

# WHITE RIBBON BULLETIN

"NOT WILLING THAT ANY SHOULD PERISH."

VOL. 17. NO. 6.

FARGO, N. D., JULY, 1913.

Monthly—25 Cts. a Year.

### A MEMORY SYSTEM.

Forget each kindness that you do  
 As soon as you have done it;  
 Forget the praise that falls to you  
 The moment you have won it;  
 Forget that slander that you hear  
 Before you can repeat it;  
 Forget each slight, each spite, each sneer,  
 Wherever you may meet it.

Remember every kindness done  
 To you, whatever its measure;  
 Remember praise by others won,  
 And pass it on with pleasure;  
 Remember every promise made,  
 And keep it to the letter;  
 Remember those who lend you aid,  
 And be a grateful debtor.

Remember all the happiness  
 That comes your way in living;  
 Forget each worry and distress,  
 Be hopeful and forgiving;  
 Remember good, remember truth,  
 Remember heaven's above you,  
 And you will find, through age and youth,  
 True joys, and hearts to love you.

—Priscilla Leonard.

### S. S. TEACHER'S INFLUENCE FOR TEMPERANCE.

The church and Sunday school have always been leaders in the agitation for temperance reform.

Many of our present day temperance leaders and supporters were the S. S. pupils of the former generation. Some trace their temperance principles directly to some S. S. teachers. It is impossible to estimate the results of the influence of thousands of S. S. teachers consecrated to the temperance cause.

Forty years ago the first work of the S. S. for temperance was signing the pledge. Later a strictly temperance lesson was assigned for each quarter's study and we taught the infants and the gray haired saints as well: "Look not upon the wine when it is red."

In some way these S. S. methods, together with other influences, have wrought wondrous developments in the last fifty years, but I question if there are not now better methods to meet the present conditions. The time has come for aggressive warfare. Many outposts are taken, now the strongholds must yield.

There is opposition to the saloon in all parties, in all sects and in all parts of the country, waiting for united expression.

Public sentiment, the first factor in any reform, has not come suddenly. The primitive man in his efforts to find God was lead to believe that wine was a life giving spirit. The effect of warmth and exhilaration seemed to him indicative of life and strength. As animal sacrifices were offered to appease the wrath of the gods so wine was given them to sustain life and power.

We learn also that spirituous liquors were worshipped as God. From the desire to give of their best to guests, wine was early used as an expression of hospitality.

Growing intelligence put a stop to animal sacrifices, but the foaming cup, that twin relic of barbarism, has held increasing sway for thousands of years—but, now, in the light of modern intelligence, it, too, must be relegated to the past.

The temperance reform began slowly. The first temperance society was organized in 1808. In 1811 the Presbyterians passed temperance resolutions in their general assembly. In 1812 the M. E. general conference made five unsuccessful attempts to pass the following reso-



LULU LOVELAND SHEPARD  
Salt Lake City, Utah  
STATE CONVENTION SPEAKER

lution: "Resolved, That no stationer or local preacher shall retail spirituous or malt liquors without forfeiting his ministerial character among us."

S. S. classes should be organized as a working force for prohibition.

The history of spirits as believed in by the primitive people, heathen practices and how they were the outgrowth of primitive ideas, what led up to intemperance, why spirituous liquors intoxicate, formation of the drink habit, results of tests on the athletic field are good and interesting subjects for research.

The boys should be taught the value of the highest manhood as compared with the slow thought, weakened will, and other effects of the drink habit. They will see the advantages of developing their higher nature rather than developing their brute nature. Let them take the lead in planning their own work. In the light of truths that they have themselves discovered, they are surer to form right principles than when we draw a moral at every step.

Temperance teaching should be carefully graded, the same as other teaching, to meet the intelligence of the class.

The story is, for children, the supreme agency for teaching morals. Forbush says: "The moral is better not at the end of the story, but in

slightly touches in the middle and as produced by the narrative itself."

Pictures, not the drunken debaucheries once popular, but interesting art, scientific, historical pictures, with the moral the story itself, are always useful and very impressive. Object lessons and hand work too are great educational factors along these lines. One-third of the people of the United States are adolescent or in the formative period. This is the age not only of bodily change but of character formation.

Horace Mann says: "One former is worth 1,000 reformers." The time is right for just this formation work in the S. S. A minister once said to me: "The work of the church of the future will not be to convert men, but to bring them up in the Christian Life." This is now most certainly true of temperance in the S. S. Let total abstinence be the natural outgrowth of the three fold development, body, mind, spirit.

Proper food, exercise, cleanliness are needed to prevent unnatural cravings. Mankind is universally susceptible to stimulating influences. If it were not so, he would be incapable of quick action. Herein lies his element of power. It is not strange, then, that many become wild and reckless for stimulants.

Boys and girls from 10 to 15 years of age develop the gang spirit. These should be encouraged and guided, not domineered. One man writes: "The happiest memory of my boyhood is of weekly evening gatherings in the various homes in turn, the elders conversing in one end of the room and we youngsters playing games and acting plays and charades in the other. I cannot remember that any of us ever wanted to be elsewhere at night..." It has been said: "You can do anything with boys; you can do nothing FOR boys."

We must, as teachers of the adolescent boys, hold them in S. S., teach them the all important truths and save them to active Christian citizenship. This we can not do by driving or nagging, but by following the lead of the boys and guiding them with a wise and firm hand.

In these thoughts I have had in mind the S. S. as the child of the church, with pupils who have been from earliest childhood in the S. S. There are two other classes to be considered—the very poor and the very rich, who are not reached by our S. S. It is stated that the general immorality and intemperance of the rich boys is more alarming than the conditions of the poor and they are harder to reach.

The S. S. through organization of classes and federation of the different schools and adaptation to the different conditions must get hold of these classes. If we set about it with determination it can be accomplished. Good things, and helpful things are a thousand times more interesting and attractive than sa-

loons and evil practices if we make them so.

Intemperance has not the elements of so hard a fight as impurity, there being no temptation as the natural outgrowth of the physical being. There is no reason, physical or social, why total abstinence may not be the natural life of every one. High ideals are of supreme importance. The personality of the teacher counts for much and his life must be above reproach.

Forbush says that some boys enter the Christian life by deliberate, comprehensive decision, some by accumulation of little decisions, and some by non-resistance of influences around them. In all cases they accept by their own choice. So it must be in the matter of temperance. Help the boys climb. No need of putting on the breaks because they are going up hill. Let the boy be free—the freest of the free—free to climb.

### FIFTEENTH DIST. CONVENTION.

The 25th annual convention of the fifteenth district comprising the counties of Cass, Traill and Steele, convened at Hope June 19-20, at the M. E. church.

The delegates were welcomed by the pastor, Rev. Marr, and the convention was opened by the president, Mrs. Kate S. Wilder. Miss Edna Rowan, National secretary, was introduced and gave a splendid address on Suffrage and L. T. L. work, Thursday evening, to a very large audience. Devotionals were led by Mrs. Libby Phillips. Addresses of welcome were made by the mayor, T. M. Major, in behalf of the city; Rev. Hitchcock, in behalf of the churches; Mrs. Curry, in behalf of the Union. Mrs. J. A. Burgum made the response.

The musical selections during the evening were of a high order. Selections by the Hope band, duet by Mr. Husome and Miss Warren, solo by Mrs. Walter Reed, selections by the Congregational Sunday School Orchestra. The demonstration given by the Hope L. T. L., under the direction of Mrs. Smith, was very pleasing, also the recitation by little Ruth Bowan.

This being the 25th anniversary of the organization, a Silver Jubilee hour was observed. Mrs. W. H. Best gave a tribute to the early workers, the names of Attorney R. M. Pollock, Judge Pollock, Mr. and Mrs. White and M. H. Kiff were mentioned. Mrs. Northrop, Mrs. Boise and Mrs. Shippy gave reminiscences of the early work in Steele county.

Mrs. R. M. Pollock gave a fine address on "Chivalry," in which she proved conclusively that the most powerful way of rendering the influence of women effectual is to place the ballot in their hands.

Mrs. Chas. Shaver spoke of the

# WHITE RIBBON BULLETIN

PUBLISHED MONTHLY.

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

Elizabeth Preston Anderson

EDITOR IN CHIEF.

Mrs. R. M. Pollock,

MANAGING EDITOR.

Subscription price, per annum, 35c  
Extra copies, 2 cents each.

**OBJECT**—To promote the advancement of the W. C. T. U. work of North Dakota in all its departments, and to do all in our power to bring the triumph of Christ's Golden Rule in custom and in law.

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

**PLEDGE**—I hereby solemnly promise, God helping me, to abstain from all alcoholic liquors as a beverage, including wine, beer and cider, and to employ all proper means to discourage the use of and traffic in the same.

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

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

JULY 1913.

## STATE OFFICERS.

President—Mrs. Elizabeth Preston Anderson, Jamestown.  
Vice-President—Mrs. Abbie W. H. Best, Fargo.  
Corresponding Secretary—Mrs. B. H. Wylie, Drayton.  
Recording Secretary—Mrs. Necla E. Buck, Starkweather.  
Treasurer—Mrs. F. W. Heidel, Valley City.

## DEPARTMENT SUPERINTENDENTS.

Secretary Young People's Branch—Miss Pearl Kirk, Wyndmere.  
Secretary Loyal Temperance Legion—Miss Georgie M. Chambers, Churchs Ferry.  
Secretary Willard Union—Mrs. L. L. Mull, Hunter.  
Work Among Foreign Speaking Peoples—Mrs. Julia D. Nelson, Fargo.  
Health and Heredity—Mrs. Isabella A. Morey, Otta.  
Purity and Mother's Meetings and White Ribbon Recruits—Mrs. L. M. Wylie, Valley City.  
Medical Temperance—Mrs. Edna F. Salmons, Cando.  
Rescue Work—Mrs. A. L. Woods, Gr'd Forks.  
Scientific Temperance Instruction—Mrs. Mrs. Lillie B. Smith, Thompson.  
Sunday School Work—Mrs. Ella Morris Snow, Fargo.  
Union Signal and Temperance Literature—Miss Mae Halcrow, Bowsmont.  
Medal Contests—Miss Emma Lockwood, Valley City.  
Physical Education—Mrs. I. A. Burley, Cavalier.  
Bureau of Publicity—Mrs. F. H. Wilder, Fargo.  
Anti-Narcotics—Mrs. Mary H. Haig, Devils Lake.  
Evangelistic Work—Mrs. E. C. Widdfield, Leal.  
Associate Scandinavian Churches—Miss Jetta Jensen, Fargo.  
The Bible in the Public Schools—Mrs. F. M. Wanner, Jamestown.  
Propaganda and Systematic Giving—Mrs. Alice May Goheen, Sherwood.  
Sabbath Observance—Mrs. Abbie W. H. Best, Fargo.  
Penal and Reformatory Work—Mrs. Jean McNaughton Stevens, Towner.  
Social Meetings and Red Letter Days—Mrs. H. H. Aaker, Fargo.  
Fairs and Open Air Meetings—Mrs. Ida Sparks Clark, Fairmount.  
Flower Mission—Mrs. Laura M. Plummer, Minnewaukan.  
Legislation—Mrs. Elizabeth Preston Anderson, Jamestown.  
Franchise—Miss Candis Nelson, Valley City.  
Christian Citizenship—Mrs. Carrie E. Madison, Cando.  
Historian—Mrs. R. M. Pollock, Fargo.

## THE UNION SIGNAL

For everybody. All the Prohibition, Temperance and Reform News every week. Price \$1.00 per year. Sample free. Address The Union Signal, Evanston, Ill.

## THE YOUNG CRUSADER

A Temperance Paper for Boys and Girls Profusely Illustrated.

Premiums to Club Raisers.  
25 cents per year; single copies 2c each; per hundred \$1.75; foreign subscrip'n 37c. Sample copy and new premium list free. Address

THE YOUNG CRUSADER, Evanston, Ill.

## For Literature and Supplies

—ORDER OF—

Nat'l Women's Christian Temp. Union,  
Literature Building, Evanston, Ill.

Make money orders payable to National  
W. C. T. U., Evanston, Ill.

# PRESIDENT'S MONTHLY LETTER.

Jamestown, N. Dak., June 26, 1913.

## BELOVED CO-WORKERS:

At the general election a year from next fall, November 1914, the question of giving women the right to vote will be submitted to voters of the state. The result at the ballot box depends largely upon what we do in the coming months. Glorious victory will be ours if every woman helps and each and every Union gives this work right of way. North Dakota White Ribboners have never failed in any emergency and I feel confident they will not now.

Below I give some plans which I earnestly hope will be carried out. Other plans will follow later in the campaign:

1st. For opening the campaign a parlor meeting to which the women of the town are invited will induce many to take an interest and also make the cause popular by getting the women socially prominent to champion it. Have the superintendent of the department of Social Meetings and Red Letter Days arrange for the meeting. The Press superintendent advertise it and afterwards write it up. The Franchise superintendent furnish the program and the Flower Mission superintendent furnish the decorations. Let the color scheme in decorations and refreshments be yellow and white.

2nd. See your local editors and secure their support, also secure certain space in the weekly issue, which keep filled with interesting items (not clippings) on the growth of suffrage throughout the world.

3rd. Secure the support of the clergy; ask them to mention our cause favorably and toward the end of the campaign if possible get each and every one, Protestant and Catholic alike, to preach a strong suffrage sermon.

4th. Distribute suffrage literature at every public meeting or gathering in your locality, conventions, institutes, associations, fairs and picnics, and if possible get some one to make a short suffrage speech.

5th. No suffragists should appear in public without a suffrage button or yellow badge. Wear it with your white ribbon and carry a supply of suffrage leaflets in your handbag for distribution.

6th. We expect to have a campaign central committee with headquarters where all campaign supplies will be kept and sent out. The names and addresses will appear later in the White Ribbon Bulletin. This committee should have the name and address of every voter and whether he reads English or another language, that literature in the proper tongue may be sent to all voters in the state. Will you begin now to prepare a list of voters in your town and the country roundabout?

7th. We will send you later some large suffrage posters and will send you others from time to time. These should be put in conspicuous places where the busy man may read at a glance as he goes to and from his work.

8th. Make much of public meetings and have them well advertised. Let no opportunity to secure a suffrage speaker pass by. Hold suffrage debates, and contests. For contests use No. 14 of the Medal Contest books. Offer prizes for suffrage essays in the public schools. Have these essays read and the prizes awarded at a well advertised public meeting.

9th. We need a campaign fund of at least \$2,000. We have tried to apportion this equally among the Unions taking into consideration the strength of the Union and the size of the town, in which it is located. This fund may be raised in any way that seems best. I think suffrage contests, teas or entertainments are good but we recommend that you appoint your most tactful women to canvass among all friends of suffrage, especially business men and women outside of the Union, and give them an opportunity to give to the state suffrage campaign fund. The amount apportioned every Union to raise for the suffrage campaign fund is as follows: Fargo (English), Fargo (Scandinavian), Grand Forks (English), \$75 each. Jamestown, Valley City, Devils Lake, Cando, Minot, Bismarck, Cooperstown, Lisbon Oakes, Hunter, Mayville, Hope, Park River, Grafton and Hillsboro, each \$50. Drayton, Cavalier, Pembina, St. Thomas, Minto, Forest River, Larimore, Northwood, Thompson, Absaraka, Amenia, Page, Hankinson, Fairmount, Ellendale, Grand Forks (Scandinavian), Edgeley, Enderlin, Leal, Williston, Portal, Bottineau, Towner, New Rockford, Minnewaukan, Carrington, Rolla, Churchs Ferry, \$25 each. All other Unions \$10 each. It is of the greatest importance that no Union fails to reach this apportionment. Send money to Mrs. F. W. Heidel, Valley City, stating what it is for. Pray daily for victory. We believe that the enforcement of our prohibition law will be effected and that National prohibition will be brought about by Woman's Ballot. Our God is omnipotent and He is able to deliver us.

Yours in faith and hope,

ELIZABETH PRESTON ANDERSON.

N. B. Please read this letter at the next meeting of your Union and keep it for reference.

## World's W. C. T. U. Convention—

Brooklyn; N. Y., October 23-28, '13.

## National W. C. T. U. Convention—

Asbury Park, N. J., October 29 to November 6, 1913.

## State W. C. T. U. Convention—Lisbon,

September 25-29, 1913.

It is especially fitting that the birthday of the editor-in-chief of the Young Crusader paper should be observed as "Young Crusader Day," and at the same time, as she is World's L. T. L. Secretary, it should be a most memorable day to the children everywhere. The observance of the day is not confined to the L. T. L. for every union, whether it is mothering a legion or not, should plan to gather the children together on this occasion. As it is "Young Crusader Day" the children's paper should be boomed. All will agree that the paper grows better with every issue and should be in the hands of every boy and girl, L. T. L. superintendent, public school teacher and all interested in and dealing with children. July 21st finds us in the midst of the summer days and nothing is more delightful to the children than an out of door rally, picnic or lawn party. Everyone enjoys it and the children will co-operate to make their day a success. A splendid new program has been prepared, all entirely new features. Every part of it, from the opening song to the close, is full of the clever catchy verses and songs that children can easily learn. As many copies of this program as you can use will be furnished you free upon request to Miss Georgie Chambers, Churchs Ferry, N. Dak.

## TREASURER'S REPORT

Valley City, June 24, 1913.—Since my statement of March 15 the following unions have sent \$200 to the Memorial Fund unless another amount is given: Dale \$3.31, Park River, Enderlin, Drayton, Stirum, Fargo, Douglas, Ellendale \$2.50, Churchs Ferry, Kintyre, Oberon, Page, Belden, Towner, Edgeley, Pembina. Preston Union should have been included in the previous statement.

I want to mention dues and pledges again. In one more month I send a statement to each union of amount received from it. Please send in all dues and pledges during July so you can be proud of statement received.

Dues for 1,082 members have been received up to this date. We need 800 more before we can begin to count any gain over last year. Will the presidents and treasurers of the unions be equal to the emergency? Will not every union, though perhaps not pledged, send in something for state work?

Your treasurer,

Mrs. F. W. HEIDEL.

Through the columns of the Bulletin I wish to thank each union and white ribbon sister who sent love and words of sympathy during my awful bereavement, when my dear father was so suddenly taken from me. I would like to answer each one separately, but there were so many I cannot. The white ribbon bond is a strong one and your love was a great comfort, and it seems as though none of you forgot me. I treasure each letter and have read them many times and receive strength from your love.

MISS GEORGIE CHAMBERS.

## FIFTEENTH DIST. CONVENTION.

(Continued from page 1.)

L. T. L. work and urged the unions to make special efforts in that line. Her remarks were endorsed by Miss Rowan who spoke of the necessity of training the children "whose hands shall grasp the standard, when 'our own have laid it down.'" The following officers were elected:

President—Mrs. Kate S. Wilder.  
Vice Pres.—Mrs. W. H. Best.  
Cor. Sec.—Miss Jetta Jensen.  
Rec. Sec.—Mrs. Jessie S. Burgum.  
Treasurer—Mrs. Walter Reed.  
Vice Pres., Cass Co.—Mrs. Julia D. Nelson.  
Vice Pres., Traill Co.—Mrs. L. T. Reeves.  
Vice Pres., Steele Co.—Mrs. Lydia Northrup.

The paper on the Sunday School Teacher's Influence for Total Abstinence, by Miss Lillie Bowers, was well received. Mrs. F. H. Wilder gave an encouraging talk on "Our Present Status," and in a few well chosen words Mrs. Julia Nelson spoke of "Our Future."

A fine literary W. C. T. U. exhibit was exhibited in the church parlors, prepared by Mrs. Kats S. Wilder.

Amenia Union extended an invitation to the convention to meet with them next year and the invitation was accepted.

North Dakota W. C. T. U. is honored by having as a life member one who recently, at the home of her daughter in California, celebrated her ninetieth birthday. Mrs. Staples, mother of our Mrs. Meacham, who formerly lived at Absaraka and was very active in the work of the W. C. T. U., has lived in six generations of her family and has known the history of our country in the making.

## L. T. L. COLUMN.

### DEAR LITTLE LEGIONERS:

Once upon a time there lived in Attica a young man whose name was Theseus. On the island of Crete there lived a terrible monster with the body of a man and the head of a bull. It was shut up in a labyrinth, a place of so many intricate passages it was difficult to travel.

Every year Athens was obliged to offer as a tribute to this monster, (called in Greece the Minotaur) seven youths and seven maidens of the noble families.

Because Theseus loved his countrymen he devoted himself to death by a self-offering to the Minotaur. He repaired to Crete and there met Ariadne, the daughter of King Minos, and won her affection. She furnished him a sword and a ball of thread, by means of which he traced the labyrinth and slew the Minotaur in his den. Afterwards Theseus became King of Attica.

Boys and girls nowadays are careful to live in rooms where there is plenty of air, because they know they must have oxygen, the gas found in air, or they cannot live. It finds its way into the blood, and so is carried all over the body.

The greatest danger to the lungs of boys is from the use of tobacco. I once saw the lungs of a boy who had been a cigarette fiend, and they had black spots all through them like clots of soot. In smoking the poison nicotine will find its way into the lungs and eventually all over the body until the different organs are so poisoned and injured they cannot do their work properly.

Dr. J. Q. A. Henry tells of a store where a brass monkey was displayed in the window. They put a cigar in its mouth, wound up its machinery and it smoked like a live man. But one day it stopped. Taken to pieces they found its works were clogged up with the waste products of the cigars. It had to be scrubbed before it could go again. Boys' lungs must last a lifetime and can never be scrubbed; so they had better keep them clean.

Alcohol is also injurious to the lungs. A great many people die of consumption every year. It is caused by a germ. Breathing bad air gives it to some people, stooping in their daily work thus cramping the chest so that the lungs do not have room enough causes the disease in others, and many contract the disease through drinking alcohol. It hurts the lungs and makes them ready to take the disease.

About 150,000 persons are killed by alcohol every year here in America. That is 150,000 more deaths every year than there ought to be.

Theseus killed the Minotaur, and Ariadne helped him to escape from the labyrinth. Every year thousands of boys and girls are sacrificed to the monster, King Alcohol.

It is the duty of everybody today to be a Theseus and destroy the great alcohol monster and save our country. It is also the duty of every girl to be an Ariadne and help the boys slay this monster and escape from the awful labyrinth made by King Alcohol and Prince Nicotine, that place of so many difficult passages of temptation. Then when the monster is slain and all have escaped, the boys and girls will be the rulers, the kings and queens, for they will be clean, pure, strong and FREE!

July 21st is the birthday of the editor-in-chief of the "Young Crusader." Miss Anna A. Gordon is also the World's L. F. L. Secretary. Let every legion hold a picnic on this day in honor of Miss Gordon. Take this opportunity for a campaign for subscriptions to our splendid paper. A fine program has been prepared by the National, and as many as desire copies of this program may have them free upon request to me.

Yours in loving service,

MISS GEORGIE CHAMBERS.

We are pleased to report a new L. T. L. at Arthur which was organized by Mrs. Jessie S. Burgum. There are at present nine members with Hiram Farnhan as President; Amber Wagner. Vice-

President; Leland Burgum, Secretary; Arthur Collins, Ass't. Secretary; Helen Viestenz, Treasurer; Lillie Burgum, Ass't. Treasurer; Jessie Farnhan, Librarian; Edress Elliot, Ass't. Librarian; Evelyn Collins, Flower Committee. We hope this legion will grow and be a great influence for good.

### FROM MRS. WYLIE.

DEAR COMRADES:—At our general officers' meeting held in Grand Forks June 11th plans were made for future work, of which you will hear from time to time. Our new anti cigarette and anti-snuff laws went into effect July 1st. Write me for copies of these measures.

Reports from districts indicate that conventions held this month have been enthusiastic and helpful. Two districts have new presidents. Mrs. Viola Fouts, of Third District, resigned and Mrs. Cora B. Miller of Roth takes her place, while Mrs. F. M. Wanner of Jamestown succeeds Mrs. Lulu W. Zimmerman in 12th district.

Miss Edna Rowan has had a triumphal journey through our state. Everywhere she has created sentiment in favor of our work. Her addresses have been very highly commended, while her charming personality has won many friends for herself and the cause she represents.

Rev. Alice R. Palmer has been giving fine satisfaction in the southern part of the state. Mrs. Elma Coffield writes, "We were all very well pleased with Miss Palmer. I think our convention here has been an eye opener to many regarding the strength and standing of our work."

During the two weeks spent with us Mrs. Lora S. LaMance organized two unions with the following officers: Belfield—president, Mrs. Lulu E. Ward; secretary, Mrs. F. P. Meade; treasurer, Mrs. J. W. Doty, Dickinson—president, Mrs. R. T. Crawford; secretary, Mrs. Hattie Scharf; treasurer, Mrs. Archie Dingman. Mrs. LaMance also secured the names of three life members. Through collections taken she paid her salary and expenses and put \$1290 into state treasury, with a pledge of \$10 to be collected. We are hoping to secure Mrs. LaMance's help later, in our suffrage campaign.

Miss Nelle M. Osmun has made a successful trip from Minot to Buford, stirring up the workers and organizing two new unions as follows: Burlington—president, Mrs. Josephine Miller, secretary, Miss Alice Eames, treasurer, Mrs. Florence Christie. Ross—president, Mrs. Louisa Dahl; secretary, Mrs. Myrtle Kemp; treasurer, Mrs. Sophia Barton. Miss Osmun will have charge of our work at Mouse River Loop Chautauqua. Mrs. Alice M. Goheen will assist her in the distribution of literature.

Miss Pearl Kirk is again at work in 14th District after a brief vacation at her home in Wyndmere. She recently held a contest at Forman.

It was my privilege to attend two district conventions. We went across country, by auto, about 50 miles to Tyner, a delightful country place, where 18th District convention was held. The attendance was larger than usual, most of the delegates coming by automobile. A splendid spirit of interest and inquiry pervaded the meeting and equal suffrage was a dominant note. A strong paper entitled "Woman's Ballot a Factor in Raising the Moral Standard" was read by Mrs. J. J. Manring of Bathgate and will be published in the White Ribbon Bulletin. Excellent papers were also read by Mrs. H. E. Best, Walhalla, Mrs. R. Nicholl, Neche, and Mrs. Thos. Richardson, Drayton. Mrs. A. L. Miller of St. Thomas was unable to be present but sent a good paper on "The Temperance Reform a Missionary Cause." A Gold Medal Contest was held in the evening, Marjorie Halliday of Hensel being the winner. The music was especially fine. The delegates and visitors were treated to a picnic dinner in the McFadden grove. In recognition of her faithful services Mrs. R. McFadden was made a life member by the convention. Gilby very pleasantly entertained the

16th district convention June 25 27. On the first evening Rev. F. L. Watkins of the Enforcement League, gave a most helpful address, which was greatly appreciated. Welcomes were cordially extended by Rev. N. McKechnie, pastor of the Presbyterian church in which the convention was held; by Mrs. J. W. Scott, president of the school board, and by Mrs. Albert Dickson, president of the local union. Mrs. Anna Kirk of Niagara read a paper on suffrage and Mrs. Mazie Stevens, district president, told of the laws governing the inspection and sale of tubercular meat. Miss Ethel Halcrow explained the work of the Y. P. B. at the university. The corresponding secretary spoke on "Recent Legislation In Which We Are Interested."

On the second evening a splendid concert was given by members of the faculty of Wesley college conservatory—Prof. Enoyart, instructor in voice, and Miss Hulbert, pianist, with Miss Ethel Halcrow as reader; part of the proceeds being for district work. The church was profusely decorated with beautiful pink and white peonies, for which Gilby is famous. Each delegate was given a bouquet to carry home. The finances of the district are in good shape, thanks to the business ability of the treasurer, Mrs. I. A. Morey. We are also glad to note that Mrs. Morey has recently secured ten new subscriptions to the Union Signal.

Much credit is due the district secretary, Mrs. A. D. Baughman of Grand Forks, for the arrangement and successful carrying out of the program.

By the time this reaches you Chautauqua Institutes will be in session and we hope many of you may be present, this year.

Have you your new member? I have mine.

Yours, for many more,

B. H. WYLIE.

Drayton, June 30th, 1913.

### FIELD NOTES

ARTHUR—The Arthur branch of Hunter Union held a W. C. T. U. institute at the M. E. church and over a hundred were in attendance. Mr. L. L. Muir gave a talk on the W. C. T. U. work and several new members were secured. Rev. Edwyn Evans of Amenia, and Rev. W. L. Thompson, gave addresses on temperance work in Great Britain. Mrs. J. H. Gale read a paper on "Domestic Science in Public Schools." The recently organized L. T. L. of Arthur sang and gave the L. T. L. salute. Miss Jennie Gale sang sweetly two solos and a chorus of young ladies sang temperance songs. A group of young girls gave a pantomime "Rock of Ages." The church was decorated properly with lilacs and bows and festoons of white ribbon. Supper was served in the church basement to all who attended by Mesdames W. C. Gamble, R. H. Vosburg and J. A. Burgum, hostesses, assisted by a dozen young ladies.

THOMPSON—No doubt you will believe that the W. C. T. U. of Thompson has all but disbanded, but I wish to assure you that such is not the case, altho you may not have heard from this organization for some time. We still continue to meet in the homes of the members, the first Wednesday in every month, as has been customary in this union, and so as to have it in turns, we take it alphabetically, that is, those whose names commence with the letter A, would have the first meeting, the letter B would take the next, and so on thru the alphabet. At these meetings, if the hostess desires to serve lunch, each member pays ten cents for this and the proceeds goes to add to our W. C. T. U. treasury. This is a plan just started and we find it works well and adds to our funds. Our membership is still twenty-six, some have moved away but still pay their dues. Our meetings prove very interesting as we try to take up some live subject for reading and discussion and the afternoon passes all too quickly.

Faithfully yours,

MRS. W. H. GREEN, President.

## CONVENTION CALL.

The twenty-fourth annual convention of the Woman's Christian Temperance Union of North Dakota will be held in the Methodist Episcopal church, Lisbon, September 25-29.

Article Six of the Constitution defines the membership of the convention as follows: "The annual meeting shall be composed of the executive committee, organizers, evangelists, district corresponding secretaries and treasurers, chairmen of standing committees, musical director, and presidents of local unions (W's or Y's), 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 85 L. T. L. dues paid into the state treasury, said delegate to be an L. T. L. superintendent."

Article 3 defines the executive committee: "The trustees, with the vice-presidents, or their alternates duly appointed by the executive committee of their respective districts, the general secretaries of the Young People's and L. T. L. branches, the editor of the White Ribbon Bulletin and the superintendents of departments shall constitute an executive committee."

In commemoration of the notable state and national victories of this year, we will make this a Jubilee convention.

No more fitting place could be chosen for it than the beautiful little city of Lisbon, nestling in the charming Sheyenne river valley, and famed throughout the state for its generous hospitality. The people of Lisbon will do their part toward making our stay there a pleasure.

The program will have many interesting features. If every local union will do its part the success of our Jubilee convention is assured. The part of the local union is of first importance. In order that state superintendents may make a fair showing of work done in the state the local union must report the work done in all departments. In order to give and receive inspiration, the local union must be represented. The railroad fare of the local president should be paid if possible. In order to have a splendid increase in membership great care must be taken to collect dues from old members as well as new. We are expecting a great increase from our "Each One, Win One" campaign, but the net increase will be small if all dues are not carefully and systematically looked after.

The treasurer's books will close September 11th. Nothing received after that can be counted in the report for this year.

We expect to have with us Mrs. Lulu L. Shepard, the gifted president of Utah W. C. T. U., and other celebrities—from within and without the state. The details of the program will be given in a later number of the White Ribbon Bulletin.

A banquet will be enjoyed at the Bradford hotel Thursday evening, September 25th. Toasts of welcome will be given by representatives of the city, the churches, the schools, the commercial club and the W. C. T. U. Tickets will be 50 cents. Send early to Mrs. C. W. McBride, chairman banquet committee, for tickets.

Delegates should be elected soon and names sent to Mrs. M. E. Moore, chairman entertainment committee. All state officers, secretaries, district presidents and state superintendents are expected to be present. They and all other ex-officio delegates should not neglect to send their names to the chairman of the entertainment committee.

There will be a unique decoration service, at which every delegate will receive as many silver stars as she has won new members.

Suffrage will be emphasized and a most interesting pageant of the suffrage states will be given under direction of our Franchise Superintendent, Miss Candis Nelson.

Friday, September 19th, will be observed as a day of prayer—that we may have God's guidance—in the deliberations of the convention and the plans for the work of the coming year.

ELIZABETH PRESTON ANDERSON,  
Jamestown, N. D., June 24, 1913.

## HEALTH AND HEREDITY.

DEAR SISTERS:—What are you doing along the lines of this department? Are you fully alive to its wonderful possibilities? If you are, can you measure the great amount of influence you may have in helping to mold the lives of those about you that they may attain to all that is highest and noblest in life? It is said that "Health is Wealth." That being the case, why are we not in hot pursuit of the health which is said to be wealth? We append below an old letter to keep, which was written by our National Superintendent of Health and Heredity.

Study it carefully and carry out its suggestions.

ISABELLA A. MOREY,  
State Supt. Health and Heredity.

### AN OLD LETTER TO KEEP.

To Ws and Ys and Otherwise:—

Let us begin NOW, do something, and keep at it. The time is short and it is for us to make the most of life. Not in anxious care, worry, push, "being troubled about many things." Oh, no. Duties do not jostle. "In quietness and confidence shall be your strength."

There's a beautiful sanitarium amid the lakes of central New York, and the beloved physician at the head of it brought the above prescription one morning to one of his patients mentally ill. It was the beginning of the cure, and the end too. When she went home all about her room in golden letters was this healthful, vitalizing truth, "In quietness and confidence shall be your strength."

In the light of this thought I hesitate to even suggest a formula of work. But then I remember that to work with some plan saves weariness and waste, physical, mental, material and spiritual.

1. Study. Let us study to be right ourselves as workers that we may be examples in doctrine and deed.

2. The right text books are important. Add to these the knowledge of God's laws of life and health as written in the world about us.

3. Begin in the home.

(a) Study the food question, for nutrition.

(b) Study sanitation, ventilation, cleanliness, order and all phases of household science; the economics of the kitchen and cellar, the back yard and garden.

(c) Study and work for the right environment, associations, books, occupation, friends.

4. Study to avoid overwork, worry, nerve dissipation.

5. Study the relation of all these things to health and heredity; to birth; physical and mental inheritance as well as material.

6. Study the relation of right being to right doing, right thoughts to right work.

7. Study and practice self-control, the highest of virtues.

In conclusion, study these things and teach others so. If we all do it, we shall have a most profitable year of work.

One word about special features of work. Sanitary science in the public schools is one of the most important of these. Whether the schoolhouse is in the heart of a great city, in the suburb, the town or village, on the hilltop or in the valley, some vigilance of this kind is necessary. The plumbing, the out houses, the ventilation, the desks, the water supply, the drinking cups, the books, are points to be covered; also the luncheon, the dress of the children that it be clean.

Get the bulletin of your State Board of Health and co-operate in enforcing ordinances such as the crusade against expectoration in public places, cleaning of streets, tenements, etc.

The curfew ordinance is in the interest of health as well as morals. If we may secure that which will keep the boys and girls off the street after 8 p. m. from October to March, and after 9 p. m. from March to October, we shall

be doing foundation work in healthy living.

Lastly, let us cultivate in ourselves and children and young people outdoor science—the love of trees, of birds, of flowers, and all that goes to make up God's world in inspiration and blessing for life, not only for this world, but for that which is to come.

LOUISE C. PURINGTON, M. D.  
Nat'l and State Supt.,  
23 Allston St., Dorchester, Mass.

### FIRST DISTRICT CONVENTION.

The Nineteenth Annual Convention of the Woman's Christian Temperance Union of First District, which met in the M. E. church at Casco June 4, 5 and 6, was most successful, its program being filled with practical subjects discussed. Eight unions were represented: Bethel, Bisbee, Calvin, Churchs Ferry, Devils Lake, Maza, Preston and Rolla. Reports from these points showed a marked increase over last year. \$1,120 has been raised for W. C. T. U. work during the year, 40,000 pages of literature have been distributed. Effective field work has been done by Mrs. Julia Nelson of Fargo, Miss Georgie Chambers of Churchs Ferry and Miss Pearl Kirk of Wahpeton.

Among the principal addresses delivered were, "The Growth of Temperance Work" by Mrs. Nacia Buck, president of the district, and "The Juvenile Court" by Judge Buttz. He is deeply interested in the welfare of the young people of Second Judicial District and sounds a note of warning especially for the care of young womanhood. The address of Miss Edna Rowan, National Secretary of the Young Peoples Branch of the W. C. T. U., was very inspiring. Miss Rowan is just entering six weeks work in North Dakota, coming from Michigan where she had an active part in the recent suffrage campaign. The address by Rev. Sutherland on "Woman's Place in Christian Work" was greatly appreciated. Rev. Sutherland is an ardent supporter of the Suffrage movement. Rev. Russell of Rolla spoke very effectively on "Why Woman Suffrage Will Win." Rev. Russell deplored the fact that conditions have made it necessary for woman to enter the political field.

Papers were read by Mrs. Russell of Rolla on "Our Responsibility for the Training of our Young People," Mrs. Mary Haig of Devils Lake on "The Scientific Practical Modern Temperance Lessons Found in the Bible," Mrs. C. E. Madison on "Money Getting, Money Giving, Money Paying." Miss Mamie Sorenson, county superintendent of schools, gave a most interesting talk on "Our National Capital," especially of the Suffrage Pageant held in that city March 3d. Miss Sorenson was privileged to assist in carrying the North Dakota banner at that time.

### 17TH DISTRICT CONVENTION.

The twenty-fourth annual convention of the Seventeenth district Woman's Christian Temperance Union met in the M. E. church in Park River on Tuesday and Wednesday, June 10-11.

The attendance was smaller than was expected owing to the Sunday School convention in Grand Forks which kept some delegates away. An interesting and instructive program was carried out at each session.

In the evening the Rev. Mr. Finlayson delivered the address of welcome to the convention in behalf of the churches, Mr. E. Smith-Petersen for the Commercial club, Supt. M. H. Aygarn for the school and Mrs. Phair in behalf of the local union, all of which were much appreciated. Mrs. Thompson of Minto responded in a very graceful address.

Miss Edna Rowan, L. T. L. organizer from Kansas, delighted the audience with an able and interesting address. She showed the working of the Woman's Christian Temperance Union from different view points and especially emphasized temperance instruction for the boys and girls, and also woman's suffrage and the work of getting women ready for a

vote. Afterward a generous offering was taken up for the benefit of the district treasury.

The evening session closed with the singing of "America" by the audience.

Wednesday forenoon's session was largely taken up with reports from the different superintendents. Grafton reported the School savings bank department working well. The children having \$2,286.00 to their credit. The largest amount to the credit of any one depositor being about \$60.00 and the smallest 1 cent.

Miss Anna Burbidge gave a splendid report of the work of the W. C. T. U. Training school at Chicago.

The officers for the coming year are:

President—Mrs. J. J. Kohonen, Park River.

Vice-President—Mrs. Caswell, Grafton.

Corresponding Secretary—Mrs. A. J. Catherwood, Park River.

Recording Secretary—Mrs. Newell, Forest River.

Treasurer—Mrs. Evans, Minto.

### FIELD NOTES.

DALE—Dear Editor: The Dale union is still in the rank of progress. She has just held a silver medal contest and is now arranging for the District Convention. But what I want to tell you is this: At the suggestion of a lady not a member a collection was taken up on "Mother's Day" for the W. C. T. U. mothers who are doing so much for the homes. I was glad to thank the people for the State Union and our state treasury is three dollars and eleven cents richer for the kind suggestion. I believe Dale is the first to make such a gift.

ELMA P. COFFIELD.

HUNTER—Our Esteemed President, Mrs. L. L. Muir, celebrated her golden wedding anniversary Friday evening, June 20. Mr. and Mrs. Muir in their long residence in the state have ever been identified with the temperance work, Mrs. Muir having served continually for thirty years as president of Hunter Union and Mr. Muir in the days of the constitutional convention aiding effectually the cause of temperance. Two hundred and fifty guests thronged their spacious home and beautiful grounds. Japanese lanterns and electric lights cast their radiance over flowering shrubs and arching trees and happy faces of those who assembled to pay their respects to this worthy couple. An elegant collation was served in the dining room. Mr. and Mrs. Muir were remembered with handsome presents, the Hunter W. C. T. U. presenting Mrs. Muir with fifty magnificent yellow roses. A W. C. T. U. meeting was arranged for the next afternoon, Mrs. W. H. Best of Fargo, Mrs. Helen Porter of Mayville, Mrs. J. A. Burgum of Arthur, having just returned from the Hope convention. Over sixty ladies were present at the meeting which was held at the Presbyterian church and a splendid time was enjoyed by all. Devotionals were given by Rev. Thompson and Rev. Old. Vocal solos by Miss Jennie Gale and Miss Edna Zavits. Mrs. Best gave an interesting talk on their trip to the National Convention. Mrs. Burgum gave a report of the Hope convention. Mrs. Porter gave a pleasing talk on the work. Mr. Muir gave a fine talk on early days in the work. The ladies were invited to partake of ice cream and cake and a social session followed.

The storthing of Norway has unanimously agreed to extend woman suffrage so that all women will have the right to vote at Parliamentary elections without regard to the amount of their income tax.

It is not luxury that women want, The idle, sheltered life, the chance to shirk!

It is not gratitude, nor graft, nor praise, Nor all of life their household cares and work.

What women want, demand, demand again,

Is just that same "square deal" which men give men.

## THE NATIONAL W. C. T. U. TEMPERANCE COLUMN.

The manager of the Western Newspaper Union in Chicago informs us that since that syndicate began publishing copy supplied by our Bureau the number of newspapers patronizing the temperance department of their service has doubled. This means that about one thousand papers are now using the column, and is evidence that our press superintendents throughout the country are doing good work.

For sample pages of the temperance material local workers should send to the nearest distributing office of the syndicate. It has branches in each of the following cities:

Atlanta, Ga.; Baltimore, Md.; Birmingham, Ala.; Boston, Mass.; Charlotte, N. C.; Chicago, Ill.; Cincinnati, O.; Cleveland, O.; Columbus, O.; Dallas, Tex.; Denver, Col.; Des Moines, Ia.; Detroit, Mich.; Fargo, N. D.; Ft. Wayne, Ind.; Houston, Tex.; Indianapolis, Ind.; Kansas City, Mo.; Lincoln, Neb.; Little Rock, Ark.; Memphis, Tenn.; Milwaukee, Wis.; Minneapolis, Minn.; New York, N. Y.; Oklahoma City, Okla.; Omaha, Neb.; Pittsburg, Pa.; St. Louis, Mo.; Salt Lake, Utah; Sioux City, Iowa; Sioux Falls, S. D.; Wichita, Kans.

The price is one dollar for six columns, plus express charges from the nearest distributing point. All orders for the plate matter, whether paid for by the W. C. T. U. or otherwise, must go direct from the local editor to the Western Newspaper Union. Every newspaper publisher will understand how he can secure the column either in ready print or plate form.

National W. C. T. U. Bureau of Publicity.

CLARA C. CHAPIN, Director.

How little the market would feel the loss of the whiskey business! Also, if the money spent for liquors were spent for necessities and comforts every line of legitimate business would be increased.—Exchange.

### 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  
Morning, 9 to 12. of Pennsylvania.  
Aftersoon, 1:30 to 5:30.



Phones: Suite 404  
Office 129L, deLendrecie Block  
Res. 129K FARGO, N. DAK.

Rob't M. Pollock James Wendell Pollock  
John C. Pollock

### POLLOCK & POLLOCK LAWYERS

Suite 304  
deLendrecie Bldg. Fargo, N. D.

TO "MAIL ORDER" PATRONS—An 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 Hose and Underwear. Enclose stamp in letter of enquiry. No Charges.

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

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