

# The White Ribbon

FOR GOD AND HOME AND HUMANITY

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## RED LETTER DAY.

Franchise Day, September 19th.

It is to be hoped our Unions will not fail to remember to bring this day into prominence with regard to the responsibility of citizenship. Also to take the opportunity to make a special effort for our New Zealand Treasury. An article by Miss McCarthy, in the WHITE RIBBON for September, 1908, is most suitable for reading at such meetings.

## THE TREATMENT OF INEBRIATES BY DIET.

(By Mrs. Bramwell Booth in *The British Health Review*).

The question of diet is, I am satisfied, a moral as well as a material one, and my observations, during long years of experience in dealing with fallen humanity, have convinced me that few things favour the degradation of the moral nature more powerfully than the debasing habits of eating and drinking which flourish around us.

One evil appetite feeds another, and what is food for one passion adds strength to the rest. People drink tea and smoke tobacco from morning till night, and then wonder why they are the playthings of temptations to sins of the flesh.

Alas! there are crowds of men and women, especially in our great cities, who are almost compelled to live very unnatural lives, herded together in factories, offices, mills, or workrooms, breathing exhausted air through long hours of every day. And when—because they are igno-

rant of the values of the different foods and beverages within their reach—they spend their limited money on what contains more adulteration than nourishment, or worse still, what is actually degrading and debasing in its effects, how can we wonder at the low moral standards which obtain among them?

I feel very strongly indeed that a great extension of wise and simple instruction as to the choice and preparation of pure food is urgently needed among people of all classes, if the deterioration of the race is to be arrested.

Particularly have I been impressed and gratified by the good results of the careful dietetic treatment in our two Homes for women victims of inebriety. It is now six and a-half years since the fleshless diet was introduced into the older of the two homes; the second one has been vegetarian from the day of its opening, and indeed flesh-meat is a diminishing quantity in all the institutions under my care.

While we never lose sight of the fact that the power and grace of God alone can effect any change of character, we are satisfied that it is an immense assistance in bringing about that change when there is intelligent obedience to

### God's own Natural Laws.

And it is this duty of being a worker together with God in her own liberation that we seek to impress upon every woman who enters our Inebriate Homes.

Instead of being resented, as might have been expected, the food reformation was received with approval, and in a very short time there was a perceptible improvement in the

digestion, temper, and complexion of all concerned.

Prior to the change of diet, there had been ten or eleven trays sent upstairs every morning, for those who were not well enough to rise for the first meal; but very soon, all in the home were found at the table together, bright and hungry for their breakfast.

When the drink-crave is strong upon a woman, she is fed with grapes. At first she thinks she is being trifled with, but when she has been coaxed to eat a few she always wants more, and they have a really soothing effect.

Oranges and apples come second in value for this purpose, but all kinds of fruit are found good as regular items of food. Stewed prunes and figs are perhaps as popular as anything, and quantities of bananas are consumed, jams and marmalade also being freely used. We do not aim at lessening expense by this diet. What is saved from the butcher goes to the greengrocer and fruiterer.

A very significant fact is that when the craving for stimulants is upon a woman she also longs for animal food. When once the truth has dawned upon her, when once she has seen that by eating meat she strengthens the desire to drink alcohol—if she be sincere, her cooperation is secured. The acquired taste for mustard, pickles, vinegar, and other such flavourings is always particularly strong in the alcohol victim, so that abstinence from these condiments—which we also encourage—helps in the cure.

It is needless to say that in cases

of fainting, intoxicants are not given. It has been found that the

#### Juice of a Lemon

in hot water is very helpful at such a time, and no one under my care has ever expired for the lack of brandy! We understand that in any case where the heart has had sufficient vitality to answer to a stimulant, consciousness would have returned in a natural way, had it not been administered.

Cases are frequently received in so bad a state, that under the old *regime*, we should have expected them to need bed and medicine for weeks before they could be pulled together; but now, with the aid of the diet, they are up and about in less than a fortnight. Many are much better in a day or two. This, of course, is a great advantage to all in the Home. As an instance of the first treatment given in extreme cases, I may mention one who came to us. She was a lady of means, but had become a slave to opium. We were asked to take her from another institution where she had proved to be totally unmanageable. Certainly she was in a very terrible condition, not having had a proper night's rest for months, and having been taking an incredible quantity of opium daily.

On her arrival she was put to bed, and was not left alone for a moment night or day. Homœopathic medicine was given to her every hour for forty-eight hours, and as she could take no solid food, she was, for three days, fed alternately upon hot milk and grapes. Turkish and hot water baths also soothed her, helping her skin to act and give her sleep. She gained ground rapidly, and in three weeks her mind was at least clear, and her general condition normal.

A most encouragingly high percentage of our inebriate cases have been permanently cured, and if only they could all continue the diet on their return to their homes or in the situations found for them, the failures would, I am convinced, be fewer still.

It is a painful glimpse into the selfishness of human nature to find so many friends and relatives who cannot, even for the sake of their weak ones, become abstainers from alcohol. The mere suggestion that

their dietary should be changed is often greeted with derision.

The medical man attending the Home, when referring to the fact that a very small percentage of the cases who come to us can be regarded as either encouraging or hopeful, having nearly all gone to the bottom before they entered the Home and many of them having accustomed themselves, not only to alcohol but to drugs—opium, cocaine, etc., which cause very rapid deterioration—says that our results are very remarkable. "Under any circumstances," continues the doctor, "they would be creditable, but when we consider that the material upon which you work is such that it would be rejected by many other organisations, then your results are marvellously successful."

There is no age limit to the cases we receive; many of them have been

#### Habitual Drunkards

for twenty-five years. They are of varying classes; widows of men of independent means, wives of government officials, nurses, governesses, book-keepers, dressmakers, milliners, barmaids, servants, the wives of tradesmen and mechanics, and especially women who have suffered. Trouble or loneliness will most frequently be found to have led to the formation of alcoholic habits, and, alas, the advice of medical men must too often be held accountable.

Perhaps some particulars as to the daily routine in our Inebriates' Homes may be of interest.

Every patient is encouraged to work. Ladies, who have had servants to wait on them, agree cheerfully to this arrangement, accepting it as part of the cure, which of course it is.

A work-list is drawn up and revised week by week, and on it each inmate finds her own name, with carefully chosen duties assigned for her during every section of the day.

Waking-up time is 6.30, and lights are out by 9.30 every night. Before breakfast, all the beds are airing, upper rooms are tidy, and downstairs apartments swept and dusted.

After breakfast, prayers conclude at 8.30, and then the beds are made, each by its owner, the finish-

ing touches being put to the bedrooms by a couple told off for this, while the rest enter the work-room at 9.30.

Sewing ceases for the day at 6 p.m. There are of course intervals for meals and recreation, and the airy, well-lighted work-room is a happy place, often enlivened by chorus and song, and full of the interest of learning how to do beautiful work beautifully.

Everything combines to stimulate hope and awaken right ambitions. Such mottoes will be found on the walls, or in the women's possession, as "Be strong, and let thine heart take courage," "Fight, trust, conquer! *You can!*"

There are four things which the officer in charge seeks to do with every woman who comes under her care. First, win her confidence; second, foster her will-power; third, exercise her memory; fourth, whatever happens, show no discouragement, but lead her to depend for sure deliverance and victory upon God.

#### The Drink Thirst

has been the central idea of most of the women, sleeping or waking—particularly with morphine cases. The great point is to be able to switch off their minds from morphia, cocaine, or whiskey—whatever it may happen to be—and switch them on to *God*, His power, the charm of His Service, and the bliss of having His approving smile upon one's life.

Referring to one who entered the Home lazy, incorrigible, and apparently hopeless, and after fourteen months' stay went out to earn her living, first in the laundry, and then in service, the Warden wrote:—"When her mistress sent me her photograph, showing her in a well-made gown with a happy face, I should not have recognised in her the poor, miserable outcast who shambled into my office the day I welcomed her to the Home. The transforming power of God's grace is *wonderful!*"

Danger confronts every woman who holds the conventional notions concerning diet and drink. "A little stimulant will pick you up; you are below par," says the well-meaning friend. And the first step is taken along a descending road, from which



few are strong enough to turn back until it is too late.

Thankful as I am to have any hand in the cure of those thus victimised, I should be still more glad if I could do something towards the

### Prevention of the Evil.

Because our Maker has not endowed us with that faculty which we see in the lower creatures, and which we call instinct—which makes the mother know at once what is good for her young—He has clearly intended that our higher intelligences should take its place.

And yet it seems that people who take infinite trouble about their clothing, their reading, and many other matters of less real importance, are content to consume any food which is offered them provided it suits their palates, without giving one thought to its properties, or its purity.

Indeed, the mere taste of their food appears with many to be the all-important factor.

### "I like it,"

is a sufficient reason for eating many harmful things. Now, the sense of taste, were it quite undepraved, either by heredity or by habit—would, I think, be a safe guide. A healthy child chooses simple foods, and would never want tea, meat, strong flavourings, or intoxicants, unless deliberately taught to take them, or induced by curiosity to imitate the habits of its elders.

The chief hope of all food reformers lies with the rising generation. If parents can be induced to bring up the children on a pure and simple fruit and vegetable diet, and for their sakes to abolish all that is harmful from the home, I think the need for Inebriate Homes and all the other apparatus for rescuing the human wreck will diminish and finally disappear.

During an evangelistic mission held in St Louis by Gipsy Smith for 17 days the saloon keepers admitted their takings had been 20,000 dols. less than formerly.

If you suffer from RHEUMATISM, and want immediate relief write for prescription, enclosing postal note or stamps for 2s 6d, and stamped addressed envelope for reply to "St. Kew," Karaka Bay, Wellington.

## News of the Unions.

Correspondents are requested to make their Reports as concise as possible.

### HASTINGS.

The usual monthly meeting was held in St. Andrew's Hall on Wednesday, 11th August, when a very pleasant afternoon was spent. On the 24th Miss Powell addressed a meeting for women, which was both interesting and instructive. Afternoon tea was provided, adding to the enjoyment. At the close of the meeting three new members were added to our roll.

### CHRISTCHURCH.

At the fortnightly meeting held on the 11th August, an address on "Health and Hygiene" was given by Mrs Mackintosh, of Papanui Sanatorium. Dealing with the subject of food, the speaker pointed out that the three essentials of food were that it must be satisfying, sufficient, and symmetrical, the latter term meaning that it must be of such kinds and in such proportions as to be most easily digested. The most frequent errors of eating were enumerated as, hasty eating, drinking with meals, overeating, especially of animal foods, which predisposed to other forms of excess; eating too frequently, or between meals, or when exhausted, and sleeping after meals. There was much need for a more simple diet, with less variety at each meal; for the avoidance of condiments, which were merely whips to encourage overeating, and for recognition of the fact that nourishment consisted not in the amount eaten, but in the quantity properly digested. The use of tea and coffee was harmful, the effect of the one being exciting, and of the other benumbing. Stimulants were not a food, and people needed to be educated away from drugs. Passing on to the subject of hygiene, Mrs Mackintosh pointed out much more care and attention was usually given to an inanimate piece of machinery than to the human body, which was full of the most wonderful mechanism. The transgression of the laws of health injured this fine machinery, created obstructions, and produced suffering and death, which were charged to the mysterious dispensations of Providence instead of to our own errors.

At the meeting on the 25th August, a very interesting and encouraging report of the progress of the Y Union was given by Mrs Blyth, and Mrs Wise reported on work in connection with peace and arbitration, and advocated the introduction of the subject into Bible classes and Bands of Hope.

### GISBORNE.

There was a good attendance at the usual monthly meeting held on August 12th. Reports were received from the evangelistic, literature, and visiting departments. During her three days' stay here Mrs Stevenson was kept very busy. She addressed the children in the public school, high school, and students at Te Rau (the Maori college). Afternoon meetings were arranged for teachers and members of educational and school boards, and two addresses on W.C.T.U. work and methods of conducting Union meetings were given, and two public addresses in the evenings in the theatre. All who were privileged to hear Mrs

Stevenson are unanimous in their appreciation of her powers as a platform speaker, and her quiet, logical and forcible speaking here, has been felt of great benefit and help to all engaged in temperance work. At the meeting of the No-License League held here on Monday night a vote of hearty appreciation of her services was unanimously passed.

### WELLINGTON.

There was a good attendance at our September meeting, when final arrangements were made for Mrs Stevenson's visit, to which we are looking forward with much pleasure. We are glad to welcome two new members. During the month a drawing-room meeting was held at the home of Mrs Keene, Island Bay. Short addresses were given by Mrs Williams and others, also two songs and a recitation were admirably rendered. Three new members were initiated.

### ONEHUNGA.

The monthly business meeting was held in the Presbyterian schoolroom on Tuesday last, Mrs De Wolfe (president), in the chair. It was decided to hold a rally in September, invitations to be sent to the other temperance bodies to join.

### TIMARU.

The monthly meeting was held in Trinity Hall at the kind invitation of Mrs Stinson. There was a large attendance of members; much interest and enthusiasm being shown in reference to the coming Convention. We are expecting to reap much benefit from our work, and that as a result of it being held here our Union will be strengthened. We are to be favoured with the presence of Mrs Stevenson, and shall undoubtedly benefit by her rich experiences. We have made arrangements to give her a worthy reception, and taken the theatre for her evening on the 14th September. Mr Stead reported a very busy month at the Rest, 147 sailors making 347 visits. A social given by the ladies to the sailors was greatly appreciated. How blest we are to be able to cheer and brighten some lives in this way.

Through the generosity of some friends we are to send three frozen sheep and a box of clothes to the West Ham Baptist Mission.

We were pleased to welcome Mrs James from Christchurch as a member and worker. Afternoon tea was dispensed. Please remember our Convention, and pray that Timaru may receive a blessing.

### ASHBURTON.

At our meeting on August 10th a large amount of correspondence was received and dealt with. It was decided to send a letter of sympathy to our Secretary in her illness. Our President reported having made all necessary arrangements in connection with the Provincial Conference to be held at Timaru on September 14th and 15th.

Owing to the Provincial Conference at Timaru falling on the date of our September gathering, we met again on August 31st, Mrs W. T. Lill presiding. The President reported in connection with the Presbyterian Summer School Conference that the proposal to cater for the members while in camp had evidently not met with the approval of those in charge, viz., "15s. per week with all home comforts possible." It was decided that the proposition fall through. It was also decided that a letter of thanks be sent to each representative who took part in the Congress of Nations, and to Mr and Mrs Kingston and family for their

untiring efforts, to which the success of the entertainment was largely due, and to Mr and Mrs Elliott for the very artistic manner in which the hall was decorated. Receipts were not available, but much gratification was expressed over the success the Congress of Nations had proved to be.

#### AUCKLAND.

The visit of Mrs K. L. Stevenson to Auckland has come and gone. Owing to a delay in departure from Sydney the steamer did not arrive till Monday morning, much to our disappointment, as Mrs Stevenson was advertised to preach at His Majesty's Theatre, and a large congregation gathered to hear her. Mrs Stevenson was welcomed at the boat by our President and three White Ribboners, and hospitably entertained by Mrs Wilson, Princes Street. At three o'clock on Monday afternoon there was a large representative gathering at the reception in the Council Chambers. After the Mayor had welcomed our guest, short speeches were given by the Rev. A. North, Ministers' Association, Rev. F. W. Isitt, New Zealand Alliance, W. A. Prickett, Esq., W.S.A. Consul, and our President, Mrs Dewar. Two young grand-children of the President, Miss Flora Young and Master Alec Lambourne, presented Mrs Stevenson with a beautiful shower bouquet.

Mrs Stevenson gave a delightful little speech, referring to the work in which she was engaged and the glorious aim of the W.C.T.U. In the evening a public meeting was held in the Pitt Street Church. Rev. Ready took the chair. Mrs Stevenson's subject was the "Bright Side of Temperance Reform," and the address was most interesting and instructive, showing the advance in this great work in the last 100 years, how science was coming to the aid of this reform, and the studies made in America through scientific temperance instruction in schools. Musical items were rendered, and questions invited.

On Tuesday afternoon a public meeting was held in the Central Mission Hall. The President presided. Solos were rendered, and Miss Hall sang "Some glad day," composed by Mrs Stevenson. Mrs Stevenson gave a most interesting and thrilling address on "The evolution and work of the W.C.T.U.," telling of the very beginning of this great organisation in 1873 in the women's crusade, and how wonderfully it had spread, till now it was working in fifty countries.

The farewell address was given in the evening at the Tabernacle. Rev. Knowles Kempton presided, and musical items were rendered by the choir. Mrs Stevenson gave a splendid address on "The Throne of Iniquity," and at each meeting made an eloquent appeal to women to come forward and join in this great work. We enrolled nine new members. On Wednesday morning Mrs Stevenson and Mrs Dewar left for Rotorua, where they were hospitably entertained by Mrs Brent at Bathgate House. A public meeting was held on Wednesday evening in the church, Rev. T. Scott in the chair.

Thursday was spent in sight-seeing. At the kind invitation of the Mr Burks Mrs Stevenson was entertained with music from the Maori choir in the evening. On Friday two public meetings were held at Hamilton.

#### LOWER HUTT.

The first Wellington District Convention was held at the Lower Hutt, and was very successfully carried through, and proved a great help and impetus. Mrs Boxall, the District Presi-

dent presided. Miss Powell was with us, and both these ladies proved an inspiration, and the delegates were satisfied that it was time well spent, while the suggestions and hints would prove invaluable for future warfare. We look forward with pleasure to the next Provincial Convention, which will be held at Masterton in September next year.

Our monthly meeting was held a few days earlier than usual to give Mrs Keay another opportunity of being present with us. A presentation was made to Mrs Keay as a token of the Union's esteem. The good wishes of the Union go with her to her new home in Sydney. Two new members were received, one of which was made President (Mrs McCaw).

Mrs Stevenson gave her lecture called "Light," and received the inspiration of those present. Mrs Boxall presided, assisted by Mrs McCaw. Miss Knight kindly played the accompaniments.

#### DUNEDIN.

The usual monthly meeting was held in the Y.W.C.A. rooms on 3rd August. Our President, Mrs Blair, opened the meeting with reading of Scripture, and an excellent address on "Prayer." It was decided to help at a future date the editing of Woman's page in the *Vanguard*.

An interesting report of the literature department was read by Mrs Don. Large quantities of magazines, books and papers of every description have been sent to the Greymouth Sailor's Rest, and for distribution in back-blocks, as well as in the homes for sick and aged. The meeting expressed their indebtedness to the Union Steamship Company for carrying the above by steamer, also to Mr T. Sanders for carting free. Mrs Loewing was elected Superintendent of this Department.

The Secretary, Free Public Library, accepted with thanks our offer of the WHITE RIBBON for their reading room.

Arrangements were made for the visit of Mrs K. L. Stevenson to Dunedin, and it was decided to have large representative gatherings for women in the afternoons during her mission. The U.T.K.C. will co-operate with the Union. It was decided to send invitations to all branch Unions and kindred societies in Otago. One new member was received, and an excellent meeting closed by singing the Doxology.

#### MASTERTON.

It is with feelings of thankfulness we record the visit of Miss Powell to Masterton; her presence and her words have been a stimulant to all of us.

A drawing-room meeting was held at Mrs Beall's house. A very happy time was spent, and arrangements made for other meetings to be held. Afternoon tea was kindly provided by the hostess.

On Friday Miss Powell gave a talk to girls on "Girls and their Lovers" in Knox Hall. The meeting was well attended, and Miss Powell's remarks were much appreciated, all the telling points being well applauded. One lady was heard to remark that she wished every girl in Masterton could have been present.

On Tuesday a meeting of our Maori sisters was held at Te Ore Ore. Unfortunately it was a pouring wet morning, but in spite of this a number of our members drove out to Mrs Te Tau's house, where the meeting was held.

Our Maori friends were waiting, and after greetings had been exchanged a very bright and happy meeting was held. Miss Powell's address was interpreted by Mrs Te Tau.

A new branch was formed at Te Ore Ore. Mrs Te Ao Anaru was elected President; Mrs Te Tau, Secretary, and Mrs Himiona, Treasurer.

Mrs Te Tau had already obtained nearly 40 signatures to the White Ribbon pledge, and we trust that great work will be done at Te Ore Ore.

The meeting closed with the Temperance Doxology, sung by all present with joined hands. The branch is to be managed by our Maori sisters, but we hope to visit them; as one of the Maori women so happily put it, "we are sisters for ever now."

On Wednesday we had a meeting to welcome new members. A goodly number braved the rain, and were rewarded by hearing Miss Powell tell the story of the founding of the Women's Christian Temperance Union. We trust to have a visit from Miss Powell again.

#### NAPIER.

On August 18th a drawing-room meeting was held at the residence of Mrs Dodds, when the Rev. J. A. Asher, B.A., gave a most interesting address, comparing the W.C.T.U. work with the lives of three great men—Abraham Lincoln, W. E. Gladstone, and Tennyson, whose centenary is this year. Mrs Neal occupied the chair, and the hostess provided refreshing afternoon tea.

Since our last report the principal event has been the visit of Mrs Stevenson. On the afternoon of her arrival a reception was held in the Borough Council Chambers. The room was decorated with white flowers and the flags of both nations. The Rev. J. A. Asher opened the meeting with prayer. The Mayor, Mr J. V. Vigor Brown, M.P., presided, and expressed his pleasure at being there as Mayor to welcome Mrs Stevenson to Napier. He referred to her long association with the W.C.T.U., and said he hoped she would be able to assist the local branch in its efforts. Miss Powell, on behalf of the Dominion officers, welcomed Mrs Stevenson, also Mrs Oldham, on behalf of the Napier District Union. Bishop Williams and the Revs. A. C. Lawry and R. McNaughton also extended a hearty welcome. Mrs Stevenson gracefully thanked all the speakers in the course of an extremely interesting speech. In the evening in the Theatre Royal her address was on "The Throne of Iniquity." Miss Powell presided; Mrs Oldham and Mrs Leask also occupied seats on the platform.

The following afternoon a drawing room meeting was held in St. Paul's schoolroom, at which there was a large attendance of visitors from Waipawa and Waipukurau, many Maoris being present. A most interesting feature of the proceedings was an address by a native lady from Wairoa, who, with the assistance of other natives present, sang a Maori song of welcome.

Miss Stirling spoke of the work done amongst the Maoris, and said that the leading women of Hawke's Bay were in the native Union. Mrs Stevenson's reply to the natives was interpreted by Miss Stirling, and she gave an address on "The Evolution and Growth of the W.C.T.U.," closing with an eloquent plea for new members, to which eight ladies responded, and were duly initiated. During the afternoon a vocal item was contributed by Mrs S. E. McCarthy, and a recitation by Mrs Rosewarne, senr.

The series of meetings closed by a lecture on "The Bright Aspects of Temperance Reform," on Friday night. Mr S. E. McCarthy, S.M., presided. Miss Stirling, by request, sang "Home Sweet Home" in Maori.



On September 1st our usual meeting was held in St. Paul's schoolroom, Mrs Oldham in the chair. Arrangements were made to hold a bazaar the first week in November for funds for the building scheme. A friend gave a donation of £25. One new member was initiated.

#### FEILDING.

Our monthly meeting was held on August 2nd. It was recalled that the Anniversary of granting the franchise to women of the Dominion be celebrated on the 17th, and that invitations be sent out and afternoon tea provided; that Mrs Snow, president of the Palmerston Union, be invited to give an address. A note was received from Miss Powell, Dominion Organiser, to say she would visit Feilding early in October.

The syllabus was arranged for the weekly prayer meetings.

#### NEW PLYMOUTH.

The preparations for Mrs Stevenson's visit and our District Convention entailed some thought and trouble. At the reception for the visitor the Mayor presided. The address on "All Things New, or What is Scientific Temperance?" was optimistic and satisfying to all who have the Temperance cause at heart. The District Convention (of which we hope to give a detailed account later on), was a success from the minute it opened. During the afternoon session, which was open to the public, Mrs Stevenson gave an address that the Union members will not quickly forget; this was followed by a question box. The questions asked were in connection with the W.C.T.U. work chiefly, and the answers given by Mrs Stevenson were such as to put the work on a plane that we had never seen before. The help that was given us in a Parliamentary drill will never be lost; gentlemen and ladies have since told us how intensely interesting it was.

The public meeting on the evening of September 2nd, presided over by Mr Okey, M.P., was well attended. Musical items, votes of thanks, etc., supplemented an address from Mrs Stevenson, which was simply masterly. The subject, "The Bright Side of the Temperance Reform" gave scope for the producing of facts which were piled one on another, each fact richer and more convincing than the one that had gone before. We are still gathering in the harvest as regards new members. The opinion is, that not only our Union, but the whole town, has been much benefited by Mrs Stevenson's visit.

#### BLENHEIM.

Our meeting was held on Tuesday, 8th August, in Wesley Hall. Mrs Rose presided, and there was a good attendance of members. Correspondence of a most interesting nature was received from America on Scientific Temperance and Hygienic teaching for schools, and it was resolved to refer both subjects to the Education Board. Mesdames Rose and Jackson were deputed to wait upon the Agricultural Show committee with a view to obtaining the privilege of the refreshment booth, and to urge that the publican's booth be dispensed with during Jubilee week. A resolution was passed that the Jubilee Committee should be asked to urge the Borough Council to enlarge Seymour Square by the addition of the adjoining reserve as a memorial of the jubilee of Marlborough. An address was given by Major Rogers on the subject of national defence and universal training, for which he was heartily thanked,

the meeting being in full sympathy with the matter.

On Wednesday, 18th August, a drawing-room meeting was held at the residence of Mrs Rose. Although the weather was most unfavourable, there was a large gathering of members and friends. A special car was run from the town to Kegworth. Mrs Rose gave an address, and a very pleasant afternoon was spent.

#### HAMILTON.

An "At Home" meeting was held at Mrs Jones's residence, "Te Kohanga," and was very largely attended. A profitable time was spent. Three new members joined. Afternoon tea was served, and the meeting closed with the Benediction.

Mrs K. L. Stevenson arrived on August 20th, accompanied by Mrs Dewar, the Auckland president. The afternoon meeting was held in the Baptist church. The address was most helpful and encouraging, on "What the W.C.T.U. is. The evening meeting was held in Wesley Hall. His worship the Mayor (Mr. J. A. Young), presiding. The hall was decorated with the Union Jack and Stars and Stripes, while on the table stood a large globe encircled with white ribbon. The Mayor introduced Mrs Stevenson, who took for her subject "The Bright Side of Temperance Reform." She gave a lengthy and well illustrated address, and at the close answered a number of questions. There were present two delegates from Waihi, two from Cambridge, and one from Ngaruawahia Unions.

The monthly business meeting was held on September 2nd in the Willard Girl's Club room. The Vice-President, Mrs Blamires, occupied the chair. After devotional exercises, accounts were passed for payment. At the invitation of Mrs Potter it was resolved to hold an "At Home" meeting at her residence on September 15th, to be a quotation afternoon. A paper would also be read. The Club room has now been open three months, and has proved a great boon to the business girls of the town. All expenses have been met to date. The Secretary read a very able paper on Medical Temperance, by Mrs J. H. Neal, of Napier.

#### WANGANUI

Mrs Stevenson arrived on August 28th, and was the guest of our President. On Sunday morning she preached at St. Paul's Presbyterian church, and in the evening at Trinity Wesleyan. Both services were well attended, and two thoughtful sermons were appreciated by those present. Monday was a rest day, though Mrs Stevenson attended the Band of Hope demonstration in the evening. Tuesday afternoon an "At Home" was given by the local Union, 80 members and friends were present. Mrs Stevenson was introduced by the President, and spoke on the life of Miss Frances Willard (whom she knew personally), of the great power of her personality, of her influence over every one with whom she came in contact, and very specially of her motto, "Let some good be spoken of every one." A member of the juvenile lodge of Good Templars (Miss Violet Deem), presented Mrs Stevenson with a beautiful bouquet, and in a short speech wished her success in her mission. Afternoon tea was handed round, and an opportunity given to all present to make Mrs Stevenson's acquaintance.

On Tuesday evening Mrs Stevenson addressed a public meeting at St. Paul's Hall, her subject was, "Many reasons why Temperance workers should be optimistic." She spoke of the growth

of the Temperance movement all over the world, and especially in her own land. The talented speaker held her audience spellbound for over an hour. Mr Carson, President of the No-License League, occupied the chair.

At the monthly meeting of the Union on Friday Mrs Ritchie read a paper on "Why should not a woman preach?" and proved from the Bible that woman should be and always had been, the publishers of good tidings. She showed that in the early days of Christianity woman took a very large share in the evangelising of the world, and spoke of the work she was still doing both in Home and foreign countries as missionaries, preachers, and teachers.

#### SOUTH DUNEDIN.

The monthly meeting was held in the Cargill Road Wesley Church schoolroom on Thursday afternoon at 3 o'clock. Mrs Hancock presided, and read a paper relating to the duties of superintendents of departments. The WHITE RIBBON song, "All Round the World," was then sung by all present. Mrs Routledge followed with a short reading on Frances Willard. Superintendents reported on their several departments. Mrs Hancock, Mrs South, and a few other members attended the Band of Hope meeting held in the Wesley Church schoolroom. Arrangements were made for the next meeting. The meeting closed with refreshments and social intercourse.

#### GREYMOUTH.

The monthly meeting of the W.C.T.U. was held on September 3rd. There was a fair attendance of members. In the absence of the Vice-President, Sister Moody Bell was voted to the chair. The Secretary read a most interesting paper by Mrs Neal, Napier, on "The Medical Aspect of Alcohol." Mrs B. Parkinson was appointed superintendent of literature, also reporter to the WHITE RIBBON during the absence of Mrs McIntosh. It was resolved to hold a grand concert and social at the Sailors' Rest on September 29th.

#### TARIKI.

A meeting was held on July 27th at the home of Mrs Therkelson's, senr. A most enjoyable afternoon was spent, Mrs Douglas and Miss Ambury, of New Plymouth, being present. It was decided that we write a paper on "Our Superintendent's method of securing names for her Cradle Roll." On August 29th Mrs Therkelson, senr., was appointed delegate to the New Plymouth Convention. A most enjoyable time was spent by the four members who attended the Convention, it being a decided success in every way.

Words fail to express our appreciation of Mrs Stevenson; she is sweet, womanly, tactful, practical, and convincing.

#### PALMERSTON NORTH.

Mrs Stevenson visited us on September 3rd. In the afternoon a reception in her honour was held in the Anglican schoolroom. Mrs Snow presided, and amongst others on the platform were the Mayor and Mayoress. The Mayor, on behalf of the town, addressed a few words of welcome to Mrs Stevenson, expressing his own pleasure at meeting so distinguished a visitor. The Rev. D. Hird, Chairman of the Ministers' Association, welcomed Mrs Stevenson on behalf of all Temperance bodies in Palmerston North. Mrs Stevenson, expressed her great pleasure at the welcome, and gave a stirring address. At the conclusion little Miss Snow presented her with a handsome bouquet of violets and prim-

roses. Afternoon tea was handed round, and several musical items were rendered. The schoolroom was beautifully decorated, also on the platform was our banner, and on the table was a large globe with white satin tied round it. The schoolroom was filled to its utmost. The evening meeting was held in the Municipal Hall, and was well attended. The Mayor occupied the chair, united choirs leading the singing and Mrs Stevenson's hymn, "All Round the World." Mrs Stevenson spoke on "The Bright Side of the Temperance Reform." At the close a number of questions were answered.

We are very thankful that Mrs Stevenson and also Miss Powell's visits have been a great success. We are pleased to record that our membership has almost doubled, and more new subscribers' names handed in for the WHITE RIBBON paper.

On August 28th Mrs Stevenson passed through Palmerston North. The members of the W.C.T.U. Union entertained her at an "At Home," at the residence of Mrs Hodder, Ferguson Street, and Mrs Stevenson gave a stirring address. At the close afternoon tea was served by the hostess. While Miss Powell was visiting us she gave her two popular lectures to good audiences.

### Congress of Nations.

#### ASHEURTON'S UNIQUE ENTERTAINMENT.

An entertainment, the Congress of Nations, was held in the Oddfellows' Hall on August 24th, when a large audience assembled. Fully six hundred persons were present and the interest never flagged. Mrs W. T. Lill, presided, and with her on the platform was Mrs Cole, N.Z. President of the W.C.T.U. The entertainment, in which about eighty performers took part, proved to be an educational treat, conveying to the minds of those present what has been accomplished by the W.C.T.U., and what is now being done throughout the world. The Grand March of the Nations was most effective, the performers passing in review before the audience to the strains of martial music. Each representative was dressed in national costume, supported by an attendant, in white, carrying the flag of her country, and followed by two little white-robed maidens. Attendant and "Maids" each wearing sashes denoting their nationality. Britannia (Miss McLaughlan) led the way, clad in loose flowing robes of white, and bearing her insignia of powers, typical of the proud land she so ably represented, haughty, dignified, imperial. She was followed by three attendants, dressed to represent one of the national colours—red, white and blue. Then followed Scotland (Miss E. McLaughlan), Ireland (Miss Kingston), Wales (Miss M. Rattray), Australia (Mrs Liddell), Maoriland (Miss C. Smith), India (Miss Thompson), Canada (Miss Rattray), America (Miss Butterick), France (Miss F. Smith), Germany (Miss Askin), Africa (Miss H. Williams), Norway (Miss Chapman), China (Miss Good), and Japan (Miss Andrews). Mrs Lill spoke briefly on the work of the W.C.T.U. Several solos were effectively rendered, after which the curtain rose, revealing Britannia, enthroned in regal splendour in the midst of her representatives from every part of her vast Dominions. The envoys from other lands presented themselves before Britannia, whom they greeted, at the same time reporting on the work done in their part of the world. Mrs Cole gave an interesting address on the origin of the

W.C.T.U. movement, its effective work and its wonderful success.

The Hall was beautifully decorated with flags, foliage, etc. The accompaniments were efficiently played by Miss K. Hoskew. At a late hour, the very enjoyable entertainment was brought to a close by singing the National Anthem.

### Wellington District Convention.

This Convention opened in the Alicetown Congregational Church at 10 a.m. Mrs Boxall (district president) being in the chair. The following were present:—Wellington, Mrs Boxall; Hutt, Mrs Keay; Petone, Mrs Rouse; Levin, Mrs Prouse; Secretaries: Wellington, Mrs Hayes; Petone, Mrs M'Ewan; Hutt, Mrs Chatfield; Treasurers: Wellington, Mrs Houlder; Hutt, Mrs Routly; Delegates: Wellington, Mrs Spearman and Mrs Miller; Levin, Mrs Jones; Lower Hutt, Mrs Jansen; Masterton, Mrs Kavanagh; Petone, Mrs Murgatroyd.

Lower Hutt reported that good work is being done in sending papers, magazines, and temperance literature to backblocks and light-houses; flower work had been carried on, flowers being sent to the sick people of the district, a small text being tied to each bunch. The medal contest is being made a special feature in this Union, the purpose being to educate the young people on temperance principles. Petone reported district visiting, sending out literature and in various ways helping in the work of the W.C.T.U. Levin is proud to have amongst its members some of the best women in their district, women who are prepared to undertake any work, however humble, for the uplifting of humanity. There is not a great scope for work in a small centre, but good has been done by this branch in writing to women who are stationed away in the bush, and largely cut off from association with fellow women.

Wellington women are doing excellent work. Home steamers are met, and young girls arriving in the Dominion are invited to the girls' rooms, where regular classes are held to help and encourage them. Classes are also held at which the girls receive instructions in certain branches of dressmaking. A pledge-signing campaign was decided on, each member to provide herself with a pledge book and secure pledges.

It was reported that Wellington, Lower Hutt, and Petone Unions were sending Home frozen sheep and also clothing for the poor of London, these goods to arrive Home in time for Christmas. Clothing is also being collected for the poor of the Dominion and forwarded to Sister Isobel.

It was decided that letters of sympathy should be sent to the family of the late Mrs Jackson, of Petone, also of the late Mrs. Chaple.

At the afternoon session, Mrs Boxall read an interesting letter from Mrs Ostler, who is at Home in England, concerning the suffragists and their doings.

It was decided to hold the district convention annually, and that the next convention be held at Masterton in September, 1910.

The election of officers resulted as follows:—President, Mrs Boxall; secretary and treasurer—Mrs Kavanagh.

In the evening a well attended public meeting was held in the Lower Hutt Wesleyan Church, Mrs Boxall presiding. Speeches were delivered by Mrs Atkinson, Miss Powell (or-

ganising secretary for the Dominion), the Rev. R. F. Rothwell, and Mr T. Townsend. A recitation was given by Miss Ruby Keay, winner of the silver medal, and was much enjoyed. Excellent music was rendered by a combined choir, under the conductorship of Mr Shearer, with Mr Clements at the organ. The Good Templar lodges attended in regalia.

### The "Willard" Girls' Club.—A Hamilton Innovation.

We have much pleasure in being able to chronicle the advent, of an institution which is designed to specially meet the needs of a most deserving, but often neglected, portion of our working community. We refer to girls employed in shops and offices. The movement, which is officially launched on its career of usefulness originated with the Womens' Christian Temperance Union. The fact that many young girls employed in shops and offices in the town, had to take their daily mid-day meal under the most uncomfortable and adverse circumstances had not escaped notice. A committee was set up, and a scheme evolved, a suitable room acquired, furnished and equipped, and everything apparently needed to make a success of the movement. The organization is in the form of a club, to which the name has been given of the "Willard Girls' Club." The direct object aimed at is to provide a pleasant room in which the mid-day lunch may be taken in comfort. The club will provide tea, coffee, or cocoa, for which a charge will be made to each member of six pence per week, which with a nominal entrance fee will, it is confidently expected, cover all the expenses incurred. The room has been comfortably equipped by members of the Womens' Christian Temperance Union, and friends. It will be open daily from 12 noon, to 2 p.m., and from 5 p.m. to 7 p.m. on Saturday evenings to suit the convenience of those girls who work on Saturday nights and have to take tea in town. One or two ladies will be present daily to attend to the comfort of members. The club does not supply food, but will provide a warm, cosy room in which girls may take their own lunch in quietness and in comfort. The qualification for membership is extremely simple. It is that a girl shall feel that what the "Willard Club" is offering is just what she needs. No question of religion enters into the membership qualification.

### Additions to Victoria Home for Friendless Girls, Invercargill.

Certain additions have recently been made to the Victoria Memorial Home for Friendless Girls, whereby the usefulness and effectiveness of that philanthropic institution have been considerably extended. The new wing to the present building at the corner of Conon and Tweed streets comprises three rooms. The largest of these, the Maternity Ward, is a bright and cheery room, 24 feet by 20 feet, well ventilated without being draughty, and admirably suited for the requirements of skilful nursing.

There are three beds in the ward, but the apartment is sufficiently roomy to accommodate eight or nine patients, provided, of course, the beds were there to receive them. Adjoining the larger room, and opening out of it, are two smaller rooms. One of these is the nurse's



room, an adjunct the lack of which has hitherto been a serious handicap to the Home.

The kitchen has been repainted throughout with Bon-accord paint which, as every housewife knows, possesses the advantage of being washable.

The dormitory room in the Home is fitted up with six beds, separately curtained, these being as the name of the establishment implies, at the disposal of such friendless girls as apply for admittance. Before the addition was built, this room was also used for nursing, the matron's bedroom adjoining being used for the same purpose. The thoughtful provision of what is called the box-room enables any case which, in the matron's opinion, calls for isolation, to be kept constantly under that lady's supervision, and apart from the other occupants of the dormitory.

Perhaps the most interesting room in the whole building is the babies' nursery. There were eleven children, all boys, in the Home at the time of the visit which inspired the article. It was just about their feeding time, and the sight of that bevy of newly-wakened babies, all under two years of age, all fat, and happy, and active, sprawling contentedly over the carpet, digging industriously into the recesses of the "toy box," clambering into the ever-ready arms of the nurses, or clutching tenaciously at kindly skirts, was a memorable experience. No more convincing comment is required concerning the valuable work which is being carried out by the matron, Nurse Pay, and her assistant, Nurse Ferguson.

## Official Correspondence.

Cashmere, Christchurch.

DEAR SISTERS,

Will any of you that have money in hand for "Maori Work" forward it as soon as possible to Mrs McCombs, New Zealand Treasurer. Also any money that may have been collected for the Organising Fund. As Miss Powell is now working as organiser, it must be understood that all collections made at her meetings are devoted to our Organising Fund. I hope you will not let our Franchise Day on September 19th be forgotten.

Yours for "God, Home,  
and Humanity,"

F. COLE,  
N.Z. President.

### Miss Powell's Address.

Until Friday, Sept. 24—P.O. Waipukurau  
 " Thurs., " 30— " Waipawa  
 " " Oct. 7— " Feilding  
 " " " 14— " Blenheim  
 " Monday " 18— " Nelson

## Correspondence.

### Dancing.

(TO THE EDITOR WHITE RIBBON.)

DEAR MADAM,

I feel bound to take exception to the sentiments expressed in the article entitled "Dancing v. Purity," appearing in the August number of your much appreciated paper.

As one accustomed to think of this amusement as a proper and healthy recreation if kept within its bounds, it is appalling to me to see it credited with all these attendant horrors, which I scarcely like to write down.

I am not advocating a pet amusement. Dancing, even when as a young girl I engaged in it, never engrossed or infatuated me. I preferred the more sociable "social," where one could talk or sing or play games.

Scripture asserts, however, that there is a time to dance. In Ecclesiastes also we are warned "Be not righteous overmuch,—Why shouldst thou destroy thyself?"

Imagine a Virginia Carvel, a Heg, a Jo, a Beth or Amy, harbouring the unmodest sentiments regarding the dance which the writer of the article hints at. There is much about dancing, as carried on in the present day, one would wish to see altered—the late hours, the unwholesome supper, the high heeled shoe, the unnecessary and silly expenses sometimes indulged in. It is a far cry from the sentiments connected with the dance as described by the Puritan poet.—

"Come and trip it as you go  
 "On the light fantastic toe"

The writer of the article "Dancing v. Purity" will not let any luckless individuals who in their time have danced, give credit to themselves for any virtue whatever. I fancy such should say, "I am not affected in that way," then her nature must perforce be cold and reserved!!

Surely much of this is Puritanism gone mad. Let it be understood I do not care for dancing. When an invitation to one comes, I am relieved to find a committee meeting, or any kind of meeting, to be on the same evening, so as I may with some excuse absent myself to get the rest I require. But I believe the majority who dance, dance for the exercise. Over and over again, I have seen girls dancing together and enjoying themselves amazingly.

Human nature is weak, we all deplore the fact, but I cannot bring myself to believe that it is so utterly depraved as to seek an outlet for its vicious appetites in the dance.

In concluding, I would desire to give honour to the brave women who will not suffer vice in any form, who expose the dangers and follies attending our modern society in its business and in its play; but I also wish to say that evil, and not good, will come of the attempt to frown down innocent amusements, to suspect evil, where it is non-existent.

Faithfully yours,

S. EMMA MCCARTHY.

DEAR MADAM EDITOR,

I was glad to see that splendid article in the August number of the WHITE RIBBON, "Dancing v. Purity."

May it be a guide to parents who, up to this time, have been uncertain as to the advisability of allowing dancing amongst their young people. The testimony against dancing by those who have enquired into the matter, seems overwhelming. In the face of such testimony we must all admit that dancing endangers the purity of our young people—boys as well as girls. There is one phase of the question not mentioned. Is dancing really the healthy exercise which many upholders of the dance contend?

In a paper, "Special Medical Directions for Women," issued by Mrs Martha M. Allen, our World's Superintendent of Medical Temperance, she quotes the following words of Dr. Cordelia A. Greene, of Castile, New York, Sanatorium for Women: "Avoid thoughts, feelings, reading, or any excitement or association which sends the nerve currents and blood powerfully to the pelvis. If you dance, do not take the exercise more than fifteen minutes at any one time, and only three times during one evening. I do not value dancing as an exercise, for the severest strain comes directly and unduly upon the heart and lower part of the trunk."

We are obliged to heed words of warning like these, spoken by so great an authority, and this certainly does away with the notion of dancing being a healthy exercise.

Sincerely yours in the work,

C. M. NEAL.

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The Editor cannot promise to insert anything in the next issue that does not reach her by the 8th of the month.

### THE WHITE RIBBON.

Editor - - Mrs Oldham, France Rd., Napier  
Associate Editor - - - Mrs Low, M.A.  
Business Manager - - - Mrs Oldham

## The White Ribbon.

For God and Home and Humanity.

THURSDAY, SEPTEMBER 16, 1909.

### DANCING.

WHEN discussing questions on matters of general interest, it is difficult for those who have only an outside acquaintance with the facts of the case to see things in the same light as those who are intimately concerned. One of our correspondents speaks of dancing as a proper and healthful recreation, but adds—*if kept within bounds*. Therein lies the crux of the question: what is within bounds? Another correspondent entirely does away with the idea of it being a healthy exercise for anyone, by quoting the words of a high authority. And its own advocate deprecates late hours, high-heeled shoes, unwholesome suppers, &c. But far worse than these can be, is the vitiated atmosphere and the often immodest dress, combined with the dangerously arranged cosy corners for sitting out. Workers who spend time in finding and reclaiming those who have left Christian homes and the loving arms of mothers, whose hearts are breaking, have no need to *suspect* evil of the dance—the evil is before them continually. It is certainly more comfortable to go through life avoiding all dark places, and keeping severely away from those who have fallen out of the ranks of pure society; but "facts are stubborn things," and it is the duty of all who are working to make the world a purer place for the tread of the little feet coming on, to acquaint themselves with *facts* concerning the so-called select dances of the present day. We could

give instances known to ourselves where the first downward step was taken at a birthday dance, and almost under the eyes of those who should have guarded. In many cases the first glass of wine is offered and taken at a dance, and this is a fruitful cause of ill. Not long ago a motherless Christian girl asked for advice on dancing. She had been brought up to enjoy it and to consider it an innocent recreation, and had only been taken to those of the most select kind. But her modest nature became alarmed at the things she saw allowed by her own friends, the cheeks that were inflamed by the excitement of wine, or supper dishes in which wine was used as part of the composition, and the suggestive meanings of look and gesture. Indeed she felt that if she wished to keep her own self-respect she must give up this amusement. We are afraid that it is only too true that our workers among the submerged tenth find that wine and dancing are the two things most responsible for the downfall of girls from Christian homes. It seems to us there is need for Christian people and Churches to hold aloof from all that is questionable. We know the dancing that was not reprobated in the Bible was not of both sexes embracing each the other as is seen to-day. When Miriam danced it was alone or with her maidens, likewise David alone before the Lord. We are told to "avoid the appearance of evil." And it cannot be any help to the growth of grace in the character of a Christian girl to be held in close contact by the man of nicotine-smelling and alcohol-flavoured breath and in many cases of vicious habits. It is time to acquaint ourselves with the truth of this matter, and draw aside the curtain that screens much that ought to be known to W.C.T.U. workers, but that it is impossible to write plainly of in the pages of this paper.

### ORGANIZER'S REPORT.

On August 10th I travelled to Lower Hutt, breaking the journey at Masterton where I met the local Union, who were eager for a visit. The District Convention at Hutt proved a great success. After the close I returned to Masterton, gave a talk to the girls and did a good deal of visiting. The following Tuesday six or seven of us drove out in the rain to the house of Mrs Te Tau and organized a branch there, having a most interesting time. Mr Anaru, the only gentleman present, made a very fine speech, expressing his appreciation of the W.C.T.U., and his conviction that wrongs would never be righted until the women and the men stood side by side in the

work of moral reform. He and his wife had been working in the Temperance Cause for twelve years, and were delighted to join the Union. The following day a special meeting of the Masterton Union was held, to which the ladies upon whom I called had all been invited. However, the proverbial temperance weather was in evidence, the rain descending with almost tropical violence. In spite of this, about twenty-five women gathered, two new members being secured and seven subscribers to the paper. Next day I left the mud behind and arrived at Hastings to find the dust upon the roads thick enough in some parts to upset a bicycle. On the Friday night I assisted at the Band of Hope which has been lately started by our own women and appears to be a lusty infant. On Monday night I gave a "talk" to a small audience of girls and women, there being sundry other attractions. My visit concluded with an afternoon meeting at which two new members were initiated and four WHITE RIBBON subscribers secured. At Napier on the Thursday and Friday, I had the great pleasure of hearing Mrs K. L. Stevenson, and on the Saturday travelled down to Palmerston in her company, where the Union was kindly entertained at afternoon tea by Mrs Hodder; Mrs Stevenson giving a most practical and helpful address to the workers, dwelling especially upon the necessity for promptitude and method in the conduct of our meetings. Our distinguished visitor then took train for Wanganui.

#### SUFFRAGETTE MOVEMENT.

The following letter has been received by the Corresponding Secretary in response to the resolution of sympathy sent from the Wellington Convention:—

Congleton, 15/6/09.

Dear Fellow-Worker,

"Thank you and your dear fellow-workers of the W.C.T.U. with all my heart for the resolution of sympathy with our active, militant suffragists, who have brought our enfranchisement nearer than all the quiet, *patient*, lady-like efforts of the previous forty-three (now nearly forty-four) years have succeeded in doing. I began to work for women's suffrage in October 1865, when I formed the first W.S. Committee and collected over three hundred of the signatures to the W.S. Petition presented by Mr J. S. Mill in 1866. I heard Mr Mill (in 1865) deliver his first speech to the electors of Westminster as a Parliamentary Candidate for that Borough, and he spoke out splendidly for the enfranchisement of women, and his triumphant return to Parliament *was our call to immediate action*, and but for

the mad folly of women themselves in dividing into hostile political factions we might have been enfranchised many years ago. It has not, perhaps, been altogether lost time for women *have learned much in the interval*, and in various directions, larger education, larger freedom, and in other ways, and have become trained to take up active work in all manner of directions, and are now fitted to take their just place in the life of the community which they have trained themselves to serve and serve nobly. In one direction the delay has even helped us—our enfranchisement will now mean recognition of woman *as a sex*, as equally fitted with men to take active part in the active life of the world and equally necessary with men to the perfection of that life; and what will not a truly free, noble womanhood do for the future of the race? Whether I live to see their actual enfranchisement (at 76 life is, and must be, uncertain) or not, the issue is now absolutely assured, and the few foolish Liberal members who still refuse to understand, to feel, and to act, can no more prevent our speedy victory than they can, at will, stem the rising tide.

I am sending you a photograph of my dear child, Annie Kenny, as we stood side by side on the plinth of Nelson's Column on the day of our first Trafalgar Square Demonstration. Annie Kenny was a simple factory girl, working hard but thinking much and deeply, and gifted with the quiet dignity of a nature-made lady. She has genius, real genius and has also real power in virtue of her great faculty of loving human sympathy.

My other dear child, Chrystabel Pankhurst, has splendid powers, fitting her to be, what she possibly enough may live to be, our first woman "Lord Chancellor" or "Chief Justice," for she is a fully trained and accomplished lawyer and is none the less, but rather the more, a sweet and loving woman.

Our four hundred or more women who have been in prison for the cause are one and all-ready to go again and again if need be, while thousands more are now prepared to follow their example. Best of all, the International Congress of the Women's Suffrage of International Alliance has proved the *sisterhood* of women to be now *a fact of world-wide potency and significance*. I am glad and thankful to have lived, loved, and worked for the coming of this day, as my dear husband when in life with us, and I doubt not still does in that great Beyond where we have so many dear friends, and as does my dear son, still living and working by my side.—Cordially yours in the faith,—ELIZABETH C. WALSTENHOLME ELMY."

(N.B.—Above-mentioned photo. has been sent to Christchurch to be placed upon the wall at Headquarters.)

M. S. POWELL.

### SUBSCRIPTIONS RECEIVED

To September 8th, 1909.

To April, 1908—Mrs Hindman, Auckland, 2/6  
 To Dec, 1908—Mrs Butcher, Waimate, 2/6  
 To March, 1909—Mrs Oakley, Gisborne, 2/6  
 To April, 1909—Mrs Morrison, Waimate, 2/6  
 To June, 1909—Mesdames Mens, Napier, Stanton, Raglan; Parkinson, Greymouth; Oxenham, Gisborne; Burnett, Woodend, each 2/6; Sweetman, Greymouth, 1/3.  
 To Sept, 1909—Miss Smith, Napier, 7/6  
 To Dec, 1909—Sergt Williams, Addington; Mrs Gresham, Kaiapoi, each 2/6  
 To March, 1910—Mesdames Findlay, Napier; Cooper, Wainui, each 2/6  
 To April, 1910—Mrs Curnow, Blenheim; Mr Frederickson, Napier, each 2/6  
 To May, 1910—Mesdames Haultain, Gisborne; Freeth, Blenheim, each 2/6  
 To June, 1910—Mesdames Webster, Dalziel, Marlborough; Jackson, Martin, Wilkins, W. Parker, Grace, Blenheim; Hookham, Christchurch; J. Borrie, Waimate; H. Thomas, Hokitika; R. Black, Carlisle, Crump, Day, Dickson, Fell, Grove, King, Knapp, Lucas, Ledger, Muncaster, Page, Richmond, Rochfort, Thorpe, Wastney, Nelson; Ingram, Christie, Napier; Craig, Wanganui; Judson, Arno; Craig, Auckland; A. Graham, J. C. Graham, Gisborne; McClyment, Black's Point; Lill, Willowby; McLeod, Hampstead; F. Butterick, Wanganui; Wylie, Smith, McPherson, Butcher, Brightling, Kaiapoi; Birss, Brown, Baird, Anderson, Dewe, Hamilton, Hendry, Harper, Lennie, McGruer, Chesney, Raines, Stewart, Small, Invercargill; Misses Avison, Timaru; Atkinson, Gascoigne, Kamm, Simson, Nelson; Hodgkinson, Invercargill each 2/6  
 To July, 1910—Lady Forbes, Blenheim; Mesdames Ball, Napier; Hodder, New Plymouth; Reed, Gilmour, Wanganui; Heighway, Griffiths, England, Knight, Hastings; Pashby, Aruo; Harris, Auckland; Kent, Remuera; Ackroyd, Gisborne; Colway, Pragnell, Rayner, Ross, Te Tau, Wilton, Masterton, each 2/6; Mrs Corbett, Ashburton, 5s  
 To August, 1910—Mesdames Peck, Willowbridge; Bendeley, Christchurch; each 2/6; Miss Upward, Tasmania, 3s  
 To Sept., 1910—Mesdames Bourne, Timaru; Wilkie, Argyle East, each 2/6  
 To Nov., 1910—Miss Edwards, Gisborne, 2/6

H. E. OLDHAM,

Editor and Business Manager.

Amid all the discussion of the conservation of natural resources and the protection of the public health, a fact reported from Worcester, Massachusetts, the largest no-license city in the world, is illuminating. Records of the alcoholic ward of the City Hospital show that in that ward from May 1 to October 1, 1907, the first five months of the last license year, there were 169 cases. In a similar period of the no-license year, 1908, there were only 69 cases.



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## COURTESY.

(By Mrs. F. T. Brentnall.)

Courtesy implies politeness of manners, especially politeness connected with kindness, civility, respect, attention, affability, and graciousness, kindly words, against wounding others. These cost very little, but they are priceless in their value.

"An arm of aid to the weak,  
A friendly hand to the friendless,  
Kind words so short to speak,  
But whose echo is endless."

"The world is wide, these things are small;  
They may be nothing but they may be all."

Small kindnesses, small courtesies, small considerations, habitually practised in our social intercourse, give a greater charm to the character, than the display of great talents and accomplishments.

"Two women were conversing and one said, 'Do you know, I have learned to say 'Thank you,' to so many people since I knew you? I noticed you thank persons I never used to think of, and my first lesson was when I heard you say, 'Good morning,' and 'Thank you,' to the lift man. If a porter opened a door, I noticed you always said, 'Thank you,' and to the conductor who stopped the car, or the policeman who helped you across the street. At first it seemed queer to me, but I got to like it because I saw how pleased you made those people, and now I find myself doing it and I have taught my daughter to do it."

How much sweeter life would be if this woman's example were heeded and followed. The courtesies of the road! How rare they are!

"I expect to pass through this world but once. If therefore there is any kindness I can show, or any good I can do, to any fellow beings, let me do it now, let me not defer it, for I shall not pass this way again."

"If you have kind words to say, Say them now;  
To-morrow may not come your way;  
Do a kindness while you may,  
Loved ones will not always stay; Say them now!"

Little courtesies play a large part in our lives—both at home and abroad. As the harsh running wheel runs more smoothly when oiled, so is the wheel of life aided by the judicious use of little courtesies.

Why is this so? Chiefly because courtesy is one of the many ways of applying the Golden Rule—"Do unto others as ye would that men should do unto you."

Who amongst us likes to receive peremptory orders, or harshly spoken requests? Who likes to be commanded to "do this or that," without the little words, which are like the oil, "If you please," and "Thank you."

It is so easy to tell the little ones "to be polite," but do we all carry the lessons into our own lives? Do we remember to be courteous with our fellow-workers, our dependents, and even those in less favourable circumstances than ourselves?

"More harm is wrought by want of thought by far, than want of heart," and I fear we white-ribboners are sometimes in the category of those who act discourteously for "want of thought." I have known officers and secretaries put to much inconvenience by unanswered letters. It is very discouraging when letters of importance are left unanswered. Returns of various kinds and reports for

convention cannot be prepared in consequence.

To have them sent late is, too, very annoying. The Union is like a complicated machine—all the different parts must be in good order and work regularly to ensure success. Let me urge you to be promptly courteous.

Then there are little courtesies due to the Press. A small table, a chair, pen and ink, and all placed in a good position for hearing. A few pretty flowers will be appreciated. If a reporter cannot be spared, appoint one of your clever girls to report the proceedings in a clear concise manner—see that reports are sent daily to the press—not a day behind, for stale news is not acceptable. Speakers too, need consideration. Meet and welcome at the station, and after the meeting escort them back—instead of leaving them on a dark night to find their way along a road they do not know—with the result that they miss the train. A case like this occurred lately. Just for want of a little thought. Never forget that speakers need rest. Courtesy is the manifestation of true refinement of heart and mind.

This is the true courtesy Jesus Christ inculcates—"In honour preferring one another." "Bear ye one another's burdens, and so fulfil the law of Christ." "Let your speech be always with grace, seasoned with salt, that ye may know how to answer every man." "Be ye of one mind, be pitiful, be courteous."

Again, "The wisdom that is from above, is first pure, then peaceable, gentle, easy to be entreated, full of mercy and good fruits, without partiality, and without hypocrisy."

## Women's Christian Temperance Union of New Zealand.

ORGANISED, 1885.

"FOR GOD, AND HOME, AND HUMANITY."

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MRS COLE, Cashmere Hills, Christchurch

Vice-President-at-Large:

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### CHRISTCHURCH, W C T U

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### KALAPOI W C T U COFFEE ROOMS

**O**PEN Daily. Union meets second and last  
Wednesday, 3 p.m. Pres.—Mrs F. Harrison;  
Sec. and Agent for WHITE RIBBON—  
Mrs Soulby; Assis. Sec—Miss Blackwell, "The  
Willows"; Treas—Mrs T G Blackwell

### NAPIER W C T U

**T**HE Union meets on 1st Wednesday and 3rd  
Thursday in St Paul's Schoolroom at 3 p.m.  
Pres.—Mrs Oldham, France Road; Sec.—  
Miss Shepherd, Clive Square; Treas.—Mrs  
Dearlove, Lincoln Road; Legal and Parliamen-  
tary—Mrs Dodds; Home Meetings—Mrs  
Thomson; Press and Backblocks, Mrs Israel;  
Literature—Mrs A Williams, Raffles street;  
WHITE RIBBON Agent—Mrs Freeman, Shake-  
speare Road

### HASTINGS W C T U

**U**NION meets 2nd Wednesday in month in St  
Andrew's Hall, 3 p.m. Pres.—Mrs Venables,  
Vice-Pres.—Mesdames Tinsley, Ramsay, Boyle,  
and McLellan; Sec.—Mrs Walker, Willow Park  
Road; Treas—Mrs T. J. Thompson; WHITE  
RIBBON Agent—Mrs Griffiths

### REEFTON W C T U

**T**HE Union meets on the 2nd Wednesday in  
the month, in the Wesleyan Parsonage,  
Shiel St. Pres—Mrs McClymont, Black's  
Point; Treas.—Mrs Humphreys; Sec.—Mrs R  
Wills; Assist. Sec.—Mrs Jas. Lawn; Vice-Pres.  
—Mrs Watson; WHITE RIBBON Reporter—Mrs  
Humphries

### ASHBURTON W C T U

**T**HE Union meets on the 2nd Tuesday of the  
month in the Baring Square Schoolroom.  
President, Mrs W T Lill, Willowby; Sec, Miss  
C Thomas; Treas Mrs Kingston; WHITE  
RIBBON Agent, Miss Butterick, Wakanni

### BLLENHEIM W C T U

**T**HE Union meets on the 1st Tuesday in the  
month at 3 p.m. Pres.—Mrs Rose, Keg-  
worth; Sec.—Miss S Rogers; Treas.—  
Mrs Hay; WHITE RIBBON AGENT—Mrs W  
Parker

**W**AITARA UNION meets Last Wednesday,  
in Methodist Schoolroom, at 3 p.m. Pres,  
Mrs Cleave; Sec, Miss Lena Bayly; Treasurer,  
Mrs Isaac Elliott; WHITE RIBBON Agent, Mrs  
Herbert Joll

### PALMERSTON NORTH

**U**NION Meets First Friday, in Baptist Church,  
at 3 p.m. President, Mrs Snow; Secretary,  
Mrs F. MacDonald, Baptist Manse; Treasurer,  
Mrs G Miller, "Abrifoyle," Bourke st; WHITE  
RIBBON Agent and Badges, Miss Baker

### NEW PLYMOUTH W C T U

**T**HE Union meets the last Wednesday in the  
month in Baptist Church, at 3 p.m. Pres.,  
Mrs Brash, Ratanui, Carrington Road; Cor  
Sec, Miss Ambury, Gover st; Treas., Miss Sadler,  
Courtney st; WHITE RIBBON Agent, Miss Taunt,  
Victoria Road

### AUCKLAND W C T U

**G**ENERAL Meeting in the Central Mission  
Hall, Albert Street, 2nd and 4th Wednesday,  
3 p.m. Executive meets 2.30  
Pres.—Mrs Dewar, Pompallier Terrace, Ponsonby  
Treas.—Mrs Hughes, Mount Eden  
WHITE RIBBON Agent—Mrs R M Wallis, Mount  
Eden Road  
Recording Sec—Miss Evans, c/o Y M C A  
Corresponding Sec—Miss L N Dewar, Pompallier  
Terrace, Ponsonby

**W**ELLINGTON W C T U Pres.—Mrs  
Boxall, 23 Constable Street. Sec.—Mrs J  
Hayes, 137 Owen-st, Wellington South, Treas—  
Mrs Houlder, 108 Wallace street; WHITE RIB-  
BON Agent—Mrs Amos, Colombo Street. Union  
meets first Thursday in each month, in Girls'  
Association Rooms, at 3 p.m.  
Girls' Association Rooms, Constable Street,  
Newtown. Evening classes and socials. All  
girls invited

### DUNEDIN W C T U

**G**ENERAL Meeting held in the Y W C A  
Rooms, Moray Place, 1st Tuesday in the  
month, at 3 p.m.  
Pres.—Mrs Blair, Caversham Rise; Sec.—Miss  
Simson, King-st, Roslyn; Treas—Mrs W Evans,  
Queen-st. WHITE RIBBON Agent—Mrs H Hutton,  
Maori Hill; Agent Writing Pads—Mrs Heatley,  
3, Granville Terrace, Belleknowes; Pres Sailors'  
Rest, Mrs Pearson, Castles-st

### INVERCARGILL W C T U

**G**ENERAL Meeting held on the 1st Tuesday  
of every month in Allen's Hall, Kelvin St.,  
at 3 p.m. Pres.—Mrs Baird, Spey Street;  
Sec.—Mrs Mitchell, the Parsonage, North Road  
Treas.—Mrs Small, Gladstone; WHITE RIBBON  
Agent—Mrs Strang

### GREYMOUTH W C T U

**M**EETS 1st Wednesday in the month at 3 p.m.  
in the Vestry of the Methodist Church.  
Pres. Mrs Gaskin; Treas., Mrs Sweetman;  
Sec., Mrs Hansen

### FEILDING W C T U

**T**HE Union meets on 1st Thursday in the  
month, at 2.30 p.m., in Presbyterian School  
Room. Pres—Miss Sorley; Cor Sec—Mrs A Wil-  
liamson, The Hill; Rec Sec—Mrs J C Thompson;  
Treas—Mrs Frost; WHITE RIBBON Agent—Mrs  
Burnley; Railway Box. Mrs Shearer

### PETONE W C T U

**T**HE Union meets in the Church of Christ,  
Sydney Street, on 1st Tuesday in the month  
at 3 p.m. Hon. Pres.—Mrs Jackson; Pres.  
—Mrs G Rowse; Vice-Pres.—Mrs Huggins;  
Sec.—Mrs G D McEwen; Treas.—Mrs D B  
Howe; WHITE RIBBON AGENT—Mrs Austen;  
Literature—Mrs Corner; Visitor—Miss Dillon

### MASTERTON W C T U

**M**EETS on the First Tuesday in each month in  
Knox Hall at 3 p.m. Pres, Mrs Green;  
Sec, Mrs D'Ews, South road; Treas, Mrs Millar;  
WHITE RIBBON Agent, Mrs Rigg.

**T**IMARU W C T U. Meetings are held on the  
1st Tuesday in each month at 7.30 p.m. in  
the Sailors' Rest. President, Mrs Trott;  
Sec., Miss Avison; Treas., Miss Sibley.

### RANGIORA W C T U

**T**HE Union meets on the last Friday of the  
month in the ante-room of the Institute  
Hall at 2.30 p.m. Pres—Mrs Metherell;  
Sec—Mrs Darling, King-st; Treas—Miss New-  
ton, High-st

### WANGANUI W C T U

**T**HE Union meets in the St Paul's Classroom  
on the 1st & 3rd Friday in every month. Pres.,  
Mrs J Smith; Sec., Miss Tucker, 73, Camp-  
bell Street; Treas., Mrs Upton, 151 Victoria  
Avenue; WHITE RIBBON Agent, Miss Brechin

### NELSON W C T U

**T**HE Union meets in the Methodist Schoolroom  
on the 2nd Tuesday in the month, at 3 p.m.  
Pres., Mrs Crump; Sec., Miss M Wilson,  
Waimea Street; Treas., Miss Atkinson

### TARIKI W C T U

**T**HE Union meets in the Wesleyan Schoolroom  
on the 3rd Wednesday in the month  
President—Mrs Coutts, Tariki  
Secretary—Mrs Eason, Tariki  
Treasurer—Mrs J Therklson, Tariki

### DEVONPORT W C T U

**T**HE Union meets on the last Wednesday in  
the month in the Wesleyan Schoolroom, at  
3 p.m. Pres, Mrs Wilkinson, Grove road, Vaux-  
hall road; Sec, Mrs Veats, Lake road; Treas,  
Mrs Butler, Domain st, Devonport.

### LOWER HUTT W C T U

**T**HE Union meets on the last Tuesday in the  
month, in W C T U Hall, Queen's Road, 3 p.m  
President, Mrs Keay, Alicetown; Vice-Presidents  
Mesdames Strand (sen) and Jansen; Sec, Mrs P  
Chatfield; Treas, Mrs Routely, Trentham; Supt  
Literature, Mrs Chatfield; Supt Bible Reading in  
Schools, Mrs Reade; Supt Flower Work, Mrs  
Jeffries; Supt Medal Contest, Mrs Shepherd;  
Press Work, Mrs Jansen; WHITE RIBBON Agent  
Mrs Ledbrook

**L**YTTELTON W C T U meets in the Metho-  
dist Schoolroom on 1st, 3rd, and 5th Wednes-  
days in the month. Pres.—Mrs Whitby;  
Sec.—Mrs Bromley; Treas.—Mrs Clark

### HAMILTON W C T U

**T**HE Union meets on the 1st Thursday of the  
month in the Methodist Schoolroom. Pres.,  
Mrs J T Horne, Hamilton; Sec., Mrs J M Jones,  
Kirikiriroa,; Treas., Mrs Hardley, Kirikiriroa.

### GISBORNE W C T U

**U**NION meets 2nd Thursday in the month in  
the Presbyterian Schoolroom at 3.30 p.m.  
Pres., Mrs A Graham, Kaiti; Sec., Mrs  
N F Walker, Fox Street; Treas., Mrs Malcolm  
McLeod; WHITE RIBBON Agent, Mrs Akroyd

### LEVIN W C T U

**T**HE Union meets on the 1st Wednesday in the  
month, at 3 p.m. Pres., Mrs Jas Prouse,  
Queen street; Sec., Mrs Gibson, Winchester  
street; Treas., Mrs Ransom, Kent street.

**W**AIPAWA W C T U meets on 3rd Thursday  
in the month at 3 p.m. Pres.—Mrs Bibby;  
Vice-Pres.—Mesdames Cowx & McLean; Sec—  
Mrs Wilson; Treas—Mrs H. McLean; WHITE  
RIBBON AGENT—Miss Barnett