



"NOT WILLING THAT ANY SHOULD PERISH."

VOL. 4. NO. 1.

TOWER CITY, N. D., FEBRUARY, 1902.

Monthly—25 Cts. a Year.

GOD'S WAY IS BEST.

Just where you stand in the conflict
There is your place.
Just where you think you are useless.
Hide not your face.
God placed you there for a purpose.
Whatever it be:
Think He has chosen you for it;
Work loyally.
God on your armor. Be faithful
At toil or rest.
Whichever it be, never doubting
God's way is best.

Busy with the Best Things in Life.

"Wist ye not that I must be about my Father's business?"
When these words were uttered the time had arrived that Jesus should manifest that His life was to be a purposeful one, and to be about His Father's business was the best thing to be busy with.

So to each individual the time comes when the talents which God has given them will be demanded for activity, and though there may be one, two or five talents, the use of these is just what is needed for the world's best good.

To each is given some special work just as sure as to each is given a separate individuality.

Emerson very aptly puts it when he says:

"Nature arms each man with some faculty which enables him to do easily some feat impossible to any other."

If this be true, how much we need to seek to ascertain the corner we are to fill, that not one part of God's great plan may be left undone.

We so often hear people say when called upon to perform some little act—"Let some one else do it, I am so busy."

The question is not so much how busy we are, but are we busy with what was intended for us to do, or busy with the best things in life? For surely what was intended for us is the best thing to do. But how can we decide and how can we know that we have the ability to perform a work when called upon?

Perhaps the difficulty in deciding this matter may be solved by asking ourselves some of the following questions and earnestly seeking their solution:

First. Is this my work? It is from within that this answer comes, for if our lives are in harmony with the great life giver, as was Jesus', "He will guide you into all truth."

Our crusade mothers heard the voice of love and duty pointing to that particular work at that particular time. A great truth had been presented to them and the pressing need to action was apparent.

It was the Father's business that needed their best efforts.

But there are other questions which naturally and rightfully present themselves to the individual in determining the line of duty.

Does the demand arise from some real need of humanity?

Will some one or more be better and wiser for its having been done?

Does this work intrude upon any known work of greater importance?

Would the best powers of my being be called forth in its performance?

Will my physical being warrant doing any more than I already have to do?

The answers to all these were so plainly given to the crusaders that they hesitated not. What would have been the result if they had said "Let some one else do it."

Frances Willard, when a child, felt that she wanted to make her life a purposeful one, and in later years when called to become the leader of the Woman's Christian Temperance Union in Chicago

she answered "Here am I," and left the more remunerative work, because she wanted to be busy with the best things in life. She answered to help make the world happier and because it did not intrude upon any known work of greater importance and because the demand arose from some real need of humanity.

We do not need to follow this great life to show you how wise was her decision, nor speculate upon what the results might have been had she not accepted this call. We love, however, to dwell upon the life of our great leader, because there is so much in it for our inspiration and example.

We are so thankful for her and the legacy she left us. So thankful for the great organization whose principles are for the triumph of Christ's Golden Rule in custom and in law. We see in this organization that the demand for such work arises from a real need of humanity. We see too that many will be made wiser and better and that it can hardly intrude upon any work of greater importance. A wonderful organization is this one, in which the love, sympathy, and co-operation of the all good women should be enlisted.

True, we can not be and do, as did our sainted chieftain, but so many and varied are its lines in lifting up its voice against all that is evil and allaying itself with all that is good, there is no reason why every one may not find a work and, indeed, these different needs can only be met by the different individualities; and it can not be quite complete, can not accomplish all that it might and that God intended it should, unless the mother hearts respond with their personal activities; unless the children are banded together to learn of the injurious effects of narcotic poisons upon the system; unless the young women come into the ranks and help in the fight for God and home and humanity, and learn how to be better wives and mothers.

Why, then, is this not recognized, and why not more followers?

There are, perhaps, quite a number of reasons. It may be the work has not been presented clearly, showing its value and beauty and the real need of its existence. It may be some are judging the work by the non-interested and inactive ones. Perhaps they are waiting to see that it is one of the best things to be busy with. Perhaps they think it takes too much time away from their homes, or that they have no time to spare, as the church work demands all their extra time.

If there are any staying out for the first reason given, will not each one who wears the white ribbon strive to enlighten, as a part of her individual responsibility, according to her ability, those in her circle of acquaintance.

If for the second reason, then "what manner of local unions ought we to have that there be no inactive ones," for the activity will bring interest? Educate, entice, encourage, are the three Es to be used to help the weaker ones. "Speak no discouraging word about the work, and no disparaging word about the worker." Keep the work and the organization constantly before the minds of the public, and this second reason may disappear.

If it is for the third reason, may each union and each worker be able to present a vivid picture before them of the value of human souls and the awful destruction that is being wrought throughout our land by the curse of the liquor traffic, and that our precious ones are being ensnared. Then apply the questions given before and see if it does not answer

them all as being one of the best things to be busy with.

O for the crusade spirit to fire us to activity, that the results may show that it is an organization worthy of best efforts. To protect the home is to protect and preserve the nation. To educate the young in purity of thought and action is the only way to develop a well rounded life. To instruct in the care of the physical being and the sacredness of it, is to teach God-given truths, for "the body is the temple of the living God."

Show them the work of the evangelistic, the reformatory and the prohibitive departments. Show the scientific truths, picture them all in their beauty and some of the wonderful results that have been achieved, and it must be that they will see that it is worthy of some of their time, and that it is one of the best things to be busy with.

But another may say "I can not leave my home to attend the meetings, or actively engage in this work. My family needs me."

True, they do need you, and they need your very best. Can the best be given the family without an education along the lines of what makes the best family and how I can do my part to make my home the best home possible?

How many mothers there are who stay at home and yet so sadly neglect their homes, because they have an idea that their presence, without any help or inspiration, they may receive from joining in some philanthropic work, is all that is needed. The splendid literature that is used in this work and the exchange of ideas is well worth the time and effort if there were not a thousand other reasons why they should help in this work. Surely home duties come first, but not home slavery as a part of those duties.

Can not the wise home keeper so plan her work that she may spend a little time in other duties?

Yes, if she does not spend too much time in the unnecessary, in eating and clothing.

Choose ye the best method to accomplish the real necessities, and the results will astonish you.

O how many there are that stay at home constantly and allow their loved ones to be carried into temptation or perish for lack of knowledge, without one effort to remove the temptation or enlighten the ones placed under their care.

Some one may say I can read at home and thus inform myself, and save the time and trouble of going anywhere.

If the organization is one of the best things then it is worthy of the support of all good women, and the help and inspiration one may receive from a union of this kind is far greater than any ideas that may come singly to any one. And God forbid that any should be so narrow as to think only of their own, without a thought or care for others. If we help others we most certainly help our own, for the influence of each must tell for better or worse.

Some one may say: "It is so little we can do. Is it of any use?"

We have no right to question ourselves in that way. That little work we may do, if left undone, will be left undone to eternity. No one else can do what God fort from in the thought, when we feel ourselves so small, to remember we have a God given work which no one else can do.

Another may say "My church work is all I can do beside my home duties."

The church work must surely be done; that too is a part of God's plan, but if we

carry out God's plan in the church work it will not take so much time for that there will be no time for the work of a Christian organization.

There surely is no greater help to the church work than the Woman's Christian Temperance Union. It is church work, and when we say we have only time for church work remember that this is a great part of it. Save time for this and sacrifice on the church suppers and fairs if need be.

Look at this matter seriously and see which is the best thing to do.

It seems especially appropriate that we think well of these things just now, and that we be able to give a reason for the hope that is within us and know how to meet all of these arguments that are so often thrust upon us.

We need to consider well what are the best things to do, and what we may leave undone, that we may be busy with the best things.

The needs of our state are great. There are coming to us in large numbers people who expect to make their homes upon our rich prairies, and the upholding of our cause before them is essential to secure their co-operation.

There will be a struggle too for the overthrow of our prohibitory law; and we need to push our work to the uttermost parts of the state because of the help they may be in maintaining it. We need constantly to agitate, educate and organize, that the sentiment of the people will permit of no backward steps by annulling our law.

This is the month too when we need to take special thought in regard to extending the work of our organization, not only in our own state, but help push it everywhere. We can in no better way help to erect a monument to the memory of our own Frances Willard than by helping along this great cause.

Then ask yourselves again and help others to ask themselves if the work of this organization is not a demand arising from some real need. Will not some one be made better and wiser by it?

Can this work possibly intrude upon anything of greater importance? Would not the best powers of my being be called forth in its activities? Can I not plan my work to give a small part of my time and not overtax my physical being? Did not God intend this work to be done? If so, what is my part in it? Is not one of the best things to be busy with? And would I not be about my Father's business in helping according to my ability and the time I can honestly spare?

MATTIE VAN DE BOGART.

Libson union has recently made Mrs. J. H. Johnson a life member of the State Union.

Promoted.

The Dawson Holt union feels a great loss in God's removing one of their sainted honorary members, Mr. Moses Sanborn, who passed to his heavenly home Oct. 25, 1901. Mr. Sanborn had long been a member of our union and a great help to us all. He was 82 yrs., 1 mo. and 28 days old. Mrs. Sanborn still survives him at 80 years and 2 mos. of age, and represents the 4th generation in our union. Mrs. MATTIE DEVORE, Pres.

Mrs. Hattie Goodman, wife of Mayor Goodman of Hillsboro, passed from earthly activities Wed., Jan. 8, Mrs. Goodman has been an active W. C. T. U. worker and will be greatly missed from the ranks. She leaves four children and a husband. The W. C. T. U. of the state extends heartfelt sympathy.

White Ribbon Bulletin

PUBLISHED MONTHLY.

Mrs. Elizabeth Preston Anderson,
EDITOR IN CHIEF.
Mrs. Mattie Van de Bogart,
MANAGER.

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

Entered in the postoffice at Tower City, N. D., as second class matter.

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.

STATE MOTTO: I am but one; but I am one; I can not do everything, but I can do something; what I can do, I ought to do, and what I ought to do, by the grace of God I will do.

Subscription price, per annum, 25¢
Extra Copies of The Bulletin, 2 Cents Each

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.

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Supt. Lecture Bureau—Miss Maude I. Math-
ews, Larimore.
Secretary L. T. L. Branch—Miss Bena Hal-
low, Bowsmont.

FEBRUARY, 1902.

Our Club Offers.

White Ribbon Bulletin and American Mother, \$1; Bulletin and Light, 70c; Bulletin and Union Signal, \$1.60; Bulletin and Physical Education, 35c; Bulletin and Backbone, 30c; Bulletin and Dakota Farmer to new subscribers, 75 cts. for 1 year, for one-half year, 50 cts., and as a premium a map of the two Dakotas with a map of the world on the reverse side. Westland Educator and Bulletin \$1.00.

Notice.

All communications to New City union should be sent to Cando P. O. All communications to Riverside union should be sent to Hope P. O. This was either an oversight on the part of the Cor. Sec. in making out the Local Directory for this year's Annual Report, or an omission on the part of the printer to print the postoffice addresses.

M. E. VAN DE BOGART.

We have a new paper in our club offers this month. This is one that is just issued by our National Superintendent of Physical Education, Mrs. Frances Leiter. A sample copy has been sent to this office, and I am sure it will be a very helpful paper. To any one who will send in a club of five names to the Bulletin, we will give a year's subscription to Physical Education. Notice also our club offer and the ad. on another page.

Red Letter Day, Feb. 17th, Thanksgiving Day (the heavenly birthday of Frances E. Willard.) What a pleasure it will be to come together on this day and talk and read of the work of our sainted chief. How enthused and encouraged we always feel after meditating over this great life. How, then, can we show our gratitude for the work she has done, better than to respond to the call of the National, in asking that each union send two dollars to be used in organizing work? We trust the enthusiasm will run so high that not one union will miss this opportunity. Send your donations to the state treasurer and she will turn it all over to the national treasurer.

From the Forum we clip the following article, which certainly shows where

Casselton Reporter

CASSELTON, N. D.

Neat Job Work for W. C. T. U. on Short Notice, AT REASONABLE PRICES

the strength of argument lies. The cause that is right shall win.—Ed.

TRIANGULAR DEBATE.

If the expression of the large audience which assembled at the opera house Friday night to hear J. Adam Bede, republican, T. J. Caton, democrat, and Oliver W. Stewart, prohibitionist, in a triangular debate, is an index to the expression of the people at large, such debates may become popular during the progress of state and national campaigns. It would simmer the thing down to "you pays your money and you takes your choice," but if all the prohibitionist spellbinders were as eloquent, forcible and logical as Mr. Stewart was on this occasion, there would be national prohibition inside of ten years. The speakers were all good and eloquently explained their respective theories of government, but there is no use disguising the fact that Mr. Stewart caught the crowd. He did it by the artistic manner in which he made minutes of Mr. Bede's arguments on the matter of prohibition. The speakers each consumed twenty minutes in their opening arguments, the respective replies consumed twenty minutes each and they were allowed ten minutes each in which to close.

The Bulletin Must Succeed.

With this issue the Bulletin started out on its fourth year's work. How much of the desired success has been accomplished in the way of helpfulness, we are unable to say. We leave that question for each union and each individual to answer.

Very encouraging words have been received from many and we are grateful for them.

We are planning for greater things, however, the coming year, and feel sure that with the co-operation of all, we shall succeed. Walsh county has for its motto, "If you always do your best, your best will better grow." If we follow this motto, and each do the very best possible, we surely will succeed.

We hope to have great success in securing more reports from the unions, more plans and articles on department work, and more letters from the county presidents. Will you help us?

Then to be truly successful we must have hearty responses to the financial support. Quite a number have responded to our former call and so we take courage and ask for a moving all along the line. I will do all I can to remind you, but will be very thankful not to be obliged to do the reminding.

Harlem union has sent in subscriptions now for each member in the union. If this could be followed by every union, there would be no more need of mentioning our great necessities.

Very few have returned the pledge blanks sent to each union, asking that as many subscriptions be sent in as there are members in the union. This does not mean that the unions shall pay for them all but that they shall collect that many and if the members can not subscribe, the union to make up the balance. This was a recommendation from the State Convention and was a unanimous vote.

We hope that all will feel that this can be done. Let us all feel that the BULLETIN must be a success.

PRESIDENT'S CORNER.

Dear Comrades: This cold, clear, crisp, invigorating winter weather is the time of all times for study, the time when every union should make an extra effort to have its membership well grounded in the principles, aims and methods of our work. I urgently request every union to give its members the benefit of a School of Methods or W. C. T. U. Institute as we now nominate them. If the unions of a county can not come together for an institute, let two or three or more unions combine. If this is possible, let each union have an institute of its own.

Mrs. C. M. Allen, Grand Forks, who is our Superintendent of Institute Work, will give you suggestions for programs and how to carry them out. With the many helps available from the W. C. T. U., any union can arrange a profitable program. Invite your doctor to speak on Non-Alcoholic Medication and furnish him with some of our literature on the subject. Invite your editor to speak on the power of the press, a lawyer to speak on the prohibition law, or a lawyer of the state concerning woman and child, or a minister to speak on the duty of the church in the temperance reform. Throw the meeting open

to the public and make a special effort to secure a large attendance at the evening session. Appoint a strong committee to obtain new members, and when all is done, do not forget to report the Institute and its results to the White Ribbon Bulletin.

Above all emphasize the spiritual part of our work, as that is the rock upon which we build. Our organization is nothing, if not Christian. The strength of a union depends not so much upon the number of its members as upon their consecration. Every local union should be a center of spiritual power in the community.

I trust every union is well supplied with State Minutes, and that in their study no part of this valuable book will be neglected. I wish to call your attention to art. 4 of the constitution on page sixty-eight, which you will notice states that the annual dues of thirty cents per member is to be paid to the state treasurer before January first. Scarcely a union in the state has obeyed this provision of the constitution and the result is, there is not money in the treasury to meet obligations due: the state treasurer can not send on the ten cents per member due the national treasurer, and the national treasurer is obliged to borrow money to keep the machinery running until this shall come in. All this trouble and hardship in the state and the local treasurer to collect the membership dues and send them in at the beginning of the year.

The National W. C. T. U. makes but one request of the local union for financial aid. Every union is requested to observe February seventeenth (Miss Willard's heavenly birthday) by holding a memorial service and taking a free will offering for the extension and upbuilding of the work to which Miss Willard gave her life. Two dollars should be sent to the national treasury for the work of organization, and we trust that the collections will be sufficiently large that an equal amount may be sent to the state treasury for the same purpose. All the money for the national as well as the state funds should pass through the hands of our state treasurer, Mrs. Addie L. Carr, Northwood, that the unions may receive due credit upon her books and in the State Minutes.

The Union Signal publishes a suggestive program for the Memorial service and many unions will observe the sixteenth, that being the Sabbath. Every union in the state should send two dollars to the Willard Memorial Fund this year. The states that paid the most into this fund last year were the states that made the largest gains in membership. There is a giving that enriches and a withholding that tends to poverty.

We have sent this year a special W. C. T. U. Commissioner, Mrs. Faxon, of Michigan, to the Philippines. When the pledges were being taken at Fort Worth to meet her expenses, I pledged ten dollars for North Dakota in honor of the First North Dakota, the only regiment in the Philippines that had no canteen, a regiment in which more were killed in action or died from wounds received, than died from disease, a record unparalleled by any other regiment in the United States.

Any unions who wish to honor our soldier boys, and help along our cause in the Philippines, may do so by contributing directly to this fund.

Every county, district and local union is asked to set its aim for a gain in membership of at least twenty-five per cent. this year. This will not be much for any one organization, but it means a great deal for the state in the extension of our work and the dissemination of its principles.

The names of all unions making this gain will appear on the honor roll which will be exhibited at the state convention at Wahpeton, and published in the state minutes.

The question often comes to me, how shall we secure the attendance of our members and their interest in the meetings of the union?

The attendance depends upon the interest and the interest depends upon the attendance.

The best remedy I know of is work. Put them to work, give every member something to do, not too heavy tasks at first, but make every woman feel that she has a part in the work, that the success of the union depends in some measure upon her. It is a mistake to let any woman feel that her work and her presence are not needed. No union can attain to its highest success, unless every member contributes her quota to that success. God's work can never be quite

complete, until our little part in it is well done. Do you remember George Eliot's poem, "Stradivarius"? Stradivarius was the famous old violin maker, whose violins nearly two centuries old are almost worth their weight in gold today. He says in the poem:

"If my hand slackened,
I should rob God—since he is fullest good—
Leaving a blank fretted violins,
He could not make Antonio Stradivarius'
violin
Without Antonio."

This is as true of each of us, as it is of the greatest of earth.

Mrs. Ada Unruh, who has done excellent service for us in the past, has been engaged to come into the state the latter part of March for two month's work. All unions desiring her services should make application at once to Mrs. Mattie Van de Bogart, Tower City, N. D.

Mrs. Unruh can hardly be excelled as a speaker, builder and well equipped worker. She will make a specialty of teachers' meetings and mothers' meetings, in the afternoons.

During the summer months we expect Mrs. Callie Howe of Mo. and Mrs. Mabel Conklin, of New York, both of them workers of national reputation.

Yours for the extension of W. C. T. U. principles which means the imbuing of His Kingdom.

ELIZABETH PRESTON-ANDERSON.

Drayton, N. D., Jan. 20, 1902.

Physical Education.

"Sixty Exercises for Busy Women" by A. Blood, each \$5

"The Home a Gymnasium" by Mrs. O. . . . price, . . . \$5

This teaches how to utilize the exercise of every day routine life for physical betterment. 10 pages of printed matter, besides 10 full pages outline illustrations. Every woman should own a copy of this leaflet and the "EXERCISE" folder.

"PHYSICAL EDUCATION," an eight-page quarterly, subscription price 25c; clubs of ten, 10c; clubs of twenty, 5c. The second number will be of special value to teachers, as well as the general public. Secure these important helps of Mrs. FRANCIS W. LEITCH, Nat. Sup. Physical Ed. Dept. Mansfield, O.

School Savings Banks.

Supplies have been ordered by Mrs. Critchfield, of Hunter, Mrs. Beck, of Lakota, Mrs. McWilliams, of Cogswell, and Mrs. J. S. Kemp for Galesburg and probably Clifford. Portland, after the system had lapsed for nearly two years, has again ordered supplies and under its energetic and progressive principal, Robert Colvin, cannot fail to do good work. In September of 1901, Mayville children deposited \$55.00. There is an added interest manifested in this department.

Three of the leading schools of this city are now taking up the work after having considered it for nine years. It demonstrates the fact that perseverance wins. The department is not taken up by the New Jersey unions, but the work is done largely by outsiders. The daughter of Dakota's State Supt. has been largely instrumental in its adoption at this time. H. C. RUTH, Newark, N. J., State Supt. Jan. 9, 1902.

FIELD NOTES.

On the last Sunday in January the Lisbon union held a monthly temperance meeting in the Presbyterian church. Rev. J. L. Sizer, speaker, subject, "Health and Heredity."

The officers of Grand Forks Scandinavian Union have recently been changed and are now as follows: Pres., Mrs. L. G. Mikkelsen; Cor. Sec., Miss Margaret Christianson; Treas., Mrs. A. Knudson.

Before leaving the state, Mrs. G. H. Smith organized a Scandinavian union at Larimore with seven active members and two honoraries. Mrs. Strandness, pres., Mrs. S. O. Bondelid, cor. sec., Mrs. Frank Weaver, Treas.

The new union at Granville recently held a public meeting in the church. The house was crowded and a fine program given. Mrs. M. B. Calderwood, who has recently moved there, gave a talk on W. C. T. U. work in the state.

The County Superintendent of Medal Contest Work of Sargent county, Mrs. Marion Smith, of Brampton, is doing some good work. She has held three silver medal contests and is now preparing for a gold medal contest.



San Antonio, Texas, January 20, 1902.
 My Dear Comrades:—I had hoped to have a copy of the Year Book in the hands of every Y president long ere this, but as yet the supply has not reached me. They will be promptly forwarded as soon as they come, but in the meantime we need not be idle for lack of ideas and suggestions. There are many lines of activity open to us if we cannot all act uniformly, and do the same things at the same time. I will add later some items concerning various unions which I have culled from the Union Signal at different times, hoping they will prove to be an inspiration and help to us in our local work. And just here, let me suggest, dear girls, that we need to pass on word of what we are doing at home, that we may perchance encourage or assist our sister unions. It seems to me we do not keep in touch as we should, and I would be so glad if each local union would have its corresponding secretary send to Mrs. Mary Grover, Lisbon, at least once in two or three months some word of the local work. It might be a description of some social, bazaar or fair which had been successful, some line of study you were pursuing, or some special work you were pushing to a profitable, uplifting culmination. We could establish in these columns a general information bureau, and I am sure the interchange of ideas and plans would prove of great help and inspiration. Let us try it and see. Mrs. Grover will be glad to receive the news items and she will act as editor of our column. Begin at once, and send your suggestions, plans and what not to Mrs. Grover, as soon as you read this, and let us see what a truly interesting column we will have in the March issue of the Bulletin.

And now comes some good news from our general National Sec'y, Mrs. Clara Parrish Wright, which has reached me too late to go in my last letter. It is the joyful intelligence that the Y membership in the United States had increased amazingly during the past year. The exact per cent of gain has not been determined, as we have no accurate means of ascertaining it unless the state treasurers keep all Y dues separate, and in twenty-seven states this was not done. Despite this fact, we have increased in membership so greatly as to lead us to believe we can capture the world's banner this year, which is now held by the Y's of Great Britain. In order to do this, each local union in the United States has a part to play, and that means every local union in North Dakota, doesn't it? Let us set to work then, dear girls, and do all in our power to gain our friends for our white ribbon army. It is an attractive, beautiful work and we should be able to make it appear so to our friends. Let us endeavor to make our meetings so helpful, uplifting, cheery and sweet they can but be attractive and inviting. We need to cultivate and develop our highest nature, and the Y training school is the very best I know. Every endeavor to help some one else has a reactionary effect, so we have double the reason for making the effort. Let us ask God to direct us in all we do for His sake, and in His name, and bless all efforts for the uplifting and moral strengthening of the youth of North Dakota.

I rejoice to tell you that dear mother has gained remarkably during the past few weeks, and we are now leaving for Los Angeles. Continue to write me there, 219 N. Grand ave., until I further notify you. With love to you and yours loyally,
 COLEA W. LARIMORE.

The South Dakota Young Woman's branch has made a gain of almost, if not quite, 500 per cent the past year. And Kara G. Smart, state Y secretary, is not only state corresponding secretary for the W's, but a stenographer who is employed during the entire day!

The Bridgeton, New Jersey, Y's held a novel and helpful meeting recently. The subject was the "Do Everything Policy," and the leader gave Miss Willard's explanation of it, and reasons for adopting it. Then the superintendents

made three-minute speeches on the work and plans of their respective departments, which were very interesting and helpful.

The Y at Cambridge, N. Y., not yet a year old, has sent two barrels of literature with comfort bags and clothing to the soldier boys in Mania and to a reformatory institution for boys as well, besides eight dollars in cash to the Fresh Air Fund.

I want the young women to know about our new Y, in Verona, Oneida county, N. Y. It is a glorious one, fifty-one ladies—more young men than young ladies! Our fondest hopes did not come near to the reality! A brilliant college girl, Miss Lucy Osgood, is the president, and Miss Harriett Everett, niece of our own "Faye Huntington" (Mrs. T. B. Foster), is the secretary. Different church denominations, both Protestant and Catholic, are represented.

Mrs. Harriet B. Kells, president of Mississippi W. C. T. U., writes: "Miss Annie Rothwell Stewart, field secretary of the Y branch, has just completed a four-weeks' tour in Mississippi, during which she won many friends for herself and our cause: 107 active and 32 honorary members; two new Y's and one W were added to the work; also 338 pledges taken. At the State Agricultural and Mechanical College Miss Stewart addressed the teachers and 550 students; 100 young men took the pledge and a Young Men's Christian Temperance Union, with 100 members, was formed. At East Mississippi Female College 130 pledges were signed and a Somerset Y of fifty-two members was organized."

I find my girls ready for all good work where they know what to do: and even our Junior Y's in Oneida have made us feel proud of their report. Not only have they held regular meetings but a banquet, where papers were read on Frances Willard as a teacher, as a reformer, as a leader, etc. These papers were pronounced excellent by all who heard them. They have made comfort bags, also held a parlor meeting with a program, which so captivated the boys present that they formed a Y. M. Christian Temperance Union and at once signed the pledge. These are some of our little girls, and the older ones throughout the state represent every department you can mention. Many of our counties, and the state itself, would have lost in membership this year but for the gain in Y's, and we feel we are growing more popular everywhere as an organization. New York State Y Secretary.

LOYAL TEMPERANCE LEGION.

Wooley's Message to Boys.

"The best thing a boy can do for prohibition is to be a prohibitionist and know why. To be clean, intelligent and filial are the three graces of boyhood."

This is, indeed, a grand subject to think about and we want our North Dakota boys to think it over and study the subject.

Send us your best thoughts written in the best possible manner on this subject: "Why I Am a Prohibitionist." The best letter will be published in the Bulletin the first month after receiving, and the second best the second month.

Remember to write on only one side of the paper.

All boys in the Loyal Temperance Legion are entitled to compete. Give your name, age and address distinctly and send to The White Ribbon Bulletin, Tower City, N. D., before March 1st.

Beautiful Hands.

The beautiful hands are the useful hands.
 That are ready for any work.
 That improve the moments that others waste
 And the duties of life never shirk.
 The beautiful hands are the helpful hands
 That lighten the mother's toil.
 That cheer up her heart, weighed down with care.

And bring to her lips a smile.
 The beautiful hands are the loving hands
 That smooth a father's brow
 When it aches with the worries and cares of life.
 Or smarts 'neath affliction's blow.

The beautiful hands are the clever hands
 That make home attractive and bright
 With their skill and cunning, in many odd ways.
 To charm and gladden the sight.

The beautiful hands are the kindly hands.
 Dispensing good for all;
 Smoothing the pathway for others' feet.
 And raising those that fall.

The beautiful hands are the willing hands.
 That gladden many a home
 With their tireless devotion and ready aid
 When hours of affliction come.

The beautiful hands are the reverent hands.
 Which, clasped in earnest prayer,
 Bring blessings down from heaven to earth
 For weary hearts to share.

WILLIAM BALL.

Motion Exercises.

Right hand (2), left hand (2), what can you do? Little deeds of kindness all the day through. Touching not tobacco, cider, beer, nor wine. Shake with the tips of these fingers (3) of mine. Even hands, all hands (4), here we do agree. From bad habits left to be free. Right foot (5), left foot (6), what can you do? Gently folding our hands (7), this we can do: Loving, Saviour, keep us all the day through. Try to walk the straight path, all the day through.

Turning not aside, with evil ones to stray. In the sinful mazes of the drunkard's way. Right foot (5), left foot (6) are you in the hand? On the side of Temperance take your stand. Gently folding our hands (7), this we can do: Loving, Saviour, keep us all the day through. Ever guide our young feet far from every snare.

Day-time and night-time, by Thy tender care. Right hand (5), left hand (6), clapping merrily (10).

Right foot, left foot, tapping cheerily (11). All hands clasp hands (12), for the cause unite. Forward! March! King Alcohol to fight (13).

Motion: Verse 1. (1) Hold up right hand. (2) Hold up left hand. (3) Hold up both hands. (4) Hold up both hands, palms inward and fingers spread. (4) Shake hands with neighbors on either side.

Verse II.—(5) Extend right foot. (6) Extend left foot. (7) Put hands together as in prayer. (8) Hold up right hand. (9) Hold up left hand. (10) Clap hands. (11) Tap the foot gently with right foot, and then left foot. (12) All clasp hands. (13) All march round the room, keeping step to quick music from instrument.—Ohio Messenger.

Retrospect and Prospect.

It is now a favorable time to take a review of the past and see if any progress has been made in the temperance reform. In our own country the legal banishment of the canteen or saloon from our army is certainly a forward step. And in spite of the misrepresentation of the daily press of the country, the results have been beneficial to the service and cheering to the country. The anti-canteen law has received such hearty endorsement from the leading generals of the army that Secretary Root has decided to postpone his efforts to repeal the law till the next session of congress. Another cheering evidence of progress is the fact that in most states the prohibition vote was largely increased while the vote of the old parties was greatly diminished. The better enforcement of our prohibitory laws in Kansas and some other states is one of the encouraging signs of the times.

In foreign countries there has been a forward movement also. The decision by the highest tribunal of the British empire that the prohibitory law of Manitoba is constitutional has greatly encouraged the temperance workers in that province. Prince Edward's Island has enjoyed legal prohibition since last June. In England, France and Germany, three countries in which drinking customs are almost universal, there has been an awakening of public sentiment, and the people begin to realize the truth of the sentiment of an English statesman that "unless England throttles the drink evil, the drink evil will throttle England." The Russian empire is also alarmed at the desolation wrought by intemperance and is taking measures to investigate the extent of the evil and to develop plans for its suppression. These are a few of the achievements of the past year which give promise of a brighter future. The rapid increase in membership and the active, efficient work of the Young Peoples' Prohibition League is another omen of the coming victory.

During the year past the members of the W. C. T. U. and the Y's, these faithful workers for God, home and nation, have greatly added to their numbers, multiplied their efficiency and vastly increased their influence. Several church organizations have strengthened their resolutions against the drink traffic and in no case has any denomination rescinded its anathemas against this foe of the church and of humanity. Best of all, there are in a few cases slight indications that the church proposes to come upon the firing line where she has planted her banner on the ramparts of her rousing resolutions. When the church is true to her resolutions, to herself and to her God the saloon must surely go. Oh, for such an outpouring of the spirit of civic righteousness and such an inspouring of Christian ballots that the legalized grog shop with all its accursed accessories will be driven from the land.—From New Herald, S. D.

The Wonders of Science.

Another scullion scientist has discovered good in alcohol. Prof. F. S. Lee of the College of Physicians and Surgeons of New York has demonstrated to his own satisfaction, probably, that in proper proportions alcohol is a

muscle food. This is the account of his experiment as given in Both Sides, a liquor paper. "Prof. Lee conducted his experiments on frogs' legs, in which alcohol had been injected before amputation, so that the fluid might be evenly diffused by the blood. He found that when he used a definite amount of the spirit the legs, excited by the electrical stimulation, were able to put forth greater effort than those that were treated. On the other hand, when too great an amount had been employed the effect had been exactly the opposite."

Now, there are several facts that should be carefully considered by a young man before he proceeds to develop his muscles by the use of alcohol. Notice first that the amount of alcohol must not be too great, and it was taken only once, and remembering that mankind has always been prone to excess in its use, there comes a doubt as to the practical value of the discovery. Again, this experiment was upon the muscles of frogs—in the trees with our ancestors, we played in the trees with our ancestors, but since we were amphibious, that it is possible we have evolved to such a degree that the treatment of a frog might not just suit a human being. It might be noticed, parenthetically, as it were, that while a frog takes to water as naturally as a beam to alcohol, the frog has an aversion to the latter beverage. Notice the alcohol had to be injected. Now the professor might have found some human specimens with which the process of injection would not have been necessary. Another fact that should be noticed is, that this wonderful muscle food gave no increase of muscular strength until after the legs were amputated and the animal dead. This fact seems to detract materially from the market value of the discovery. For if a man is going to take a muscle food he naturally wishes to derive some benefit from it while he is alive and before he has been dissected. It is to be regretted that Prof. Lee didn't give more specific directions as to just the amount of alcohol needed as a muscle food and also tell an anxious public whether the amount suited to the needs of an amphibious quadruped would be the proper quantity for a biped. The lack of delicate trouble. We have all seen poor fellows who have taken the professor's muscle food, yet their step was unsteady, their path crooked. They evidently needed more definite instructions as to the amount of food which ought to be taken.

We confess that for years we have been prejudiced against the use of alcohol either as food or medicine, but if Prof. Lee is correct in his experiments than in all the cantors we are forced to believe that if a man is going to have his limbs amputated and expects them to perform muscular labor and be run by electricity, then it might be advisable for him to take a small quantity of alcohol. But so long as muscular activity depends upon brain volition it will still be true that any amount of alcohol, large or small injures the human organism and weakens the muscular tissues.—From New Herald, S. D.

METHODS.

Press:—In looking over our exchanges recently we find only about six papers containing a W. C. T. U. column. We can but feel that this is a great mistake, and must be largely the fault of the local unions. Surely our editors are gracious and obliging and always glad to get news. Our work kept before the public is a very important feature of the work and the press a powerful factor in molding public opinion. We must utilize it whenever and wherever it is possible to do so. We wonder if we are not too apt to feel that a report of our meetings or some knowledge of the advance of our work is not of interest enough or that some one will think it is not, so we too easily let it drop and say nothing about it. Be convinced in your own minds of its worth and then be persuasive and persistent. There are, however, quite a number of the local papers that do not reach our office and it is to be hoped that everyone of these have a W. C. T. U. column.

Literature:—How many of our unions are making a thorough study of our literature this winter? If you can answer this, I can tell you how many are building an enduring union, and will be ready to fall into line, in whichever way the cry for a forward movement comes, whenever the battle most needs you. If you will answer this I will tell you, too, how many there are who are ready to sound the praises and magnify the work of the union. By putting great things into our work we may expect great things of it.

Near Hankinson about twenty men gathered together and visited a blind pig. They poured out the "stuff" and destroyed the furniture and told the proprietor to leave the country.

The ONTARIO STORE

You can do your shopping at North Dakota's greatest Store without extra expense. We have inaugurated a system of FREE DELIVERY and will prepare freight on all purchases amounting to over \$200. We carry an immense stock, consisting of

**Dry Goods and Notions,
Carpets and Draperies,
Cloaks and Fine Fur
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Furnishings.**

**China ware and Glassware,
Hardware and Tinware,
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Books and Stationery,
Bicycles and Sewing Machines,
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DEPARTMENT OF THE E. S. A.

"Efforts, not Results, are our Responsibilities."



Mrs. Flora Naylor, President, Larimore.
Mrs. Dr. J. H. Knox, Vice Pres., Walcott.
Mrs. Anna Carmody, Supt. Press Work and
Clerk, Supt. H. C. S. Sec. J. C. S.
Mrs. Katherine V. King, Rec. Sec., Inkster.
Mrs. Maza Stevens, Northwood, Treasurer.

Is Equal Suffrage a Live and Growing Question?

Taking the world at large it surely is, for everywhere from Scandinavia to Australia and New Zealand it is being not only discussed, but experimented with, and even in conservative Germany its warm and intelligent supporters are making their influence felt as never before.

The results where it is on trial in our own country are certainly very encouraging and should forever silence many of the principal objections that "our anties" bring against woman's enfranchisement. In Denver at the general election of 1900 31,780 men voted and 23,449 women and the woman's vote was largest in the best residence part of the city. The Kansas women, at the municipal elections last spring, braved the storm and wind to help the good men carry the state for temperance, both at the primaries and the polls. The Idaho women were given the full credit for the defeat of the gamblers that have been such a curse to that state for so many years and re-elected Miss French superintendent of public instruction, and the governor of the state testifies that she is the best supt. they have ever had. Mrs. Grenfell was complimented in the same substantial manner in Colorado. A woman was elected justice of the peace in Utah, and Mrs. Hearst, who was elected the second time a member of the Colorado legislature, was the author of the bill providing a board of arbitration which became a law.

And these are only a very few of many instances that prove that the women will vote when they have the opportunity, that they have ability and persistent energy and are desperately in earnest. Then Miss Gordon who led the movement that gave the men, women and children of New Orleans plenty of pure water to drink and to use, with only a fragment, as she said, of suffrage, and the astounding feats of the two Chicago grade teachers who, without a scrap of suffrage, "have unearthed a series of frauds perpetrated by the corporations in collusion with corrupt officials which, if it can be rectified, will add to the city treasury the fabulous sum of five thousand million dollars, and untold amounts to other municipalities," says the Woman's Journal, and the thought of David and his sling is inevitable. The teachers aroused by the repeated robberies perpetrated by the board of education had organized a teacher's protective association which delegated Miss Margaret Haley and Miss Catherine Joggin a committee to try to increase the city's revenues. Think of the "house cleaning" that might be done with such women armed with ballots in every town and hamlet of our land. God speed the day.

It is a great encouragement when the delegate sent from Belgium to see how the equal suffrage works in our "free" states, a prominent lawyer though, goes home convinced that it is good for us, in spite of the vigorous condemnation of the public spirited "anties." Even one so eminent and powerful, as His Eminence, Cardinal Gibbons, whose mournful contribution, "The Restless Woman," in the January Ladies' Home Journal, many of you will read, and wonder, perhaps, as I do, if he can have ever known anything of our Julia Ward Howe, Mrs. Livermore, Susan B. Anthony and Francis Willard, or scores of other loyal, loving, mother-hearted women among of whom would give in her noble life a perfect reputation of the charges he makes in such melancholy mood against the "Restless Woman."

The women of Norway are delighted with their newly acquired right of suffrage and are already planning to make good use of it in protecting their homes and furthering the education of their children. And the achievements of the fully enfranchised women of New Zealand make us almost homesick for that fair land of high ideals in the antipodes.

Now, dear sisters, this question of equal rights and equal standards is a live issue in fourteen nations of the earth, and let us unite in this year of grace to make it a very living question in this commonwealth of North Dakota. Our dear, faithful Mary Whedon is always praying for our revival in this good cause and striving untiringly with "tongue and pen" to make every individual she comes in contact with feel her responsibility. Let every union have at least one suffrage entertainment before spring.

L. L. CURR.

**Have Do You
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ANY PART OF THE STATE.
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**A. F. SHERMAN,
TOWER CITY, N. D.**

ANTI-NARCOTICS.

Dear Sisters:—As our reports do not appear in the state minutes this year, it may prove interesting to state that the past year has been an encouraging one. Over forty unions reported, which showed that work was being done in twelve counties.

Over 900 pledges were secured. Anti-cigarette leagues reported three. Many petitions circulated and much literature distributed. The subscription to the Gem increased from two to about eighty, not to mention numerous calls for addresses. This record surprises those of the two preceding years. The plan of work for 1902 will be found in the state minutes. Also information relative to the Gem, literature and pledge cards. You will find samples of each enclosed.

Through the kindness of Mrs. Vail, I am enabled to send to each union a copy of tobacco law and penalty in this state. Read in your unions. It is needless for me to write of the injurious effects of the narcotic habits. We are all familiar with them. It is ours to try to overcome them. I hope you may take up this department this year if you have not already done so. Will you not at least devote one meeting to the subject?

Once again I call your attention to the Gem. The Anti-Tobacco Gem is no more, it having been sold to "The Boy," of Chicago. The Boy is an up to date anti tobacco paper, especially interested in the anti-cigarette League. It is the official organ of the National Society. This paper will be sent to those who see subscriptions expire later. I sincerely hope that all who are now taking this paper will send their renewals to this address: The Boy, 1118-1119, The Temple, Chicago. This change has been made since I ordered the sample copies of the Gem for the unions. I regret that I have not sample copies of the Boy to send in their stead. Let us work for this paper. Let us get it into the homes. Think of the silent but powerful influence this paper would wield month by month. I do not know what terms will be made to the subscribers now. The terms of subscription have been, single copy, per annum, 50c. In clubs of four,

mailed to separate address, 25c. In clubs of thirty or more, mailed to one address, 10c. Let us try to get up at least one club in each union. (Please send through me.) A prize will be given to the union sending the largest number of subscribers for 1902. Another prize will be given, at state convention, to the union sending in largest number pledges secured.

Let us labor on cheerfully, and endeavor to make this year a better and brighter year than the past. The way is growing brighter. God will give us the victory "Some glad day."

Mrs. ELLA M. SHIPPY, State Supt.
Hope, N. D., Jan. 13, 1902.

NON-ALCOHOLIC MEDICATION.

Lisbon, N. D., January 11, 1902.—Dear Editor, Please call the attention of the White Ribbon sisters to the non-alcoholic department. I have sent out one hundred and four letters and about four hundred and fifty leaflets. I have requested each president to hold one regular and one public meeting on non-alcoholic medication. I sincerely hope that every one who receives my letter will endeavor to comply with my request as I am very anxious to push this most important branch of our work. I have tried to make it easy for good work to be done along this line by sending enough literature for two meetings enclosed with request for same. To each union I have sent the following leaflets: "Plan of Work," "Safe Remedies in Illness," "The Danger and Harmfulness of Patent Medicines" and "Death Rates with and without the Use of Alcohol;" also about fifty copies of "Reasons Why Alcohol is Dangerous as a Medicine." I would ask that any "W" president who finds it impossible to hold either one or both of these meetings will use her best endeavor to have the Y union take for her.

If you have no Y work with some other organization and have a public meeting, such as Christian Endeavor or Epworth League. It is possible I know for every union to have a program on Non-Alcoholic Medication at least at the regular meeting and I feel sure it will be possible for every one to have a public meeting also if the inclination be strong enough. This is my first year as supt. of this work and nothing but the very best of which we are capable will do. I might have said that I will be now I shall be disappointed indeed unless such excellent work is done in this department. Trusting that every one who reads this will resolve to make a special effort in this line, I am

Yours faithfully,

NELLIE E. MOTT,
State Supt. N.-A. M.

From Mrs. Fry.

Evanston, Ill., Jan. 7, 1902.—Dear White Ribboners: The Annual Leaflets for 1902 are now ready and you are all invited to have one at the cost of one cent each or seventy-five cents a hundred. Address the National Treasurer, Evanston, Ill.

The material has been brought down to date and every worker should have this little book within arm's reach. It addresses to it contains if for nothing else. There were as many as sixteen changes on some of the pages of the Koster which indicates the necessity of every one's having the latest issue. And aside from the addresses every member of the unions should have a copy for the facts it contains. It is an epitome of the National Organization.

There is nothing better for new unions. Many helps are given especially for them and they should have it first, last and all the time, and should take up the Study Topics immediately especially for them. If you do not faithfully drill on these topics the members will be well grounded in the history and principles of the organization.

States should order hundreds and thousands of these for their unions. We are getting out 58,000 copies this year and expect to use every one of them. The small amount charged does not more than pay the postage on the entire issue, do not to speak of the printing bill. Do not fail to buy a new Annual Leaflet at once for reference and for the STUDY TOPICS for the year 1902.

SC-SANNA M. D. FRY.

Mrs. M. E. Musselman, corresponding secretary of Cavalier Union, accompanied by her husband, is now traveling in California, but will return in the spring. All correspondence with that union should be addressed to the president, Mrs. Eva Cook.

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CASSELTON, NORTH DAK.

FIELD NOTES.

Our State Superintendent of Lecture Bureau and her mother are spending the winter in Georgia.

Mrs. Smith also organized a union at Petersburg with five active and four honorary members. Pres. Mrs. Aletha Halnstenson; cor. sec. Mrs. Anna Knold; treas. Mrs. Mary Swenseid.

We trust that the unions in close proximity to these new unions, and also the county officers, will see that they are properly nourished and give them all possible assistance.

To the White Ribbon Bulletin, Tower City, N. D.—As the new year dawns upon us with smiling face and outstretched arms, let us not stand back and steadily gaze at those about us, but let us all reach forward and do what we can to make our cause a glorious one. And while we have such a helpful, newsy, little paper as the Bulletin, all our own, and are so warmly invited into its cozy corner, let us do what we can to make it interesting and helpful. By giving, as well as reading, and thereby receiving helpful plans and suggestions. And may God's richest blessings go with us all throughout the year. I was very sorry that through illness I was not permitted to attend and give a full report of our December meeting, which I understand was very successful. Our regular meeting of Jan. 10 convened at the home of Mrs. J. W. Nason. Meeting called to order by the president, Mrs. Chas. Bobb, after which Mrs. Cunningham took charge. Psalm 23 was read responsively. Prayer offered by Mrs. W. O. Pickard. The subject of the meeting was "Mothers and Purity." Mrs. W. O. Pickard read a leaflet on Purity, which was very good and enjoyed by all. Then a paper was read by your humble scribe on "The Duties of a Wife and Mother," which was warmly applauded. Rev. J. Craig Watt was here and given an address upon the same subject, but had summarized it down to a few casual remarks, which, although they were not just what we expected, were never-the-less, enjoyed and gave us material for much noble thought and meditation. And we really could not find it in our hearts to censure him too severely for disappointing us, as we realized fully what an unenviable position was his, being the only man among a party of seventeen ladies, and called upon to tell them their duties as "Wives and Mothers." There was an open discussion of the subject, and each one called upon to give suggestions and opinions, which were responded to far beyond our expectation. Letters were then read by Cor. Sec. Mrs. D. McKellop and action taken upon them. It was decided by vote that we at our next meeting take up a series of parliamentary drills, not to exceed fifteen or twenty minutes, and I am sure we shall all receive much benefit from them. Meeting adjourned with W. C. T. U. motto to meet again Feb. 14 in the evening, all being invited to bring their husbands. Then came the social hour with light refreshments, which is always enjoyed so much, and all departed for their homes feeling it was an afternoon well spent. I may say our union has been very active and doing much good work. Among other good things our treasurer, Mrs. Chas. Woods, had the pleasure of presenting our pastor, Rev. J. Craig Watt, in behalf of the union, with a purse of \$41 forty-one dollars as a midwinter gift, the money being raised by an entertainment. Two plays and a good musical program afforded plenty of pleasure and merit for an evening to a large, appreciative audience. Mrs. Vina M. Warren, Niagara, N. D., Jan. 15, '02.