



"NOT WILLING THAT ANY SHOULD PERISH."

VOL. 7. NO. 3.

FARGO, N. D., APRIL, 1905.

Monthly—25 Cts. a Year.

Mrs. Wylie on Sabbath Observance.

Chicago, Ill., Feb. 13, 1905. Dear Sisters:—Although still absent from my adopted state, am in my native state and both are dear to me. Our home for the present is in the prohibition Dist. of Woodlawn, for there are prohibition districts even in saloons cursed Chicago with its near 8,000 saloon. This district covers a territory of about twelve square miles with about 150,000 population, and the Hyde Park Protective Association, led by the brave and tireless Mr. Arthur B. Farwell, of Chicago, is adding from time to time this prohibition territory. If in a city like this of nearly 2,000,000 population of almost every nationality under the sun, prohibition laws can be enforced almost without an exception, why cannot other large cities go to work and do likewise. Being absent from the state am not so closely in touch with the work there as formerly, but my interest does not lag in it, and am anxious that N. D. takes no backward step in any of its forward movement. I hope that all departments of the work are advancing. Especially am I desirous that Sabbath Observance shall move forward, not because it is my department, but because of its own merit. Sabbath Observance is coming to the front, perhaps a little slowly but surely, and none should be more ready to encourage and help it to a prominent place than our W. C. T. U. workers. The Evangelical department of our organization is admitted by all to be the foundation of all our other work, and these two lines of work are very closely allied. There can be no true evangelism of the masses without the Christian Sabbath. Whatever good or evil may be in labor unions there is this much good, they forbid their members working on the Sabbath. The people are coming more and more to realize that the Sabbath was made for man, but they need to be educated up to the right moral and spiritual observance of it, or a day of idleness spent in saloons, theaters, beer gardens and like places will prove a curse to them, their families and society at large, rather than a blessing.

Latest R. R. reports show increasing number of accidents during the past year. Some roads are discontinuing excursion trains on the Sabbath, not for moral, but from human reasons, claiming that the crowds are so great on such occasions the same care cannot be exercised as on other days, therefore more accidents occur on that day.

Just at the present time a battle is being fought in staid old Pennsylvania over the Sabbath question. Both friends and enemies are rallying their forces. As might be supposed the beer drinking Germans and the saloons are determined on its overthrow. Churches, young peoples societies and the Woman's Christian Temperance Union are all called upon to secure and send in petitions, letters and telegrams to the legislative committee having the matter to charge, and it is to be sincerely hoped that the Christian forces will win a great moral victory over the forces of the evil one. This conflict is ours, we must be for or against the right, there can be no neutral ground, our sympathy and prayers must be with these Christian men and woman or with the enemy. On which side are you?

Church papers and ministers can do much to promote the sanctity of the Sabbath, and many of them are doing noble work in educating public sentiment to a higher appreciation of this day and its blessings where rightly ob-

served. In Pembina Co. the ministers have united together in their efforts to see that the laws in regard to it are better enforced. This is very commendable and we hope the ministers all over the state may be roused to similar action.

Our National Supt., Mrs. Cox writes me that "Lord's Day Week" this year is April 30th to May 7th inclusive of both Sabbaths. Will pastors and W. C. T. U. unions please make a note of this. Sermons and prayer meeting are earnestly requested in behalf of the better observance of the Christian Sabbath during that week. Dear sisters, please do not fail to observe it as far as possible, by inviting your pastors to preach on some phase of the subject, and also hold prayer meetings in the interest of the day.

Mrs. Cox is sending out a petition from the "Sunday Rest Association" of America, asking that Sunday banking in Post Offices be stopped. It is hoped our unions will circulate these petitions amongst business men everywhere, and that this evil may be removed.

And now, my sisters, one and all, do this year send out literature freely. Address Mrs. V. F. Cox, Taber, New Jersey. Four page leaflets 15c per hundred, two page 10c per hundred. Just a little time and a little money will do this, and the results none can tell. Let us then be up and doing, for the time to work is so short and we have all eternity to rest.

Your Co-worker,
L. M. WYLIE,
6358 Minerva Ave. Chicago, Ill.

Non-Alcoholic Medication.

Lisbon, Feb. 9, 1905. Dear Cousins:—Have you wondered where your Supt. of Non-Alcoholic Medication is and why you have not been asked to hold some meetings in this department? I have been waiting to hear about leaflets and make my plans for sending them. I have decided to send to each County Supt. or President enough so she may send some to each union in her district and I am hoping that each union will hold at least two meetings this year for the study of Non-Alcoholic Medication. I wonder how many unions have purchased Mrs. M. M. Allen's book "Alcohol a Dangerous and Unnecessary Medicine" this year. I wish every union in the state owned one. Lisbon Union has one with the following writing on the fly-leaf: "To be returned to Union at the end of two weeks, and we try to keep it in circulation. The new leaflets this year are "a study of Patent Medicines" by Mrs. M. M. Allen. It is part of an address given at the National convention at Philadelphia and published by request. "The Medical use of Alcoholic Liquors" compiled from letters received in answer to inquiries and from medical Journals, it is in fact testimonies of Physicians, and "Percentage of Alcohol in Patent Medicines, Foods and Malt Extracts" called Patent Medicines Leaflet No. 3, and is a fine exposition of the fraud of Patent Medicines. Then there are the old ones "Is Alcohol Useful or necessary?" "The danger and harmfulness of Patent Medicines." "Give no Alcohol to Children" and many others, all worthy of the time and attention of every thoughtful person. "The Medical use of Alcoholic Liquors" I shall ask the County Superintendents or Presidents to send to each physician in her county with Patent Medicine leaflet No. 3 enclosed. Mrs. Allen is very anxious to have these pamphlets sent to

every physician in the state, also leaflet No. 3.

Hoping that we may have a good report to send to our National Supt. from North Dakota this year and that we shall be much benefited by our study of Non-Alcoholic Medication.

Yours sincerely,
NELLIE H. MOTT,
State Supt. Non-Alcoholic Medication.

The Use of Unfermented Wine.

Bowesmont, N. D. Feb. 9th, 1905. My Dear Sisters:—Since being appointed to this department, I have written a personal letter to many of the unions given in the directory of 1904. A number of unions sent in most encouraging reports, but a great many made no report at all, while a few were reported as inactive, along this department of work. I regret to report the derelicts. It is my earnest wish and hope that each union will appoint a local superintendent who shall kindly take up this work and report all efforts made in this department of our work, so that we shall be able to make some advancement and make a better report at the end of the year.

I do want to so impress upon the unions the necessity and importance of advocating the use of Unfermented wine at Sacrament. If there are advocates for the use of Fermented wine at the communion service in your different localities, we should endeavor to make them acquainted with the scientific aspects of the question, by a systematic distribution of the literature prepared for the information of those who wished to be illuminated, and by personal effort should bring reason and common sense to bear on its elucidation. If they are thoroughly in earnest in their investigation, they can but see that the evils which have resulted from the use of Fermented wines at sacrament have been of the most fearful and fatal character. That many a poor man, who was struggling against the drink habit and passions, has been led back to the drunkard's cup and to death by partaking of an intoxicating wine at the Holy Supper, is well known. Do you say that fermented wine has been used for many generations? 'Tis true, it has been used, and we see its results in suffering, wretchedness, drunkenness and premature deaths, and our churches are sadly neglected by many who are slaves within its deadly grasp.

On the other hand, we know that the unfermented juice of the grape as organized by our Lord in the fruit of the vine, is a healthful and nourishing, life-giving fluid, and consequently is abundantly able to symbolize the price of our redemption. There is no other vegetable or fruit juice which bears such close resemblance to the blood of man as does the pure juice of the grape. Therefore, our Lord selected it as the most forceful symbol to perpetuate his death until he comes again.

That some of the most conservative churches are awakening to the necessity for the use of Unfermented wine in the Lord's Supper, is confirmed by the recent action of the St. John's Church, in Flensburg, Germany. Probably this is the first instance within the State church of Germany in which Unfermented wine was used in the Lord's Supper. When one considers that the Germans have generally not only regarded wine as an innocent and harmless drink, but that they have felt that Fermented wine was absolutely essential to the proper administration of the holy communion, it will be seen that this move is significant. It is the direct re-

sult of the activity of the Good Templars, who are numerous in Flensburg.

Dear Sisters this should encourage us to bring this subject before the proper officers of the churches in our respective communities so that we may be able to make some advancement along this line of work during the year.

I am yours respectfully,
Mrs. M. J. WHITFORD.

Reminiscences.

The following poem was written by Mrs. S. A. Fry of Tower City Union, one of their oldest workers. She composed this for a special meeting and it was voted to have it printed in Bulletin:

Press on, dear christian workers,
You now have reached the goal,
Reaping a bountiful harvest
Of many a precious soul.
That you have won for Jesus,
Through the thickest of the fight,
Leading them out of darkness
Into marvelous light.
You have laboured on for years,
For those who stand upon the brink
Of eternal woe and misery
Through their appetite for strong drink.
You have turned the drunkard
From the error of his ways,
Filling his home with gladness,
Thanksgiving and praise.
You have led the children
In a way that seemeth right,
Teaching them to shun strong drink
As they would the serpent's bite.
And there are homes for the fallen
In this our native land,
And you are always ready
To lend a helping hand.

Oh! do not be discouraged
However rough the way may be
What you have done to the least of these
Ye have done it unto me.

So said our blessed master,
Our counsellor and friend;
He will bless you in your work,
And guide you to the end.
God bless the noble women
Who started at the call
To fight for home and native land
Against King Alcohol.
God bless the noble men
Who are fighting for the right,
Who will never cease to work and pray
Till victory is in sight.
Fight on, ye valiant soldiers,
For great is your reward;
For he will reign triumphant
Our Saviour and our Lord.
Satan's kingdom totters
How great will be the fall,
For Christ is king of kings,
And he is Lord of all.

S. A. F.

Mayville:—During the Convention held in Fargo, Traill county pledged a medal contest, the proceeds to go to state deficit. The contest was given in November at Galesburg through the efforts of Miss Davis, the President of the Y's. The county President secured three contestants at Mayville and took them to Galesburg. Miss Davis and the Y's arranging a very fine program and doing all the planning and entertaining and there was a very fine audience. The net proceeds were \$11.50 which amount was sent to state treasurer with instructions, but through some mistake she has given Mayville the credit. I wish the credit be placed to Traill county, and also wish Galesburg Y to be recognized, as they were only organized last October just before the convention by Miss Annie Robbins, they are very enthusiastic and I'm sure will be heard from again. Lizzie Seclomer.

White Ribbon Bulletin

PUBLISHED MONTHLY.

Mrs. Elizabeth Preston Anderson,
EDITOR IN CHIEF.
Mrs. R. M. Pollock,
MANAGING EDITOR.
Miss Mary Clark, Fargo,
ASSISTANT EDITOR.

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

APRIL, 1905.

Entered in the postoffice at Fargo, 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, ought to do, and what I ought to do, by the grace of God I will do.

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

All manuscript for publication must be in my hands by the 15th of each month. Send all communications, subscriptions and money to Mrs. R. M. POLLOCK, Fargo, N. Dak.

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Our Club Offers.

White Ribbon Bulletin and American Mother, 81; Bulletin and Light, 70c.; Bulletin and Backbone, to new subscribers, 30 cents.

Cassell's Water

CASSELL

Neat Job

T. U. on

AT REASO:

To-day.

We cannot change yesterday—that is clear—
Or begin tomorrow until it is here;
So all that is left for you and for me,
Is to make today as sweet as can be.
—Emma C. Dowd.

We congratulate Wisconsin workers on the passage of the anti-cigarette bill.

The editor of the White Ribbon Bulletin feels sure that there are enough bright women in North Dakota to furnish ideas enough to fill our state paper with good temperance reading matter. We are hopeful that we may be able in the near future to do our editorial work without the use of scissors. Let every union send its best papers, best plans. What interests you will interest others, and what helps you will help others.

The president of Mary Young union, at Tower, writes of the violation of the prohibition law. We assure her of the sympathy and support of temperance workers of the state, where such flagrant lawlessness exists. How necessary it is that our workers fight on and pray ever.

From the Michigan state paper comes the recommendation that each union appoint a reader whose work it shall be to cull from the Union Signal the articles most necessary for a member to know. A most excellent idea.

From Japan comes most interesting accounts of work of the W. C. T. U. for the army and navy. The largeness of the work undertaken by the Japanese W. C. T. U. is shown in an extract taken from "The Japan Evangelist": "The department which refuses to take 'comfort bags' except through our organization, and has forbidden any one else to make bags and use the term 'comfort bags,' has informed us that we must not send less than 10,000 bags at one time and that we may send as many ten thousand lots as there are letters in the Japanese alphabet, which leaves us with a balance of 400,000 yet to be sent. Our indefatigable President, Mrs. Yajima, says we shall not only reach that high mark, but go beyond it. The government holds her individually responsible for every bag that goes out, but she bears the burden joyously and fearlessly." Under government regulations, the bags may contain towel, handkerchief, stockings, undershirt, waistbands with pockets, tooth brush, Japanese paper and writing brush, pencils, thread, scissors, Japanese sweets, besides literature and copy of the gospel.

We quote the anti-cigarette law passed by the Indiana legislature, hoping the people of our own state will insist upon a similar law when the next legislative session rolls around:

A bill for an act to regulate, and in certain cases to prohibit, the manufacture, sale, keeping, keeping for sale, owning, or giving away of cigars, cigarette paper, cigarette wrappers and other substitutes for the same; providing penalties for the violation thereof, and repealing all laws in conflict therewith.

SECTION 1. Be it enacted by the General Assembly of the State of Indiana, that it shall be unlawful for any person, by himself, clerk, servant, employe or agent, directly or indirectly, upon any pretense or by any device, to manufacture, sell, exchange, barter, dispose of or give away, or keep for sale, any cigarette, cigar paper or cigaret wrapper, or any paper made or prepared for the purpose of being filled with tobacco for smoking, or keep or own, or be in any way concerned, engaged or employed in owning or keeping any such cigars, cigarette paper or wrappers, and any person for violation of the same shall be guilty of a misdemeanor, and upon conviction shall for the first offense pay a fine of not less than twenty-five dollars nor more than fifty dollars and cost of prosecution, and stand committed to the county jail until such costs are paid, and for the second and each subsequent offense he shall pay, upon conviction thereof, a fine of not less than one hundred dollars nor more than five hundred dollars and the costs of prosecution, or by imprisonment in the county jail not to exceed six months: Provided, That the provisions hereof shall not apply to the sales of jobbers doing an interstate business with customers outside the state.

SECTION 2. All laws and parts of laws in conflict with this act are hereby repealed.

The passage of this law is a great victory.

PRESIDENT'S CORNER.

Dear Comrades:—For the many words of loving sympathy that came to me during my dear mother's illness and since her home going, I wish to extend my heartfelt appreciation and thanks. I have found it indeed true that "the stars shine out when it is dark enough." You will all understand why letters have not been promptly answered.

In these weeks of watching and anxiety I have learned some lessons at the feet of the Master. The things we prize that are of the earth, earthly, never before seemed so insignificant and unimportant; and the things that are unseen—the eternal and satisfying. The influence of my mother's unselfish life is living still and will live. Her heart was ever warm and tender toward those who were in trouble or in need. No sacrifice was too great for her to make for the happiness or comfort of others.

"How many a poor one's blessing went
With her beneath the low green tent—
Whose curtain never outward swings."

MRS. EMMA F. VAIL.

Sorrows come thick and fast these days. On Saturday a message came from Keytesville, Mo., bearing the sad news of our beloved Recording Secretary.

Mrs. Vail, passed away Friday afternoon, March 24th, and would be buried Sunday at Huntsville, Mo. Today a letter comes from Judge Vail, written Friday, stating that Mrs. Vail was very ill with pneumonia. Mrs. Vail was an unusually gifted woman, one of the most cultured and competent women in our State W. C. T. U., and one of the most consecrated. She has been president since its organization, nearly sixteen years ago, and has served the State W. C. T. U. in the capacity of vice president at large, corresponding secretary, and recording secretary. She filled with ability every position given her, and joyfully served in any place however humble. In her great consecration to the work all thought of self was lost sight of. Her beautiful life has left a lasting impression, not only upon Sargent county, but upon the entire state, and she will be mourned by every white ribboner of North Dakota. To your state president, she has been an inspiration and a tower of strength. Our personal relations have been so tender and sacred that I almost hesitate to speak of them. Having no children of her own, she adopted me into her heart and her love was true and unselfish as a mother's.

The world begins to seem lonely with so many of our dear ones gone,—but how home-like heaven is becoming! Let us fill our short day with work for the Master in this blessed cause, for the evening comes so quickly—the evening which brings all home.

MID-YEARLY EXECUTIVE MEETING.

The mid-yearly executive meeting was held in Fargo, March 21-22. Invitations for the State Convention were considered. The invitation from Page was greatly appreciated, but was not accepted, because railroad connections are such that it would be almost impossible for delegates from the northern part of the state to attend. The invitation from Grand Forks was accepted. As it is easily accessible we shall doubtless have a large convention. Rev. Anna Shaw, of Philadelphia, and Mrs. Callie Howe, of Missouri, will attend. The date has not been fixed, but it will probably be the last of September or first of October. It was decided that all counties and districts making a net gain of fifty members be given a place on the program of Jubilee Night. Unions making a net gain of ten members, will have their names on the honor roll at the state convention. Any member securing twenty-five new members will have her fair paid to the state convention. The county or district organizing the largest number of new unions will receive—as a reward—Miss Willard's picture, beautifully framed. Every county and district is asked to offer a prize to the union exhibiting the best printed program for six months' or one year's meetings. These prize programs will be exhibited at the state convention and a prize given to the best one. The counties and districts are also asked to have on their convention programs a drill on the State Minutes and Annual Leaflet, and a high grade Medical Contest.

The resignation of Mrs. Gertrude Y. Titus, State Y Secretary, was received and accepted with great regret. Miss

Emir Best, of Fargo, who has served acceptably as assistant Y secretary, was appointed Y secretary and Miss Irene Moore, whose address will be Carrington, until fall, was appointed assistant Y secretary.

The state superintendent of Scientific Temperance Instruction, was instructed to send the School Physiology Journal to the state educators at the expense of the State W. C. T. U. It is urged that each county send it to the county officials and that the local unions send it to their own educators.

The question of opening State Headquarters at Fargo was discussed, and it was decided to raise the money for this purpose by pushing the work of securing patrons. Any person may become a patron of the state union by paying five dollars a year into the state treasury. Nine patrons were secured in this meeting. County and district presidents are urged to present this matter at their county and district conventions.

The treasurer's report was the most encouraging ever received at a mid-yearly meeting. There were no unpaid orders on hand, and the finances are in a healthy condition.

Plans were made for Institute and W. C. T. U. Day at Chautauqua. Mrs. B. Laythe Scovell, President Minn. W. C. T. U., will be with us all through. Mrs. Florence D. Richards, of Ohio, will be with us on W. C. T. U. Day—and we hope also to secure Oliver W. Stewart, but have not yet had definite word from him.

Mrs. Helen M. McVain, of Enderlin, was appointed superintendent of work among soldiers and sailors.

Miss Margaret Wintringer, L. T. L. organizer and editor of the Young Crusader, was engaged to work in the state one month, beginning May 23d. Mrs. Richards begins May 10th, and Miss Robbins, who is again at work in the state, will continue with us through the early summer months. Mrs. Ada Wallace Unruh was engaged for some work in the fall.

The suggestive program arranged for county institutes by our state superintendent of institute work, Mrs. Mary Haig was, after some additions, adopted.

The following schedule of Institutes and Conventions, with the names of speakers who can attend them, was adopted:

- MISS ANNA A. ROBBINS.—Ninth district, May — Sargent and Dickey counties, June 6-7. Ransom county, June 8-9. Richland county, June 15-16.
- MRS. FLORENCE D. RICHARDS.—Grand Forks county, June 8-9. Walsh county, June 20-21. Pembina county, June 22-23. First district, June 27-28.
- MISS MARGARET WINTRINGER.—Traill county, June 13-14. Cass county, June 14-15. Barnes county, June 15-16. Stearns county, June 20-21.

I will attend Conventions of the Second, Third and Fourth districts in June, dates not yet fixed.

Yours in white ribbon bonds,
ELIZABETH PRESTON ANDERSON,
Valley City, N. D., March 27, 1905.

The Fairview Union met with Mrs. Matt Hanson, the business of the day being election of officers. Mrs. Hanson was re-elected Pres.; Miss Anna Brown, Cor. Sec., and Mrs. Edith Loomer, Vice Pres. Mrs. Cora Ballenger was re-elected to office of Treas., and Ida Zuelke was elected Rec. Sec. This union is planning to hold a silver medal contest March 17th. Despite the difficulties encountered, this is a very busy little union, some of the members riding many miles to attend, during the coldest weather. ANNA W. BROWN, Cor. Sec.

THE UNION SIGNAL

—IS—

"THE VOICE OF MOTHER NATIONAL SPEAKING TO HER CHILDREN."

Fifty-two messages straight from the heart of the National W. C. T. U. (one each week for a year) are yours for only one dollar. Just send your name and address, with the dollar, to THE UNION SIGNAL, Evanston, Illinois.

"NOW IS THE TIME TO SUBSCRIBE." Don't forget The Crusader Monthly for the young people. Price twenty-five cents a year. Address, The Crusader Monthly, Evanston, Illinois.

Sample copies of either paper free. PREMIUMS GIVEN TO CLUB RAISERS. Premium announcement sent on application.



EDITED BY MISS EMIR HEST.

Our Secretary, Mrs. Titus, is at home again. She says that she is ready for work and hopes to be "snowered" with letters from her girls. The Y's will all be glad to hear that our former Secretary, Mrs. Grover, is steadily improving in health, and is able to write to us again. The key note for any Y is struck by the President of Steele Y. She says: "I do hope our young men may become interested in the work, and I think, if I trust in our Heavenly Father and work hard enough, my wishes will be fulfilled."

Lisbon, N. D., March 18, 1905. My Dear Y Comrades: It is again my privilege to write you a message; and what shall it be? Your secretaries keep you informed in your various lines of work, and I have so often urged upon you the necessity of promptly making reports and paying dues and pledges that I fear should I write along that line you would feel like throwing my letter aside without reading it.

A little boy of my acquaintance, when asked what he learned at kindergarten, replied: "To sing and paste, and be polite." That impressed me as a most excellent motto for older people, the grown up boys and girls, as well as those in the kindergarten. "Laugh, and the world laughs with you; weep, and you weep alone." The outside world has more faith in our Christian profession and in us if we seem to really enjoy the work we are trying to do. Make your work a pleasure, not a burden. Ask Christ to give you the true Christlike spirit, which loves to do for others and then the joy and peace, which only a helpful soul can feel, will be yours, and will show forth in your face and in your voice. The Y work is a service for others. Our Mercy and Help, Flower Mission, and in fact all our departments of work should make us more thoughtful, and our outlook broader. There is scarcely any phase of life but what some department of our work touches. Make a study of these, weave them into your every day life, doing willingly your part, and you will find yourself singing your way into the hearts of others and winning them for the work we so much love. To live a helpful daily life in a world of petty things is not to make a great show in the world, but the angels take note of it and write the name of the doer high on their tablets. In one of the parables of our blessed Lord there is a word we may well heed and remember. "Thou hast been faithful over a few things, I will make thee ruler over many things." "Faithful service in obscurity! Honor before angels and men!" "Paste?" Yes. That would be a good thing for each one of us to learn. How many good suggestions we read, for social entertainments, and even our regular meetings, and when we want to use them, the paper has been destroyed, and we have forgotten some of the principal points. A quotation, an interesting reading or recitation, statistics, etc., could be collected and carefully pasted into a book of some kind, and what a help we would find it. A good idea would be to group the various clippings into departments and thus save time when asked to lead a meeting or write a paper.

"And be polite." How much we need to have true courtesy in our work. Do as you would have others do to you. When asked by your president to do something, respond promptly, if possible. Do not make excuses. If you have a good reason for not performing a certain part, state it frankly. Remember that there is a difference between an excuse and a reason. If you are asked a question either written or oral, make some kind of a reply before the question is forgotten—but I did not intend writing a sermon, so will stop.

I am so glad that the dollar dues have been adopted so that every member receives the Bulletin. Your secretaries will now feel that their letters are read by all the members, and, of course, the suggestions put into practice.

Let us be true to the principles of our organization, to our pledge, and learn, with the small boy "to sing, and paste, and be polite."

As ever, your friend in White Ribbon bonds,
MARY M. GROVER.

L. T. L. CORNER.
"For Truth and Right in the King's Name."



Mrs. El La C. Boise, L. T. L. Supt.

Northwood, N. D., March 8, 1905. Dear Co-workers:—Your Assistant State Secretary, Mrs. Mazie Stevens, has requested me to give a report of our Legion.

While I am almost a stranger to the work in this state, having been here only a year, I am not a stranger to the temperance work, and feel as though an effort should be made to tell what we as Legioners are doing.

Some years ago, we had a legion here, and I have been told it was a successful one. Its influence can still be traced, some of our early members now holding offices in various unions and Legions scattered throughout our state.

A year ago we organized our present Legion and have now sixty-two members and fifteen honorary members, with Mrs. Mazie Stevens, who proves a most ambitious Legion worker, as our Supt. Our Legion work has proved to be very interesting; the lessons have all been given from the blackboard with illustrations, and experiments have also been performed during the explanation of our lessons.

Miss Edith Owen, who is now teaching at Fargo, gave a talk on "The Effects of Alcohol on the Blood," using the white of an egg and alcohol as an experiment; also showing the effect of alcohol on a white rose, causing it to turn black; by the latter experiment tending to imprint on the children's mind, that the pureness of our souls is marred by the use of alcoholic liquors.

Prof. Thordarson, of our H. S., gave a very interesting address, "Influence in the Home," at one of our early meetings.

The World's Temperance Day was observed by the Legion giving a program, consisting of songs, readings and recitations by the children, and a very interesting lesson given by Mrs. Stevens, "King Alcohol's Crop Report."

Mr. Starr gave a lecture to a large audience at the Lutheran church, and the result was a good collection. While his visit was very brief, still he left with us impressions of his noble thoughts. Never before have we had the pleasure of hearing such forcible truths from such a young man.

Miss Frances Willard's birthday was observed Sept. 28th by the Legion. After our usual lesson, we all proceeded to the hospital, each one bringing a gift consisting of fruits, vegetables, preserves and flowers. After singing a hymn, each child presented their gift to the sister.

Miss Willard's heavenly birthday was observed Feb. 17th. We had several readings relating to the presentation of the Willard Statue, also comments upon the memories of our dead heroes, Washington and Lincoln.

We are making special effort to visit our neighbor Legion, and hope to do so in the near future. Why should not Legions be induced to challenge one another on Sunday as well as neighboring base ball teams, and in this way try to outrole the latter, as we know that a good, noble thought imprinted on the youthful minds will in time bear its fruit. We should not wait until the

minde are more mature, when they will tell us, the children can better comprehend. We have only too often seen the effects of delay in Junior Temperance work, to undertake to teach men, after God's image has been buried by material senses and the outer man has full away, is almost a futile undertaking. We can help to keep the divine in the child by leading them on the highway of peace and happiness, shunning the dangerous roads. This can be done by means of our Legions, where we gather our little bands and teach them the ruinous effects of the liquor habit, pointing out examples of drunkards who can never be reclaimed. We find that having honorary members incites great interest among the Juniors and creates an ambition, therefore let us Seniors be on the alert and rescue the children within our reach while the opportunity is at hand. Wishes for success in this work,
MINNIE W. NELSON.

Fargo, N. D., March 25, 1905.

On Wednesday, March 22d, a new Local Legion was organized in Fargo under auspicious circumstances. Mrs. Anderson, State President, was present and addressed the children, telling them of children less fortunate than they in the larger cities who scarce know the meaning of home or temperance. Mrs. Ella Boise, Supt. of Local Temperance Legion work in the state, organized the Legion, and Frank Boughton is president, Louis Mackie, vice president; Ruth Gardner, secretary, and Harry Haggart, treasurer. Mrs. W. A. Hubbard and Mrs. Laughlin, of the local union, have charge, and with their chosen assistants will care for the sixty-five Juniors who comprise the Legion. They commenced a systematic study of temperance. After the organization of the Legion, the local union served the visiting ladies and gentlemen with tea, cake and ice cream, and a social hour was profitably spent.

Grand Forks, N. D., March 17, 1905.

Dear Sisters:—We must tell about our L. T. L. "children" of the union. Our Seniors gave a very interesting evening of songs and recitations by the members and the "small boys and girls" sang several good L. T. L. songs most vociferously and enjoyed themselves in a corresponding manner. A silver collection was taken and \$3.85 was collected. We are pushing a contest to be given by the Seniors, and have hired a U. N. D. professor to train the contestants and expect to win some medals at the state convention next summer. The Seniors want to pay half the expense and take half the proceeds, the other half to help pay our city missionary for another month before her state work commences. Our chicken pie supper was a success and gave us some money for the time being. We had a good program on Frances Willard Day and sent our \$2.00 to help along. We are adding new members every meeting.

Sincerely yours,
MRS. ROSALI BEET MCADAM.

Physical Culture.

Dear Sisters:—Let us not forget that "a sound mind in a sound body with a virtuous life" is the motto of the Physical Education Department.

Let us remember that "the muscular activity needed in every day life does not necessarily involve an equipped gymnasium." A few easy exercises such as those found in the folder "Sixty Exercises for Busy Women" if taken systematically, say about five or ten minutes a day, will accomplish much in the health, discipline and body building.

I wish I knew just how many unions have tried these exercises named about, or any other exercises at any meeting. Will not every union, both W's and Y's, who have had physical exercises at one or more meetings during the past year, mail me a postal card stating that fact? I do receive so many report blanks with the words written across them "nothing done," that I would greatly rejoice to be able to interpret the words as "something done."

If your union has never had any work in this department, now is your opportunity.

Our National Supt. of Physical Education, Mrs. Leiter, has asked that every union will hold one meeting in April, having a Physical Culture program. The following special leaflets will provide you with material for such a meeting: "Physical Education—It's Scope," "Physical Education a Temperance Measure," "Vital Force," "The Physical Trinity," "Physical Training for Working People," "Hints and Helps"

and "Is American Stamina Declining." All these leaflets for fifteen cents by sending to Mrs. Frances W. Leiter, 220 West Part Ave., Mansfield, Ohio. Send for the "Special Leaflets" for programs. You might put five cents in for one of the exercise folders "Sixty Exercises for Busy Women." A few exercises are restful and pleasing when placed near the middle of a program.

The breathing exercises given in the March Crusade could be used for a few minutes rest in your meeting. Distribute literature on this subject at the close of the meeting.

If you are unable to secure your literature and make your plans for a meeting in April, have one in May.

Will not all unions who prepare a program on Physical Education in April, please send me word that you have held such a meeting?

Dear County Presidents, will you kindly look over your list of county Superintendents and see if you have a Supt. of Physical Education.

Dear local Presidents have you a Supt. of this department? It will relieve you of much work for this special meeting in April, if you have a Supt. who will probably take charge of this meeting.

The various counties will soon be holding their executive meetings that they may arrange programs for their respective county Conventions. Could you spare one speaker on this program for a paper on Physical Education, and place Respite Exercises in the middle of the long session. Ask your county Superintendent to lead in these exercises or if she prefers let her name some one for this work.

"Gymnastic exercise exhilarates the mind, gives free action to the spirit, strengthens the will, regenerates both soul and body." Sincerely yours,
RIDA N. HASSELQUIST,
State Supt. of Phys. Education.

The Lecture Bureau.

Dear Editor:—We are fortunate in having a wealth of good things coming. Miss Robbins' mother is much better and Miss Robbins was enabled to return to us March 18th, beginning work in Barnes and Griggs counties and her audiences have been limited only by the capacity of the buildings in which the lectures have been given and some of the places are begging to have her come again.

Mrs. Richards is to come into the state May 10th, beginning in Barnes and Griggs counties. Many will remember the large audiences which Mrs. Richards delighted when she was in the state last year and her coming again has been awaited with much interest.

Miss Margaret Wintringer, editor of the Crusader Monthly and a queen amongst chalk talks, is to come to us May 22nd, to be with us four weeks beginning work in Pembina Co., by Mrs. Unruh is promised to us for two weeks in the fall. Now, you may all speak at once.
ISABELLA A. MORRY.

Niagara Union though small in numbers has accomplished much good and have very interesting and instructive meetings. Feb. 17th the union visited the school and presented a picture of Miss Willard and following this we had a most excellent memorial service led by our Supt. of Literature. Copies of the prohibition law have been in every home in the vicinity. Rev. P. J. Heness of Lakota gave a lecture on his trip to the Orient and besides having a splendid entertainment, netted nearly \$10 for our treasury. May the Lord continue to bless us and show us the way to let our light shine that we may all hear the "Well done thou good and faithful servant." MRS. ANNA PICKARD, Press Supt.

The W. C. T. U. of Sanborn reports a very pleasant and helpful meeting February 23rd, with their Vice Pres., Mrs. Carrie Tucker, whom many of our White Ribboners know in the state and Woman's Home work. An unusually large attendance of members was present and a good number of guests. The meeting was a mother's meeting and Mrs. Jackman, Pres. of the union, had prepared a very interesting program. Refreshments of cake and fruit ice cream were much enjoyed and ten cents each for members and guests helped replenish the treasury. Our union meets once a month and makes a special feature of the program each time, the members taking turns in preparing it. Readings are assigned and given on the special subject for the meeting and sometimes a musical number is rendered. Every three months we have a mother's meeting.

Mrs. Preston's Death.

The W. C. T. U. of North Dakota extend to our President, Mrs. Preston Anderson and her father and other friends love and sympathy in their sorrow and bereavement. We take from Tower City Topics the following in regard to Mrs. Preston, mother of our much loved Mrs. Anderson:

Mrs. Anna N. Preston was born May 16, 1831 at Brownville, Jefferson county, New York, and died March 8, 1905, at Tower City, N. D.

In 1854 she was married to Rev. E. S. Preston of the North Indiana Conference, and for nearly forty-one years shared the joys and sorrows of a Methodist itinerant. In 1890 they removed from Indiana to North Dakota where they have since made their home excepting three years which were spent in the ministry in Minnesota.

Mrs. Preston was converted in young womanhood and all her life has been closely identified with christian work. She had fine social qualities, a bright, vivacious and sunny disposition and in her younger days was the life of her social circle. She was sympathetic and generous and no one in trouble appeared to her in vain. She was truly unselfish and never counted it a hardship to sacrifice herself in any way for her friends and loved ones.

The meanest tramp was never turned away from her door unfed. She often said she would rather feed ninety-nine who were unworthy than to let one who was worthy go hungry. Surely she has heard the Master say "Inasmuch as ye did it unto one of the least of these ye did it unto me."

She was a loving, devoted mother and gave the best of her life to the three young children who were in Mr. Preston's home when she entered it. These children grown to manhood and womanhood under her care, rise up and call her blessed. They are Mr. Wilbur Preston of this place, Rev. Asher S. Preston of Ft. Wayne, Ind., and Mrs. Elizabeth Preston Anderson of Valley City.

Mrs. Preston's health had been failing for some time past and three weeks before her death she sustained a fall from the effect of which she was not able to rally.

The funeral services were conducted by Rev. F. J. Hibbard, and her son-in-law, Rev. James Anderson, of Valley City. Both spoke tender, beautiful words of her life and its influence. The Methodist choir sang "Abide With Me," "Asleep in Jesus," "Lead Kindly Light," and Miss Diebold sang "Face to Face."

The ladies of the M. E. Church, the W. C. T. U., the ladies of the M. E. Church at Valley City and other friends sent beautiful flowers.

Mrs. Ingalls on Cigarettes.

Probation Officer W. C. Johnson of Kansas City said "Cigarettes" cause nearly all the downfalls among youths. In nearly every case where a boy breaks into a store the first thing he steals is tobacco. Out of 450 boys who have been taken into the juvenile court 95 per cent were cigaret smokers. I never saw a boy who played hooky from school but did not also smoke cigarettes. This habit is the beginning of crime. Two boys were caught stealing in a store not long ago. Each was a cigaret smoker.

After hearing confessions of 970 patients who are being treated for the opium and cocaine habits, Superintendent Sloan of the Bridewell, Chicago, says that the alarming increase of slaves to drugs is largely due to treatment by physicians, who prescribe the drugs too freely. The number of cases increased from 209 in 1903 to 970 in 1904, and the report declares "Many were woman, and they almost unanimously blame their physicians for getting them into the habit. They fall through despondency and bad associations. They lose their friends and self-respect and drift along until they are taken up by the police and sent here. We have had fifteen college graduates here during the past year." With in the past few months it has developed that a great number of full-blood Cherokee Indians are becoming cocaine fiends. The police in Pittsburg, Pa., arrested eight young men between the ages of eighteen and twenty-three who were accused of furnishing cocaine to youths younger than themselves. It is said these eight young men are physical and moral wrecks from the excessive use of the drug. A man in West Plains, N. Y., has used a firm of druggists for \$50,000, for alienating the affections of his wife. He claims the selling of drugs

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to his wife has brought about this alienation. **MRS. E. B. INGALLS,**
Supt. Anti-Narcotics Nat. W. C. T. U.,
5250 Westminster Place, St. Louis, Mo.

Information

For Young Women who may go to the Lewis and Clark Centennial Exposition at Portland.

At the time of the Centennial in Philadelphia, in 1876, the Young Women's Christian Association, then six years old, sent out circulars to warn girls against coming to see the Exposition with the idea of getting work. Notwithstanding this there were hundreds of girls stranded who exhausted their small savings in three or four days and found no work; how to protect them was a problem which is well remembered by those who were managers of the Association at that time.

Desiring to meet these conditions we make the following suggestions:

1. See to it that you have money enough for an emergency and for your return home.

2. See to it that before leaving home you learn from a reliable source that your destination in Portland is a safe one.

3. See to it that you accept no directions from either men or women on trains, if unknown to you, and that you report to the conductor any advances made. You must depend upon yourself and the railroad officials for information concerning trains. Any questions will be answered by the TRAVELER'S AID AGENTS to be found at the stations on the way. They will be women with badges.

4. See to it that you have an authorized TRAVELER'S AID card of identification.

5. See to it that you apply for these cards to your Organization, Society or Guild.

6. See to it that before accepting employment in Portland, through advertisement or otherwise, that the EXPOSITION TRAVELER'S AID COMMITTEE endorse it.

7. See to it that before going to any lodging or boarding house that the EXPOSITION TRAVELER'S AID COMMITTEE recommends it. The address of the Portland headquarters of this Committee is 312 Oak street, Portland, Ore.

One Standard.

It is very sad, but, nevertheless true, that it is rare we find an upright, virtuous young man; a young man who is not afraid to stand up for what is right; who is not afraid to say no! when tempted to do wrong; a young man whose life is as pure and blameless as the demands of the woman he would make his wife.

How many of our young men would be willing to claim as friends, girls whose lives corresponded to their own? Young men who make no pretense to virtue demand of their lady friends pure and spotless lives; while we girls, and I blush for shame as I say it, often deliberately choose the dissipated, unprincipled men in preference to the virtuous and upright.

For shame! Girls, our standard is not high enough. Are we demanding of our friends clean lives, honesty, and virtue? Do we measure them by the same standard by which we are measured? By the same standard by which we measure our girl friends? If not, why not? Something is surely wrong. Let us think seriously of this matter. I contend that we are greatly to be blamed

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for this deplorable state of affairs; that the young men of to-day come up to the standards of a greater share of the young ladies; that if it is not right for our sisters to smoke, drink, or swear, it is not right for our brothers. We should make our life for our brothers. We should make our life for our brothers and friends understand in a kind friendly way that if they wish our comradeship they must prove themselves worthy.

I fear we oft times sanction an act or a habit, which should have the stamp of our disapproval. I have seen girls accept cigars from some friend who has just been married. Now I can't see any reason why it's right to take a cigar at that time if not at any other, and don't see how one could in any better way give their approval to a habit which should have our sworn enmity. We need not make ourselves disagreeable in order to make our sentiments understood. I think we would command far more respect if we quietly but firmly demand of our friends at least the same that they demand of us.

Now, perhaps you will tell me that just one won't make any difference. Do you really think you have no influence over anyone? That no one would live a better life if you showed them you expected it? Or perhaps you are afraid it will narrow your circle of friends. Let me tell you that you won't lose one whom you would not be much better without. I know it takes courage, but we were not placed in this world to drift idly along. A life which has not made some one better is wasted.

Who can measure the influence, or tell what the end may be if our wholesome true hearted girls would earnestly strive to have for themselves and everyone with whom they came in contact higher ideals and higher standards for living. We cannot be great reformers like Frances Willard, but let our influence count always on the right side. Let us constantly try to lift some one to a higher plane in our own small sphere and we will find the only life worth living. Let us earnestly examine ourselves and watch carefully that we estimate everyone by true standards and demand of our friends at least the same standard that they demand of us.

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