

# Girl Guides' Gazette

The Official Organ of the Girl Guides (Incorporated).

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## The Chief Guide's Outlook.

### A Royal Visitor to H.Q.

H.R.H. the Princess Mary paid a delightful visit to our Girl Guide headquarters last month.

I call it delightful, for our Royal visitor came privately and informally merely to have a chat about the Guides and to see where the fountain head of the movement has its being.

She was kindly and charmingly interested in all and every detail, and seemed most pleased to see all the photographs round the walls.

As many of you know, there are pictures there of Guides in groups, Guides at rallies, Guides at work, Guides at play, Guides at home, Guides in far off places, as well as the jolly painting of a Guide presented to us by Mrs. Meeson Coates.

It was so heartening to find that our Guide President for Norfolk knows all about what we are at in the Guide world and quite feels like "one o' us"—shaking hands with the left hand and giving the Guide sign as if she had been amongst us for years. The staff of secretaries and assistants at the office and the Guide Shop all felt elated and pleased after our Guide Princess had been in to cheer us on our way.

### Does Guiding Help a Girl in Her Life's Work?

We are very young—very young indeed—as an organisation, but already we can speak from practical experience as to the help that the practice of Guiding has been to the girls who have joined us.

Not only now, whilst a girl is actually in a company, can the activities help and give pleasure and assistance, but it is already being proved by those who have taken up their careers that the things learned as a Guide are going to be useful when you grow up and have to make your own way in the world.

As I have said before, I could give many rather jolly extracts from my post bag, but there is one which came the other day which will be an encouragement to many, as it came from a Guider:

"We had in our company a very keen Guide, who was devoted to children and always wanted to train in their care. She rose to be a most reliable Patrol Leader before leaving the company to go into service elsewhere. Then her chance came. She answered an advertisement for working students in a babies' home, and went to see the matron, put her in touch with me for a reference, and was then taken on as a probationer. Just after that I went into a nursing home in the same town, and two or three times a week that girl gave up her two hours off duty to come and see me, where I lay ill, full of happy talk of her ten baby charges and keen as mustard on her work. She has now passed her exams and is a 'certificated nursery nurse' in a good post in charge of two children.

"In her examination for her certificate the examiner asked her some questions quite outside the training that she had had in the babies' home, and she was able to answer them because 'of what she had learnt in the Guides' as she said. It was such a joy to find that her time in the company had been such a real benefit to her."

### Girl Heroines.

Many of you will have seen in the paper some thrilling accounts of brave deeds done by the Land Army girls, for which deeds they were presented with medals recently by the Princess Mary.

Many of these acts were gloriously plucky, and set a fine example for us Guides to follow. Of course these deeds were mainly "good turns" to and fo

animals, and the wonderful part of it is that many of the Land Army girls had lived in towns before the war and had probably never had anything to do with animals at all before they took up work on the land.

It only shows how well Guides who have got the Dairymaid, Friend to Animals, Horsewoman, and Landowner badges ought to be able to do when they get a chance of actually putting their badge work into practise. I wonder how many Guides could have done as well as these handworkers whose performances were described as follows:—

**Cheshire.**—A horse bolted with a hay-cutting machine amongst some school children, and attempted to dash over the bank into a river. With the greatest difficulty Miss A. held on to the horse and guided it until she obtained assistance.

**Hertford.**—Miss B. saved some valuable pigs from drowning. They ran on to some thin ice, which broke, and they fell into the water. Miss B. succeeded in pulling them out by hanging on to a fence with one hand, and catching hold of their ears with the other.

**East Kent.**—A small boy was sitting on a stile in charge of a gun which slipped and practically blew his arm off. Miss L. rushed to the child and carried him into the house. She then bound his arm tightly with towels and attended him till help arrived. The doctor asserts that but for her prompt action the child would have lost his life.

Yes, these are all things Guides can do as the result of their training—but it is not merely the training in how to stop a horse, in how to catch hold of a pig's ears, nor how to render first-aid, it is the training in *how to keep oneself in hand*, to keep cool in the sudden emergency, to think and know clearly what is the best thing to do, and then to do it with all the promptness and skill that comes of having practised it before-hand.

#### The Prince of Wales and the Guides.

His Royal Highness the Prince of Wales, as you know, in his tour of Canada, inspected the Girl Guides and Scouts wherever he went in the Dominion and expressed himself as highly pleased with their efficiency and smartness.

He continued his inspections when he visited the United States, and this is the message he sent out on leaving the country:—

"Boy Scouts and Girl Guides of the United States of America, I have been asked to send you a message, and I am very glad to do so.

"I wish that my visit to your splendid country had been longer and that I had had the chance of seeing more American Scouts and Guides; but that must wait till my next visit.

"Meanwhile I wish to say one thing to you: Value your training as Scouts and Guides, for the more you value it the greater will be your own value to your country and your friends.

"Never hunt for yourselves, but hunt with the pack. Put your country always first, and above all things be good Americans. The better Americans you are the better friends you will be to your brother Scouts and sister Guides of the British Empire."

*Game S.C. Baden-Powell*

Chief Guide.



#### LETTER FROM MISS MACDONALD.

DEAR EDITOR,—May I, through the medium of the *GAZETTE*, offer to the Commissioners of the Girl Guides my deep gratitude and thanks for the very handsome cheque they have sent me—through Lady Parsons—on the termination of my services as Secretary. Their kindness is truly overwhelming and most fervently do I thank them.

Yours sincerely,  
MARGARET MACDONALD.



#### AWARDS (DECEMBER).

**Medal of Merit.**—Guide Ida White, aged 16 (2nd Rugby Company), for stopping a bolting horse. The Guides were at a picnic and were packing up for the return journey, when the horse harnessed to the float in which they had driven out, took fright and bolted. Guide Ida White sprang into the cart, and bringing all her weight to bear upon the reins succeeded in bringing the horse to a standstill. Her presence of mind, pluck, and *quick action* averted what might have been a serious accident.

Apparently it was the first time this Guide had handled reins, nor has she any experience whatever in the management of horses.

**Gold Cords.**—Miss B. Game, Lieutenant, 2nd Paddington; Miss St. John Hunt, Staff Captain, Chelsea; Miss M. Dunell, Staff Captain and District Commissioner, Norfolk; Miss Faith Doyne, Captain and County Secretary, 1st Headington, Oxfordshire; Miss Audrey Lloyd, Lieutenant, 1st Bournemouth; Patrol Leader A. Waterhouse, 2nd Paddington.



#### CALLED TO HIGHER SERVICE.

We regret to record the death on December 16, 1919, of Rosa Cooper, Patrol Leader, Thistle Patrol, 1st Leicester Y.W.C.A. Company.



## West Riding Conference.

### WEST RIDING (SOUTH) GIRL GUIDES.

The first Conference of Commissioners and Guiders in the West Riding was held under the presidency of the County Commissioner, Mrs. Pickering, M.B.E., A.R.R.C., in the Memorial Hall, Doncaster, on November 7 and 8. It was attended by the Division Commissioners of Leeds, Sheffield, Harrogate, and Burley in Wharfedale and the District Commissioners of Wakefield and Sheffield, together with 70 officers from the County area.

The Conference was opened by the Ven. Archdeacon Sandford, who welcomed the officers of the movement to Doncaster in a short appreciative speech.

Friday afternoon was occupied chiefly in work on company drill and signalling and a very helpful and instructive address on the "Modern Girl" was given by Dr. Laura Veale, Division Commissioner for Harrogate. In the evening a practical exhibition of a "Guide Evening" was given by Mrs. Gilmour (Division Commissioner for Burley in Wharfedale). To this the townspeople had been invited. At the close of the day's work the visiting officers were provided with hospitality for the night by different houses.

Saturday morning was given up to practical work in different subjects together with an "Inspection of the Officers" by the County Commissioner. The songs for the forthcoming Musical Competition were also sung. In the afternoon an hour's instruction was given in various country dances, and Mrs. Pickering gave her address to the Guiders. She spoke of the responsibility which comes with the position, and said it was her aim to make the southern district in the West Riding the best in the country, and appealed for their assistance. She hoped that half-yearly Conferences would be arranged in the future, which would greatly assist uniformity in the County, in such directions as methods of drill, words of command, enrolments, uniform and the salute, and also increase County friendliness and co-operation. Mrs. Pickering entered into some details regarding Guide work, and how it should be carried out, asking the Guiders not to look upon Commissioners as mere faultfinders, but rather as friends, eager to give encouragement and show appreciation for their work.

In conclusion she appealed to them to keep ever before them the spiritual side, and high ideals which all true Guide work has for its foundation.

A discussion on the advisability of holding similar conferences concluded a most helpful and successful meeting.

"Are you in earnest? Seize this very minute,  
What you can do, or think you can, begin it."

— *Lord Chesterfield.*

### PUBLICATIONS COLUMN.

By MISS RUDYERD-HELPMAN.

I HAVE not very many books on my list this month to recommend, but those I mention are very interesting indeed, I greatly enjoyed reading them. "A First Book of Nature Study," by E. Stenhouse, B.Sc., price 1s. 9d., published by Macmillan. This little book is written especially for those who are beginning to take an interest in Mother Nature, it is so interesting that I think that many Guiders would find it a great help in arousing in their Guides curiosity and so make them want to know more.

"An Introduction to Nature Study," by the same author, is a far fuller book on the same subject. Price 4s. 6d.

"Flowers," Shown to the Children Series, by Janet Harvey Kelman and C. E. Smith. Price 3s. 6d. I was very pleased with this book, especially as all the plates are coloured, but I am very glad to hear from a captain in my county that her company has it in their library, and that the Guides love it and find it very useful.

"Olaf and the Trolls," by Mrs. Arkwright, Divisional Commissioner for Croydon. Price 6d. This is a very pretty little play, one very suited to Guides, but it is hardly necessary for me to say that, for it is written by one of our own Commissioners. I would like to congratulate her on the charming way it is written. All three books can be obtained from the Shop, 84, Victoria Street, London, S.W. 1.



### WEST LONDON GUIDERS' CONFERENCE.

In November the West London Guiders held a one-day Conference at St. Phillips' Hall, Earl's Court, by kind permission of the Vicar.

We met at 10.30, the first session opening with an inspiring address on Nature Study, by Miss Rudyerd-Helpman, C.C. for Merionethshire. The hopeless question, "How can we help to open the eyes of our Guides to the beauties of Nature in the slums of London?" was promptly dispelled by the many ways and means suggested to us.

Mrs. Mark Kerr followed with "The Romance of Guiding" as her subject. Then games was the order of the afternoon, followed by a model Court of Honour. Informal discussions in a pow-wow ring on the floor, and a talk and discussion on the patrol system everyone found most helpful. The Conference ended with a talk from our Divisional Commissioner, Miss Talbot Rice, with helpful hints on the problems that exercise a Guider's mind in the running of a company.

## Notes from Foreign Countries.

By MRS. ESSEX READE.

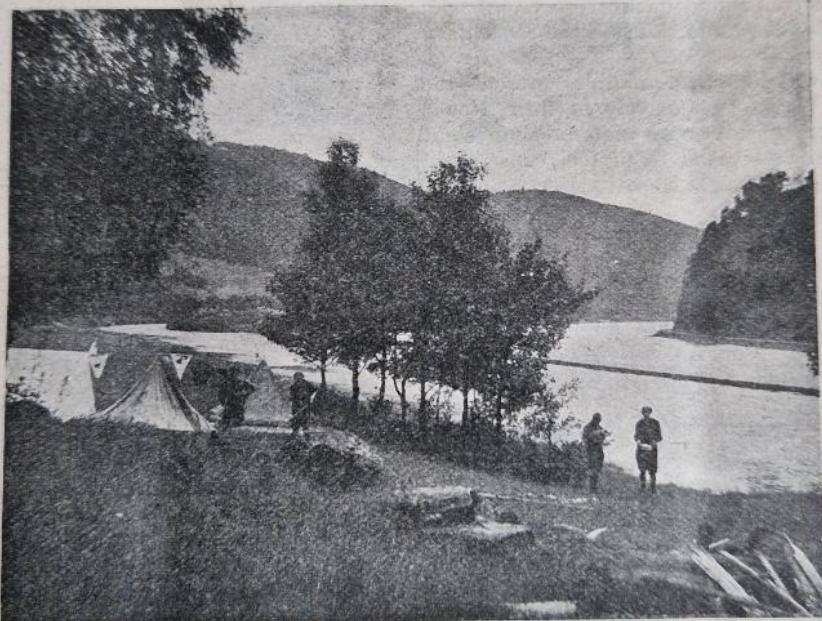
## CZECHO-SLOVAKIA.

THE Guides in this new Republic (better known as Bohemia) are keenly interested in their English sisters. They were extremely pleased to receive an English uniform, which they consider prettier than their own, although they say that it is not so practical. When in camp they usually wear bathing dresses all day.

English and French in order to be able to correspond with their Allies in England and France.

## SOUTH AMERICA (URUGUAY).

We hear that there are Guides in the *Banda Oriental*, as it is locally called, but we have not yet heard any details about them.



1st Prague Company Camping on the Shores of the River Veta, 1915.

In the photograph may be seen the 1st Prague Company holding their first camp in 1915 in the picturesquely-wooded country of Zivohoust, on the shores of the River Veta. They are generally under canvas for a whole month every year and are thoroughly trained in rowing, sculling and paddling. During the term they do their Girl Guide training at *six in the morning, before going to school*. Their activities include gardening, joinery, shoe-making, homecraft and various artistic pursuits. Latterly they have all been busy packing up Christmas gifts from the Czecho-Slovakian Red Cross for their soldiers in Slovakia. One of the leaders writes that the girls are eagerly learning

It is wonderful how the movement has spread all over the South American continent.

"The tiniest bits of opinion sown in the minds of children in private life, afterwards issue forth to the world and become a public opinion; for nations are gathered out of nurseries, and they who hold the leading strings of children may even exercise a greater power than those who hold the reins of government."

*From "The Life of Charles Kingsley."*

## EDITORIAL NOTES.

## The "Gazette."

Subscribers are asked to bear patiently with the new Editor, until she gets under way, and meantime—instead of criticising *too* severely—to send her as many suggestions and ideas as possible.

We should like to hear what you want to see in the GAZETTE, and what you consider would be of the most help for both Guiders and Guides; and it would be splendid to feel that we can rely on you for really suggestive criticism.

Of course, we can't promise to act upon or publish everything we receive, but you may be sure we shall carefully note your ideas, and skim off the *crème de la crème*!

We hope you will like this month's cartoon—the Editor can only "pipe" plaintively in these Notes, so thought a picture of her hopes materialising might appeal to readers, and make them feel constrained to become a gnome bearing a contribution or an idea (at least) in their arms.

## Orders.

We must express the hope (faint but pursuing) that all subscribers received their January numbers safely, though there was an unforeseen delay in getting them out actually on the 1st, for which many apologies.

The Publications Department at Headquarters had a most strenuous time addressing all the wrappers for the 7,000 to 8,000 copies that were sent out, the only thought that sustained them at all being that of the increasing number of subscribers.

We hope in future to have no complaint about orders, as we are making a card index, which we fondly hope will be the "last word" in accuracy, and—in other things too!

## Block Letters.

But we, in our turn, do feel that we are justified in putting up a tiny wail ourselves, while we are on this painful subject.

It is honestly a fact that many orders are so illegibly written, and with such vague addresses, that it is hardly surprising there are *some* delays and mistakes at our end.

Now that so many Guiders and Guides can signal, wouldn't it be a good plan if they wrote their names and addresses in block letters, when sending in orders?

It is a safe rule on the signal-pad, and I am sure one that would be greatly appreciated at H.Q. and by the Publications Department in particular.

## Lines to Headquarters Correspondents.

(With apologies to the author and none to Correspondents !!)

In the Molten Hotel, in the Sulphuric Glade,  
Where the temperature's nine-ninety-eight in the shade,

There's a thrice-heated chamber, dug out with a scraper,

For the Guider who writes on both sides of the paper,  
Where the billows of brimstone delightfully roar,  
And the geysers their flaming red cataracts pour,  
There's a blistering bath in the cauldron of flame,

For the Guide who neglected to sign any name.

In Saltpetre Avenue, close to the Pit,  
Where the vitriol reservoirs sputter and spit,  
There's a bed on the griddle that never gets damp,  
Prepared for the scribe who encloses no stamp.

## Postage of "Gazette."

We are not quite sure whether every one understands our rates of postage, so we give them here.

POST FREE for any order of 36 copies or over. From January—postage charged *in proportion* from 3 copies up to 36.

Copies per month—	Postage.	Total for the Year.
	d.	£ s. d.
1	1	4 0
2	2	8 0
20	6	3 6 0
30	9	4 19 0
36	...POST FREE.	
50	...POST FREEER THAN EVER!	

## "Coming Events cast their Shadow before . . ."

The Chief Guide has already drawn attention to the fact that we are going to revive the "Coming Events" column every month.

It has also been suggested that this should be arranged under County headings, and now that camping fixtures are being settled up, and spring and summer conferences thought out, this would no doubt be a great help to all concerned.

Will County and Divisional Secretaries send in any notices they wish inserted in this column, to reach Headquarters by the 5th of the previous month, marked "Coming Events"?

## Camping.

We are hoping to bring out a camping number in the spring, and ask Guiders and Guides to send in as many contributions for it as possible and *as soon as they can*.

Camping photographs, articles, hints, drawings, verses, anything of interest that you can gather up.

Colonial and foreign readers—please note! All contributions to be sent in at once to the Editor.



## TO READERS.

There was a Pied Piper of Hamelin,  
 After whom all the children went gamb'lin'—  
 NOW there's one at Headquarters  
 Pipes madly for authors . . .  
 So hey! for the rush and the scramblin'!

## THE SCOTTISH LETTER.

ALONG with the number in which this letter is published, we hope that the Guides or Guiders of Scotland will be receiving the first number of their special supplement, but as some difficulties and delays have arisen, it is possible that our hope of a February publication may have to be deferred until March. If this happens, we can only ask them to forgive what will be an unavoidable delay; and at the same time remind them once again that their help is urgently needed for the success of the new undertaking.

News, articles, stories, and orders for copies of the *GAZETTE* with supplement, should be sent at once to Scottish Headquarters, 15, Rutland Street, Edinburgh.

In Scotland, 1919 was ended by a series of divisional services of re-dedication.

In Edinburgh the West Division led the way on November 23, when 226 Brownies, Guides and Guiders paraded at Murrayfield Parish Church, where the minister wove them an inspiring address from the words "Thou shalt be unto us as eyes"—a truly suggestive test for Guides. The North Division is still small in numbers, but Leith, joining with them, about 300 were present at their service appropriately held on St. Andrew's Day, November 30, in the Parish Church Hall of St. Stephen's. While the East and South, meeting on December 14, at Old St. Paul's Episcopal Church, listened to a beautiful address on "the Spirit of Power and Love and of a Sound Mind."

At each of these services a collection was taken for the needy children of France, and a sum of nearly £6 was sent as the result, as a Christmas offering.

The North Renfrewshire Division also attended a special service on St. Andrew's Day, when seven banners lately acquired by the various companies, were brought to St. Paul's Parish Church, Greenock, to be dedicated. The service was a most impressive one, and will long be remembered by all who took part in it.

We should like to offer our congratulations to the North Renfrewshire Division on the efficient manner in which the proceedings were carried through—we hope to give a fuller account of them in the Supplement.

We have also to congratulate Stirlingshire on the acquirement of headquarters. A fancy dress ball held early in 1919 and a garden fête at midsummer were the means of raising funds for this long desired ambition, now realised by the renting of the old Liberal Club rooms in Port Street, Stirling.

The Headquarters were opened on December 10 by the Duchess of Montrose, who spoke warmly of the importance and benefit of the Girl Guide movement. Mrs. Murray, of Polmaise, was in the chair; and Major F. M. Crum, Boy Scout Commissioner for Scotland, proposed a vote of thanks to the Duchess.

He also reminded the Guides that the Stirling Scouts had written to Sir Robert Baden-Powell telling him that they had challenged the Guides as to which should get the best name in Stirling. A friendly rivalry which should lead to good results.

Edinburgh Guides are not as fortunate as their sisters in Stirling, their headquarters being still a "House of Dreams," but they are working hard to make the dream a reality, and the small sale held on December 13 was successful in raising £90 towards this purpose. They are most grateful to the Minister and Kirk Session of the Queen Street W. F. Church for so kindly lending them the church hall free of charge, and to Lady Susan Gilmour for coming to open the sale.

We wish we could have given some news of the Highlands and other parts of Scotland, but none has so far been sent to us, by the time the Supplement is published we hope some will have arrived in the editors post bag, and that next month we can supply this deficiency in our letter.

\* \* \*

## OVERSEAS NEWS.

By MRS. FISHER-ROWE, Secretary to the Imperial Council.

ALTHOUGH I have nothing definite to announce this month with regard to our Guides in the Dominions, yet every post brings fresh proof of the growth and activity of Overseas Guides.

## Correspondence Between Guides.

Encouraging demands for correspondence between the Overseas and home Guide companies continue to come in steadily.

This linking up of interests will prove a great additional strength to the world-wide sisterhood of the Guides.

## Imperial Council.

The Imperial Council has been strengthened by two new representative members.

The two chartered companies of Rhodesia and North Borneo are to be represented by Lady Cave. In the latter country, there is no Guide work in progress at present, but a young and active Guide is on her way out, full of hopes for future Guide developments.

The Straits Settlements are to be represented on the Council by Mrs. Arbuthnot (Divisional Commissioner for Newton-le-Willows).

From that part of the globe come many changes and a great increase in Guide work.

## NATURE STUDY IN TOWNS.

By MISS I. C. STEAD.  
(Captain of the Browning Settlement Company,  
S. London).

## BIRDS.

THERE is an old story of a minstrel who went into the woods to learn the art of song from the birds. Returning, he won every contest for which he entered, thanks, he said, to the woodland singers; and at his death, he showed his gratitude in a practical way. He left all his goods to a certain monastery, on condition that the monks gave food to the birds daily on his tomb. Day by day, and year by year the feast was spread for the little singers, and they came from far and near in increasing numbers when the Minster bells rang noon tide, the hour appointed by the Abbot. The birds would gather on and about the Minster, waiting, and as they waited, they sang, each in his own sweet way, as if to thank their benefactors. At length, however, the monks found it impossible to continue this practice, but for long afterwards the feathered singers would gather at the accustomed hour, calling and waiting for their feast.

Few of us can go out to the woods to learn the songs of the birds, and fewer could sing them as did the minstrel, but nearly all of us have found some enjoyment in watching the birds. Even in the biggest and dirtiest towns, there are some we see, and give perhaps only a passing thought to them.

Would it not be possible for us to show our gratitude to them by giving them food, at any rate during the time when their natural food is scarce—in the winter?

Perhaps you think, "I have no reason to be grateful to the birds, for I only see a few dirty little sparrows. They themselves do not sing, and certainly could not help any minstrel to sing." If you begin to lay a table for the birds—a few crumbs will do—you will find that the town sparrow is a very interesting and cheerful acquaintance, and not by any means the only bird visitor to your table.

Now is the best time to begin to feed the birds, with crumbs, scraps of fat, and other things you cannot use.

If you are lucky enough to have a garden, you can make a real "bird's table," with a flat piece of board nailed firmly to the top of a pole. Some of the best I have seen are home made, sometimes with a roof over them to keep off the rain, but you must be careful that cats cannot climb up to it, or jump on it from a neighbouring fence or tree. Therefore, do not have your pole too short, for once Pussy discovers your birds' table, it is good-bye to the birds.

Perhaps you have no garden, but you still have a window sill where you can spread your scraps, and you can attract just as many visitors if you can be still at your window. Another very amusing way of feeding certain kinds of birds is to hang a cocoanut on a string or wire.

Either cut your cocoanut in half, and hang the two pieces in different places, by a string through a hole bored near the edge, or cut off a piece of the shell at each end, and then hang it by a string round the middle.

After a day or two, you will find several different kinds of birds will be coming to your crumbs, and your nut, and it is well worth while to keep a record of your visitors. You will probably find, even in the heart of the big towns that your visitors include many sparrows—these are generally the first comers—starlings, thrushes, a robin or two, and various tits.

Do not try to watch all your visitors at once, but make up your mind to study one or two particular ones, and find out all you can about them. Make notes of the days you saw them first, what they were doing, and how, what they prefer to eat, and what you think they might eat at other times. The shape and size of the beak should help you in this last point. Some birds you can tempt to eat out of your hand fairly soon, if you possess patience and the power of keeping quite still, until they know you, but a sudden movement will undo many days' work in this respect.

Suppose you have hung out a cocoanut, and for a day or two, you have seen nothing coming to it. Then one day, if your eyes are keen, you may notice a slight bulge just at the edge. Watch carefully, and you may soon see what it is, for with a sudden flit of his tail, a little blue tit pops up his head, looks round, and then perhaps goes on with his meal. He has been clinging to the edge of the shell, chiseling off tiny pieces of cocoanut. Blue tits, and indeed most of the tits, seem to prefer to take their meals in unusual positions, frequently hanging head downwards, or swinging sideways on the string as they take advantage of your bounty. Watch them scurrying up a tree, in a spiral, and then along on the underside of a branch, occasionally stopping to pick up a dainty morsel, for they are seeking tiny grubs and insects hidden in the bark.

If you are going to keep a notebook, it is a good plan to make a list of all the birds you see during some definite period, for example, a week, and then try to study each in turn.

Keep your notes under headings and then fill in the facts as you discover them, but do not expect to find out all about any of them within the three months or so of winter. Sometimes it is helpful to go to a good natural history museum, to see the nests and eggs, or a good book, such as those written by Mr. Richard Kearton, will help you to find out more facts, but do not think that it is "just as good" to read in a book as to see for yourself. It is not, and you will not remember what you read nearly as well as what you discover for yourself. If you add sketches to your notes about the birds you will not find it time lost, and it is not difficult to do, if you will be content with a simple line drawing, and do not attempt to shade it.

In towns like London where there is a river, do not

forget the seagulls who come up river during the winter, and can be tempted to come very close if you lay your scraps of fish or bread on the stone parapet. Watch the great sweep of their powerful wings as they swing in great circles round you. Look at their yellow legs with webbed feet like a duck's, for swimming. See their strong yellow beaks, slightly hooked at the end to give them a surer hold on the slippery fish upon which they feed. Try to find out if they are all of the same kind, but when you see some with brown plumage, more or less mottled, with white, do not set these down as a different kind. They are the young ones, and very often, the adults make them keep somewhat apart from the rest, during their first winter, especially when sitting on barges or drifting with the tide. Try to find out where the gulls spend the summer months, and why they are rarely found far from a river or the sea, even in the hardest weather. You will probably find it difficult to recognise your friends of the river if you meet them in the summer, for their summer plumage shows a great change. Their heads are almost black, and the rest of their bodies and wings are white, though in winter, their heads are white too, for it is chiefly the black-headed gulls we see up-river.

Do not be satisfied with reading books about the birds, nor even with visiting museums, like that at South Kensington, in London, where you can see the stuffed bird with its nest and eggs. Watch the living birds around you, and you will never be lonely or bored. Though you may only find the answers to some of your questions after many years, do not be discouraged. Mother Nature has untold treasures for those who love her creatures, and treat her secrets as the wonderful things they are.



#### SIR ERNEST SHACKLETON AND THE GUIDES.

(From a Newspaper Account.)

Lecturing at Weston-super-Mare, in December, the famous Antarctic explorer welcomed the Guides who were present, and said that he was much interested in the movement, especially as his wife happened to be the District Commissioner for Eastbourne.

While the audience were assembling the Guides carried round for sale an illustrated souvenir brochure.

"We want in England—women who will understand and feel what love of country means, and act upon it; who will lose thought of themselves . . . and their pleasure . . . in a passionate effort to heal the sorrow and to destroy the dishonour, dishonesty, and vice of England; to realise that as mothers, maidens, wives and sisters, they have but to bid the men of this country to be true, brave, loving, just, honourable, and wise—and they will become so. . . ." — *Storford Brooke.*

#### EMBROIDERY.

By Miss E. ROY (The School of Needlework, Sunderland).

#### "NEEDLE-PAINTING."

I WONDER if you have ever thought how many-sided is the art of needlework.

You may embroider your pocket handkerchief, your sitting-room curtains, the tablecloth, the covers for your chairs, even the footstools—though I may say I would do the last very unwillingly. I think good hand work is too good for feet to play with.

The greater number of the things I have mentioned may be embroidered in colour, and some of them are suitable for the delightful art of "needle-painting." Colours at this dark time of year make a great appeal to us; which is one more reason for writing, this time, of *coloured* embroidery: a very interesting subject.

Last time I wrote for you, I laid stress on the necessity of a sense of proportion in embroidery, as in any other art. That sense is very necessary when we are using colour. A little too much black—an over-done bright colour—may cause some worried embroidress to admit that her work is no longer successful.

I say "no longer" advisedly, for much promising work is spoilt at some critical stage by something "over-done."

Now this paper is written—I fully and frankly admit—to meet the wishes of the "Majority."

The Majority likes to work in colours, and there are certain subjects which make a sure appeal to it. Floral subjects, especially if the flowers are artfully arranged in a basket, stately peacocks, doing their grand march down some garden path: and roses—roses everywhere!

We all enjoy working these subjects—I do, for one.

But I may say, in passing, that I take a good deal of interest in the taste of the "Minority."

It is well to make no mistake.

The Minority knows a thing or two. It usually knows that thing or two, a little in advance of the Majority, who begin by laughing at, and end by copying the work of the Minority! Not in needlework only!

However, this time I am writing of the coloured embroidery every one likes; bright things, suitable for pretty presents, or to make home look nicer.

These things, simple as they are, need a little knowledge to make them successful.

Suppose, for instance, you have a nice piece of material on which you wish to embroider a group of full-blown roses. The design is a good one—and you have several shades of pink silk. You have your other tools, including a round work frame. A most necessary thing if you are wishing to shade or blend colour successfully.

What else do you want? Just a little knowledge of the use of these things.

Forget your roses are roses—think of them as balls. They are balls—of petals! Some of them are nearer to you than the rest.

Now some light is shining on them, else—you could not see them. It may be the sun, the daylight, through a window, a lamp. Only one light, though—no artist will tolerate cross lights, contradicting and hindering one another.

If the light is in front of your group of roses, the front rose will get most of it. The roses, further back, will get less, and must be made some shades darker. Is that clear?

And this front rose: again think of it as a ball, with light shining on it.

Where the light reaches it first will be the "high light"; and you must use your lightest shade here. Subordinate all your other shades to this.

The lightest shade you have for the "high light" of the nearest rose.

This isn't necessarily the *real* colour of the rose. For bright light apparently *pales* colour—just as shadow apparently darkens it. So you only get the real colour—the "local colour" as it is called—in the mid tone: and the shadow, always directly behind the high light, is the real colour, *darkened*.

I wonder if this is clear to you.

Your palest shades for the parts of the rose which the light strikes first. Now these will be the turned-over edges of petals, in the roundest part of the rose; and the edges of the loose petals which are dropping away from the round body of the rose. In these, shade from your lightest shade to the second and possibly to the third, using "long and short" stitch.

Work each petal separately, keeping in mind its position as regards the light, and dropping a shade each time it is further back. The far petals may have only two shades, the darkest and the next darkest. You will also want these dark shades for the heart of the rose.

Will you also remember that the roses behind will not need the first shade?

You are using the perspective of colour.

I think you will all know "long and short stitch" and how to shade with it. But do you know how to "model" with it: altering the angle of the stitches, this way and that way, in order to get curves, and express roundness?

This brings me to a very important point.

The "direction of stitch" can make or mar a piece of needle-painting.

If you are working a flower petal, consider the way it grew. It all came from that little point where the stalk joins the flower. Make the stitches go *back* there.

Are you embroidering a bird?

Look at a real bird, and see how the tiny feathers are arranged round the beak; divide at the eyes. Follow the contour of the head.

Make your stitches do the same, remembering that,

as the angle of the feathers alters, you can turn blue to green, green to yellow, yellow to brown. The most fascinating work!

One of the most beautiful things to be seen in colour is the blending on the peacock's breast. Brightest green merging in brightest blue, merging in deep violet ending apparently in a band of black velvet, just when we see his legs. And the same deep blue on the back of his neck, turning with no violent effort into the brightest of emerald green. It really is very lovely.

No wonder any good painting of a peacock among roses is a pleasure to any of us: not only the Majority.



### A REPLY.

So you want to know what the Brownies do,

And where they live and how,  
Well, listen awhile, and I'll tell you true.  
Just what the Brownies are and who,  
For the Brownies are with me now.

Oh, a Brownie's ears are sharp and keen,  
And a Brownie's hands are bright;  
And a Brownie's hands are quick and clean,  
And she's on the move till she's tucked between  
Two little white sheets at night.

In the lazy days of the Long-Gone-By  
They used to paint the flowers,  
And light the stars up in the sky,  
And teach the birdies how to fly.  
Through the sunny, summer hours.

But nowadays the flowers just grow  
Until they want to fade;  
And the stars so high up above, all glow,  
And how to fly the birdies know.  
Without the Brownies' aid.

But a Brownie yet in these work-a-days  
Is busy as she can be;  
For baby she minds, and the tables she lays,  
And mother she helps in a thousand ways,  
That a Brownie can always see.

Yes, a Brownie sometimes has measles or mumps,  
But she bears it as best she may,  
And there's never a Brownie who grumbles or grump  
Or gets in a rage till her pillow she thumps  
Because in her bed she must stay.

For a Brownie smiles when things go wrong,  
And tries to put them right;  
And she lends a hand the whole day long,  
And often the sound of the Brownie song  
Makes the darkest cloud turn bright.

Then, if you would know where the Brownies dwell,  
And whether they're here or there,  
Just open your eyes and your ears as well,  
Till you find someone doing the things I tell,  
For the Brownies are everywhere.

H. M. O.

## DUCK AND GREEN PEAS. SOME NOTES ON TEACHING ABOUT FOOD VALUES.

By MRS. SAMPSON (Divisional Staff Captain).

WHEN we think of what an important part food plays in our lives, doesn't it seem surprising how few people have much idea of the elements it contains, and in what way they act on the body? The ordinary cook knows that when she serves a roast joint she also sends to table, potatoes, green vegetables, and probably a pudding, but does she know why it has been the custom of countless generations to dish up certain things with certain other things? Yet a little knowledge on this subject would be of enormous value to the girl Guide or Guider who will have to do her own cooking. She will be able to feed her family well and economically by providing well-balanced meals and by using every available foodstuff. I have found my small class of Guides whom I take for cooking lessons, deeply interested in the subject, and thoroughly alive to the different uses of protein, carbohydrates, fats, and so on. It occurred to me that Captains might find it a very useful and interesting subject to teach, even if actual cookery cannot be done in company headquarters. I therefore give a rough sketch of a course of five lessons I hold for successive groups of four Guides. They have "theory" for part of the time, and practical cookery for the other part. Of course, in order to teach the subject thoroughly one should go into the question of calories (unit of heat) and the calorific value of foods, but this is beyond the average Guide, although it might be taught to the Senior Guides. The children are simply told that their bodies are like motor cars, which need so much petrol per hour to make them work. What we use is called "food." This "food" does three different jobs. First, it provides the fuel which runs the machine. Secondly, it builds up the new parts in growing people and repairs the parts which are used up in the formation of energy. (Here, with intelligent girls, one could explain the

process of breaking down the tissues, resulting in energy.) It also regulates the functions of the body. Now food is composed of different elements which are called "protein," "carbohydrates," "fats," "mineral matter," and "water," and each of these elements does one or more of the three jobs. Protein is the most hard-worked, for it provides the nourishing (building) part, and also much of the heat. The carbohydrates (starch, sugar, &c.) and the fats, provide the rest of the fuel. The minerals do some of the building and a good part of the regulating, with the aid of water. Everybody has to eat a certain amount of each kind of food element every day in order to keep him at his best, but his requirements vary considerably. The baby who is growing very fast needs a lot of the building element, with enough fuel to provide the enormous energy required for his activity. The man who is doing very heavy manual work, the miner or the farm labourer, uses up his tissues very quickly and needs a lot of the building elements to make them good. The invalid who is doing nothing all day needs much less, as he is using up comparatively few tissues, but he wants a lot of heat-giving and regulating foods, to do the work which exercise usually does. The climate also makes a difference. The Eskimos, who live in great cold, keep themselves warm by eating enormous quantities of fat;

while people in the tropics eat as little heat-giving food as possible. Protein is the chief element in most foods, those containing the highest percentage being meat, salt cod, cereals, such as dried beans and peas, oats, &c. The fats, of course, are butter, cream, cheese, oil. The carbohydrates are starch, such as is found in sugar, flour, potatoes, apples, &c. The minerals are chiefly found in green vegetables, fruits and various condiments, such as salt. Some foods have the different elements in exactly the right proportions, for instance, one could live entirely on one or more of the following: Milk, whole-meal bread, nuts, macaroni, porridge; but how dull it would be, and what enormous quantities one would have to eat to provide enough energy for one's work! The object of the housekeeper *ought* to be to mix the



foodstuffs judiciously so that her household gets just the right proportion of elements, coupled with variety. Fortunately, tradition helps us a great deal—we eat duck and green peas—the protein and mineral of the peas balancing the excessive fat of the duck. Pork and beans for the same reasons; we eat vegetables with meat, butter with bread, all of which balance each other. Either by custom or nature our stomachs demand the completion of one element by another. But there is great scope in housekeeping to provide the same amount of nourishment in various ways to suit different requirements, and to save the all too-light purse. For instance, a well-balanced meal of dried beans (baked with tomato), green vegetables, and milk pudding with stewed fruit, gives as much nourishment as the most elaborate dinner of meat and pastries. If people once realise that expensive meat is not an every-day necessity they will be much healthier. Frequently the very poor are unconsciously wiser than we are in this respect, for they get plenty of nourishment out of their dinner of bread and cheese and supper of porridge, smoked fish and bread and dripping. If we can persuade our Guides that tinned meat and fish, greasy "fried fish and chips," and ready-cooked foods, bought at a shop, are not by any means the most nourishing, the next generation will be a bit nearer the A1 standard. Teach them the value of the pulse foods and green vegetables, and most especially of the "stock-pot," containing as it does, a most excellent mixture of the various elements, and we shall have a more thrifty and healthier population.

There is very much more that could be said, for the subject is a large one; but if any Guider wants to know more about it there is a book which gives the whole thing clearly and simply, "Foods and Household Management," by Helen Kinne and Anna Cooley, published by Macmillan. It has the advantage of containing many American recipes which are very useful, and which one rarely comes across.

I have only attempted to give a very short outline of the method I have used myself and found to interest the Guides.

#### ODDS AND ENDS.

Reports have been received from the 1st Bayswater Company, which now numbers 37 Guides and 17 Brownies; and the 1st Lyndhurst and 1st Totton Patrol Leaders are very proud of the fact that they were members of the guard of honour which received H.R.H. the Princess Mary on the occasion of her arrival at the Albert Hall for the Victory Rally.

East Herts has held a very successful Divisional concert, when five companies took part.

#### COMPANY NOTES.

##### 1st TWYFORD (HANTS) COMPANY.

The first formal enrolment of this company took place on November 15, 1919, when the Lieutenant—Miss Esmé Lloyd—performed the ceremony in the presence of Lady Field, President of the Local Association, and other members of the Committee.

Miss Lloyd spoke a few words to the newly-made Guides, and exhorted them to keep the standard of the company up to the very highest possible level.

##### 1st WINCHMORE HILL COMPANY.

Had a display some months ago, in which Scouts, Guides, Cubs, and Brownies took part, and which was an immense success.

A gymnastic performance, signalling, an action song and game by the Brownies, and dance by the Cubs, were among the items on the programme.

The evening ended with a competition between Cubs and Brownies and Scouts and Guides, entitled "Hop and Jump," the result being that the Cubs beat the Brownies and the Guides the Scouts.

Badges were presented by the Chaplain, and the entertainment closed with a tableaux and the singing of the National Anthem.

##### 4th BRIGHTON COMPANY.

This company, now in its tenth year, has done much good work in the last six months, gaining both in recruits and proficiency badges, the latter numbering forty for the half-year.

We note that they have recently succeeded in winning the Challenge Shield for town companies, offered by the Divisional Commissioner, Mrs. A. O. Jennings, which is to be competed for annually.

##### 12th SUNDERLAND (The Mayoress' Own).

This company, which is connected with the Town Recreation Club, gave a very interesting demonstration of Guide work to parents and friends of the Guides, on November 25, 1919.

The programme included displays of drill, first-aid, and signalling, all of which were splendidly carried out, the Brownies joining in most of the items, and running the Guides very close in smartness and efficiency. Much amusement was caused by the able way the Brownie leaders "handled" their sixes.

The "education" of the parents was finally completed by arranging for them to witness an enrolment of one of the Guide recruits.

Great thanks are due to the officers and six Guides of the 2nd Sunderland Company, whose assistance largely contributed to the success of the evening.

**• NEWTON ABBOT, DEVON.**

A very successful Rally was held in December, at Newton, of the 1st, 2nd and 3rd Newton Abbot companies, and Brownie packs and companies from Ideford, Kingsteignton and Bovey.

The inspecting officer was Lady Clinton, the Devon County Commissioner, whose work for the movement is so well known.

The Guides gave a very interesting display, and Lady Clinton in a short address said how pleased and satisfied she was at the general appearance of the girls, and with what she had heard about them.

She added that it was a very great pleasure for her to come back to Newton and find such progress in the movement.

They had doubled their numbers, and it had been an excellent display.

Lady Clinton paid a great tribute to Miss Acland, Staff-Captain, and said how much they regretted her resignation. To show their appreciation of her work, she called on the Guides loyally to help her successor, which would please Miss Acland more than anything else they could do.

**1st KIRTON (NEAR BOSTON) COMPANY.**

Mainly through the efforts of Patrol Leaders N. Taylor and K. Bannister, this company has been kept alive during the last 3½ years, when its Captain was engaged in V.A.D. work.

They now reap the reward of faithful service, and see the company numbering 24 Guides and full of vigorous life.

Funds being, of course, very much needed, a Christmas pantomime was given on December 4—"Ali Baba and the Forty Thieves"—the dresses and dances being arranged by the Guides themselves.

The performance proved a great success, and the sum of £15 was added to the company's banking account.

An evening party is being arranged during the holidays, to which parents and friends are invited, the Guides acting as hostesses, with a Committee of P.Ls. and Seconds to carry out arrangements for the entertainment and refreshment of the guests.

**1st FINCHAMPSTEAD (BERKS).**

This company gave their first entertainment on October 31, consisting of two performances—one in the afternoon, and one in the evening. The net profits were £6 15s., part of which enabled the two Patrol Leaders to attend the Victory Rally at the Albert Hall.

On December 4 the company gladly accepted the invitation of the Finchampstead Women's Institute to hold a stall at their sale of work. A large number of the articles were made by the Guides themselves, and the sum of £8 12s. was taken. £2 17s. 8d. was given to the funds of the Women's Institute, and the balance credited to the company's savings bank account, which will help towards the summer camp they hope to enjoy.

**2nd SHANKLIN (UPPER CHINE SCHOOL COMPANY).**

Only starting last October, this company has already 21 Guides, and is running a Brownie pack too.

They are blessed with an enthusiastic Captain, who was their sole representative at the Victory Rally, but who returned to her labours more enthused than ever!

The company has benefited by a Patrol Leaders' Conference, organised by their Divisional Commissioner, and everything in the school life is now run on the lines of the patrol system.

They express a wish that the Chief Guide will soon pay them a visit, and hope to be a credit to the movement by the time she comes.

**CHANNEL ISLANDS.  
JERSEY.**

Jersey has followed the lead of the sister island, and is now in the throes of Guiding, with Mrs. Whitaker Maitland for its enthusiastic Island Commissioner.

Early in December the visit of Mrs. Mark Kerr, D.C.C. for London and the Home Counties, proved, as was expected, the most tremendous success, and great thanks are due to her for so nobly braving the elements in the Guide cause. The islands gave her their real December welcome—one of the worst passages on record!

The Town Hall was packed to its utmost capacity at the meeting, the Guides lining the staircase and aisles, the Colour party in front of the platform and the companies coming to the salute on the arrival of H.E. the Lieut.-Governor and Lady Wilson, and the playing of the National Anthem.

After singing the "Song of the Guides," the girls marched out of the Hall for dismissal, and the meeting proceeded.

Lady Wilson introduced Mrs. Kerr in a short appropriate speech, and the latter then rose to address the large audience, and was received with great applause.

She at once put herself in close sympathy with the Jersey people, by giving them a message from her uncle, General Gough, who was Governor there not so very many years ago.

She then gave a careful and interesting explanation of the movement, especially for the benefit of the parents of the children, and those interested in social problems, and added that she wanted the Island—"to share in one of the best things in England—the Girl Guides."

Mrs. Kerr congratulated Jersey on being represented by their Commissioner at the Victory Rally, who carried the Island flag in the procession.

After a few practical remarks by Mrs. Maitland on the help that could be given by those willing to support the movement in Jersey, and a vote of thanks to Mrs. Kerr being moved by the Very Rev. the Dean, the proceedings closed, a number of ladies giving in their names as supporters and helpers.

## GUERNSEY.

After leaving Jersey, Mrs. Mark Kerr proceeded to Guernsey, where special demonstrations and rallies were held during her visit.

A public meeting was also held, under the presidency of H.E. General Sir Launcelot Kiggell, K.C.B., K.C.M.G., Lieut.-Governor.

His Excellency, in introducing Mrs. Kerr, said that the Guide movement was one which set up for itself the very highest standards, and that we were a nation of idealists, though perhaps we did not realise it. We set up practical, common-sense ideals and then tried to live up to them by means of practical, common-sense organisations, the Girl Guides being one of them.

He then welcomed Mrs. Kerr, assuring her of the interest and sympathy for the movement of the people of Guernsey.

Mrs. Kerr had again, as in Jersey, a personal touch with which to introduce herself to the Island.

This was a message from the Lady Wilma Lawson, who sent her love to the whole of Guernsey, and hoped it would become the best Guide centre in the Empire.

Lady Wilma's daughter—the Lady Helen Whitaker—is, curiously enough, Deputy Chief Commissioner for the South of England and County Commissioner for Hampshire, in which division the Channel Islands are included.

She then gave a most helpful and encouraging address, thoroughly explaining the aims and ideals of the movement, and by her interest and sympathy putting the Island Association in close touch with the schemes and working of the sisterhood on the mainland.

The next day, there was a rally and inspection of Guides and Brownies, and Mrs. Kerr gave them all a splendid "talk," which did great things towards heartening up the faint-hearted, converting the sceptical, and adding fuel to the fire of the enthusiastic.

Many parents and friends of the Guides were present.

Mrs. Kerr very kindly took three "Model Evenings" during her stay, in different parts of the Island, on the Sunday inspecting Companies VI and XI, on the Friday being present at the dedication and presentation of Colours to the 8th Guernseys.

New District Commissioners and Guiders were enrolled, and Guernsey is most grateful to Mrs. Kerr for her visit, for the interest she has taken in the companies, and the great help she has given both to Guiders and Guides.

All hope to welcome her again at a future date, when blue skies and smooth waters may show more sympathy to the traveller.

"A friend shares my sorrow and makes it but a moiety; but he swells my joy, and makes it double."

—Jeremy Taylor.

## APPOINTMENTS.

## BERKS.

District Commissioner	....	Mrs. Llewellyn, Breach House, Cholsey.
Wallingford	....	Mrs. Allen Stevens, Kingston Lisle Park, Wantage.
District Commissioner	....	Miss M. Hunter, 2, Mortimer Beech Hill, near Reading.
Farringdon	....	
District Commissioner	....	
Shinfield	....	

## CORNWALL.

District Commissioner	....	The Countess of Mount Edgecumbe, Mount Edgecumbe, Plymouth, <i>vice</i> Miss Coryton.
S.E. Cornwall	....	
District Commissioner	....	Lady May, Tremeer, St. Tudy.

## CUMBERLAND.

District Commissioner	....	Mrs. Wadham, The Mount, Cockermouth.
Cockermouth	....	
District Commissioner	....	Miss Hilder, Calloa, Whitehaven.

## DORSET.

District Commissioner	....	The Hon. L. Digby, Minterne, Cerne Abbas.
Yetminster	....	
District Commissioner	....	Mrs. Berry, Farns, Wimborne, <i>vice</i> Mrs. Fletcher.
Wimborne	....	
District Commissioner	....	Mrs. G. Pitt Rivers, Hinton St. Mary, Sturminster Newton, <i>vice</i> Mrs. Creech.
Hazelbury Bryan	....	
District Commissioner	....	Mrs. Puliblant, Frome, Vancouver Rectory, Maiden Newton.
Maiden Newton	....	

## ESSEX.

Divisional Commissioner	....	Lady Collingwood, The Grove, Dedham.
N.E. Essex.	....	

## HANTS.

District Commissioner	....	Miss Callander, Danmore, Heckfield.
Yatley	....	
District Commissioner	....	Miss Scarlett, Fyfield House, Fyfield Andover.

## HEREFORD.

District Commissioner	....	Miss D. Booker, Woodfield, Ross.
Ross	....	

## CHANNEL ISLES.

## GUERNSEY.

Divisional Commissioner	....	Mrs. Thompson, The Vrangle, Guernsey.
District Commissioner	....	Mrs. Hubbard, Budleigh, St. Martins, Guernsey, <i>vice</i> Mrs. White.

## LONDON.

District Commissioner	....	Miss K. Bathurst, 3, Bryanston Place, W.
S. Stepney	....	
District Commissioner	....	Miss M. E. Maughan, 6, Perry Close, Poplar.
Bow	....	
District Commissioner	....	Miss J. Bowler, 59, Lewisham Park, S.E. 13.
S.W. Ham	....	
Assistant Divisional Commissioner, W.C. London	....	Miss Carlyle Child, 24, Craven Hill Gardens, W. 14.
S.W.	....	

## LANCS.

Divisional Commissioner	....	Mrs. Fermor-Hesketh, Rufford Hall, Ormskirk.
Ormskirk	....	
District Commissioner	....	Mrs. Rigby Jones, Ruff Lane, Ormskirk.

	N.E. LANCS.
District Commissioner	.... Miss Worsley Taylor, Moreton Hall, Whalley.
District Commissioner	.... Miss K. Altham, Reedley Hall, Burnley.
	LINCS.
County Commissioner	.... The Countess Ancaster.
Kesteven	
District Commissioner	.... Miss T. Mellor, The Vicarage, Lissington.
Market Rasen	
County Commissioner	.... Mrs. Raunsley, Well Vale, Lindsey.
	ALFORD.
	NOTTINGHAM.
District Commissioner	.... Mrs. Canadine, 56, Talbot Street, Nottingham, vice Notts.
	Miss Challands.
	OXFORD.
District Commissioner	.... Mrs. Fleming, Foyer Green, Nettlebed, Henley-on-Thames.
Watlington	
District Commissioner	.... The Hon. Mrs. Guy Fielden, Cokethorpe Park, Ducklington, Witney.
Brampton East	
	SURREY.
District Commissioner	.... Miss Mann, 46, Coombe Road, South Croydon.
South Croydon	
District Commissioner	.... Mrs. Denny, Hydon Ridge, Hambledon.
Cranleigh	
District Commissioner	.... Mrs. E. Bonham, Knowle, Cranleigh, vice Mrs. Stopford Brooke.
	SHROPSHIRE.
Divisional Commissioner	.... Mrs. Sykes, Longford Hall, Newport.
	WARWICK.
District Commissioner	.... Miss C. Mordaunt, Walton Hall, Warwick.
Wellesbourne	
	YORK CITY.
Acting County Commissioner	.... Lady Maxse, Middlethorpe Manor, York, vice Hon. Irene Lawley.
	EAST YORKS.
County Commissioner	.... Lady Readett Bayley, Hunmanby Hall, Yorks, vice Miss Macdonald of the Isles.
District Commissioner	.... Mrs. M. Lockyear, Molescroft, Beverley.
	WALES.
	DENBIGHSHIRE.
District Commissioner	.... Miss K. Allington-Hughes, Wrexham.
	Bryngroes, Gresford, Denbighshire.
	GLAMORGAN.
Divisional Commissioner	.... Miss Rocke, 76, Walters Road, Swansea.
	vice Miss V. Talbot-Rice.
District Commissioner	.... Mrs. Bowen-Jones, 1, Walker Road, Splott.
District Commissioner	.... Mrs. Cantillon, Clare Road, Grange.
District Commissioner	.... Miss D. Cook, Clewende, Swanage, Glamorgan.
	MERIONETHSHIRE.
Divisional Commissioner	.... Miss N. Winser, Bryneithin, Aberdovey.
	MONTGOMERYSHIRE.
President	.... Lady Hermione Herbert.

## PEMBROKESHIRE.

Divisional Commissioner.... Miss R. Allen, Narbeth.  
Narbeth

## IRELAND.

County Commissioner.... The Duchess of Abercorn, 24, Park Street, W. 1.  
Tyrone

## SCOTLAND.

## STIRLINGSHIRE.

Divisional Commissioner.... Miss Margaret Moorhouse, 6, Melville Terrace, Stirling East

## ROSSHIRE.

District Commissioner.... Mrs. Mackenzie of Ord, Ord Muir of Ord House.

## FORFAR.

District Commissioner.... Miss Macnab, Ketloch, Brechin.

District Commissioner.... Mrs. Drummond, Eskhill, Kirriemuir

## ABERDEENSHIRE.

District Commissioner.... Mrs. Hutchison, Cairrigall, Peterhead and Longside Longside.

## ABERDEEN CITY.

Divisional Commissioner.... Mrs. Fyfe, Pitfodels House by East Aberdeen, vice Mrs. Harold Hughes.

## COUNTY SECRETARIES.

Essex.... Miss M. Hall, Loughton High School, vice Miss Bendall.

Surrey.... Miss C. Warren, Coombe-End, Shere, near Guildford.

## RESIGNATIONS.

Miss Anson, Divisional Commissioner, East Manchester, South-East Lancs.

Miss Guille, District Commissioner, Castel, Guernsey, Channel Isles.

Mrs. Carey Curtis, District Commissioner, St. Saviours, Guernsey, Channel Isles.

Mrs. Roland Muscott, Divisional Commissioner, Saltley, Warwick.

Lady Lees, Divisional Commissioner, East Dorset.

Miss Marston, Divisional Commissioner, South Somerset.

Miss Metcalf, County Commissioner, Cork, Ireland.

Mrs. Catheart, District Commissioner, Annan (Dumfrieshire).

Mrs. Soddy, District Commissioner, Aberdeen.

Lady Baillie, Divisional Commissioner, Bathgate (West Lothian).

Mrs. Kennedy, Divisional Commissioner, Central Edinburgh.

## ALTERATIONS.

## EDINBURGH.

Divisional Commissioner.... Miss K. Stagg, formerly South District Commissioner, vice Miss Wood.

Divisional Commissioner.... Miss Wood, formerly Central Divisional Commissioner, South.

## CORRECTION.

## SUSSEX.

In December number of the GAZETTE, for—

District Commissioner.... Mrs. Anson, Pelang, Mark-St. Leonards

read

District Commissioner.... Mrs. A. J. G. Anson, Penang, Markwick Gardens, St. Leonards-on-Sea.