

WATERBURY JOURNAL

"NOT WILLING THAT ANY SHOULD PERISH."

VOL. 15. NO. 2.

FARGO, N. D., MARCH, 1911.

Monthly—25 Cts. a Year.

THE PRESS.

Solo and Chorus. Tune—"Old Black Joe."

(Eva Munson-Smith)

All 'round the world, the Press work now is found—
All 'round the world, the blessed news we sound;
All 'round the world, the triumph will appear,
We've raised the standard! Shout the vict'ry
Drawing near.

Chorus.

The Press work! The Press work! It spreads the news abroad,
The blessed news of temp'rance vict'ry,
Praise the Lord!
All 'round the world, we heard the children's cry;
Then sent we forth the message from on high:
"Unbind the chains, and set my people free!"

The Press! The Press! It wafts the words,
From sea to sea.

Chorus—

All 'round the world, the Press work tells the tale
Of Prohibition votes from mount to vale—
Of towns and state from near and from far,
Which have "gone dry" from gulf to lake

And happy are.

Chorus—

Compliments of Mrs. W. H. Housel, State Press Superintendent, Galesburg, Ill.

MODERN PRESS.

Next to the Church and School stands the Press, as an influence in a community. Whether the Press creates or simply reflects public sentiment is debatable question; in our opinion it does both, but we will consider now the trend and the responsibilities of the modern press.

We noticed that on "hobby night" when the Press Club of Washington, D. C., met to feast and air its views the prominent speakers talked of politics, private interests, vivisection, the army, navy, etc. This is a variety of subjects. Of politics the speaker, Governor Wilson of New Jersey, said he stood for publicity in the administration of public business, in party management, in the choosing of candidates, and also in congressional committee rooms. The club indorsed him to the extent of placing his remarks first in the reports of their meeting. We can think of nothing that would better politics more than such publicity as Governor Wilson advocates, and magazines and newspapers are anxious to do their part.

Ambassador Bryce addressed the Press Club, and he praised the work of the club in setting facts before the public, and said it was the great opportunity of writers today.

We believe the newspapers and magazines are setting forth facts today, and the large majority of them are unafraid of trusts or private corporations. Some there surely are who lose their opportunity to influence the views of the people because of their connection with private interests. Such papers have to prove their disinterestedness in every case before their views are accepted as genuine. We earnestly



MRS. F. H. WILDER, Press Supt.

wish that the day may come, when the private interest, the large advertiser, or the political machine, can not dictate to our papers. Such a time will come when the public is willing to pay enough for its daily paper so the editor can support himself without the financial aid of the "interests."

We are holding the paper and the magazine responsible for their advertisements today. When a man persistently advertises a mixture of grain and herbs as a substitute for coffee and a "cure all," he is very apt to be asked to prove his statements, and if he can not, he is going to suffer. Colliers Weekly brought suit against the Postum Cereal Company for advertising a fraud. We all recall the familiar advertisements of a year or more ago in which "Grape-nuts" and "Postum" were advertised to cure appendicitis, consumption, etc., and that "loose teeth" were made sound by eating "Grape-nuts." Mr. Post was spending nearly a million dollars in advertising every year and that is the reason he was not long ago exposed. Colliers won their suit against the company, and were awarded \$50,000. Colliers is going to devote the money to exposing fraud. We notice that the Postum company still advertise largely, but do not notice that they claim so much. The action of Colliers Weekly is to be commended, and will serve to help other papers, not so strong themselves, to refuse wild and extravagant advertising. In this class we may mention the many "wild-cat" mining schemes, several of the so called wireless telegraphy schemes, and innumerable nostrums and fake medicines. So general has this sort of advertising become that Munsey's Magazine has a department called "Financial Department," in which the editor of the department answers questions of people who are inclined to invest money in worthless stocks. The saving of money to inquirers is but a small part of the good the department must accomplish. The frank statement of the facts concerning many worthless companies must save many more, and undoubtedly will have the effect of causing many of the advertisers to modify their claims.

The failure of a large number of

drug stores during the last year is directly traceable to the exposure of the frauds in patent medicines, etc. The Pure Food and Drugs Act, and the newspapers have brought about a much better understanding of the conditions. When a woman who has been paying \$1.00 a bottle for Purina discovers that its cost for manufacture is a few cents, and that it is made of refuse matter anyway, she is very apt to quit using it. There are still a great many ordinary drugs sold under new names at from twenty to fifty times their actual value. These are usually advertised in skillfully worded "Beauty Hints," and are nearly always claimed to give one a beautiful complexion.

The number of reputable magazines that refuse to print liquor advertisements steadily increases, although we find some of them, as well as some church papers continue to advertise drugs that are sometimes positively harmful. Many drugs are advertised without the name of the proprietors, for instance: "Dyspeplets quickly sweeten sour stomach, stop belching, relieve heartburn, nausea and seasickness. Sugarcoat tablets. 10c, 50c and \$1."

The foregoing advertisement doesn't give any clue as to the ingredients of the tablets nor where or how they are made or who is placing them on the market. The ad was clipped from a high class religious weekly, and we presume the editors know that it is a valuable drug, and are willing to be responsible for its sale. One would imagine that a firm producing and hoping to sell a meritorious article would proclaim their name, and it causes distrust when the name of the producer is withheld.

Speaking of the responsibility of papers and magazines we would call attention to the recent retraction by Hampton's concerning a misstatement in a contributed article, which proves that we do now hold a magazine responsible for everything printed in it, from the advertising to the editorials.

We have no legal advertisements for liquor in North Dakota now; but we notice the constant reference to the liquor dealers and their places of business in the society columns or news items, and we wonder if it is a clever evasion of our law, and if our papers are willing to assume the responsibility of evading the law.

We are glad to note that only twenty of the 105 newspapers in Kansas would print liquor ads last year, and Kansas has no state law forbidding such advertising.

The many articles exposing the Standard Oil Company, the Sugar Trust, etc., are too familiar to you all to need discussing, but it is well when considering the Press to remember these things and give the magazines credit for them.

The columns of nearly every magazine are open now to a discussion on both sides of up-to-date questions, and the favorable result of this discussion may be seen in the rapid advancement of temperance sentiment, suffrage sentiment, sentiment against child labor, against the white slave trade, etc.

Although the Federated Clubs do not officially endorse equal suffrage, we find that their Press is leading them that way. The last issue of the "Courant" gave a series of articles for and against suffrage, and the editorial com-

ment was entirely favorable.

Sometimes when we pick up our daily papers we may feel as if the world must be growing worse, that all that happens is of a terrible nature. Murders, thefts, suicides, greet us on the front page. We forget that the newspapers are trying to give us what we demand, that the telegraph carries news very quickly and so each day they are able to report a majority of the awful events of the day before. The reports cover the entire length and breadth of the land, and so it is not sign of a degenerating world that a newspaper can fill a page or two with horrors. Our modern life seems to demand the sensational or extraordinary. Let us take pleasure in reading of splendid events, forward movements and commonplace goodness and we will soon discover that the newspapers will print that kind of news. Let us speak words of appreciation to the editor who writes a good, strong editorial, and he will do so again.

Above all let us value the Press, whose present tendency is upward, and let us give such a Press our unqualified support. Mrs. F. H. Wilder, State Press Supt.

TO DISTRICT SUPERINTENDENTS OF PRESS WORK.

We are so widely scattered over our immense state and we are, many of us, far from a newspaper office, so it is not surprising that we have been somewhat slower than others to realize that the Press work is very important. We may have rested in peace thinking that so long as we have prohibition, there isn't much for us to write about. Some of us may have hesitated to write about purity work, equal suffrage, cigarettes, etc., for fear of getting out of our line, forgetting that all these and many other subjects are directly in our line, and so we have many things to write about in North Dakota, although we are so fortunate as to have state-wide prohibition.

Our state press report for last year, was a wonder to the state superintendent, at least. I was very happy to report that we had published 372 columns of reading matter. That is more than twice as much as we reported the year before. We also doubled the number of regular columns maintained.

We feel as if our state was wide awake about the Press department work now. There are more superintendents reported to me every year, and the state minutes give the names of seven district superintendents for this year, as against four the year before.

The National superintendent says the North Dakota report was "encouraging." This year I hope we will make her use an adjective more like "splendid," and I know we can do it, for last year showed our mettle.

If the district superintendents will write to each union in their district asking them to appoint a local superintendent and giving kindly instruction and will afterwards try to keep in touch with the local superintendents, and then all report everything to me this fall, I know we will more than double last year's report. I have literature still on hand that I will be glad to send you if you will write for it.

Yours for more and better Press work,
Mrs. F. H. Wilder, Supt.

WHAT OTHER STATES DID LAST YEAR.

The grand total of columns filed by all the states amounted to 193,332, twice as many as last year. Colorado reported the largest number of columns filed, and their superintendent says one state editor grew so interested that he wrote twelve columns himself.

Massachusetts was second, and New York third. The National report does not give the number of columns each state filled. It says, however, that Minnesota, Ohio, Pennsylvania, Nebraska, Florida, So. California, Illinois and Maine each reported "thousands of columns."

Our Press workers have been joined in the fight against the comic supplement by the League of American-Pen Women, and The Twentieth Century Club of Washington.

Out in California the County of Yolo Press Department owns a building and printing plant and they print a weekly paper with thirty-six pages, twelve of these are devoted to temperance. "The Press Department supports the W. C. T. U. headquarters in this building, prints the state organ, and does job printing for the business men."

In Southern California two of the papers give a full page a week to W. C. T. U. news.

In Connecticut they held a conference of County Press Superintendents at the state convention. The object was to systematize their work.

Georgia reports hard work to get temperance news in the papers as they all advertise liquor; however, they keep trying, and every superintendent in the state reported.

The Illinois State Press Superintendent, Mrs. Eva Munson Smith, wrote a new Press song, and they sang it at their state convention.

In Indiana they gave special attention to getting rid of the so-called comic supplement.

One Loyal Temperance Legion in Kansas sent 283 yards of clippings to the state convention.

Maine has presented the department at many public meetings. They make a specialty of symposium articles in their press work.

Minnesota gives a year's subscription to the Union Signal as a prize to the union that reports the most Press work.

New Hampshire reports that every paper in the state prints W. C. T. U. items.

In New York the women temperance writers are not able to fill all the space that is offered them.

Oregon doubled the number of Press superintendents last year. They say "papers awaiting our news."

Pennsylvania is agitating a "state press bulletin."

Rhode Island doubled their number of superintendents last year, and also the number of columns printed.

South Carolina's superintendent sent letters to every newspaper in the state asking them to discontinue liquor advertisements.

Tennessee has had a temperance campaign so recently that it has made their press work grow very rapidly.

Texas has the best report they ever sent in.

Virginia says "Press work has reached the point where columns are practical." Prejudice is being overcome and W. C. T. U. news is welcomed.

Washington gives a banner as a prize for the most printed matter.

Wisconsin is trying the plan of entertaining the local editors by the union. One union in Wisconsin published a four page paper for five weeks before election, and freely distributed the paper.

These are by no means all of the things accomplished by the states, but they serve to illustrate how diversified the Press work is.

There are many good suggestions for us among the reports listed, for instance, why not interest the L. T. L. and the Young Peoples' Branch in Press work? Mrs. F. H. Wilder.

PRESIDENTS' CORNER.

DEAR COMRADES:

The Twelfth Legislative Assembly will be a memorable one in the annals of our state. Since the days of the famous Louisiana Lottery fight the State Capitol has not witnessed such intense excitement as during the Cowan impeachment proceedings. The action of the House of Representatives, after it had decided not to impeach, in opening up the case again—and hearing the testimony which had been given to the committee behind closed doors, was a notable victory for the people of the state—who demanded that justice be done. But a small part of the testimony had been given when a member who had belonged to the opposition said he had already heard enough to convince him and moved the resolutions of impeachment. These, however, were not acted upon until all the evidence was in, when they were adopted by a large majority.

The hardest battles of the present session were over bills regulating the sale of liquor by druggists. Senate bill No. 103 (the McArthur bill of two years ago) providing for the doctor's prescription plan was defeated after a hard fight in the Senate. Senate bill No. 306, known as the Cashel bill, which ostensibly is for the purpose of giving druggists who have no permits the right to fill physician's prescriptions, but which in reality gives the disreputable druggist, who can not get a permit, an advantage over the druggist who has a permit, in that he does not have to report to the district court and there is no check upon the amount he ships or sells, thus letting down the bars for a wholesale business. There are a number of other loopholes in this bill, but notwithstanding this and the hard fight made against it the bill passed both houses.

The state will be flooded with drug store saloons and North Dakota will go back twenty years if this law is written on our statute books. Our only hope now is in the man who sits in the Governor's chair. If John Burke is the strong, clear-headed man we believe him to be, the bill will be vetoed. While we do not believe he needs to have pressure brought to bear upon him, to preserve our prohibition law in its integrity, yet he would doubtless be glad to have the opinion of the people of the state in regard to this iniquitous measure, and letters and telegrams should be sent at once.

Our grateful thanks and appreciation are due the men in both houses who made a splendid fight against this bill. Foremost among the leaders were Senator Talcott and Representative Nestos.

We rejoice in the number of measures in which we were interested that were enacted into law. We can only mention these briefly at this time but will perhaps write of some of them more in detail later. Bills were passed prohibiting bawdy houses; prohibiting the dispensing or giving away of liquor at sales; prohibiting drinking on trains; defining intoxicating liquors; providing for a mail contract; prohibiting the sale of snuff; prohibiting the introduction of liquors, narcotics or other habit forming drugs into any of the penal or charitable institutions of the state; prohibiting the placing of screens, curtains or other obstructions across the windows of pool halls; providing that the fines in liquor cases shall go into a county prosecution fund; providing that cars and all public buildings, including churches, halls and school houses, shall be regularly disinfected; providing for the recall of public officials and prohibiting Sunday theatres and shows. Bills prohibiting public drinking cups, prize fights and the manufacture and sale of cigars were killed. While the equal suffrage bills were defeated, the campaign was valuable in an educational way. More literature was circulated, and the question more generally discussed than ever before. We must keep up the educational work in every possible way, by contests, debates, prize essays in schools and articles in the press. The time to interview would-be law makers is BEFORE THE PRIMARIES. Mrs. Patton has done heroic work in writing unions and legislators. The unions have responded nobly to the many calls made upon them during the session.

Mrs. Mazie Stevens has been with me most of the time and has rendered excellent service.

Yours for the protection of our homes and children,

ELIZABETH PRESTON ANDERSON.
On Train, March 4, 1911.

FROM MRS. BUCK.

DEAR COMRADES:

We make our bow this month to the Press Department, and extend loving greetings to the superintendents, state, district and local. Your opportunities are almost limitless: Columns and columns of temperance material should be circulated each week through the weekly newspapers, the editors of which are as a rule glad to give space for the presentation of our work. May this be our banner year.

Generous numbers of "bright new pennies" have been sent in for the Philanthropy Fund. Miss Halcrow has made a beautiful red and white silk bag for Mrs. Stevens' own use. The pennies have been placed in the bag and sent to Headquarters where they will be presented to Mrs. Stevens tomorrow. With every penny may there go a prayer for the brave woman who so nobly leads our army in its peaceful warfare for God and Home and Native Land.

As I write news comes over the wire that righteousness has again prevailed and Judge Cowan has been impeached. This victory will mean much to the cause of law enforcement and cleaner politics, not only in the 2nd Judicial district but over the entire state.

The most interesting phase of our work at this time is the legislative. As this will be reported by Mrs. Anderson who, with her able assistant, Mrs. Mazie Stevens, has "held the fort" through the legislative session, I will take only space enough to submit the following suggestive program. The Executive Committee have under consideration the preparation of a Year Book which will contain a similar program, more complete as to detail. If there is sufficient demand for this it will be prepared in time for your consideration at State Convention and can be ready for the Unions shortly after. If you think a Year Book will be a benefit to you write me, and any suggestion you wish to make will be gratefully received.

Yours lovingly,

NECIA E. BUCK.

PROGRAM FOR LOCAL UNIONS

APRIL-DECEMBER, 1911

APRIL—FIRST MEETING.

TOPIC—Physical Education: Its Benefit to the Child; North Dakota's Physical Education Law; Drill on State Minutes.

SECOND MEETING.

TOPIC—The Christian Sabbath: Its Use and Abuse; Drill on Annual Leaflet.

MAY—FIRST MEETING.

TOPIC—What the 12th Legislative Assembly Accomplished for Temperance; Drill on Temperance Laws of North Dakota.

SECOND MEETING.

TOPIC—Woman's Suffrage: Its Status in North Dakota; Its Status in Colorado, Utah, Idaho, Wyoming and Washington; A Study of the Movement in England.

JUNE—FIRST MEETING.

TOPIC—The Flower Mission Department; Life Sketch of Jennie Cassid; Medal Contest, Class of Little Girls.

SECOND MEETING.

TOPIC—Mother and Child; How to Teach Purity; Life Story of Madam Willard; Mothers of the Bible; Mothers of Today.

JULY—FIRST MEETING.

TOPIC—A Sane Fourth of July Celebration; Open Air Meeting; Address on Line of Patriotism; Patriotic Songs, Recitations, etc.

SECOND MEETING.

TOPIC—Report of District Convention; Election of Officers; Sentence Prayers For the Year's Work.

AUGUST—FIRST MEETING.

TOPIC—Co-operation with Missionary Societies (Joint Meeting): Our World's W. C. T. U. Missionaries; Noted Church Missionaries.

SECOND MEETING.

TOPIC—Crusade Studies: Life Sketch of Mrs. Lucy Webb Hayes and Other Crusaders; Discussions of Plans for Loyal Temperance Legions; Work to Begin with the Opening of the School Year.

SEPTEMBER—FIRST MEETING.
TOPIC—Loyal Temperance Legion; Our Responsibility; Sketch of Life and Work of Anna A. Gordon.

SECOND MEETING.

TOPIC—The Young People's Branch; Its Aim and Scope; The College Y. P. B.

OCTOBER—FIRST MEETING.

TOPIC—Scientific Temperance Instruction; Arrange for Reception for Teachers and School Boards, and for Prize Essay Contests in High School and Grades; The Temperance Educational Quarterly, Its Value.

SECOND MEETING.

TOPIC—State Convention Reports; Discussion of State Plans for the Year.

NOVEMBER—FIRST MEETING.

TOPIC—Anti-Narcotics: Our Anti-Cigarette Law; What I Have Seen of Cigarettes; Leaflet by Judge Ben Lindsey; The Drug Habit.

SECOND MEETING.

TOPIC—Systematic Giving; God's Plan of Finance; Free Will Offering or the Rummage Sale—Which?

DECEMBER—FIRST MEETING.

TOPIC—Christian Citizenship: What it Means to be a Christian Citizen; How Instill Respect for Law.

SECOND MEETING.

TOPIC—Peace on Earth, Good Will to Men.

A REMINDER.

Will the Unions take this as a personal note, please? Have you received the Pollock book? Does it remind you of something you want to send to the treasurer? I'd be delighted to receive more orders for copies of the State Minutes. Every Union should have some. Please don't put off collecting dues till September. You might be too late if you do. Do it now.

Your treasurer,

MRS. F. W. HEIDEL.

LOST, STRAYED OR STOLEN.

A black satin banner, with a sheaf of wheat embroidered upon it, in shades of yellow. This banner was presented to the State by the Drayton union and was hung in the North Dakota exhibit at the World's Fair in Chicago in 1893. Subsequently the banner was to be used as the state prize for the union making the largest gain per cent. in active membership. Any information regarding this banner will be gratefully received by the Corresponding Secretary.—Mrs. E. H. Wylie, Drayton, N. D.

USE THE PRESS.

We thank all who contributed to this "Press Issue," especially are we grateful to the state executive for giving us this opportunity to air our views, enthuse others, and publish the value of Press work.—Mrs. F. H. Wilder.

If your union is dead and you want a real live union, you will use the Press. If you have a real live union you do use it.

Frances Willard wrote: "Ye shall know the truth and the truth shall make you free." We must be torch bearers of God's truth, written in science, experience and revelation in this department of the press, with the myriad amplification of which it is susceptible.

Last year Forman union sent in the best report—nineten columns of "reading matter was their record. In another column their Press superintendent, Mrs. Marcellus, tells how they "did it." Any discouraged Press superintendent can learn a lesson of faithfulness from Forman. Mrs. Marcellus lives three miles from town and still she published ninety columns.

Mrs. Eva Munson-Smith, who wrote the Press song on the front page, is a well known author and equal suffrage worker, as well as a prominent W. C. T. U. worker. One of her works which is entitled "Woman in Sacred Song," is a library of 3,000 hymns and poems by 830 women. At present Mrs. Smith is state superintendent of oratorical contests for the Illinois Equal Suffrage Association.

A saloon-advocate was engaged by the trade to give an address in the opera house in Lincoln, Neb. Seated before him in the audience were about one thousand White Ribboners, every one of whom with a placard pinned on her breast bearing the words "No saloon." Evidently this got on the speaker's nerves for the address was a dismal failure. When his friends inquired the reason of his discomfiture the speaker replied "Who could face a crowd like that?"

FIELD NOTES.

Leal: Having noticed that the March number of the White Ribbon Bulletin would be devoted to the Press, I will tell you a few things Leal Union has been doing. Early in the winter we held a very enthusiastic social and had quite a large attendance. We held our annual social for paying dues and had a large attendance, and gained a few new members. We hold our regular meetings every other Thursday. One meeting is devoted to superintendents' work, the other is in the hands of a social committee, and our meetings are very interestingly conducted in this way.

Lovell union: Ours is a country union near Cooperstown and is called the Lovell union. We have a membership of fourteen regular members and one honorary.

Have had meetings regularly each month, and the attendance has been very good, in spite of distance and bad roads. We have had two parlor meetings which the husbands and brothers attended, and in which a great deal of interest was manifested.

We use the Union Signal as a guide, and each member takes her turn in finding something of interest along temperance lines, to help fill out the program.

We may not do much, but we feel that we can at least help create a temperance sentiment.

Hankinson: The Hankinson union has been silent for some time, but it does not signify that we are dormant or inactive. We have just sent a box of groceries and clothing to the Florence Crittenton home, also renewed the furnishings for our crib in the home, and are planning to give a patriotic memorial entertainment soon to raise money to finish paying our pledges.

We lost several members by removal during the last year, among them Lotta J. Barnes, one of our original members. She will be greatly missed at our meetings. Mrs. Barnes' home is now in Roseburg, Ore., where she went with the hope of recovering her health. On December 8th Mrs. Scoville was with us, gave a helpful talk to the union in the afternoon, and lectured in the evening.

Press Superintendent.

Niagara: The Niagara union met at the home of their secretary, Mrs. Laurence Pickard, on Feb. 10, to pack their annual box for the Florence Crittenton home at Fargo. In spite of the bad weather, and hard times, a box valued at about \$15 of clothing was packed, the response to our appeal to non-members being very generous.

Two who did not feel that they could give money very willingly made up some little dresses, pillow cases and sheets, from material provided by another, who could not do the sewing herself. Some ladies of Petersburg also sent articles.

While discussing articles in the Ladies Home Journal on woman suffrage and prohibition in Maine, one of our charter members said, "I was born and brought up in Maine, and I was twenty-three years old before I ever saw a drunken man."

Our pastor, Rev. Mr. Kelly, who is a strong temperance man, has promised to preach a Frances E. Willard memorial sermon on Feb. 19th.

Hope: The Hope W. C. T. U. although deprived of the help of our beloved president, Mrs. Kate M. Curry, who is spending the winter in California, have had well attended meetings, and a slow but steady gain in membership. At each meeting the chair appoints two who have charge of the program of the following meeting. This insures us an interesting meeting of business and music. Roll call is responded to by temperance news, and a lunch is served for which those present pay 10 cents. We have had one mothers' meeting and keep the red letter days.

One member has had interesting letters from the sailor boy to whom she sent her comfort bag. Last November we sent about 300 lbs. of food and clothing to the Florence Crittenton home. Flowers are

often sent to the sick and bereaved. Our ministers gave us rousing temperance sermons on Temperance Sunday. A Frances Willard memorial meeting will be held in the M. E. church Friday afternoon, Feb. 17. Rev. Dunnett, the evangelist, will deliver the address, and as his temperance work has been wide and varied, an interesting meeting is looked for.

Forman: About our last year's press report of ninety columns and how we did it: In the first place our editor is a christian and church member. Both he and his family are earnestly working for temperance and his wife is a member of our union. The "column" material was mainly from the Union Signal, Bulletin, Sunday School Times, Christian Endeavor World, American Motherhood and leaflets. The topics included total abstinence, purity, franchise, christian citizenship, medical temperance, child-training and various convention notes. These articles are often from different parts of a periodical, and on both sides of the (printed) paper; such matter could not be accepted by a city paper, I suppose. These articles or portions are plainly marked around and numbered appropriately, if for more than one issue, and all on hand the week previous to publishing. Notices or reports of meetings, contests, etc., can go later, and are given space as local news. Any rearrangement or substitution that is occasionally made, by mistake or otherwise, I cheerfully accept, it often proving better than my own arrangement.

Our "column" in the other paper was edited for four months by Dr. Ida M. Alexander, and her writings upon W. C. T. U. department work, child-training, purity, a sketch written by Ben Lindsey's boy stories were much enjoyed till the paper changed owners. She will have that column again soon, it is promised.

Our space overreached by half a column many times, so with the other extras we call ninety columns a conservative estimate for last year. We have a very friendly set of editors in our town. With the wealth of material at hand in our W. C. T. U. literature it is harder to decide what to leave out than what to use.

How it has helped the general work of our union, we cannot tell now, but with the wide circulation of these papers, and the steadiness of the seed-sowing, we can 'fear not' to trust the results to God.

Cooperstown: We are glad to be able to give a good report from the Cooperstown union. We have a paid up membership of fifty-one active members, some less than last year, caused by removal, and for the same reason our honorary roll has been reduced to what some would think an unfortunate number—thirteen—but not being superstitious, we are thankful for that number, and hopeful for more. The district convention which met with us last June, gave us new impulse, strength and zeal, as is always the case. We are sorry anyone here failed to attend the sessions, it was their loss, surely.

I want to speak especially of our calendar as we call it, our program, for the year. We use neatly printed folders which are distributed among the members and others as well. We have two evening parlor meetings on our program, the Willard memorial in February, and the state convention report meeting in October. After the rendition of a literary program at these parlor meetings, refreshments are served, and the remainder of the evening spent in a social way by the crowd, which rarely numbers so few as forty and some times reaches as good a number as seventy or seventy-five. Our evening meetings seem to be enjoyed, and all contribute cheerfully to the collection which we never forget to take. The guests are becoming used to the custom, and usually contribute to the fund. We think this a good way to keep our treasury supplied, and does away with the need of an occasional assessment. We have, also, two afternoon parlor meetings—one the Cowan memorial, in memory of our dear Mrs. Cowan, who was such a help and inspiration when with us, and

whom the Father called to himself last May. It was decided to set apart that meeting, and call it the Cowan memorial meeting, observing it as a special time, for getting new members, think-ink we could in no better way perpetuate her memory. A Mothers' meeting program will also be carried out, after which refreshments are to be served as is usual at our parlor meetings, and are furnished by the union. It is thought a more equal division of work for the union to furnish at all parlor meetings. It is then understood that no refreshments are expected at the other meetings. The last afternoon parlor meeting is in November, and is for new members and, the payment of the annual dues. Refreshments and a social time with no program after the transaction of business. In this way we get our dues in early before the Christmas work has begun to so thoroughly absorb time and money, and the time of payment becomes fixed, and no confusion arises, giving the impression that we have already paid for the year. Some times it is hard to believe that a year has passed since the last payment, when there is no special time for payment of the dues. In March we have our Union Signal, and national president's birthday, a time for renewal and taking subscriptions for the Union Signal. Other subjects on the program are Fenal and Reformatory Work, Peace and Crusade, Scientific Temperance Instruction, and Flower Mission work, these all come at their proper time. It will be seen by this that we try to be systematic in our work of taking up the different branches of the W. C. T. U.

For each meeting, two ladies work on the program together, and for each parlor meeting two besides the hostess, thus a too heavy burden cannot rest upon one member. I have described our work at some length, thinking there might be some helpful suggestions for new unions.

Yours in the work,
Ida Butke, Press Supt.

ABOUT PRESS WORK, FROM THE TWELFTH DIST. SUPT.

When I read the forcibly written article in the January issue of the Ladies Home Journal, "Why Prohibition Has Not Remedied the Liquor Evil, and Cannot Do So," I thought how the opposing forces are using the Press, and how tremendous the harm they do; and how we might present our work through the same channels, and of the power for good it might be. It would stand next after prayers.

We have in our union sustaining members who from inability to meet with us, and share our work and enthusiasm, become discouraged, and having plenty of opportunity to read the other side of the story, think we are not accomplishing much—not gaining any—are in fact losing ground, and are tempted to withdraw their support and influence.

There are hundreds throughout the country, and in the towns, too, many of them voters, who seldom have our work presented to them.

It would be quite a revelation to them to know of the different departments of W. C. T. U. work, if each month the topics of our program especially if it were work of some department, and we can hardly have a topic that does not treat of some one of them, were given a short write up—not necessarily a lengthy article—in our local papers, would change sentiment and like the oft quoted pebble cast into the lake, starting from a tiny spot, the waves become wider and wider.

Many people still have the idea that our chief work is closing "blind pigs," that we aer holding our meetings, and reading reports and going as delegates, spending time, energy and money, and nothing is done, more liquor than ever drunk, all this big wave of prohibition sweeping the country, misguided judgment, under cover of which there is the better chance for drink.

We know better, and we must see that there is an opportunity for others to know better, and how can we do this as effectually as using the broad avenue now opening to us—the Press.

Mrs. C. O. Piatt,
Press Superintendent.

RECEIPTS OF TREASURY, JANUARY 15 TO FEBRUARY 15, 1911.

Mrs. N. A. Miller, Velva, dues...	\$ 1.00
First District (Mrs. Madison)	
State Work	10.00
Fargo, Pollock Book and minutes	8.00
Wimbledon, dues and minutes...	3.25
Mrs. H. R. Akre, Enderlin, minutes	.15
Fairmount, Y. P. B. dues	8.50
Aaker's B. C. Y. P. B. dues	
(Grand Forb's)	2.80
Devils Lake, dues	12.60
Leal, dues	9.80
Mrs. E. la Morr's Snow, dues	1.00
Mrs. Coffield, state reports	.30
Mayville, state reports	1.00
Mrs. Tibbets, state reports	.15
Hankinson, dues, P. B., reports...	7.00
Washburn, dues	5.60
Richland County, State Work,	
(Mrs. Sundell)	20.00
Grafton, Pollock Book	1.00
Mrs. W. R. Reed, reports	3.15
Bottineau, dues and Y. P. B.	10.30
Tyner, dues	4.90
Valley City, dues and Pollock Book	5.60
Mrs. F. W. Heidel, Treas.	
Valley City, Feb. 15, 1911.	

PHYSICAL EDUCATION.

To the Presidents of the Woman's Christian Temperance Unions of North Dakota:

Dear Co-Workers: We shall need to pull together this year in order to accomplish all we would like to in this important department of Physical Education. I take this opportunity of asking you to appoint a wide-awake, interested woman as local superintendent of this department. Then, if she will write to me, I shall be glad to assist her in any plan of work decided upon.

North Dakota is one of the four progressive states where Physical Education is compulsory in our schools. Let it be one of the duties of each local superintendent to see that Physical Education, which shall aim to develop and discipline the body and promote health through systematic exercises, shall be included in the branches of study in the school. It is not surprising that, as a rule, teachers do not welcome innovations in the curriculum, which will involve additional burdens but this is a subject that will prove helpful to both pupil and teacher—helpful all along the line. Experience proves that physical exercises properly directed, solves the problem of discipline. One experienced teacher says: "There was a time when government was my dread, but, since physical training has been established in the schools, it is less a concern to me. It takes care of itself." Another says: "In my school the time devoted to this actual physical exercise, proved a training period for the rest of the day, Surplus energy was utilized, the circulation increased, brains were made brighter and the entire school studied better."

It is not too much to say that success in life depends upon a healthy, strong, trained body. Under ordinary circumstances, this body training will insure health and strength; it will develop self confidence, will power and mastery of self.

As a temperance measure, physical education ranks as a preventive. The work aims to keep people from getting sick by building up the body against disease. Helping people to be well prevents the use of remedies containing narcotics. It is well known that many times the drunkard is made by the use of narcotic remedies for slight ailments. However, the ultimate object of systematic physical education in the schools is not this temperance bearing, but to promote the greatest possible efficiency of the individual, in which efficiency health is such an important factor.

Strictly speaking the physical training given in our schools is an educational measure.

In closing, I beg to recommend that unions ask boards of education to introduce physical training into the schools, if not already there.

Excellent help can be obtained for use in this department and I shall be glad at all times to respond to any requests for same.

Yours in the work,
Isabella A. Burley,
Pembina, N. D., Feb. 15, 1911.

HINTS AND HELPS FOR PRESS SUPERINTENDENTS.

Make your articles brief, pointed, interesting and comprehensive as possible.

Do not give details that would be of no interest to you in the report of another union, such as the name of a hymn, etc.

Write on one side of the paper only, and number the pages at the upper right hand corner.

Use no abbreviations but those in common use such as "Mr.," "Mrs.," "Dr.," "Rev.," etc. Write in full such words as "president," "secretary," "superintendent," "pastor," and "county," and do not use capitals for them unless in headlines or in beginning a sentence.

Do not use & for the word "and." Write proper names plainly, and if uncommon, print them.

Spell out all numbers under 100, and give figures for all above.

Paragraph your articles according to subject matter.

Do not punctuate with dashes. A little care will enable you to use proper marks.

Keep dates and news as fresh as possible. Use no dates older than a month. If the occurrence is further off than that, omit the date entirely, substituting "recently," "some time since," or other like words.

Use dates, and not days of the week or the words "yesterday," "today," etc.

Please study these rules and observe them when sending articles for the paper.

ANTI-NARCOTICS.

Dear Sisters: There are many things that should engage our attention at this time. Important issues are pending in our state legislature, and each one can wield some influence in helping to secure the passage of bills in which we are interested. I am sure you all desire a law prohibiting the manufacture and sale of cigarettes, cigarette paper, or wrappers of any kind. I hope you have each written a letter to your representative at Bismarck informing them of your wishes, as it will probably be too late when this reaches you. All unions have doubtless received my letter of February third, and I hope it was not carelessly or indifferently laid aside.

The state has offered a prize of fifteen dollars for the best essay written upon the subject, "The Best Methods of Teaching the Nature and Effects of Narcotics."

This is a "Teachers' Contest," and will be confined to Normal schools, teachers' training schools, and to teachers.

Local contests should be held, and the winning essay sent to me on or before June first.

Essays will be graded entirely upon the presentation of the subject. The maximum number of words must not exceed 1,500, and the minimum 800.

These essays will be placed in the hands of a committee of three who will decide as to which one is entitled to the prize. The winning essay will then be sent to the National Superintendent of Anti-Narcotics to compete for what is known as the E. B. Ingalls prize, which is fifty dollars in gold.

I hope some districts and local unions may also be induced to offer prizes for these essays. A five dollar local prize, and perhaps ten dollars from the district, would be a still greater incentive to competitors. I hope each union will take this matter up at once for earnest consideration.

Anti-Cigarette Sunday falls this year upon May 21st. This is the best day in all the year for sowing anti-tobacco seeds among the children and young people of our land, and I ask all to observe it. Programs may be procured of Mrs. Stella B. Irvine, 115 Walnut street, Riverside, California. I think the cost is about 15 cents.

I trust you will regard this as a personal letter from a friend, and give it the same courtesy that you would accord to a communication of this kind.

Yours for success,

Mary M. Carey,
State Supt. Anti-Narcotics.
Bottineau, Feb. 15, 1911.

SYSTEMATIC AND PROPORTIONATE GIVING.

Dear White Ribboners: This year should find us each more consecrated to the cause of humanity than ever before, and more determined to do our part to agitate and to educate on the many lines of our grand organization, especially those pertaining to the young. For more and more are people being awakened to the importance of right training for the boy and the girl of today. We should not plan too much for great things and thus overlook the importance of little things, but remember that it is "the line upon line, precept upon precept, here a little, and there a little," that counts. Let us work more for the individual and not feel that we must have the large union, the large class, or the large audience, in order to have our work count. We can greatly help the boys and girls through the Loyol Temperance Legion (L. T. L.) with its Anti-Cigarette Bands, and Bands of Mercy, through the Medal Contests, by observing Temperance Sunday in the Sunday schools, pledge signing, physical education, and scientific temperance instruction in the schools. The great need and importance of which should both be more fully impressed upon our teachers. The Crusader is very helpful here, through purity teaching and Sabbath observance and flower mission work.

The great importance of medical temperance must not be overlooked. It would be surprising to know how many still have the erroneous idea that there are cases where alcohol or alcoholic liquors are beneficial as a medicine. Each union should obtain and read the book "Alcohol a Dangerous and Unnecessary Medicine."

Do not forget the White Ribbon recruits; through these the mothers can be won for the W. C. T. U. and for the W. C. T. U. Mothers' Clubs. Let us remember the equal suffrage campaign for all. We can at least wear the badge. And never should we neglect to wear the little badge of white—it alone has an untold influence.

For the advancement of these and many other departments equally important, we must have literature. Leaflets to be freely but carefully distributed. We should educate not only others, but ourselves.

For all of these we must have money and no better or more acceptable plan can be had than through the Tithes, God's plan. Please try this and reap some of the many benefits to the giver as God has promised. See what God has to say to us in Malachi 3:10-11.

I was pleased with the report for last year, but it is yet far from what it should be.

Will each union or W. C. T. U. member report to me if you can name only one Tithed. Think of the good to be done with only a dime from every dollar, which you would scarcely miss. "Each duty done while here we dwell, Shall on the coming ages tell."

The world is poorer for each duty neglected. Will unions please appoint a superintendent, and write to me for leaflets free.

Let us work and pray for advancement on all lines to the end that through the work accomplished many shall be won to this great cause, and excellent reports may be sent in.

Sincerely yours,
Alice May Goheen,
Superintendent Systematic and Proportionate Giving.
Sherwood, Feb., 1911.

REPORT OF THE INTERNATIONAL TEMPERANCE BUREAU.

We are in receipt of the third annual report of the International Temperance Bureau. The secretary is Dr. R. Herod of Lausanne, Switzerland, and the chairman of the executive committee is Professor Dr. Bergmann of Stockholm, Sweden, while the vice chairman comes from Bremen, Germany, and is Franziskus Hahn. The treasurer is Dr. Preisig and he lives in Switzerland. The international character of the organization is very apparent from a glance at the names of the residence of the officers.

The work is now on a firm basis. The Bureau has undertaken the systematization of results concerning alcohol. They answer questions concerning prohibition legislation in different countries, temperance teaching

in schools, the attitude of the railways toward temperance, etc. The report says:

Some of the requests which have reached us have had an official or semi-official character. A tribunal, for example, wanted a note upon the relation between intemperance and prostitution. An official charged with a report upon intemperance to the Hungarian Home Secretary wished for a memorandum on temperance efforts made by railway companies. The Swedish Consul-General in Switzerland desired a report upon abstinence in that country. A study of a much debated vested interest in licenses in Norway was called for. And the government of Ecuador sought information as to methods of temperance teaching."

The Bureau will have the assistance of organizations in the United States, Canada and New Zealand in presenting a series of graphic charts to exemplify the international temperance movement, at the Dresden exhibition in 1911.

The Bureau has a very complete set of books on the temperance question. They are in the nine languages that are read at the Bureau.

Regarding the Press work we quote from the report:

"It is not enough to wait until requests for information reach us. We have got to anticipate them by the publication of accurate facts. This we have begun this year to do through the French, German, Italian, and English Press. We have also sent communications in Spanish to the principal Spanish and Spanish-American journals. This is, of course, rather a complicated task, but we have determined to continue it, for it is by line upon line that we shall ultimately secure a welcome in the Press. We never send long articles, but short and practical notices with regard to the most interesting facts in the temperance movement in the various countries. We expect this year, with the aid of our correspondents, to reach the Scandinavian and Russian Press."

Whilst speaking of Press activities we may mention that we have corrected several incorrect statements, notably one touching the mythical story as to morphinomania in Norway. The director of the Norwegian medical service was good enough to furnish us with a contradiction of the story, and it's we spread widely.

We count it a part of our duty to be in constant touch with the temperance Press."

The income is utterly inadequate for their immense task. Last year they had about \$600. This was used up in postage and carriage.

The Bureau is conducted in a spirit of scientific honesty, and any one wishing to aid honest investigation of the temperance work could help in no better way than by becoming a member of the Bureau.

IMPORTANT ANNOUNCEMENT

By the General Officers of the National W. C. T. U.

The National W. C. T. U. Literature building, erected in connection with the organization's national headquarters at Evanston, Ill., is now completed. It is occupied by the literature stock of the National W. C. T. U. and by the offices of The Union Signal and The Young Crusader.

The National W. C. T. U. headquarters, The Willard, will continue to be used as the administration building, as heretofore.

The literature stock of Miss Ruby I. Gilbert has been purchased by the National W. C. T. U., and is included in the stock maintained at the literature building. The National W. C. T. U. will issue new literature as rapidly as possible, to meet the needs in the several states. A catalogue of publications will soon be issued.

For literature and supplies formerly ordered from the National W. C. T. U. by Miss Ruby I. Gilbert, 131 Wabash avenue, Chicago.

For literature and supplies of the Young People's Branch, formerly ordered from the National W. C. T. U., by the Loyol Temperance Legion.

For Department Literature (National Superintendents') address:
National W. C. T. U., Literature Building, Evanston, Illinois.

CASSELLTON REPORTER

CASSELLTON, N. D.

Neat Job Work for W. C. T. U. on Short Notice at Moderate Rates and First Class Up-to-Date Style

OFFICE HOURS: Graduate University of Pennsylvania.
Morning, 9 to 12
Afternoon, 1:30 to 5:30.



Phones: Office 129L Res. 129K

Suite 404 deLendrecle Bldg. FARGO, N. DAK.

DR. ELLA HULL,

OSTEOPATHIC PHYSICIAN,

200 Broadway. Fargo, N. D.

Rob't M Pollock James Werdell Pollock

POLLOCK & POLLOCK
LAWYERS

Successors to Rob't M. Pollock
Suite 304 deLendrecle Bldg. Fargo, N. D.

HEADQUARTERS FOR

W. C. T. U. Supplies

Miss Ruby I. Gilbert,

131 Wabash Ave. Chicago. Ill.

TO "MAIL ORDER" PATRONS—As exclusive buyer in all lines of Merchandise. Solicit your patronage.
SPECIALTIES—Oriental Rugs, Pianos, Piano Players, Victor Talking Machine and Records.
Also agents for Vegetable Silk Hosiery and Underwear.
Enclose stamp in letter of enquiry. No Charges.
MRS. J. W. THOMPSON,
945 W. Sixth St. St. Paul, Minn.

SHOPPING MADE EASY

The Personal Shopper

MISS GEORGIA A. HILL,

529 Andrus Building,
MINNEAPOLIS, - - MINN.

Shops For and With Customers Without Charge.

Special Attention Given to Mail Orders Samples & Full Information on Request When Stamps are Enclosed

MAIL ORDERS

Requiring taste and careful selection should be sent to

THE MABEE PURCHASING

AGENCY,

704 Lumber Exchange,
MINNEAPOLIS, - - MINN.

Prompt service. No commission charged. Satisfaction guaranteed.

J. H. Rindlaub, M. D. Elizabeth Rindlaub, M. D.
M. P. Rindlaub, Jr., M. D.

DRS. RINDLAUB

—SPECIALISTS—

EYE, EAR, NOSE AND THROAT.

FARGO, N. D.
deLendrecle block, Opposite N. P. Depot

DR. J. E. CAVANAGH,

Magneto-practic Physician.

Specialist in Chronic Diseases.

All Diseases treated by a muscle and nerve adjustment of the spinal column and without the use of drug or knife.

The X-Ray is used in assisting the Magneto-practic diagnosis of the spine. Descriptive Literature mailed upon application. Address

DR. J. E. CAVANAGH,
Fargo Sanitarium, Fargo, N. D.
1229 Third Ave. South. Phone 630L.