



"NOT WILLING THAT ANY SHOULD PERISH."

VOL. 8. NO. 2.

FARGO, N. D., MARCH, 1906.

Monthly—25 Cts. a Year.



MRS. M. M. ALLEN

Objects of the Department.

[We are pleased to present this month to the readers of the White Ribbon Bulletin something from the department of Medical Temperance (new name for Non-Alcoholic Medication.)]

1. To inform our own membership of the objections to the medical use of alcoholic drinks now held by many successful physicians. These objections are based upon scientific investigations in great university laboratories, and also upon careful clinical observations, and are powerful arguments for total abstinence. Every white ribboner should become familiar with these objections as set forth in the department literature.

2. To acquaint our membership with the cunning devices of those manufacturers of proprietary, or "patent" medicines, and "foods," who are selling large quantities of alcohol and other dangerous drugs, under various delusive titles, and paying goodly sums of money for testimonials of "cures."

3. To reach the public through our local unions, with the important information referred to in the foregoing.

4. To endeavor, in an inoffensive way, to win the attention of physicians who prescribe alcoholic liquors, to the teachings of great leaders in their profession, who have abandoned such practice.

HOW IS THE WORK TO BE DONE?

1. For our own members.—Arrange at least one meeting of the union each year, devoted entirely to the study of this department, with a carefully prepared and interesting program. Appoint a faithful woman as superintendent and give her some money to purchase leaflets, at least 25 cents for the complete sample package. For three months have readings for ten minutes at each meeting, from the leaflets or Department Book. Our National President, Mrs. Lillian M. N. Stevens, advises this use of the book. Make this subject a topic for Mothers Meetings, or Parlor Meetings. It is an almost inexhaustible theme. Give each member some of the best leaflets to read in her home, and ask members to read the department book. Ask your local superintendent to give a one minute report monthly. She will thus learn that you expect her to do something. Encourage her in every way.

SOME REASONS WHY THE W. C. T. U. SHOULD TAKE HOLD OF THE DEPARTMENT OF NON-ALCOHOLIC MEDICATION VIGOROUSLY.

1. As long as alcohol is used as medi-

cine so long will there be drunkards. 2. The prescription of alcohol by physicians and its sale in drug stores lends respectability to a traffic otherwise infamous.

3. One of the greatest difficulties in the enforcement of prohibitory laws is the allowances made for the medicinal sale of liquors.

4. In all no-license and prohibitory amendment campaigns the cry of "useful as a medicine" is the hardest for our workers to meet.

5. It has been shown conclusively by the experiences of non-alcoholic hospitals and sanitariums, as well as in the practice of many successful physicians, that disease is much more readily subdued without than with alcohol.

6. Death rates are much smaller under non-alcoholic than alcoholic treatment.

7. Prominent non-alcoholic physicians are teaching that the common belief in alcohol as a remedy is simply a delusion resulting from the nerve deadening feature of the drug, and that the use of alcohol medically is as unscientific as was the blood-letting of days gone by.

8. Doctors who use alcohol are some times the bitterest foes of our Scientific Temperance Instruction Laws.

9. There never will be national prohibition of the manufacture and sale of intoxicating liquor until the people learn that alcohol as a medicine has precisely as evil effects upon the body as has alcohol used for a beverage.

10. Many of our own membership need the information which it is the province of this department to disseminate, and, from lack of knowledge in this direction, some are really hindrances to that temperance cause for which they are laboring hard on some lines.

The Medical Use of Alcoholic Liquors.

Testimonies of physicians compiled from letters received in answer to inquiries, and from Medical Journals, by Mrs. Martha M. Allen, 27 Broad St., Oneida, N. Y., Supt. of the Department of Non-Alcoholic Medication of the National Woman's Christian Temperance Union.

"Convinced that a great number of the diseases I was called to treat owed their existence or aggravation to the use, in alleged moderation, of alcoholic beverages, and that in not a few instances this use was commenced and even continued by the advice of medical attendants; convinced also by the published experiments made at home and abroad, and by my own observations, that almost all diseases could be managed as well, if not better, by the non-use of alcohol, I abandoned entirely, eight years ago, the use of alcoholic remedies. The outcome of this practice, medically and morally, has been satisfactory to myself, and I have reason to believe, to my patients also."—Dr. H. D. Didama, Dean of Medical College of Syracuse University, and Chief of Staff of St. Joseph's Hospital, Syracuse, New York.

"The use of spirits as a stimulant in diseases, except in a very limited circle, is a mere empiricism for which no good reasons can be given. The teachings of medical men are no more to be followed blindly and without question. The tests of alcohol as a tonic, as a food, as a stimulant, as a retarder of waste, are all negative. There is no reliable evidence to support these claims, but a constant accumulation of facts to indicate the danger from the use of spirits. To give alcohol or any other drug without some

rational theory in accord with the scientific researches of to-day is unpardonable."—Dr. T. D. Crothers, Hartford, Conn., Professor of Nerve Diseases in New York School of Clinical Medicine.

"The conclusions of laboratory workers do not apply absolutely. Nevertheless I am convinced that alcohol is prescribed much too freely in the treatment of the sick, especially in such conditions as mild typhoid fever, neurasthenia and early tuberculosis. My own use of it is very limited, and never as a routine measure. I order it in definite dosage and at definite periods when I deem it indicated, in the same manner in which I would order strychnine, opium or other agents that may be useful or harmful, according to circumstances. In the majority of my cases of typhoid fever—even those in which "tubbing" is employed—no alcohol is given from beginning to end. In the hospitals where I am on duty I have long been in the habit of directing the attention of the resident physicians to this avoidance of alcohol, and asking them to compare the results with those attained under its free use. They admit that nothing seems to be lost—which is as much as I care to assert."—Dr. Solomon Solis Cohen, Jefferson Medical College, Philadelphia.

"Many physicians prescribe alcohol only because it is the desire of the patient, and because patients refuse medicine which the physician would rather use."—Everett Hooper, M. D., Boston.

"You are right in indicting alcohol for its insidious wrongs to humanity. It is an old and sly offender and very much the 'mocker' in medical practice that it has been pronounced in holy writ. It exhausts the latent energy of the organism often when that power is most needed to conserve the failing strength of the body in the battle with disease. The judicious, not continual, not excessive or too long prolonged use of alcohol is one of the perplexing problems of modern practice. I never prescribe it to be taken as a beverage, nor at the patient's discretion, nor any sort of bitters. I use it under the skin, hypodermically, as the last resort in heart failure, as a solvent to some other and better drug, and sometimes by the drop with some other medicine, but never as a sick man's drink. Strong constitutions are needed to counteract the toxic effect of alcoholic liquors."—Dr. C. H. Hughes, St. Louis, Missouri.

"The longer I have practiced medicine—now more than twenty-five years—the less alcoholics I have used, until now I very rarely prescribe them at all; and when I do it is nearly always because it seems advisable to concede a point to others, although contrary to my own judgment. I am all but convinced that there is no place whatever in medicine for these articles. I do not believe they have any food value. I certainly cannot see that my efficiency as a physician has been at all impaired by the lessened use of alcoholics. Permit me to express my appreciation and approval of the work you are doing in this matter, and to express the hope and belief that the truth concerning the great harmfulness wrought by alcoholics will soon be better understood by humanity, and that they will profit by such knowledge."—Z. Fuller, M. D., Sac City, Iowa.

"If alcohol had become a candidate for recognition years ago, instead of centuries ago, it is safe to say that its application in medicine would have been very much more limited than we find it at the present time. Its wide therapeutic use is to be attributed in part to

fallacies and misconception regarding its pharmacology, and in part to a disinclination on the part of the average practitioner of medicine to depart from old and well beaten lines."—Winfield S. Hall, M. D., Professor of Physiology, Northwestern University Medical School Chicago.

"Alcohol may fill an emergency when better means are not at hand, but, apart from this, I know of no use in the practice of medicine and surgery for which we have not better weapons at our command. There is but one reason for the continued use of alcohol—men use it because they love it."—Dr. W. F. Waugh, Chicago, Editor Alkaloidal Clinic.

"In its relation to the human system, alcohol is never constructive and always destructive."—Professor Frank Woodbury, Philadelphia, Pa.

ENGLISH AND GERMAN PHYSICIANS.

"In abandoning the use of alcohol, it should be clearly understood that we abandon an injurious influence, and escape from a source of disease, as we do when we get into a purer atmosphere. There is not the slightest occasion to do anything, or to take anything to make up for the loss of a strengthening or supporting agent. No loss has been incurred, save the loss of a cause of disease and death."—Dr. J. J. Ridge, London Temperance Hospital.

"The same care and discrimination should be given to the prescribing of alcohol as to the most deadly drug with which we have to deal. In looking at the report of Radcliffe Infirmary for the past month I see that in dealing with twenty-five cases I ordered alcohol costing exactly 1 1/4 pence."—Dr. William Collier, President British Medical Association, 1904.

"In England at present the use of large doses of alcohol seems to have greatly gone out of hospital practice, and opinion is certainly growing that not even small doses are required. Diseases of the stomach, liver, heart and kidneys have appeared to me, in my practice, to be much more satisfactorily treated without beer, wine or spirits."—Dr. C. R. Drysdale, Consulting Physician to the Metropolitan Hospital, London.

"For nearly thirty years as a busy general practitioner, and on the staff of the Swansea Hospital, I have found it possible to carry on my work with scarcely any recourse to alcohol in the treatment of disease. I think the results would be quite up to the average of success. If medical men who regularly use alcohol in some form were just for a few months to treat their cases on non-alcoholic lines it would be a revelation to many of them."—Dr. J. Adams Rawlings, Consulting Physician to Swansea Hospital.

"Of scarlet fever I have treated some 2,000 cases. I have never seen a case in which, in my opinion, alcohol was necessary; no case in which its administration was beneficial; but I have seen more than one case in which its action was directly injurious. *** Alcohol in no case averts a fatal issue where such is impending. *** The facts are dead against alcohol. In hospitals there has been an increase of 300 per cent. in the use of milk, and a decline of 47 per cent. in the use of alcohol. Progress in treatment of disease has gone hand in hand with disuse of alcohol. The use of alcohol formerly was the expression of ignorance, a confession of weakness and defeat; to-day it is the expression of inability to discard the fetters of an outworn routine."—Dr. C. Knox Bond in Medical Times.

White Ribbon Bulletin

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EDITOR IN CHIEF.
Mrs. E. M. Pollock,
MANAGER.

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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.

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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Casselton Reporter

CASSELTON, N. D.

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

HEADQUARTERS

for

W. C. T. U. Supplies

Miss Ruby I. Gilbert,

131 Wabash Ave. Chicago. Ill.

For what we cannot do, God never asks;
Beyond what we can bear, He never tries;
In sweet fulfillment of the little tasks
We make our preparation for the skies.
The restless heart seeks to do something great,
And lets the common things of life slip by,
Forgetting that the tries indicate
Which path we're taking for eternity.
—London Sunday-School Times.

We have some excellent papers and other interesting matter crowded out for lack of space.

It is a pity that papers in the prohibition state of North Dakota print liquor advertisements. It emphasizes the fact that we must educate, agitate and legislate.

We wish to express the sympathy of the W. C. T. U. sisters to Mrs. L. M. Delamater, Co. Sec. of 2d Dist., in the death of her dear husband, which occurred January 26 at Knox.

The appeals in the Park River druggists' permit cases were dismissed by Judge Kneeshaw on account of a mistake in the appellants' bonds which were made out to the druggists instead of to the state. The women of the local W. C. T. U. feel somewhat disappointed over the outcome, as they had very good reason to think their contention in the matter correct, having had the advice of several leading lawyers in the state. Judge Shepherd held that women, to be eligible to sign a petition for a permit, must be citizens of the United States and it was mainly from this ruling that the appeal was made. Under the circumstances it is to be regretted that the cases did not come to trial.

Dear White Ribbon Comrades:—Our National President, Mrs. Stevens, has said that not long ago a prominent physician made the remark that far less alcoholic liquor is being prescribed as a medicine each year, and upon being questioned as to the reason he replied, "Very largely the education and application upon the question brought about through the Woman's Christian Temperance Union." Is not this recognition of our work encouraging, and should it not arouse to faith and effort those of our membership who thus far have done nothing in this department, indeed have been afraid of it? Many have feared to work against alcoholic drinks used as medicine lest they offend good physicians or their wives, yet the fact is that the best friends of this department are physicians, physicians' wives and graduate nurses who understand what we are trying to do. The efforts we have put forth to enlighten the public as to the danger in the use of many of the proprietary medicines so freely advertised has made numerous friends for the W. C. T. U. from the ranks of medical men and educators who formerly cared nothing for us.

Work Among Foreigners.

Fargo, N. D., February 15, 1906.—Dear Sisters:—As superintendent of this department I wish to urge upon the local unions to make a special effort this year to interest the foreigners in your communities in our W. C. T. U. work. Try to enlist them into our ranks. Supply them with literature in their own language, which can be obtained from our national superintendent, Mrs. Cornelia B. Forbes, Hartford, Conn. Send for catalogue from which to select. Invite them to your meetings and try in every way to interest them in our work, for although most of the Scandinavian people at least are temperance people and do much temperance work, very few of them know anything about our W. C. T. U. principles.

I trust we shall have better reports this year than we had last, for most of the report blanks came to me then either blank or simply the words, "Nothing done." As the majority of the population of our state are foreigners, it is very important that we try to reach them in some way.

Could not someone suggest to me some bright Scandinavian woman who could be sent out over our state organizing more Scandinavian unions, or where that could not be done, get them to unite with our English speaking sisters in their unions. Hope I may hear from some of you in regard to this matter.

Wishing you success in all your local work, I am, yours for faithful service and final success, Mrs. JULIA NELSON.

PRESIDENT'S CORNER.

Again death has entered the home of the beloved President of our State Union. This time it claimed the sainted father, who entered the valley of the shadow of death strong in the assurance that God was with him. Father Preston visited us at our own home a few days ago, working in the temperance cause. I told him he seemed too frail to be working in such bitter weather. I shall never forget how he straightened his slight figure and replied: "It makes me feel strong to do a little work in the temperance cause and for my Master." He grew buoyant as he unfolded his plans for the coming summer. Neither life nor death held any gloomy outlook for him. At dinner, with the boys fresh from school, gathered around, he gave us reminiscences of his early work of pioneering in the then "far west," of his early struggles for an education, and the backward look he held the same brightness that the future held—to one who had learned the best of life's lessons: to forget the wrongs and treasure the good that befall us on life's pathway. Every W. C. T. U. woman, and the many friends extend to our dear President and her family love, sympathy and prayers in her sorrow. May she find comfort in the promise: "They that turn many to righteousness shall shine as the stars for ever and ever."

This beautiful poem was quoted by Mrs. Anderson in her last annual address: "It seemeth but a little way to me Across to that strange country—the Beyond; And yet not strange, for it has grown to be The home of those of whom I am so fond; They make it seem familiar, and most dear As journeying friends bring distant regions near."

"So close it lies that when my sight is clear I think I almost see the gleaming strand, I know I feel those who have gone from here Come near enough sometimes to touch my hand;

I often think but for our veiled eyes We should find Heaven right about us lies. "I never stand above a bier and see The seal of death set on some well loved face But that I think, 'One more to welcome me

When I shall cross the intervening space Between this land and that one 'over there.' One more to make the strang Beyond seem fair."

"And so for me there is no sting of death, And so the grave has lost its victory; It is but crossing—with bated breath, An white set face—a little strip of sea, To find the loved ones waiting on the shore. More beautiful, more precious than before."

The mid-year executive meeting will be held in Fargo March 22 and 23. The executive session will be at the W. C. T. U. Woman's Home at 9:30 a. m. March 22. The Board of Directors will meet at same place at 2:00 p. m.

Report of Mothers Meetings, Purity, Etc.

The annual report of the superintendent of Purity, Mothers Meetings, Heredit and Hygiene, Cradle Roll and Purity in Literature and Art was inadvertently left out of the Annual Report. Such service deserves recognition somewhere; we gladly give it here:

Thirty-eight unions have reported which show that there are now twenty-seven local superintendents. Sixty-three Mothers Meetings have been held, with an average attendance of eleven. As we note what the aggregate attendance is, seven hundred fourteen, and what it means to the future to have over seven hundred women of our state, during the past year, discussing in these little groups subjects vital to our homes. And one Union reports a Fathers Meeting! How is it, fathers, why don't you talk about something that is good for your boys at your farm conventions, instead of so much "calf" talk?

There are now twenty-five American Motherhood magazines taken and thirty copies of The Light.

Six unions report loan libraries containing, in all, sixty-five books. What per cent is that of the novels read by many of the mothers?

Fourteen towns have the Curfew law, viz: Grand Forks, Fargo, Minto, Pen-

bina, Ardoch, Park River, Cooperstown, Lisbon, Oakes, Ellendale, Valley City, Tower City, Maza, Webster and Forman. The Curfew is one of the greatest help parents ever had. Police officers everywhere say that night prowling is a great school of crime for the young.

There are now nine White Ribbon Cradle Rolls with an enrollment of one hundred eighty-one. This movement among the little ones of all classes is starting now too soon. There are thousands of little ones among strange surroundings for their angel souls.

Seven petitions are reported, two for curfew, three against slot machines, one anti-Mormon, one Sabbath observance, and one to close public nuisances. Several schools and W. C. T. U. conventions were addressed on purity. Ransom-La-Moure reports twelve sermons preached by as many preachers in as many churches on purity subjects.

We are very grateful to the national superintendent of the Promotion of Purity in Literature and Art for about two thousand pages of free leaflets which may be made of much help to mothers and teachers. Our strong state law against the impure in print—soul poison should be as well known as is the pure food law.

In Heredit and Hygiene studies we are grateful to Com. E. F. Ladd for the many packages of food bulletins he has sent different superintendents. Let us help him in every way we can, for the pure food agitation vexes the liquor trade very much. Of our own Hygiene leaflets one thousand four hundred eighty-six pages have been used; purity magazines and leaflets, three thousand six hundred fifty-eight pages, which, with that before mentioned, makes a total of eight thousand five hundred twenty-seven pages of literature on all lines of this department. This, of course, does not include White Ribbon Bulletins, Signals, etc.

Three counties report appropriations for their superintendents, \$2.00 each. Total \$16.35.

In twelve unions at least fifty signers to the White Shield and White Cross pledges have been secured. Have tried to learn if the Health and Decency law is enforced in the various counties. Learn the terms of this child-protecting law and see if your country schools are so provided and kept.

Among the greatest needs of Mothers Meetings I must give only one—all are true enough: "More practical work and less theory."

Mrs. BLANCHE MARCELLUS.

Sunday School Temperance Workers.

Calendar of Quarterly Temperance Lessons for the year 1906.

Lesson 1—March 25.

Title: A Temperance Lesson.

Lesson text: Proverbs 23:29-35.

Golden Text: "At the last it biteth like a serpent and stingeth like an adder."

Prov. 23:32.

Temperance Topic: Alcohol an Insidious enemy. The value of pledge signing.

Lesson 2—May 20.

Title: Death of John the Baptist.

Lesson Text: Mark 6:14-29.

Golden Text: "Be not drunk with wine wherein is excess."—Eph. 5:18.

Temperance Topic: The influence and result of strong drink.

Lesson 3—September 30.

Title: Temperance Lesson.

Lesson Text: Gal. 5:15-26: 6:7-8.

Golden Text: "Wine is a mocker, strong drink is raging."—Prov. 20:1.

Temperance Topic: The blighting curse of intemperance. The beauties of a temperate life.

Lesson 4—Nov. 25.

Title: The World's Temperance Sunday.

Lesson Text: Isaiah 5:11-23.

Golden Text: "I keep under my body, and bring it into subjection."—1 Cor. 9:27.

Temperance Topic: Temperance in its relation to the individual and the nation.

Prizes offered by the National Sunday School Superintendent for the year 1906:

1st prize: Five dollars worth of Sunday school literature for greatest per cent gain in local superintendents.

2d prize: Three dollars worth of Sunday School literature for best organized department.

3d prize: Two dollars worth of Sunday School literature for the model state report.

See State Minutes for list of supplies.

L. T. L. CORNER.

"For Truth and Right
in the King's Name."

My Dear Legionnaires: After such lengthy articles as have appeared in the L. T. L. column of the Bulletin from Miss Wintinger for the past two months, your secretary has hardly known what to say to you this month as we want you to thoroughly digest all of the good things she has proposed: especially in regard to the Correspondence Training School.

I hope each senior legion, also members of the W. C. T. U., who are anxious to know more about one branch of the work, and who would lead if they only could, will be interested enough to take up the study. A whole union or legion or one individual, can do so for one dollar.

I have a list of the subscribers to the Crusader Monthly in the state, which shows that some large legions only have one copy in the town. This is not as it should be. Cannot the one who takes a copy get up a club of 5 or more? It is so cheap and such a worthy little paper that every family should have a copy.

I am glad to note the items from different legions in the last Bulletin and hope more may appear from time to time.

The Sherbrooke Junior legion has been taking a partial vacation as they had no school and many of the members live in the country; but now that school is in session again the legions are having its regular meetings. They assisted the Y at the Francis Willard Memorial service in a very capable and pleasing manner. Much credit is due their superintendent, Mrs. Carrie Collins, who is very much interested in the children and appears to have success in keeping them interested in the legion.

The leaflets have at last arrived and are very helpful, and all are good; so, if any one is in need of them, please let me know and I will try and get them out before our train gets snowed in again.

I hope the legions will all try to observe some of the Red Letter Days, as it is such an education to do so.

Yours for success,

(Mrs.) ELLA C. BOISE.

Percentages of Alcohol.

From reports of Massachusetts State Board of Health.—Peruna, 28.59 (other chemists have found a larger percentage); Vinol, 18.88; Swamp-Root, 7.92; Lydia Pinkham's Vegetable Compound, 20.61; Pynk's Paw Paw, 21.59, (claims to do away with the necessity for beer, wine and whiskey!); reports say, "It contains none of the starch converting enzyme of paw paw"; Hall's Catarrh Cure, 14.77; Ayer's Sarsaparilla, 26.2; Hood's Sarsaparilla, 18.8; Allen's, Dana's, and Brown's Sarsaparilla, 13.5; Radway's Resolvent, 7.9; Colden's Liquid Beef Tonic, "recommended for treatment of alcohol habit" on label, 26.5; Whiskol, labelled "a non-intoxicating stimulant," 32.2; Warner's Safe Tonic Bitters, 35.7; Richardson's Concentrated Sherry Wine Bitters, 47.5; Puritana, 22.0; Paine's Celery Compound, 21.0; Kaufmann's Sulphur Bitters, label says "contains no alcohol" 25.0, it contains no sulphur; Hostetter's Stomach Bitters, 44.3; Hoofland's German Bitters, "free from alcoholic stimulants," on label, 25.6; Drake's Plantation Bitters, 33.2; Copp's White Mountain Bitters, labelled "not an alcoholic beverage," 6.0; Burdock Blood Bitters, 25.2; Baker's Stomach Bitters, 42.6; Atwood's Quinine Tonic Bitters, 29.2; Parker's Tonic, labelled "recommended for inebriates," 41.6; Menman's Peptonized Beef Tonic, 16.5; Liebig's Coca Beef Tonic, 23.2 (be careful never to use any medicine or beverage containing coca, as the cocaine habit may result; do not confound it with cocoa, which is harmless); Howe's Arabian Tonic, label says "not a rum drink" 13.2; Hoofland's German Tonic, 29.3; "Best Tonic," 7.6.

Proprietary "Foods" Upon Which the Sick are Starved.—Examined by Professor Charles Harrington, of Harvard Medical College, Boston, Mass.

Liquid Peptonoids, 23.03 alcohol; maximum amount recommended will yield less than one ounce of nutriment per day, and the equivalent is 3.50 oz. of whiskey. Panopeton, 17.99 alcohol; Hemapeptone, 10.60 alcohol; Nutritive Liquid Peptone, 14.81 alcohol; Hemaboloids, 15.81 alcohol; the maximum dose recommended yields about 1/4 oz. of nutriment, and the equivalent of about 1 1/2 oz. of whiskey daily. Tonic Beef, 15.58 alcohol; doses recommended yield about 1/2 oz. nutriment daily and the equivalent of one ounce of whiskey. Mulford's Predigested Beef, 19.72 alco-

hol; doses recommended yield about 1 1/4 oz. nutriment daily, and the alcohol equivalent of about 6 oz. of whiskey. There were "Foods" for the sick examined which were non-alcoholic, but their nutritive value was about nothing in comparison to their cost.

Malt Extracts.—Examined by Professor S. P. Sharples, State Assayer, Boston, Mass.

English Malt Extract, 5.63; Old Grist Mill Malt Extract, 5.86; Liquid Food, 4.27; Pure Malt, a Liquid Food, a Tonic, 6.32; King's Pure Malt, 6.60; A Nutritive Tonic, Pure Malt Extract, 6.24; Norris' Extract of Malt, 6.63; Pabst Malt Extract, 5.16; Hoff's Malt Extract, 8.88; Johann Hoff's Malt Extract, 4.85; Haffenreffer & Co., Malt Wine, 6.65; Durgin's Malt, 5.94; Liquid Bread, 6.63; Wyeth's Liquid Malt Extract, 3.35; Wampole's Concentrated Extract of Malt, 9.86; Anheuser-Busch's Malt Nutrient, 3.00; Malt Extract (Sterilized), John L. Gleason, 4.71; Malt Extract (Sterilized), Charles C. Barr, 5.00; Burkhardt Brewing Co.'s Malt Extract, 7.01; Menzel's Extract of Malt, 5.24; King of Malt Tonics, Lion Tonic, 7.05; Teutonic, 7.45.

These are all as strong as ordinary beer, or stronger, yet are used in many homes where beer is denounced. Dr. Charles Harrington says of them, "That they are not true malt extracts is shown by the fact that in no one was there the slightest diastatic power."

Sabbath Observance.

Dear Sisters: The following has just been received from our National Sp. of Sabbath Observance:

The undersigned, in behalf of the societies we represent, appeal to all lovers of Christ in America to set apart April 22 to 29, inclusive, as Lord's Day week, devoting as much of it as practicable at home and in the regular church services, to thanksgiving, prayer, study and service with reference to Sabbath desecration.

PRAY GOD, as ever, for the day of rest from toil, and also, in joyous communion with and love and service of our blessed Savior, for a year that has brought some victories in the arduous warfare for the imperilled Sabbath.

We note three among many.

1st. God has moved some of our governors, mayors and district attorneys to make Sabbath laws supreme, especially over the saloon. Never before since the civil war have so many saloons been closed on the Sabbath, and never since then have so many political papers and business men approved of such closing.

2d. God has led some railway managers to refuse to run Sunday excursion trains.

3d. He has brought together the various societies that seek to exalt the Lord's Day in hearty co-operation.

PRAY GOD to arouse His people to press vigorously for greater victories and to awaken employers and employees to realize the folly and curse of Sunday toil, and the moral blight of Sunday sport.

STUDY GOD'S SABBATH LAW as written in the Bible in nature and in history, all of which teach that Christian life and growth are impossible unless God has the utmost opportunity on His day to possess, cleanse and beautify our whole being, lest the Sunday paper, or social function shall rob us of the soul's best inheritance. Study also, in criminology and history, the effect of Sunday sports that weaken the character of men and nations. Study habits and surroundings related to Sabbath keeping, and how to make the Sabbath more richly bless personal life and the life of the church and community. And let all appeal to Congress to forbid Sabbath work in the money order offices and in the departments of the post-offices and in the national capital. Let us also urge, regularly or frequently, state and national legislatures to secure to all employees who work on the Sabbath on the plea of necessity or mercy, fifty-two rest days in each year as is done in Switzerland. Let us secure for the Sabbath in this annual week of prayer, a prominent place in the press and in the pulpit, the prayer meeting, the Sabbath School and in the W. C. T. U., and the other reform meetings of that week, and also during all other weeks of the year. Let us federate reform forces in each town so as to educate all the people by putting Sabbath literature into every house and by encouraging and assisting officers to enforce our Sabbath laws.

This is signed by the officers of eleven Sabbath societies: Rev. J. B. Davison, Sec. Wisconsin Rest Day Association.

Rev. S. T. Mutchler, M. D., Sec. Penn. Sabbath Association.
Rev. D. W. Kneeland, J. D., Sec. New England Sabbath Protective League.
Rev. W. F. Crafts, Ph. D. Supt. International Bureau of Reforms.
Rev. J. G. Shearer, A. B., Sec. Lord's Day Alliance of Canada.
Rev. Alex. Jackson, Ph. D., Sec. Cleveland Sunday Union.
Rev. Edward Thomson, D. D., L. L. D., Mgr. Sunday League of America.
Rev. Frederick J. Stanley, D. D., Sec. American Sabbath Union.
Rev. Wm. S. Hulseell, D. D., Sec. New York Sabbath Committee.
Mrs. Mary D. James, Hon. Pres. Nat'l Woman's Sabbath Alliance.
Mrs. Varila F. Cox, Supt. Sab. Observance Dept. Nat'l W. C. T. U.

Safe Remedies in Illness—As Opposed to the Use of Alcohols.

COMPILED BY MRS. MARTHA M. ALLEN.

The question "What shall I take instead of alcohol?" is frequently asked by those who think some form of alcohol really necessary to the cure of disease, but who, on principle, would prefer other agents if they knew of them. The question shows lack of knowledge of the teachings of non-alcoholic physicians who have repeatedly stated that in most ailments alcohol is not useless, but positively harmful, its reputation as a curative agency resting solely upon its power to deaden sensation. The patient does not FEEL the same uneasy sensations after taking it as before, hence thinks he is better. He does not know that the cessation of uneasiness results from the numbing of his capacity for feeling. The numbing of the nerves is really the beginning of the effect which, with continued doses, becomes complete intoxication. Those asking for "Substitutes for Alcohol" are referred to the following expressions of non-alcoholic physicians:—

"In abandoning the use of alcohol it should be clearly understood that we abandon an injurious influence, and escape from a source of disease, as we do when we get into a purer atmosphere. There is not the slightest occasion to do anything or take anything to make up for the loss of a strengthening or supporting agent. No loss has been incurred save the loss of a cause of disease and death." Dr. J. R. Ridge of London Temperance Hospital.

Sir B. W. Richardson, M. D., said of the London Temperance Hospital: "No alcohol is administered, and no substitute for it. Any drug with similar action would be bad; warmth and suitable nourishment are relied on to keep up the system. We know that people who take alcohol often feel better; this is from the narcotic action. The pain may be stilled, and the disease forgotten, but it has not been removed; its symptom has been narcotized."

Dr. Nathan S. Davis, Sr., of Chicago, said to the writer: "Tell the women to ask for Safe Remedies, not for substitutes for what is injurious."

"In the whole history of its unbolty alliance with medicine, alcohol has not cured a single disease per se; it is an antidote for nothing, a specific for nothing, a cure for nothing, a preventive for nothing." Medical Temperance Journal, England.

BEVERAGES FOR THE SICK.

Unfermented grape juice. Hot milk. Egg cream, made as follows: Beat the white and yolk separately, add milk and sugar and stir well, flavor to suit taste. Egg lemonade—beat yolk and sugar together, add lemon and water, shake well, then add white, beaten stiff. Barley water, made by boiling pearl barley five or six hours, and straining the water from it; add milk or cream if wished.

BATHS.—"If all people understood the value of water to cool, cleanse, invigorate and sustain life, and how to use it, and would use it, one-half of all the afflictions from disease would be removed; and the other half might be banished if all people understood how and what to eat, how to breathe, and the necessity of daily, vigorous exercise. A daily toilet bath will do more to counteract disease, and restore the body to its normal health condition, than any other method or remedy yet discovered. After the bath, the body should be thoroughly rubbed with a crash or Turkish towel. Rub until a warm glow is produced. This bath is a fine tonic if taken upon rising in the morning."

SAFE REMEDIES IN ILLNESS

"Alcohol is a prolific cause of consumption."—Sir B. W. Richardson, M. D.
"The drugs used to stop a cough are

sedatives. No sedative is known that does not lock up the entire secretions and thus lessen digestive power. The cough is nature's method of expelling offending matter from the lungs and bronchial tubes. . . . Live out of doors; keep the bowels clean; take deep breathing exercises (not to fatigue point) to strengthen the lungs. Improved nutrition is your salvation, and that must come through exercise, diet and fresh air.—Dr. Forrest.

DIPHTHERIA.—"The free use of alcohol in diphtheria has been almost universal throughout Europe and America, and the mortality has been appalling, reaching, in some cities, to 60 out of 100 cases." Dr. H. D. Adams, Dean of Medical College, Syracuse, N. Y.

The various alcohols are frequently given as medicine "to support" the body, the idea being that they are useful as food. Yet again and again scientists experimenting with alcohol on men and animals have demonstrated that it weakens instead of strengthens, decreases temperature by increasing it, and passes from the body unchanged alcohol as it entered it. Foods strengthen, and warm, and undergo a change in the body; alcohol does none of these. "Food gives force and vitality, alcohol destroys force and vitality, and reduces the normal powers of the whole system." Dr. W. Hargreaves. "Alcohol imparts no power to man."—Sir B. W. Richardson, M. D. Analyses of beer by eminent chemists show an average of 90 per cent. water, 4 per cent. alcohol, and 6 per cent. malt extract. The malt extract left as a residue after separating the water and alcohol consists of gum, sugar, various acids, salts and hop extract. Starch and sugar are all of these capable of digestion, and the amount of them would be equal to 39 oz. to the barrel of beer. Liebig, the great German chemist, said: "If a man drinks daily 8 or 10 quarts of the best Bavarian beer, in a year he will have taken into his system the nutritive constituents contained in a 5 pound loaf of bread." At 5 cents a pint it would cost \$292; a high price for a much nourishment as in a 5 pound loaf! Analyses of wine by reliable chemists show that the consumer must pay \$500 for the equivalent in nourishment of a 5 pound loaf of bread, wine being higher priced than beer. Yet people in millions are deceived into thinking these drinks give strength!

HAY FEVER.—The use of pork, coffee, tea and tobacco should be avoided. Be sparing in eating for a few days, making fruit the principal article of diet. Exercise freely in the open air, and take cool or gradual baths in air, and rest relieved by hot baths. Relief may be gained also from inhaling the vapor from pine needles or hemlock leaves. Put them in a bowl, pour boiling water over them, and hold the face down over the bowl, the head being covered, and inhale the vapor well up into the nostrils and head. A few drops of hemlock oil in the hot water will do as well. Vigorous exercise to induce profuse sweating often relieves if care is taken to avoid cold afterwards.

HEADACHES.—Avoid headache powders. Persons suffering from headache should be warned against taking remedies that contain opium, alcohol, and also against the use of a recent popular remedy, usually called a "white powder" or "white tablet." They take the latter readily because the druggist or physician says it contains no opium.

JUST A FEW

Of the Attractions Offered by the
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THE W. C. T. U. COURSE OF STUDY covering the history and scope of the organization; a splendid opportunity for knowledge and training, practically without cost.

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FIELD NOTES.

Valley City, N. D., Jan. 23, 1906:—At our last meeting I was appointed to report to you from our union. Our member are somewhat encouraged and a prompt payment of dues, and increased attendance at the meetings gives us hope for a good year's work. We have the printed program, and some of our members are enrolled in the Union Signal course of Study. Our Junior L. T. L. gave a contest Feb. 24 in the assembly room at the High School and many were interested for the first time. The Congregational Pastor gave a splendid sermon on "Drinks and Drugs." Before long the young people's societies unite in a temperance meeting to be led by our dear president, Mrs. Elizabeth Anderson. We also have arranged for a program to be given Feb. 17, in honor of the dear rare spirit who leads our ranks of reform, Frances E. Willard. How is it any woman can circulate or sign a "Drug Store permit?" Dear sister, we must educate our girls against these evils as well as our boys. Yours for service, Mrs. Anna McLeod.

White Ribbon Bulletin.—Dear White Ribbon Sisters, how glad we always are to read the works of other sisters in our W. C. T. U. Bulletin, but to surprise some of our readers will endeavor to send a report from our Oakes Union. Last fall we planned to ask all ministers in our city, to give one address each for the benefit of the W. C. T. U. workers. In October the Catholic Priest Father Baker gave one of his eloquent lectures on "Temperance" to a crowded house in the Academy of Music. But death entered our ranks, our beloved Sister Kate King fell asleep in Jesus Nov. 17. This sad event cast a gloom over our city. As a union we resolved to do no further work in social way or lecture course for three months in honor of our departed Sister King. We presented to the Primary Room of the city school, where our sister had taught the little ones for many years, an enlarged photo which was very gratefully appreciated. But the Oakes Union is not sleeping but working, each doing with her might what her hands find to do. No call was sent to a sister for a helping hand but she has willingly responded from sewing for needy ones, washing or ironing, setting up with sick or caring for motherless babies. There have been fifteen bouquets of flowers taken to Hospital and sick rooms, ten wreaths and bouquets to funerals, also growing plants to bereaved homes all tied with our emblem, White Ribbon. When the weather was much warmer than it is today, six Palm Leaf fans stamped with Eternal Revenue stamp also bow white tie on handle, with "From W. C. T. U. of Oakes" was presented to our city hospital. We stamped all our work with Eternal Revenue Stamps as far as possible which bears a passage of scripture to receiver. I will say in behalf of Oakes Union, are very few in number some getting up in years, so we have had but one session since Christmas, but if you will bear with this effort, when warm weather comes we will try to do better. Yours for temperance, Mrs. Ollie H. Coulter, Pres. Oakes Union.

Harlem Union reports two socials which netted \$26.00. A debate on the prohibitory law, one new member added to their union, have sent Physiology Journals to the teachers in the township and are planning a remembrance social. Mary Himbaugh, Press Supt., Sargent-Dickey Co. W. C. T. U.

Thompson Union:—On the evening of Jan. 26th, our union held a ten cent social. Each member prepared two or more articles, which they thought would be worth ten cents. Each one was placed in a separate sack tied up and hung to wire that stretched across the corner of the hall. Any one wishing to buy, paid ten cents and took their choice. We also had a few better articles, which we marked fifteen, twenty and twenty-five cents, these were also tied up in sacks and hung on one end of the line. In the opposite corner of the hall we had a booth where we sold home-made candy and popcorn. We served a ten cent lunch consisting of sandwiches, doughnuts, pickles, and coffee. We consider our social was a success, as we took in nearly \$26.00. This places us in a good financial circumstance, and it is a position that we are most always in, as we believe a full pocket book is one of the essentials of a live union.

The Fargo Scandinavian Union though not often heard from is nevertheless alive and quite active, have gained a

number of new members since convention both active and honorary, have held meetings regularly twice a month. The attendance has been very good, we have not had printed programs for the entire year yet, but hope to next year, however. We have interesting programs at each meeting, observed Willard Memorial day by a public meeting in Aaker's hall, an excellent address was given by one of our pastors, Rev. Zundel and a fine program was rendered besides consisting of vocal and instrumental music, and a fine recitation by the president of our Junior L. T. L. Among the musical numbers was a selection by the Aaker's College Orchestra, a collection was taken up, of which \$2.00 was given to the National organization fund. At Xmas time, the members of the Union had a surprise party on our president and presented her with a rocking chair and dining room chairs. The two unions here will join in holding an institute the first part of March. Our Supt. of Flower Mission work and her committee have been very active during the winter as there has been many sick and shut in ones to visit and bring flowers and in ones of cheer. Hoping for success in this great temperance work. I am lovingly yours, Supt. Press Work.

Treasurer's Report.

Dear Sisters:—I am sure we are all glad to see these good reports and feel very grateful to these Unions that are sending in their money early, and urge all others to collect their dues and pledges as soon as possible. We do want our report to show balance in all funds at our Mid-year Executive Meeting to be held the latter part of March. And when sending State dues please remember that a list of all paid up active members must be sent to me that I may know who is entitled to the White Ribbon Bulletin.

LIZZIE SCHLOSSER, Treas.

Leal Home \$5.00, State dues 70c	\$ 5 70
State Minutes	1 82
Ransom and LaMoure Co. Home donation	7 50
Mrs. L. B. Chamberlin State Min.	14
Mrs. Kate Ransier, organizing fund	8 00
Mrs. Della Ellsworth, State Min.	25
Park River, State Minutes	1 25
Wheatland State \$1, L. T. L. \$1	2 00
Chautauqua \$1, Organ. \$1	2 00
Legis. \$1, Memorial \$2,	
State dues \$2	5 00
Wheatland State Minutes	42
Minot State Minutes	60
Valley City Home bldg. fund	10 00
State dues	14 00
First National Bank Oakes, Home bldg.	1 00
Catholic Ladies Aid Oakes Home bldg.	1 00
Drayton State dues	24 50
" \$10.00, Home \$10.00	20 00
" Memorial \$2, Home bldg. \$5	7 00
Portal State dues	1 40
Harlem State \$5, Home \$3	8 00
" dues	70
Mayville Home bldg. \$8.50, State Minutes 50c	9 00
Forman State \$5, State Min. \$1	6 00
Fairview State dues	10 50
Lisbon State dues	5 30
Ellendale State dues	2 80
Barnes Griggs State \$10.00, Home \$10.00	20 00
Anenia State \$5, Home \$5	10 00
" Chau. \$1, Legislative \$1	2 06
" Memorial \$2, State Min. 30c	2 30
Tyner State dues	4 90
Anenia Home pledge	5 00
Mrs. C. W. Hanson, Northwood State dues	1 00
Mrs. C. W. Hanson, Northwood Headquarters	5 00
Mrs. Ella M. Shippy, Headquarters	5 00

A Word From Flower Mission Superintendent.

Dear White Ribboners of North Dakota:—Happy New Year to you though the year has advanced to March. I was very proud of my Flower Mission report for 1905, but expect even better of my workers for 1906. If any Union is without a Superintendent in this department please appoint one at your next meeting. We cannot do efficient work unless we are well organized which means a supt. in every local union and an earnest consecrated worker as County Supt. Let each union set aside a small or large sum of money for this department, then work to the best possible purpose. Write to your county Supts. and the State Supts. will always be glad to hear from you. Make definite plans for the Flower Mission Department then work

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them out. Wishing you great success in your work. Lovingly,
EMAZEL KNEESHAW,
State Supt. of F. M.

Message From Cor. Sec'y.

Dear Comrades:—Already some delightful friendships have been formed through correspondence and I think more highly than ever of our loyal N. D. women. If you would all take time to write the particulars, we would get better acquainted. It is my desire to keep in such close touch with the workers, that I may possibly be of service to some. But, in order to do this, you must meet me half way. It takes two to keep up a correspondence. I promise prompt and careful reply to every letter as far as possible, and may I ask the same in return?

Recently each union received a very important document—the Blanket Report. Of course you were all glad to see it. But if reporting should be to you a disagreeable duty, won't you please go at it at once and get it over so you and I may have a happier time afterwards. I hope you will send me my part and to each Superintendent, hers, by March 15th. Send the letter to the County or District Superintendent of each department where there is one, otherwise send directly to the State Superintendent. Please report the least thing done, along any line, but don't waste time and money sending in blanks that have nothing whatever on them. These reports cover the time from Sept. 1st to Feb. 28th.

I have been local Corresponding Secretary for a good many years and know how it looks from that side, but never saw the need of reporting as I do now, probably because I never had the same view-point. Won't you cheer us all by prompt attention to these reports? Who will be the first?

Yours in loving service,
BARBARA H. WYLIE,
Drayton, Feb. 15th, 1906.

ROBT M. POLLOCK

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