**States of the United States**

1. Alabama
2. Alaska
3. [Arizona](http://www.ilru.org/html/publications/directory/arizona.html)
4. [Arkansas](http://www.ilru.org/html/publications/directory/arkansas.html)
5. [California](http://www.ilru.org/html/publications/directory/california.html)
6. [Colorado](http://www.ilru.org/html/publications/directory/colorado.html)
7. [Connecticut](http://www.ilru.org/html/publications/directory/connecticut.html)
8. [Delaware](http://www.ilru.org/html/publications/directory/delaware.html)
9. [District of Columbia](http://www.ilru.org/html/publications/directory/DC.html)
10. [Florida](http://www.ilru.org/html/publications/directory/florida.html)
11. [Georgia](http://www.ilru.org/html/publications/directory/georgia.html)
12. [Hawaii](http://www.ilru.org/html/publications/directory/hawaii.html)
13. [Idaho](http://www.ilru.org/html/publications/directory/idaho.html)
14. [Illinois](http://www.ilru.org/html/publications/directory/illinois.html)
15. [Indiana](http://www.ilru.org/html/publications/directory/indiana.html)
16. [Iowa](http://www.ilru.org/html/publications/directory/iowa.html)
17. [Kansas](http://www.ilru.org/html/publications/directory/kansas.html)
18. [Kentucky](http://www.ilru.org/html/publications/directory/kentucky.html)
19. [Louisiana](http://www.ilru.org/html/publications/directory/louisiana.html)
20. [Maine](http://www.ilru.org/html/publications/directory/maine.html)
21. [Maryland](http://www.ilru.org/html/publications/directory/maryland.html)
22. [Massachusetts](http://www.ilru.org/html/publications/directory/massachusetts.html)
23. [Michigan](http://www.ilru.org/html/publications/directory/michigan.html)
24. [Minnesota](http://www.ilru.org/html/publications/directory/minnesota.html)
25. [Mississippi](http://www.ilru.org/html/publications/directory/mississippi.html)
26. [Missouri](http://www.ilru.org/html/publications/directory/missouri.html)
27. [Montana](http://www.ilru.org/html/publications/directory/montana.html)
28. [Nebraska](http://www.ilru.org/html/publications/directory/nebraska.html)
29. [Nevada](http://www.ilru.org/html/publications/directory/nevada.html)
30. [New Hampshire](http://www.ilru.org/html/publications/directory/newHampshire.html)
31. [New Jersey](http://www.ilru.org/html/publications/directory/newJersey.html)
32. [New Mexico](http://www.ilru.org/html/publications/directory/newMexico.html)
33. [New York](http://www.ilru.org/html/publications/directory/newYork.html)
34. [North Carolina](http://www.ilru.org/html/publications/directory/northCarolina.html)
35. [North Dakota](http://www.ilru.org/html/publications/directory/northDakota.html)
36. [Ohio](http://www.ilru.org/html/publications/directory/ohio.html)
37. [Oklahoma](http://www.ilru.org/html/publications/directory/oklahoma.html)
38. [Oregon](http://www.ilru.org/html/publications/directory/oregon.html)
39. [Pennsylvania](http://www.ilru.org/html/publications/directory/pennsylvania.html)
40. [Rhode Island](http://www.ilru.org/html/publications/directory/rhodeIsland.html)
41. [South Carolina](http://www.ilru.org/html/publications/directory/southCarolina.html)
42. [South Dakota](http://www.ilru.org/html/publications/directory/southDakota.html)
43. [Tennessee](http://www.ilru.org/html/publications/directory/tennessee.html)
44. [Texas](http://www.ilru.org/html/publications/directory/texas.html)
45. [Utah](http://www.ilru.org/html/publications/directory/utah.html)
46. [Vermont](http://www.ilru.org/html/publications/directory/vermont.html)
47. [Virginia](http://www.ilru.org/html/publications/directory/virginia.html)
48. [Washington](http://www.ilru.org/html/publications/directory/washington.html)
49. [West Virginia](http://www.ilru.org/html/publications/directory/westVirginia.html)
50. [Wisconsin](http://www.ilru.org/html/publications/directory/wisconsin.html)
51. [Wyoming](http://www.ilru.org/html/publications/directory/wyoming.html)

**Capitals of the United States**

1. Albany
2. Annapolis
3. Atlanta
4. Augusta
5. Austin
6. Baton Rouge
7. Bismarck
8. Boise
9. Boston
10. Carson City
11. Charleston
12. Cheyenne
13. Columbia
14. Columbus
15. Concord
16. Denver
17. Des Moines
18. Dover
19. Frankfort
20. Harrisburg
21. Hartford
22. Helena
23. Honolulu
24. Indianapolis
25. Jackson
26. Jefferson City
27. Juneau
28. Lansing
29. Lincoln
30. Little Rock
31. Madison
32. Montgomery
33. Montpelier
34. Nashville
35. Oklahoma City
36. Olympia
37. Phoenix
38. Pierre
39. Providence
40. Raleigh
41. Richmond
42. Sacramento
43. Saint Paul
44. Salem
45. Salt Lake City
46. Santa Fe
47. Springfield
48. Tallahassee
49. Topeka
50. Trenton
51. Washington