



"NOT WILLING THAT ANY SHOULD PERISH"

Monthly—25 Cts. a Year

CASSELTON, N. D., JUNE, 1940

VOL. XLIII. No. 5

A SYMPHONY OF BLOOM

I have a garden fair, where flowers grow,
And if you care to come, I'll gladly show
My choicest blooms, that you may see
My garden, which is very dear to me.

Here by the gate is a low spreading tree,
It is not very large, yet lovingly
It shelters all the tender flowers below
Within its shade they seem to thrive
and grow.

The fruit that this tree bears is very sweet;
It is called Love, and to all those who eat
Is granted joy and peace and happiness complete.
The name of this tree—have you not yet guessed?
Its name is Home—and it is very best!

These are my flowers—the sturdy one is Health;
To me it is more beautiful than Wealth
This little flower with colors bright and gay
Is happy Laughter—it blooms all the day.

These flowers that are so delicate and fair
Are known as Kindness and Charity; and there
That dainty white flower I find very rare;
Its name is Patience; it is hard to raise
I tended to it most carefully, for many days.

And now the flower that's loveliest of them all,
That regal flower that grows so straight and tall,
That flower that lifts its head up to the sun—
It is called Faith-In-God, it is the one
That lends that sweet perfume to all the air
And makes my garden fairest of the fair.

And now I think that I have shown you all
The flowers that grow within my garden wall.
To me they are a symphony of bloom
Beneath the sheltering tree that I call Home.

—Grace Bapst Maurer

THE PRESIDENT'S LETTER

Dear Co-Workers:

I am writing this while in the field, helping with district conventions. It has been a great pleasure and privilege to meet so many of the rank and file in our organization. The gracious hospitality and warm welcome that have been extended to me have

HONOR BRIGHT DOLLARS

A Message from Our Honorary President, Mrs. Elizabeth Preston Anderson

It was a great moment when I saw the above caption spread across the front page of the April White Ribbon Bulletin, for it meant that North Dakota would keep its honor bright by raising its quota of the National Temperance Education Fund. I know the brave, heroic women of North Dakota, and while it may mean sacrifice, I believe every one will raise an honor bright dollar in some way or other. It is a test of our loyalty to the National W.C.T.U., to North Dakota, and to the great work of temperance education. It is through temperance education that we will REGAIN and KEEP prohibition. We can afford to sacrifice for this.

I was thrilled to receive word from Mrs. Wylie that Ransom-LaMoure district had sent in five dollars "in honor of Elizabeth Preston Anderson." It has given me great happiness and I sincerely thank Ransom-LaMoure district. Let us send our honor bright dollars in at once that our state president, Mrs. Darling, may have the joy of reporting at the National Convention in Chicago in August that North Dakota is a Gold Star state.

Yours loyally,

Elizabeth Preston Anderson

Penney Farms, Florida

been deeply appreciated. It is a great joy to have this personal contact with the membership of our state. I have been greatly enthused by the fine reports given at our district conventions. Our women are carrying on faithfully and loyally in all localities where we have organizations. North Dakota, however, has too much unorganized territory and I am hoping that our district presidents will try very hard to get more unions in their districts.

When this reaches you, our district conventions will be almost over and there will be three delightful months in which to wind up the year's business. Even though it is vacation time, let us remember there is much unfinished business. There is also time for new business and a splendid time to hold picnics and open-air institutes. The liquor business is never idle and we have pledged ourselves to work as long as that business works. These intervening months will give all new district officers time to become acquainted with their new duties. I hope all district presidents will attend the state convention this fall, bringing good reports from their districts. Let us make this a year of written reports from their districts. Let us put our modesty aside and, for the sake of others, let our right hand know what our left is doing.

Many dues are still uncollected and

I am so anxious to hold the membership of our state. For every one who does not pay dues and for every death or removal, the break in the ranks should be filled with a new member. Will you not do this immediately?

Honor Bright Dollars

I have urged the raising of Honor Bright dollars at all district conventions, in the hope that all local presidents would bring the message to their local unions. I hope that great effort and sacrifice will be made to meet this goal so that we may finish the task this year. I do not like to be continually talking about finances, for it is not the most important thing in our work but it is VERY necessary in order that we may carry out all parts of our program. An underlying need in our work in this state is more department work. I fear our members do not realize the real value of that work. When Frances Willard inaugurated the "Do-Everything Policy", she said, "Everything cannot be in the temperance reform but the temperance reform can be in everything." It is through department work that new members are often won. Every woman has a pet interest in reform work so give her the department that she covets most. Through our institute department we create interest in this work. I wish every district would hold an open-air institute this summer.

(Continued on page three)

CHAOS

Only a strange disorder before this world began,
And only the God-idea could see the perfect plan,
Out of the misty chaos God could fashion this earth,
And in His greater wisdom, could mirror the Christ-child's birth.

From bondage to old ideas Christ strived to bring release,
Lifting the level of thinking, yearning to give us peace;
Today—the world's wild striving,
amid the cannon's roar,
Sends us seeking the Prince of Peace;
—our need of him is sore.

Seeming hopeless the outlook, but to us who vainly grope,
Give the faith to trust God's planning for the things beyond our scope;
Let us visualize this comfort; that from chaos this world came,
And the One who saw it perfect, will re-light the war-dimmed flame!

Violette M. Verry

Fargo, N. D.

FARGO PREPARES FOR STATE CONVENTION

The two local unions at Fargo look forward with pleasure to the entertainment of the fifty-first annual convention of the North Dakota W.C.T.U. Sept. 24-26, when Mrs. Ida B. Wise Smith, National President, will be an honored guest.

The Calvary Evangelical church has cordially invited us to hold our convention there. The church is conveniently located on the corner of Tenth St. and Third Ave. south, is near the bus line and one block south of Court House.

The following convention committees have been appointed:

General arrangements: Mrs. Jessie A. Potter; Mrs. Iver Fossum.

Entertainment: Mrs. August Hanson; Mrs. F. W. Heidinger.

Reception: Mrs. J. F. McGrann; Mrs. O. S. Ryan.

Registration: Mrs. F. A. Land-bloom; Miss Jessie Hill.

Banquet: Mrs. Catherine Gehring; Mrs. Minnie Lillevoid.

Music: Mrs. H. P. Halvorson; Mrs. R. E. Fate.

Decorations: Mrs. E. R. Pomeroy; Mrs. K. S. Erdahl.

Ushers: Mrs. Harry Christian; Post Office: Mrs. J. T. Warne.

Finances: Miss Evelyn Westlund; Mrs. Alberta Lundhagen.

Delegates will be entertained for room and breakfast and those expecting to attend should notify Mrs. Wylie at W.C.T.U. Headquarters.

Look up and not down,
Look forward and not back,
Look out and not in — and
Lend a hand.

—Edward Everett Hale

WHITE RIBBON BULLETIN

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Official Organ No. Dakota W. C. T. U

Barbara H. Wylie
Managing Editor

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JUNE, 1940

ULTIMA VERITAS

In the bitter waves of we,
Beaten and tossed about,
From the sullen winds that blow
By the desolate shores of doubt.

When anchors faith had cast
Are dragging in the gale,
I am quietly holding fast
To the things that cannot fail.

I know that right is right,
That it not good to lie,
That love is better than hate,
And a neighbor than a spy;

I know that passion needs
The leash of a sober mind;
I know that generous deeds
Some sure reward shall find:

That rulers must obey,
That the givers shall increase;
That duty lights the way
For the beautiful feet of Peace.

In the darkest night of the year
When the stars have all gone out,
That courage is better than fear
That faith is truer than doubt;

And fierce though the fiends may fight
And long through the angels hide,
I know that Truth and Right
Have the universe on their side;

And that, somewhere, beyond the
stars,
Is a Love that is better than Fate;
When the night shall unlock her bars
I shall see Him—and I will wait!
—Washington Gladden

JUNE

"And what is so rare as a day in
June?
Then, if ever, come perfect days;
Then Heaven tries the earth if it be
in tune,
And over it softly her warm ear lays:
Whether we look or whether we listen,
We hear life murmur, or see it glisten;
Every clof deeds a stir of might,
An instinct within it that reaches and
towers,
And, groping blindly above it for
light,
Climbs to a soul in grass and flowers."
* * * * *
'Tis as easy now for the heart to be
true
As for grass to be green or skies to
be blue—
'Tis the natural way of living."

FRANCE GOES DRY THREE DAYS A WEEK

Three prohibition days each week have just been decreed by the French government as announced in the details of its war-time regimentation of civilians. Among the seventeen decrees published in the Official Journal was the following: The public sale and consumption of alcoholic drinks is forbidden on Tuesdays, Thursdays and Saturdays.

PERSONAL MENTION

Welcome to a white-ribbon recruit the baby daughter of Mrs. A. C. Olson, Calvin!

Flasher sold favoring extracts advertised in Union Signal to help raise their budget.

Mrs. Fred M. Wanner, state director Scientific Temperance Instruction, spoke recently at Jamestown College and at the federated P.T.A. when the motion picture BENEFICENT REPROBATE was shown and much interest created. This picture was also shown in junior and senior high schools.

Northwood held a Mother's Day meeting at which Mrs. S. O. Nelson presided at the dedication of four little white ribbon Recruits—Renee Mei-Wei Rosholt, Donald Richard Bilden, Rebecca Louise Bilden, John Richard Schulstad. A delightful program honoring mother followed. Ways and means for raising more "honor bright dollars" were discussed by this Gold Star union.

Hillsboro showed the PAY-OFF and the BENEFICENT REPROBATE in high school and grades and in the evening at Our Savior's Lutheran church. Preceding the pictures a program of special music included singing by the congregation; devotions by Rev. Tjornham; flute duet by Susann Tjornham and Frances Getzys; vocal duet, Dagny Flagstad and Bertha Forde; piano solo, Ruth Anderson. Mrs. J. W. Perry, local president, presided. About 450 saw the pictures.

Mrs. Nellie A. Hicks, director Child Welfare for the Fargo Scandinavian union, conducted a program on her department in the Calvary Baptist church the evening of May 13. Mrs. Iver Fossum presiding. Mrs. G. E. Norris gave an address honoring Mother, while vocal solos were presented by Miss Josephine M. Jones and Miss Alma Olson. Mrs. C. H. Gibbons offered the closing prayer. Refreshments were served.

The Fargo union met at the Roberts-Hill Hall May 17. Mrs. Kate S. Wilder, vice president, presiding. Mrs. G. E. Norris, conducting devotions, stressed the faithfulness and loyalty of Ruth. Mrs. F. W. Pile read a paper showing the opposition of athletic leaders to alcohol. Mrs. C. H. Gibbons, chairman of the committee on Local Liquor Survey, presented a comprehensive report. The hostess, Mrs. Pearl Truax, served refreshments. Two new members were gained. ROBERTS-HILL HALL, named for its founders, is conveniently located at 110-8th. St. So. Fargo, overlooking Island Park. It is a Home with all home privileges, for girls and women, at reasonable prices, by day, week or month. Transients will find it clean and comfortable, close to the business section, churches and hospitals. The matron, Mrs. Pearl Truax, is a capable, Christian lady who endeavors to maintain in the home the high standards for which our organization stands.

Mrs. Frank Beasley, state recording secretary and president Northeast district, drove with Mr. Beasley over muddy roads to Pembina where she spoke to all grades in the school and also to the P.T.A. in the evening. Mrs. John Ottem is the new local president.

Follow with reverent steps the great example of Him whose holy work was "doing good"; so shall the wide earth seem our Father's temple, each loving life a psalm of gratitude. —Whittier

MRS. CAMPBELL CALLS ATTENTION TO CITIZENSHIP DUTIES

Dear Comrades: As this is the last Bulletin before the June primary, as your state director of Christian Citizenship I would like to call attention to the need of our being active in elections and that we encourage Christian men and women to run of office as recommended in the Plan of Work. We should encourage those who have served the best interests of the state by re-electing them, should their names appear again on the ballot. We should stress the use of the ballot as the citizen's weapon against those who have proved unworthy of the public trust.

In a recent letter from our national director, Mrs. Hudson advises that the more dry men and women we can elect to public office, the better chance will we have of securing a dry regime again. Never have we had a greater need to look to the character of our candidates. Beginning with the primary nomination June 26, we are to pass on what is called a full slate, from county officers and up, including the Governor. Then Nov. 3 when the United States elects a President, North Dakota will elect one U. S. Senator, two Congressmen, state officials and new county officials. May it never be said of us in this land of ours that our elections have become a farce in the hands of a paid or bought-up political machine. There is where slavery begins. "Eternal vigilance, the price of liberty" has a big place at the polls and June 26 is a most important date on our calendar this year.

Cordially yours,
Bonnie H. Campbell

MISSIONARY WORK — FOR THE WORLD OF TOMORROW

Once upon a time there was a Union which thought it was doing temperance work because twice a month it had delicious refreshments and a more - or - less interesting program. Most of the members read a leaflet or two occasionally and said, "Oh, ain't it awful the way people drink? And the young people now - a - days, —what is the world coming to, anyway?" But nobody did anything about it.

Your Union is not like that. Your Union is really interested in helping other people to know what alcohol is and what it does, so they can govern their lives accordingly. So why not do more "missionary work" with W.C.T.U. literature.

If you are a Director of Literature, —or if you are any W.C.T.U. member interested in METHODS of leading other people to know the truth,—study the leaflets and manual of the Department of Literature and work out a plan to "give more W.C.T.U. literature more chance to be more useful."

Get enough copies of Annotated Reference List* to give one to every school teacher in your community. Ask the teacher to examine it carefully and select the material best suited to the age-level of her class, as well as what she needs for her own study. Then sell her the items she selects.

But maybe you do not have the pamphlets. Then, if she wishes, help her to order. If necessary, stay with her while she fills in blanks on the "List" opposite the items she wants. Help her to count up the total cost; then collect her money. Be sure that her name and address are written plainly on the dotted lines at the top. Finally, put the marked "List" and the money into an envelope and mail it to YOUR National W.C.T.U. Publishing House, Evanston, Illinois.

COR. SEC'S CORNER

Dear Comrades:

We are on the last lap of the Membership Campaign. For this year it closes July 1st. So, as you read this, will you please get busy? You still have time to get that new member and so be counted as a Home Protector; time to show your loyalty to state and National plans by hearty cooperation; time to help North Dakota put over a successful campaign that shall make all our hearts rejoice.

By gaining a young person you may change all her future life, you may help to influence the whole family for temperance and right living. By gaining an honorary member, you may get his influence for the dry side and his dues for local work. With a prayer for wisdom and guidance, you will win. We are responsible for our influence over others. Are you doing your part?

We are glad to report the following Home Protectors: Mrs. O. J. Swanson and Mrs. H. A. Strutz, Grand Forks; Mrs. Martin Johnson, Larimore; Mrs. Peter Dunderland, Bottineau; Mrs. Elsie Best, Hoople; Mrs. Annie F. Catherwood and Miss Amelia Burbridge, Park River; Mrs. Josephine M. Jones, Fargo Scandinavian and Mrs. Ida Behlmer, Fargo.

The necessity of strengthening our organization by gaining new members will appeal to every thinking woman. Let us have a report of which to be proud when the National convention meets in Chicago this year, August 9 to 14.

Lovingly and loyally yours,
Barbara H. Wylie
Fargo, N. D.

MRS. TRUAX BERAIVED

Our understanding sympathy is expressed to our comrade, Mrs. C. F. Truax, Minot in the passing of her father, Mr. William Gibb, 88, only a few days after Mr. and Mrs. Truax had returned from their western sojourn. Mr. Gibb was a pioneer rancher in Ward and Mountrail counties and had lived on his farm north of Sanish since 1891, choosing to spend his last days in those familiar surroundings. Mr. Gibb was a charter member of the First Presbyterian church of Minot and was honored by the church at its 50th. anniversary three years ago. Funeral services from that church were attended by our state president Mrs. Darling May 11.

"With long life will I satisfy him and show him my salvation."

"Let Him dispose and govern. He is a Ruler wise,
And will unfold His wisdom to thy astonished eyes;
When He in wondrous manner, with foresight and with care
That work of thine shall finish, of which thou didst despair."
—Paul Gerhard

(But of course YOU know that it is good business to get a postoffice money order, and never to send loose coins or bills.)

The teacher, having paid for the material, may be expected to study it when it comes. Then she will use it in teaching her pupils. Who can guess how many of them will be guided to future happiness and usefulness by what she learns from the literature you help her to buy? You don't have to go to China to do practical, face-to-face missionary work. There is a big opportunity for missionary work in your own town. Have you tried it?

—M. P.
* For price, see catalog of National W.C.T.U. Publishing House, Section S.T.I.

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From the Union Signal.

TREASURER'S REPORT

From April 15, to May 15, 1940
DUES—Hutton 10; Parshall 1; Ray 2; Steele 4 Prosper 24; Mayville 7; Fargo 3; Larimore 6; Bottineau 1; Benedict 3; Upham 3; Grafton 7; Grand Forks Scan, 7; Northwood Y. T. C. 22; Larimore L. T. L. 105.

BUDGET IN FULL — Hillsboro; Mayville; Benedict; Upham; Bottineau; Grafton.

BUDGET IN PART — Sharon. NATIONAL TEMPERANCE EDUCATION FUND — Mrs. Elizabeth Preston Anderson \$1.00; Mayville \$5.00; Fargo \$10.82; Grafton 25c; Ransom-LaMoure District, in honor of Mrs. Elizabeth Preston Anderson, \$5.00; James-Valley District \$10.00; Grand Forks Scan. memory of Mr. Ed Thompson, \$2.00.

NEW GOLD STAR UNIONS — Hutton and Benedict.

DISTRICT PLEDGE — Fargo Dist. \$10.00; Bismarck Dist. \$10.00; Ransom-LaMoure Dist. \$10.00; James-Valley Dist. \$10.00; Hettinger Dist. \$2.00 (already paid \$8.00); Northwest District \$5.00; M i n o t Dist. \$5.00; New Rockford Dist. \$5.00, Grand Forks Dist. \$10.00.

Dear Treasurers:

When sending in the names of the Hold Fast Unions I omitted Oberon, which should have been on that list. All unions making a gain in membership by July 1st will be Fruitful unions, (the time has been extended). I already have a list of eleven and hope to be able to report more by the 1st of July.

When sending dues please give the names of those who pay so I may check with the Bulletin list. Every paid member is entitled to receive the paper.

Sincerely yours,

Mrs. R. B. Reed, Treasurer.

1341 11th Ave. N. Fargo, N. D.

MR. MASEFIELD'S WAR PROBLEM

Mr. Masefield, the Poet Laureate, has published with Heinmanns, London, 6d., a poem of twenty-four four-line verses entitled "Some Verses to Some Germans," arising out of his reflections on the outbreak of the war.

In it he pays tribute to the contribution the British and German races have made to poetry, music, and the durable things of the spirit, and looks to a day when these shall again be supreme.

The tenor of his theme, which is expressed with his usual simplicity and depth of feeling, can be got from the following extracts from the poem:

This is no idle boast or empty story;
One of the glories of the English race
Is, that we recognize Beethoven's glory,
And at his dying moment won his grace:
For, in Vienna, while the thunder broke,
And he, by sickness shaken, sank to death,
These memorable words that Master spoke,
"God bless the English" with his dying breath.

And, of our Poet, we have heard you say
"We call hem 'Unser Shakespeare';
he is ours";
We share him with you as we share the day,
The night, the seasons, and the happy hours."

We are as darkness to each other now,
Our common task of bettering life annulled:

A MESSAGE TO THE YOUTH OF AMERICA

With the armed conflicts in most of the European countries, our United States is facing the problem of staying out of war. There is no doubt in my mind but what we are socially and economically capable of avoiding another conflict. It is true that our present foreign entanglements might lead to difficulties, but we must realize one fact — we cannot — we must not sacrifice the entire people to save a few.

Economically the United States is sufficient unto itself. Its natural resources surpass those of any country on this earth. We are a world within a world.

Socially we are, I am told, a civilized nation. I sometimes doubt this. I have heard a young man called "yellow" because he expressed a desire to stay out of war. He, I would say, is a civilized man. He values peace and life. However, we have savages — those cruel, grasping money-misers, unfeeling, egotistical politicians, and hungry Reds. To eliminate the root of our evil, we must civilize these men. They must be put before the public stripped of all illusion and glory.

It is said that in union there is strength. Therefore I beg that we, the youth of America, unite. We can, I know. We need only courage, perseverance, and teamwork. With these and advice of our experienced elders we are bound to win. I say, let us canvass every home in America. Let us refuse to fight on foreign soil. What if we are called "yellow"? We are striving for a life of freedom for ourselves, and our children. We are aiming toward happiness. I say, let us go forward freely, without interference, and then put it to a nationwide vote.

The time has come when we must demand those inalienable rights of man — life, liberty, and the pursuit of happiness. They are here waiting for us — hidden perhaps by the aftermath of the last war, but again within our grasp. Therefore, let us, the future men and women of this great country, build, not destroy. Let us organize, not sow our strength to wind where we will reap the whirlwind, but to the calm, where we will reap peace.

Dorothy Fisher
Minnesota

Permission to use this. Add to your peace files.

Extra copies 20 cents per hundred. Order from National Y.T.C., 1730 Chicago Avenue, Evanston, Illinois.

FACTS WORTH KNOWING

Let us keep this in mind: The American people never voted against prohibition. They stayed at home. Just glance at these repeal figures. Total population entitled to vote.....60,135,604
Total vote on repeal.....20,101,860
Total who did not vote.....40,033,744
Total vote for repeal.....14,811,529
Percentage of vote for repeal based on voting population 24.6
Percentage "Stay-at-home" vote 66.5
—Michigan Union.

And all the windows of my heart I open to the day. —Whittier

We plait new brambles on our Savior's brow;
By sharpening hate our Spirits' edge is dulled.
Upon another morning, if we strive,
Our links of life, now broken, may unite,
Not each for each but both for all alive
Opening the other shutters for more light.

ADVICE FROM MRS. IDA B. WISE SMITH

Mom and Pop have been told today by National W.C.T.U. of six positive steps parents can take to help keep boys and girls out of saloons andaverns.

Mrs. Ida B. Wise Smith, National W.C.T.U. president, listed these "do's" as:

1. Set a sober example.
2. Urge youth to participate in healthful sports.
3. Help youth to have a social good time in non-alcoholic surroundings and to know that alcohol never changed a wallflower into a glamour girl.
4. Convince youth that a drink never helped a boy or girl to get or hold a job.
5. Help strengthen youth spiritually as religious conviction is the strongest basis for temperate living.
6. By regulatory or prohibitory law help to remove the easy accessibility of present-day liquor.

Mrs. Smith's advice came as a result of analysis of a national youth survey which showed that many young people are finding their own way to temperance but that correct parental example and advice are still the major factors.

BRAINS OR WHEAT

Are you interested in the future welfare of the state of North Dakota? I know you are. However, the question is not as presumptuous as it might seem. Do you realize that year after year North Dakota has been exporting brains as well as wheat? Year after year the outstanding graduates of our institutions of higher learning, the best young minds which the state produces, have been leaving North Dakota. One of the soundest ways in which we can contribute to the up-building of the state is to encourage these young people, in whom the taxpayers have a large investment, to cast their lot with North Dakota. This means that they must find employment in their native state.

Jamestown College graduates each year between 50 and 60 well-trained young people. We have complete information concerning the intellectual, social and personal characteristics of each of our graduates. We make it a habit to give honest recommendations in our efforts to assist these young people to find employment in their chosen field. Will you not allow us the privilege of suggesting one or two persons for positions in your organization? In doing so, you will be contributing your share to the rehabilitation of North Dakota and its youth.

A large number of our graduates are experienced people. They have worked their way through college. They have worked in banks, hospitals, garages, oil stations, grocery stores, department stores, offices, cafes, etc. Many of these young people are trained secretaries and during their college years have had experience in this field. Their intellectual interests in college have led to majors in mathematics, sociology, the technical sciences, economics, speech, history, English, music, commerce, etc. These young people want jobs — any kind of job — which will make them self-supporting and allow them to take their part as citizens in the up-building of this state. They would like to enter business, to teach, to get into journalism, social service, to sell; to turn their talents to the service of the state.

Will you assist in this program? Write to Professor C. L. Robertson, Director of the Placement Bureau, Jamestown College, Jamestown, North Dakota.

ABOUT HALF OF MODERN MOTHERS ARE SMOKERS

Approximately one-half of the women confined in maternity hospitals nowadays are addicted to smoking, figures recently made public by a large insurance company reveal. Fifteen years ago only about 20 percent of the nation's mothers smoked, and twenty-five years ago this commonplace practice of today was almost unheard of.

Tests show that the milk of mothers who are heavy smokers shows a heavy nicotine content. To absorb the least amount of nicotine from smoking, medical authorities have suggested that both men and women smoke slowly, advised them not to inhale, and quoted figures to show that, under certain conditions, 66 percent more nicotine is absorbed from the last one-third of a cigarette than from the first two-thirds. Fast smokers may develop temperatures in their cigarettes as high as 140 degrees, and this is more injurious to the tongue, mouth and lips than the actual chemicals in the smoke.

There are many cases, however, when any smoking is definitely harmful. The following list of "don't's" show when all tobacco should be shunned.

1. If you have a stomach ulcer, leave cigarettes alone. Free acid may increase as high as 60 percent from one cigarette, which will jump the total acid content of the digestive fluids by as much as 35 percent.

2. Don't smoke if you have naturally cold hands and feet — unless you want them to get colder.

3. Don't smoke if you are the nervous "jumpy" type. The stimulation from one cigarette may increase your pulse to as high as 90. Unfortunately many chain smokers come from this type of person.

Don't smoke if you have, among other things, heart-arterial diseases, gastric ulcers or bronchial trouble. It may be serious handicap to recovery.

Exhaustive records show that heavy smokers have twice the death rate of non-smokers in the 30 to 50-year age group. This despite the fact that there is little if any evidence to show that smoking actually starts diseases.

—Scottish Rite News Bureau. April, 1940.

Do today's duty. Fight today's temptation, and do not weaken and distract yourself by looking forward to things you cannot see, and could not understand if you saw them.

—Charles Kingsley

PRESIDENT'S LETTER—

(Continued from page one)
The personal contact and fellowship and the study of the work all help to strengthen and encourage those who lack vision.

Be Sure To Vote!

We are in an election year and I hope every member will try to inform herself on the stand of candidates on the wet and dry issue. Let us put principles before parties and vote for candidates who stand for dry legislation. As we approach our June primary election let us bear in mind the great fight waged by our pioneer women that we might have the right to vote. Let us use the ballot wisely and be sure to vote!

We extend a most cordial welcome to all new district officers. May they bring enthusiasm and inspiration to their districts! In hearty cooperation may we all press forward to our ultimate goal—A state and nation free from the curse of the legalized liquor traffic.

Yours in loving service,
Bessie M. Darling
Grand Forks, N. D.

DISTRICT CONVENTIONS

At this writing, nine district conventions have been held with Mrs. Darling, our state president, guest speaker at each one. Mrs. Darling has been kindly received everywhere and has inspired our women by her enthusiastic optimism.

Fargo District held its 49th. annual convention April 26 in the Congregational church, Mayville, with every union represented. Presiding as district president was Mrs. Jessie A. Potter, Fargo. Rev. A. M. West, pastor of the church, conducted opening devotions. The memorial service, in charge of Mrs. Clare Linn Larson of Finley, was impressive. The hostess union served a noon luncheon. Miss Serine Forde, Hillsboro, district treasurer, explained why we have a budget. Others assisting on the program were Mrs. A. W. Johnson, Mrs. A. N. Lindsay, Mrs. M. A. Gunberg who spoke on Religious Education; Mrs. Mary Panchot on "Safeguarding our Homes Through Membership"; all unions shared in the discussion on Newspaper Publicity and Local Liquor Survey. Mrs. Darling's evening address on "The Challenge" was followed by a showing of the motion picture THE PAY-OFF, which was later shown in the College. It was decided to help finish the National Temperance Education Fund. An L.T.L. demonstration was put on and a history of the organization read. Rev. and Mrs. M. A. Gunberg furnished choice music.

James-Valley district met at Jamestown in the Salvation Army Citadel, April 30, for its thirty-first annual convention. Mrs. Lulu W. Zimmerman, district president, presiding. Mrs. A. L. Lane led devotions and Mrs. Ray Baldwin, local president, welcomed the delegates. Rev. and Mrs. Max Brown of Valley City, sang and Mrs. E. R. Fritch conducted the memorial service. A luncheon was served at noon and the afternoon session opened with devotions led by Mrs. C. A. Landgren. Mrs. Darling led a discussion on Honor Bright Dollars. Judge Fred G. Kneeland explained the need for Local Option. "Safeguarding the Feet of Little Children" was the topic assigned Mrs. E. S. Bordwell, state L.T.L. Secretary. Capt. Edgar Stohler of the Salvation Army gave an impressive talk on Temperance from the Army's standpoint. Others appearing on the program were Mrs. Fred. M. Wanner, Jamestown; Mrs. Bailey of Valley City and Rev. Max Brown who spoke on Youth Problems. All officers were re-elected.

Ransom-LaMoure district met at Dickey, May 1st. Mrs. J. A. Youngman, president presiding. Rev. and Mrs. F. W. Gress were very helpful during the convention and also drove Mrs. Darling to Jamestown next morning to catch her train for the west. It was voted to pay five dollars towards the National Temperance Education Fund in honor of Mrs. Elizabeth Preston Anderson, who is still a member of the district. No copy of the program has been received. All officers were re-elected.

Hettinger entertained the Hettinger district convention May 3, in the Norwegian Lutheran church, the district president, Miss Effie Walch, presiding. Our state workers do not often reach this district but we have a loyal and devoted company of women who keep the work going. Mrs. J. W. Frisbie has a flourishing Loyal Temperance Legion. Mrs. Darling spoke on Sunday to the Junior League of the Methodist church at Reeder and at services at Hettinger. She entertained the L.T.L. with temperance stories on Saturday. Monday she spoke in schools at Bucy-

rus and Hettinger. Miss Walch declined re-election and Mrs. S. N. Englestad, Bucyrus, was elected president; Miss Walch vice president; Mrs. Fred M. Omodt, Reeder, Cor. sec. Mrs. O. A. Erlandson, Hettinger, Rec. Sec. and Mrs. Willie Olson, Bucyrus, treasurer. Mrs. Darling was royally entertained by Miss Walch and others.

Mrs. Frisbie drove Mrs. Darling to Mott where the Rev. O. H. Swenson kindly arranged to have Mrs. Darling address the school, also to speak at a Women's Foreign Missionary meeting and later a literary club. Abundant rains in this part of the state, as elsewhere, make crop prospects good for this year. Flasher came next and a busy day was spent with this progressive union. Our state president spoke in schools and at a special public meeting in the evening.

Bismarck district's 31st. annual convention was held in the Methodist church at McKenzie May 9, with a splendid program arranged by the vice president, Mrs. Ella C. Boise. The theme—"Home Protection" was observed throughout the day. Rev. Susie Harrington led devotions. Mrs. Henry Larson, local president, welcomed the delegates. Mrs. P. O. Salathre, Bismarck, responded. Mrs. Darling brought greetings from the state. The memorial service was in charge of Mrs. Margaret Grover, Steele. A noon luncheon was served at the Parsonage.

To open the afternoon session, Mrs. P. D. Wood, district president, led devotions. An excellent paper on "My Father's Business in the Home" was presented by Mrs. O. S. Rindahl, Bismarck. Mrs. Philip Stolberg, Flasher, spoke on Local Option; Mrs. Henry Larson introduced our official papers; Mrs. Peter Dalenberg, Steele, spoke on the Modern Attitude Towards Drink. "Honor Bright Dollars"—our obligation to finish our quota of the N.T.E.F. was presented by Mrs. Geo. M. Register, Bismarck. Miss Hazel Falconer, Bismarck, read an original oration on Peace.

For the evening session, Mrs. John L. Hughes, Bismarck, led the worship session. Mrs. C. A. Ryder, Steele, spoke on Safeguarding the Children. Mrs. Darling's address was heard with much interest. Resolutions included favoring Local Option and voting for candidates who will support it; continued interest in Scientific Temperance Instruction in Schools; requests to school boards not to hire those who drink or smoke—that our children may have the protection of clean, moral example.

Music was furnished by the Menoken Junior choir, the Sterling High School Glee Club and by Mr. and Mrs. D. C. Shearer and Walter Deetman of McKenzie. Mrs. Shearer and Mrs. T. T. Hughes sang at the morning session while music for the afternoon was provided by Miss Grace Herrington.

Mrs. Wood, who has served so faithfully as district president, declined re-election and was succeeded by Mrs. O. E. Erickson, Bismarck, as president; Mrs. Philip Stolberg, Flasher was elected vice president; Mrs. Elmer Cart, Bismarck, Cor. Sec. Mrs. C. A. Ryder, Steele, Rec. Sec. and Mrs. Henry Larson, McKenzie, treasurer.

Mrs. Darling was the guest of Ray comrades over Sunday, May 12 and spoke there four times during the day.

Northwest district met at Wildrose, Monday May 13, in a pouring rain which prevented the attendance of many. Mrs. J. H. Phelps, presided as district president.

Rev. Mr. Kounts, of Ray, his mother and Mrs. McKinley drove Mrs. Darling to Wildrose. At this time we have

not received a report of the convention so cannot give details but because of the rain and heavy roads, the evening meeting was omitted. Over sixty persons were present in the afternoon. Elected officers are,— President, Mrs. R. E. Taylor, Fortuna; Vice President, Mrs. C. E. Erickson, Crosby; Cor. Sec. Mrs. Clifton Anderson, Fortuna; Rec. Sec. Mrs. Nels Skabo, Crosby; Treasurer Mrs. Frances Mohler, Wildrose.

Minot district met May 14 in the Fireplace Room of the First Presbyterian church, Minot, with Mrs. C. F. Truax, presiding. In spite of the rain, those who came were enthusiastic and delegates from Sawyer, Parshall, Plaza and Burlington were welcomed as well as those from Minot union. Mrs. C. B. Davis led opening devotions. Minot entertained with a luncheon at noon.

At the memorial service, conducted by Mrs. Truax, Mrs. J. H. Mackley sang "The Eastern Gate" and "Somewhere the Sun is Shining". Names on memorial list included Mrs. Margaret Burgess, Minot; Mrs. Mary Pond, Plaza, a member of the WCTU for 50 years; Mrs. Nordquist, Plaza and Mr. Wm. Gibb, Sanish. Mrs. Moyer voiced the noontide prayer.

Miss Kathryn Reinholdt, accompanied by her sister, Ivadyl, sang, as did also Miss Clara Spicher. Mrs. Mackley sang again in the evening after her broadcast to shut-ins. Mrs. Truax urged each union to place at least one temperance book each year in the public library. She also stated that "The task before us is not as great as the Power behind us" and spoke of a Regional conference she attended in Washington state where she met Mrs. Nevia E. Buck and other North Dakota people. Mrs. John Bradley, Minot, spoke on Child Welfare. Mrs. Geo. Moyer, Burlington on Youth Problems; Mrs. Geo. Campbell on Citizenship; Mrs. Reinholdt on Alcohol Education in the Home and Mrs. Dwell, Minot, on "Financing the WCTU." Mrs. Darling presented Honor Bright Dollars and her address "The Challenge" was enjoyed. At the evening session, Rev. Willard W. Strahl, pastor of the church, conducted a devotional service. A dialogue—"The Significance of Special Days" was presented by Mrs. John Bradley and Mrs. Ellithorpe. Officers re-elected were Mrs. C. F. Truax, president; Mrs. Geo. Moyer, vice president; Mrs. F. T. Brooks, Cor. Sec.; Mrs. A. S. Dwell, treasurer. Mrs. N. T. Heinzen, Plaza, is the new recording secretary.

New Rockford district convention followed May 16 at Minnewaukan of which we do not yet have a report except that Mrs. J. A. Graham of Oberon is the new district president.

Grand Forks district convention was held at Grand Forks May 21, Mrs. Bessie M. Darling, president, presiding. Mrs. Ira Herzberg led opening devotions. District reports followed. An impressive memorial service was conducted by Mrs. T. Ross Hicks and Miss Pearl Ball sang. At the afternoon session, Mrs. C. E. Soderholm, Larimore, led devotions. All local presidents participated in a discussion of the local liquor survey. Mrs. S. O. Nelson, Northwood, spoke on the Relation of the Local Union to district and state organizations. Mrs. R. W. Vance sang and the Grand Forks Scandinavian union put on a clever playlet—"Magazine Recovery Act". Discussion followed the address on Local Option by Mrs. Geo. S. Muir, Gilby.

To close the afternoon program a fine L.T.L. demonstration was presented by the Scandinavian unions

L.T.L. under the direction of Miss Mildred Rude.

At the banquet in the evening, Mr. Dale Nordquist brought a welcome from the churches, Mayor T. H. Thoreson from the city and Mmes. O. J. Swanson and A. V. Sheppard from the local unions. Response was by Mrs. Jessie Thomas, Larimore. A vocal solo by Miss Elaine Meyer and a violin ensemble from the Northwest Conservatory of Music, with Miss Florence Reyan, accompanist, were enjoyed.

Arne Soreng, Grand Forks, won the gold medal at the Speech contest in which there were six contestants. Mrs. J. W. Scott, Gilby, in a snort speech, presented the medal. Mr. Roy A. Holand gave a fine address, especially to the young people, how useless the best education may be if one allows bad habits to creep in which will eventually betray the character no matter how clever one may be.

Officers elected were: President, Mrs. Geo. S. Muir, Gilby; Vice President, Mrs. A. V. Sheppard, Grand Forks; Cor. Sec. Mrs. George Wilcox, Gilby; Rec. Sec. Mrs. Ralph Thoreson, Northwood; Treasurer, Mrs. J. W. Scott, Gilby; L.T.L. and Y.T.C. Mrs. Martin Berg, Northwood.

Other conventions yet to be held are: Devils Lake at Rock Lake May 28 and Northeast at Nekoma, May 29. Ellendale district meets at Glover with date not yet set.

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