## TOSML Baking Powder ABSOLUTELY PURE

Healthful cream of tartar, derived solely from grapes, refined to absolute purity, is the active Principle of every pound of Royal Baking Hence it is that Royal Baking Powder renders the food remarkable both for its fine flavor and healthfuliness.
№ alum, no phosphate-which are the principal elements oftheso-called cheap baking powders and which are derived from bones, rock and sulphuric acid.

## 

- 


##  <br> Patients often spend two or thre years uncomplainingly under the care -

 an M. D., taking whatever drugs ortreatment he prescribes, and then decide "to try Osteopathy." After one or tw
treatments they are ready to trestments they are ready to quit and
announce to the world: "It didn"t do me
any good." These patients have not tried any good." These patients have not tried
Osteopathy at all. What they have tried s one or two treatmento. A husband-
man might just as well expect his cro man might just as well expect his
aftur two or three days of plo wing. attur two or three days of plo wing.
Uder a systematic course of drugeing.
let us say, such a pationt has been permitted to develop an acute illness; next, the drug treatment with all its possibib
accessories has permitted that illness to accessories has permitted that illness to
become chronic, and after that it has still become chronic, and after that it has still
failed to restore health. Following such an experience. the very first "dose" o two of Osteopatpy is expected to work the miracle of an instantaneous curel How very unreasonable! Do not osteo-
pathic doctors keep admonishing their patients not to expect the impossible to happen and not to forget that Nature,s
processes work slowiy? Why should patients imagine that the Osteopath can restore health any quicker
than normal nerve torce and a healthful han normal nerve torce and a healthfuu
blood stream can accomplish that benefit? The Osteopath has not yet found any way to work faster than Nature, and those systems of healing that have tried to
stimulate vital action by drugs faster than stimulate vital action by drugs faster than
is Nature's wont, end in disappointment is Nature's wont, end in disappoint
and with now damago inflicted. Osteopathy owes its success to the faci
that it works with Nature, not against it and uses no furces but the natural vita
pawers of the body. properly directed thru their ordained ctannels to ovprcome
disease conditions. While many surprisgregate. they are individually rare. I
usualiy takes time and a thoro course o
treatments to get difficult results; hence treatments to get difficult results; hence
patients must exercise all due patience.
Nor is anyone justified in bolieving he has given Osteopathy a real trial until a com-
petent osteopathic practitioner has ex-
hausted his skill and dismissed tho case as incura:le-which he will do just as
soon as it is possibie to make a far test.
"Care or presty benefit a case or else "Cure or greatly benefit a case or else
promptyy issisis it," is the ooteopathic
rule. Osteopathic, cures are, hence, the
 themselyes with cases that do not promise
to yield good results. Few cases, indeed under osteopathic care do not yield some
resuits-enough to be satisfactory to the
patient and to give him his "money's


FRESH CANDIES
$\vartheta$

## 

## EIIGAIII FUUNITIURE FOR CUB

 A number of new leather rockers ofthe Mission dessign and an elegatis settee
has just heen placed in the pariors of the
La Grande Commercial Club. The Club La Grande Commercial Club. The Club is graining a new hold upon the public.
The membership is now in excess of 160 and several applications are now on file. The Club now controls a majority of the
stock and within a fow years will own the building free from all incumbrances. La Crande cortainly has resason to foel
proud that such an institution, aside from proud that such an institution, aside from
is public work, has existed as it has. its public work, has existed as it has.
There is not another city in the state. with the possible exception of Portland. that has maintained a similar organization
for as many years. While it passed thru for as many years. While it passed thru
several years of rather depressing tumes it is now an established and pernanen iabitition and always stands ready to
advance the interests of this county and J. A. ARBUCKLE, Prop.
 Any thin or undeveloped girl or woman
min ho bonafita by taking Hollister'
Rooky Mountan Rocky Mountain Toa, it is one of ouk
greatost known remedies for makin
people strong. healthy and woil Tea
Tablets, 35 cents. NEwLi Droo Co.

Dr. Pierce's Favorite Prescription,

 trill
pritit
irap
ingre



Criristmas day a the hardest day in the year on your
wife. After looking after the dinnoer and ther moals she is too tired to get any njoyment out of the holiday. Why sot EAT YOUR DINNER HERE
 arved as any you
will save your wif worry. It will save you considerable money, too. Try it this year, anyway.

## The Model Restaurant

## Plor for oens Rist








$\qquad$
$\qquad$
$\qquad$

dumiantwix




When you're broke, the giris are shy
They turn and Aly when you come nigh
Brace up old man show some pluck They turn and fly when you come nigh
Brace up old man, show some pluck
Take Rocky Mountion Teat ewit change
your luck. NEWLN Druo Co

HOTEL FOLEY BARSER SHOP

w.C. BROWN, President

## FFICERS

w. MILLER, Vice Pine T. J. SCROCGIN, A.sst Cashior F J. HOLMES, Treasurer.
A. STOCK, Manager, Cove Branch.

## POSING

is perhaps the most important point in securing a good picture, and it's a point to which we give much care. We study each subject and bring out the character individuality of the face to the best advantage. The same care is given to every part of the work, to the retouching Printing, Toning and Mounting, so that the finished picture is a pleasure

## H. J. RITTEF

Photographer

