I believe others would think the same if they would come and see the country. For making a home, I would rather have 20 acres of good land here than 160 in Kansas or Nebraska, and believe that one could live better and much more comfortably off the 20 acres. It is not necessary for one to depend on one or two crops, as there is good money in general farming, with stock connected. Crops never fail, if put in properly. A family of five could make a good living from 10 acres, and money from 20 acres. I now have about 4,000 fruit trees (about 50 acres)—cherry, apple, pear and peach—and from my experience here, for returns, I consider this equal to a 400-acre orchard in the central west, as the crops here are at least five times greater per acre. I am familiar with the present conditions in the east, having made several trips there the last few years, and I sincerely believe that a large majority of the people in the east would never go back to live there if they could only see what Oregon and Eastern Washington has to offer in the way of opportunities and attractive and pleasant homes.

## FOUND THRIFTY FARMERS.

Liked Eastern Oregon, Bought, and Has Made a Big Success.

E. J. Conrad, La Grande, Oregon—Having heard so much of the possibilities of the great Pacific Northwest, I decided to make a trip for observation, and, on the 9th of November, 1900, boarded the cars, my destination being La Grande, Ore. I intended looking over the state of Oregon and on my return take in the state of Idaho. It was not my intention to buy a farm or ranch, but after spending a week in looking over the beautiful Grande Ronde Valley I was so favorably impressed with the country that I bought a small stock farm, intending to make it the home of my herd of Hereford cattle. I could not fail to notice the thrifty and prosperous appearance of the farmers and stockmen in this valley. They had modern houses, up-to-date barns and outbuildings, and, as a rule, well painted and kept in good repair. I spent 18 years in the Saupete valley of Utah. Here in the Grande Ronde the farmers do not irrigate and they grow as good crops of all kinds of grain with as little labor as I ever saw in any country. I need not tell you about the fruit, for it is known the world over.

## CITY AND COUNTY PROPERTY.

The Eastern Oregon Colonizing Co. Can Supply Any Real Estate Requirement in the Grande Ronde Valley.

The general articles in this edition treating on the various resources and advantages of the Grande Ronde Valley clearly indicate the certain advancement of land values.

Now is the time to invest if the greatest possible returns are to be received from the natural increase in the value of all property. Where it is demonstrated that lands will yield, if planted in fruit, several hundred dollars an acre a year net, it will not long be possible to purchase desirable acreage at from \$100 to \$200 an acre, as is the case today.

Within the past two years the average increase throughout the valley in farm lands has been about 30 per cent., and from now on until a fair price is reached at least this ratio of increase is sure to continue. The transformation of the valley from big wheat and hay ranches to smaller tracts devoted to fruit, sugar-beets, etc., is speedily being accomplished. The work of educating the people to the possibilities of the lands of this section is beginning to show tangible results.

A concern that has done much toward the advancement of the Grande Ronde Valley is the Eastern Oregon Colonizing Co., which handles farm, fruit and timber lands, stock ranches and mining properties as well as city property.

This company maintains an Exhibit Hall at the O. R. & N. depot, where a display of Grande Ronde Valley products is shown. La Grande being a division point, all passenger trains stop here ten minutes and tourists and home-seekers in large numbers inspect the company's exhibition. This valuable advertising not only for the company but for the entire valley.

The reliability and responsibility of the Eastern Oregon Colonizing Co. is all that could be desired. The manager, Jas. Ireland, is an experienced real estate man, thoroughly familiar with local conditions. E. C. Moore, who now takes an active part in the business, was formerly station agent for the O. R. & N. railroad here for many years. No man in the Grande Ronde Valley has a superior knowledge of land values and conditions, and Mr. Moore is highly regarded as an authority on these subjects.

Prospective investors and home-seekers will consult their best interests by seeing the Eastern Oregon Colonizing Co. in regard to any Grande Ronde Valley real estate investments. Correspondence is invited.

## POPLAR GROVE STOCK FARM.

Extensive Alfalfa Fields—Thoroughbred Horses and Cattle—J. E. Reynolds, Prop.

The Poplar Grove Stock Farm comprises 640 acres of fertile land three and a half miles from La Grande. Mr. Reynolds raises more alfalfa than any one else in the county, and he also puts in a considerable acreage of small grain each year. He has a small orchard.

There are about 60 head of Short-horn Durham cattle and Clydesdale horses on the farm, as well as a goodly number of Shropshire sheep and Berkshire hogs. Mr. Reynolds is a breeder of thoroughbreds, and his farm is doing much to improve the quality of stock in this section.

On the place is a neat residence and a hay barn 48x56 feet in dimensions which will hold 60 tons of hay. From eight to 12 hands are employed.

Mr. Reynolds came here from Iowa, 50 years ago, without a dollar. He owes his success to industry and an intelligent appreciation of the resources of this valley, and ranks among the leading farmers of this vicinity. He is called "The Alfalfa King."



## MASONIC TEMPLE AT UNION

## E. P. STAPLES

Fancy and Staple Groceries, Bread and Pastry, Fruit and Vegetables, Tinware and Crockery—Phone 48.

The most important study of mankind is not what to wear, what to read, what amusements to seek, but is emphatically WHAT TO EAT! With good food and attendant, good health all things are possible to any man. Don't let poor food handicap you.

E. P. Staples believes that when it comes to food the best is none too good for anyone, and in consequence his stock contains the highest grade of groceries. Prices are as low as any for similar goods. A full line of fancy and staple goods is carried, embracing everything to be expected in a first-class modern grocery. Mr. Staples has a bakery across the track on Fir street, and his store is supplied daily with fresh bread, pastry, etc. Three men are employed in the bakery, and a considerable call trade is supplied direct from it. At the grocery there are five employees, all of whom are kept busy filling or delivering the numerous orders left or phoned in.

Mr. Staples desires, deserves and is receiving the patronage of people who appreciate the best of good things to eat. If you are not as yet a regular customer, place a trial order with him and you will see a difference.

of hay, mostly timothy; threshed 15-400 bushels of grain and have connected with the farm 500 head of cattle, besides many horses and hogs. Nothing can equal the Pacific Northwest for me, and one who is careful and a worker cannot help but succeed.

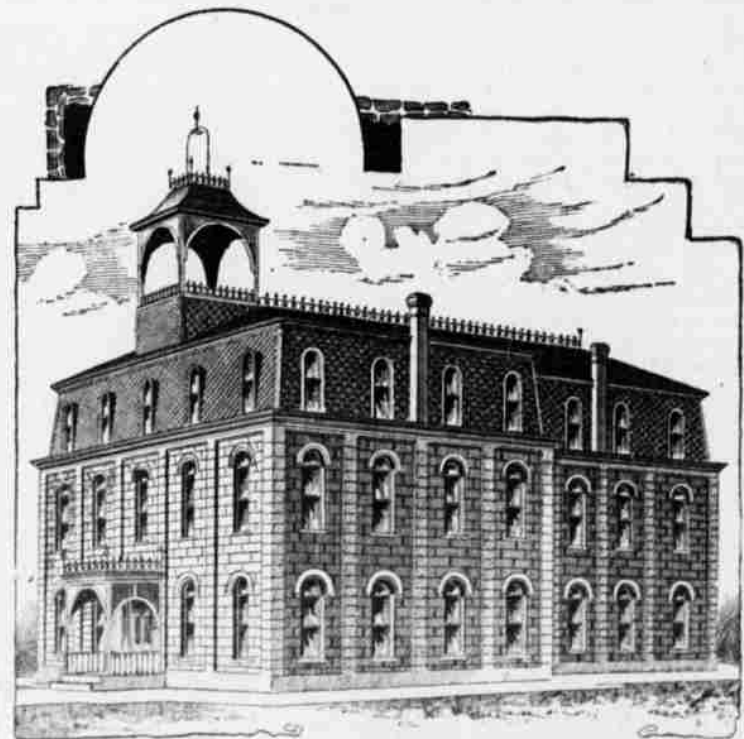
## SUCCESS IN GENERAL FARMING.

Union County Man Says Everything Does Well in Eastern Oregon.

J. H. Hutchinson, Union, Oregon—I came to the Grande Ronde Valley in November, 1883, and pre-empted 160 acres of land near the present city of Union. Since coming here I have been engaged principally in farming and stockraising. I own about 3,000 acres of land in the Grande Ronde Valley, all but a small portion being improved agricultural land. I also own about 4,000 acres of agricultural lands in the Powder River valley, Baker county. I have been engaged extensively in the stock business, now owning 1,000 cattle, 4,000 sheep and 400 horses. I raise all kinds of grain in the Grande Ronde Valley, also timothy and wild hay. When well cultivated, land here produces 40 bushels of wheat and 60 to 100 bushels of oats per acre, while timothy land produces from 2 to 2 1/2 tons of hay per acre. Most all of the land in the Grande Ronde Valley is adapted to the growing of sugar beets, a factory being located at La Grande. From ten to twenty tons per acre is the yield. All kinds of fruit are profitably grown here. In the Powder River valley all kinds of small grain yields well and the greater portion of the valley is adapted to the growing of alfalfa, 7 to 8 tons per acre being the yield.

**\$1,460.50 From Five Acres in One Year**  
Elbert Helmer, Union County, Oregon—In 1903 from a five-acre tract I made the following sales: Gooseberries, \$25; strawberries, \$17.50; cherries and raspberries, \$39.45; apricots and peach plums, \$12.50; pears, \$21.15; peaches, \$25.50; eggs, \$46.85; butter, \$24.50; apples, \$1,200; carrots, \$25; hogs, \$25.65. Total, \$1,460.15.

A large summer resort hotel on Catherine creek above Union would do a big business from the start. This creek is the favorite camping resort of hundreds of people, and is one of the most picturesque and beautiful streams in the state. It is a great trout stream, and is annually restocked.



PUBLIC SCHOOL AT UNION



A YOUNG ORCHARD.