

GIRL GUIDES' GAZETTE

No. 9.

SEPTEMBER, 1914.

Price 2d

MISS BADEN-POWELL'S LETTER.

September, 1914.

MY DEAR GUIDES,

We are passing through a time of grave emergency, and you will all feel that the present time is one of deep anxiety. We cannot attempt to prophesy what will happen, but we will all do as the Prince of Wales has told us, "all stand by one another. There will be considerable distress among the people of this country the least able to bear it. We earnestly pray that their sufferings may be neither long nor bitter. To allay anxiety will go some way to stay distress." And you will have noticed that almost all the members of our Royal Family are working hard to this end.

In these critical times I am sure the Girl Guides are proving in practice how well they have taken in the principle of efficient helpfulness.

You will have read with great delight, on our cover, the exceedingly kind message Her Majesty Queen Mary has sent to all of you, and I have assured her that this will be an incentive to you to prove your loyal devotion to your beloved Queen.

We are so delighted to hear all the many ways in which the Guides are making themselves useful, and it is wonderful how much they have thought of.

The 3rd Exeter were the first Girl Guides' Company to offer help to the Red Cross Society. They are now padding splints, filling sand bags, running errands, and carrying parcels of work.

Where an emergency hospital was started Girl Guides were put in charge of the linen room, to make up the linen, mend it, iron it and mark it.

Our brave men are endangering their lives for their country's sake. They may return to us wounded or sick with disease or fever. Now, the aim of all women folk must be to be ready, they must be prepared for the sad events which are sure to come. Now is the

time for you to be gaining all the thoroughness you can both in Nursing and in First Aid.

Let us remember the gratitude we owe to the men who are fighting for us.

The duty we owe them is to care for their children while they are away, to carry hope and cheer to the wife, and to do all we can where sickness and suffering have invaded a home.

Any and everybody can now buy the Red Cross Badge for sixpence anywhere. It is to be worn as a protection to show the enemy that one is not a "combatant," not fighting, and therefore not to be shot. The Red Cross is a sign that you are employed to care for the injured, and that is what every Girl Guide hopes to do.

Just now you find how all that is told you in the Official Handbook will come into use, so every Guide who can possibly afford it should have a "Handbook" or get one given her.

Guides should now be perfecting their Morse signalling, by rapping on the wall from one room to the next, so as to be ready to telegraph when required.

Fire-Rescue should also be practised, as Guides should all know where the hosepipe is kept, how to screw it on and turn the water on, as well as off, learn how to prevent the smoke choking you by wetting a stocking; also practise jumping from a height into a mat, and how to hold a mat tight and firmly between a dozen people.

You all seem anxious to be helping, and there are many ways in which you can be of use in *Soup Kitchens*, or *Day Nurseries*, *packing parcels and addressing them*, as *clerks, accountants, cyclists or interpreters*.

In the scurry and rush at this critical moment we must not altogether lose sight of our smaller members, the *ROSEBUDS*. These young and promising folk are going to be some of our very best Guides, and I have something special to say to Rosebuds.

HOW ARE YOU HELPING?

What are YOU Doing for Your Country at this Time of Stress?

Miss Behrens, the Commissioner for Manchester, Salford and District Association, sends us such an interesting account of what is being done in that centre that we make no apologies for publishing it in full. It gives so much advice that will be useful to other Companies.

We have opened our "Central B.P. Girl Guide Office" at the University Settlement, and are going to keep it open every day from 9.30 a.m. to 8.30 p.m. An Officer will always be in charge, with relays of six Guides all day long.

We also have lists of all Guides from all our Companies, who are willing to work for others at this time. These are tabulated under the various headings of the occupations they are willing and able to undertake, with the hours at which they are free.

Then we have sent notices to all the papers, and to all the big relieving agencies—Red Cross Society, Distress Committee, the Hospitals, Education Committee, etc., asking them to make use of our Guides and asking them to apply by telephone or note to the Officer-in-Charge at the Settlement. The messenger Guides will then be dispatched for the most suitable girls to do the work.

No Guide is allowed to do any kind of work unless she produces a printed statement, signed by her parents, that they allow her to do this work and can spare her from home at the hours which she fills in.

Every Guide when dispatched is given her duty in *writing*, signed by the Officer-in-charge, and a register is also kept at the office of all the duties undertaken.

The Education Committee wants four Guides at each Feeding Centre, where they provide free meals, to help to serve the dinners, to take tickets and help with the washing up.

The Distress Committee is sending Guides to take charge of children in the homes when the mother has to go down to the office to register, if her husband is a soldier, Territorial, etc., and also when the mother has to be out at work. Then already the Guides are helping quite a number of Red Cross Detachments in very many ways, and are going to be used to help in forming new detachments.

Guides who are at school can help by collecting newspapers and periodicals for our sailors and the wounded in hospitals and convalescent homes. Parcels for the Fleet should be sent *carriage paid* to the London

Chamber of Commerce, Oxford Court, Cannon Street, London, E.C.

Parcels for the wounded should be sent *carriage paid* to the War Library, Surrey House, Marble Arch, London, W.

WHAT WE ARE DOING.

So many Companies of Guides are doing such splendid work to help the country in her hour of need, that reluctantly we have been obliged to condense the reports in order to insert as many as possible. Others must be held over until next month.

Crowborough.—Captain Nesta Maude has joined a party of nurses, and is now working under the Belgian Red Cross Society in Belgium.

Captain Maude is one of our most popular young officers, and known personally to many of you.

We have asked her to let us know how she is, but at the time of going to press no message has been received.

Lady Colchester has given the Crowborough Company 25 yards of unbleached calico, which they are making up into bags, bandages, slings, and draw sheets.

Rugby.—The Guides here are making slippers, socks, night-shirts, etc., for the Red Cross Society and the St. John Ambulance Association.

Ilford.—The 1st Barking and 2nd Ilford Companies (under Miss V. M. Hewett) offered their services for harvest work.

Newbridge.—The Girls' weekly subscriptions are to form a relief fund. This fund is also to be helped by money which would ordinarily be spent on sweets and amusements.

Liverpool.—Work is being undertaken in connection with the Lady Mayoress' Bureau.

Northamptonshire.—Aprons and caps for nurses are being made as well as garments for the wounded.

Northumberland.—Working parties have been formed and ambulance work is also being done.

Bellington (near Macclesfield).—The Guides have undertaken the domestic work of a convalescent home fitted up in a private house.

Little Melton (Norfolk).—The Guides will act as messengers and help a working party.

Dudley.—Headquarters are being used for First-Aid classes and nursing lectures, while ex-Guides have been asked to rejoin, with a good response.

Guildford.—Guides of the 1st Guildford Company have become members of the V.A.D. and Red Cross.

Redhill Police Orphanage.—Willing to do cooking, needlework, and anything else.

Walsall.—Help will be given in poor homes.

Denbighshire.—The Glen Conway Guides have fitted up their clubroom as a hospital and are practising sick nursing and invalid cookery.

Llanfair Arm Lily Patrol have offered their services to the V.A.D.

Denbigh.—The Guides were employed as telegraph messengers; they are also helping the V.A.D.

Southsea.—Help is being given to the Relief Committee of the Soldiers' and Sailors' Families Association.

Bexhill.—Useful work being done for the Red Cross Society as cyclist messengers.

Companies at Seaford, Bury St. Edmunds, Cromer, Malvern, N.W. London, Glasgow, Exeter, Bournemouth, Alresford, Holmwood, Rockwell Green, York, Canterbury, Tunbridge Wells, Falmouth, Penzance, Bethnal Green, Greenich, Sherborne, Cambridge, Lewisham, Rotherhithe, Herne Hill, Folkestone, Scarborough, Bath, Minterne, Beckenham, Handforth, Pinner, Oxford, 2nd Clevedon, Yarmouth, Rhayader, Greenwich, Rugby, Maybole, Blackburn, Catterick, Godalming, and Alderley Edge are all doing useful work for one of the various Ambulance Societies, or making garments for the wounded.

Portslade.—Garments are being made for the poor, in addition to ambulance work.

Frant.—Help is being given to the V.A.D. by tearing calico for bandages, etc.

Dunstable.—Clothes of the thousand Territorials encamped in district being repaired after return from laundry.

Derby.—Crèches are being arranged for the children of mothers who now have to go out to work.

S.W. London District.—Help has been offered to the V.A.D., Charity Organisation, Crèche and Nursing Homes in the immediate neighbourhood.

Maldenhead.—Services offered to the matron of Cottage Hospital.

Chester.—Clubrooms lent to Soldiers' and Sailors' Association. Guides always on duty to run messages for the helpers.

Birkenhead and Wirral Association.—Lending camp equipment (camp beds, tables, chairs, crockery, etc.) to the local Red Cross Society for a hospital.

The Alderley Edge Company is giving great assistance to the local Red Cross Society, and in addition to making garments, bandages, etc., has promised to wash and roll ready for use all bandages used in the Red Cross Hospital. A Guide will call for them each day. Cyclists are at call for messages at any time.

Crawley.—Some ingenious ideas are being carried out, including making covered millboards for Jig-Saw Puzzles for convalescents, collecting and sewing clean newspapers into extra winter blankets, collecting dead wood and learning to feed a patient lying down.

Y.W.C.A. COMPANIES.

The following reports are sent by the Y.W.C.A. Commissioner:—

Exeter Guides were the first to ask if they might help in running errands for the many Ladies' Committees; the Lady Mayoress has

found them steady and useful as messengers, as well as employing them to make and pad splints.

Wotton-Super-Mare Guides are rolling bandages and addressing envelopes for the Soldiers' and Sailors' Aid Society, Clevedon, where the Cottage Hospital has sent staff officers to the front, and sending Guides to do hospital odd jobs; also they are trusted to report local distress cases to the authorities.

Sevenoaks, whose Captain is in touch with V.A.D., has been able to appoint Guides as kitchen and ambulance orderlies for the V.A.D. temporary hospitals.

Headquarters Central Company and **Highbury** are helping at Red Cross Sewing Classes, **Rossie House.**—Helping the Poor Aid Society.

1st Westminster.—Making up parcels and delivering them.

St. John's Wood.—Making children's clothes in connection with the Red Cross Society Sewing Class.

Coventry.—Giving cooking lessons and delivering the things cooked to those in need.

Darby.—Running a crèche in the town while the mothers work.

Bridgnorth.—Helping the War Fund by weeding gardens at 1d. an hour and making baskets for sale.

Bury St. Edmunds' Guides, under a kind non-Y.W. Captain, are making V.A.D. lockers and one is appointed to take "Cyclist" messages for the hospital.

Liverpool Guides are running errands and sewing.

Portarlington.—Preparing for a Sale of Work for the Relief Fund. They also collected £12 and fed the troops as they passed through from West to South Ireland.

Wirral Guides have given up their Saturday afternoons' outings to working parties and bandage rolling, and Company after Company is holding prayer meetings, where the Guides are learning the ministry of intercession. In one Company there is a meeting every night.

Lack of work amongst our Girls is a problem we shall have to face when the mills close down. The plan of the Captain of one Midland Company is to take her Company herself into the hop gardens. For this she is now in communication with some of the leading owners.

Another Midland Captain, whose Girls were also "out," writes me that the managers of a large ribbon firm found himself with extra work through the demands for "favours"; he wrote to our Captain, asking for eight capable girls who could be trusted. The Captain sent him a Patrol with its Leaders—all girls who had lost their work. The Patrol has given great satisfaction, and all are guaranteed work at 10s. a week for three months. Better than this, should this firm receive further orders and need more hands, preference is to be given to any Girl Guide who applies.

1st Colne Company.—Helping to serve the meals to necessitous school children and wash up afterwards. In addition, they are supplying a poor family with vegetables from their allotment and sending their flowers to the wounded. Money raised for the purpose of buying a piano has been handed over to the local Relief Fund.

WIN AN AMBULANCE OUTFIT.

Egg Nog.

Beat an egg, a saltspoonful of salt and two teaspoonfuls of sugar in a basin until light, not foamy. Add half-pint slightly warm milk and one or two tablespoonfuls French brandy. Mix and strain, and serve at once.

Toast Water.

Toast three slices of bread thoroughly; break into small pieces and soak for an hour in one pint cold water. Turn into a strainer or napkin, squeezing out the liquid with the back of a spoon.

Barley Water.

One tablespoonful barley flour, one teaspoonful sugar, one teaspoonful lemon juice, one quart water.

Boil flour, water and sugar together 15 minutes, add lemon juice and strain.

Restorative Jelly.

One oz. gelatine, half-pint port wine, one tablespoonful powdered gum arabic, two tablespoonfuls lemon juice, three tablespoonfuls sugar, two cloves, half inch cinnamon.

Put gelatine, wine and spice into a double boiler, which can be improvised by placing a bowl in a pan of water. Set on the fire, and when gelatine is dissolved add gum arabic, lemon and sugar. Stir well, strain quickly through a fine napkin into a shallow dish, so that the layer of jelly shall be one inch thick. Cut into cubes, which may be served two or three at a time, to be held in the mouth until melted.

Hints on Serving the Food.

Always serve your dishes as daintily as possible in order to tempt the patient to eat.

An overloaded tray will never make a good impression.

Nothing should be used in the way of linen on dishes that cannot be washed without spoiling.

If you are serving a hot meal let it be really hot—not lukewarm.

Food and drink should not be allowed to remain exposed to the air for any length of time. If the patient has a glass of liquid always at the bedside make a little muslin cover for it—a fringe of beads will keep it in place.

Never fill a cup to the brim so that there is a danger of the patient spilling the contents on himself or the bed clothes.

Every Guide should carry with her an Ambulance Outfit, so that she may be able to patch up, temporarily at any rate, the sufferer in an accident she may happen to see.

If you do not possess your own outfit yet you can win one in a very simple way.

To the five Guides who write what we consider the best accounts (*not more than 500 words*) of a day's work with either a Voluntary Aid Detachment or the Red Cross Society, we will give one of our splendid Emergency Cases.

Write in ink on one side of the paper only, add your name and address, and send your account to AMBULANCE, "Girl Guides' Gazette," 116, Victoria Street, London, S.W.

All entries must arrive not later than September 30th.

TO CAPTAINS.

Captains are asked to exercise special caution in the selection of girls for any public work. Every safeguard must be given to girls, even more now than in times of peace. Only those who bring a written permission from their parents should be employed.

GIRLS MUST ALWAYS GO IN TWOS, NEVER ALONE.

Every girl selected for work must have a card with her name and address, stating the work for which she is sent, and each card must be signed by the captain.

ALL ROUND CORDS.

Captains and Examiners are reminded that the Union Jack qualifying for the All Round Cords must be made of calico or other material, and *not of paper*.

THE GIRL GUIDES' GAZETTE,

SEPTEMBER, 1914.

The Gazette will be published on the 15th of each Month.

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B. P.



G. G.

All communications should be addressed

to—
 THE EDITOR,
 GIRL GUIDES' GAZETTE,
 116 Victoria Street,
 London, S.W.

The Editor will be glad to receive short articles, correspondence or items of news of general interest. Manuscripts must be written on one side of the paper only and bear the name and address of the sender (not necessarily for publication). No MSS will be returned unless a stamped envelope is enclosed.

EDITORIAL NOTES.

Queen Amélie's Interest.

You will all be interested to hear that Queen Amélie of Portugal is helping very actively in the work of the Red Cross Society.

She recently gave a parcel of calico and flannelette to the Richmond Guides, of whom she is Patroness, to be made into pillows and shirts for soldiers and sailors. She is personally superintending the work.

How are You Helping?

So many Guides seem to think that unless they are offering themselves for First-Aid work in time of need or making garments for the wounded that they are not doing anything to help at this time of need.

Last month we told you of a number of other ways in which you could give useful service.

The Guide who goes to a home where the husband has been called away to his military duties and helps with the work of tidying up or looking after the children, is doing

just as useful work as the Guide who makes bandages or does something more directly connected with this dreadful war.

The services of the quiet worker are too little appreciated; we all prefer to be where the limelight falls on us, don't we?

Whether you live in town or village, there is sure to be some poor mother close at the home. Make it your business to find out one at least and give her regular assistance. Whatever the work you do, keep a smiling face—your cheerfulness will make those about you forget their troubles.

The National Relief Fund.

Of course, you all know that the Prince of Wales has started a fund for the relief of the distress and poverty likely to be caused by the war.

Everyone who can will want to support it. Have you done your share yet?

If not, fill in the coupon on page 14 and post it as directed.

A GUIDE WE ARE PROUD OF.

The recently formed 1ST FRISTON COMPANY have already a little heroine among their number, Guide Alice Barnes (aged 10½ years).

While paddling in the River Alde one morning she heard cries for help coming from higher up the river.

Running in the direction of the cries she found Scout W. Brightman sinking in the mud and unable to do more than shout for help.

Without a moment's hesitation, and at great risk to herself, Alice Barnes rushed in to his aid, at the same time calling to her brother, who was close by, to come and help.

The Guide succeeded in pulling the Scout out, though she herself was already knee-deep in mud.

This particular spot is one of the worst in a most dangerous river; the soft, black mud being many feet deep. Though several lads and girls were on the spot at the time, they could do no more than shout, and but for Alice Barnes' pluck and presence of mind the Scout would have been drowned.

A SPECIAL LETTER.

FROM
Lady Baden-Powell.

DEAR GUIDES,

I feel sure that you all realise now what a great crisis we have come to in our nation's history. The war that we have entered upon in honour bound will tax everybody in many ways.

During the coming winter there will probably be great distress amongst those women and children who are dependent on the splendid soldiers who have answered the call of their King and Country and gone away to fight.

It is the duty of all men, women and children to do all in their power to alleviate suffering here at home, and I know that the Guides will not be behindhand in showing how kind and helpful they can be.

There are innumerable ways in which you can all help in your own districts, and as you have practised the Guide Law in your daily life ever since you took your Guide's promise, so now is the moment for a great effort on your part. We want you to show that your training has made you capable of carrying out good and useful work, and I think that the best sort for you to undertake is:—

1. Making or collecting warm clothes for the little children of poor women who are affected by the war.
2. Giving a little of your time each day to helping poor women with their work of looking after their house and children. Preferably during the daytime whilst she is at work, perhaps earning her living.

This is a grand opportunity for those Guides who have gone in for their Child Nurse Badge.

3. Many poor women who are ill, too, need your help just now—even if it is only just a little cheering visit and chat each day. You must all know how a smile and a little friendly chat pleases people who are not sick—so how much more welcome is the kindly word to those in pain and ill-health.

4. Then Guides who are keen on cooking can do a great work in getting wealthier

neighbours, and even hotels, to give you scraps of food which can be boiled down to strength-giving soup; and to distribute that amongst hungry people when the cold weather comes would be a really good turn, worthy of a Girl Guide.

Apart from these ways that I have mentioned in which you can help others, there is another way which may appeal to you more.

The Boy Scouts have, as you probably know, risen grandly to the occasion, and 15,000 of them are on duty doing valuable work for their country.

There are many at various jobs in towns, but the boys that I want you to remember, if you are not busy elsewhere, are the Scouts who are guarding our shores.

You have heard of the many terrible and sad losses from ships being sunk by mines in the North Sea. The enemy's ships are only waiting for an opportunity of coming to do us some damage, and the Boy Scouts are on duty helping the Coastguards to keep a good look out by day and by night so that they can report what ships come near.

Those boys will have to be out in all weathers, and they will want warm clothes.

So if any of you can knit, do not let your fingers be idle in this hour of need, but knit stockings and socks—big ones as they are big boys—and comforters made of nice soft yarn, about a yard-and-a-half long and eight inches wide.

As soon as they are ready send a postcard to the Girl Guides Office and they will tell you where to send them, or else despatch them straight to your nearest Scout Association, for them to distribute your welcome gifts to those plucky little fellows on the East Coast of England and Scotland, who are doing their duty; and you, too, will then be doing yours.

Warm underclothing, shirts, greatcoats and boots are also wanted for the same purpose. Perhaps some of you have brothers who could spare a few garments?

With my best wishes,

Yours ever,

Lady Baden-Powell

Oil, tar, and grease rot the tyres they touch. If you ride over a puddle of the thick green oil which motor-cars drop upon the road, your best course is to ride through some dust or dirt, and in that way remove it.

A leaky lamp on the head of a machine may also drop some of its contents on the front tyre, and cause it to rot, unless you wipe off the oil at once.

One of the chief ways in which oil can injure the tyres is through the hubs being over-oiled. The surplus oil is apt to run down the spokes and on to the tyres, and, not content with damaging the outer-cover, it may penetrate between the cover and the rim, and thus affect the inner-tube.

Never pump your tyres "board" hard in hot weather. The compressed air may expand a trifle and burst a tyre where it is weak.

WHEN THE AIR ESCAPES.

Ordinarily, however, tyres should be inflated to practically their fullest extent, so that, in the case of a girl, hardly any depression should be noticed when riding.

Hard tyres do not puncture so readily as flabby ones.

Extreme heat and extreme cold both have a bad effect upon tyres.

Sometimes a bicycle suffers punctures in such a mysterious way that their source cannot be traced. One of the reasons may be that a spoke-head projects through the wheel, and, when the tyre is pumped hard, pierces the inner-tube. It is advisable occasionally to examine the wheels for projecting spokes, and to file down any that are dangerous.

A faulty valve may also account for the mysterious deflation of a tyre. The rubber sleeve of the valve may have split, or the nut be loose. These matters can easily be remedied. You can always test a valve by holding a glass of water up to it, so that the valve reaches into the water.

When a long slit occurs in an inner-tube, you should patch it on both sides.

Get a piece of rubber longer than the slit, clean it, and place it inside the tube. Next clean the inside of the tube round the slit. Then solution the patch, and, when nearly dry, press the tube firmly down on it, holding the edges of the split together. The outside of the split should then be patched in the

usual manner, and the tube put under a weight for a quarter of an hour.
A good notion is to cut a tiny circle at each end of the split, to prevent it enlarging.

DO YOU KNOW

Why Great Britain is taking part in the great war which is now raging

It is because she made a promise to Belgium that, if Belgium wished to remain neutral in any war that broke out, and any of the combatants violated that neutrality, she would help her to protect herself.

Now as you all know, Germany had no sooner declared war upon France than she attempted to cross Belgian territory in order to take a short cut into France.

By the laws of warfare this was not allowed, and Belgium naturally had to try to stop the advance of the Germans. She put up a splendid fight, but it was quite hopeless for her to expect to hold the overwhelming numbers of the enemy.

Britain had no wish to go to war, but her honour was at stake now—she had made a promise which of course must be kept at all costs. It should never be said among nations that Britain could not be depended upon to keep her word. And that is why our Country is taking part in this dreadful war.

You girls, when you become Guides, make three promises *on your honour*:

1. To do your duty to God and the King.
2. To help other people at all times.
3. To obey the laws of the Guides.

Have you realised that these promises must be kept, whatever the cost? If not, make them again, with the resolve that *nothing whatever* shall lead you to break them.

We do not expect that you will ever be put to such a severe test as Britain has been over the promise she made to Belgium, but life is full of all sorts of temptations and pitfalls which the remembrance of your promises will help you to avoid.

