

SHELL FISH

A New Department

To our already large and complete stock of ~~produce~~ we have added a **SHELL FISH COUNTER** up ~~a while~~ will be found fresh Grabs, Glams, Crawfish, ~~Crabs~~ and Eastern Oysters. In fact all that should be ~~had~~ in an up-to-date Shell Fish market.

J. W. WHITE, GROCER
Prompt Delivery. Phone Main 42

GRAND

Mask Ball

Of 1906

Friday Evening, November 16

IN THE
COMMERCIAL CLUB HALL
LA GRANDE, OREGON

SPECIAL ORCHESTRA FOR THE OCCASION
Everyone Wearing a Mask Must be Identified at the Door.
No Dancing Without Masks Until After 10:30 P. M.
Music at 9 P. M. Promptly Masks Raised at 10:30 P. M.

TICKETS, \$1.00. LADY DANCERS ADMITTED FREE. SPECTATORS, 25c
PRIZES FOR THE BEST SUSTAINED CHARACTERS, LADY AND GENTLEMAN

YOU ARE CORDIALLY INVITED

Pride of Grande Ronde

The product of the Imbler flouring mill situated in the very heart of the best wheat land in Grande Ronde valley, consequently the best flour. A trial will convince you of its superiority.

Insist on having your order filled with this brand or the "Patent" from this same mill.

For sale by all first class dealers. Don't submit to any substitution.

Pride of Grande Ronde

SPECIAL RATES TO KANSAS CITY

The O. R. & N. Co. announces a special rate of \$52.50 from La Grande to Kansas City, Mo. Tickets on sale November 14 and 15. Tickets will be good going ten days and final return thirty days. This special rate is made in order that those who desire to attend the seventeenth annual convention of the Trans-Mississippi Commercial Congress may do so.

NOW IS THE TIME

To buy your breeding stock we have a few choice Cockerels of White and Brown Leghorns and Orpingtons left yet, bred and raised on the largest poultry farm in North East Oregon known as Orchard Grove Poultry farm.

L. P. Day, Prop.,
R. F. D. No. 1, La Grande, Oregon

BODY OSTEOPATHICALLY REGARDED

Telling Of The Human Structure As Viewed From The Stand-point Of The Most Advanced School Of Healing. With A Foreword On The History Of The Science

The Nervous System

The Brain, the seat of reason, sense and will; the brain, the headquarters of the nervous system, though protected by its bony case, is by no means free from external influence or disease. It receives its blood supply thru openings in the skull and at these openings or at other points, the blood may be partially shut off from the brain, producing anemic headache or various forms of neurasthenia. Muscles may contract over the veins leading from the brain, causing congestion of the brain, congestive headaches, etc., or causing a blood vessel to burst and there is apoplexy. Osteopathy removes the obstruction to the circulation of the brain and of course the anaemia or congestion disappears; it removes the tendency to apoplexy so that there is less liability to another stroke, while the improved circulation gradually carries away the clot and headache is restored, slowly.

The Spinal Cord, the continuation of the brain down the spinal canal, only less important than the brain itself, gives origin to most of the nerves of the body. It is, on account of its more exposed position, more subject to external influences than the brain. It is, like the brain, subject to anaemia and congestion, to be relieved osteopathically.

Inflammation of certain portions of the cord gives rise to locomotor-ataxia, a disease which yields slowly to osteopathy but seems to be incurable otherwise. Inflammation of other areas of the cord gives rise to various forms of paralysis, more or less amenable to the treatment. There may also be pressure on the cord itself, caused by dislocated vertebrae, which of course can only be relieved by mechanical treatment.

The Nerves form the intricate telegraphic system of the body carrying their impulses by means of a fluid akin to, but less known than, electricity. The nerves carry every command of motion from the brain and nerve centers, and every sensation, conscious or unconscious to these centers. Each organ in the body is controlled by nerves and is at once diseased when its nerves are affected. These nerves pass out from the brain and cord thru the openings mentioned above, and therefore see how important it is that the muscles next to the openings in the skull and those along the spine should not be contracted and so interfering with nervous impulses. Osteopathy relieves the pressure upon nerves, and if they are paralyzed stimulates them to renewed activity, or if excited, the trained finger of the osteopath quickly quiets them.

Regarding Nerve Centers

Not all the actions of the body are under the control of the will, for in the brain and cord are collections of nerve cells which act together and control most of the animal functions. For example, there is a center at the base of the brain which, by means of the sympathetic nerves, controls the caliber or size of every minute artery in the body, and consequently the amount of blood which passes thru it. Now, from the derangement of this center, fever may be caused, and thru the control of this center, which the osteopath may exert by mechanical treatment of the sympathetic nerves, and thru the circulation to this center, the fever may be reduced; in some cases quickly overcome, though in others an irritating cause must be removed before the temperature can be permanently lowered.

Here are centres controlling breathing, the heartbeat, coughing and nearly every function of the body, and all subject to the control of the osteopath.

An Osteopathic Summary

Osteopathic methods are natural to the body, as opposed to the introduction of foreign and injurious substances.

They are entirely material and physical as opposed to the spiritualistic and faith cures, depending on occult powers.

They are applicable to nearly every diseased condition, tho we have been able to illustrate with only a few.

Osteopathic physicians recognize surgery as a science, but would in most cases prevent its necessity rather than practice it. Asepsis and anti-sepsis as well as antidotes for poisons are of course recognized and used in indicated conditions.

Osteopathy is successful because it is reasonable and effective, and the most refined and educated people are its champions. If properly applied it is not so severe for the weakest or most sensitive, and yet it is forceable enough for the rugged.

It is cheapest because it does the work and prevents a dribbling expense for years or a costly and dangerous operation. It has come to stay.

Cosmopolitan Osteopath.

Best Offer Ever Made

TO THE PUBLIC

WHAT IS IT?

\$1,500 House
That is to be Had
For \$200.00

HOW?

Call at Our Office and let Us give You Full Information.

Never will you have such an Opportunity Offered You

Call at Once

LA GRANDE INVESTMENT CO.

Foley Hotel Building

La Grande, Ore.

PUBLIC SALE

Joint Sale by Mrs. Eva Boddy and J. V. Martin.

Held at Mrs. Boddy's Farm in Ladd Canyon

TUESDAY, NOVEMBER 20

Sale starts at 10 a. m. Free lunch at 1 p. m.

7 head work horses
20 " brood mares
6 geldings
2 yearling mules
2 suckling "
2 spotted Shetland ponies
3 milch cows
1 choice fresh milch cow
6 doz. Plymouthrock chickens
1 thoroughbred yearling Jersey bull
1 full blood Shorthorn bull

1 half truck wagon
1 light spring wagon
1 light wagon
1 top buggy
1 set " harness
1 set hack "
2 " work "
6 tons hay
1 cream separator
1 good hack
Canned fruit

All kinds of Farm Implements and Household Goods too numerous to mention

TERMS—All sums under \$10, cash. Over \$10, a credit of 12 months will be given upon approved note at 10 per cent interest per annum.

FOLEY'S HONEY AND TAR THE ORIGINAL LAXATIVE HONEY AND TAR in the YELLOW PACKAGE
Cures Coughs, Colds, Croup, La Grippe, Asthma, Throat and Lung Troubles. Prevents Pneumonia and Consumption
A. T. HILL, Druggist



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17 States and Territories
The Richest Under the Sun

Rock Island - Frisco Lines completely gridiron the great Middle West and Southwest

From the Rocky Mountains and the Rio Grande to the Great Lakes and the Mississippi Valley —

From Minnesota to the Gulf of Mexico.

If you are going anywhere in this great land of activity, let me tell you about our service to it, and through it to the East.

General Agent,
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