



WHILE WE MAY.

BY FRANCES E. WILLARD.

The hands are such dear hands; They are so full; they turn at our demands So often; they reach out. With trifles scarcely thought about, So many times; they do So many things for me, for you— If their fond wills mistake. We may well bend, not break.

They are so fond, frail lips That speak to us. Pray, if love strips Them of discretion many times. Or if they speak too slow or quick, such. We may pass by; for we may see. [crimes Days not far off when these small words may be Held not as slow or quick, or out of place, but dear. Because the lips that spoke are no more here.

They are such dear, familiar feet, that go Along the path with ours—feet fast or slow. And trying to keep pace; if they mistake. Or tread upon some flower that we would Upon our breast, or bruise some reed. [take Or crush poor hope until it bleed. We may be mute. Not turning quickly to impute Grave fault; for they and we Have such a little way to go—can be Together such a little while along the way. We will be patient while we may.

So many faults we find. We see them; for not blind is love. We see them; but if you and I Perhaps remember them some, by and by They will not be. For is there then—grave faults—to you and me. But just odd ways—mistakes, or even less. Remembrances to bless.

Days change so many things—yes, hours; We see so differently in suns and showers. Mistaken words so night. May be so cherished by to-morrow's light. We will be patient, for we know There's such a little way to go.

QUESTION BOX.

All White Ribboners are invited to send questions to this Department.

Q. Who should write the report of the union for county and district conventions?

A. The rec. sec. should write the report, and it should then be brought before a meeting of the union, read and voted on as to whether it is to be the report from the union to the convention.

Q. How should superintendents be appointed?

A. Supts. should be nominated by executive committee, and the report of ex. com. read before a meeting of the union. If the report is adopted the supts. are elected.

Q. Should the correspondence to the union be sent to the pres. or cor. sec?

A. The correspondence of the union is supposed to be conducted by the cor. sec.; therefore she should receive the correspondence. State and county supts. should correspond with local supts. if they can find out who they are. Local unions should notify state and county supts. as soon as elected who their supts. are; then the president would not be obliged to receive all these letters.

Who Is Responsible For the Success of the Local Union.

[Paper read at Cavalier Co. convention by Mrs. V. H. Newlove of Milton.]

In the consideration of this subject two important, yes, even vital, questions are evolved—1st, what constitutes success? and 2d, who is responsible?

Success in life is determined by the amount of riches accumulated, the statesmanship, courage or executive ability displayed, or the eminence attained in intellectual, religious or scientific circles; but "success" in the W. C. T. U. means seeking the transforming power of divine grace for ourselves and all for whom we work, that they and we may willfully violate no law of pure and wholesome living; it means the education and training of

the young in temperance and purity through the Sunday school, Loyal Temperance Legion and Kindergarten; it means the uplifting of the fallen and the removal of temptation from the weak by the entire abolition of the liquor system and its allies; it means the forming of a better public sentiment through lectures, groups, temperance meetings, press work, mothers' meetings and temperance entertainments; it means united effort and influence to have had laws repealed, righteous ones enacted and the rigid enforcement of the same; in short, "success" in the W. C. T. U. is determined by the greatest amount of good that can be accomplished "For God and Home and Every Land."

The environment will suggest work that should be done by a successful union, e. g.: If the drug stores are selling liquor illegally, the successful union will do its utmost to have their permits cancelled; if the town lacks a curfew ordinance, the successful union will see that one is enacted speedily, as that has been proved to be one of the greatest safeguards that can be thrown around the young; if the children are reading trashy or impure literature, the successful union will replenish S. S. libraries or start a circulating library so that children may have clean, wholesome, readable books and papers. If so-called temperance people oppose the W. C. T. U., it is because they know practically nothing about the organization, its methods and principles; therefore the successful union will have programs on the different departments and invite outsiders, will distribute the annual leaflet and other literature, explaining the organization, and publish the yearly report of the union in the local papers. If the county attorney and other officers are whisky men, the successful union will urge temperance fathers, brothers, husbands and sons to attend the caucus and nominate good men who will uphold the prohibitory law, and then do its part to have them elected by securing temperance men to speak in all the school houses before election, and engage teams to drive voters to the polls. A successful union also has the badge constantly in evidence, announces a meeting through pulpit and press, begins and ends all meetings promptly; the program is varied and excellent; there is no weary waiting for "somebody else" to make the motions, but all business is disposed of in a thoroughly businesslike way; a full record of the proceedings are kept; committees are notified of their appointment at once; the membership dues are collected promptly; the Co. and state dues are sent in at the beginning of the year; report blanks are filled out and forwarded and all official letters answered by return mail whenever practicable; new members (both active and honorary) should be secured, lectures and speakers and singers entertained; many copies of the Union Signal and White Ribbon Bulletin taken—and thus we might go on, but time would fail us in which to enumerate the many things that may be done, the accomplishment of which entitles a union to be termed a "success."

But the question is asked, "Who is responsible?" and (in a tone of pity for our dense ignorance) comes the almost unanimous reply, "Why, the president, of course." Having thus answered the question satisfactorily to herself, the average member goes her way and consistently practices what she has preached. But let us see if the duties and responsibilities should be so carelessly and readily shifted upon the president.

According to the annual leaflet, her duties are: To call to order and open the meetings; to put to vote all questions

which have been regularly moved and seconded; to preserve order; to append her signature to orders, etc.; to have a general oversight of the union and, in conjunction with the executive committee, to plan for its best interests and the good of the cause, and to call special meetings when deemed advisable by herself and any three members.

Thus we see that the duties of a president are not at all arduous, nor are the responsibilities heavy; so it would be a comparatively easy matter to get a good presiding officer, were it not that she is expected by many to be patient, religious, capable and energetic, having tact, perseverance, executive ability, a thorough knowledge of parliamentary law, a good command of language, a clear, ringing voice that will inspire, and good nature that cannot be ruffled under any provocation. In addition to these multitudinous virtues she is expected to perform all the duties neglected by the other officers and committees—so the average woman stands appalled at such a pleasing prospect, especially if she has babies, does her own house work and sewing—and the office goes a-begging. The cor. sec. should conduct all the correspondence of the union, such as sending friendly greetings to neighboring unions, letters of condolence to bereaved members, etc. She must also answer official letters promptly and report to the state cor. sec. The rec. sec. should keep a correct record of the proceedings of the union, notify the public of its meetings and committees of their appointment and report annually to the union.

It is the duty of the treasurer to collect delinquent dues and to devise ways and means to increase the funds of the union; to forward the state and Co. dues and pledges; to hold all money belonging to the union, paying all bills on order of pres. and sec; keep an exact book account and make a quarterly report.

Superintendents are responsible for the success of their departments and should keep a record of everything done that may be able to make a complete report at the end of the year. Thus we see that each officer and supt. is responsible for the prompt business-like discharge of the duties devolving upon them by virtue of their office; but the individual members have duties and responsibilities too. Each one should wear the white ribbon, attend the meetings, pay her dues promptly, take an interest in the business, make motions when necessary, cheerfully serve on committees, acquaint herself with the scope of the work, its methods and history, and tactfully strive to secure new members. She should also take and read the Union Signal and state paper, take her turn at entertaining temperance lecturers and others who are the guests of the union, even though her house may be small. Interest in the meetings is maintained principally by having a good program, and in order that the burden may not fall upon a few, each member should feel it to be her duty to occasionally take some part on the program. Medora Drew says: "Do not say that you have no ability, but rather be ashamed of your lack of it, and cultivate what you have. If you have neither responsibility nor pity for your perplexed leader, try a season of prayer on the subject."

Do not then stand idly waiting For some greater work to do; Oh, improve each passing moment. For your moments may be few. Go and toil in any vineyard, Do not fail to do and dare; If you want a field of labor, You can find it anywhere.

Literature Superintendent.

Dear Literature Supts.: On April 25 I wrote Miss Hood, the national supt. of literature, asking her to send me her plan of work and report blanks for the current year, telling her that our county conventions would probably begin in May, and that I was anxious to send out the report blanks so that the county literature supts. might use them in gathering in the reports for their conventions. She wrote me on May 2, saying: "I will send you this week copies of my plan of work. I have been delayed, as I hoped to get in some of the new publications that have been printed in the literature dept." I have not heard from her since, neither have I received any literature documents. This accounts for my seeming neglect of the work this year. I trust you will have gathered in reports for your conventions without having waited for instructions from me. You shall hear from me just as soon as I can secure the desired documents. Following is my list of county and district literature supts. If there have been any changes, please notify me at once.

- Barnes—Mrs. Erickson, Lamona. Cass—Mrs. Lillie Weaver Peart, Lynchburg. Cavalier—Mrs. Annie Prom, Milton. Dickey—Mrs. Chas. A. Brown, Gales. Grand Forks—Mrs. C. M. Hanson, Northwood. Supts.—Mrs. J. A. Fitch, Steele. LaMoure—Miss Viola Mack, Dickey. Pembina—Miss Mae Halcor, Bowsbont. Ransom—Mrs. Estelle Taylor, Lisbon. Richland—Mrs. Ida A. Morril, Wahpeton. Sargent—Mrs. Lizzie Robinson, Harlem. Traill—Mrs. S. G. Cleveland, Caledonia. Walsh—Miss Beatrice Honey, Park River. First District—Mrs. M. B. Moore, Craty.

- Second District—Lizzie M. Biggs, New Rockford. Third District—Miss Annie Turner, Bottineau.

Faithfully yours, MRS. IDA A. MORRILL, State Supt. Literature and Union Signal, Wahpeton, N. D.

Ransom County Convention.

Lisbon, N. D., June 11. On Friday and Saturday, June 2-3, occurred the tenth annual convention of the W. C. T. U. of Ransom county. Miss Freston was present and helped us in many ways, and especially by her lecture Friday evening on the "Nineteenth Century." The weather was unfavorable, but the dauntless courage of the Fairview delegates, who drove eighteen miles through rain and mud, seemed to give inspiration to the convention, which was one of the best ever held in the county. The reports of the four W's, the Y and the L. T. L's all showed excellent work, as did the reports of the various department supts. Mrs. Norton gave a paper on "Unfermented Wine for Communion." Mrs. Porter told us in an interesting manner "Who Is Responsible for the Success of the Local Union." Mrs. J. E. Wisner's paper on "The Relation of Our Work to the Incoming of Christ's Kingdom" was given by Miss Wisner. Miss Shearer conducted a marching song and drill by the L. T. L. and Mrs. H. K. Pierson had charge of the Y hour, both of which were very interesting. Y hour contained solos, choruses, recitations and papers by Mrs. Fry, Mrs. Grover, and one especially fine by Mrs. Pierson on "Y Ideals." Rev. Van Horn of the enforcement league was present one day and spoke briefly of his work. Two members, Mrs. Loomer of Fairview and Mrs. Wright of Elliott, have been "called home," and Mrs. W. Hanson conducted memorial service for them. The convention closed with a matron's silver medal contest. There were seven contestants—Meddams Sprague, Squier, Taylor, Sizer, Marsh.

# White Ribbon Bulletin

PUBLISHED MONTHLY.

Mrs. Mattie Van de Bogart.

MANAGING EDITOR.

## OFFICIAL ORGAN N. D. W. C. T. U.

**OBJECT:** To promote the advancement of the W. C. T. U. work of North Dakota in all its departments, and to do all in our power to bring the triumph of Christ's golden Rule in custom and in law.

**MOTTO:** I am but one, but I am one; I cannot do everything, but I can do something; what I do, I do with a will, and what I ought to do, by the grace of God I will do.

Subscription price, per annum, 15c

All manuscript for publication must be in my hands by the 15th of each month, and all communications, subscriptions and money, to Mrs. MATTIE VAN DE BOGART, Tower City, N. Dak.

### STATE OFFICERS.

President—Elizabeth Preston, Tower City. Vice President at large—Mrs. J. H. Knox, Ft. D. Wapeton. Recording Secretary—Mrs. Carrie M. Allen, Grand Forks. Corresponding Secretary—Mrs. Emma F. Vail, Towanda. Treasurer—Mrs. Addie L. Carr, Northwood. State Organizer—Miss Elizabeth Preston, Secretary Young Woman's Branch—Mrs. H. K. Pierson, Lisbon. Secretary L. T. L. Branch—Mrs. G. W. Ryan, Pembina.

**FLORANCE CRITTEONTON HOME BOARD.**  
President, Mrs. Jennie A. Benedict, Co. Secretary, Mrs. Ardelta Rice. Recording Secretary, Mrs. Ardelta Rice. Treasurer, Mrs. Mattie Monson.

JULY, 1899.

One thousand new subscribers to White Ribbon Bulletin before state convention. Will you try?

Page sent a long list of subscribers and at the present time stands ahead on the list with Wapeton close following. Let every union make an effort to win. It means much to the work and workers.

We come to our readers this month with a special prize offer. By sending us 75 cents you secure the excellent magazine "The New Crusade" and White Ribbon Bulletin. We hope to receive large lists for this good bargain. The New Crusade, taken alone, will cost you \$1. Be wise and practice economy.

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### Correction of Addresses.

A request comes for a correction to be made in the addresses of the officers and superintendents of the Mary Allen West Dist., as given in the report in the June number. We give the addresses as corrected:

Mrs. M. A. Garry, Knox.  
Mrs. L. M. Delameter, Knox.  
Mrs. A. M. Roger, New Rockford.  
Mrs. Mary Drummond, Minnewaukan.

### L. T. L. Notes.

Prohibition Park on Staten Island, N. Y., has been the center of many notable gatherings, but the coming summer it is to have something new an inter-state L. T. L. senior conference, on the occasion of the New York state L. T. L. convention July 11-13.

## PRESIDENT'S CORNER.

Since the anti-canteen law has been nullified and the expressed will of the people set aside by the attorney general's remarkable opinion—which opinion, according to the Washington Sentinel (a liquor paper), was prepared by an attorney for the liquor dealers—there remains one thing that the people can do, i. e., petition the president of the United States, who is commander-in-chief of the army. Let every union take up the work and not only send in a petition, but also influence churches, public meetings, societies and clubs to adopt a resolution similar to the following:

"Resolved, that we hereby authorize the president of this meeting (or president of this society) to appeal to President McKinley in our behalf to carry the anti-canteen law into full force and effect in accordance with its natural meaning and the intent of congress, by issuing an order as commander-in-chief of the army suppressing all liquor selling in the army, at least until the opinion of the attorney general shall be fully tested in the courts."

The question of admitting Brigham H. Roberts, an avowed polygamist, will be one of the most important to come before the next session of congress. The outcome of this fight will undoubtedly mean much for or against the extension of the Mormon church and polygamy in this country. The last legislature put itself on record against the admission of this polygamist and the people of the state generally should let their position on this question be known to our congressmen.

The county conventions attended thus far this month have been of unusual interest. Some of the best papers I have heard read in the state have been presented at these conventions. The discussions have been spirited and the reports from local unions show splendid work done.

In Ransom Co. the workers felt keenly the resignation of Mrs. L. B. Chamberlin, who has been the efficient president for a number of years. Mrs. Helen McIlvaine, the vice president who presided during the convention, gave such evidence of ability that she was elected president for the coming year. The delegates from the intrepid Fairview union drove eighteen miles on muddy roads with the rain pouring in torrents. Their enthusiasm is unquenchable and their presence was an inspiration.

Mrs. Ida G. Fox, who has been president of Barnes Co. for a number of years, expects to move back to her old home in Michigan, and Mrs. C. C. Tucker of Sanborn was elected to fill her place. Barnes Co. and Minnie Lake union will lose a very efficient worker in Mrs. Mary Hanley, who has been Co. sec. and press supt. Mr. and Mrs. Hanley expect to move to Minnesota this fall.

Although it rained during the Traill Co. convention at Portland, every union was represented save one. An enjoyable feature of the evening entertainment, which was largely attended, was the presence of a harpist. Mrs. J. S. Kemp of Galesburg. Mrs. Kemp has promised to bring her beautiful harp, which cost a thousand dollars, and play at our state convention at Grand Forks.

Our state treasurer, Mrs. Carr, attended both the Traill and Walsh Co. conventions. She is full of enthusiasm and hard at work for a large increase in membership.

A deep spiritual tone pervaded every meeting of the First Dist. convention at Church's Ferry. Mrs. L. C. McKinney, who used to be our state evangelist, was re-elected president.

Walsh Co. convention was held at Grafton. The increased membership was encouraging, especially that of Park River. They had a membership contest according to the plan outlined by Mrs. Carr, and as a result added 65 new members. They have now 138 active and 37 honorary members, making a total of 175. A drill on the state minutes, conducted by the county president, Mrs. Gertie F. Titus, was of great interest and value to the members by revealing to them how many things there were in the state minutes that they ought to know. Mrs. Alice B. Phelps won the prize, a beautiful souvenir spoon. A similar prize drill will be conducted by Mrs. Titus at the state convention and every union should begin at once to have a series of drills in preparation for it.

Cass Co. convention, held at Grandin, in the northeastern corner of the county, had not quite as large a representation as usual, but I think the program has never been surpassed by any former convention. The memorial service showed that

some of Cass Co.'s best workers have been promoted during the year. Mrs. M. B. Goodrich, Mrs. Devreau, Mrs. Robertson and Miss M. H. Sowles. Mrs. Devreau was one of the pioneer members of the Page union when I began my W. C. T. U. work. She was a quiet but lovely Christian character, ever cheerful and sunny. To come into her presence always gave me a delightful sense of quietness, rest and peace. She will be sadly missed, and the bereaved husband and son, who are still in the lonely home, have the sympathy and prayer of her White Ribbon comrades.

Miss Sowles has been connected with our work from the beginning. She was the first superintendent of medical contest work in the state and more recently was a matron in the Florence Crittenton Home. Her life and character was a constant inspiration to the girls who came under her charge, and many by her influence were led into the life that is hid with Christ in God. The passing of these dear ones are additional ties which bind us to the world invisible.

I have attended six conventions thus far this month, and between conventions have spoken at Minnie Lake, Milton, Easby, Park River and Thompson. A promising union was organized at Easby with 8 active and 12 honorary members. Mrs. Lillie Armstrong is president and Miss Emma Wrightson co. sec.

To-day I am with our rec. sec., Mrs. Allen, who is busy making Mrs. Palmer's engagements, and will keep her at work in the state five or six weeks.

I will attend the Pembina and Grand Forks Co. conventions this week, and next week the School of Methods work will begin at Chautauqua, where I hope to see a large representation of White Ribboners.

The state convention will be held Sept. 22-25 at Grand Forks.

An important communication from the State Enforcement League appears below. Will every union, please, read and act upon it at once? ELIZABETH PRESTON, Grand Forks, N. D., June 26, 1899.

### To the W. C. T. U. Societies.

Dear Friends and Co-Workers: The North Dakota Enforcement League still lives. Its work is not yet done. The last legislature came within two votes of passing the temperance commissioner bill, which would have removed the necessity of our organization, but this well intended measure failed, and renewed activity in the enforcement of the law is necessary. Your societies, by their earnest co-operation, have enabled the league to do active work in the past—and we know your support and sympathy can be relied upon. The work of enforcement requires the expenditure of a great deal of money. Last year about \$3,500 was expended by the league and we need \$5,000 this year. It was thought best to discontinue the services of a special collector and to appeal to your societies and the churches for help. Prompt action is necessary, and we appeal to each of your societies to send at least one membership of \$5 to our treasurer, Rev. Charles McNamara of Grafton, not later than Aug. 1. Earnestly soliciting your financial as well as moral support, we are, with great respect, yours truly, R. B. GRIFFITH, Pres., FRANK LYNN, A. LINDLE, Sec'y, R. M. POLLOCK, C. MCNAMARA, Treas., W. L. VAN HORN, M. H. STANDISH, J. M. WYLIE, GEO. NAYLOR, A. HAUGEN, Executive Committee, State Enforcement League.

### PRESS WORK.

Again I wish to appeal to the workers, to arouse from their lethargy in press work. Why neglect this very important part this great educator, the agent of all other other departments? We are commanded not only to do, but to "let our light so shine"—and as much or more depends upon "so shining" as doing. An excellent quarterly report has been received from Grand Forks Scandinavian union, with clippings of the Mss. printed in that time. Devils Lake also reports excellent work. The influence of the W. C. T. U. column in local papers was the means of calling the attention of the people to certain wrongs—and blind pigs, gambling dens and places of questionable resort are closed, and the town is now dry. The union does not claim to have done all, but the agitation meant much. Can we afford to neglect so important a work? Dear press workers, do let us hear from you—what you are doing or not doing. We want to feel that we are working with an active people—not "corpse." Report! Report!  
Mrs. M. VAN DE BOGART, Press Supt.

### First District Convention.

The 5th annual convention of the First District W. C. T. U. met at Church's Ferry, in the M. E. church, June 14-15-16.

A large number of delegates were present; all of the district officers and most of the delegates were present at the first session. Miss Preston was with us during the entire convention, inspiring all by her zeal, her sweet womanliness and her broad Christian charity. It is needless to comment on Miss Preston's lecture, "The XIX Century," delivered Wednesday evening. All who ever heard Miss Preston know how interesting and thoroughly enjoyable her lectures are.

Since its organization the First district has made most encouraging progress in numbers and in efficiency, the reports from the various unions indicating a surprisingly large amount of work done for the betterment of humanity in the home locality of each. The following resolutions were adopted:

Whereas, God in His good providence has permitted us to assemble in our 5th annual convention; therefore,

Resolved, That we gratefully acknowledge the goodness of the Divine Father in crowning the past year's work with the measure of success which the reports from the various unions indicate, and that we continue to recognize Him as our commander-in-chief in this great struggle with the hosts of intemperance and impurity.

Resolved, That we continue to unfalteringly support prohibition for our state as embodied in the constitution, and that we use every legitimate means to defeat any and every attempt at re-submission. Recognizing the fact that the enforcement league has done more perhaps than any other single agency in upholding the sanctity of our constitution and our laws.

Resolved, That we express to the League our hearty appreciation and our desire to co-operate with it in every possible way for the better enforcement of law.

Resolved, That we use our utmost influence to change the time of the election of the supt. of public instruction from the November general election to the time of our school board election—that these officers may be purified from politics as far as possible.

Resolved, That we extend our thanks to Bishop Shanley and to all who assisted us in removing the blot of a lax divorce law from our statutes.

Resolved, That we extend our thanks to M. N. Johnson and to Senator Hansbrough for their vigorous fight in congress on behalf of the anti-canteen amendment.

Resolved, That we make Scientific Temperance Instruction and L. T. L. work the special features of our work during the coming year.

Resolved, That we use our best efforts, by petition or otherwise, to secure such needed legislation as will best promote the interests of temperance and purity.

Resolved, That we tender our thanks to the people of Church's Ferry for their cordial hospitality and for their interest manifested in our meetings. We especially thank the local union for their thoughtful arrangements for our comfort; the trustees of the church in which the convention was held, and the pastor, Rev. Mr. Beatty; the committee who arranged the charming decorations; the friends who contributed so much by their music; the band of infant W. C. T. U. workers who enlivened the sessions so much by their little songs and recitations. Especially do we thank Miss Preston, who contributed so materially to the success of the convention by her inspiring presence; and our president, Mrs. McKinney, who so efficiently fulfills the duties of her onerous position.

Resolved, That expenses for badges and all other necessary expenses be borne by the convention.

### Success Ideals.

But try, I urge—the trying shall suffice. The aim if reached or not, makes great the life.—Browning.

Every man feels instructively that all the beautiful sentiments in the world weigh less than a single lovely action.—Lowell.

"He only is great of heart who floods the world with a great affection. He only is great of mind who stirs the world with great thoughts. He only is great of will who does something to shape the world to a great career. And he is greatest who does the most of all these things and does them best."





### Y's Attention.

Richmond, Va., 15 W. Cary St., May 20.—The international convention of the B. Y. P. O. will meet in this city in July. I want the Y's of Richmond to give the members of this convention that are Y's an informal reception while the convention is in session. I think it will do us all good and prove helpful to the work. Don't you think so?

Will you, please, have a notice put in your state paper asking all Y's that expect to come to drop me a card as soon as they can? Please make them understand that this has nothing to do with the regular convention and that they will have to send their names to the entertainment committee just the same. I am so much afraid that unless we are very careful, there will be some mistake and cause confusion. And will you also urge them to wear their white ribbon faithfully while they are with us? I am more than anxious that the Virginia Y's should meet and greet our workers from other states. Hoping that I may have your help and co-operation in this matter, I am yours for the service.

Mrs. G. M. Jobson.

### From Miss Parrish.

My Dear Mrs. Pierson: I have just this moment re-read your letter of Sept. 10 and see how I have disappointed you about a message for your February meetings. I am so sorry. What can I do to make amends? I must have noticed the request at the time, but thinking it did not have to go at once put it aside and then it was forgotten. I usually jot down all those special things and cannot understand why I did not this time. It would have been such a pleasure to have contributed for your meeting.

As you saw by my Signal letters, I did almost no work in China because the last days in Japan had been so very hard, but what I saw in Chinkiang was such an inspiration! What marvelous things can be done when people have a mind to do them! Really it seemed to me that those girls in Miss Robinson's school knew more than any one about our work and workers. You see Miss R. had drilled it into them year after year for 10 years. Of course I was not in China long enough, neither have I been in Burma a sufficient time to enable me to draw correct comparisons, but it seems to me now that my first foreign field must all ways have the largest place in my heart. I think I should love the Chinese girls, but they are very much slower and more quiet than the Japanese, they dress in more somber colors, too, and do not respond to what you do with the same enthusiasm. Each Japanese girl is a type of the nation, which is leaving all other Eastern peoples behind in the march of progress. This very disposition on the other hand, makes them the most desirable of all the different inmates of the brothel. They are everywhere in large numbers and remind me of gay butterflies flitting about. There are no efforts made here to restrict the social evil. It is so sickening and disheartening, yet I think it nerves the heart of the reformer to know these things since they do exist. Sometimes, at night, I lose hope after I have seen much of such life, but I notice that I begin again the next morning always more determined than ever to triumph in Christ's name. The major part of my time has been given, since I reached Burma, to developing a plan for a Rescue Home, and the Lord is prospering us, and strengthening the hearts of the people to give.

I have just organized my first Y. It is not of native girls, pure, but Eurasians. The natives are more like the Chinese than the Japanese, though they wear the bright colors of the latter. I do not know yet how much organizing I shall be able to do among the native women. As soon as I can I will send you some pictures showing the native dress. I think you will be able to use your others yet in stereopticon slides. The Burmese are Buddhists too, though their temples are of a different style of architecture. I'll send pictures to show style sometime.

Now, Dear, I wonder if you can through the state paper get word to the

girls about my disappointment over my failure to comply with your request. Hoping that you can, and with love to them all, as well as much for your own dear self, I am always yours,

CLARA PARRISH.

Rangoon, Burmah, Feb. 13, 1899.

### Systems of Physical Culture.

There are a great many systems of physical culture at the present time, and as we have had all the systems of previous years to improve on, it is no wonder that we have many almost perfect systems.

The German system of physical training was a revival of the great education of the body. Under a mistaken notion among educators, the training of the body sank to the lowest ebb, to be revived by a German teacher, Gutsmuth, in 1759, who may be looked upon as the founder of physical training. He was a trained all-round teacher and he stamped physical training with one mark, that of all-sided education. He related physical exercises with the education of schools, the home and the nation. He recognized that man is a spiritual being and that his body is the instrument of the soul. The system allows for the swing and movement of personality, but it has no fixed code of laws. It takes everything good from every quarter.

Ling, in 1776, founded the well known Swedish system. He was an eminent student of anatomy and physiology. He formulated a logical plan of training upon a close and critical knowledge of muscles and mechanical muscular movements. It has its methods and ways of procedure like a system of grammar, reading and spelling.

The first and most potent influence exercised by Ling's marvelous enthusiasm was to arouse a deep interest among physicians in physical exercises in treatment of disease. The system now most used in this country has for its purpose the development of flexibility and strength of the human body.

Delarue, like Gutsmuth, had for his problem the relation of the body to the soul. His most valuable proposition consisted in the laws of reaction—reaction of physical movements, gesture, poise, bearing and all forms of expression on the mind. The work under both German and Swedish methods aim at health, bodily vigor, robustness, strength and vitality, but there is little provision for the direct use of the body in expression, grace, poise, ease and bearing.

The Dio Lewis movement, which started about 35 years ago, was Swedish in its origin, but the professors who were most interested were students of the Gutsmuth and Delarue methods, so the movement in Boston was tempered by this fact. Nearly every teacher in Boston studied physical culture, and the effects of the study were noticeable in the schools. Prof. Monroe taught exclusively in teachers' institutes and was always anxious to interest teachers. He impressed upon his students the importance of the teacher herself having a good body and understanding how to overcome the defects in children. Hours of valuable time were spent over defects that could have been prevented by teacher or parent in the early part of the child's life.

The movement met with great opposition; there were all manner of jokes about the children needing exercise; if they needed exercise the parents could furnish them exercise on the washboard or other household duties—all of which sounds very flat at the present time.

With this, of course, came all the different fads for exercise, and in some cases were overdone. But from the pedestrian craze we have the broad soled walking shoe, from the bicycle the sensa-tional business skirt, and a great many other sensible things have developed from this great physical movement.

It is a liberal education to look through a file of old illustrated papers of about 20 or 25 years ago. Every suggestion was ridiculed, no matter how sound the reasoning that called forth the innovation in this matter of physical culture and especially for women. Every horror was predicted; She would forget legitimate function, the bearing of children; she would usurp the place of man in fact she would become everything which she hasn't.

But steadily, in spite of all absurd criticism, the idea has grown that children, both boys and girls, must use muscle if they would have muscle. Prejudice has died slowly, but surely, until to-day physical culture is on a strong footing and is gradually working itself into the life, and that in a rational manner.

Mrs. J. O. SMITH,

Supt. Physical Education.

### Y. Work of the Different States

(From National Convention Report by Mrs. Hoole.)

Two new leaflets were issued by the Y's last year, viz: "Is there need of a Y" and a Y Catechism?

In all but six states there has been an increase in membership, and in New York State where the plans have been carried out as presented, the increase has been 255.

The reports of Y work do not in any degree represent the amount of work done or the degree of interest, but that no field of labor or seed sowing will produce a greater harvest there is no doubt. The outlook is encouraging, the field is wide, but only by patient persevering effort can the young women be held for the temperance cause.

Total membership in Southern California 83.

There are but two Y unions in South Carolina. They have held three medal contests and have a membership of 33 active and 21 honorary.

Colorado 14 Y's, six of which were organized last year.

Dist. of Columbia has 12 Y's: 178 active and 84 honorary. The Y's helped in the Rest Room for the soldiers in Washington, and arranged a W. C. T. U. Day at Washington grove.

New Hampshire has 5 Y's, 135 active and 31 honorary members.

Connecticut has done good work for the National Temperance Hospital and for Clara Parrish. The state secretary presented the cause of young woman's work at a state summer meeting and at three county conventions.

South Dakota with the number of local Y's numbering seven, report a membership of 106 active, 57 honorary, a gain of 45 active and 28 honorary. The work has been presented in several high schools and one normal. This year they have a state organizer.

North Dakota has 25 Y's in 11 counties of the state, with a paid up membership of 500 active and 324 honorary, an increase of 42 active and 32 honorary members. They sent for Clara Parrish \$36.16.

Florida has ten Y's, five of which were organized last year; membership 120 active, 40 honorary.

Georgia has five Y's, all of them in schools for colored people are doing excellent work.

Indiana has nine Y's and nine Y branches. Membership 243 active, 59 honorary. This state apportions them work at county conventions.

Kentucky has six Y's.

Louisiana has five Y's and a membership of 166.

Maine has six Y's and three Y branches with a membership of 108 active and 31 honorary. The Y's of Maine have voted to raise \$50 to educate a Japanese girl one year.

Maryland has 31 Y's, 15 of which are in Baltimore with a total membership of 796 active and 229 honorary. Annapolis Y. gave a Thanksgiving dinner to 159 men and boys, and Baltimore Y's gave a New Year's dinner to 750 men.

Massachusetts has 28 Y's and two Y branches with a membership of 548 and 79 honoraries. The special work of the Massachusetts Y's has been the Willard Y settlement for which they have raised \$6,581.32. Nearly every Y. in the state has done some special work. Reading Y has distributed about 5,000 bouquets.

Michigan has 22 Y's, six of which were organized last year, have a membership of 162 actives and 50 honoraries.

Minnesota has 25 Y's, have 215 active and 107 honorary members. The work has been presented before the Mankato Normal and in several high schools.

New Jersey has 27 Y's with a membership of 606 active and 139 honorary.

New York has 93 Y's with a total membership of 1,011. 38 of the 60 counties have Y secretaries.

Ohio has 34 Y's, total membership of 487 active and 150 honorary. Pennsylvania has the largest paid up membership of any state. Number of Y unions 114 with a membership of 1,844 active, honorary members 614.

Rhode Island has six Y's with membership of 228. It is in Providence where the Y's maintain a tea room of such wonderful size. They have a library, ice water fountains, coffee cart and rest cottage, a summer home for working girls. They hold gospel temperance meetings, employed Anthony Hope for an evening's reading at an expense of \$300, and are now planning a boarding house for working girls.

Texas has 2 Y's. Utah has 3 Y's. The work is new here, but it is growing. The Y. in Salt Lake City has 42 active members. It is not unusual to have 35 out



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of 42 present at the meetings. Virginia has 502 active and 433 honorary members. The young women sign the white shield pledge and the young men the white cross.

Wisconsin has 7 Y's with a paid up membership of 75 active and 59 honorary members. In Milwaukee County Hospital Willard Y. composed of 20 nurses, has done much Christian and temperance work among the sick and convalescent.

### FIELD NOTES.

Mrs. Stevens and Miss Gordon held a successful meeting in Fargo Sunday evening June 18. A threatening storm prevented many from attending, but their inspiring presence, accompanied by their powerful words, were not without their effect. Five members were added to the union. Miss Gordon organized a promising L. T. L.

A reception of sixty-three new members in the Park River union was celebrated with a social gathering in the M. E. church and a fine program was rendered. The secretary, Mrs. Andrew Catherwood, after reading the names of the new members—45 active and 18 honorary—reported the entire membership of the union as 137 active and 37 honorary, making it one of the strongest unions of the state. This large increase in membership is the result of a membership contest.

Tower City union held its annual meeting May 28 with a good attendance and 4 new members were added. Mrs. Hustad opened her pleasant home for the occasion. Supper was served at 6, to which the honorary members were invited. The report of the secretary showed 37 active and 12 honoraries. During the past year the union has mothered a kindergarten, purchasing the necessary furniture and paying the tuition of 5 scholars for the last term and for 4 scholars for the term now in session; has raised \$226; has paid pledges; has circulated a petition for a curfew ordinance. Most of the officers were re-elected. Mrs. M. A. Hartman was elected cor. sec., succeeding Mrs. Heffron, who is our newly elected L. T. L. supt.

Page union has a membership of 26 and regular meetings are held every two weeks at the homes of the members, with a good degree of interest manifested. The union raised last year \$100, \$20 of which was sent to the F. C. Home. The silver gray essay contest, which was postponed, was given Monday evening, May 29, in the Baptist church. Notwithstanding the inclement weather, the house was comfortably filled. The essays were well rendered and embodied the very best thought of the contestants. The medal was awarded to Mrs. Hiram Parsons. The union has secured the services of Mrs. Palmer, one of the national evangelists, to begin work July 16.

\*\*All Subscriptions sent by Y's and distinctly marked "Y" will be applied on expense of Y space.

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## Paper From Galesburg, N. D.

June 16, 1899.—At the W. C. T. U. state convention, held at Park River last fall, I was forcibly impressed by the ability and power displayed. A grand assemblage of women—an assemblage of which any state could justly be proud. As my mother was a W. C. T. U. president and myself once a Y. W. C. T. U. treas., all my natural tendencies and inclinations lead in that direction; but since returning from abroad in '91 I have not been locally situated to do any practical work in the organization.

The good "the W. C. T. U. has done is incalculable: only the record on high can determine it. The path it has trod has often been a hard, cruel one. Pivotal indeed must have been those tearful Crusaders—kneeling on the rough saloon floors, petitioning and pleading to hearts deadened to humanity's woes, debased and degraded by the iniquitous surroundings of their own making.

By all this toil, mingled with grief and anguish, much has been accomplished; but oh! my sisters of the W. C. T. U., progress one other step in the amelioration of our race. I quote from our state song—"Voters keep your noble trust, prohibition's law to save." Why are we not voters? Why not secure a power that will assist us to more successfully cope with the evil that is abroad in our land? We acknowledge that to vote for prohibition is to save it. Why do we not do this voting and not belittle ourselves by imploring someone else to do what we should attend to ourselves? Benjamin Franklin says: "If you want a thing well done, do it yourself." We certainly want this thing well done, and this is about the only sure way. At the present day woman's ability is conceded. We now go to the polls, once considered "no decent place for a woman," but we go there now and put down our mark for some officials—why not for all? Isn't it a kind of a burlesque to half do a thing? Believing that the constitution of the U. S. gives me the right, I once voted the ticket straight through. It remains to be told whether my ticket was as good as the rest or not.

Suffrage has been practically tested in Wyoming for thirty years, and this state has given to the recent war more than once her quota of brave sons. Three other states in our union have thoroughly demonstrated its advisability. Foreign countries come in with their acknowledgment of benefits derived from it. We suffer all the penalties of laws in which we have no expression of opinion or hand in making. The execution of Mrs. Place

is a vivid illustration. A more distressing, lamentable story than hers could never have been told. Hampered in the ways that selfish arrogance, animal superiority and established custom could control—a woman—that man agged her to the terrible deed—and as sure as there is a judgment day, retribution will come upon those who are responsible for such laws and such conditions for a human soul to suffer in. Awful, is it not—that such a state is possible? I casually remarked once, "that nine women out of every ten, so situated, would have committed the deed." "O no," said a gentleman, "that would be incredible." Reconsidering it, I realized that in common practice he was right. It is so customary for women to suffer and suffer. It isn't much wonder the little baby girls are thrown into the Ganges. Those people who consider barbarians seem wiser than we—not to entail suffering.

I have scarcely space in this paper to notice an article by Prof. Peck in the June Cosmopolitan. Suffice it to say, it would fit in well with the 10th and 11th Cen. He asserts: "In the last resort it is physical strength that rules." What do you think of that, my sisters in the W. C. T. U.? And "this strength is in men and not in women." Any tramp that comes along is our superior! I would suggest the animal elephant control—for he is the king of strength. The statement, "the place then that women hold to-day they will always hold," is, to say the least, singular. He does not seem to know what the status of even the women of fifty years ago was. The article is full of anomalies and inaccuracies; but it does give one a queer sensation to know that any sane human being could give expression to such ideas now! Should women plead and pray to mortal beings who in many instances are morally inferior? Women, as a rule, are pure; it is demanded of us. It certainly would help along the great plan of redemption for us to simply take our equal share in making laws that would govern equally and justly, thus, in reason, developing the best in all.

The suffrage treas., Mrs. J. S. Kemp, Galesburg, N. D., would respectfully remind all suffragists that the fiscal year closes Aug. 15, and it is very necessary all possible dues be in, so as to close the year's accounts then. Also, pledges of money, contests and entertainments made for this year should be reported.

We are sad to have to chronicle the death of two of our suffrage members in recent months, Mrs. M. B. Goodrich, of Casselton and Mrs. Wm. Eris of Galesburg. The former we never met personally, but "lives of great men all remind us." So this life has left its impression as being one foremost in good causes for humanity's sake and especially enthusiastic and earnest in woman's emancipation. The latter we knew personally. She was a considerate, kind friend and neighbor, a home maker and an intelligent, conscientious mother; and just so much as her mind considered the welfare, advancement, equality and rights for her several children, just so was she interested in the development and progress of all.

"Requiescat in pace."

## Franchise.

Miss Willard said "home protection is the key word of Woman's work," then equal suffrage should be the first principle to be established by those who would bring the world out of the darkness of sin and despair into the light and love of Christ's gospel, for the homes are the true centers of all real growth and light, in this world, and if we would protect them we must have this invincible and almost invisible weapon we call the ballot, with which to keep the mildew and blight of evil from their sacred portals. Let us strive then as we have never striven before to bring our friends and neighbors to see this matter in the light we do and to make them understand that it is not because we are hungering for some public preferment or that we would undermine or belittle men in any of the walks or vocations of life, but that we are longing to join our efforts with theirs to make homes happier, purer and more secure, our nation stronger and more righteous, its men and women to more clearly show forth the image of God. A great man has said that the secret of eloquence is "to thoroughly understand your subject and be hungry for its success." If this be true, then surely we can all be eloquent on this subject—the purity and preservation of our own homes.

Equal suffrage is no longer an untried experiment, and from all quarters of the globe where it has been on trial, come

most encouraging reports of its beneficial effects, and where there is only partial suffrage granted, there is no record of a case of repeal of the law where it is once established, but always a steady progress toward its extension. I am especially anxious that there shall be a large vote cast by women this year at the school elections and hope that every union in the state will have a superintendent of this department of work who will put forth every effort to arouse interest on this most vital of issues. There is hardly a union that could not have an equal suffrage contest among its matrons which could hardly fail to awaken much thought and helpful discussion, besides being a financial and social success. Mrs. Cora Ross Clark, of Langdon, our efficient superintendent of contest work, will gladly give anyone interested all needed information on this interesting subject.

Henry Blackwell, husband of Lucy Stone, and for more than thirty years editor of the Woman's Journal, in conjunction with his wife and daughter, Alice Stone Blackwell, said in a recent issue of that excellent paper that "Eternal peace will be possible only when equal suffrage and the referendum are established," and what woman does not at this time long for some power to check the threatening tendency toward war and bloodshed that seems to be epidemic in so many lands; especially the mothers, and all mothers must feel a prayerful pity for those poor mothers whose beloved boys are grappling with the war demon in those far islands of the sea where disease and death and terrible temptation seem to be holding high carnival. If we could not avert the bloodshed, we could help to give them wholesome food and drink—if only our hands could touch the springs of power. Every union should have at least one copy of the Woman's Journal to be read by the members in turn and selections given at the meetings, though of course it would be vastly better if every union sister could have it a weekly visitor in her home, and much good would come out of it for every member of the family. It is a good literary paper, containing many selections and contributions of choice verse and a resume of current events, always a good short story, and its crowning excellencies, correspondence on suffrage topics from all over the world and the brightest and most timely of editorials, for Miss Alice Stone Blackwell has inherited her father's great literary abilities with her mother's faithful devotion to "Mother's Cause." Send \$1.50 to Mrs. J. S. Kemp, Galesburg, N. D., and you will never regret it.

Miss Brehm asks that papers on franchise be read at every convention and these essays be forwarded to her afterward, as she wishes to increase the literature on this subject. Let us all go to work with a will and make this year memorable in the annals of reform in North Dakota. Now, let no one be deterred from doing what their conscience tells them is a duty because they are sensitive and it is hard to hold and advocate theories our neighbors condemn or ridicule, but go bravely on and your recompense is sure. Mrs. L. L. MUIR, State Supt. of Franchise.

## Sunday Law to be Enforced in Minneapolis.

Some time this summer Minneapolis is to be the scene of a crusade against the Sunday saloon that will surpass anything ever before attempted in any city of the northwest. Mayor Gray will be told that unless he gives orders to this effect, steps will be taken to impeach him on the ground that he is violating his oath of office in not enforcing the laws governing saloons.

This is the result of the visit to Minneapolis of C. N. Howard, of Rochester, N. Y., founder and president of the Prohibition Union of Christian Men. Mr. Howard addressed a meeting at Plymouth church, which was largely attended by leading citizens. He told of the effective work accomplished by his organization in Rochester. The concert halls have been closed, and Rochester is now obliged to respect the laws. A victory was won because they went into the fight in a proper way, and the same thing can be done in other cities. Mr. Howard will be brought to Minneapolis to start the work.

THE LEVER.

(CONTINUED FROM PAGE 1.)

Mott and Johnson—all of whom did admirably. Mrs. Johnson, by a vote of the audience, carried off the medal. Excellent music was furnished in variety throughout the session, under the direction of Mrs. Sprague and Mrs. Pierson.

Although the convention was a success and instilled new courage into the hearts of the Ransom county temperance workers. The officers elected were: Mrs. H. R. McIlvaine, pres.; Mrs. L. B. Chamberlin, vice pres.; Mrs. Nellie E. Mott, cor. sec.; Mrs. Wilbur Hanson, rec. sec.; Mrs. Eva Knapp, treas. Respectfully submitted, MARY M. GROVER, Reporter.

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