

GIRL GUIDES' GAZETTE

Vol. VI. No. 68.

AUGUST, 1919.

Price 3d.

HEADQUARTERS NOTICES

UNIFORM FOR SCHOOL COMPANIES.

Rules 6 (clause c) and 64, "Policy, Organisation and Rules," 1919, will be altered to read: "The school uniform or gym. dress may be worn, with the Girl Guide badge," as the wording is at present a little misleading.

ACTING CAPTAINS AND LIEUTENANTS.

These Guiders to be allowed to hold warrants and wear G.G. officers' uniform, but not to wear the Captain's and Lieutenant's brooches until qualified to obtain the full warrant.

BROWNIE RECRUIT BADGE.

The metal Recruit Badge is to be worn on the tie, and the woven bar and hand above the left breast pocket. The issue of the cloth Recruit Badge is to be discontinued, as it has been found that the Metal Badge is more popular.

AWARDS.

Silver Fish.—Lieutenant W. Withers (1st South Manchester).

Gold Cord.—Guide Hazel Reason (4th Chesterfield Seniors), Patrol Leader Alix Kilroy (4th Malvern Girls' College).

Certificate of Merit.—Patrol Leader Eva Mercer (1st Latchford), Lieutenant Pointing and 17 Guides (4th Colchester).

G.C.T.S., ABBEY LODGE, WEST MALVERN.

CORRESPONDENCE COURSE NOTICE.

Patrol Competition.—Will Patrol Leaders send in the selected paper on Camp to Mrs. Strode, St. Anne's, Mt. Hermon, Woking, by September 1st, and the selected paper on Games to Miss Wissman, Great Duryard, Exeter, by the same date? No papers can be accepted after September 1st. Please send the entrance fees for both papers to Miss Wissman, giving the names of the entries for the Camp paper.

"Ceremonial Course." Will members who desire to take the examination on this course apply to Leaders for question papers, and send in their papers with examination fee direct to Miss Wissman, Great Duryard, Exeter, not later than Sept. 7th?

Summer Term ends July 31st. Autumn Term begins middle of October (after the Swanwick Conference).

From an old sundial—

"Time passes. Summer suns will set,
Winter assail us, pain, regret,
And sorrow. But lament not—yet—
For friendship stays.

SHOP NOTICES.

During the month of August the Shop will close at 5 p.m.

We now have Girl Guide posters in two sizes, viz., 30 inches by 20 inches, price 6d. each, and 18 inches by 11 inches, price 3d. each. A blank space is left on the poster to allow of particulars of Rallies and Entertainments to be inserted.

A nice fine navy blue serge, 30 inches wide, price 1s. 10d. per yard, suitable for making into shirts and thin coats and skirts, is now in stock.

The new Guiders' jumpers are strong and well made, price 25s. each, and should fill a long felt want.

Two useful articles for camp are:—

The Life Line (ten yards long), price 4s. 6d.; and *The Indian Rubbing Sticks*, price 2s. the set.

The latter quite doing away with the need of matches for lighting fires; but at the same time, it is advisable to have a good supply of elbow grease ready when using them.

"A Guide is Thrifty"—she therefore buys the new 3d. Tenderfoot Badge.

SCOTTISH GUIDERS' SUMMER SCHOOL.

This school is being held at St. Hilda's School, Liberton, Midlothian, from August 11th to August 30th, under the direction of Mrs. Stewart (Fasnacloch), assisted by diploma'd instructors.

CALLED TO HIGHER SERVICE.

We regret to have to record the death of Mrs. Thompson, Captain of the 64th Durham (Washington) Company, on Empire Day, May 24th, of heart failure.

Articles and Reports for insertion in the "GAZETTE," letters to the Editor, and Books for Review should be sent, if possible, by the 20th of the month, to The Editor, Girl Guides' National Headqtrs., 76 Victoria Street, London S.W.

The Gazette can be sent direct by post from National Headquarters, to any part of the United Kingdom or abroad at the rate of 4d. per month (which includes postage).

Post free for a year 4/-

Subscriptions and all general correspondence should be addressed to the Secretary, at the above address.

THE CHIEF GUIDE'S OUTLOOK

(Notes by Lady Baden-Powell.)

A Royal Compliment.

A great step in the history of the Movement has been brought about in the Peace celebrations in the invitation from their Majesties for fifty Patrol Leaders representing the Guide Movement to attend the Garden Party at Buckingham Palace.

The party was given for War Workers, and thus only those who had done special work during the war were selected to attend, at the very short notice given, it was not possible to extend the invitation to those living in far away parts of the country.

But the compliment implied in this recognition of their work is intended for every Guider and Guide throughout the Movement, and especially to those who have earned the little red War Service Badge.

Uniform.

This seems to be always a source of interest, often of much discussion, occasionally of a certain amount of controversy, and sometimes even a little worry!

It is occasionally forgotten, too, that over and above the fact that the wearing of our uniform is a sign of sisterhood, there is the extra meaning underlying it that tends to make us all conform to a certain tidiness and neatness.

If you wear uniform you cannot be careless about what you put on, for it is all laid down what is correct in our kit, and just as a tram conductor does not put on a check suit or a postman wear a tall hat, so no member of our Sisterhood would want to decorate herself in anything that is not actually Guide kit in the best sense and put on the right way.

There have been lapses in the past, and in the early days of our Movement people were wont to laugh at the varied disguises that were called Girl Guide uniform. But the day for that is past; uniform stands for something now, and it is a delight to see satin shoulder knots, Sam Browne belts, extra stars, fancy buttons, etc., disappearing from our midst, as well as the wearing of rings and bracelets being dropped like hot coal.

Anybody can buy and wear these fal-lals, but it isn't everybody that may have the privilege to discard them for the simple Guide uniform adorned only with things that have been earned by hard work.

Train Fares for Campers.

Many Guides and Guiders will have read with distress the notice in last month's Gazette saying that no reduced fares would be allowed on the railways for Guides going to camp or for outings.

Soon after that information had been given to us by the Railway Executive an earnest and strong appeal was sent to Parliament by the Juvenile Organisations Committee that this decision should be reconsidered. After due thought and discussion the request was after all granted, and the following letter was received at the Girl Guide Headquarters:—

"Home Office,
"Whitehall, S.W.1.
"17th July, 1919.

"The Railway Executive Committee have agreed to extend the concession of the present day single railway fare for the double journey to parties of boys or girls travelling to and from Camps held under the auspices of organisations recognised by the Home Office Committee, on the understanding that the parties would travel by such trains and on such days as the railway companies decide, and that the journeys in both directions would be made as far as possible in the middle of the week. The concession cannot be granted in respect of journeys made between 30th July and 9th August, 1919.

"My Committee have arranged to issue vouchers which will enable duly recognised organisations to obtain reduced fares, and these vouchers will be sent direct to your affiliated branches on receipt of the enclosed form of application (R.F.1) completed in respect of any journeys contemplated within the conditions mentioned above."

Accompanying this letter were sent a number of forms of application for reduced fares and the Juvenile Organisation Committee suggested that we should send these out to all our branches. As that would mean circularising some 3,500 copies of this form, it is hardly a feasible plan for us, but if any one wanting these forms of application will write at once to the Secretary, Girl Guide Headquarters, 76, Victoria Street, London, S.W.1, they shall be sent by return.

Noteworthy Praise of the Guiders.

Gloucestershire is a lucky county as regards Guides and their doings, for besides having its own Magazine it has a kindly supporter in Bishop Frodsham, who lately attended a Rally of the Guides and said some most encouraging things, which were quoted as follows in the papers:—

"Before the display commenced Bishop Frodsham, as Chaplain to the Guides, said he was sure that those present would be prepared to acknowledge the usefulness of the Guides movement, but he ventured to suggest that they should look at it from a different angle. They were inclined to look at it from the point of view of the benefit derived from it by particular girls. He would suggest that they should rather consider it from the point of view of its usefulness to the community at the present time. Even now that we had peace, and assuming that the peace was a lasting one, there had been a tremendous upheaval in industrial life during and since the war which had greatly affected the workers. He ventured to think that in this connection the movement was valuable. They were all anxious that the holiday feeling which was strong upon us at the present time should not interfere with our working capacity, for if we did not work we should never be able to build up the industries of our country and re-occupy the markets which had been temporarily lost throughout the world. He was glad to say that the Guides had shown every desire to work. During the war one-third of them were engaged in munition work and were earning between 30s. and £2 per week. As soon as they were discharged from munitions they at once entered industrial work in the city, and he was glad to say that not one of them had drawn one halfpenny as unemployment donation. This was a very striking assertion of the good influence which the movement had upon the life of the community, and was highly satisfactory. (Applause.) In spite of the fact that they had to work for wages which varied from 15s. to

26s., they worked cheerfully, and not one word of complaint was heard. He had also been told by one of the employers of the city that the Guides in his factory exerted an inspiring influence upon the rest of the girls. He believed that the influence which the movement would have upon the later life of the girls would be very beneficial. He believed that a girl exerted more influence upon a man than was generally acknowledged. Personally, he believed that influence was more of the kind exerted over a donkey and of the carrot rather than the stick order, and it was bound to be for the good of both if the girl had received the benefit of the training which membership of the Guides afforded her. He believed that the Girl Guide and Boy Scout Movements were of the greatest good to the community generally."

so we started our P.G.A.'s, so that we might all meet informally at our Guide Headquarters for discussions, work, play, and general Guide matters.

"One Guide is elected 'Madam' for the afternoon, and she arranges the programme, calling upon anyone present to 'perform' any given subject. Our programme varies each time we meet, but roughly our programme is as follows:—

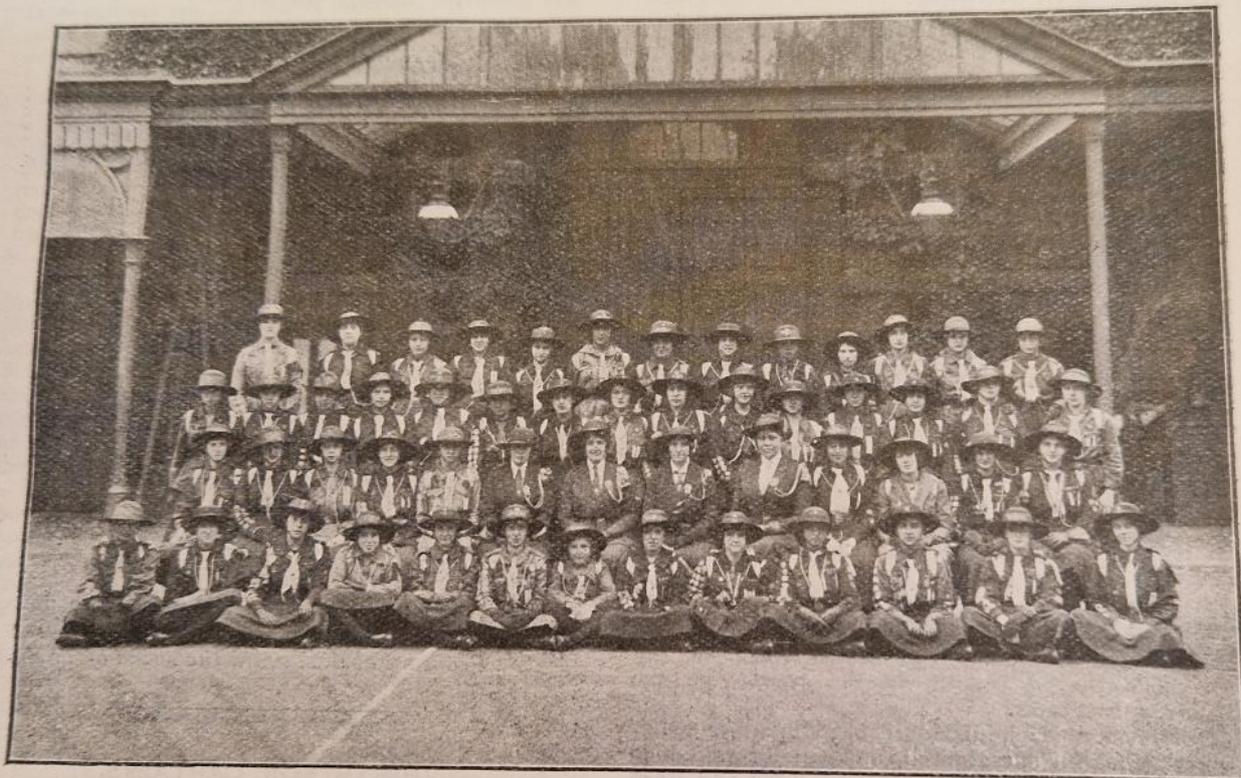
"1. Company drill, taken by each Guider in turn for a few minutes.

"Knot-tying competition, or first aid, or signalling, etc.

"3. Nature lecture.

"4. Flag hoisting.

"5. Tea. Each Guider brings her own food, and this becomes a jolly meal, and not a stiff 'stand-up' affair.



By kind permission of C. Vandyk, Ltd.

"P.G.A.'s."

No, this is not a new society or a modern kind of *sweet*; it simply means what we all want, Guides and Guiders, to have—Pleasant Guide Afternoons.

You will probably have them in your Club Rooms at your ordinary Company meetings, but P.G.A. as an actual institution is a very special sort, and has been started very successfully on her own lines by one of our District Commissioners, and here is her description of the affair in her own language in a letter to me:—

"It may be of interest to you to hear about some Guiders' meetings I have been having this summer. In country districts such as ours Guiders do not have much chance of meetings and of hearing Guide news from the outside world, and

"6. General Knowledge Competitions. These are always on Guide subjects and are most helpful and often very amusing. Sometimes we have fearful shocks when we find ourselves quite unable to answer what we think 'every day' questions—such as the distinguishing marks of a diploma'd Guider; how many kinds of Commissioners are there; the new tests in the Blue Book; three qualifications necessary for a Captain; what is a Pack Leader? etc.

"7. Games.

"Then an alternative programme might be:

"1. Stretcher drill.

"2. Paper on the Legends.

"3. Observation game.

"4. Weight competition.

"5. Brownie games and dances.

"R. Talks on Company problems, etc. quite a lot of work, and as some of us have been to other training courses we can hand on some-thing of what we have gained there to the other fellow Guides who cannot spare the time to go to any of the schools.

Also I know that many shy Guiders who may be frightened at first to raise their voices will soon gain confidence at the cheery gathering, and will cheer up wonderfully, and not only enjoy them-selves, but will get keener and gain much more self-confidence in their work with their Guides.

"I am not sure whether we can continue these P.G.A.'s when the dark days come again, but I somehow think that whatever happens we shall manage to have them, if not fortnightly at least once a month."

Houses and Homes.

A new Housing Bill has recently been passed in Parliament, and everyone hopes that there will soon be many more good houses in our big towns and villages and that everyone will be comfortably ensconced in well-built residences.

But it is not the outside shell that counts or which makes or mars the people who live in it. The "Times" says that after all there was a housing Bill passed in 1890, which meant to make all towns well equipped with good houses.

And yet after this thirty years little improve-ment has been made. "Houses are built with hands, but housing is different matter. The New Jerusalem will become a slum unless those who rule it and those who live in it are the children of character rather than of bye-laws. It is possible to build a pyramid, a palace, a cottage at the word of command; it is not possible so to make a home. Homes are not built; they are the work of minds and hearts as well as hands."

What about those "home-y" badges, Guides, that are going to help you to make your home—whatever its size and shape: a comfortable and happy one to live in?

Publications.

"H.H.H." is a heading of a paragraph that is published every month in the Journal of the Women's Institutes.

This means "Helpful Household Hints," and they are very helpful ones indeed, and Guides would do well to take in this little paper and study and learn things from it. It can be obtained (price 2d. a copy, or 2s. a year) from the Women's Institutes' Headquarters, 48, Grosvenor Gardens, London, S.W.1.

As you probably know, the Women's Institutes are now being formed in many villages and are for the grown-up women of the places what Guide Companies are for the girls, in that they provide for the "grown-ups" the chance of having nice outings, of learning useful jolly things like fruit bottling, basket making, etc., and also the Insti-tutes are a happy meeting place for everybody to come together in a friendly way.

There are now quite a number of Girl Guide Companies formed under the direction and with the help of the Women's Institutes' Movement.

Have you seen the booklet recently published and on sale at the Girl Guide Headquarters, called "The Guide Laws"?

Since the above notes went to press the Garden Party at Buckingham Palace has taken place. The Patrol Leaders of the Scouts and the Patrol Leaders of the Guides helped to line up and form a pathway for their Majesties to walk through in the garden.

They had a ripping time and enjoyed themselves very much, and it was a memorable day in the lives of these representative Patrol Leaders. The following message has been received from Buckingham Palace.

"I am commanded by the King to express to the Boy Scouts and Girl Guides, His Majesty's cordial appreciation of their valuable services at yester-day's Garden Party,—and I shall be obliged if you will make known His Majesty's message in the proper quarter for circulation."

Yours sincerely,
(Sd.) SANDHURST.

CHILDREN.

"As you rear them, so you will have them."
—Old country saying.

* * * *

"Straight is the line of duty,
Curved is the line of beauty,
Follow the straight line
Thou shalt see—
The curved line ever follow thee."

* * * *

The inner side of every cloud
Is bright and shining,
I therefore turn my clouds about,
And always wear them inside out,
To show the lining.

* * * *

Be patient: cherish hope.
Read more: ponder less. Nature is more power-ful than education: time will develop everything.
From an obelisk amid the ruins of Thebes.

HINTS FOR CAPTAINS.

Training Day for Leaders and Seconds.—We held a very successful day of this kind in the grounds of a private school a short time ago.

E.M.

The Guide Spirit.—During Camp Fire Circle our Captain sketches imaginary circumstances and in-vites the Guides to say what they would do if placed in the same position. Problems bringing in one or more of the Laws are very helpful.

E.M.

Editor's Note.—Guiders are invited to send in any "tips" of the above nature of their own invention, which they think might be helpful to other Com-panies.

THE VALUE OF PLAY.

By M. JANE REANEY, D.Sc.

Author of "The Psychology of the Group Game."^{*}

What is Play? Although we all know what we mean by play, no one has yet been able to find a definition though many have tried.

The idea that play is not serious is easily confuted when we consider the play of the little child—for nothing is more serious than this, and even the adult will often devote more energy to his play and do more drudgery in connection with it than he would be willing to give to any kind of work. To explain what many call the "instinct to play," we must look to the animal world. Modern research has shown us that man has many things in common with the higher animals, including the same strong instinctive tendencies which make for self and race preservation.

When we investigate the animal world we find that there are two main lines of development—(1) That in which the animal is born as it were "grown up" with the power to perform most complicated actions perfectly; and (2) that in which the animal is born with strong tendencies, but goes through a period of youth in which these are trained by play so that when it reaches maturity it can use them when required.

The first line of development culminates in the insect, the second in the higher animals and man. We find that as the life of the animal tends to become more complex there is a corresponding increasing in the development of the brain and in the period of youth during which it is dependent on its parents. Thus the cat takes about one-sixth of its life to grow up, the horse one-fourth, and man one-third.

During the period of youth the instinctive tendencies of the young animals are trained by its parents by means of play, but the play is guided; one has only to watch a cat with kittens to realise that she makes use of the kitten's tendency to jump but suggests the way.

Every species of animal has its own special type of play. Thus the skipping lamb is training for its natural haunt, the mountain side, the kitten running after its tail, or a ball for the mouse-hunt of later life.

When we turn to the play of children, we find it naturally more complicated than that of the animal, but it follows the same lines of development. A great deal of investigation into the play of children in different countries and belonging to different races has brought to light three interesting facts in regard to play—(1) That children at different ages prefer different types of play; (2) that play is not purely spontaneous, but has to be guided; (3) that the play of childhood follows more or less the lines of race development, from the purely animal play of the infant to the group game of the adolescent.

As a result of these investigations it has been possible to divide the period of childhood into four play periods. These represent stage rather than age, but can be classified roughly by means of age.

THE PLAY PERIODS.

Period 1.—Age 0—6. During this period the play is markedly experimental, initiative, non-combative, and individualistic.

Period 2.—Age 6 to 9. During this period the play is individualistic, imaginative and combative, and makes use of the hunting and fighting instincts.

Period 3.—9—12. During this period the imaginative faculty wanes,—the play is realistic, combative and markedly competitive. It is still strongly individualistic at the beginning, but shows a tendency for loose co-operation towards the end of the period.

Period 4.—12 and onwards. During this period and in later adolescence the main feature of the play is co-operation and the desire to subordinate self to the group.

Let us consider the play periods in more detail. The play of the little child starts from birth. In the first few years it is the most serious part of its life. The infant, like the animal, loves to experiment with his muscles, his sense organs, his powers. He loves repeating an action over and over again. Naturally he is never still, and by his ceaseless activity is training his faculties for future life. If any one of these tendencies be repressed it means that the brain does not develop fully, and much of the misery of modern life is due to the fact that many individuals have been repressed in early life. At about two years of age, or even earlier, the strong instinct of imitation appears, and the play imitates the actions of adults, and by means of this the little child learns how to adapt himself to social conditions. The folk games which are found in every nation are due to this imitative faculty and illustrate the most important customs of the race.

At about seven years of age there is a great love of hunting and chasing, and all the games of this stage involve these activities. Children at this age are very imaginative and invent games of their own. They don't care to play in groups, and resent interference. Often the imaginative play is so strong that the child does not realise the difference between real and make belief, and feels hurt when the adult fails to understand this. Thus Tommy playing at butcher's shop when his mother kisses him, says, in a hurt voice: "But, mamma, you don't kiss the butcher."

At about nine the imagination seems to wane, and the children want to do real things, and are no longer satisfied with make belief. There is also a great desire to compete with others. The Boy Scout and Girl Guide Movements seem to satisfy the needs of this period completely, and their remarkable success is probably due to this fact. The child at this stage is beginning to realise that he is one of a group, but his adventurous spirit is the most dominant feature. The Scout learns to do ordinary things in an interesting way. His love of pomp and ceremony and dressing up are satisfied. He has a hero in his scoutmaster, who possesses the simple virtues he can admire. His spirit of competition and rivalry are satisfied in making his patrol, his company, the best. At first he looks upon the life as a splendid game, and gradually his interest changes to a more serious outlook and he undertakes real work in the same spirit.

At adolescence there is a marked change in the outlook of the boy or girl. Each is beginning to realise that he is one of a social group and becomes

^{*} The Psychology of the Organized Group Game with special reference to its place in the Play System and its educational value.

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willing to sacrifice himself for the good of the group. This is the stage when clubs and gangs are formed, and when the national games have such a hold, and train so well the social virtues.

Enough has been said to show the enormous importance of play in the development of the individual and to make us realise that every child in the country should have full facilities for playing. To achieve this we must organise the facilities for recreation in every town, so that every park has its playing field, every district its playing centre. This however, is not enough, for the play needs guidance, and the people in whose hands the guidance lies need training in the theory and practice of play.

It will not be long before a new profession will be open to both men and women—that of play leader or supervisor of public playgrounds. There will always, however, be need for voluntary workers, and it rests with the senior Guides and Scouts and the Cadets in the country to realise that this is work they can do well and work which is much needed. It is only in this way that we shall give the city child his right inheritance and enable him to make full use of this great natural instinct of play.

PLACE OF PLAY IN EDUCATION.—The object, then, of education, is to satisfy a child's legitimate needs—and the war has made us more alive than ever to the importance of the child.

The three important facts about play, then, are:—

(1) That it must follow the stages of development.
(2) That play needs guidance, and since the child is an important asset to the nation, this is a national matter.

(3) That repression of the natural instincts is dangerous. It is probably the chief cause of discontent and drinking.

The nation is now awake to the importance of recreation. It remains to organise it on the right lines.

1. Unity of control.
May possibly be found in the Juvenile Organisations Committee.

2. Trained teachers.
New profession not ordinary teachers, not games specialists, but a background may be provided by the courses of the Froebel Colleges and Physical Training Colleges. Play might be a third year course, and should include:—

- Child psychology—development of instincts and psychology of play (guiding and scouting).
- Technical knowledge of large number of games, which have been tried.
- Handicrafts.

(d) Practical work in management and organisation of play centres. The qualifications are—a love for children, a power of getting their points of view.

3. Public Funds. The trained specialists must be well paid. It might be made a branch of the Ministry of Health, and other short courses, provided in all training colleges for teachers and for social workers. Until we treat play as part of our education, include it in the curriculum of our schools, we shall not satisfy or control the instincts of the child, and shall not therefore fully educate him.

M. JANE REANEY.

Sept. 5th, - - - Marne, 1914.

Sept. 14th. Wellington died, 1852.

My dear Guides,—

At the inspection which Lady Lees had in her park lately, there was a competition for the best improvised camp, to be constructed in one hour. We all liked the "Gipsy Tent" of bent rods, also the hut which was beautifully "tiled" with fir twigs. The baby's mattress, which had been woven with crushed newspapers, not only looked businesslike, but was also most comfortable.

The sun-dials, too, made of sticks and stones, were a most useful addition to camps. Camping out is the most thrilling of all delightful treats.

When you get time to lie on the grass, you can make friends with all the nice little slugs and earwigs who come to visit you, and the inquisitive ants and dear little spiders.

Most of these little creatures live their life in three "acts," as it were. The curtain goes down on the caterpillar and in the next act he is a cocoon. Later on, in Act 3, he changes to a feathery-winged moth. Some creatures live all the first act under water, and there is also a tiny beast which can only live within a duck's throat at one stage of its life! I met a very beautiful little beetle the other day, who was as naughty as she was pretty. She was busily climbing up a hazel branch, determined to pierce the soft, unripe nuts, and then to lay one egg in each.

This Mrs. Balinus does not care for nuts herself, but is guided by instinct to place her young ones where they will, later on, find the food they want.

How do these insect mothers know what tree or plant will bear the food that their children require? If Mrs. Balinus put her baby on a nettle, a bramble or a cabbage, it would die of starvation. But, once little Bally is inside the nut, he feeds on the kernel, and when he is full grown, he gnaws through the nut-shell and comes out. He has another "act" to play yet, though. In Act 2 he just drops to his ground, and in the earth he makes a cocoon for his cradle, and remains buried there all the winter.

Then, the following spring, he grows some lovely greeny-purple metallic wings and climbs out, and flies away a perfect winged beetle. This beetle cannot have asked any other well-informed, experienced old beetle about food values, for this kind only live for one year!

Don't you think it is interesting to study the life history of insects, and find out what their different habits are?

Yours sincerely,

AGNES BADEN POWELL.

ENGLISH FOLK DANCES.

Under the direction of Mr. Cecil Sharp, the English Folk Dance Society was founded, and has worked for the last seven years or so at rediscovering and reviving the different forms of folk dance which once flourished in England. Until recently these dances, which are divided into sword, morris, and country dances, have, generation after generation, been danced in the English countryside. During the latter half of the last century people became more attracted by town life and its gaieties,

and in the years preceding the Great War village life had lost much of its old amusements.

The English sword dances are found in the northern countries, but are not like those of Scotland, where the dancers perform steps over crossed swords lying on the ground. The English dance is performed by a number of men, varying from five to eight, who form a circle by each holding with his right hand the handle of his sword, and with his left the point of the next man's sword—a sword without a sharp edge. When the men are thus joined by their swords they go through a series of figures with an easy, running step, and finish with the swords locked together in what is called a "lock" or "nut."

It was in the Midland counties that the Morris dance chiefly flourished, and it was performed by six men, dressed alike in some distinctive way, decorated with rosettes and ribbons, with bells on their shins and sticks or handkerchiefs in their hands. The "side" or "set" of men work as a team, and in two lines of three a side, but without joining hands; the style of the dance is very spirited and vigorous, and each dancer uses his hands as well as his feet. He must be careful to dance strictly in relation to the other men, and not as an individual dancer. The Morris step and certain features of the dance are practically the same in all parts of England where they survive, but each village had its own tradition and fashion of dancing. You find, for example, that the Morris dancers of one village will swing their arms and do special steps quite differently from the dancers of another village in the same county, and their dress generally varies in its details. The dances are performed to traditional tunes played on a concertina or fiddle, and the men are, as a rule, dressed in flannels decorated with gay rosettes, and hat tied with ribbons, or close fitting caps.

Morris and sword dances, which resemble each other in many points, had centuries ago, a common religious origin. There is a trace, for instance, of the sacrificial element in sword dances at the point where the swords of the performers are drawn together in the "lock," in the centre of which once stood the sacrificial victim; or in the Morris dance called Brighton Camp, at the end of which the dancers close excitedly round one of their number and finally hoist him upwards above them. Both the kinds so far described are show dances. They are not easy, sociable dances in which everyone may join. The Morris or sword set is carefully selected and holds numerous practices before it performs in public.

The country dance is quite different, for though related to the sword and Morris dance in origin, it has been for generations past a purely social affair, and flourished as much at court and in drawing-rooms as on the village green. Charles II. was very fond of country dances, and those of you who have read Jane Austen's "Persuasion" will remember how good naturedly Anne Elliott played country dance tunes for hours at the Musgroves' house of an evening. If you want to know how a country dance went off at a village party, say fifty years ago, you cannot do better than read the account given by Mr. Thomas Hardy in "Under the Greenwood Tree," of the party in the Tranter's cottage at Mellstock. All parties of this sort were a thing of the past before Mr. Sharp's revival began.

Mr. Sharp found many country dances still being danced in the country, and in addition to these he

has printed a great many which first appeared in a book called Playford's Dancing Master, published in the seventeenth century, when country dances were extremely popular. The dancers of the country were arranged in couples, one man and one woman, and the couples vary from two to "as many as will." You will find the movements and steps exceedingly easy, and the dance is made up of a variety of figures, some of which appear in practically all country dances. The whole set of men and women dance together in circles, squares, or in two long lines, down which the top couple progresses to the bottom. The simplicity of nearly all the dances, the attractive old tunes, and above all the sociability and pleasure of the performance make a country dance party a delightful entertainment.

The Girl Guides' movement possesses many excellent ways of making girls healthier, better, and more useful members of society, but it probably has room for what may be called a cultural recreation. These are long words, but what they mean is this. Recreation means the refreshing of mind and body, and what could do this better than simple movements performed to simple tunes? As for culture, we all know what is meant by a "person of culture"—a person who likes good books, good music and dancing, good pictures, etc. It means knowing a good thing when you see it, and enjoying it in the right way. Now some kinds of culture are not possible without having had unusual opportunities of wealth or education. But others are, and Folk dancing and Folk singing are among these. It is in fact the "culture" of the English countryside, a good, honest, simple thing produced by nature reacting on the English character in its purest form. Coming from such a source, it is bound to have national characteristics and national beauty.

Whoever you are, if you like folk dance or song, you are not altogether bad. If you learn to like it, you have done yourself a good turn. If you live in the country and practice folk dancing, you are helping yourself to preserve the advantages of a country life, and to lighten its occasional dullness. If you live in the town, you will do something to mitigate the disadvantages of town life by borrowing the art of the country folk.

H. C. E. CROFT.

ANSWERS TO CORRESPONDENTS.

"Evelyn."—When a Brownie becomes a Guide she can still wear the Service Stars she gained as a Brownie.

"Q."—Guiders should only wear the All-Round or Gold Cords, War Service Badges, and Service Stars outside the coat. Proficiency Badges should be worn underneath on the tunic.

"Warrants."—If a Guider desires to keep her warrant when resigning or transferring to another Company, she should notify her County Secretary when sending it back. It will then be cancelled and returned to her.

"Captain."—The address of the National Clean Milk Society (Incorp.) is 2, Soho Square, London, W.1. Its objects are: To raise the hygienic standard of milk and milk products, and to educate the public as to the importance of a clean and wholesome milk supply.

DANCES FOR BROWNIES.

(By Miss M. Baird, Div. Commissioner for E. Coast of Caithness).

Babies Polka.

Danced by any number of couples. A round dance. Music: Any polka.

Start with partners standing *vis a vis*, boys' backs to centre of room.

- (a) Clap hands three times.
- Clap own sides three times.
- Clap partner's right hand three times.
- Clap partner's left hand three times.
- (b) Dance ordinary polka round four times. Repeat continuously.

Barn Dance In Fours.

Danced by any number in groups of four. A round dance.

Front couple hold inner hands, outer hand is held behind them to grasp rear couple.

Rear couple hold inner hands, with outer hands hold front couples' hand.

- (a) Two polka steps forward, beginning outer feet.
- (b) Two polka steps, rear couple continuing forward, front couple dropping inner hands and polka-ing round outward to behind rear couple, where they rejoin inner hands.

Repeat continuously, alternate couples being front and rear and never letting go of outer hands.

Babies Dargason.

May be danced by several couples, side by side across the room.

Music: Any pretty tune in 6/8 time.

Starting Position. Partners stand facing each other, right feet pointed, boys' hands on hips, girls holding dresses.

Step I. (a) Four skipping steps obliquely to right across room, beginning right foot, bending slightly forward.

Four skipping steps backward to places, bending back, looking over left shoulder.

(b) Join right hands. Two skipping steps forward towards each other, two backward.

Four skipping steps round each other, changing places.

(c) Repeat (a) and (b) in opposite places.

Step II. (a) Four slow steps and hops obliquely to right, beginning right foot. Four back to places.

(b) Face forward, join inner hands and repeat (a) up room and backward.

(c) Face each other and repeat (a).

(d) Face down the room and repeat (b).

Step III. (a) Boy faces up room, girl down, four skipping steps straight forward. Face right about, and four skipping steps to places.

(b) Eight skipping steps round each other, changing places.

(cd) Repeat (a) and (b) in opposite places.

Finish with the boy bowing and the girl bobbing.

Elfin Ring.

Can be danced by any number.

Music: Any light pretty music in 4/4 time. Each

step (I to II, etc.) takes 8 bars, a, b, etc., each taking 2 bars.

Step I. Hold hands in a ring, left hand in front, body turned to left.

(a) Skipping step round circle, beginning right foot. Drop hands.

(b) Clap hands, lift right knee outward and clap one hand on each side of it (half a bar).

Clap hands, lift left knee and clap one hand on each side (half-bar). Pivot round to left about, waving left hand over head (I bar).

(c) Same as (a), skipping to right, beginning right foot.

(d) Same as (b), but in turning clap both hands above head.

Note.—Throughout the dance (b) and (d) are the same as in Step I, and will only be mentioned when a variation occurs.

Step II. (a) Run 4 steps into centre of circle, lifting feet well up behind, arms low (I bar).

Run 4 steps on the spot, knees well bent up in front, and arms flung out to side, palms upward (1 bar).

(c) Run 4 steps backward, out of circle, then same as (a).

Step III. (a) Kneel down (half-bar), walk 4 steps backward, turning hands and body from side to side (2 half-bars), stand (half-bar).

(c) Same as (a), moving forward.

Step IV. (a) Hold both hands in ring, backs to centre of circle. Slipping step round circle (slipping means taking a step to right with right foot, closing left foot. A light springing movement always straight sideways). On last beat drop hands and turn right about for (b).

(c) Same as (a), going to left.

Step V. (a) Go towards centre of circle with 4 slow steps and hop movements, lifting left well in front, knee straight.

(b) In pivoting, turn $1\frac{1}{2}$ times to face out of circle.

(c) Same as (a), out of circle, and turn on last hop for (d).

Step VI. (a) Four skipping steps backward out of circle—very daintily. Four high springs, turning right round to right, knees bent well up, hands flung out to side, palms up.

(c) Four skipping steps forward, and same as (a).

(d) In pivoting, get round in $1\frac{1}{2}$ bars and pose in last half-bar. Stand on right foot, left on toe behind, both arms up, head thrown back.

Four Balls Dance.

Danced by four children, each with a ball.

Music: 4/4 time. Each step takes eight bars, (a) and (b) each taking 4.

I. (a) Skip into room, one behind another, and into line across room, holding ball high in right hand (16 skipping steps).

(b) Stand in line, throwing ball up and catching it, both hands, four times, facing up room, four times facing down.

II. (a) Run round in circle to right and back to places, bouncing ball with both hands (16 running steps, 8 bounces).

(b) Throw ball from right to left hands, hands well apart, four times facing right wall, four times facing left wall.

III. (a) Skip out to sides of room, two to right wall, two to left wall, and back again, throwing and catching ball, both hands.

(b) Bounce and catch ball, alternate right and left hands, outer two facing up room for four bounces, inner two down, then reverse for four bounces.

IV. (a) Skip round in circle to left and into square formation, holding ball behind body with both hands.

(b) The two near right wall throw ball to opposite one, throwing and catching with right hands four times, then the others throw their balls, left-handed (if possible).

V. (a) Top two face down, others up, run round in circle, passing alternately right and left of each other and back to places in square formation, ball being carried alternately in left and right hands as they pass, arm well out to side.

(b) Top right hand dancer and bottom left hand dancer both throw balls across to one another four times, then the other two four times.

VI. (a) Walk round circle to right, alternately throwing and bouncing balls.

(b) Skip out of room, one behind another, holding ball high in right hand.

FOOD FOR WOMEN AND GIRLS.

Leaflet No. 3. Reprinted by kind permission of the Women's Imperial Health Association.

I. NECESSITY OF GOOD FOOD.

If most men eat too much, it is probably equally true that most women eat too little, and still truer that many women eat the wrong kinds of food. It is a common saying that a woman's favourite lunch is a plate of pastries, and her favourite dinner "an egg with tea." Women are now, however, beginning to realise that continuous hard work is impossible without a sufficiency of nourishing food. Insufficient food causes loss of flesh, poorness of blood (anæmia), lack of physical, nervous, and mental energy, and eventually a breakdown in health. A good refreshment canteen should be provided in every well managed factory.

There are two essentials in regard to food:

- (a) Good selection.
- (b) Good cooking.

(A) GOOD SELECTION.

1. *Proteids* or nitrogenous foods, for repair and growth.
2. *Fats and carbohydrates*, for the production of heat and energy.
3. *Mineral salts*, for the production of bone and for supplying ingredients which enter into the composition of the blood, the digestive juices, and other secretions.
4. *Water*, which constitutes four-fifths of the whole body.

Nitrogenous Foods. (Proteids.)

The chief nitrogenous foods are meat, poultry, fish, eggs, peas, beans, and lentils, and the cereals (wheat, oats, maize, etc.).

Too much butcher's meat strains the digestive and excretory organs, with the result that the liver and kidneys suffer, while flatulence, constipation, and gout are common.

Fats and Carbohydrates.

There are animal fats (butter, suet, lard, bacon-fat), and vegetable fats (nut-butter (margarine), vegetable oils). The chief carbohydrates are the starches and sugars, which are present in potatoes, rice, cane-sugar, honey, fruits, and cereals.

Too much starch and sugary food causes indigestion. Too much fat produces stoutness without corresponding muscular strength.

Salts.

The chief salts required by the body are common salt (sodium chloride), carbonate and phosphate of lime, potash salts, and also iron salts for the blood.

Vegetables and Fruits.

Green vegetables and fruits, in addition to containing carbohydrates, salts, etc., contain vegetable acids and juices, which have important blood-purifying and anti-scorbutic properties. In Great Britain we do not eat enough fruit. We should be much healthier if we ate less meat and more of such fruits as apples, bananas, oranges, grapes, etc. Stewed fruits are excellent for preventing constipation.

Bread—which is still the staff of life—is by far the most important nitrogenous and carbohydrate food; while *milk*—which is the one perfect food—contains practically all the food ingredients in suitable proportions. Milk is an important nerve food and is specially valuable for thin, nervous women.

Eggs are the most digestive of nitrogenous foods, especially when lightly boiled or raw.

(B) GOOD COOKING.

Food must be properly cooked. No woman is really educated who does not know something of practical cooking, as otherwise she cannot market economically nor prevent useless waste in her kitchen.

USEFUL HINTS ON DIET FOODS.

Peas, beans, and lentils are most valuable foods. Potatoes are best cooked in their skins or steamed. Onions, beetroots, and carrots are more nourishing than cabbage. Oatmeal is most nutritious, but must be thoroughly boiled to make it digestible. Jam is palatable, but not nearly such good value as margarine or dripping. Bananas, raisins, and dried currants are excellent.

Cheaper cuts of meat contain as much nourishment as the best and make excellent stews with vegetables. Herrings, bloaters, and kippers are more nourishing than soles, turbot, and other expensive fish. Fresh foods are much better than canned foods. Dripping, bacon-fat, and suet puddings are excellent for children and young girls. Cheese is exceptionally nourishing. Cocoa taken with milk and sugar has more food value than tea or coffee, which act chiefly as nerve stimulants, and are therefore extremely refreshing.

COMMON-SENSE RULES OF DIET.

1. *Get an appetite*, as hunger is the best sauce. Physical exercise in the fresh air is the best of all appetisers. Eating (particularly sweet cakes or pastries) between meals takes away appetite and impairs digestion.
2. *Select your food carefully* and have as much change and variety as possible. Plain, wholesome mixed fare is best for general diet, though occasional delicacies are most useful as well as agreeable. A really nice dainty dinner now and

- again in a restaurant is a great pleasure to every woman.
3. Have your food well-cooked and palatable, daintily served, and of an attractive appearance. This stimulates appetite and the digestive juices.
 4. If possible, dismiss all worries and be bright and cheerful during meal-times. Pleasant, cheerful conversation adds greatly to the value of the meal.
 5. Eat slowly and masticate well. "How we eat" is nearly as important as "what we eat." See that your teeth are sound. An apple at the end of a meal keeps the teeth clean.
 6. Meals should be taken at regular hours. There should be a four to five hours' interval between meals. Many women do best with a good breakfast and evening meal, with a light snack lunch in the middle of the day and a cup of tea, with bread and butter, in the afternoon. Women workers often prefer their chief meal in the middle of the day. A heavy meal should not be taken near bed-time, although light liquid nourishment, such as milk or cocoa, may often be taken with advantage before retiring.
 7. Eat stewed fruits (e.g., figs, etc.), green vegetables, wholemeal bread, porridge, etc., which prevent constipation.
 8. Drink plenty of water and avoid alcoholic stimulants. Excessive tea-drinking is harmful.

THE MALVERN GIRLS' COLLEGE MORSE TEAM RACE.

A NEW GAME FOR PRACTISING READING.

This game can be played by any number of Guides, up to about thirty. Two are chosen to pick up sides and act as captains. The two teams are arranged in columns with their backs to a signaller, who stands at a distance of about twenty yards. There are also two patrol leaders, who stand on either side of the signaller immediately opposite each team. A word is arranged by the two leaders of as many letters as there are players on either side, but the letters of the word are not signalled in order. Before each letter is signalled, one of the leaders blows a whistle, and the two Guides at the head of each team turn smartly round and read the letter signalled. They then run to the leader opposite their line, and say the letter they have read, and the leader tells them whether it is right or not, without telling the letter, if incorrect. If the Guide is right she runs to the far end of the team, but if she is wrong she returns to her original place and reads the next letter signalled, and so on until she reads one correctly, the two Guides at the head of each team always turning round at the whistle. Each Guide must remember the letter she has read correctly, and when all have been signalled, the respective captains should write them down. Each team then proceeds to form the word arranged from as many letters as have been read correctly, and the one to do so first wins the game.

No letter is repeated by the signaller, so that the word must be formed from those letters which have been read accurately, whether the full number or not.

THE GREAT ADVENTURE AND ITS CALL TO GUIDES.

Every Guide loves "adventure." It is part of the joy of Guiding; you never know what you may have to do next! I once heard the remark, as a Company marched past: "They look ready for anything!" And I think it is just ~~this~~ thought that gives you that rather wonderful thrill when you go to a Rally, and meet those other Companies of sister Guides all looking "ready for anything." And it is still more inspiring when you realise that every Guide in every Company gathered there is under a solemn pledge—a pledge which comprises three of the greatest things in the world: loyalty, service for others, and obedience. It seems to stir something in you and reminds you of those great legendary Knights of King Arthur, who, pledged to the same threefold promise, and gripped by "the vision splendid," held themselves ready at any moment, and at whatever cost, "to ride abroad redressing human wrongs" and render help wherever help was needed. That was their Great Adventure. It is as great a vision that grips us Guides to-day, and sends us on our great adventure, for we, too, are pledged to "help."

World-Wide. The war is over and peace is here, but we all know how tremendously our Country and Empire need our help to-day, and how every Guide is wanted to take her share in helping to "right wrongs" and build up a new and better way of life here at home. But the great adventure does not stop here; it has no limits. Neither has a Guide, for she is a friend to ALL, and "sets the windows of her soul as wide as they can be." So that takes in all those sisters of ours in the great nations of the East, whose narrow lives are tied and bound by ancient traditions and religious customs, and for the most part are one long round of toil and subjection. Unwanted at birth, mostly uneducated, married in childhood, what chance have they of living the happy free life God meant them to?

"*Finest Bit of Scouting.*" A Scout Master wrote home to his Scouts from S. India: "I hope we shall have Scouts here some day. The Scout law would make a great difference. If you were to stop and help every woman you met carrying a load you would never reach home, for the women here do most of the hard work. Children who have any defect, such as blindness, are generally sent out to beg, or left to take care of themselves. The finest bit of scouting I have seen out here is done by two ladies. One has built a school for the blind, and the other a school for the deaf and dumb. One girl came who could neither see nor hear, nor speak, but a few days ago I saw her writing English on a typewriter. I never saw anyone look happier, and I never saw a finer bit of scouting in my life." So the call for help from these sisters of ours is a very real one, and the finest bit of guiding we British Guides can do is to try to give "every girl in the world" the chance of living as free and happy a life as our own. That's a big adventure.

"*She's Game, Boys.*" If you want to hear of the share one girl took in the great Adventure, listen to the Camp Fire Yarn we had the other evening. It was about Mary Slessor, the Scottish factory girl,

who when only 14, very small and not at all strong, began to help in a Mission School in a slum in Dundee. Very soon she found out what it was going to mean. Night by night she had to face the big boys and girls lounging about in the street, swearing and fighting and flinging stones and rude names at her. She would not show her nervousness, but walked briskly about with a smiling face. One night some roughs determined to stop her, clustering round, "We'll do for you if you don't leave us alone." She replied: "I will not give up; you can do what you like." "Here goes, then," shouted the leader, and began to swing round and round her head a lump of lead tied to a piece of cord. She stood perfectly still and calm. Nearer and nearer came the lead to her brow, and every minute she expected a blow that would fell her to the ground. Suddenly the boy flung the weapon away. "She's game, boys," he said, and, followed by the whole gang, he turned and entered the Mission Hall. Twenty years later we see that same dauntless spirit at work. Out amongst the wild Cannibal tribes of Africa, where as one of the pioneers, Mary Slessor became known as the Great-White-Ma-Who-Lived-Alone. Facing countless warrior savages alone and unarmed, risking all to help where help was needed in order to take her share in the Great Adventure. Are there any Mary Slessors amongst the 170,000 Guides? If so, let's "be prepared."

The Call to Action. But don't wait for that; there are heaps of ways of helping straight away. (1) Get hold of more yarns and find out what others have done in the great Adventure, so that you really know. (2) Take every chance that comes along of going to hear the stories of those who are out in all parts of the world to-day on the great Adventure, and back them up. (3) Help those who are in the thick of it by sending them things they need (e.g., the other day some Guides joined in sending out some pictures to one who is out on the Adventure in Egypt, and hasn't a single picture in her school), or won't some of you make bandages and other things that are so badly needed for the hospitals abroad? (4) Help to get up a Pageant or Play to represent scenes in the Great Adventure in order to get other people keen and ready to help. There is a share for everyone to take, and the need is urgent.

For the whole world needs Christianity. As we face the problems and difficulties and world-wide issues of things as they are to-day, can we see any way out? Only one, and that is the Christian way of love and brotherhood. This is the great Adventure, and it calls to every Guide, and it needs every Guide. It is what we mean when we pray in our Guide Prayer that "whether at home or abroad we may ever seek the extension of Christ's Kingdom." And our Captain has given us His orders. Long ago, after He had Himself made the greatest of all adventures in order to give us all that is good and happy and beautiful in our lives, He gave us His word of command. And a Guide obeys orders.

A GUIDER.

These 'Yarns' and many others may be obtained from The Girls' Movement, Church Missionary Society, Salisbury Square, London, E.C.4.

SOME GOOD RECIPES.

GINGER CAKE.

1 lb. flour (sieved); 1 lb. treacle; 1 teaspoonful soda; 4 ozs. sugar; 4 ozs. butter; 2 eggs; 1 dessert-spoonful each of ginger, cinnamon and allspice, 1½ teacups of milk (soured). Cream butter and sugar. Mix flour and spices. Warm treacle and add to butter and sugar. Add flour, etc., and some of the milk. Put soda in rest of milk and mix well. Lastly add eggs well beaten, and, if liked, sultanas, peel, chopped almonds or ginger or dates. The cake, however, is excellent without any of these.

VEGETABLE MARROW JAM.

Peel marrows thinly; cut into pieces and remove seeds; put on dish for 12 hours or so to drain off water. Allow 1 lb. sugar, 1 lemon, and half oz. ground ginger to each lb. of marrow. Cook marrow to a pulp with sugar (it should turn a pretty yellowish colour), then add ginger and lemon juice and finish cooking.

Time required: From 30 to 40 minutes after coming to the boil.

A very little cayenne pepper may be tied in fine muslin and cooked with the jam, taking it out when finished.

Small pieces of preserved ginger may be added to the jam at the same time as the ground ginger and lemon juice.

HINTS ON HOW TO GAIN THE HORSEMANSHIP BADGE.

(By Miss Anstruther Thomson, Div. Commissioner for South London.)

Stables.

If a horse is to be healthy he must live in a healthy place, so let there be fresh air and light in his stables; let the windows be seven or eight feet from the ground and always open. If the horse is cold give him more clothing.

Let the pavement be flat; the system of making the horse stand up hill so that the stables should be drained is a very bad system, as it puts his weight on to his fore legs all the time that he is supposed to be resting.

Always keep your horse in a box if you can, not in a stall, because in a stall he is a prisoner with his head tied, whereas in a box he is free to move about. Moreover, in a box he is not in draughts, whereas in stalls it is difficult to avoid draughts entirely, because to ventilate the stables there should be small air holes near the ground to drive the air up to the windows, for fresh air is so important to the horse's health that the risk of a small amount of draught must be run, but you escape this risk if your horse is in a box.

Judging the height of a Horse.

Horses are measured at the withers, and three hands go to a foot, so that if a Guide knows her own height, she can judge a horse's height fairly well. Say she is five feet eight inches high, her eyes will be 16 hands from the ground. She won't be able to see over the withers of a 16 hands horse, whereas a 15 hands horse's withers will be about level with her mouth, and so on.

A GUIDE "IF"

Age by the Teeth

Without making detailed illustrations of the appearance of a horse's mouth for each year, it is impossible to describe the age of a horse on paper, but roughly speaking, at six years old a horse's mouth has all his 12 front teeth of the same shape, whereas at five years four of the teeth on either jaw are fully formed, but the tusks of the six-year-old horse are pointed (of course, mares do not have tusks). At seven years old the markings on the teeth, which looked quite fresh at six years old, have begun to wear away, and the curve of the rows of teeth in the jaw is slightly flatter. As the horse gets older the curve of his jaw gets flatter and flatter. After seven years old the teeth begin to get longer as the gums begin to shrink. And the teeth no longer stand up vertically from the jaw; they begin to slope slightly forward, and they go on sloping more and more forward as the horse gets older.

I would refer those Guides who want to master this subject fully to the admirable illustrations in Sir F. Fitzwygram's great book on "Horses and Stables," published by Messrs. Longman.

But a horse's age is of less importance to his owner than the question of how he carries his age! If his legs are fresh and strong, and if his muscles have not shrunk, he will be a good horse at 12 years old. Horses get old prematurely because they are seldom taken care of; it rests with the owner to give his horses more years of useful life.

But when a horse's powers begin to fail, the only right thing to do is to have him put away by a painless death. No woman should be able to bear the thought of selling a horse that has served her well, knowing, as she must, that with failing powers he will drag out a miserable existence.

During the last five years women have been entrusted with a considerable number of Government Remount Stables, and the success with which they have carried out the work makes it probable that women's remount stables will not come to an end with the end of the war, so there may probably be an opening in the future for some of the Guides who qualify for the Horse-woman's Badge, should they wish to take up such work in earnest.

Women having softer voices and smoother gestures than men are the natural nurses of ill horses. Horses, being nervous creatures, are particularly sensitive to voices and gestures. In one women's remount stable which I had the privilege of visiting the horses were all full of confidence and perfectly quiet after five or six weeks in the hands of women grooms. Having arrived there nervous, irritable, and in some cases downright savage animals, lots of slow exercise, careful feeding and grooming, and good manners on the part of the girl grooms, under the direction of a most competent woman horse master, had wrought this rapid and wonderful change.

In Conclusion.

Having spent a great many years of my life among first-rate grooms and first-rate horsemen, I have had the chance of picking up various odds and ends of knowledge, and I offer these pages to those of my fellow Guides who want to qualify for the horse woman's badge, in the hopes that they may find them of some small use.

C. ANSTRUTHER-THOMSON.

If you can do the thing that's waiting,
Although maybe it's mighty dull to do,
If you can give, although the folks are rating,
And never let them know you're feeling blue,
If you can signal morse and be its master,
If you can drill, and not make drill your aim,
If you can wash a babe without disaster,
And don't treat all the poisons just the same,
If you can pitch a tent and light a fire,
If you can bake the bread you admire,
If while you gain the badges you admire,
You do not swank, but help the girl that's new,
If when you're feeling slack you never show it,
And when an order's "stiff" you never shirk,
If when you say you'll do a thing—you do it—
And never count it up as extra work,
If you will use your head and mind and muscle
To help at all times everyone you can,
If you can train your eyes to follow Nature's plan,
And use your eyes to follow England's honour,
If you will stand up strong for England's honour,
When all around you folk come out on strike,
And stick to it, although you feel a "gonner,"
And what's got to be done you much dislike,
If you can mend a latch and paint a ceiling,
If you can patch a shirt and darn a sock,
If you can mend a shoe, both sole and heeling,
If you can use the tools and make a box,
If also you can keep an audience grinning
For fifteen minutes at the least—why then
A reputation surely you'll be winning,
And, what is more, you'll be "some" Gu d "Old
Hen."

(With apologies to Rudyard Kipling).

OUR GUIDES' IN PARIS.

As most of our readers no doubt know, when the British Delegation went to Paris for the Peace Conference, the Foreign Office asked for some Guides to act as messengers, etc., for the Delegation, the Guides who had been working at the Foreign Office during the war having made such an excellent impression by their good work and commonsense. Two Guiders and eight Guides went out in December, 1918, four more Guides in February of this year, and finally three others in April. In writing the request for more Guides, Miss Bingham (in whose charge they are in Paris) says:—

I am sure you will be pleased to hear that the Girl Guides are doing splendidly here. Everyone is very pleased with their work, and we are finding them most useful; in fact, I have written to the Foreign Office asking them to get in touch with you, as we require three more!

Will you add to your kindness in helping to supply these additional girls?

Everyone here has been most kind to the Guides; they go on Tuesdays to a Rally in connection with the Embassy Church, and the Chaplains there make a point of inviting the girls to all their concerts, entertainments, etc. Altogether, I think they are enjoying themselves, although they work fairly hard, too. The Press here is very interested in them, and something is put in the papers daily regarding them.

The photograph of the Guides appearing in this number was sent to Miss Macdonald a short time ago, and the original will be placed in the Record Book at National Headquarters.

Judging by appearances, rationing is evidently not very severe in Paris!

As we feel sure that numbers of our readers will be interested to know the names of the Guides, we give them below:—

Top Row (left to right):

P.-L. L. Lewis, 1st Wimbledon.

P.-L. M. Martin, 1st Royal Eltham.

Second I. Humphrey, 1st Brixton.

P.-L. A. Humphrey, 1st Brixton.

Second A. Harrow, 1st Brixton.

quarters from the different Guides, giving amusing accounts of their work and play.

Miss Ritchie Brown, Captain of a Company of Guides in Paris, has been very good to our Guides. When she was on leave a short time ago she paid a visit to Headquarters, and told us that they often came to her Company meetings, that they were helping her Guides with a Display, and that having them out there had made a tremendous difference to her Company.

In one letter there is an account of a visit paid to a Home for Belgian Refugees' children, the head of which is Miss Georgie Fyfe (County Commissioner for Glasgow).

Our Guides spent a very happy afternoon among the children, and the writer says: "You can



Second Row:

Second M. Maguire, 1st Stoke Newington.

Second E. Edwards, 1st Brixton.

Guide L. Wilson, 1st Wimbledon.

Guide J. Spencer, 1st Mortlake.

Front Row:

Guide M. Jump, 1st St. James's.

Guide G. Hubert, 10th Westminster.

Captain L. Stevens, 1st South Lambeth.

Lieutenant E. Cruse, 1st Wimbledon.

P.-L. M. Webb, 1st Wimbledon.

Guide D. French, 1st Brixton.

The following two Guides do not appear in the photo, but are with the Delegation:—

Guide W. Godfrey, 1st Wimbledon.

Guide E. Spurr, 1st Westminster.

Some splendid letters have been received at Head-

imagine fourteen Guides, each hugging a baby." They sang the Girl Guide song and did company drill, and then taught the Belgian children some English games.

Another day they went to a Grande Fete given to celebrate the Victory of the Allies, at the Trocadero. They met the Paris Company at the Arc de Triomphe, and marched on together.

There were 5,000 French school children and several hundreds of French Boy and Girl Scouts present.

As most of the speeches were in French they could not understand everything, but they seem to have enjoyed themselves very much. They then went to tea with one of the Paris Guides.

On one occasion one of the British Guides met an American Girl Scout Officer, who was very

been, and said that their object was to spread the Movement all over the world.

They have been taken to all the places of interest in and around Paris, and should have many good "varns" for their respective Companies when they eventually come home for good.

When Miss Stevens and Miss Cruse were home on ten days' leave a short time ago they came up to Headquarters to give us all their news. They both looked very well, and everyone was delighted to see them, as they had been members of the Headquarters Staff for some considerable time before going out to France.

As well as this photograph, we have several others taken in Paris of the Guides at their work and marching through the streets, and also some amusing press cuttings. When the history of the first ten years of the Girl Guide Movement is written, the account of the sending out of a party to act as messengers, etc., to the British Delegation to the Peace Conference will be of great interest to future Guides, and it will certainly be a source of satisfaction and pride all their lives to those who went out.

COMPANY NEWS.

1st Barnetby.

The officers of the 1st and 2nd Scunthorpe and the 1st St. Mary's, Barnetby (Lincolnshire) Guides, arranged a meeting of the Companies on Whit-Monday.

The Scunthorpe Guides came to Barnetby in the morning, and were met at the station by the Barnetby Guides. The day was ideal, and the morning was spent in out-door games and sports.

At 3 p.m. a joint Display was given in the school. The Guides had tea together on the Vicarage lawn, and afterwards played games.

Bath Division.

The past twelve months have been marked by steady progress all through the Guide Movement in the Bath Division. Four new Companies have been enrolled, and two more have just been started.

In November last the local Headquarters were opened by the Mayoress of Bath.

In December a very successful concert by the united Companies was given at the Roman Promenade, and helped to increase local interest in the movement.

A combined Parade was held, when the Deputy Chief Commissioner, the Lady Helen Whitaker, inspected each Company, and addressed the Division.

The Annual Rally (an informal one) took place on Empire Day in the grounds of the Royal Victoria Park, and was attended by a good number of parents and friends interested in the Movement.

Greater Birmingham Division.

From all parts of the city squads of Girl Guides, in business-like uniform and quaintly accoutred, passed through Birmingham streets on Saturday afternoon to the Rally in Cannon Hill Park of the Greater Birmingham Division.

There are 1,200 girls at present associated with the Movement in the Greater Birmingham area, and the number is steadily increasing. About a thousand of them were present at the Rally. They gave demonstrations of the various drills and exercises by which the officers are putting sound minds in healthy bodies, marched past to the music of the

Erdington Cottage Homes Band, and at the end of a very jolly afternoon, received at the hands of Lady Lowe (the President of the Greater Birmingham Association) the rewards won for proficiency during the past year and in the afternoon's sports. (From a Newspaper Cutting).

1st Bocking Company.

In the district competition in First Aid, held in June, Bocking 1st Company won for the second time in succession the second place, and will hold for one year the shield presented by Mrs. S. A. Courtauld.

22nd Bristols, St. Luke's, Bedminster.

This Company of 33 Guides and Brownies has been carrying on since September last without a captain. The eldest of the Troop, age 19, has been acting captain ever since, with the aid of two young assistant lieutenants. Three weeks previous to the signing of the Peace Treaty the Guides worked very hard, and raised £12 for a new Union Jack for the church. The Guides had a Parade on the Sunday following the signing of the Peace Treaty, and crowds assembled to see them hoist the flag, and the event made a name for the Company. The £4 surplus has been handed to the Vicar for the repairing of the three invalid chairs for use among the sick and poor in the parish.

Chesterfield Division.

A public meeting was held in the Market Hall, Chesterfield, when Miss Behrens, Deputy Chief Commissioner, spoke on the Aims and Ideals of the Girl Guide Movement. A large number of badges were distributed, and gold cords presented to Senior Guide Hazel Reason.

On the following Saturday a Guide Rally was held in Tapton Park, by the kind permission of Miss Violet Markham (Mrs. Carruthers).

Doncaster.

The Doncaster and District Girl Guides held their first Rally and were more than fortunate in securing the presence of the Chief Guide, Lady Baden-Powell.

In the afternoon Lady Baden-Powell addressed a crowded audience in the Mansion House. Scouts and Guides formed a guard of honour from the pavement, up the stairs to the room, and officers lined up inside the room.

The Rally took place in a field at 6 p.m. By 5.30 a large number of spectators had assembled in spite of the windy weather. Sixteen Companies were present, comprising over 240 Guides.

A rousing cheer greeted the Chief Guide and the programme began. During the Inspection displays were kept up by the Companies, so that the audience was not allowed to be dull.

The "Rally" itself was a great moment when at a given signal all the Guides swooped down upon the platform with wild yells. Then followed the Guide and Brownie songs, accompanied by a "Guides' Own Band," trained by the Commissioner.

Over one hundred Proficiency Badges were presented, and at the close Lady Baden-Powell presented the All-Round Cord to the Commissioner (Mrs. Pickering) amidst loud cheers.

Then it was Mrs. Pickering's turn to present the Chief Guide herself with a novel "Thanks Badge"—an inscribed silver photo frame from the officers, with a promise of a photo to follow.

After the March Past and National Anthem, the Guides formed a Guard of Honour and lustily cheered as the Chief Guide drove off, finishing

one of the most exciting days in the lives of all present.

Eastbourne District.

Eastbourne held a Rally in Larkin's Field, when some 850 Guides from the District were on parade. A Challenge Shield had been offered by the Commissioner, Lady Shackleton, and 20 out of the 23 Companies entered for it, the remaining three being unavoidably absent.

After the competitions were completed and the march past, which was carried out with commendable smartness, was over, Dame Alice Godman gave an inspiring address, and at the close complimented Eastbourne on the afternoon's performance.

East Central Division (London).

About 400 Guides belonging to the East Central Division met in the grounds of St. James-the-Less, Bethnal Green, kindly lent by the Vicar, the Rev. Reece Jones, who did everything possible to make the Rally a success. The 14 Companies pitched their home-made tents at 7 p.m., and soon the Guides were busily at work showing the large audience "how useful Guides can be" by practical demonstrations of laundry work, domestic service, sick nursing, basket-making, signalling, physical exercises, Morris dancing, etc. At 8 p.m. the competitions (singing, stretcher drill, and team racing) for the "Plant Memorial" Cup commenced, and the applause was great when it was announced that the 2nd Bethnal Green Company had once more won the Cup. There was also a competition in roller bandaging, judged by Sir Alfred Fripp, who was delighted with the work of the 1st Bethnal Green Company, to whom the prize of a pair of signalling flags was awarded. This Company also won the prize of a flag carrier, presented for the best tent, whilst the 1st City of London won the prize of a silk signalling flag for the best home-made lantern. At 9 p.m. all the lanterns were lit up, and the Guides sitting round their camp fires enjoying a delicious supper kindly provided by their Commissioner, Lady Fripp.

Gloucestershire.

The second Annual County Guiders' Conference was held in Gloucester in June. About 50 people attended the Conference, the greater number being Guiders actually running Companies or Packs in the county, and the remainder prospective Guiders and L.A. members.

Besides addresses, etc., by Gloucestershire Commissioners and Guiders, Miss Field (Commandant W. of England G.T.S.) came from Malvern to speak on "Company Management," and Miss G. Robotham (Assistant Div. Com. for Derby) spoke on Senior Guides and the "Romance of Guiding," and also gave a most enjoyable practical demonstration of Guide games, which was thoroughly appreciated by all who took part.

The *Guernsey Guides* held a Rally and Fete at St. George, Guernsey, and were inspected by His Excellency Lieutenant-General Sir L. E. Kiggell, K.C.B., K.C.M.G., Lieutenant-Governor of the Island.

The Guides gave displays of stretcher drill, Morris dancing, life-saving; the Brownies showed "What a Brownie does every morning," followed by a Brownie song.

Leeds.

The second annual Inter-Company Sports were held in Beckett's Park, and were well attended. A most enjoyable day was spent. Each event in a

varied programme was well contested, and a shield presented by Captain Armitage, of Farnley Hall, was won by the 10th Leeds Coy.

Liverpool and District.

Liverpool and District Girl Guides held a Rally in June, and were much honoured, as the Chief Guide and the Lord Mayor and Lady Mayoress of Liverpool came and inspected them. It was a glorious day and over 1,000 Guides and Brownies took part in the march past. There were several excellent displays and side shows by various Companies. Of these, the ambulance work done by the Blind Guides perhaps attracted the most attention, it was so wonderfully neat. After it was all over the Chief Guide expressed great satisfaction in a most encouraging little speech.

The Liverpool High School for Girls, Grove Street, very kindly lent the field.

1st Northallerton Girl Guides gave a very successful little entertainment in the National Schools, Northallerton, in aid of their Company funds. Proceedings were opened by Mrs. Dorman (County Commissioner, N. Riding, Yorks), who, in the course of a short speech, remarked "that the goodwill of the parents was one of our greatest assets, that the Guides must look to it that by living up to their promises, the movement should become popular in their homes."

Reading Division.

A successful Rally was held in the Hall and grounds of the University College, lent for the occasion. Besides the six Companies of the Division (four Reading and two Caversham Companies) several Companies from the neighbourhood were invited to join, some of the competitions being open to the visitors. Lady Helen Whitaker inspected the Guides, the two senior Companies forming a Guard of Honour.

There was an excellent singing competition, judged by Dr. Marion V. Arkwright, of Highclere, whose sympathetic criticism was most helpful. Over 300 Guides were assembled at tea, after which there was a "Fence" competition and display of country dancing. The winners of all the competitions were awarded challenge pictures.

Saxlingham, Norfolk.

A very successful Rally was held on Empire Day at Saxlingham Old Hall, the residence of Mr. Campbell Steward, District Commissioner, in which eight Companies belonging to the South Division of Norfolk took part. Miss Duff, Assistant County Commissioner, took the inspection and then gave a very effective address on Patriotism, combined with humour, to the Guides, in which she impressed upon them that even our little corner of Norfolk could help to add to the lustre of the British Empire by living up to the Guide laws and promises.

The saluting of the Flag on the village green was followed by a march past of the various Companies, headed by the 1st Brooke, who were led by their Captain, Mr. Gillett, of whom all Norfolk is proud as being the first recipient of the Cavell Badge.

The *South-West London Guides* held their Rally in Battersea Town Hall, when the salute was taken by Mrs. Mark Kerr. Mrs. Moore, Divisional Commissioner, was in the chair. District Commissioners, Mrs. Glossop, Mrs. Taylor, and Mrs. Peach, headed their Districts in the march past. The Staff Captain, Miss Coleman, of the 1st Wandsworth, was in charge of the arrangements.

At the conclusion of the display Capt. Mrs. Gibbs and P/L Nancy Peach were presented with medals of merit by Mrs. Mark Kerr. Commissioner Mrs. Moore made a very stirring farewell speech, upon the conclusion of which Mrs. Mark Kerr handed to her on behalf of the officers and Guides of the S.W. Division a gold fountain pen in a silver case, and a silver calendar, as a token of their esteem and remembrance. Hearty cheers were given.

Stoke-on-Trent Division.
The Ronald Copeland Shield Competition.—Eleven Companies took part in this competition, which was held in the beautiful "King's Hall," Stoke-on-Trent, the County Commissioner (Mrs. Horace Wardle) being present, also the Mayoress (who is one of the District Commissioners). The Companies are all newly started, and the work done by them was most gratifying to the Commissioners and Captains.

After the County Commissioner's kind words of encouragement and pleasure, Mr. Ronald Copeland presented the Shield to the winning Company (1st Hanley), and Mrs. Ronald Copeland presented the flag to the 1st Longton Brownies.

West London Division.
A successful Divisional Rally was held on Barnes Common on Saturday. In spite of the stormy weather over 500 Guides attended. The proceedings opened with a march past, the Divisional Commissioner, Miss Victoria Talbot Rice, taking the salute.

Interesting reports have been received from the following Companies:—

- 1st Alton (Y.W.C.A.).
 - 1st Bayswater.
 - 1st Budleigh Salterton.
 - 1st Frodsham (Close School).
 - 1st Midlothian (Corstophine).
 - 1st Newry.
 - 1st Newport (I.W.).
 - 1st Wroughton.
- And also from Slough.

APPOINTMENTS.

BEDFORDSHIRE.

District Commissioner for Shefford: Mrs. Brown, Parsonage Farm, Shillington.

CAMBRIDGESHIRE.

District Commissioner for Whittlesey: Mrs. Fernsby, Whittlesey, Cambridgeshire.

CORNWALL.

District Commissioner for Helston: Mrs. W. N. Bickford Smith, Trevarno, Helston.

JERSEY.

Island Commissioner: Mrs. Whitaker Maitland, Beau Desert, Jersey.

KENT.

Division Commissioner for Gravesend: Miss Amy Green.

S.E. LANCASHIRE.

North District of South Salford: Miss D. Pearson, Woburn Lodge, Broughton Park, Manchester.

N.E. LANCASHIRE.

District Commissioner for Clitheroe: Mrs. Robinson, The Castle, Clitheroe; Vice, Mrs. Aspinall.
District Commissioner for Accrington: Mrs. Bolton, Pleck House, Accrington.

S.W. LANCASHIRE.
Division Commissioner for Chorley and Leyland: Mrs. Whittaker, Shaw Hill, Chorley, Lancs.

LONDON.

Division Commissioner for West London: Miss V. Talbot Rice, 76, Onslow Gardens; Vice, Lady Massie Blomfield.

Division Commissioner for S.W. London: The Countess Ferrers, 35, Victoria Road, W.8.; Vice, Mrs. Moore.

MIDDLESEX.

Division Commissioner for Harrow: Miss E. Warrender, High Grove, Pinner.
District Commissioner for Harlesden: Dr. Jessie Grainger Evans, 75, Craven Park Road, Harlesden.

STAFFORDSHIRE.

District Commissioner for Newcastle-Under-Lyne: Miss Madge Coghill, Brampton Tree House, Newcastle-Under-Lyne.

SUSSEX.

Division Commissioner for Chichester: Miss Hannah, The Deanery, Chichester.

SURREY.

District Commissioner for North Croydon District: Mrs. D. P. Roberts, Poplar Walk, Croydon.
South Croydon District: Miss A. E. Richardson, 30, Canning Road, Addincombe, Croydon.
District Commissioner for Farnham: Mrs. E. Porcher, Frensham Grove, Farnham.

WEST YORKSHIRE.

Division Commissioner for Harrogate: Dr. Laura Veale, 23, York Place, Harrogate.
District Commissioner for Anston, Dinnington and District: Miss Wright, Anston Hall
District Commissioner for Bawtry and District: Mrs. Parker Rhodes, Newington House, Bawtry.

WALES.

CARMARTHENSHIRE.

Division Commissioner for Llandilo: The Lady Dynevor, Dynevor Castle, Llandilo.

GLAMORGAN.

District Commissioner for Cathays: Mrs. Gibson, Mackintosh Place, Roath Park, Cardiff.

SCOTLAND.

District Commissioner Marnoch: Mrs. Griffiths, Marnoch Lodge, Banffshire.

OVERSEAS.

BRAZIL.

District Commissioner: Miss G. Blair, Estancia "Los Cocos" Los Cocos, Sierras de Cordoba, Argentine

COUNTY SECRETARIES.

County Secretary for Somerset: Miss Winifred Joyce, Halscombe, Washford, Taunton.

County Secretary for Devon: Miss Bennett, 11, Claremont Terrace, Exmouth; Vice, Miss Townsend.

RESIGNATIONS.

Mrs. Spoke from being District Commissioner for Charlton Marshall, Dorset.

Mrs. Olivier from being District Commissioner for Croydon, Surrey.

Miss Stephens from being County Secretary for Oxfordshire.

Mrs. Wallace from being District Commissioner for Chichester, Sussex.