

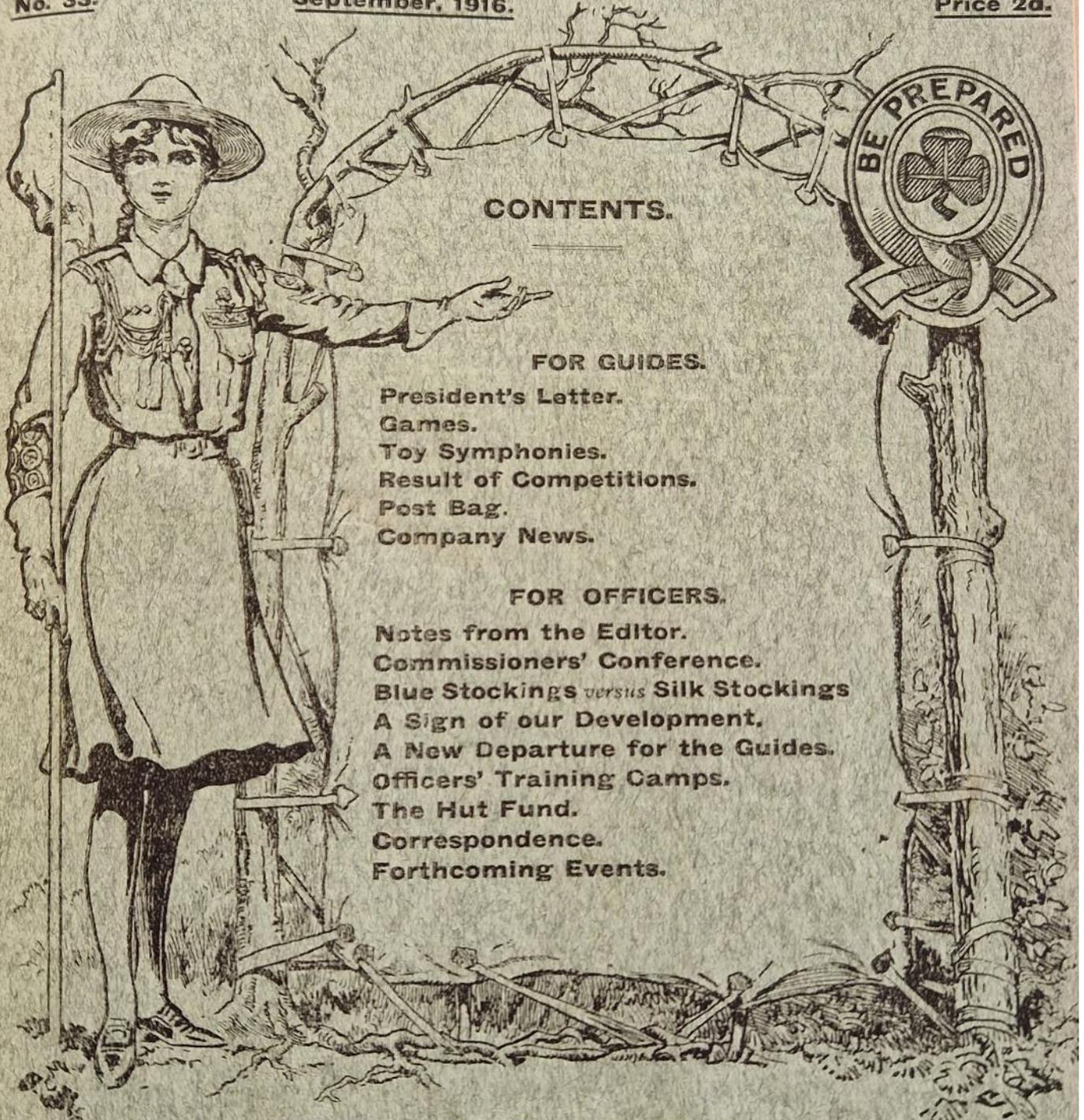
Girl Guides' Gazette

Official Organ of the Girl Guides Association. Incorporated by Charter.

No. 33.

September, 1916.

Price 2d.



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Turn to the right and keep straight

Founded by Lt.-Gen. Sir Robert Baden-Powell, K.C.B.

President, Miss Agnes Baden-Powell

Cash must be enclosed unless a Deposit Account has been opened.

THE GIRL GUIDES.

(INCORPORATED.)

116 VICTORIA STREET, LONDON, S.W.

TELEPHONE: VICTORIA 7876.

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(Through Secretaries only)

These Prices are subject to fluctuation.

GIRL GUIDES' GAZETTE

Vol. III. No. 33.

SEPTEMBER, 1916.

Price 2d.

FOR GUIDES.

PRESIDENT'S LETTER.

September, 1916.

MY DEAR GUIDES,

All the summer we have enjoyed the pleasure of Nature's loveliest flowers, and now with the harvest time those lucky Guides who are able to get out into the fields and lanes will find each little flower busy making its seeds, to increase its family after its kind. The tall crimson foxgloves here, and the pretty white ones, have made quantities of seeds, and I am collecting them to plant in my garden.

Have you, too, found many seeds for your beds and pots and window-boxes?

We are having a great bombardment with the noise of explosions and shots flying on every side, for here in the Highlands the golden broom is plentiful, and the balsam bursts its pods with loud reports and shoots its seeds a great distance.

Even the modest violet hurls her seeds yards away from her. In almost any lane you may see the pretty cranesbill's pink flower, and their seed-pods, which are so cunningly contrived (like David's sling) to shoot off their seeds in five directions at once.

How some of you would enjoy the fruits here, for there are hundreds of acres of raspberry plants!

In some places jam making is the chief occupation just now, and the problem is not only how to get enough sugar, but even for bottling fruit, the difficulty is to get glasses enough.

I hear, though I have not tried it, that you can economise your sugar by putting some salt in it.

Mix with your fruit a heaped-up teaspoonful (i.e. one and half drachms) of salt to

every pound of fruit, with four to six ounces of sugar.

Blackberries however, require only three ounces of sugar with a teaspoonful of salt, whilst such fruit as damsons need six ounces to the pound.

A Scotch lady has been making very nice apple jam with *honey*.

This also can be made with less honey if you use salt too. Her recipe is to take 1 ounce of Demerara sugar with 4 ounces of honey and 1 teaspoonful of kitchen salt. The apples should not be too ripe.

If you seek for the opportunity of doing the Good Turn we all try to do, you will easily find a sister Guide who needs help in training for her Second Class test, or even a newly joined girl who does not know her Tenderfoot tests. To labour cheerfully is a help to everyone around you. Labour to keep up that sisterly bond of union between all Guides, and try to help us to increase the *esprit de corps* and love between every one of our girls.

The British nation in this great trial will need all the help you can give, and if we want a sound nation we must have girls with sound characters.

Let us remember that you cannot be standing still in your life.

You are either going forwards to bravery or you are sliding backwards to cowardice.

You have to be always watching to see that your Honour, your Truth, your whole Character is not slipping backwards, but is daily improving, and this is a thing you can do entirely for yourself.

What we call the British nation is made up of people like you and me; each one of us helps to make up the nation.

What each one does in the long run forms the character of the nation. We have got to keep up the reputation and the good name of our British nation, and it depends on each one of you separately to do it.

There are no girls so well able to carry it out as our Girl Guides.

Do look out now after dark for the lovely star called Altair (Aquilæ), and for the brilliant blue star, Vega. As I told you in a previous Gazette, the Lyre was supposed to have a little eagle on it, represented by Vega.

The star groups of the Summer Birds are still to be seen overhead. Southwards, the Swan like a very large cross, and the great Eagle just where three stars lie in a straight line leaning obliquely down from West to North.

High up in the North-West you will see Hercules and Bootes fighting for the Crown. Note the crimson ruby jewel called Gemma in the middle of the coronet.

Lower down are all the sea-side star groups, fishes and whales, and the brilliant little constellation, the Dolphin.

Far below this, and close to the Whale, you see the Fomalhaut, a great big Australian star belonging to the Fish group. All these appear about the time when many people go to the sea-side, after the Summer Birds have flown westwards.

Yours sincerely,

AGNES BADEN-POWELL.

GAMES.

By A. MAYNARD.

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We have, through out Chief, learned something of the moral and educational value of games, but we might make still greater use of them than we do for illustrating the practical application of the tests learned, and for giving practice in those easily forgotten.

In a game we create an atmosphere of real life, often to the point of panic, and the consequent practice in keeping one's head.

With a little thought many of the 1st and 2nd Class tests can be incorporated into well-known games.

The first two examples show the value of a "bowline."

"Bowline prisoners."—A good game to play in a wood, with two or more patrols.

Each Guide provides herself with a piece of cord, not less than $\frac{1}{4}$ yd. long, which is slipped under the shoulder strap, or through the tie, the end hanging down behind.

The game now consists in removing the cord of a Guide on the opposing side, and shouting "Prisoner," after which this Guide must submit to be taken to a tree, and have her hands tied behind her, round its trunk. Each wrist must be tied separately. No Guide can be made a prisoner while she has another Guide's cord in her hand.

If a knot other than a bowline is used, the prisoner will find that by placing her thumb into the loop round her other wrist the knot can be worked loose, and her hand withdrawn, setting her free.

The side that wins is the one that has secured 3 or more prisoners first, the number to be settled according to the number of Guides playing.

When trees are not available, the prisoners may be fastened to scout poles, held horizontally by two Guides.

This also forms a good trick for winter evenings.

Guides should challenge their friends to make them a prisoner in this way, and then, with their faces to the Company, release their hands. When some one discovers how it is done, the Guide should secure this persons hands by means of bowlines, when they will find their discovery of no use.

Blind horses.—An amusing game to watch. It is played in heats—4 Guides at a time.

The ground should be laid out like a croquet lawn, hoops being represented by sticks or stones or two Guides may form the arches where there are a number of players.

Through these arches the drivers have to guide their blind horses, by means of a life line tied to their arms, and used like reins.

At the sound of a whistle each pair starts from opposite posts, following the usual croquet course and returning home again. An umpire should be stationed to each end and blow her whistle as the blind horse grasps the winning post. The centre arch should be double to avoid a collision.

If slip knots have been used instead of bowlines, they will gradually become so tight that it will be impossible for the horse to know whether she is being pulled to the right or left, and she will consequently wander helplessly about instead of going through the arches.

Good turn race.—Inter-Patrol.

Eight or 10 senior Guides are placed in a field about 50 yds. apart. Each of these Guides has some imaginary trouble or difficulty, and asks the players as they pass what they would do to help her; if they give a correct answer she hands them a slip of paper with her initials, and they pass on to the next.

The players are started from the winning post at intervals of about $\frac{1}{2}$ minute each and visit all the Guides in turn. Any player may stop and consider her answer until the next arrives on the scene, when she must pass on, with or without her ticket. The Patrol that wins is the one with the greatest number of tickets.

Some suggestions.

S. Guide No. 1 (with a child lying apparently unconscious on a lonely road): "I found this child here, I think that motor car must have knocked her down, can you help me carry her home?"

A good answer.—"No, we might shake her head too much, go to — police station and ask them to send an ambulance."

S. Guide: "Sorry I am a stranger." "Then you stay here and watch that no one moves her while I go."

S. Guide No. 2 (with a cycle): "Could you put my seat down, I can scarcely reach the pedals?"

Player.—Takes spanner out of cycle bag and shows which way to turn the nut.

S. Guide No. 3: "Please direct me to the station?"

Player.—Must give correct and clear answer, but on seeing another player coming may end directions by saying, "and then ask again."

The questions when possible should admit of one correct answer, and one that does not take a long time to consider.

The skill consists in giving a good answer in a limited time.

After the race is over, each Guide should repeat for the benefit of everybody what she considers the best answers she received during the game. This game takes a little time to arrange, and when there are sufficient girls, two should be placed at each post from different patrols to safeguard fair play.

Morse snap.—A good indoor game is snap played with morse cords. The game is played like snap, but the letter must be called out after the word snap. Thus: "snap B," or "snap V." Four cards must be made of each letter.

Semaphore Snap is played the same way, the cards should be coloured and squares of stamp paper placed in the correct position to represent the flags, the stick being marked in ink.

In both cases a line should be ruled to mark the bottom of the cards, otherwise mistakes will occur, through reading the letters upside down, through reading the letters upside down.

HOW TO WEAR YOUR ALL ROUND CORDS.

All round cords are worn in pairs. Take one pair of cords, double them in half, and put them round the right upper arm. Put the tassels through the centre of the cord, pull tight and then place the tassel-ends under the flap of the right pocket.

TOY SYMPHONIES FOR DISPLAYS.

By "CAPTAIN ROY."

I do not know whether many Companies have tried a "Toy Symphony" as a change from the usual routine of a G.G. display. My Company has tried two, and we have met each time with great success.

A Toy Symphony is usually rather amusing, and the first difficulty is to get the Guides to realise that to be really amusing to others they themselves must be quite grave, otherwise in the course of splutters of laughter—arising, say, from the "cuckoo"—she will be unable to blow the instrument when the time comes—or, worse still, will blow it out of tune—and thus lose the rhythm which is absolutely essential in the successful production of a toy symphony.

Give your musical Guides such instruments as the nightingale, the cuckoo, or triangle, because you need a certain amount of expression in the manipulation of these toys which an unmusical girl will fail to put.

The only musicians required are the pianist, violinist, and (if you are fortunate enough to get one) the 'cellist, and the conductor. All the others need only to blow or beat the toys in strict time, although the difficulty of their task will be greatly lessened if they have a good ear for music, and all who take part must be able to read music. The conductor must know every line of the piece thoroughly, otherwise she will be worse than useless. She must know exactly where and when all the toys should be playing, so that she may wave her baton frantically at the unhappy "triangle," who by looking about her has lost her place hopelessly, and failed to come in when required. A toy symphony well rendered seldom fails to really amuse an audience.

If any Captain knows of another symphony besides Romberg's in C and Blagrove's "Village Fête," would she kindly let me know through the GAZETTE?

RESULT OF COMPETITIONS

for Prizes offered by the British
Women's Patriotic League.

The League presented £10 to provide prizes for the winners of the following four competitions. Cooks, Laundress, Florist, Dairy Farmers. We greatly regret that no Laundress or Florist competed. The result of Cooks' competition is as below

COOKS and DAIRY FARMERS.

1st Prize, 30/- Mary Stainthorpe, 3rd West Ham, 10 Barley Lane, Goodmayes.

Menu of dinner for one person. Cost 1/-

1st Course: Cod Cutlet 3d., Potatoes ½d., Peas ½d. Tomato Sauce 1½d., Bread Roll 1d., Sundries ½d.—7d.
2nd Course: Fruit 1d., Milk 1½d., Sundries ½d.—3d.
3rd Course: Coffee and Biscuit 2d. Total 1/-.

This was an excellently cooked and served dinner. It consisted of:—

A cutlet of cod fried in batter, nicely browned and tempting looking, accompanied by thick tomato sauce, a good dish of fresh green peas (boiled), enough for two helpings, and boiled new potatoes, (three good sized ones).

Stewed plums followed, nicely cooked through, but still unbroken, and junket. There was a large dinner roll, to go with these good things, and a cup of coffee and two biscuits to follow.

And there was a daintily painted and neatly printed menu card sent with the dinner.

2nd and 3rd Prize divided between the following:—

10/- Patrol Leader May Thomas (Cornflowers) 1st Llanfair Company.

1st Course. Fried chop, boiled peas and potatoes, mint sauce.

2nd Course. Cornflour shape, stewed gooseberries, cream.

Note. Cream for 2nd Course was skimmed from milk for Cornflower shape.

10/- Corporal Kathleen Owen (Lilies), 1st Llanfair Company.

1st Course. Fried chop and tomato. Boiled peas and potatoes.

2nd Course. Sweet Omelette and Jam.

In both cases the dinner was cooked out of doors and was excellent. The vegetables being specially tender.

DAIRY FARMERS (POULTRY).

The 1st Prize of 30/- was awarded to Corporal E. Richards, Clwyd Bank Dairy, Clwyd Street, Ruthin.

2nd Prize 15/- to Corporal May Williams, 21 Pen-y-Beyn Farm, Llanfwrog.

Result of Miss Baden-Powell's Competition.

6 Jam Tarts

6 Small Loaves

The 1st Prize of £2 has been forwarded to the two Guides of the 19th Liverpool Company, Edith Holden; Evelyn Lidsbam.

2nd Prize £1. Ada Shepherd, 1st Bethnal Green.

Except in the case of the Prize Winners, this Competition was very poor. Practice up your cookery, girls, and do better in the next Cookery Competition. You know we asked you to make bread; not Hand Grenades!



HOWTH.—Thank you for your letter. We welcome the new Company of Guides.

"INTERESTED ONLOOKER."—We think you do not quite realise that there are over 40,000 Girl Guides, and that reports are sent in concerning them all. It is therefore impossible for us to undertake to publish any report "exactly as it is written." Some day, when the Guide GAZETTE is as large as the *Times*, we shall be able to do what you ask, and will do it with pleasure.

ENQUIRER.—In reply to your questions:

(1) The Finisher's and Dressmaker's Badges are worn as well as the Laundress and Needlewoman's Badges, but as the Needlewoman's Badge is included in the First Class test it cannot count for the All-round Cords. (2) The 75 per cent. attendance marks must still be gained for the Star with First Class test as given in the pink book the green ground. (3) The rules for the must be adhered to.

PHOTOGRAPHER.—Photographs for reproduction must be very clear indeed, with good clear detail, and in arranging the picture take special care of effect of light and shade, grouping, etc. One of the best photos for reproduction we have had for some time has been sent by the Captain, 16th Liverpool (Blind School). It is very clear, the grouping is natural, and one can see the cooking lesson actually going on, the girls absorbed in their work, with no appearance of being posed in front of an intimidating camera. Make your groups natural, and let there be some interest in the picture beyond a mere photographic group. In the photo mentioned we see the potatoes and onions being undressed for the Irish stew, the stock for soup sleeping in its basin, the four eggs inviting the bread to help with a queen of puddings, and two young cooks getting ready a custard.

COMPANY NEWS



(We shall be glad to print in these columns reports of the doings and progress of Companies, which should be as brief as possible. It would be a good plan for each Company to appoint one of its officers or members as correspondent to the "Gazette." She would then be responsible for reporting all the more important events in the history of the Company and any matter of general interest to our readers.)

ENGLAND.

1st Brooke have been very busy, selling programmes for Red Cross Funds, cleaning local Red Cross Hospital floor, painting a flagstaff to be used at the school on Empire Day, earning money to go towards the Recreation Hut, hay-making, the Guides giving half their wages to their funds.

10th Hull (All Saints) Company, Hull.—This Company is only 6 months old, and has 44 Guides, who have had a most enjoyable week in Elloughton.

1st and 2nd Alresford Companies.—On August 21st 16 Guides and Brownies and 3 Officers of the above Companies helped at a fête given in Tichborne Park in aid of the County Hospital and Red Cross Funds.

Paignton.—The 1st Paignton Company, at a recent fête in aid of the Blue Cross and Convalescent Home for Blind Soldiers, at Torquay, had charge of a "hoop-la" and took over £5.

The Lewisham District Camp was held this year from July 28th to August 18th, in Foxlease Park, Lyndhurst, Hants, by kind permission of Mr. and Mrs. Saunderson, and consisted of between fifty and sixty Officers and Guides of the various Companies.

4th Brighton Company—Report that much steady practice in patrol work has been had, and several members of the Company enjoyed a week at the Girl Guides Camp held at Sheffield Park, organised by Mrs. A. O. Jennings, Commissioner.

1st Barnet Company.—Some members of the Company have been spending a fortnight at Northan, Herts. The cooking was done out of doors on a camp fire.

Bristol.—The Guides were inspected in the grounds of Ashton Court on the occasion of Sir Robert and Lady Baden-Powell's visit. Although there was very much to be seen and done, Lady Baden-Powell found time to shake hands with the 1st Class Guides, and her kind words of encouragement and enthusiasm were much appreciated.

1st and 2nd Latimer and 1st Harrow Road Companies spent a very enjoyable holiday at the sea. The Guides occupied an empty house, and did the cooking and work themselves. Several learnt to swim.

1st Bath (St. Lukes).—Thirteen Guides of this Company spent three weeks in Camp on the coast of North Somerset, owing to the kindness of Mr. Luttrell. The Guides were at work every day, thistle cutting, harvesting, weeding and cutting and stacking bracken and so on, with cycling expeditions to some of the beautiful combs in the hills.

1st Buckton Vale.—The consecration of the Company flag and Union Jack was attended by over 200 Guides from Ashton, Dukineld, Mossley and Stalybridge. The consecration service took place in St. James' Church, Millbrook.

Bath, Heather's Own (3rd Bath).—Very interesting geological expeditions were made to Wick Rocks, Chedda Gorge, Glastonbury, Salisbury Plain, Brockley Combe and Avon Gorge.

Newton Abbot.—Members of the 1st Newton Abbot Company went into Camp. Patrol-leader L. E. Cox acted as "Volunteer Organist" in the parish church.

Ilkeston.—The 3rd Ilkeston (E.A.) Company of Girl Guides (29) thoroughly enjoyed their week-end camp at New Nuttall, Notts. The village was very favourably impressed by the behaviour of the girls.

Howth.—A Company of Guides has lately been formed in Howth. A magazine, to which all the Guides contribute, has been started, called the "1st North Dublin Review."

Shooter's Hill.—A successful entertainment was given by the 1st Shooter's Hill Company at their headquarters, Lowood. During the evening an excellent display of ambulance work was introduced into a play acted by the Guides and their officers. Mrs. Walter Roch, Commissioner for S.E. London, presented the Badge of Merit to Guide Flora Macdonald for her presence of mind and pluck in rescuing a child who, whilst paddling at Hastings, had got into deep water.

Exeter.—Thirty of the 2nd Exeter Company, with the Captain and 1st Lieutenant, went into Camp at Starcross, from August 6th to 15th, where they spent a most enjoyable nine days. First Aid lectures were given every morning by Lieutenant Phillips, as many of the girls are working hard for the badges.

Wigston.—Mr. Hincks, of Wigston Hall, most kindly lent an empty farm to the 1st Wigston Company. The Guides took over part of the work, e.g., cleaning out cow-sheds, pig-sty and farm-yard, and scouring milk-pails, churns and milking machines.

Richmond.—Lady Cave has appointed the Hon. Mrs. Hancock, chairman of the General and Executive Committees, to be Assistant Commissioner. The Guides have been working well at their garden which begins to show signs of responding to their care.

Lowestoft.—Last month six Guides of the 1st Lowestoft Company spent a happy week gardening at Somerleyton Rectory, where they did their own cooking at an open fire, and slept in bunks on the shelves of the apple chamber.

Bridgnorth and District.—A most successful rally of the Bridgnorth and District Companies was held at Oldbury Grove. The Commissioner (Mrs. W. O. Wilson) inspected the Companies.

SCOTLAND.

Midlothian (Edinburgh).—The 4th Midlothian Girl Guides held a very successful cake and candy sale, at their headquarters, on Saturday, July 1st. They made £3 13s. and sent it to the headquarters for the Hut Fund.

Broughty Ferry.—Twelve girls from the 1st Dundee Company, 5th Forfarshire, are weeding and keeping the garden of the local hospital where they work for two hours at a time.

OVERSEAS.

Bahamas.—The 1st, 2nd and 3rd Bahamas Companies marched in force to attend the service at the Cathedral on Empire Day. In this tropical island the Guides wear a very neat and suitable washing uniform made of white drill (cut exactly by the official pattern) and plain white linen hats.



The 16th Liverpool Company, our blind Girl Guides of the Wavertree Blind School, Liverpool are learning to cook, four little girls (see photo) have gained the Cookery Badge. It is probably the only Blind School where Cookery Classes have been established. Great credit is due to the girls and to their instructors.

DON'T THROW AWAY—

Tea Leaves—They should be sprinkled over the carpet when it is being swept.

Candle-ends—They should be wrapped in a piece of paper and used for lighting the fire.

Paper Bags—Cut them open and use them for lining cake tins, draining fried food on, and wrapping up sandwiches.

Orange and Lemon Peels—They should be dried and used for flavouring puddings and sauces. They can also be used to light fires.

Pieces of Soap—They should be put in a jar and boiling water poured over them. This soap jelly is splendid for washing woollens.

Scraps of Bread—Use up all you can for bread puddings, and dry the remainder, crush them with the rolling-pin and put in a tin, and use for coating fried fish, cutlets, boiled ham, etc.

Now that winter is coming along we shall be thinking of extra bed-clothing, and as new eiderdowns might be said to rank as luxuries during War time, I am going to tell you how to make a nice warm quilt.

Two old blankets will be sufficient for one quilt. First of all arrange the thick parts of one blanket over the thin parts of the other, tacking them together through their whole thickness so as to keep every part in place.

Now comes the cover. For winter use I should advise a Turkey twill or bright-coloured cretonne. Slip the blankets into the cover, and quilt it with a darning needle and linen thread. If you are using fancy material a plain binding about four inches deep round the edges makes a nice contrast.

A NOBLE EXAMPLE.

We greatly regret to hear of the death of Mrs. Hitchins, a former member of the Girl Guides Headquarters Committee, who recently passed away at Brighton, where she was beloved and revered by all classes of the people. During a long life she used her time, her talents, position and influence as a sacred trust for her country's good. Mrs. Hitchins was deeply interested in the Girl Guide movement, but failing health prevented any very active part in the work, much to her regret. In his address at the graveside, the Archdeacon of Hastings, said, "There has been no waste of powers in her life, which she so unselfishly consecrated to her country."

HOW TO REMOVE STAINS.

Iron Rust. Rub the spot with lemon juice, salt and sun bleach it. Repeat the process if necessary. When using strong acids stretch the fabric over a bowl of water, thus controlling the spread of the acid.

Blood Stains. Wash the fabric in cool water until the water remains colourless, then wash it in lukewarm soapy water.

Paint or Varnish. Dissolve the spot with turpentine, benzine, or gasoline. Alcohol will wash away linseed oil.

Fruit Stains. These should be removed as soon as possible. Stretch the fabric over bowl and pour boiling milk or hot alcohol on the spot. Heat the alcohol over hot water.

Coffee or Tea Stains. Pour on the spots boiling water from a height. Glycerine is a solvent for the colouring matter.

Scorch. Unless a very deep burn, wash and hang fabric in sunshine. Repeat until stain disappears.

Motor Grease. Rub butter or lard into the stain, let stand fifteen minutes, wash in the usual manner.

GIRL GUIDES' DIARY.

The Girl Guides Diary for 1917 is now ready. Price, bound in leather, with pencil, 1s., cloth 7½d., plus postage, 2d. Last year many of you were disappointed because all the copies were sold before you sent your order. This year secure your copy of this valuable little book.

THE PATROL SYSTEM.

"The Patrol System." Price 6d., postage 2d. This book will be much appreciated by Patrol Leaders. It gives useful information upon such knotty questions as:—

- How Can a Leader Lead?
- When Should a Leader Lead?
- The Court of Honour.
- Patrol Instructions in Second Class Work.
- Patrol Instructions in Proficiency Badges.
- Patrol in Council.
- Patrol Competitions.
- Difficulties, etc., etc.

HOW TO MAKE SWEET CASES FOR SALE.

Required:—Some White Card. Some Crinkled paper, pale pea-green and salmon-pink or red and white, etc. Silk Cord.

The cases may be any size. Useful ones might be four inches square at the bottom, allow 1½ inches to fold up at sides without cutting it off. When the ends have been folded and turned up, cut a slit as far as the bend, so that the two sides may be refolded across the ends and fixed by sewing or glue. Cut a strip of card 1 inch wide and about 10 inches long, as a handle, round which twist some coloured paper, sew its ends at the sides of the basket. Sew a bow of the two colours on the top. Make a ruck two inches deep of the two coloured papers, to be sewn on to the sides of the basket. Run a gathering thread along the middle of the frill and sew or glue the middle of the frilling to the card. A silk cord tied round the middle adds greatly to the finish.

The lady in charge of the Guides' work in a branch of the War Office writes:—"Though sometimes forgetful as all children are, I have been very satisfied with their work. They are quick and intelligent and never make mistakes in carrying messages. Their behaviour is satisfactory while at work here, and I should think it would be correspondingly so while out for a walk in the middle of the day. I often meet them and have always found them well behaved. They have a very great idea of honour and are thoroughly trustworthy."

A member of Headquarters Committee has had an opportunity of observing some excellent work by the 1st Walworth in a London hospital, especially the work of two little girls who had not been able to go to Camp. One helped in the linen room. The Matron of the hospital greatly appreciates the work of the Guides, and speaks very highly of their helpfulness, their obedience, and sense of discipline, and their good behaviour. This is the kind of news we like to hear, Guides.

KEEP YOUR SPONGE NICE.

It is difficult to clean a sponge that has once become slimy to touch and musty to smell, so try to keep yours in good condition. Never throw it carelessly down after use, but always free it from soap-suds by squeezing it in fresh water, then hang it to dry where the air can get all round it.

Dry it in the sunshine whenever possible, or in front of a fire.

It is a good plan to have a wire sponge-basket hung near the window where the sun and air will get to the sponge without further trouble being taken.

If the sponge does become sour and sticky, give it several thorough soakings in vinegar and water, or strong soda water, and put it out to dry. This should render it quite sweet again and fit for use.

FOR OFFICERS

EDITORIAL

Our Apology for the New Cover.

If anybody had questioned whether esprit de corps existed in our Movement or not they would quickly have had any illusions dispelled when the results of the Hut Fund were published.

What a splendid response it was.

Where we expected, at the outside, four or five hundred pounds over two thousand rolled in!

It is therefore with absolute confidence in this spirit that we have this month taken over the editing and publishing of our Gazette ourselves.

It is perhaps a bold step, but we hope that it will not be a risky one because we are relying not only on the continued support of our members, but on their personal help by suggestions and ideas, and by their persuasion of others to become subscribers.

There are such immense possibilities in it for disseminating ideas, and, more especially, for spreading the true Guide spirit that any effort made in its behalf will not be thrown away but will be a useful step in a good cause.

Please help your Editor!

A Commissioners' Conference.

The organisation of counties is now going on space. A meeting of County Commissioners is to be held early in October, to go into questions of organisation with me and to bring forward the needs of the centres they represent.

In this way we hope to arrive at a general standard of development throughout the country and to ventilate a number of suggestions which will be valuable to our future progress.

It is hoped that later on a Conference of District Commissioners and Captains may be held for discussions of steps to efficiency in training.

Blue Stockings versus Silk Stockings.

The war has upset many of our former notions; it has even found niches for wasters. Even the "knot" with his lilac socks and well groomed hair has come into his own.

He has shown himself as disdainful of danger as he formerly was frightened of mud.

But the fact that a dandy can be a soldier and a reliable man has long been understood in the Army. Indeed, among the rank and file a smart looking, well groomed man is almost invariably a better soldier in a crisis than his more slovenly, and, therefore, less self-respecting and less self-disciplined comrade.

And I believe it to be the same with women.

In the arguments that have cropped up from time to time about the Girl Guides' uniform one cannot but feel in agreement with those who maintain that a neat and attractive form of dress has a real value in our work.

We have to avoid the two extremes of an imitation military uniform covered with adornments such as would lead to the feeling that show is the main object of our existence; and on the other hand a dowdiness which means slackness and slovenliness of mind and habit.

A golden mean should have the effect of winning the more frivolous minded to a sense of neatness rather than display while leading the more careless to a better standard of self-respect.

Just as some people think it necessary to be long faced if you believe in religion, so others think it essential that a clever woman should be dowdy.

I have always had my own doubts about the validity of these ideas, and I was glad to have my opinion confirmed at a meeting of the Society of New Ideals in Education at Oxford last month.

Here was a very representative assemblage of women of light and leading in the world of thought. I looked at their ankles

to see if they really wore blue stockings, and what do you think?

Even the most learned lady doctor among them was in open work stockings and neat shoes.

I came away much enlightened—and much refreshed!

[Incidentally it may be noted that the description of the Girl Guide movement with its aims and methods, was followed with the closest attention and evident appreciation.]

Home Defence.

As regards the part that the Girl Guides should play in the matter of defence, I had laid it down for them before the war was thought of, namely, that they should form themselves into ambulance corps wherever they may be, ready to lend a hand in the event of any fighting; by being trained not merely to the ordinary First Aid, but to finding their way about the country; by being able to follow the tracks of the wounded to find them in their hiding places; by being able to rig up shelters, boil soup and make stretchers and mattresses out of material available on the spot; by being able to signal their whereabouts and needs, and to improvise ambulances and dressing stations and to bring in the wounded, and to give them First Aid and nursing until better arrangements are available. If their club rooms are also prepared as hospitals, whether in the case of air raid or invasion, so much the better. But the whole training would be practical and would put them in a position for doing actually useful work in support of that done by the Volunteer Defence Force. But I think it needs no fresh organisation for the purpose but merely the emphasising of what is already a part of their training and intention. Where they make themselves efficient for such work the Commissioners can well report to the local military authorities that detachments are available at such and such centres properly trained and equipped for the work, and their services would then no doubt be fully utilised.

A Sign of our Development.

There has of late been an unexpected run on the handbook of the movement, "How girls can help the Empire," and it has come at a most inconvenient moment, the original edition being sold out and the difficulties owing to the war of re-publishing a new and

corrected edition being for the moment insurmountable.

Therefore a few thousands of copies of reprints have been hurriedly made to meet the demand, in order that the general outline of the training should be available for use.

But I would warn the buyers that the details of Badge tests, organisation by-laws, etc., are out of date; and that the new conditions of these are all contained in the "Book of Rules, Policy and Organisation" (price 4d., postage 1d.), obtainable at Headquarters, 116, Victoria Street, S.W.

A New Departure for the Guides.

We are getting very up-to-date.

A film has just been produced giving the activities of the Girl Guide Movement and affords a most interesting half-hour's entertainment. It is fully descriptive of and illustrating some of the varied forms of work pursued by the sister-hood, from the ceremony of investiture to the cleaning of a pig-stye.

Two of the outstanding features of the film are perhaps the smartness of drill of a large body of girls in the picture and the very impressive procession of motor and cycle ambulances manned and worked by Guides.

It is a series of pictures which cannot fail to instruct, and at the same time to impress those who are not as yet aware of the inner meaning of the Movement.

The Officers Training Camps at Boxmoor and Worthing.

Up a hot steep hill where one wanted Kashmir "Chaplis" on one's feet to grip the slippery grass.

A rose-bowered house with a glorious outlook over woods, hills and dales in the haze of August sunshine.

Tents for eight Patrols on the green sward—spick and span.

Patrols of Guides at work—but all the Guides were grown up.

The Officers Training Class.

Tracking instruction on a watered bit of ground.

Rapid signalling going on alongside a peaceful herb-collecting party.

An injured patient was being bandaged and nursed back to life in a hospital tent outside which a map-making Patrol was plotting in the surrounding garden.

Knots and lashings with big ropes were being practised close by.

And near to where the embers of the camp kitchen glowed, and the hay-box was silently cooking the lunch, was to be seen the triumph of the camp—the grease and soak pit!

Discipline was everywhere apparent. In one Patrol even was it so rigid that as they marched I saw a sudden smile come on every face. It was so simultaneous that nothing will persuade me that the squad had not received the order, "Grin," followed later, no doubt, by the "Cease Grin."

But I may say that, whether ordered or not, that smile was to be seen everywhere that day, and it was a sign to me that there was something in the camp that counts more than discipline, more even than efficiency, and that is THE RIGHT SPIRIT.

The right spirit counts more than all of them because it is the source of them all.

The details of the training were in every way practical and up-to-date.

The pupils came from every corner of the Kingdom, so that before these notes will have appeared in print the good that emanates from this little camp will already be spreading itself among the Guides in wide directions.

Another very successful officers' training class was held at Worthing (Sussex), in August, where nearly forty Captains went through a course under the direction of Miss Thorndike, of the Headquarters Executive.

Their work was helped by Miss Malcolm, the Commissioner of the Y.W.C.A. The Commissioner for Sussex also spent two days with the class looking into the work.

East and West.

Mr. Will Crooks, at a meeting at which I was present the other day, gave us a pleasing little anecdote of the meeting of extremes—the lady of the West End with the lady of the East End.

The latter was selling flowers in Piccadilly Circus when her fashionable sister came to buy.

"What lovely flowers—and so cheap! I must come to you again. Will you have a specially good lot for me on Thursday next. I want them for my daughter. It is a great occasion. She is to come out that day."

"Bless her dear 'eart! She shall 'ave the werry best I can get 'er. What was she in for?"

R.B.P.

THE GUIDES AND MEDICINAL HERBS.

With reference to the suggestive article in our last number on this subject, Officers will be interested to learn that in his presidential address to the British Pharmaceutical Association, at Edinburgh, Sir Edward Evans advocated the extension of herbal farms in the United Kingdom and the British colonies. Mr. Herbert Evans, a nephew, followed with a paper giving details which he is now being called upon to repeat for the information of various organisations. He points out that neither collection or cultivation can be successful unless accompanied by skilled supervision and an abundant supply of labour. He thinks the Girl Guides could be useful in collection and crippled soldiers and sailors in cultivation. The educational efforts of the Board of Agriculture have his commendation.

THE HUT FUND.

The Hut Fund closed with a splendid Subscription list of £2,323 10s. 5d.

We beg gratefully to acknowledge the following amounts:—

Canadian Girl Guides, £152 9s.; 2nd Cornwall, 15s. 7d.; South African Girl Guides (2nd instalment), £8 10s. 6d.; Kemes Girl Guides, £5 5s.; Croydon Girl Guides, 8s. 6d.; Jamaica Girl Guides (2nd instalment), £2; Halifax Girl Guides (3rd instalment), 10s. 6d.; 4th Oxford, 7s. 6d.

In response to a request, we publish the names of the largest subscriptions received—Aberdare Girl Guides, £160 10s. 7d.; Canadian Girl Guides, £152 9s.; Manchester, £127 12s. 7d.; Middleton Tyas, £122 2s. 3d.

Guide Officers are still wanted to help at the Girl Guide Recreation Hut in France.

They should be prepared:—

(1) To stay for a period of three months at the Hut.

(2) To pay all their own expenses (with the exception of rent).

Further particulars will be sent on application to Lady Baden-Powell, at Headquarters, 116, Victoria Street, S.W.

Guides will read with interest the following letter:—

1st August, 1916.

Dear Mesdames,—I have recently been in France, for the purpose of visiting Y.M.C.A. Centres in the various Bases, as well as in advanced positions. In the course of my tour, I had an opportunity of seeing the Hut you so kindly gave, and I am sure you will be glad to know of the splendid work that is being done there, and how thoroughly the men appreciate the facilities it offers for recreation.

At the same time, I should like to again express to you our cordial thanks for your generous and sympathetic co-operation in the work we are doing.

Yours sincerely,

(Signed) ARTHUR K. YAPP.

National Secretary.

To The Girl Guides.

TO COMMISSIONERS AND OFFICERS.

Please remind your Guides that the Basket Making Competition will close on October 29th.

The prizes are awarded by the Countess of Ancaster: 1st prize, 10s. 6d.; 2nd prize, 7s. 6d.; 3rd prize, 2s. 6d.

The basket may be of any size or shape, but no wood boards may be used.

Points will be awarded for (a) Usefulness; (b) Neat work; (c) Elegance of design.

All baskets must arrive at Headquarters (116, Victoria Street, London, S.W.) not later than by October 29th next. Each must be accompanied by a signed letter certifying that the basket is the unaided work of the Guide.

Of course, if competitors like to send more than one basket each, so much the better.

Now then, basket workers, here's a splendid opportunity of winning a badge and doing a good turn at the same time.

If you do not know how to make a basket, send for a copy of "Basket Making at

Home," price 1s., post free 1s. 4d., from Guides' Headquarters, 16, Victoria Street, London, S.W.

CORRESPONDENCE.

Dear Editor,—May I ask you once again to call the attention of your readers to the fact expressed by the Headquarters Committee of the undesirability of letting Guides in uniform sell flags. The mere practice of selling flags is so utterly inconsistent with Guide principles that on that score alone it seems wrong for Guides to do it, but of course in addition to that there is the fact that it is so often harmful for young girls to just stand about in the streets like that. It is not that kind of publicity that will raise Guides in the public estimation.

GUIDE CAPTAIN.

Dear Madam,—Would it be a workable idea to suggest to each Troop that any Guide who gains a prize in Sunday School this year should ask to be awarded the money, to be given to her Captain and the whole sent in by Headquarters as the "Guides' Christmas Gift" to the Red Cross Funds. A piece of paper could be given to the child at the distribution so that she would have something to show that she had gained a prize, and in many cases the prize books are never opened.

N. GRAY,

Newcastle, Co. Down.

FUTURIST writes *re* Guides and home defence:—"Though I am a Suffragist (cheer up!), I do not believe in towing the Guide organisation at the heels of any 'woman movement,' whether it be religious, political or social. Let us teach the jolly little girls to be self-respecting human beings, with a sense of right, honour, duty, and a sense of humour too (this prevents priggishness), and train them to work as well as play. Then they will sort themselves out later on into Motor Corps, Perambulator Corps, Kitchen Corps, Emergency Corps, Home Makers Corps, Flying Corps, Light Infantry Corps, or anything else they feel fit for. We should take a bird's eye view of the whole Guide training and the wide world it has around it to spread in, not a worm's eye view of a little bit of it, bounded by the garden wall."

Captain's Conference.

Miss Anstruther Thomson, the Commissioner for South London, has arranged to hold a conference for London Officers, and sends the following information for Guide Officers wishing to attend:—

A Conference for Officers of the Girl Guides in the London District will be held on Saturday, October 7th, at

The High School,
Norland Square,
Holland Park Avenue.

(by kind permission of Miss Berryman), commencing at 3.30 p.m.

Guide Officers are requested to communicate at once with their Commissioners, stating whether they wish to have places reserved for them for tea, price 7d. a head.

The object of the Conference is to give Officers of Guides an opportunity of putting forward their views, so it is hoped that many of them will come forward with subjects and questions for discussion.

The Officers' Training School is starting a course of handicraft lessons at 8, Kinner-ton Street (kindly lent by Mrs. Lumley Holland), on October 3rd.

Those wishing to attend these classes should apply to the Hon. Secretary, Miss Hetherington, at the above address.

THE GUIDE IDEALS.

By A LIEUTENANT.

Before you can try to live up to the Guide Ideals, it is necessary to realise what they are. There are many Guides who join merely for the fun they can get out of it, without pausing to think what it means to have "Be Prepared" for one's motto. Even when they have become Guides and have made the promises, they let things slide and lose sight of the ideals, in the rush of every-day duties. It is difficult at first to remember the good turn, and Loyalty has rather a vague sort of meaning; while as for Guide Law; well, it seems unnecessary to sit down and ponder over its meaning.

It's all quite simple, and "to come to Guides" is a very pleasant way of spending an evening or an afternoon not otherwise

occupied, and so long as nothing more attractive turns up, the girl is a fairly regular member.

But this sort of person is not a true Guide, and a Company which has any members of this description of more than six months standing is a bad one, and is no credit to its Officers or Patrol Leaders.

In the first place, it is the Officers who set the standard and make the ideals of the Company, and the Leaders and Corporals must pass them on to their Patrols. If there is any flaw in the chain, the Company loses the whole point of its being, and must try to make a fresh start—or consider itself a failure. It is the loyalty of the Leaders to their Officers, and the Guides to their Leaders that goes half way to making a good Company.

If the Officers and Patrol-Leaders lose sight of the ideals, how can they expect the juniors to do their best to live up to them? It is only by facing responsibilities that the best will come, by forming high ideals of what a Company should be—always making the standard a little higher.

Aim high and you may achieve something, but aim low and you stick in the mud, content with a few badges, a little discipline, and a little smattering of everything. Aim at the highest; let the Officers and Leaders have a high ideal of what the standard of efficiency should be both in work and play, in smartness, in general tone and small details; but to get anywhere near these ideals they must be prepared to work, and ready for many set-backs and disappointments. The best cannot be expected in a day, but the surest method of obtaining it is in insisting on attention to the small things, and then the larger ones will take care of themselves.

Remember, it is easy to give an order, but see that it is carried out quickly, smartly, and willingly. There is no room in a Company for the girl who would receive all, and give nothing—who comes with the idea of having a good time herself, and cares nothing for the Company.

Loyalty to GOD, the King, and the Company, the spirit of willingness and helpfulness at all times, (not merely when you feel like it) and the knowledge of how to carry out an order fully, EFFICIENTLY, and at once, should be the aim of all Guides and Officers who would like to have a really Guide-like Company.

BRAVE DEEDS.**Silver Cross.**

Awarded to Guide Kathleen Crane, Second Working Company.—Some children were playing by the River Wey, when a small boy of two years fell into the water, which was here eleven feet deep. Although there were several older people present, no one did anything but Guide Crane, who—without hesitation—jumped into the river and succeeded in rescuing the child. The child would undoubtedly have been drowned but for Guide Crane, and as she is only eleven years old, and very small for her age, and the water was very deep, she ran considerable risk in rescuing him.

Badge of Merit.

Awarded to Lieutenant A. Whyman, First Alderley Edge Company.—For having done her duty as a Guide "exceptionally well" for a number of years. She has devoted all her time to the Guides, and has helped other Companies besides her own. She has taken all the First-Aid and Sick-Nurse classes for the Company, and since November, 1914, has had the entire supervision (besides taking an active part in the work) of the Girl Guides' Red Cross Laundry at Alderley Edge, in which a large daily wash is done for the local Red Cross Hospital. This is a "long service" award.

A Certificate of Merit.

Awarded to Lieutenant Toll, First Bowes Park Company.—Word having been brought to Lieutenant Toll that a Boy Scout had fallen out of a tree, and was thought to have broken his leg, she hurried to the scene of the accident, where she found the boy lying on the ground, surrounded by a crowd of people, who were doing nothing to help him. She took charge of the situation, and gave the boy first-aid, bandaging his leg, etc. A bystander then took the boy to a doctor in his car, accompanied by Lieutenant Toll, who was much complimented by the doctor on the manner in which she had attended to the case.

Badge of Merit.

Badge of Merit awarded to Jean McNish, of the Toronto Girl Guides.—The accident

happened when the Company was at camp last Summer at Port Credit, on Lake Ontario, a few miles from the city.

One afternoon the Captain invited two or three of the mothers and younger brothers of the girls to come out for the afternoon. One of the girls, with a small boy of about eight or nine years, went out in the punt, a boy a little older rowing them. The two were sitting on the end of the boat, and in some way or other both fell off suddenly into the water. The older boy did not think that it was very deep and did not know that the little fellow could not swim and rowed quickly away. Jean McNish, who is about fourteen years old—caught the little boy as soon as he came to the surface and held him up until the boat was brought back. Had she not had the presence of mind to go to his assistance at once the consequences might have been serious, as they were some distance from shore, and far beyond their depth.

Silver Cross of Merit.

Silver Cross awarded to Ethel Lewis, of the Ontario Girl Guides, who performed a very heroic deed when she rescued a baby and two or three smaller children from her home when it was on fire. She went back into the house for the baby when the firemen couldn't venture in, and managed to escape with only scorching her hair.

Badge of Merit.

Guide Valentine Hohler, 1st Knightsbridge Company, has been awarded the Badge of Merit for specially good work as an individual Guide and for her Company.

AMERICAN GIRL GUIDES.

We are glad to have by this mail most gratifying reports of the progress of the Girl Guides in America, who now mount up to some ten thousand in numbers.

To Mrs. Low the credit is due of having started and organised it, and she has just brought out an excellent handbook, on the lines of our own, but adapted to life in America.

The Guides are already beginning to prove their worth, and a notable instance

has occurred in the gallantry of Mary Miller, of Montgomery (Alabama).

She was out in a boat with some friends when Mrs. Bayne and her little son were in another boat not far away.

For some reason Mrs. Bayne's boat capsized, and she and her son went under water. Mrs. Bayne was a good swimmer, but nevertheless got into difficulties owing to her son clutching her round the neck. Mary Miller at once flung off some of her clothing and her shoes, and dived in to the rescue.

She got to Mrs. Bayne and took the boy from her and swam with him to the shore, supposing that Mrs. Bayne would naturally follow. But finding that lady was still in distress, she swam back towards her, but before she could reach her Mrs. Bayne sank and was drowned; although the girl made every effort on the spot to try and get hold of her.

In telling of her experience afterwards the girl said: "The leader of our Company, Miss Sadie Dart, has always told us that whenever we were called upon to assist anyone in trouble we must never get excited, but remember our duty and perform it. So when I saw Mrs. Bayne and her little boy struggling in the water I remembered these instructions and tried to carry them out."

PARTICULARS OF SERVICE FOR DEDICATION OF FLAGS OR COMPANY COLOURS.

If the Troop Flags are consecrated the ceremony should be made as solemn as possible, and the following form of Service used:—

Minister.—Dearly beloved in the Lord, forasmuch as men at all times have made for themselves signs and emblems of their allegiance to their rules, and of their bounden duty to uphold those laws and institutions which God's Providence has called them to obey, we, following this natural and pious custom, and remembering that God Himself led His People Israel by a pillar of fire by night, and a pillar of cloud by day, are met together before God to ask His blessing on these flags, which are to represent to us our duty towards our

Sovereign and our country. Let us therefore pray Almighty God of His mercy to grant that they may never be unfurled save in the cause of justice and righteousness and that He may make them to be to those who follow them a sign of His Presence with them in all dangers and distresses, and may increase their faith and hope in Him Who is the King of Kings and Lord of Lords.

Said by all.—"The Lord's Prayer."

Minister.—Almighty and everlasting God, we are taught by Thy Holy Word that the hearts of kings are in Thy rule and governance, and that Thou dost dispose and turn them as it seemeth best to Thy goodly wisdom. We humbly beseech Thee so to dispose and govern the heart of King George Thy servant, our King and Governor, that in all his thoughts, words and works he may ever seek Thy honour and glory, and study to preserve Thy people committed to his charge in wealth, peace and godliness. Grant this, O merciful Father, for Thy dear Son's sake, Jesus Christ our Lord. Amen.

Consecration.—In the Name of the Father and of the Son and of the Holy Ghost, we do dedicate and set apart these flags that they may be a sign of our duty towards our King and country in the sight of God. Amen.

Officiating minister lays his hands on the colours here.

Any address intended to be made will now follow.

Any special prayer used by the Company.

Blessing.—

Presentation.—The Patrol Leaders who are to receive the flags are marched to a position where they will receive the flags from the officiating minister, or from the donor, to whom they are handed by the officiating minister.

Accept on behalf of your troop (in memory of) these flags, which have been dedicated, remembering the purpose for which they are blessed, the cause of which they are the symbols, and the honour in which they are to be held.

The flags are then handed to the Patrol leader, who receives them sinking on the right knee.

God Save the King.

OFFICERS TRAINING SCHOOL.

H.Q. : 8, Kinnerton Street
(kindly lent by Mrs. Lumley Holland).

The above school has been started by Mrs. Blyth for the purpose of maintaining a high standard amongst Girl Guide Officers throughout the whole country.

The aim is to make it a school of thought composed of earnest and keen officers and cadets, all meeting and corresponding together with the intention of becoming efficient Guide Officers with as high a Guide ideal as is possible.

The school began in a very small way by the meeting together of a few Captains every Tuesday in No. 8, Kinnerton Street, and courses of instruction were at once begun in signalling and drill. Shortly afterwards Mrs. Blyth started some classes in organisation, which were felt to be particularly helpful, as Captains had often been obliged to start companies in a most haphazard fashion, owing to having absolutely no previous training or experience in either practical work or in child psychology, and for the lack of that training they had found their work far more puzzling and disheartening than it need have been, and by their unorganised efforts they lost a great deal of the full beauty of the movement. This first organisation class of Mrs. Blyth's could only be taken advantage of by few Captains resident in or near London. So in May a correspondence course was started and the membership quickly rose to 120. These have been divided into Patrols, each under a Leader who is responsible for the posting of the lessons and the general keenness of her Patrol. At the close of the course it is hoped Miss Warren will hold an examination. Miss Warren (who was trained at the London Day Training College under Professor Adams) has also kindly been helping Mrs. Blyth with the correspondence lessons.

Mrs. Blyth is most anxious for the school to become a power for good in our beloved Sisterhood, and she wishes each member to realise her responsibility not only towards it but to the whole movement, and also to feel that the school is a place to come to discuss difficulties, to settle moot points, and to fulfil generally our Guide law of helping others.

Her Royal Highness Princess Beatrice has graciously consented to be the President of the Isle of Wight Girl Guides.

Her Grace the Duchess of Norfolk, President of the Sussex Girl Guides.

RHYME FOR FIRST AID.

Send for the doctor, name the drug suspected,

Keep any cup where poison is detected
In any case. What'ere the poison be
You may give water, milk, eggs or tea.
Oils may be given, but two exceptions lie—
In phosphorus poisoning or in Spanish fly.

In every case where staining is not found
To give emetics is both safe and sound.
So mix at once; be quick and don't be
flustered,

Two teaspoonfuls of salt and one of mustard.

If stains are present then proceed with care,

And of emetics most of all beware.

The poison known to make the patient placid,

For alkali corrosive, give an acid.

An acid swallowed, then reverse the matter,
And give an alkali to kill the latter.

The acid antidotes in household use

Are table vinegar and lemon juice.

What alkali to use needs no revealing;

Use whitewash, chalk, or plaster from the ceiling.

Carbolic acid poisoning: To make the patient easier,

Give tablespoonfuls two of sulphate of magnesia.

In opium poisoning he snores like some old druid;

Give him a tablespoonful of Condy's fluid.*
In strychnine, opium, where there's much stagnation,

Resort to artificial respiration.

* In half glass of water.

PRICE LIST—Continued:

	Each	Postage		Each	Postage
Astronomy for Beginners	6d.	1d.	Patrol Flags, with Emblem Embroidered in Silk	1/6	1d.
Surveying Book	3/-	1d.	Haversacks (Single Division)	1/-	3d.
First Aid Book	1/-	2d.	" (Double Division)	1/9	2d.
SONGS.					
Song of the Girl Guides	1/-	2d.	Union Jack	15/-	6d.
Ambulance Maids	1/-	1d.	Special Girl Guides' Skipping Ropes (Swivel Handles) excellent for prizes	1/-	3d.
Daughters of England	2d.	1d.	Stretcher Nets, Strong Twine Net for Ambulance purposes, poles to be slipped through each side	1/9	3d.
Land of Our Birth (Kipling)	1d.	1d.	Ambulance Outfits	6d. & 2/6	2d&3d
UNIFORM (OFFICIAL).					
Hats (Navy Felt), Chin Strap (send size)	1/6	5d.	Pouches, Strong Leather Pouch with Loop to hang from Belt to hold Ambulance Case, etc.	1/9	2d.
Ditto, Superior Quality (send size)	1/9	5d.	G.G. Lanyards	3d.	1d.
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