



"NOT WILLING THAT ANY SHOULD PERISH."

VOL. 15. NO. 7.

FARGO, N. D., AUGUST, 1911.

Monthly—25 Cts. a Year.

### THY LIFE

Just live thy life in full content,  
Do all thy best with what is sent,  
Thou but receivest what is meant,  
Just live thy life.

Just live thy life. Be not in fear.  
The strength of wrong shall disappear.  
And right is ever drawing near,  
Just live thy life.

Just live thy life. Seem what thou art,  
Nor from simplicity depart,  
And peace shall come upon thy heart.  
Just live thy life.

—J. L. Stockton.

### THE NEW LILIPUTIANS

Every child is supposed to know Gulliver's story of the giant Brobdingnag, attacked and conquered by a great army of tiny fairies, called Liliputians. "Fact is stranger than fiction" in the true story science is telling about man, the giant, attacked by a great army of microbes, germs, parasites, bacteria, who are bad fairies, so small that man can not see these tiny foes—indeed did not know till lately whence came the poison arrows that produce the diseases which have cut down life from hundreds to scores of years. But in this case there is also a Liliputian army for the defence of man. The good fairies that defend us are the leucocytes—"little white soldiers" that swim in the red rivers of our arteries, 170,000 of them in every healthy drop of red blood. Their business is to keep watch, and whenever the microbes steal through our mouths or otherwise into our bodies, to swim quickly to the spot and kill them and eat them. They leave no dead upon the battlefield. I saw one that had swallowed 14.

When our mouths are shut and our bodies are whole, the microbes can not get into us. When we get a scratch on the hand, the little enemies rush in through this break in the wall and shoot poison arrows into the blood. We feel the pain and poison. But quickly our white body guard comes swimming to the breach, and holds the enemy back. In a few hours we see some white pus. I used to think of it with contempt, now I reverence it for I know it is made up of the dead bodies of the little white soldiers that died for me.

If we keep our white soldiers sober and strong we need not be afraid of microbes. The little white soldiers need a good many of them for their daily rations.

But if we put wine or beer or whiskey or any other intoxicating drink down our throats, it makes our little defenders sleepy and stupid and they don't "watch out" and fight our little foes, and then "all the germs from Germany and the parasites from Paris and the mike-robbers from Ireland will get us."

This is the way Dr. Taav Laitinen states it: "Alcohol, even in comparatively small doses, exercises a prejudicial effect on the protective mechanism of the human body." And this is a still more learned statement of the effect of alcohol, which was signed by many great doctors at the 15th International Congress on Alcoholism: "Exact laboratory, clinical and pathological research have

demonstrated that alcohol is a dehydrating protoplasmic poison, and hence its use as a beverage is destructive and degenerating to the human organism. Its effects on the cells and tissues of the body are depressive, narcotic and anaesthetic. Hence therapeutically it should be used with the same care and restrictions as other poisonous drugs."

#### What Alcohol Really Is.

These Liliputian foes in the air are always watching for a chance to get into fruits and grains also, for their sweet juices. They can not get at the juices of the grape while it is whole, but an army of "ferments" camps on the grape—that is what looks like velvet—and waits for it to be broken. When the grape is broken in the wine press or in any other way they rush in and gorge themselves, and leave their liquid excrement. Now sing of your "ruby wine." In the same way when the barley is crushed, the yeast plants hovering in the air get in and gorge themselves on the sweets, and excrete alcohol. If girls learn in childhood just what the nasty alcoholic drinks really are, do you think that when they become grown-up ladies they will ever offer the alcohol in any form to their gentlemen friends?

If this fact about the nature of alcohol was made known to everybody, by faithful use of temperance lessons in public schools and Sunday schools, and by posters put up in every town, and by accurate leaflets circulated from door to door, I am sure many "moderate drinkers" who are losing 26 per cent of their lives, as insurance statistics of sixty years prove they do, would refuse to be fooled any longer by the "mockery" that pretends to bring health and joy, but really brings sickness and sorrow.

Keep "the little white soldiers" sober and they will keep you safe.

#### Other Good Microbes.

Dr. J. H. Kellogg told us at Battle Creek, that a new born baby was found to have thousands of microbes in its throat. Parents and friends were alarmed, but it was found they were good microbes whose business it was to serve as auxiliary forces of the little white body guard in defending the child against bad microbes. One of these good kinds had to have air, and their fighting was to be done in the upper intestines, by the other kind could live without air, and they were to fight bad microbes down in the dungeon of the body. Then there is a good microbe in buttermilk or yogurt, which is so strong that he kills all the bad microbes as he goes down when we drink. So let us drive out the whiskey and beer and wine with the good drinks that God made for us; water and milk and fresh juices of sweet fruits.—W. F. C.

This is the age that does not forever keep talking about coming to Christ as the Saviour, but talks about going with Christ out to the suffering and forgotten and temple-d.—Frances E. Willard.

Have you taken note of the advance of temperance in Ireland? The "Catch my Pal" temperance association has enrolled 200,000 since 1909. In Limerick 10,000 pledges were taken and in one fishing village everyone took it.

### THE INSTITUTE AT VALLEY CITY CHAUTAUQUA.

The W. C. T. U. institute at the Valley City Chautauqua assembly, like the assembly itself, was a decided success.

Mrs. Heidel and I attended the Devils Lake chautauqua July 5th and 6th, meeting the other general officers, Mrs. Buck, Mrs. Wylie and Mrs. Connor, and holding a general officer's meeting in Baldwin cottage, a report of which will be given elsewhere. We returned in time for the opening address of the Valley City chautauqua given by Pres. John Mitchell of the United Mine Workers association.

The institute opened Saturday morning, July 8, Mrs. Lena Hartzell Wallace discussing "The Scope and Methods of the W. C. T. U." Mrs. Wallace proved to be an interesting and capable institute conductor.

Monday morning at the purty conference Mrs. L. M. Wylie gave a heart to heart talk on the moral problems of the child. Tuesday morning I gave a resume of the work of the last legislature and its bearing on moral reforms. Wednesday morning Mrs. Wallace gave a valuable address on the use of alcohol as a remedy. It was brought out that most physicians concede that alcohol has little, if any, value as a remedy; that many distinguished physicians do not prescribe it; that the Frances E. Willard hospital in Chicago and the Temperance hospital in London, England, are the pioneers among hospitals in discarding its use entirely, and that both have been remarkably successful in their treatment of all diseases. The leaflet, "Safe Remedies in Illness," was circulated and every woman advised to keep one on her medicine shelf and in her hand bag.

Thursday, the anti-cigarette law was discussed. It was shown that no law could meet the exigencies of the case except a law absolutely prohibiting the manufacture and sale of cigarettes and cigarette paper; that the present law is difficult to enforce, and defective in that it has no minimum penalty. It is well to remember that no law touching this subject has ever passed our legislature unless it has been authorized, sanctioned, or permitted by the American Tobacco trust.

Friday, July 14, was W. C. T. U. day and at the morning institute, the question of the ballot for the women of North Dakota, and the best way to secure it was discussed with interest and enthusiasm. At the afternoon meeting in the auditorium, the platform was decorated with white flowers and the beautiful and time honored North Dakota W. C. T. U. flag. Mrs. Wallace gave a stirring address on equal suffrage. Rev. F. L. Watkins, superintendent of the State Enforcement league, made a string presentation of the economic side of the question. Col. Geo. W. Bain, the silver-tongued temperance orator of Kentucky, spoke on "Our Country, Our Home and Our Duty" and fully sustained his great reputation. After this meeting we held a reception, Mrs. Wallace, Rev. Watkins and Colonel Bain being guests of honor. In the evening Colonel Bain again delighted the audience with an address on the "New Woman." The day was successful in every way, the audiences were large and the interest fine.

On Saturday, the closing day of the

institute, there was a general discussion on our special needs and how to meet them. It was agreed that we need more state organizers who can go to a place and remain until their work is done, and that in order to keep these workers in the field, we need a larger organization fund. Ten cents from every dollar dues goes into the organizing fund, but this is wholly inadequate. The only way we have for increasing this fund, is by securing life members. The entire ten dollar dues for life membership goes into the organization work. The treasurer has received dues for but two life members this year and the result is that at present there is nothing in the organizing fund. For the sake of this great organizing work which must be kept up, if our state W. C. T. U. is to grow and wax stronger, we urge every Union to bring or send to the state convention at Jamestown, one life or memorial membership. There are many people who are willing and able to make themselves life members, and there are others, who for their long and faithful service ought to be so honored by the Unions.

It was also agreed that another special need, is the ballot for women, in order that we may retain the prohibition law and help to elect officials who will enforce it.

The management of the Valley City chautauqua is to be congratulated on the high class program, the absence of everything objectionable, and the conscientious efforts to make it a real chautauqua in every sense of the word. The attendance was large for the opening year, and those who came were enthusiastic in their praise of the beautiful location and the splendid, clean entertainment offered.

Elizabeth Preston Anderson.

### TREASURER'S REPORT

Valley City, N. D., July 17, 1911.—  
Receipts of Treasury, June 15 to July 15, 1911:

Dwight, state work.....	\$ 3.00
Beach, dues .....	2.10
Cavaller, dues .....	5.85
Grand Forks, dues .....	11.90
Fargo, pledges, dues .....	50.00
Devils Lake, dues literature.....	3.80
Lisbon, state work .....	10.00
Cooperstown, chautauqua .....	5.00
Drayton, for Maine .....	2.00
Cavaller, for Maine.....	1.60
Mrs. S. Newlove, for Maine.....	1.00
Mrs. P. H. McMillan, for Maine.....	1.00
Mrs. N. Sproule, for Maine.....	1.00
Ellendale, for 7 minutes.....	1.05
Washburn, for 1 minute .....	.15
17th District, pledge.....	15.00
Williston, dues .....	4.20
Edgley, dues .....	14.70
Fargo, L. T. L. dues.....	5.10
Mrs. N. E. Buck, for Maine.....	3.00
Pembina, dues .....	4.20
15th District, for Maine.....	5.00
Miss McGilton, Fargo, state work .....	5.00
Fairmount, dues and Maine.....	3.40
C. D. Knobel, LaMoure, Hou. dues .....	1.00
O. Serumgard, treasurer North chautauqua .....	50.00

MRS. F. W. HEIDEL, Treas.

Judge Lindsey has said "that it is not politicians or lawmakers who are doing the best work to save the younger generation, but it is the women's organizations and women themselves."

# WHITE RIBBON BULLETIN

PUBLISHED MONTHLY.

Official Organ North Dakota W. C. T. U.

Mrs. Necla Buck,  
EDITOR IN CHIEF.

Mrs. E. M. Pollock,  
MANAGING EDITOR.

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

AUGUST, 1911.

Just where you are in the conflict,  
There is your place!  
Just where you think you are useless,  
Hide not your face.  
Out in the fight or on picket,  
Stand firm and true!  
This is the work which the master  
Gives you to do.

Is your union holding all of its meetings?  
Is your union holding all of its members? If not, why not?  
The easiest way to lose members is to fail to collect annual dues. Shall we not collect from every member this year. With local treasurers take notice that collection of dues is always in order?

The 114,000 women teachers of New York City have won in their campaign for equal pay with the men teachers. Heretofore, the women began with a salary of \$600 and the men with \$900 and after sixteen years the women might reach the maximum of \$1,240 and the men \$2,160. Now, according to the new regime both men and women will start with \$720 and the maximum for both will be \$1,500.

An impetus will probably be given to the woman suffrage campaign in California by the decision in a recent divorce case in Los Angeles. The wife of one Fred R. Fulman sought a divorce on the ground of non-support. It was proved that her husband had never in all their married life given her a cent of money that he had himself earned; but he claimed that he had provided for her out of her own wages. She had worked steadily in a cafe and given him her earnings. Most of this money he spent, but he gave small amounts of it back to her from time to time for her own use. Under California law, a married woman's earnings belong to her husband, and the court decided that in this case the wife had been supported by the husband's money, although it was money earned wholly by her own labor.

A. S. B.

## A JAPANESE VIEW OF LIQUOR LICENSE

An officer from Japan visiting America, one day, while looking about a big city, saw a man stop a milk wagon.  
"Is he going to arrest the man?" he asked.  
"No," was the answer; "he must see that the milk sold by this man is pure—with no water or chalk mixed with it."  
"Would chalk or water poison the milk?"  
"No; but people want pure milk if they pay for it."  
Passing a whiskey saloon, a man staggered out, struck his head against a lamp-post, and fell to the sidewalk.  
"What is the matter with that man?"  
"He is full of bad whiskey."  
"Is it poison?"  
"Yes; a deadly poison," was the answer.  
"Do you watch the selling of whiskey as you do the milk?" asked the Japanese.  
"No."  
At the market they found a man looking at the meat to see if it was healthy.  
"I can't understand your country," said the Japanese, "you watch the meat and milk and let the men sell whiskey as much as they please."—Selected.

## TWO PRAYERS

Only for these I pray,  
Pray with assurance strong,  
Light to discover the way,  
Power to follow it long.

Let me have light to see,  
Light to be sure and know,  
When the road is clear to me,  
Willingly I go.

Let me have Power to do,  
Power of the brain and nerve,  
Though the task is heavy and new  
Willingly I will serve.

My prayers are less than three,  
Nothing I pray but two;  
Let me have light to see,  
Let me have power to do.  
—Charlotte Perkins Gilman  
from the Forerunner.

## WOMEN'S MISSIONARY JUBILEE

The Jubilee Year of women's work in foreign missions is being celebrated by a series of great meetings held in different cities, where women by the thousand come together to rejoice over the wonderful results achieved in half a century of effort. It is impossible to read without admiration and thankfulness the records of devotion, self-sacrifice, and heroic and successful endeavor; of the hundreds of schools and hospitals established and maintained, and the light that has been spread in the dark places of the earth. Men of all denominations and of no denomination are paying their tribute of applause to these earnest, brave and faithful women. Yet some of these same men are entirely opposed to allowing women equal rights in this country, either in the church or at the ballot box. A woman may go into Darkest Africa and devote her life to teaching Christianity to savages, male and female, where the missionary is likely to be devoured by wild beasts, fyers or cannibals; but if the same woman wished to be pastor of a Methodist Episcopal church in a peaceful and civilized American country town, she would be debarred from it by the church, on the ground that St. Paul said: "I suffer not a woman to teach." If she wanted to take half an hour to cast her ballot against conditions of savagery in an American city, the same men who applauded her for going to the ends of the earth would forbid her to go to the next street, on the ground that "a woman's place is at home."

The splendid achievements of women in the mission field are a proof that women have courage and capability to do the hardest and most difficult work in order to bring in the kingdom of righteousness upon earth. Why bar them out from taking their share in bringing in the same kingdom by the gentler and less dangerous methods used by men in civilized countries?  
A. S. B.

Women's clubs are up in arms against a bill to allow husbands or wives to sell their real estate without the other's signature. The legislator who has introduced the bill claims that it is not unfair, since it applies to both alike. But many more husbands than wives own real estate, because when a woman marries she invests her life in an occupation quite as useful to society as any business in which her husband may be engaged—the occupation of rearing a family and making a home—and this handicaps her for earning money. Therefore it is only right that she should be provided for when she is old. Her right in her husband's real estate is often her only provision. The proposed change is making many new converts to suffrage, for women see that they ought to have a vote on a question which so closely concerns them.

Last summer Mrs. Julia Ward Howe took a census of ministers and editors in the woman suffrage states, asking whether the results of equal suffrage were good or bad. The figures are as follows: She received 624 replies, 62 unfavorable, 46 in doubt and 516 in favor.

HANNAH H. PATTEN,  
Larimore, N. D.

## FROM MRS. BUCK.

DEAR COMRADES:

The twenty-second annual meeting of the Woman's Christian Temperance Union of North Dakota will be held at Jamestown, September 22-25.

As provided by the state constitution the annual meeting is composed of the executive committee, organizers, evangelists, district corresponding secretaries and treasurers, chairman of standing committees, musical directors and presidents of local unions, or their alternates, one delegate at large from each local union and one for every thirty members, also one L. T. L. delegate for every \$5.00 dues paid into the state treasury, said delegate to be an L. T. L. Supt.

The executive committee will meet September 21st. This committee is composed of the trustees, the vice presidents or their alternates, the general secretaries of the Y. P. and L. T. L. Branches, the superintendents of departments and the editor of the White Ribbon Bulletin—if you are a member of this committee will you plan to be at Jamestown Sept. 21st. It is important that all members of the committee should be present. The hour and place of meeting will be announced in the September issue.

Let us observe Friday, September 15th, as a day of prayer for the success of this meeting and for God's guidance in all its deliberations.

The treasurer's books close Sept. 8th and representation depends on the number of members for whom you have paid dues BEFORE that date. The financial condition of the state organization, as it will be reported, depends upon whether you have paid all dues and pledges before the books close. We urge that ALL financial responsibilities be met promptly, and that your delegates be elected early and their names sent at once to Mrs. Fred Wanner, Jamestown, chairman of the entertainment committee.

All banners should be sent to Mrs. W. B. De Nault, chairman of the committee on decorations, at least one week before convention. The banners will be awarded in the usual way. The state banner to the W. or Y. P. B. making the largest gain per cent in membership. The honorary banner to the union making the largest gain in honorary members. The L. T. L. to the Legion making the largest gain in membership and reporting the same to the L. T. L. secretary, Miss Effie Holbrook, Pleasant Lake.

An interesting program, the details of which will be given next month, is being prepared. In addition to some of the best talent our own state affords we will have with us Mrs. Florence Atkins of Tennessee. Those who had the pleasure of meeting Mrs. Atkins on her former visit to North Dakota will be glad of this opportunity to see and hear her again. Mrs. Atkins is a speaker of unusual ability and combines with her eloquence and power as a public speaker a delightful personality that wins her audience on sight. Mrs. Atkins is giving the month of August to the campaign in Maine and will give the week before convention to our state—those unions desiring her services should write Mrs. Wylie early.

There has never been a time when the organizers work was more necessary in our state than at the present. While those who have been in the field this summer have done splendid service, the crop conditions of last year, with the poor outlook in many localities for this year, has made collections very poor and our organizing fund must be replenished. An hour will be given at the state convention for the taking of life memberships. If every union will plan to make some one a life member at this time it will go a

long way toward solving the problem of funds with which to carry on the organizing work; begin now to plan to have a part in this interesting feature of our program.

We have been fortunate in securing Miss Rhena Mosher, national field secretary for the Y. P. B., for the month of October, her work will be largely with the young people of our schools and colleges.

The Chautauqua Institutes at Valley City and Devils Lake were very successful and much credit is due our leaders, Mrs. Sena Hartzell Wallace and Mrs. Harriet D. Hall. Reports of the work will be given elsewhere.

As the date of election draws near the interest in the situation in Maine grows more intense, no battle ever waged the issues of which were more important or far reaching than this struggle between the liquor dealers and the prohibitionists in the Pine Tree state. May our prayers daily and hourly ascend to God that he may give us the victory and may we help to answer our own prayers by contributing freely to the Maine campaign fund.

Judge Chas. A. Pollock has gone to Maine to take part in the fight and every white ribboner in North Dakota is proud of the fact that no testimony will ring truer or be more convincing than that of the father of our own prohibition law.

In addition to the unions already reported Mrs. Hall organized two in Ninth District. One at Braddock, Pres., Mrs. E. F. Savage; Cor. Sec., Miss Maud Brown; Treas., Mrs. J. R. Albright and one at Kintyre, Pres., Mrs. Adelaide Lane; Cor. Sec., Miss Mildred Lane; Treas., Mrs. Harriet Hall Lane. Mrs. Hall has won hosts of warm friends in North Dakota who will be glad to welcome her at any time.

Miss Chambers has been meeting with most gratifying success, having averaged an organization, W. C. T. U., Y. P. B. or L. T. L. every other day for the first 18 days in the field. At the close of this trip she spent a few days at home, visiting Chautauqua in the meantime, where she conducted a most interesting institute meeting on Scientific Temperance Instruction. July 14th she again began work, at Rugby, where she organized a union of 16 members—the officers have not yet been reported. At the close of her work in Third District she will go into Fourth, following the Soo line to Portal. Miss Chambers could accomplish so much more if only the virtue of answering letters promptly could be instilled into our people. Will those desiring Miss Chambers' services PLEASE write me AT ONCE.

The following is a list of organizations and their officers, as far as reported, since last issue of Bulletin:  
Mohall, W. C. T. U.—Pres., Mrs. Minnie Greek. L. T. L., Pres., Miss Lila McKeen; Sec., Miss Gertrude Makee; Treas., Miss Grace Marshall.

Granville, L. T. L., Pres., Miss Gretchen Leppert; Sec., Miss Hazel Jones; Treas., Miss Delina Stinson. Upham, Y. P. B., Pres., Miss Mary Tarr; Cor. Sec., Mr. Walter McLaughlin; Treas., Mr. Clifford Ebersole. We are glad to welcome these new members and extend to one and all a hearty word of greeting.

And now a closing word in regard to our "Harvest Home." We can make this the very best convention we have ever had, let us work and pray to this end.

Jamestown is an ideal city in which to hold a convention, beautifully and centrally situated, with the homes and the hearts of its people open to receive us, as is shown by the delightful words of greeting given in the July Bulletin to which we heartily respond:

We are coming, we are coming.  
At least one hundred strong.  
We are glad to know you too, and we will not stay too long.  
Yours for an enthusiastic and inspiring convention,  
NECIA E. BUCK.

DEAR WHITE-RIBBON SISTERS:

Our Institute at North Chautauqua was in charge of Mrs. Harriett D. Hall, of Illinois, who proved to be an able and resourceful leader, well informed on all departments of our work. The attendance was good and the interest well sustained throughout the session.

The Cottage was again in charge of the corresponding secretary, assisted for a week by the recording secretary. These two took pleasure in providing new curtains for the windows of the living-room, while Mrs. Hall kindly presented us with the curtain-rods.

A general officers' meeting was held at which all the general officers were present.

Mrs. Anderson and Mrs. Heidel spent one day with us, while Mrs. Buck remained for two days. The state superintendents who were present and who assisted in making the Institute a success were Miss George Chambers, Mrs. C. E. Madison, Mrs. Mary R. McLeod and Mrs. Alice May Goheen.

Free literature was distributed at all meetings.

Mrs. Anderson gave a very interesting review of laws passed by our last legislators of interest to temperance workers.

Mrs. Buck gave some practical ideas as to membership campaigns. Miss George Chambers presented the work of Scientific Temperance Instruction in an able manner.

A very suggestive paper on Systematic and Proportionate Giving was read by Mrs. Rose Maurer of Stark-weather.

A conference on purity was addressed by Mrs. Hall, Mrs. Mary Packard, of Rolla, and Prof. J. A. Haig, Supt. of Schools for Ramsey county, all of whom made wise and helpful suggestions.

The Medicinal use of Alcohol was considered by Mrs. M. R. McLeod and Mrs. C. W. Connor.

Mrs. C. E. Wallace, of Devils Lake, presented such an excellent paper on the Relation of Missionary and Temperance Work that it was ordered published in White Ribbon Bulletin and later will be offered to the National W. C. T. U. as material for a leaflet.

In the morning of our Rally Day—July 7th—Mrs. Hall introduced the subject of Equal Suffrage and furnished yellow badges, with the words "Woman's Ballot," which were generally worn. At 3 p. m., in the big auditorium, Mrs. Hall gave a very able address on suffrage. Mrs. Alles, of Detroit, Mich., rendered a beautiful solo, and Rev. and Mrs. Stevenson, of Emerado, a very pleasing duet.

Following this was a reception at Baldwin Cottage, which was largely attended.

Rev. F. L. Watkins, Supt. of the State Enforcement League, gave a short address, full of interest to the workers. Light refreshments were served. The only disappointment of the day was the failure of Capt. Hobson to be present. Rev. Watkins kindly came to our assistance and gave a stirring address to an enthusiastic audience. The ministers on the grounds were very kind and courteous and often assisted us in our work. Rev. F. B. Stevenson, of Emerado, conducted the singing.

At 5 o'clock on Sunday evening, July 9th, a beautiful vesper service was held at the Cottage. Dr. Creegan, of Fargo College, Rev. T. S. Thompson, of Cavalier, Rev. M. D. Wickard, of Churches Ferry and others made short addresses.

And now let me say a word about REPORTS

To each union has been sent the annual report-blank and post-cards. I know how welcome these generally

are! Personally, I have never liked to report. I would rather do the work than tell about it and have quoted, in support of this, "Let not thy left hand know what thy right hand doeth," &c. But you will readily see how impossible it is for me to make a correct report of our state work to the National, unless you assist me by reporting. The same is true of the department superintendents, to whom the post-cards go. BUT PLEASE DO NOT MAIL ANY BLANK CARDS. It is simply a waste of postage. Return those you do not use to me, in an unsealed envelope—and they can be used next year. For the best and most complete report from local union, received not later than Sept. 10th, I will offer as a prize, to be presented at convention, the book, "Alcohol and the Human Body," by Sir Victor Horsley.

To district corresponding secretaries I would like to say that so far no lists of officers in your districts have been received. These are needed for the new directory in the state minutes and should be in by Sept. 1st in order that there may be no delay after convention. Write for more blanks for local unions or districts, if these have failed to reach you.

Our state convention at Jamestown, Sept. 22-25, claims our present attention. Let us make this the best, so far, in our history.

Please send names of promoted comrades to me, and I will forward to the one in charge of memorial hour, whose name is not yet decided.

May we not each contribute something towards the success of our annual gathering.

Hoping to hear from each union, Yours for reports,

B. H. WYLIE.

Drayton, N. D., July 29th, '11.

YOUNG PEOPLE'S BRANCH

Dear Y. P. B.'s:

I've been looking for at least one letter since the last Bulletin came out, but am still looking.

But I won't get discouraged, and I'm sure this month I'll get some letters. I've written to all the branches that I have on my list, and to some that I haven't on my list, too. Park River reports the most activity. They have an orchestra, use our Y. P. B. song book and have their local ministers take charge of their lessons.

Tower City planned to camp out at the Valley City Chautauqua. They gave a social a week after they organized.

Prof. Sauvain gave me an opportunity to talk on our Y. P. B. work before the Cass County Summer School physiology class. He prefaced my little talk with an explanation of the great work of the W. C. T. U. and commended our text book.

I attended the 15th District Convention held at Tower City and while there organized a Y. P. B.

Miss Georgia Mae Chambers is out in the field organizing and reports two new Y. P. B.'s. The Towner Y. P. B. has eleven charter members, and the Upham branch has five charter members.

I am so anxious to hear from all the branches, that I may plan for the convention. Please write.

Now that we are in the midst of summer, the soda fountain is very popular. But there are some soft drinks served which are most dangerous. Among the most harmful are Root Beer, Coco Cola, Cream Cola, Lime Juice and Cola, and Celery Cola. These contain caffeine, and most of them also contain extract of coca leaf.

Caffeine is a drug much used in headache remedies. It is derived from the kola nut, and from tea and coffee. It is also made artificially from uric acid occurring in the guano or bird manure deposits of South America. This bird manure product is said to be used in some of the drinks, while in others caffeine obtained from refuse tea sweepings is used. Dr. Harvey W.

Wylie, chief of the Bureau of Chemistry, says: "When caffeine is separated from tea and coffee and used as a separate drug, it exerts a much more specific action upon the system than when in natural combination. Its general effect is to induce that unhappy state described as nervousness, with deranged digestion and impaired health."

The Atlanta Jeffersonian says: "Any man, woman, boy or girl who tampers with Coca Cola will form the Coca Cola habit. Any man, woman, boy or girl who has become a slave to the Coca Cola habit is on the road to ruin. It will injure the eyes, wreck the nerves, weaken the brain, loosen the moral structure."

It were better that your boy were a drunkard than a Coca Cola fiend. In one case there is always hope of reformation; in the other there seldom is. Bad as it would be for your daughter to drink wine, far worse is it for her to be the slave of Coca Cola."

The Coca Cola company says: "The chief of the Bureau of Chemistry has analyzed this temperance drink (Coca Cola) and reports that it does not contain narcotics."

But it does contain a harmful stimulant, caffeine.

In this connection it may be of interest to know that the conditions of many soda fountains are very unsanitary; indeed, public inspection of fountains may yet be called for as a means of prevention of disease. Careless clerks also rarely wash the glasses in which soda water is served; the glasses are rinsed only. It is unfortunate that druggists should make the soda fountain a peril; for if kept sanitary and free from dangerous drinks, it would be a great help in the fight against the saloon.

A nice refreshing drink to serve at your socials, etc., is fruit frappe. Here is a good recipe:

**Fruit Frappe:** 6 lemons, 3 oranges, 1 pint grape or other fruit juice, 2 pounds sugar, 3 quarts water.

This was served during our Tower City convention, and is delicious. Just try it, and you'll agree, I'm sure.

Mrs. Maud Santelmann, Sec'y., Hunter, N. D.

12th DISTRICT CONVENTION

The third Barnes-Griggs-Stutsman Tri-County convention was held in the Congregational church, Valley City, June 14-15. The reports from local unions showed good work done in the various departments. Some unions report heavy losses owing to the removal of members, but this does not discourage us for "a city set on a hill cannot be hid," and we feel assured that wherever they are they will continue to labor and pray for the triumph of Christ's golden rule in custom and in law. We were pleased to have the opportunity of extending the right hand of fellowship to our new union in Fingal, through its representatives. Miss Rice, State Normal, gave an excellent paper, "Physical Education," showing that work of itself is not harmful, that muscular activity is a poison and that it is necessary to rest and recuperate, thus giving the system a chance to throw off the poison. She advised against eating when very tired, the wearing of tight corsets, high heeled shoes, etc. "The Moral Problems of the Children" was assigned Mrs. L. M. Wylie, who urged that the parents put aside the false modesty that keeps them silent about the social evil that is permeating our nation, and tell to the children the beautiful story of life, as told by Mrs. Wood-Allen Chapman, in her little book, "The Moral Problems." Send twenty cents to W. C. T. U. Literature Building, Evanston, Ill. for copy. Owing to illness our state president was unable to be with us, but the topic assigned her, "Review of Temperance Measures Passed by the Twelfth Legislative Assembly," was ably handled by Rev. Anderson, showing that we had great cause for thankfulness in that our prohibition law remains intact, in spite of the fact that numerous bills were introduced, that were calculated to weaken the law.

We are indebted to Mr. G. W. Hanna, superintendent Valley City public schools, for his excellent pa-

per, "Our Anti-Cigarette Law, is it Sufficient?" Mr. Hanna said that tobacco was used more extensively by Americans than by any other nation except Belgium. He urged the necessity of teaching wisely and discreetly against the use of a drug which is death to the weak and dangerous to the strong. The boy should be protected by law to prevent him from acquiring the habit of using tobacco in any form or in any place. In referring to the ill effects upon the family, caused by smoking in the home he said that "a parent had no more right to injure his child's life with a drug, than with a knife or other weapon." Rev. Anderson, in dealing with his topic, "The Initiative and Referendum, its Use and Abuse," urged that we do not put into the hands of our opponents the weapon with which to destroy our prohibition law, that we are safer without the Initiative and Referendum applied to the constitution. What we need is law enforcement.

Many other topics were ably handled during the convention, in the discussions which followed, many helpful suggestions were brought out and a store of useful suggestions were brought out. The district sent fifteen dollars, to our White Ribbon Sisters in Maine to aid in the prohibition fight there. A very pleasing feature of the convention was the excellent music, both vocal and instrumental, furnished by Mr. Goodsell, dean of Normal Conservatory of Music, and other local talent, also the readings by Miss Benham, State Normal, and Mrs. L. B. McMullen.

Wednesday evening an excellent gold medal contest was held. Medal awarded Miss May Boyd. Thursday evening Miss Sena Hartzell Wallace addressed an appreciative audience. Her address was pleasing and instructive, we recommend her to our White Ribboners throughout the state, believing she will give new impetus to the work wherever she goes.

The entire convention was presided over by the district president, Mrs. Lula Wylie Zimmerman. As is our custom each session was opened with prayer, and we trust that precious influences may go out from this convention, like waters of irrigation strengthening and refreshing all with whom they come in contact.

One Who was There.

FIELD NOTES

Fourteen new names were added to the McKenzie Union, five honoraries, nine regular members.

14th District: Bowen Union observed Temperance Sunday by special study and songs at Sunday school, also Flower Mission Day by special program and songs. Fourth of July they had a neighborhood picnic at the McCrary home grove at which the Union sold \$15 worth of ice cream, collection taken for free lemonade, good ball game and social time.

June 7th, Mrs. McCrary organized a W. C. T. U. in Dunbar township in Sargent county, with the following officers: Mrs. B. L. Marcellus, president; Mrs. Tyler O'Neil, vice president; Mrs. Hannah Anderson, treasurer. Two meetings have been held since and the interest is growing.

11th District: Mrs. Hall's stay was altogether too short. We were much benefited by having her with us. She entered the district at Bismarck had a meeting there. Had an afternoon meeting and two evening meetings at McKenzie, also spoke Sunday afternoon in the pastor's stead. She spent one evening in Sterling. The Buella camp meeting was in session at Jamestown, at the time Mr. Hall was in this district, and not as much could be done in this particular line of work. A very successful meeting was held in Menoken the evening of June 25th. We hope to have more unions in working order, and be able to organize some new ones, where there has been none so far. Nearly every community has some one who has been identified with the work elsewhere, and could help materially to carry on local and district work for the temperance cause. —Mrs. L. E. Heaton, McKenzie, N.D.

### 15th DISTRICT CONVENTION

The district convention of the 15th district W. C. T. U. held in its session at Tower City. The meetings were in the Presbyterian church, which was adorned with the banners of the various unions represented. A life sized portrait of Frances E. Willard smiled down upon the proceedings. The district president, Mrs. Abbie W. H. Best of Fargo, occupied the chair.

The national lecturer, Mrs. Sena Hartzell Wallace, spoke on woman's suffrage and other topics.

The morning session was given over to appointment of committees.

The memorial hour which is always devoted to the members who have passed on during the year, was in charge of Mrs. Clark. Only three names were handed in: Mr. Hanson of Mayville, who died recently and was a friend of the W. C. T. U. for many years; Mrs. Sara Thomas, the mother of our president, Mrs. Best, and Mrs. Elizabeth Edwards, both members of Fargo union.

Rev. Vale of the Presbyterian church was introduced and spoke briefly.

This being the first convention since the counties of Cass, Traill and Steele united, it was necessary to adopt a district constitution. This was a most interesting event.

The election of officers resulted as follows:

President, Mrs. Abbie W. H. Best, Fargo; vice president at large, Mrs. Florence Lockwood, Hillsboro; vice president Cass county, Mrs. F. H. Wilder, Fargo; vice president Traill county, Mrs. Helen Porter, Mayville; vice president Steele county, Mrs. Lydia Northrop, Hope; corresponding secretary, Mrs. H. H. Aaker, Fargo Scandinavian; recording secretary, Mrs. F. A. Warren, Mayville; treasurer, Mrs. Walter Reed, Amenia.

The reports of local unions followed the election of officers. Most of the unions reported a great deal of civic work done, buying chairs for public halls, giving pictures, etc., one union even gave a piano to one community. Very much work was reported in all departments.

W. J. Arnold, assistant enforcement league officer, was introduced and spoke briefly, complimenting the W. C. T. U. on having accomplished much hard work afterwards telling what he thought was our greatest need in North Dakota.

The reports of the superintendent of press work and superintendent of scientific temperance instruction were read and adopted. An essay written by a fourth grade pupil of Longfellow school of Fargo, Marvel Ellison, was read. It was an excellent essay, treating of the harmfulness of alcohol and tobacco.

There was the representative of a Loyal Temperance society present, Miss Gertrude Boise of Fargo. She reported 51 members.

Mrs. Walter Reed sang in her usual pleasing manner, "I Come to You" and "Don't You Listen."

Mr. Watkins, the secretary of the Law Enforcement league, spoke very briefly. He said the conditions of law enforcement are getting better and that he is convinced that our law can be enforced to the letter.

The address of the evening was given by Mrs. Sena Hartzell Wallace of Kansas City, Kan. Mrs. Wallace is the gifted sister of Bishop Hartzell of the Methodist church.

Mrs. Wallace dwelt at length upon the franchise for women. She told of the success of the women in Kansas, where they have municipal suffrage. No man who does not stand for law enforcement dare declare himself for any office in the gift of the cities. She told of the excellent results in Kansas City, Kan., from enforcing the prohibition law. Kansas City, Mo., being just across the state line, nearer than Moorhead is to Fargo, for there is just a street between, but owing to the fact that the women have the franchise they have been able to enforce their laws.

Mrs. Wallace's arguments are convincing and win friends for her cause.

A reception brought to a close a delightful evening.

A pleasant surprise for the W. C. T. U. convention was the appearance of our state president, Mrs. Elizabeth

Preston Anderson. She brought added inspiration to the convention.

Mr. W. J. Arnold, guest of the convention, spoke briefly several times and has given much pleasure to all by his singing. He led the praise services and rendered several solos. The reports of the unions were continued and showed gains in all departments, in spite of the very hard year just finished.

The report of Fargo union was most enthusiastically received and it was asked that it be printed.

The president of the Scandinavian union of Fargo, Mrs. Julia Neilson, was introduced as the president of the largest Scandinavian union in the United States.

Excellent papers were read by Mrs. Major of Hope, on the subject of "Physical Culture," and Mrs. Boise upon "The Press." The papers were very valuable, and we regret that we cannot give them even in part.

Mr. Kiff, who is a pioneer settler and temperance worker, was introduced and spoke very briefly. Mr. Kiff was first president of the first temperance society in Dakota territory.

A very interesting event was the reading of the Tower City W. C. T. U. report, which was read at the first county convention ever held in Tower City in 1887.

The president's address followed. Mrs. Best reviewed the condition of the work in our district. She then spoke of national conditions, dwelling especially on franchise conditions, telling of the victories of the year.

The most interesting discussion of the convention was that concerning equal suffrage. This was a discussion from the floor, and very pertinent remarks were made. The union is unanimously in favor of equal suffrage.

Mrs. Elizabeth Preston Anderson talked to us about the "Tools of Our Craft." She compared the union attemping to work without the union signal and the temperance literature, Quarterly Monthly, etc., to a carpenter who attempts to build a house without nails and hammer.

The evening meeting was a gold medal contest, with five contestants, Jasper Cleske, of Absaraka, was the successful contestant.

Little Miss Gertrude Kiff sang a solo very sweetly at the opening of the entertainment.

The devotional service was conducted by Rev. Vale, of the Tower City Presbyterian church.

Mr. Arnold favored us with several solos, which were greatly appreciated.

Our state president, Mrs. Anderson, gave a resume of the work accomplished this winter by the legislature.

Mrs. Best then spoke a few words in closing and the twenty-third convention of the fifteenth district was over.—Mrs. F. H. Wilder, Press Superintendent.

### 14th DISTRICT CONVENTION

The 14th District W. C. T. U. convention recently was marked by earnestness of effort, and the high Christian character that knows no defeat, so characteristic of the W. C. T. U. as a whole, enhanced by beautiful music, flowers, church and the warm hearted hospitality of the best women in Hankinson.

Mrs. S. M. Woolsey, the local president, a sweet faced lady of seventy years, welcomed the delegates with words of cheer, response was made by Mrs. McCrory. Delegates from Fairmount, Ellendale, Cogswell, Bowen, Wyndmere and Forman were present. Besides business, the chief extras the first day were, a good report and paper upon Scientific Temperance Instruction, by Mrs. J. R. Jones, Hankinson. A fine paper, "Does Prohibition Prohibit," by Mrs. Agnes Coles, Cogswell, and a paper upon How We May Make the W. C. T. U. Rest Room at Fair Grounds the Center of Social Functions During the Fair, by Mrs. L. H. Tyson, Hankinson. As the Richland county W. C. T. U. had a larger balance in their treasury than the rest of the newly formed district, they were given the privilege to use it for this purpose at their county fair.

The main feature of the evening was the demonstration of departments conducted by Mrs. Tibbetts of Ellendale and Mrs. Nims of Hankinson, which was very entertaining as well as instructive concerning W. C. T. U. methods.

Mrs. Hoffman of Hankinson present-

ed a splendid paper, Thursday morning: "Give God His Tenth." In earliest history God's portion was recognized. Until our tenth is paid "give" is not the right word; we should be just before we are generous." Mrs. McCrory spoke of "What Our State Paper Means to Me."

An address by Rev. Clara Babcock of Ellendale upon Purity was voted to be printed in the White Ribbon Bulletin, the state W. C. T. U. paper.

An excellent paper on medical temperance by Mrs. J. R. Jones and Mrs. Tibbet's report of her visit to the Nation W. C. T. U. convention at Baltimore last fall including a visit to the White House were other leading features of Thursday.

A matron suffrage medal contest by five delegates was the specialty of Thursday evening, Mrs. Etta Miller of Ellendale won the silver medal.

Various reports and business occupied Friday forenoon. The afternoon was given to the Young People's Branch. A godly delegation of the Fairmount branch gave most of the program of excellent music, recitations and papers. Mrs. Sena Hartzell Wallace of Kansas, a national W. C. T. U. lecturer, arrived and addressed the young people and steps were taken to organize a branch in Hankinson.

Mrs. Wallace's address on the closing evening of the convention entitled, "How to Clean Up a City," was a fitting climax to the program.

The difference between Kansas City, Kansas, on prohibition soil and Kansas City, Missouri, "What does the W. C. T. U. do," the need of good women's power to help that of the good men, never better than influence, no difference between a democrat "joint or blind" and a republican one.

"You can get too much politics into religion but can't get too much religion into politics." We must vote to help the King's business.

President Roosevelt once called a meeting to cuss and discuss the question, What shall be done for the dependent classes, but not one word in regard to the liquor traffic, the great cause of such classes. If the men of this nation will abolish the liquor traffic, we of the W. C. T. U. will take care of all dependent classes. Thirteen million a year for experts to help farmers at stockraising, horticulture but not a thing from our government to help parents raise their children.

The army "canteen" for saloon will never be re-instated.

The W. C. T. U. is the most splendidly organized body in the world. "I'd rather have a little more taffy in life, and not so much epiphany afterwards." These are flashes caught from Mrs. Wallace's lecture. She was well acquainted with Carrie Nation and gave a high tribute to her character and purpose that she waked the people up to see that evils voted out could be put out, and predicted that monuments will yet be erected in her honor.

Fourteenth district officers are: Mrs. Anna McCrory, Cogswell, president; Miss Elizabeth Taylor, Fairmount, vice president at large; Mrs. Etta H. Miller, Ellendale, corresponding secretary; Mrs. L. H. Tyson, Hankinson, treasurer.

### FIELD NOTES.

Forman: Old Settlers Day and the court house dedication brought large crowds to Forman on June 20. The W. C. T. U. kept the churches open as rest rooms for the visitors, and distributed to them a quantity of literature. Some of the zealous workers placed literature in the buggies about town. We quote from a correspondent: "Our posters and banners displayed, and our presence was an incentive to good order that day. Thus our prayers and work counts."

Lisbon: Our local union here is steadily increasing its membership. Our county convention held here in June, was well attended and very instructive and interesting. Our county president, Mrs. Taylor, presided at each session. Our county secretary, Mrs. Matt Hanson of Fort Ransom, was also present.—Mrs. Geo. A. Hume.

I am strongly in favor of woman suffrage.—George Meredith.

### CASSETON REPORTER

CASSETON, 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 123L, Res. 123K

Suite 404, deLendrecie Block, FARGO, N. DAK.

### DR. ELLA HULL,

OSTEOPATHIC PHYSICIAN,

200 Broadway, Fargo, N. D.

Rob't M. Pollock James Wardell Pollock

### POLLOCK & POLLOCK

LAWYERS

Successors to Rob't M. Pollock

Suite 304 deLendrecie Bldg. Fargo, N. D.

### TO "MAIL ORDER" PATRONS—As

exclusive buyer in all lines of Merchandise, I solicit your patronage. SPECIALTIES—Oriental Rugs, Pianos, Piano Players, Victor Talking Machine and Records. Also agent for Vegetable Silk Hosiery and Underwear. Enclose stamp in letter of enquiry. No Charges.

MRS. J. W. THOMPSON, 345 W. Sixth St. St. Paul, Minn.

### SHOPPING MADE EASY

The Personal Shopper

MISS GEORGIA A. HILL,

520 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 charge.

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.

deLendrecie 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.

1329 Third Ave. South. Phone 630L.