

GIRL GUIDES' GAZETTE

Vol. VI. No. 69.

SEPTEMBER, 1919.

Price 3d.

HEADQUARTERS NOTICES

Diplomas.

Rule 70.

The following amendments will be made to Rule 70 in the next edition of "Policy, Organisation and Rules".—

- (a) In Clause II the word "entitles" will be altered to "qualifies."
- (b) In Clause III the words "First Class" will be omitted altogether.
- (c) No candidate may enter for a Diploma more than once in the same year.
- (d) Only the official Commandant of a registered Training School is empowered to pass for Diplomas, and she should be assisted by qualified examiners.
- (e) Distinction Diplomas are awarded by Headquarters on the same terms as the Commissioners' Warrants.
- (f) An additional qualification to those given on page 75 of the 1919 edition of "Policy, Organisation and Rules" for the award of a Distinction Diploma is "that a candidate should have acted as Assistant Commandant of a Training Week to the general satisfaction of the Diploma'd Commandant."
- (g) The paragraph in Rule 70 (p. 75) reading: "A Diploma will be awarded to a First Class Captain"—will be altered to "A Diploma will be awarded to a Captain who holds a First Class Badge and, etc.:"

AWARDS.

August.

Silver Cross.—Lieutenant Miss Park (1st Colombo, Ceylon).

Certificate of Merit.—Captain Mrs. Marsden (8th Torquay, St. Mary Church, Devon).

Gold Cord.—Captain Miss M. Prior (1st Morton, Derbyshire).

LONDON & SOUTH OF ENGLAND TRAINING SCHOOL.

34 WOODSIDE, WIMBLEDON, S.W.19.

The next Training Week at the above School will be held from October 9th to 16th.

The September Camp, of which a notice appeared in the July Gazette, is full.

LONDON GUIDERS' TRAINING SCHOOL

3 BRYANSTON PLACE, W.

This School re-opens on October 7th. Drill and Signalling Classes will be held at the Church Hall, Church of the Annunciation, Bryanston Street, from 11 a.m. to 1 p.m.

GIRL GUIDE PEACE CELEBRATIONS.

Important Notices.

Hospitality.

(1) Will Guiders wishing for accommodation in London please state when applying if they are Y.W.C.A. or G.F.S. companies?

(2) Any Guiders coming to London for the first time who would like to be met at the station and taken to their destination should ask their County Commissioner for the forms specially provided for this.

(These forms may be obtained by County Commissioners from National Headquarters.)

(3) Any Guiders willing to meet trains or to help the country Guiders in any way, on November 3rd, are asked to send in their names and addresses as soon as possible.

(4) Will any Guiders willing to offer hospitality to Guides, please send in their names and addresses, stating the number of Guides they can take *at once*?

To County Commissioners.

(1) County Commissioners are requested to obtain leave of absence from the Local Education Authorities in the case of Guides attending any of their schools.

(2) Will every County Commissioner please say whether she and her Division and District Commissioners will be present?

(All communications with regard to the Peace Celebrations must be addressed to The Secretary, Miss Rudyerd-Helpman, Girl Guides' National Headquarters, 76, Victoria Street, London, S.W.1.

Further particulars of programme and final details will appear in the October GAZETTE.

DIPLOMA'D GUIDERS.

The following names should be added to those who have obtained diplomas:—

Distinction:

Miss D. Wood, Singleton, Bury Road, Manchester.

Miss Margaret Upton, Grays, Petworth, Sussex.

Miss Mary Ibberson, South Place, Letchworth.

Miss Margaret Bray, Redleaf, Riddlesdown Road, Purley.

Miss Kate Bathurst, Old Warden Park, Biggleswade.

The Hon. Mrs. Walter Roch, 24, Sloane Court, S.W.

Miss Kelway, Y.W.C.A., Bridgnorth, Salop.

First Class:

Miss H. B. Davidson.

Miss N. Whelpton, St. Saviour's Vicarage, Eastbourne.

(For further notices see page 107.)

THE CHIEF GUIDE'S OUTLOOK

(Notes by Lady Baden-Powell.)

The Guides' Peace Day.

We have quite a number of Peace Days. There was the 11th of November, 1918, when we all "armisticed" in our own way. There was the 28th June, when the representatives of all the great Powers and nations met in Paris, and signed the Peace Treaty which declared the Great War at an end.

There was the 19th of July, which was officially our rejoicing day, when practically every town and village held its fete and gatherings.

Now, we Guides are going to have a day all our own for once, and that is the 4th of November, when we are to hold a big special Thanksgiving and Victory Rally in London at the Albert Hall.

We have sent out invitations to every county, and we hope that two Patrol Leaders and a Guider from every company of Guides in the United Kingdom will come, if they can, to attend this meeting.

Commissioners and possibly Guiders from overseas will also be there to join in the great expression of thanksgiving, and of the re-dedication of our Movement to the service of God, and of King and Country.

(Please read the notice about this in another part of the GAZETTE.)

The Sisterhood Feeling.

I had a very nice letter the other day from a Guider who came up to London in July to go to the Royal Garden Party, at which the Guides were present.

She came a long distance, and had not visited the Guide Headquarters before, nor had she had the opportunity of meeting many Guide workers elsewhere, for she was a busy war worker in her own town.

This is what she said:—"I want to thank you just ever so much for all the kindness that I received on Friday. I appreciate beyond words the friendliness shown me by one and all.

"I entered the Headquarters feeling intensely shy and lonely, and came out again feeling that I had more friends in the world than anyone I knew.

"You all proved to the hilt that 'A Guide is a friend to all and to every other Guide' in a way that, before I came there, I could hardly have believed possible.

"I experienced not only such friendliness, but such actual kindnesses, too. I was met at the door of the Guide shop by a smiling Guide who saluted me as if she were delighted to see me. I entered the shop, and found you and other commissioners there, who all welcomed me, somehow, in the jolliest fashion.

"My shyness left me at once. A Secretary 'mothered' me at once, and not only got me my War Service Badge, but even sewed it on me herself!

"I feel I must tell you all this, and I only wish that all the Guides and Guiders might know how a Guide from over the border was impressed and made to feel absolutely at home by the fulfilment of the Guide spirit of sisterhood and friendliness by those at Headquarters."

It is nice to feel that Headquarters was visited and not found wanting by this Scottish Guider, and we hope that other Guiders from far distant places will realise that a welcome awaits them like this if they care to call in at 84, Victoria Street, at any time when they happen to be passing through London.

Change of Mind is sometimes a Good Thing.

A County President of the Guides wrote lately to the County Commissioner, saying: "I was giving away some prizes a few days ago, and there were Girl Guides there. The little Brownies were too delicious, and made and brought me some excellent tea, all done by themselves.

"I feel sure I must tell you now that I have learnt to realise and admire the work of the Girl Guides.

"You will remember that I didn't at first feel the same necessity for the girls as I did for the Boy Scouts. But when one looks at their happy, interested faces, one now knows it must mean happiness and goodness for them."

What about those Brownies.

There seems to be quite a special keenness lately on the starting of Brownie Packs all over the country, and it is very nice at Rallies to see companies of Guides coming on parade with their Brownie Packs attached.

Many Guiders have found tremendous help to the Movement through this branch, as mothers of the smaller children are so keen that their little ones should join at as early an age as possible.

Before taking it up, it has been rumoured that some Guiders have expressed the opinion that "the girls will be tired of the work before they are old enough to be Guides."

But that is not true in practice. Guiding is so elastic and far-reaching, and there is so much scope for different methods and fresh ideas and activities that it is not the girls' fault if they tire of their meetings.

I would like to plead the cause of the Brownie, and urge Commissioners and Guiders to realise that the Brownies are an essential part of our organisation, and to start packs of these jolly little people.

They are so keen, so energetic, their brains are so quick, and they can pick up things so easily.

First aid, signalling, observation, running messages, and those sort of things are learnt by Brownies more quickly than they are by Guides, and so, when they are old enough to become Guides, these smaller girls can do without having to trudge through their second class work. They are already there!

And then, besides that point of view, there is the other side to be considered, and that is how very much easier it is to train a child when it is young than probably to have to eradicate some habits, correct some faults and generally try to re-arrange the already formed character of a girl of 12 or 14.

As someone wrote to me a short time ago. "What we are out for is not merely to make a girl a Guide, it's to make her a good woman, and you have much more chance of doing this if you begin at 8, than if you wait till 13."

There are such a lot of these little girls wanting to be Brownies, too. If you go to a Guide Rally or inspection, there are always groups of tiny mites, all watching with bulging eyes, and wishing they were in it, too.

Think what strength the Movement would have, too, if there could be always Packs of Brownies in connection with every Girl Guide Company.

There are many points to recommend this. For one thing, every Guider would then have a perpetual supply of older Brownies, already trained in Guide work, coming on to feed the company.

Moreover, the work of running a pack is most suitable for the senior Patrol Leaders of a company, and this gives a valuable occupation—a training in itself for Senior Guides.

I have seen many Brownie Packs splendidly run by Patrol Leaders, and they may well be proud of their packs.

I will ask the editor of the GAZETTE whether we can have some special articles on Brownies and their work, and if any Guiders have until now not considered the advisability of taking them up, I would venture to ask them to consider the matter in a fresh light, and do whatever is possible, so that even the little ones may come into our Sisterhood as soon as possible.

In the meantime, a special Handbook for Brownies, written by the Chief Scout, is in the press, and will shortly be on sale at the Girl Guide Headquarters, at sixpence.

A Useful Handbook

A nice little book, which might well be read by Guiders, is now on sale at Guide Headquarters, called "Camp Fire Training for Girls."

Miss Clark, the authoress, gives many good ideas or the greater understanding of woodcraft and campcraft, and the suggestions and practical details for that side of Guide work will be helpful to many.

There are quite a number of Guide Companies that have already practised the outdoor life to a great extent, and the more you do it, the more you love it, and the fitter you will become.

Sometimes, especially of course in towns, we do lay ourselves open to criticism on the line of our specialising over much in Badge work, and thereby losing to some extent the romance and the joy of Guiding.

There are always two sides to every question, and nobody wants to belittle the importance of efficiency, but at the same time we would urge Guides and Guiders, Brownies and Senior Guides to learn about the woods and the out-of-doors, to learn it at first hand, that is, by *living there* as much as possible.

Swanwick Conference.

This month will be a memorable month for the many Guiders who will happily be able to come to the Conference at Swanwick. About 350 have arranged to be present, and the programme for the week is a full and interesting one, and it is felt that much good will come of the discussions that will take place.

There will be representatives from all parts of the United Kingdom, and from so many there will doubtless come varied and helpful thoughts and ideas on all the different aspects of our work.

It will be a very happy meeting ground between all the Captains and the members of Headquarters Committee, and keenness will be stimulated, so that every member of the conference will be able to return to her own little district filled with greater enthusiasm to hand on to fellow Guiders and to her Guides.

THE GYMNAST BADGE.

So many criticisms of the above Test have been received that expert advice has again been taken, and certain modifications have been sanctioned by Headquarters.

The Test now stands as follows:

Be able to jump 2ft. 6in. or 3ft. (according to age), off either foot, without a springboard.

Be able to jump 6ft. or 9ft. long (according to age).

Be able to perform a suitable table of physical exercises taken from a Swedish or Board of Education Syllabus.

Be able to climb a pole or rope at least 15ft. high.

Be able to do one of the following six alternatives:

1. Be able to do three vaults on a Vaulting Horse, either front, flank, squat or rear, in good style, and from either side of the horse.

2. Be able to do three vaults with bars, either front, rear gate, fence, or jumping between the bars.

3. Be able to do three exercises on the parallel or horizontal bars.

4. Be able to do three exercises in rack climbing.

5. Be able to do three vaults or jumps on forms, kangaroo jump, front vault, squat, frog or rabbit jumps.

6. Be able to do three exercises where there is no support or where no apparatus at all is used, such as somersault (on ground or mat), backlying, backlying following somersault, leapfrog, fireman's lift.

GUIDER WANTED.

A Guider is urgently needed to train a company of Girl Guides in the East End of London. The Hall is close to Liverpool Street Station. There is a noble work to do, and assistance would be gratefully received.

Miss Macdonald, G.G. National Headquarters, 76, Victoria Street, S.W.1, will send further particulars on receipt of post card.

ADDRESS YOUR LETTERS CAREFULLY.

On several occasions lately letters have been received at Headquarters which have been delayed in consequence of their having been addressed to the Secretary, 76, Victoria Street, only.

As there are numerous other offices in the same building, the postal authorities naturally have some difficulty in finding out for which one they are intended.

The correct address is:—

The Secretary,

Girl Guides' National Headquarters,

76, Victoria Street,

London, S.W.1.

MARCH COMPETITION.

The results of the above competition (see p. 27, March) are as follows:—

Prize of £1:
Miss M. W. Addison, Coddendam, nr. Ipswich (Captain and Brown Owl, Coddendam Company), for a Brownie play entitled "Mrs. Timpkins and her Roast Goose."

Prize of 10s.:
Miss M. Cooper, Burlington School, Old Burlington Street, W.1 (Brownie in 6th Westminster Pack), for a Brownie play entitled "The Babes in the Wood" (Brownie version).

Prize of 10s.:
Miss E. Royce, Field Mill House, Mansfield (Captain of 2nd Mansfield Company), for verses entitled "Brownieland."

Commended (Plays and Sketches):

P.L. L. M. Burne (5th Lone), P.L. G. de C. Prideaux (Robin Lone Patrol), Cadet B. Lander (Staffs.), Katherine L. Burrell (Bury St. Edmund's), aged 12, Act. Capt. C. L. Hellier (4th Exeter), Capt. S. D. Burges (1st Kensington Gore), Capt. M. C. Shore (Kensal), P.L. E. Gardner (1st Bamber Bridge), Div. Com. Miss M. Baird (E. Caithness), Capt. M. G. Porter (1st Bristol), Eileen M. Greenwood (Ealing), aged 12½, and Gerty Frieze (1st Cheetham), aged 10.

Commended (Verses).

P.L. T. J. Mohrstadt (2nd Wandsworth Common), J. Easton (Bury St. Edmunds), aged 10.

Twenty-eight plays and sketches and eight sets of verses were sent in. On the whole, the standard was not very high, though some of the authors, particularly the younger ones, showed considerable originality.

Many competitors seemed to have forgotten that they were writing for Brownies, and consequently, their efforts, though perhaps good, had to be passed over in favour of plays more suitably written for younger children to act.

Some of the plays and verses have been retained (according to the announcement in the March GAZETTE), in view of possible publication, and the remainder have been returned.

SENIOR GUIDES.

What Title do You Suggest?

In the July GAZETTE a notice appeared, asking for suggestions as to a new title for the Senior branch of the Movement.

The term "Citizen Guide" was mentioned, and some of our readers appear to be under the impression that this has already been decided upon, and are tumbling over each other in their haste to protest against such a title, which they think savours of Bolshevism and other dreadful things.

Now, firstly, the title of the Seniors would not have been changed without due notice being given; and secondly, our readers were asked to make

suggestions, not criticisms (at present there is nothing to criticise, except perhaps the name "Senior" Guides).

Several letters have already been received at Headquarters on this subject, some of them giving very sound opinions, but before any further action is taken in the matter, we should like to hear from more Guides, Seniors and Guides, as the question touches all connected with the Movement.

It may interest many of you to read some of the opinions "for" and "against" the title "Citizen" Guides.

One company of Seniors write that they "would rather be called 'Citizen' Guides, as they feel that the name implies much more to older girls, and helps them to live up to the aims of the Senior Guides." Other writers also take this point of view, that it explains the aims of that branch of the Guides more clearly.

Others, however, do not think this at all; they say "that 'Senior' Guide sounds more sisterly to their juniors," that this name "explains itself more easily," and also that "every Guide is a citizen, and not only the older girls." (This last is a very sound reason.) Then again, another writer thinks that the title "Citizen" would make more girls join.

So please, readers, put on your thinking-caps, and try to find some new and original name for the Guides of 16 and upwards, whose chief aims are Citizenship, Home Craft, Physical Development, and the study of Nature Lore, Art and Literature.

Letters should be addressed to The Secretary, Girl Guides' National Headquarters, 76, Victoria Street, London, S.W.1.

POST VACANT.

A Guider with knowledge of Shorthand and Typing is required for the Equipment Department at Headquarters.

Apply, stating age and qualifications, to the Director of Equipment, Girl Guides' National Headquarters, 76 Victoria Street, London, S.W.1.

MARRIAGES.

On July 2nd, at St. Mary's Church, Crumpsall, by the Right Reverend Bishop Welldon, D.D., Dean of Durham, assisted by the Rev. J. Lightfoot, M.A., rector and rural dean, the Rev. J. J. Maude, M.A., rector of St. Mark's Church, Cheetham Hill, elder son of W. Maude, Esq., Langwith, Ben Rhydding, to Ella, only daughter of Colonel Clapham, Crumpsall House, Manchester.

Miss Clapham was for three years Captain of the 1st Crumpsall Company (121st Manchester), and is now District Commissioner for Crumpsall and Lower Crumpsall.

The marriage took place on Saturday, 26th July, 1919, at Christ Church, Fulwood, Preston, of John Hampson Fletcher and Ida Kathleen Bott, Captain of the 9th Preston (Fulwood Company) Guides. A Guard of Honour was formed by the Company, and afterwards the Lieutenants and Patrol Leaders assisted at the reception held by the parents of the bride.

WHAT THE STARS ARE MADE OF.

One of the first questions asked by anyone who turns his eyes to the skies on a clear night is, "What are the stars made of?"

Even to those who have no idea of the vast distances which separate us from those stars, the question seems unanswerable, but how much more to those who have some notion of the unfathomable depths of space!

Listen. The Earth on which we live is one of a small family of similar balls, some larger, some smaller, going round the sun at various distances. These balls do not shine by their own light, but only by reflected sunlight; they are called planets, and might be represented as our brothers and sisters.

If you imagined the sun to be a good sized lamp, you could set the Earth down as a small plum on the same scale. She is the third in distance from the sun, two other planets being nearer and the rest further out than she is. Now, picture for a moment another such family of planets removed further and further away into space until what appears to us as a great and glowing ball of fire—the sun—dwindles to a mere point of light, like one of the stars. At that distance, of course, you could not see the planets at all, even with a powerful telescope. That is what we suppose is the case with the fixed stars, which may also be suns with families of planets going round them, only at such a vast distance that we cannot see anything but the suns.

Go back a moment to the idea of seeing the sun as a large lamp, and place the little plum which represents the earth, at a distance of four hundred yards away, that is, about a quarter of a mile. On the same scale, you would have to journey twice round the world before you traversed a distance equal to that separating the nearest fixed star from that little system!

I cannot now explain how this stupendous fact has been discovered, you must accept it for a minute. The earth's distance from the sun is really some 92,700,000 miles, but if you make it on a small scale and think of it as 400 yards, then, in the same proportion, the nearest of the fixed stars is further than twice the distance round the world!

The problem of discovering what the stars are made of seems quite too difficult to be attempted now, doesn't it? But, it has not only been attempted but solved, for across all this mighty gap in space, messengers are travelling. One of these is light. Unless light came to us from the fixed stars, we should never have known in the first instance that they were there at all. Light is an incredibly swift messenger, he can girdle our little world between seven and eight times in one second! That takes your breath away, doesn't it? Yet, so far are these stars, that a message from the very nearest of them by swift light takes between three and four years on the journey, and it is reckoned that some light travels hundreds of years before it reaches us. We see these brilliant points of stars in the heavens not as they are, but as they were. If a gigantic conflagration occurred in the nearest, it would be three and a half years before we saw it or knew of it! Some may have vanished, say in the reign of Queen Elizabeth, in some such great outburst, and yet we do not know of it!

Light brings the message of what they are made of to us. Light is made up of all colour, as you can

see in the rainbow, which is nothing but a beam of light split up. But rainbows are not on view every day. Take, then, a piece of three-cornered glass such as used to hang on chandeliers, or even the cut glass edge of a mirror will do; when light strikes on these it becomes full of brilliant colours, like a miniature rainbow.

When a split-up ray of light like this is seen through a particular sort of telescopic instrument called a spectroscope and examined with the aid of the powerful lens, it is found to be crossed by a number of little, black thread-like lines. One of our greatest astronomers, Sir William Huggins, devoted much of his life to puzzling over these. He found that when sunlight was reflected, there were always the same lines in the same positions, irregularly set along the band of coloured light; some near together, others singly. He guessed that these lines meant that whatever was giving out the light was made of certain elements, and after endless experiments, he proved this true. The kinds of things burning in the fierce heat of that great furnace, the sun, always showed the same lines in the same position. There are many elements on earth, some solid, such as iron and gold, some gaseous, such as hydrogen and nitrogen, and these when burnt separately showed their own lines always the same. Thus it was proved, beyond a doubt, that the elements of which the sun is composed are the same as are found on the earth, to a great extent.

The next step was very difficult. For the ray of one star had to be isolated and examined by itself, and you can imagine the patience and perseverance that demanded, but in the end the feeble little ray of light was secured, and the story it had to tell was read. It was found that the stars, too, are made of the same general elements as the sun, though there are some lines as yet unknown to us. Also, there are some stars in which certain very common elements—common here, that is to say—are missing, such as iron. But, clearer proof, on the whole, there could not be that these mighty suns, set in infinite space, are of the same nature as our own sun.

The spectroscope has taught us more about the heavens than any instrument except the telescope itself. It has interpreted for us this wonderful message brought by light which has been speeding across the gulfs of space for countless years, waiting until, in the gradual ascent of man, his brain became strong enough to read it aright.

We know now when we gaze at the star-strown heavens on a clear night that these radiant points of light are suns, similar to our own great sun; glowing balls in a state of intense heat, and that in their furnaces burn many of the elements which go to compose our own earth, such as sodium, hydrogen (which enters into the composition of water), nickel, zinc, copper, lead, potassium, and so on.

And that, in all probability, they also have around them families of planets on which may dwell beings more or less similar to ourselves.

Such knowledge makes us realise the infinite greatness of the Mind of the Creator, and our own insignificance in His Universe.

G. E. MITTON,
Author of "The Book of Stars."

September 24th, Autumn begins. September 29th, Michaelmas Day.

OVERSEAS NEWS.

CANADA.

"The Empire's Chief Girl Guide," Lady Baden-Powell, proved beyond all question her fitness for such a title and office when she gave, before the Woman's Canadian Club in Convocation Hall yesterday afternoon, an address which was, in its simple and straightforward sincerity, an inspiration.

"We don't want to do the girl good. We want the girl to do herself good."

Practical Details.
Going into the practical details of Guide training, Lady Baden-Powell told of the tying of knots, with

girl was Nellie Dyce, who has thirty-one badges and the Silver Fish.

In conclusion, Lady Baden-Powell said of the Guide movement:

"If you see good in it, back it for all you're worth."

(Extracts from an article in a Toronto paper.)

CHINA.

Tientsin.

The Guides took part in the Empire Day sports, and an interesting photograph has been sent to Headquarters, showing them saluting the Flag, together with Scouts and Cubs.



Guiders and Guides of the 2nd Bahamas Company,

which it begins, and explained the things that lie back of this simple occupation. The study of the flag, first aid, signalling and other things, put before the girl in such a way that she learns "because she wants to, not because she'll be smacked if she doesn't," was explained. Then came "The Guide Law," the moral code, with its rules—"rules laid out just like rules in a game, as guiding lines"—embracing honour, loyalty, helpfulness, friendliness, courtesy, kindness to animals, obedience, cheerfulness, self-control, thrift and purity.

How efficiency is necessary in being helpful was pointed out, and, spying a Guide in the audience with a sleeve full of badges, the Chief Guide called her up and showed out all the things she had learned to do, as indicated by the various emblems. The

QUOTATIONS.

"O wad some power the giftie gie us,
To see oursel's as others see us!
It wad frae monie a blunder free us,
And foolish notion."

—Robert Burns.

* * * *

"Of shade and sunshine for each hour,
See here a measure made;
Then wonder not if life consist
Of sunshine and of shade."

—From an old sundial.

EMBROIDERY.

(By Miss E. Ray, School of Needlework, Sunderland.)

A few years ago, it was not easy to find a girl willing to say that she was interested in needlework. If she took needlework with her when she spent an evening in some friend's house, it was supposed to mean one of two things—either she was getting ready for her wedding, or she was so distressingly dull and quiet that she had only the one resource! Fortunately, that state of affairs is at an end.

Girls no longer take a pride in saying "I never touch a needle"; "I don't know one end of a needle from the other." Student, athlete, bachelor girl, she is exceptional if she cannot cut out, make, possibly embroider, blouse or coat-frock, which costs less and looks better than the shop garment of the same kind. Usually, she is willing to say that she has made it, and so she may be. In these days of high-priced clothing, a girl who can make pretty garments is a power in the household, not only for saving money, but for making it, if need be; and for this reason, if no other, a few words about needlework, from one who has made a study of it, may be helpful.

For I am afraid that the embroidery of the modern dress is not always good enough for either material or design. Shop embroidery, especially, often makes one think how much nicer the garment would look without it.

I think the first thing to remember is that needlework, apart from actual making, should, of all things, be decorative.

And-decoration should come on places where it will not be in the way, and where it will show.

Also, while it should not look crowded, it should fairly fill the space it is meant for, and this brings us to the much-discussed question of design.

Please remember that the best worker cannot make a success of bad design.

For success, we need good design, good material and good work. Now, in the matter of design, or pattern as many call it, may I illustrate?

You go to your shop, and the server shows you his stock of transfers. You know you want a narrow bordering, but you also want "a little bit for the front." You "don't want a lot of work," and you "do want the work to look nice." And in that box of patterns is something which will do, if you can only find it.

Here are one or two hints. Get a pattern which will "face," because of the "little bit in the front." Get it sufficiently wide to fill the border space, and leave a small margin either side. If it is to be worked in colours, consider how quickly the pattern "repeats."

This is specially important, for two reasons. One, the necessity of fitting the design; another, the intervals at which set colour will occur.

I wonder if I make this clear. Say that your border is a conventionalised daisy. You are working it on dark blue material, the flowers in pink and cream colour, the leaves in golden brown.

If one of those silvery daisies is missing, wrongly placed, or lagging behind, you will always be teased by it.

The well-behaved daisies, in good order, will not receive a quarter of the attention which the erring

one will claim from you—and possibly from other people. Also, if your embroidery is to have a marked spot of colour occurring at regular intervals, don't let the space between be more than four to five inches. Otherwise, unless you are wider than most girls, we shall have to walk round you in order to see more than two daisies!

I think, perhaps, this quality of "proportion" is as important as any, for it is required in every part of embroidery—the proportion of design to space, of richness of material required for working. The well-known law is—never to embroider with a thread less rich than the material.

We do not embroider silk or woollen with cotton, however bright and pretty it may look.

The proportion of labour to the material is a point which many excellent workers fail to see.

One of my pupils, who has done some very beautiful embroidery of silk on silk, asked me about a piece of important work which was greatly disappointing her. She was embroidering a branch of wild roses, with a chaffinch settling on it, on a square of grey crepe de chine.

"But," she said, "it is looking so starchy." It appeared that she was using "Filo floss"—a very fine make of silk—and splitting it.

This is often done in church needlework, when one is working "faces" for figures of saints, but it is done in the finest of linen, well-stretched in a frame; and each tiny stitch occupies its own place, and no more.

It is necessary for this work, but for practically nothing else, and if it is not necessary, it is not advisable.

Nothing is gained by making difficulties for yourself. This is decidedly a case of "lack of proportion."

Again—though this is a difficult point to advise about—remember how long the article is wanted to last.

If you are working a cotton gown to last the summer, by all means make it pretty with embroidery, but you need not put quite the amount of careful finish into the stitching that you must if you are working a linen "bed-spread," a pocket handkerchief or an embroidered chalice veil.

These things are to last as long as they will—they may outlive the worker—and you can hardly take too much trouble. "Proportion" again!

Please remember another thing—no stitching is good which is uneven.

Of my pupils—and I have had many—the best workers were all good at plain needlework—and liked it.

Plain needlework, well done, is very beautiful, and much more desirable than any machine work. Indeed, high-class tailors always use hand-stitching for important parts of their work, such as the placing of a collar on a coat. Hand work has a "give" about it which makes a very different thing of "joins."

In making an altar frontal, we always join the breadths of silk by hand, thus avoiding puckering, and many of the thin blouse materials of to-day would look very much the worse for the hammering a machine-stitching would give them. Don't grudge hard work when necessary.

Which brings me to one more point which the needleworker can claim for her art. Years ago, when we first began our School of Needlework, an eminent medical man told me how glad he was that ladies were taking up needlework again. For he

had so many "nervous" cases among his women patients, owing to the lack in their lives of any steady, quiet employment.

These four years of war have proved his words over and over again, for the only thing which has "put the time over" for many of our wounded men has been the needlework, which most of them had never done before.

Indeed, I think that some of the girls of to-day will have to look to themselves and their work if they do not wish to be beaten at their own job by sweetheart or brother. The men's needlework is almost invariably well finished.

ELLA RAY.

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

CORRESPONDENCE COURSE NOTICE

Result of Child Nurse Theory Examination.

Passed: Miss M. Baird, Miss M. Tupling.

Next term commences October 15th. The two courses are: (a) The last three lectures on Psychology; (b) Company Organisation and Patrol Method. Courses must not be divided, and all the papers forming one Course must be circulated from member to member; also, would members kindly note that they are again requested to give the name of their Patrol when returning papers to the Secretary.

Will Patrol Leaders please forward any 1918-1919 subscriptions not yet paid, last term's Courses' fees, and the 1919-1920 annual subscriptions of their patrols between October 6th and October 12th. Please enclose a brief statement of accounts, giving the names of the patrol members.

All letters after September 29th until Christmas should be addressed to: Miss Wissman, Heavitree House, Exeter.

SCHOOL NOTICE.

The above School will be open from October 7th until December 22nd.

Special arrangements will be made in the first fortnight of every month for those who cannot stay for the whole term.

* * * *

"Truth is as impossible to be soiled by any outward touch as the sunbeam."—Milton.

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.

To Our Readers.

We are always very glad to receive articles and verses from our readers, and though we cannot promise to print all that are sent in, we would urge Guide authors not to refrain from sending us anything which they think would be interesting, on that account.

It is very comforting to the Editor to feel that there are several Guiders on whom she can depend to send articles and notes at intervals.

Guides in India.

The Chief Commissioner for India, Mrs. Bear, writes that they will be very glad to send a copy of their Magazine, "The News Sheet," free to anyone interested in the work of the movement there, and they would, of course, welcome regular subscribers. All communications should be addressed to the Secretary, Girl Guides' Headquarters, 13, Kyd Street, Calcutta, India.

"The News Sheet" is an excellent little paper, and we have once or twice published extracts from it in the "Gazette."

Our Programme.

This month we publish an article on embroidery, and as autumn begins soon after this number comes out, we think that perhaps some notes on other "indoor" subjects might be appreciated as the days grow darker. We had thought of toy-making for one, and would be glad to have other suggestions from our readers.

Brownies.

As the Chief Guide says in her Outlook, this branch of the Movement is now growing so tremendously and becoming so important, that we think it is time the "little people" should have a number to themselves, and to hope to arrange this in the near future.

Our Guides in Paris.

It was stated in the last number that Guides W. Godfrey and E. Spurr did not appear in the photograph on page 101. This is, however, a mistake, as these Guides are standing on the extreme right of the middle row. We are very glad, for their sakes, that they were not omitted from this group, which is likely to become historical.

"SUNSET."

Sadly the day is watching

A shrine in the Western skies,
Where the Golden Light God gave her
Sinks from her breast and dies.

Silent the dew of even

Falls in a mist of tears,
For the Light of her Life has vanished,
And left but the shade of fears.

Softly the tints are fading,

Like joys that have past away,
As the violet clouds, gold-crested,
Mirror a dying day.

CLOTHING.

Leaflet No. 7. Reprinted by kind permission of the Women's Imperial Health Association.

This is a subject which is of interest to every woman. It is a matter of importance at all times and will remain so as long as civilisation lasts. When a girl reaches adolescence she regards with keen interest everything connected with clothing. It is perfectly natural that this should be so, as pretty and charming clothing appeals to her æsthetic sense and love of the beautiful. The human body is only beautiful when it is as nature intended it to be, and clothing has a most powerful influence upon the development of the body and more especially of the female body.

OBJECTS OF CLOTHING.

Clothing fulfils three objects:

1. *Heat preservation.*—To maintain and conserve the heat of the body.
2. *Protection.*—To protect the body from excessive heat, cold, wet, and injury.
3. *Adornment.*—To ornament and adorn the body.

MATERIALS.

To maintain the heat of the body the material used must be a slow conductor of heat. *Wool* is the best material for this purpose. Innumerable little spaces are formed by the irregularities of the fibres, and all these spaces are filled with air, which, being a non-conductor, retains the heat. This explains why a woollen garment is so much warmer than a cotton or linen one.

If possible, wool should always be worn next the skin, but unfortunately some people cannot endure the irritation which the rough surface of the wool produces, and so it becomes necessary to find a substitute. There are various materials on the market which are made from a combination of silk and cotton, some of these being "porous" and "cellular." The names explain themselves. The *cellular material* is an attempt to copy the natural formation of wool, its chief characteristic being the cells or air spaces which contain the air and therefore retain the heat.

Silk is now used in large quantities for making underclothing, and, being a bad conductor of heat, is a warm material without the irritating effect of the wool. Unfortunately it is costly and therefore not within the reach of the majority. In combination with cotton, however, it is cheaper and on the whole quite satisfactory.

LOOSENESS.

All clothing should be *loose*. Tight clothing is not warm; indeed, one might say it is cold. Loose clothing is always warmer, because it allows of a layer of air between the garments and the body, and, as we already know, air is a bad conductor of heat; therefore, the heat is retained.

Another important point with regard to tight clothing is the fact that tight garments mean interference with the circulation and a disordered blood supply to the different parts of the body. Take, for example, the habit of wearing garters: these must be tight in order to justify their use, but they frequently lead to the very serious condition of varicose veins. A tightly fitting hat, by exerting continued pressure upon the blood vessels of the scalp,

will produce baldness. Tight neckbands and collars are often responsible for headaches and neuralgia. Tight gloves impede the circulation in the hands and promote chilblains. Tight boots, as everyone knows, causes deformities of the toes and are the predisposing cause of bunions and corns, and also may result in chilblains.

LIGHTNESS.

In addition to being loose, clothing should be light in weight, and the weight of each garment should be, as far as possible, borne by the shoulders. This applies particularly to the clothing of girls, especially during the menstrual periods, when everything should be done to avoid congestion of the pelvic organs. Warm woollen stockings and strong leather shoes or boots ought to be worn at this time. It is sheer foolishness for a girl to wear thin shoes and transparent stockings at a time when even a slight chill may lead to permanent ill-health.

CORSETS.

Let us now consider the question of corsets, which modify the feminine body more than any other garment. A corset exerts pressure upon organs and tissues more or less important. In its earliest form the corset appears on the newly born child in the shape of a binder, which becomes, later on, the little boneless stays of the toddler and of the growing girl. Providing this garment remains boneless, and is never tight enough to exert pressure, and provided also there are always shoulder-straps attached to it, whose function it is to lift the weight from the hips, there is no serious objection to this article of clothing. What one does condemn is the stays or corset which is made of firm, unyielding material, lavishly "boned" and very tight-fitting.

When a young growing body is encased in such a contrivance, it is not surprising to find that ill-health and many bodily evils, e.g., a narrow chest, poorly developed lungs, incapable of full inspiration and expiration, displacement of abdominal organs, causing indigestion and constipation, displacement and crowding together of the pelvic organs, resulting in much unnecessary pain and suffering, especially during the monthly periods, chronic inflammation of the ovaries and adjacent structures, and complicated and difficult confinements.

If each woman were able to have her corset made specially for her, cut to her measurement, fitted as carefully as her costumes are fitted, and the material chosen with due regard to the kind of figure it is to clothe, many of our objections to the use of the corset would vanish. It is important that the material should be washable, so that the corset may be kept as clean as the rest of the underclothing, and the corset should then be hung over the back of a chair and placed near the open window all night.

BOOTS AND SHOES.—Avoid high heels and too thin soles.

EFFECT OF COLOUR.

Before leaving the subject of clothing, it is well to point out some facts about the influence of colour upon the human body. There are certain rays in sunlight called "actinic" rays, which have a most irritating and harmful effect upon the skin of many people, producing "sun-eczema" in hot weather. If, however, the victim will use a red parasol, a red veil, and even red gloves, thus cutting off the harmful, active rays, she will escape the

DANCES FOR GUIDES.

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

Irish Slip Jig.

(For four dancers.)

Music: "Irish Washerwoman," or tune in 6/8.

Step 1.—Couples stand at sides of room, boy nearer audience than girl each side. They dance into centre, and face front, girls inside, boys outside, with following step:—Drop on right foot, left up behind, drop back on left foot, right up in front, pas de basque to right (2 bars). Repeat with alternate feet (8 bars altogether).

Step 2.—All place right foot sideways, foot flat on floor, toe turned in, then turn toe out ($\frac{1}{2}$ bar), close left foot and lift right ($\frac{1}{2}$ bar), cut right foot spring to right, landing with left in front of right in fifth position (1 bar).

Repeat with alternate feet (8 bars altogether). (N.B.—Must be practised slowly at first—whole line should move well across the room each time.)

Step 3.—Chain. Boys turn outward, partners following them, doing the step of Step 1, making figure of 8, passing in between one another at centre, boy of left side leading throughout.

Step 4.—In line as before. All hop on left foot, flap right twice (*i.e.*, toe and heel touching ground in quick succession), patter with right foot in front four times (2 bars). Repeat three times.

Step 5.—Chain as in Step 3.

Step 6.—Girls face in to each other and do four points with right foot, hopping on left, four with left, two with right, two with left, then quick changes, right, left, right, left.

Repeat, but instead of final quick changes, four slipping steps out to boys' places.

Meanwhile, boys are doing step of Step 1 round in a small circle, each in his own place.

Repeat, but at last two bars slip in to girls' places. Repeat whole step, boys doing points, and girls circles, and changing back to own place in last two bars.

Step 7.—Chain as before, but faster to leave time to dance out to sides, finishing against sidewalls, as they began.

Corranto.

Music: $\frac{3}{4}$ time. A solo dance.

Step 1.—Step forward on right foot, close with left, step forward right, lift left across and up quickly. Repeat left, repeat right, and pirouette to right. Repeat whole step, beginning left foot.

Step 2.—Hop backward on left foot, dotting right in front (for two beats of the music), two quick little jumps with alternate left and right foot in front. Repeat three times.

Step 3.—Chassé with right foot (*i.e.*, step right, close left, step right). Spring on to left foot and turn to right about, corkscrewing right leg with knee well bent (turning $\frac{3}{4}$ way round to face left wall) (2 bars). Repeat three times, moving well forward at each step, and thus moving in a square figure, ending facing forwards again.

Step 4.—Slide to the right on the foot and hop, lifting left well up behind.

Spring to the left with right foot up behind left ankle.

Spring to the right, with left foot up behind right ankle.

miscellaneous she has previously associated with bright sunshine.

ADORNMENT.

While it is right that a girl should wear as becoming clothing as possible, she should not sacrifice suitability to the ever-changing dictates of fashion. Let her express her own individuality rather than be one of Fashion's slaves. The adoption of one particular scheme of colour (*e.g.*, grey or black) is a great economy.

BOOK OF THE MONTH.

An interesting little book has just been written by Ruth Clark (Minobi) in "Camp Fire Training for Girls."* It sets out in pleasant, readable form the advantages and delights of the outdoor life as it can be followed by girls who form themselves into a so-called tribe, and pursue a camp life based on that of the Red Indians. It also shows how advantageous such a life can be to girls as future mothers of an improved race.

In its essence, this book is another expression of that criticism of and revolt from modern civilisation which appear in John Hargrave's "The Great War Brings It Home."

The varied information it gives will mostly be found in the Chief Scout's books, "Scouting for Boys" and "Girl Guiding," but there is no doubt, a section of this information is put in a very attractive and compendious form in the book under review, which shows girls how they may utilise it and practise the various forms of craft therein described to their own advantage, and presumably, to that of the race.

In effect, this Camp Fire Training is only one form of Girl Guiding, and a somewhat specialised expression of one branch of that Movement which has, of recent years, and in such increasing strength, taken hold of the girl youth of this and other countries.

There is a curious slip in the third section of Log VII., which deals with stars, planets, etc., where Saturn is excluded from those planets which are easily seen with the naked eye, a remark which will not be endorsed by any observer of the heavens who knows how brightly that planet shines when not obscured by the sun's rays.

*Camp Fire Training for Girls, by Ruth Clark (Minobi), 2s. 6d. (Pearson).

HINTS FOR CAPTAINS.*For the Clubroom.*

Make a ladder of strips of paper pasted on mill-board, each rung to count as a Proficiency Badge (there should be about 15 or 20 rungs). Have slips of paper with the Guides' names on, one for each Guide, and different coloured drawing pins for each patrol, and you can tell at a glance how the patrols are progressing in badge work.

N. P. P.

Camping Tips.

A hoop is useful when carrying two pails of water. A light stretcher is very helpful when fetching bread and vegetables.

E. M.

(See also p. 92, August GAZETTE).

Slide to the left on left foot and hop, right up behind.
Two little jumps with alternate left and right foot in front.

Repeat whole step, beginning left foot.

Step 5.—Hop backward on right foot, dotting left behind (2 bars). Swing right foot up and across left, and spring on it. Swing left foot up and across right, and spring on it. Repeat three times.

Step 6.—Repeat Step 3. Do it three times, and the last time turn right round to face forward, then run forward and stamp alternate right, left, right foot in fifth position, right foot in front.

Berlin Polka.

A round dance for any number of couples. Hold inside hands, point outside feet. One polka step forward.

Spring on outer feet, pointing inner feet forward on toe (no weight on them).

Let go hand, hop on same foot, turning outward to face opposite direction, pointing same foot backward on the toe, and take hands again.

Repeat in opposite direction. Ordinary polka step round four times. Repeat continuously.

Another Polka.

(a) Hold inner hands, point outer feet. One polka step forward, inner hands held well back, looking at partner.

One polka step forward, inner hands held well forward, partners almost back to back.

One forward, again holding hands back. Drop hands, and do one polka step round, turning outward and round.

(b) Hold as for round dancing. Two glissés forward (i.e., outside feet slide forward, inner ones close).

One polka step round, turning halfway.

Two glissés with other feet and another polka step. Repeat (a) (b) continuously.

Petronella.

Music: 2/4. The tune of this name is found in all books containing reels. The dance came from Spain to Scotland in the time of Mary Queen of Scots.

Danced in sets of four, A faces C with B on her left, and D on C's right.

(a) A and D come towards each other, and dance to one another (2 bars).

Turn right about, moving into fresh places. A now has her back to audience, D faces it (2 bars). Repeat until back in own places (16 bars altogether). Step throughout (a) is a spring pas de basque.

(b) Take right hands and gallop down room (4 bars). Turn inward and gallop up (4 bars).

Hold as for round dancing, waltz round (8 bars). B and C now repeat this.

Repeat continuously.

An Easy Jig.

Music: 6/8 Irish Jig. Danced by couples in long files.

Couples stand facing up room, outer feet in 5th position. A chord is struck, and they rise on their toes and face each other, right foot in 5th.

Step 1.—(a) Step to right, bob, step to left, bob, break down.

(b) Grasp partner's right elbow with right hand, arm straight, leaning away from partner, skip round, turning once and a half.

(c) Repeat (b) with left-handed grasp.

(d) Repeat (a), turning on last spring of breakdown to face audience.

Breakdown: Turn heels out (feet flat on ground), turn toes out, spring into 5th position, inner foot in front, spring into 5th, outer foot in front.

Step 2.—(a) Run obliquely outward with two running steps, outer foot, inner foot, then cut inner foot twice to outer knee, hopping on outer foot.

(b) Face partner, 4 little skipping steps forward and breakdown, facing up room on last spring.

(c) Repeat (a), moving backward and beginning inner feet.

(d) Repeat (b) forward, facing up room.

Step 3.—(a) Toe of outer foot touches toe, heel, toe of inner foot, spring outward into 5th position. Repeat with inner foot.

(b) Repeat with outer foot, then breakdown, facing to partner on last spring.

(c, d) Repeat with right foot, left foot, right foot, and breakdown, facing up room on last spring.

Step 4.—(a) Join inner hands. Toe of outer foot to inner toe, lift it forward, to inner heel, lift it backward. Repeat with inner foot, then drop hands.

(b) Eight skipping steps round in own circle till facing partner, then take both hands.

(c) Repeat (a) with other feet, then drop outer hands.

(d) Four skipping steps forward up room, and breakdown.

Step 5.—(a) Put outer foot down flat, heel outward, lift it up, toe to inner knee. Repeat three times with alternate feet.

(b) Step towards partner, stamp outer foot behind, lifting inner arm. Step away from partner, stamp inner foot behind, lifting outer arm. Breakdown.

(c, d) Repeat (a) (b), both starting with right foot.

Step 6.—Repeat Step 1 in this order—(b), (a), (c), (d).

Step 7.—(a) Face each other and dance figure of 8 round each other.

(b) One face up room, one down, skip up room, the one with back to audience going backward.

(c) Repeat (a).

(d) Finish, both kneeling on outer knees, hands on hips, looking over inner shoulder at partner.

Note.—"5th position" of feet is one heel to the other toe, both feet turned out.

WEST OF ENGLAND SCHOOL.

A Guiders' Camp was held from August 5th—12th in St. James's grounds, at which 40 Guiders were present.

Diploma and other Examinations were held.

Lectures were given on Nature Study, Citizenship, Educational Side of Guiding, Brownies, Ceremonial, etc., and one of the chief features was Country Dancing.

Visits were paid to a "model" farm and an open-air school.

The glorious weather prevailing throughout the week helped towards the success of the camp.

Risotto à la Milanese.

Cut up an onion and fry it brown, but do not burn it. Put this into a saucepan with $\frac{1}{2}$ lb. of rice and some stock, and let the rice cook quietly till all the stock is soaked up. Season with pepper and salt, and serve with grated cheese.

Dasham Cutlets.

Cooked Meat (minced), $\frac{1}{2}$ lb.
Bread Crumbs, 2 oz.
Parsley, $\frac{1}{2}$ teaspoonful.
Butter, $\frac{1}{2}$ oz.
Flour, $\frac{1}{2}$ oz.
Stock or Milk, $\frac{1}{2}$ pint.
Egg, 1.

Mushroom Ketchup, 1 teaspoonful.
Worcester Sauce, 1 teaspoonful.
Salt, pepper, cayenne.

Egg, Breadcrumbs, Frying Fat, Macaroni.
Make a panada with the butter, flour and stock, add seasonings, meat and breadcrumbs, parsley, sauces and egg. Mix well, and spread even on a wet plate, set aside till firm. Divide into 8 triangular shaped pieces, flour the board and fingers, and shape into cutlets, egg and breadcrumb, and fry a golden brown. Put an inch of macaroni into the narrow end, and serve hot on dish paper.

Macaroon Cakes.

6 ozs. Quaker Oats.
3 ozs. margarine.
2 $\frac{1}{2}$ ozs. sugar.
1 tablespoonful flour.
1 teaspoonful essence of almonds.
2 teaspoonfuls baking-powder.

Melt margarine and sugar in a saucepan, when dissolved add essence. Put oats, flour and baking-powder in a basin, mix well, pour the melted mixture over and beat together.

Bake in a moderate oven for about $\frac{1}{2}$ hour, or if in patty tins about 10 minutes.

Rice Fritters.

Boil 2 oz. of rice in a little milk and water till quite soft, let it cool; then mix it with 1 oz. sugar, a few currants, a tablespoonful of flour, 2 well-beaten eggs, a few drops of essence of almonds, and as much milk as will make it of a proper consistency. Drop the mixture from a tablespoon into boiling fat, and fry a light brown on both sides, drain well, sprinkle with powdered sugar, and serve very hot.

Wheaten Scones.

5 tablespoonful Wheaten flour.
2 $\frac{1}{2}$ tablespoonful White flour.
1 tablespoonful Brown sugar or Syrup.
1 teaspoonful Baking soda.
1 teaspoonful Cream of Tartar.
1 oz. Butter.
Sour milk or buttermilk.

Proceed as usual and bake in quick oven for 10 minutes.

Currant Bun.

1 lb. Flour.
2 oz. Butter.
2 oz. Sugar.
1 oz. German Yeast.
1 gill lukewarm milk and water.
1 Egg.

Rub butter, sugar and fruit into flour. Add yeast, milk and water and egg (well beaten) and work into a light dough. Set to rise for about 2 hours, make into loaves, and set to rise again for 10 minutes. Bake in moderate oven.

Rough Puff Pastry.

Flour, 8 ozs.
Butter or Lard, 6 ozs.
Lemon juice, $\frac{1}{2}$ Teaspoonful.
Salt, $\frac{1}{4}$ Teaspoonful.

Put flour and salt through sieve into a basin. Cut the butter or lard into pieces about the size of a walnut and mix into the flour. Make a hole in the centre, pour in the lemon juice and sufficient cold water to mix into a stiff paste. *Mix very lightly, and try not to break the pieces of butter.* Turn on to a floured paste board, and roll out to a long narrow strip. Fold in three and roll again. Repeat this until you have given the pastry four rolls and folds. Keep in a cool place until wanted. This pastry is used for meat pies sausage rolls, mince pies, etc.

COMPANY NEWS.

A signed photograph of the Chief Guide will be given to the Brownie Pack sending in the most interesting report next month.

All reports must be legibly written or typed on one side of the paper only, and must bear the signature of the Brown Owl.

Barrow and Dalton District.—The Girl Guides and Brownies of this district held their first Rally in the beautiful grounds of Furness Abbey. It was a perfect day and the Guiders gave some very good displays. There was also an interesting competition for a Challenge Shield, given by Mrs. Pedley, late District Commissioner, consisting of "A Fifteen Minute Entertainment suitable as a performance to arouse interest in the G.G. Movement." The Shield was presented by Mrs. Wadham, District President, to Barrow St. Mary's Company, which gave a performance consisting of Physical Drill, Ambulance, Signalling, Illustrations of "Good Turns," and the rescue of a Brownie from a supposed bedroom fire. In addition to this, the Guides sang the National Anthem, "Daughters of England," and the "Song of the Girl Guiders." The proceedings ended with a March Past.

Beaconsfield.—A largely attended meeting was held at Bishop's House, Beaconsfield, in connection with the inauguration of a new district, with Beaconsfield as the centre, for this splendid and constantly growing organisation. Mrs. Bernard the County Commissioner for Bucks, and Mrs. Ackroyd, Divisional Commissioner for South Bucks were introduced by Lady Inglefield, and both these ladies addressed the meeting, explaining the object of the movement, and recording its extraordinary growth throughout this and other countries. The necessity of establishing a "district" for this neighbourhood was also enlarged upon, and the methods of enrolling recruits and forming a Company were explained.

(From the "South Bucks Free Press.")

Bedford Division.—The Bedford Division was honoured by a visit from Miss Baden-Powell, President, who, accompanied by the County Commissioner, Hon. Mrs. Lawson Johnston, and Divisional Commissioner, Mrs. Josselyn, made an inspection of the Guides in the High School playing field, by the kind permission of Miss Collie. Each of the eight Companies in turn gave a Guide display.

1st Beverley Brownies.—At a small Garden Fete and Sale of Work, fruit, flowers, and vegetables, the sum of £34 was realised on behalf of St. Dunstan's, the After-Care Branch of the Institution for the inmates. The Brownies carried out very successfully a programme consisting of action songs, recitations, the Brownie Grand Salute, and a short play entitled "The Brownies."

Blaydon Association.—The annual Rally was held in the grounds of Moor House, Ryton, kindly lent by Mr. and Mrs. Milton Simpson. The Companies present were the Axwell, Blaydon, Crawcrook and Ryton, Winlaton and Whickham Companies. Proceedings began with an Inspection of Company Drill by Miss Barrett, District Commissioner for Chester-le-Street, Ryton and Crawcrook Company gaining the prize, offered by Miss Barrett, for general smartness on parade. Then followed the distribution of proficiency and war service badges, and an open-air tea. After tea the five Companies contested with each other in sports.

Mid and South Bucks.—A most successful Rally of the Mid and South Bucks Girl Guides was held in the Daws Hill Park, kindly lent by the Marquis of Lincolnshire. The proceedings started with the unfurling of the flag and general salute. This was followed by a march past, the salute being taken by Mrs. Bernard, County Commissioner. She afterwards made a tour of inspection, accompanied by Lady Smythe and Mrs. Priestley, Commissioner for the High Wycombe District. General Carteret Carey, C.B., presented colours, given by Mrs. Bernard, to the High Wycombe Town Company and to the Chavley Company. He then gave all the Companies a very inspiring address.

Lady Lincolnshire presented the various badges won by individual members of the Companies, Mrs. Elliott being the recipient of a Badge of Merit for good service to the movement. Three cheers were given for Lady Lincolnshire and Mrs. Bernard, and the proceedings ended with the National Anthem.

Camberley.—Six Companies of Guides assisted, and gave a very excellent drill and camp display, at a Fete given at Kingsclear Garden, in aid of the local Cottage Hospital. In the early spring Lady Helen Whitaker very kindly came and gave an address on the Girl Guide Movement, and as at that time practically nothing was known of it in the neighbourhood we are very proud of the success already attained. We have now six companies of Guides, two of Brownies (about 180 all together).

Essex.—A County Rally was held at Chelmsford. Fifteen companies of girls were present, comprising 400 Guides. Miss Baden-Powell took the salute; she was supported by Canon and Miss Lake and the Mayor and Mayoress. Displays were

given during the afternoon. At the close of the proceedings a certificate was presented to Miss Pointing, Lieutenant in the Colchester Co., for bravery and prompt action during a fire.

Crewe.—An historical Pageant was given in Crewe Town Hall by the Guides of Crewe. The scenes represented were:—Roman Period (2 scenes), Danish Period (3 scenes), Crusades Period (2 scenes), Henry VIII.'s Period (4 scenes), Elizabethan Period (3 scenes), Charles I.'s Period (3 scenes), Victorian Period (2 scenes). Final Tableau: Daughters of England. In this final tableau all the Guides took part in the song, "Daughters of England," and represented women war-workers. Both performances were well attended, and the total proceeds amounted to over £60, which was divided amongst the Companies for the Summer Camp Funds.

Herefordshire.—The County Rally was held on the Castle Green, Hereford, when eleven Companies were present. Miss A. Judson, Commissioner for Evesham District, inspected, followed by displays. The County President, Lady Evelyn Cotterell, has presented a Challenge Shield, to be competed for in 1920. The Hopton Challenge Shield for Hereford City was won by the 5th Hereford Co. The subjects this year were: Needlework, stretcher drill, and morse signalling. The subjects are different each year.

South-East Lancashire Association.—It was decided this year that the County Challenge Shield should be given for efficiency in the club room and the best company evening. Each of the 14 Divisions sent in their best company, and these were inspected by groups of Commissioners. The three best were inspected a third time, and the Shield was awarded to the 1st Radcliffe Company. 1st Failsworth was second, and 1st Claremont third.

A Thanksgiving for Peace was held at the Manchester Hippodrome, which was kindly lent for the purpose by Sir Oswald Stoll. A temporary War Shrine was erected on the platform, and to this a Standard Bearer from each Company brought up the Colours to be re-dedicated to the service of their country. 2,500 Guides were present, and were all thrilled with a splendid address on Reconstruction given by Scoutmaster Rev. F. W. Dwelly. Hymns of praise were sung, and one specially composed in memory of fallen heroes. A solemn charge and prayers were read by Rev. J. Gawme. During the sounding of the Last Post a large laurel wreath was brought up by two Guides and laid on the War Shrine by the County Commissioner as a tribute from the Guides to the men who had given up their lives.

Leeds.—The Annual Sports of the Leeds Girl Guides were held at Beckett's Park. In addition to the teams taking part in the events there was a good muster of Guides and Brownies from the various local Companies, as also a fair sprinkling of the general public. After the finals the Companies were drawn up into formation for the reading of the results and the presentation of the challenge shields. The Guide Shield was won by the All Hallows 10th Leeds Co., and the Brownie Shield by the Farnley Pack attached to the 24th Leeds Co. An interesting afternoon's proceedings

were brought to a close by the Guides giving three cheers for Mrs. Thornton, their indefatigable Commissioner, who, though present during the greater part of the sports, was unable to remain until the close.

2nd Mansfield.—A very happy week of camp life was spent at Swithland, Leicestershire, the Company just numbering 30. The Guides were able to do good turns in the village and helped to raise over £3 for the Church Restoration Fund by a Garden Fete, when they sold lemonade and teas and did the Guides' drills and a Guide play. Lord and Lady Lanesborough were very good in allowing the Guides in the parks and woods and in sending fruit to the camp, and on Friday they spent an hour at the camp and were much interested. A company of Guides from Loughborough also came over and spent a happy day. A Thanks Badge was presented to Miss Murray Dixon for her practical help and the kindness she had shown to the Guides.

Medway Division.—The Companies in the Medway Division had a great day on the occasion of the first annual Sports. Two challenge cups were offered—one for the best Patrol with an average age of 12 and under, and one for those over 12. The competition was very keen all through a long programme of events. The winners were:—Senior Bantam Patrol 5th Chatham Junior, Thistle Patrol 1st Rochester, 1st Chatham (Headquarters) and Cornflower Patrol 1st Rainham were excellent seconds in their respective divisions. The Divisional President, Lady Sturdee, was present the whole time, and graciously presented the prizes at the close of the proceedings.

Oswestry.—A number of Oswestry Guides under command of Divisional Commissioner Miss Leighton have just had their first experience of camp life. The tents were pitched at Hardwicke Ellesmere (through the kindness of Major and Mrs. Kynaston), and a most enjoyable week was spent under canvas. The camp was divided into three Patrols, each of which had special work allotted to them each day, such as "Cooks," "Supply," and "Mess Orderlies." Points were given for neatness, work, games, etc., and the Commandant, Miss Leighton, kindly offered a Guide Trek Cart to the best Patrol. A most noticeable feature of the camp was the bugler, who sounded the Reveille and other calls and kept everyone up to time. On the last evening round the camp fire the winning Patrol was announced and heartily cheered; also votes were taken for the Guide who had been most helpful and kind to all in camp, and she was presented by the Commandant with a beautiful luminous wrist watch.

1st Romsey.—Several Romsey Guides, seven Brownies, and four Guides from the Sherfield English Co., spent their first week in camp in Paultons Park, by kind permission of Major Sloane Stanley. They were fortunate in being able to take the camp over from the Scouts, who left all their equipment for the use of the Guides, and in many other ways were of great assistance. The most popular item in the programme was bathing, and by the end of the camp some of the bolder spirits had learn to swim. Eight girls from Mottisfont came for one day, the Company, only just recently

formed, not having enough funds to come for the whole time. However, they are looking forward to doing so next year.

SCOTLAND.

Dunfermline.—Sir William Robertson, Lord Lieutenant of the County, on behalf of the Car-negie Dunfermline Trustees, presented the Guides and Scouts of the District with silk banners in commemoration of Peace—A King's Colour and Troop Flag for the Scouts, and a King's Colour and Company Flag emblazoned with Saint Margaret in her boat for the Guides. Headed by the Scout District Commissioner, the G.G. Division Commissioner, and a Piper, the Scouts and Guides, accompanied by two flute bands, marched from the Public Park to Pittencreeff Glen, where a dedication service was conducted in the open air by the Rev. W. MacMillan, C.F., and the Rev. T. E. Miller, C.F. The Colours were draped on poles and after being dedicated were received on bended knee by Colour Parties comprised of Patrol Leaders from the different Troops and Companies. Thousands of interested spectators witnessed the ceremony. The Lord Lieutenant took the salute. After the Benediction he urged all parents present patriotically to do their bit for the Empire by turning their girls and boys into Guides and Scouts forthwith.

Kinross-shire.—An inspection of the three Companies was held at Hattonburn, when the Competition for the Annual County Challenge Shield took place, the judges being Miss Kynoch, Divisional Commissioner for Dundee. The Inspection over, the companies each drilled before the Commissioners, after which came the march past. The Challenge Shield was won by the 1st Rumbling Bridge Company, after a very close contest. It was presented by the County Commissioner, who then presented the Cups. The youngest Guide of the Rumbling Bridge Company presented a large bunch of sweet peas to the Divisional Commissioner, who said a few words to the Guides, and the Inspection ended by singing the National Anthem. Races were held afterwards, and were keenly contested. £2 19s. was made for the County Central Funds. All arrangements for the Inspection were made by Miss Izat, District Commissioner for Rumbling Bridge.

WALES.

Anglesey.—A large Girl Guide Camp of some combined Anglesey Companies was held at Llanddona, near Beaumaris. The Companies represented were the 1st Anglesey, 1st Beaumaris (Y.W.C.A.), 1st Llangoed, 1st Llangefni, 1st Llandegfan, and Carnarvon Lone Guides, with five recruits from a prospective Company in Bangor, the total number being 54. There was a Church Parade on Sunday at a special Guide Service at Llanddona Church.

Merionethshire.—From an account of the County Rally: "High on a rock almost perpendicular in its steepness stands the grand old Castle of Harlech. Guarded on one side by Snowden and her mountains, on the other side the sea, where could be imagined a more perfect place for a Rally? Here took place the first ever held in N. Wales. It was only very small, but no matter, the keenness and joy of Guiding was there; every

Guide showed it plainly. First came the march past headed by the Scouts and their drums, followed by some displays. Later Mrs. Roch, C.C. for Monmouthshire, gave a stirring address in Welsh, urging the Guides to keep alive the spirit and patriotism of Wales; telling them of their flag and its meaning. This was followed by the united, unaccompanied singing of the "March of the Men of Harlech," sung with enthusiasm by everyone. The County President then presented the County Flag (the Welsh Dragon), and gave an inspiring address. The Rally ended with the singing of both the Welsh and English National Anthems. Tea followed, during which the Guides came to know each other, and my last impression or thought was, Harlech Castle has seen and heard many different things, but I feel sure that never has there been a brighter, happier scene, and never have her walls rung with merrier laughter than on the occasion of our first Rally."

Interesting reports have also been received from the following Companies:—2nd Accrington, Castle Carrock, 2nd Westminster, and also from Folkestone, Gravesend, and Westmoreland.

APPOINTMENTS.

CORNWALL.

District Commissioner for Perranwell, Devoran, Frock and Kea: Miss Alice Williams, Alma, Devoran.

Division Commissioner for N.E. Cornwall: Mrs. Cotton, Penrest, Bude, Cornwall.

CUMBERLAND.

Division Commissioner, Whitehaven: Mrs. Lewthwaite, The Ralliss, Silecroft.

DURHAM.

District Commissioner for Gateshead: Miss Mitchell, Gateshead Fell Rectory.

HERTS.

District Commissioner for St. Albans: Miss Dearbergh, Osterhills, St. Alban. Vice, Mrs. Dearbergh.

KENT.

District Commissioner for Hythe: Miss Lewis, 22, Manor Road, Folkestone.

District Commissioner for Hawkhurst: Mrs. Hilder, The Hall House, Hawkhurst.

District Commissioner for Southborough: Mrs. Wells, The Grange Farm, Tonbridge.

District Commissioner for Bromley: Miss Vincent, Hillside, Cromwell Avenue, Bromley.

S.W. LANCS.

Division Commissioner, Rochdale and District: Mrs. Lord, Braeside, Oakenrod Hill, Rochdale.

NORFOLK.

District Commissioner for Giltcross and Shropsham: Miss M. Dunell, Garboldisham Manor.

STAFFORDSHIRE.

Division Commissioner for Stone: Miss Parker-Jervis, Meaford Hall, Stone. Vice, The Hon. Mrs. Butler Henderson.

District Commissioner for Rocester, Denstone and Ellastone: Miss D. Haywood, Dore Leys, Rocester.

SUFFOLK.

Division Commissioner for Eye and Woodbridge:

The Lady Cranworth, Grundisburgh Hall, Woodbridge.

Division Commissioner for Ipswich: Mrs. Paul, Clare Lodge, Ipswich. Vice, Miss Gale.

SURREY.

District Commissioner for Horley and Charlwood: Miss Margory Story, Valera, Horley.

Division Commissioner for Reigate Municipal Borough and District: Miss Watney, Shermanbury, Reigate.

SUSSEX.

District Commissioner for Chichester: Mrs. Stocker, Marwell Lodge, Owlesbury, Hants.

WARWICK.

District Commissioner, Stratford-on-Avon: Miss E. Melville, Avonbank, Stratford-on-Avon.

WORCESTERSHIRE.

District Commissioner, Stourbridge: Mrs. Davies, Parkfield House, Amblecote, Stourbridge. Vice, Mrs. Owen Grazebrook.

SCOTLAND.

BERWICKSHIRE.

Division Commissioner for Duns: Mrs. Aitken, Nisbet, Duns.

Division Commissioner for Coldstream, Swinton and Ladykirk: Mrs. Marrow, Belchester, Coldstream.

Division Commissioner for Greenlaw, Polwarth, Eccles and Fogo: Mrs. du Plat-Taylor, Purves, Greenlaw.

District Commissioner for Polwarth: Miss McEwen, Marchmont, Greenlaw

District Commissioner for Greenlaw: Miss Marjoribanks, Bowchester, Greenlaw.

KINCARDINESHIRE.

County Commissioner: Mrs. Baird, Durris House, Drumoak, Aberdeen.

PERTHSHIRE.

District Commissioner for Strathtay and Grantully: Mrs. Stewart, Ballechin.

IRELAND.

County Commissioner for Monaghan: Mrs. Lucas-Scudamore, Castle Shane, Co. Monaghan.

OVERSEAS.

District Commissioner, Tientsin: Mrs. Gordon O'Neill, 18, Victoria Road, Teintsin, China.

COUNTY SECRETARIES.

County Secretary for all Ireland: Mrs. Barker, Diswellstown, Castle Dock, Dublin.

County Secretary, Nottinghamshire: Miss A. Boden, Nuthall Rectory, Notts.

County Secretary, Merionethshire: Miss L. Davis, Dendroeth, Penrhyndendraeth.

County Secretary, Monaghan: Mrs. Green, Cap-pagh Lodge, Monaghan.

County Secretary, Wiltshire: Mrs. H. Leech, The Moat House, Britford, Salisbury.

RESIGNATIONS.

Miss Card, District Commissioner for Perth.

Miss Marshall, District Commissioner for North Fife.

Miss M. E. Powell, County Secretary, Gloucestershire.

Mrs. St. John Durnford, District Commissioner for N.W. Notts.

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