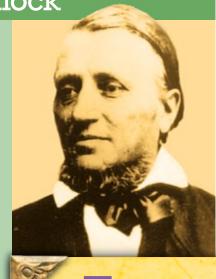


What lists could you make in your journal? Maybe you could make a list of the children in your Primary class or a list of your favorite books.

Thomas Bullock



Thomas Bullock kept the official journal for the first group of pioneers who traveled to the Salt Lake Valley with Brigham Young in 1847. **Brother Bullock** made lists. He wrote the names of every person who traveled west with him. From this list we know exactly who was on that trek.



By Marilyr

n these pages you can see fo than 150 years ago by early them, you may get ideas of what yo Try to write in your journal as often up and have your own children, yo your journal so they can know wha their age!



Luke Johnson

If you have a favorite food, you could copy the recipe in your journal.



Here is a picture of Luke Johnson's journal. He also traveled with Brigham Young as the company doctor. In those days, a doctor had to make the medicines he used to help people get well. He wrote the recipes for his medicines in his journal.

Mills for Liver Complaint Take the white of here dang I part through dear Ganteline and roll in flow of I thin Sout it with some of wintegreen Store on large fails & times a day Take Spignet S. Elm bak and Compey Poil Will in loof Sugar useful in weak Momack and genelal debilaty The 2.14 and mousting

Appleton Harmon



Two ideas of what you could put in your journal come from Appleton Harmon's journal. You can see that he put down the dates of when he wrote. That's very important. Always put the date so you won't have to wonder about when you wrote something. Appleton also sketched what he saw as he traveled west.





In your journal, you could draw a picture of your family or of an event in your life such as a piano recital. You could also draw what you see when you look out your window.

ne Linford

our journals that were kept more pioneers. By looking carefully at ou can write in your own journal.

as you can. Then when you grow u can share some things from at you were like when you were



Eliza R. Snow was the first secretary of the Relief Society. She wrote about what happened at meetings she attended in a special book. Because she did this, we know what happened at the very first Relief Society meeting.

Sister Snow wrote poems in her personal journal, including the lyrics for 10 of the hymns in our hymnbook.

Charles of the Charles of Marie 1 Mari

When you want to remember a talk from sacrament meeting or a story you heard in Primary, you can write it in your journal. If you like to write poems, your journal is a good place to keep them.



Eliza R. Snow