

GIRL GUIDES' GAZETTE

No. 8.

AUGUST, 1914.

Price 2d

MISS BADEN-POWELL'S LETTER.

MY DEAR GUIDES,

August, 1914.

Your Badges are going to be useful to you now, which of you are proficient in First Aid, Nursing, Cooking, Cycling, Knitting or Gardening?

Now that we are faced with such a grievous calamity as actual warfare, I wish to explain to you that though we have no connection with military work, there is still a vast field of usefulness for you Guides.

Grown up Guides may volunteer as Nurses and many of our Guide Officers are looking forward to helping in the event of the wounded being on our shores, but our girls have no such vocation and are not yet fully trained. They are learning still.

And I watch with great pleasure the progress they are making in Ambulance work, Nursing and invalid Cookery.

The present state of affairs in Europe brings home to us all the realities and necessary precautions of war, and those women who are not involved cannot do better than go on giving the younger girls a thorough training which will be of service to them in the future.

Our men folk have bravely come forward in thousands to offer themselves and their lives for their Country, and are ready to go forth to all the risks and trials of warfare, and shall not we women cheer them on to follow the noble example of our forefathers, who, of old, built up this great nation with their lives.

We have each our part to play in this anxious time. As women our lives are not demanded of us, therefore we should all the more try to sacrifice self and help others.

Girl Guides in hundreds of camps had been greatly enjoying their holiday and I too was having a delightful time camping out (notwithstanding that my luggage was stolen or lost, and I have never heard where my tent strayed to), but all at once everything

was attired by this grievous National emergency, many Girl Guide officers belonging to the Red Cross Society were recalled to their Detachments, and I had to return to my Red Cross Division to organise Committees with a view to forming improvised hospitals.

Now I want to tell you a few ways in which you can be of use, for so many have asked me to indicate a way of helping the nation.

Let us try to cheer up those who are obliged to part, cheer those who are losing all they care for, and also their breadwinners. Go and see the anxious ones in their homes, take care of their children or mind their babies, wash up for them or do a little mending. One of our chief duties is to maintain discipline, no great work can be achieved without perfect order, discipline and obedience.

Prompt obedience to orders is what every soldier has to learn, and it is instant, cheerful obedience which helps to make everything go smoothly.

If troops require helping, parties might be got up for assisting in cookery, washing, sewing, rolling up the bandages ready to use, lighting fires in the open, and many other services. So, you see, your Camping experience will come into use.

Our Territorials will have many cold nights in camp and may be glad of woollen helmets for the night, and all of you who can knit can make them of dark strong wool as described in Weldon's, book 171, page 9.

You could collect and distribute books, magazines and illustrated papers. Another suggestion has been made that you should sow seeds, and plant quantities of vegetables such as seed-potatoes, cabbages, early onions and early "six-weeks" turnips. Garden carrots, the early "horn" or stump-rooted, will succeed if sown soon, but vegetables will not grow in the winter so make haste if you want a crop.

There seems nothing very dramatic about my suggestions but you know it is not very

GIRL GUIDES' GAZETTE.

HOW OUR BADGES ARE AWARDED.

V.—PIONEER'S BADGE.

To rank as a "Pioneer," it is not enough that a Guide should be able to make a model bridge, a shelter and a camp oven. She must have some idea of how to erect a genuine bridge on the same principle as her model. This means that the model must be made to scale, and the Guide would have to reckon with currents, shifting bottoms, overhanging banks, etc. Let us suppose that a Patrol of Guides are anxious to become Pioneers. Here is an outline of instruction I should give if I were Captain:—

Supply each girl with a bundle of hickory skewers (4s. 2d. a 1,000 from a butcher) and a 2d. ball of twine. Practise square, diagonal and sheer lashing. Then go a step farther and construct trestles, two, three or four legged. This will necessitate learning a few technical terms as transom, ledger and shesses. All this can be easily understood from the "Manual of Field Engineering." (Price 9d., from Headquarters.)

Now, go out and find some river, canal or sunk lane, and pretend you want to bridge it. Find out the width and depth, and estimate the size of spars necessary. Then go back and prepare two "banks" as like the real thing as possible. I should make the model of the scale of 1 inch to a foot, and start with the banks the right distance away. For the longer spars you will want a few penny wooden curtain rods, and for the road planks seed labels will do splendidly. The kind of bridge will, of course, depend on circumstances. If the river is deep, or there is a strong current, trestles will not stand, so it would mean a single-lock, or if the span is more than 30ft., a double lock.

When the model is finished it can be painted and neatly mounted on a bracket in the Club room with its full history on a card attached. One or two pioneering models add greatly to the attractiveness of Headquarters.

Models of shelters and huts are easy to make, and very instructive—for a wet day parade. The supplies needed are a handful of sticks of all sizes and shapes, an armful of heather, and some string. The sticks can be stuck in a box of sand, and the heather cut into little bundles about 2in. long.

heroic to sit doing nothing when our heroes are lying wounded on the field of battle. We are not called into the fighting line, but let us put forth all our strength to help others to be resolute and hopeful, confident that good will come.

Yours sincerely,
AGNES BADEN-POWELL.

MESSAGE TO GIRL GUIDES.

In this time of National Crisis and grave danger the Girl Guides also can give valuable help to the country by carrying out the duties for which they have been trained and organised. The Headquarters' Committee appeal to the patriotism of Girl Guides to give voluntary assistance in every way in their power.

The Guides' duties would be non-military, and the following ways of giving help are suggested:—

To help locally by:—

1. Offering service locally to Red Cross Detachments, St. John's Ambulance or the nearest Hospital Organisation.
2. Offering services locally to relief committees, when organised, and to serve in soup kitchens, crèches, etc.
3. Offering services to the Soldiers and Sailors Help Society, 122 Brompton Road, London, S.W. Their needs are for Convalescent Homes, cyclists for messages, laundry, cookery and home nursing. Apply in writing to Brompton Road, stating qualifications.
4. Undertaking cooking, needlework and laundry work, for hospitals if required.
5. Giving household assistance to families in distress or in case of illness.
6. Offering to take charge of children while their mothers are out at work.

Her Majesty Queen Amelie, has given 30 yards of calico and 20 yards of flannelette for the Richmond Girl Guides to work for the Red Cross.

Here are a few hints applicable to all huts and shelters.

1.—First find out which way the wind is blowing, and erect the shelter with its back to it, and, if possible, under the lee of a wall.

2.—Put plenty of hard work into the foundations. Sink the first stakes deep into the ground and make a firm framework.

3.—Be sure that there is a good slope to carry off rain, and dig a trench to receive the water.

4.—Put on plenty of thatching—either grass, heather, straw, or bracken. Start at the bottom, and lay each bundle over the stalks of the previous row, just as tiles are laid on a roof.

If there is no string the thatching can be secured with creepers or forked sticks.

CAPTAIN'S AMBULANCE BAGS.

A First Aid Outfit that Every Company should have.

When an accident takes place, and someone is wounded, the first thing that is asked for is "sterilized water to bath the wound." And, of course, there never is any at hand, because it takes twenty-five minutes hard boiling to sterilize it effectually. Yet it is wanted for immediate use; no wounded person can wait twenty-five minutes.

To meet this want, ambulance bags are being made which contain a leather-covered glass bottle capable of containing about a pint of sterilized water. It is proposed that Captains should be authorised to provide themselves with these bottles on condition that they promise to fill them with water that has been boiled for twenty-five minutes.

The bag contains, besides the bottle, a small bowl to hold the water, and a pair of nippers with which to handle the dressing, so that it does not come in contact with the hand.

A small packet of medicated cotton wool with which to wash the wound is provided, and also a small packet of sterilized surgical dressing. There articles are purposely furnished in small packets containing just enough for one dressing, in order that there may be no chance of using on the wound any but fresh, sterilized material.

A large triangular sling is also provided.

The bags can be obtained from Headquarters, price (for bag and fittings) 5/6; postage, 6d. extra. If desired, a bottle of iodine, for disinfecting the wound, can be furnished in a metal case. The price of this would be 2s. extra.

GOOD WORK BY GUIDES.

At the moment of going to press, letters from all parts of the country are pouring in, all containing the same news—that every Girl Guide who has taken her promise of loyalty is doing her utmost for King and Country in this time of trouble.

In accordance with wishes of Headquarters a great many Companies have offered their services to their local Red Cross or St. John's V.A.D. and the girls are kept very busy.

The 1st Crowborough Company are collecting hospital equipment on their trek cart, delivering messages and sewing.

Ipswich Guides are working hard preparing a Rest Station Hospital. A few girls have to camp there so as to be prepared for emergencies. The bigger girls are helping to train farm lads in stretcher work.

Holmwood Guides have offered help to their post-mistress and are employed by the Red Cross for sewing.

The Leicester Company has been given the task of making roller and triangular bandages, fomentations, wringers and flannel bandages. At Tunbridge Wells the girls are making and padding splints.

The 1st Lewisham Company are helping to equip a field hospital. They are used largely as messengers and will be employed later in the laundry.

Eserick—Doing needlework.

Horncastle—Helping Red Cross Detachment. Scrubbing floor of Drill Hall in preparation for a Temporary Hospital.

Topsham—Guides acting as messengers and parcel carriers, chiefly to V.A.D., and Relief Committees.

Frant—Offered services to Sussex V.A.D.

Exmouth—Offered services to Red Cross Devon 66.

Saxmundham—Placed themselves at the disposal of the Aldeburgh V.A.D.

Portslade—Offered Services to V.A.D.

Weymouth—Aiding Red Cross by running messages.

West Hartlepool—Volunteered to help in Cameron's Hospital.

Woolwich—Offered services to Soldiers Help Society.

Peterston Super Ely—Offered to help with Temporary Hospital.

Quayside—Assisting Lady Ridley Corp. (St. John's Ambulance).

Falmouth—Volunteered service to Government.

Thonaly-on-Tees—Offered services to Red Cross.

Ventnor—Offered services to Red Cross.

West Farleigh—Helping Post-mistress to deliver telegrams. Offered services to V.A.D.

GIRL GUIDES' GAZETTE.

DUTY AND DISCIPLINE MOVEMENTS

Message to the Nation.

This message to the home-stayers whose part of carrying on every-day affairs amid the suspense and straitened circumstances and sorrow that a great war brings, and is often so difficult, is sent out from the office of the Duty and Discipline Movement.

Let us be quiet, who are left behind
To be our Country's common heart and mind
Of usual work and hour-accustomed ways,
Let us breathe steadily these everydays,
Which dreadfully in dim suspense arise,
That God may look out calmly from our eyes,
Our duty is to stand by used affairs,
Our discipline, deep smiling, slow speech,
prayers,

Through all anxieties, ills, waiting, woe,
That while our arms to righteous battle go,
This heart of us they spring from may fulfil
Its blood-beat with their fight—"I ought—
I will."

INTER-PATROL SPORTS.

Annual sports are undoubtedly excellent for promoting rivalry between Patrols, and for encouraging girls to improve their physical health by running, jumping, etc. Officers should have nothing to do with the training. They act as judges, starters, and handicappers. The best plan seems to be to limit the entries for each event to three Guides from each Patrol, except for the tug-of-war and relay races.

Marks may be awarded as follows:—

1st place counts 3 marks.

2nd place counts 2 marks.

3rd place counts 1 mark.

The Patrol gaining the greatest number of marks becomes Champions, and possibly the holder of a Sports Banner for the year. Another idea is to award a star to the Champions in high jumping, long jumping, and running.

Sports Day should be the occasion of a large gathering of parents and friends of the Guides, who could also supply the cakes for tea.

Little Belton—Act as messengers in their own village.
Wymondham—Helping mothers who go out to work.
Manchester—Starting to work.
Wellington—Attached to Red Cross.
Chelmsford—Offered services to Red Cross, to run errands and fetch and carry etc., for the nurses.
Burgess Hill—Darning socks for the Territorials at present guarding the lines.

Darwen—Guides willing to help in conjunction with whatever organisation is formed in the town.

South Hackney—Communicating with Red Cross.

Waterford—Waiting to do anything in their power.

Liverpool—Working in connection with Liverpool Lady Mayores' Bureau.

Farndon—The Captain is busy starting her husband and son off; afterwards she will call an urgent meeting of the Guides.

Barnet—Offered the Guides to the V.A.D.

Wolverhampton—Making aprons, caps, and running messages, etc.

Sunderland—Joined Red Cross working classes.

Thetford—Working with the Soldiers and Sailors Help Society.

We much regret that as we have to go to press, we have to hold over several reports of the Guides' work for their country.

We are glad to note that not in one single instance is a suggestion made for the girls to work apart from the recognised local authority. Each Company is ready to sink its own individuality and "do the work that's nearest though 'tis dull awhile."

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.

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.

"HOW NEEDLEWOMEN CAN HELP."

A great many Companies are holding Sewing parties to provide garments for the hospitals organised by the Red Cross Society. Everyone can help in this work but the following hints should be regarded.

Pyjamas.

Three jackets to one pair of trousers. Jackets to be made $\frac{1}{2}$ yd. longer than ordinary pattern.

Bed Jackets.

In a large size—Flannel or unbleached twill opening on the shoulder and down the side tied with tapes.

Bandages.

Of the cheapest unbleached calico in the following sizes:—

1	inch wide	1½	yards long
2½	"	"	"
3	"	"	"
6	"	"	"

Patterns of the following garments can be obtained from—

Buttericks,
175, Regent Street,
London, W.

Night Shirt, Pyjamas, Bed Jacket, Flannel Shirt.
Price 6d. each, postage extra.

If every Patrol undertook to make one set of these garments it would be a great assistance. The greatest care must be taken over these garments: they must be neatly and firmly sewn and when finished should be sent to the—

Secretary,
Girl Guides,
116, Victoria Street, S.W.

When parcels are received, they will be sent as the Girl Guides Contribution to Queen Mary's Needlework Guild. Every parcel should have an accurate list of its contents attached outside and a duplicate list inside.

Closing date for the Guides' Contributions to Q.M.N.G.—October 15th, 1914.

TRACKING.**Little things that mean much to the experienced eye.**

"Look out for the little things." That is the whole secret of successful tracking. The clear signs are then obvious, but if the trail is well hidden and needs a keen eye to seek it out you have wasted no time in looking for a big, distinct mark of some sort.

When several girls are following a trail a good leader will send two Guides on in front and detail one to follow in the rear and destroy all signs. The advance guard should be changed after each couple has found one or two signs. Remember to look for tracks not only on the ground, but

on trees, gates and stones. The other day a Patrol, which was following a track I had laid, drew a blank at a gate. If they had looked they might have found a little red mud on the third bar, which showed that someone had clambered over, and someone who had come from a little path where only that mud was found. The gate led into a dusty lane, but the dust was brushed off the grass on one side and another pat of mud had been dropped further on.

Here are a few hints to be remembered when following an unknown track:—

1. What is the age of the track? Recent rain would help to judge this, or the fact of its being crossed in any way, but remember that hot sun, rain, heavy dew, or wind are all inclined to make tracks look older than they really are.

2. If the tracks are of wheeled vehicles, was the cart or car two-wheeled or four-wheeled? Were the tyres rubber or iron? Was it heavily loaded?

3. In what direction do the tracks go?

4. If the tracks of horses can be seen, were they ridden or driven? If a horse is pulling a load the toe is pressed deeper into the ground than if it is being ridden. When a horse is walking the prints are quite separate, but the hind feet are smaller than the front. When it is trotting, the prints overlap each other, and the distance between the fore feet is about 4½ ft. as against 2½ ft. in walking. In galloping the prints are much deeper and at least 10 ft. apart. If the ground is at all soft it will be thrown up on both sides, and so the direction can be found. Remember that, in tracking horses, the front impression is that of the hind foot.

5. Is there the track of a bicycle? The narrowest end of the ellipse made by the two wheels, points in the direction in which the bicycle was going.

6. Are there any signs of a party resting by the way? Is the grass nibbled by horses, or can you find where a person sat down? If you lose the trail, mark the last track carefully and cast round in circles, increasing in size until you pick up another clue.

I should be glad to hear of Companies who go in for tracking, for their hints and experiences would, no doubt, be of great interest to others.

SILVER FISH.



L. V. S.—Guides may certainly wear thin uniform shirts in the summer. Case-ment cloth at 4½d. or 6½d. is quite good enough for camp, and if each girl makes her own blouse on the official pattern (from Headquarters 6d.) it will help towards her 1st Class Badge.

N. H. O.—There would be no fear of your girl's kit getting so much mixed up if everything were marked plainly. Hats, belts, ties, lanyards, blouses, and skirts should all be marked either with the girl's name or with her number and Patrol.

NATURALIST.—You are quite right. Many people prefer to iron their wild flower specimens, as they keep the colour better than if they are pressed.

TENDERFOOT.—When entering a horse's stall you should always make him move before you go right in. This prevents his being frightened, which he well might be if you went straight in without any warning.

NEMO.—Ties should not be worn under the shoulder straps, but under the collar and drawn up to the throat.

PHOTOGRAPHER.—Try this tip to prevent your prints from curling up as they dry: Fasten a piece of smooth linen on to a round stick and roll the print up the opposite way to the curl. Have you ever tried drying your prints face downwards on a piece of butter-muslin spread over a basin? You will find they do not curl if you adopt this method.

L. K. J.—If a motor-car will not start on a hill because of the slippery surface there are two courses open to the driver. To let the car run backwards to the bottom and try again, or to give the back wheels a grip by placing rugs or mats under them.

B. R.—If you hold a dog's lower jaw firmly he cannot bite. The only way to give liquid medicine is to tie or hold his mouth shut and then pull out his lower lip on one side till it forms a pocket. Pour a little medicine into this and hold the dog's head up until he has swallowed it, and then pour in a little more, and so on.

J. D. O.—To keep your hat brim stiff, damp and iron it regularly after parades. If it gets very wet in the train, shake it well and put to dry on a flat surface with several heavy books round the brim. As you say, nothing looks worse than a "floppy" hat brim.

UNION JACK.—You will find on the "hoist" side of a large flag a wooden "toggle" and about 2ft. of cord. Make one end of the "halyard" into a loop and slip it over the toggle, join the other end to the flag cord, and hoist till the toggle reaches the pulley at the top of the flag-staff. "Breaking" the flag is a more complicated matter. The flag must be folded into a neat bundle and the lower cord wound round it once or twice and slipped loosely under one of the turns. The bundle is hoisted to the top and a slight jerk on the halyard will release the flag, which should fly out quite freely.

BADEN-POWELL GIRL GUIDES
SOUTH WEST LONDON COMMITTEE

RESIGNATION CERTIFICATE

This is to Certify that

was a Member of the _____ Company
from _____ 19____ to _____ 19____

During that period (having passed the tests prescribed in the Girl Guides Hand Book) she gained the following Badges:—

Her attendance was _____ Punctuality _____
Conduct _____

Captain of the _____ Company

NOTE: This Certificate is limited to the facts and dates above stated and should not be accepted as a Testimonial of character or ability.

Signature _____
Secretary _____

This attractively designed certificate is issued by the South West London Committee to Girl Guides on their resignation. It forms an excellent memento of happy days spent as a Guide. The idea is one that may commend itself to other committees also.

EXTRACTS FROM A LETTER

BY

Miss Helen Malcolm.

TO HER SECTION OF GUIDES.

GUIDES,

*"Do you know what your honour means?"**"Yes, it means I can be trusted to be truthful and honest."**"Can I trust you on your honour to be loyal to God and the King?"**"I promise on my honour to be loyal to God and the King."*

You said these words, my Guide, not very long ago in the excitement of your enrolment as you stood to salute before the Flag of Britain and your Captain.

You did not know then—none of us knew—that the time was very close on us when all British women would be called on to prove and to show their true loyalty.

There is a saying—will you try to understand it?—"No nation rises above the level of its womanhood."

It means that women have a very large share in making or marring their nation.

Now, in the beginning of our Guide book Miss Baden Powell tells us she started the Girl Guides to teach girls how to be good women. Some of you have only been in the Guides a few weeks; some of you have got your arms covered with badges; all of you have promised to keep your promises, which includes keeping the Law of the Guides—and all of you are anxious to make yourselves "womanly women."

"How can I help?" I hear you saying, "I want to be loyal, what can I do?" Guides, you are only girls now. You can't do big things. Your chief work at present is to BE, not to do.

You are (perhaps for the first time) feeling a new feeling as you hear the talk of war all round you, a feeling of responsibility—that you want to show you are British girls, that you would like to help. That feeling came to a very great woman once, when she was a little girl, when one day she suddenly understood that when she grew up God was very likely going to give her great vast responsibilities over thousands and thousands of

people. It was while she was having a history lesson that Queen Victoria first found out she might reign over Britain some day. What did she say? Not, "What can I do?" She just said, "Oh! I will be good."

Guides, it isn't what we say, or do, just now that comes first, it is what we are. And every Girl Guide must prove her guide-ship now by being a quiet, cheery, useful, self-controlled girl. The country needs girls that mothers and fathers and brothers would miss at home, girls who are learning quite humbly and teachably every bit of womanly knowledge that they can pick up (there must be no nonsense talked in a time like this: "Oh! I know that! why, I've passed my such and such exam., I'm a Guide"), girls who will spend time in needlework if hospitals are in need; girls who when many are needing bread, will not waste precious money on sweets and biscuits, that they may have to give to those that need; girls who will brace their menfolk by quiet self-control and cheery, brave faces when they go off to do the duty they have promised to do; girls who can be trusted to keep their engagements, for they "know what their honour means;" and above all, Guides, we need girls who will pray God to help.

I am often asked, "What is the use of the Girl Guide?" My answer has always been, "We are a very young movement yet, we have only begun to learn. But we are learning, and we hope, through our Guide Law, to train girls to be 'womanly women.'"

Many of you have talked over the Guide Law with me. Now, *live it out*.

Remember, women are very useless if they can't suffer silently and quietly. Keep your ninth Guide Law—the law of contentment.

Be sure you make no fuss about being a Girl Guide. Let other people find it out—don't brag about it.

"Among those present were a number of Girl Guides, who looked very small in their uniforms," says the "Barnet Press," describing a service of dedication and thanksgiving in connection with the re-decoration of St. John's Church, Whetstone, on July 21st. We have a shrewd suspicion that our contemporary meant to say the Guides looked "very smart," and that the printer is responsible for the aspersion on their size.

THE GIRL GUIDES' GAZETTE,

AUGUST, 1914.

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

Annual Subscription	2/6	(post free)
Single Copies	2½d.	"
Foreign and Colonial Subscription	3/-	"



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.

The following passage, which will be of interest to Girl Guides, occurs in an article in the "East London Church Chronicle," on the Hackney Parochial Schools, which celebrated their bi-centenary in April:—

"Later still, Miss Laetitia Powell, member of an old Hackney family, and aunt of General Baden-Powell, bequeathed £471, the interest of which gives £5 to any girl who shall stay in the service of a family for one year within two years of leaving school. The girl must have 'staid her full time' in the school, and must furnish good reports from school, and from her master and mistress. A copy of the painting of the Powell family hangs in the School, showing Miss Laetitia as a demure little maiden of

about six, in close lace cap and skirt touching the ground."

"Stories of Brave Women."

Owing to lack of space we are obliged to hold over until the next number "D.M.'s" article on Florence Nightingale, the second in our new series of "Stories of Brave Women."

Lady Baden-Powell's Interest.

A most useful article by Lady Baden-Powell, on "How to Help the Girl Guide Movement," appeared in the "Lady's Pictorial," of July 25th. The article is illustrated with photographs of Lady Baden-Powell herself, and of Miss Baden-Powell and the Marchioness of Ely, the Hon. President and Vice-President. On the opposite page appear seven beautifully reproduced photographs, showing "the practical work of the Girl Guides." They represent the Richmond and Alderley Edge Guides.

THINGS THE SWIMMER SHOULD KNOW

What to do in various emergencies in the water.

A girl is not a finished swimmer when she can merely keep afloat and make a certain rate of progress through the water. She must learn to feel thoroughly at home in the water and know ever so many little things that no swimming teacher will have the opportunity to show her.

In bathing from a boat, for instance, never dive off the side, or you will run the risk of capsizing it. If the boat is a fairly large and steady one it may be safe to dive off the stern, but not otherwise.

Similarly, the only safe way to climb into a boat out of the water is over the stern.

If you get entangled in weeds, the first thing to do is to turn upon your back and also to turn in the direction of the current. Then swim gently with the back stroke, or float passively with the current until you are clear.

One can often float out from among ribbon weeds in this way when violent movements in the opposite direction to that in which they are themselves floating would lead to further entanglement.

right and wrong ways of getting a buoy, and every swimmer should know the right way, and if possible practice in the moment of emergency it is adopted naturally almost without

one almost invariably tries to get a head first by pulling it over her head. A lifebuoy is a heavy thing, floats so easily, and it is impossible for anyone in the water to lift it to the surface. The result of trying to do so, is that the swimmer or person is forced under water and there by the weight of the buoy.

The way of getting into a circular buoy is to place both hands together on the side nearest you, and then to pull weight suddenly on that side, the buoy tips up and the other side is under your head. This needs a little care if it is clumsily done you will be under the head which would be fatal to a person.

The method, although it involves a little risk, is to grasp the buoy by the middle, though to lift it, and then to pull under water and come up in the centre of the circle, finally draw up until they rest on the sides and support the body.

Even if there is always the possibility of a buoy being capsized, so that the person's head downwards, and in the event of being drowned in a very short time, the remedy is to keep the legs together and make a downward stroke, as in the case of a body will then slip down and out of the buoy, which you can then pull up.

It will support you in the water if you know how to use it. To grasp it in the middle, in the event of it being practically useless.

If it and force it under water and pull it astride of it. This will enable you to rise out of the water, and it will support you, while you are free to propel yourself and maintain balance.

Every swimmer should know how to rescue drowning people and at least one method of artificial respiration. This is a subject which relates all to itself.

KIT BAGS are among the most convenient forms of luggage for camp, for they can be thrown about without being damaged, and they are easy to transport in bulk. But there is a right and a wrong way of packing a kit-bag of the military type, which is really a small sack. All hard things, such as boots, should be packed in the centre, and soft things outside. Otherwise there may be a nasty accident if a kit-bag is thrown from a cart or luggage van and hits someone on the head. Soft clothes should be rolled tightly, and the rolls pushed down the bag end first. Small articles should be packed together in calico bags or rolled up in larger garments. Keep the shape of the bag as symmetrical as possible.

WAX MATCHES keep alight better than wooden ones in a wind, and are, therefore, to be recommended for lighting camp fires. Before striking the match, unravel one or two strands from the end opposite the head, and arrange them so that they catch alight easily when you strike the match. This gives the flame a hold at once, and it takes a very strong wind to blow it out. If you are using safety wooden matches push the box half out of the case, and as soon as you have struck the match put it inside the open end of the case until the flame gets a hold.

TO WASH OLD LACE get a disused wine bottle, rinse it well and cork it. Now sew a strip of flannel on it quite smoothly. Next wind your lace, keeping it perfectly smooth, round and round the bottle. Over the lace lay a very, very fine old handkerchief singly, sewing it on. Make a good lather, let the bottle steep in it for some hours. That softens the dirt. Then rub gently with the hands. There is no fear of fraying the lace as it is covered by the handkerchief. Remove handkerchief and stand the bottle where air and sunshine will dry the lace still on it. If you have wound it smoothly, no ironing will be required.

DRESS FOR COUNTY COMMISSIONERS

Suggestions are invited from County Commissioners as to a suitable regulation dress for Commissioners. It has been pointed out that some sort of distinctive uniform is very desirable in order that not only Guides, but Scouts at Rallies and other functions may be able to recognise a Commissioner. One suggestion is for plain dark blue serge dresses with gold and white waistcoats, and Captains' hats with purple badges in them. Another is for the trefoil badge in the hat, with a green brush behind it. The wearing of silver cords is also suggested. It is hoped that County Commissioners will inform Headquarters of their views on the subject in order that the most suitable distinction may be decided upon.

GIRL GUIDES' GAZETTE.

change into uniform for Part 2 had to be effected. Signalling drill, Indian club swinging, Guide songs and First-Aid followed.

* * * *

On Whit-Monday, following the example of the Boy Scouts, the Company worked at odd jobs given them by kind friends and as a result a sum of £2 6s. 6d. was sent to the National Blind Institution.

Scotland.

MIDLOTHIAN CENTRAL COMMITTEE. — On Saturday, July 4, the half-yearly presentation of Badges took place at the Girl Guides' garden. Lady Fayrer presided, and Mrs. Hamilton Bruce presented the Badges, of which there were 17 Second Class, 126 Proficiency, 5 "Nursing Sister" Red Cross armlets, 6 First Class and 4 "All-Round Shoulder Cords." Parish Councillor Mr. Boeme proposed a vote of thanks to Lady Fayrer and Mrs. Hamilton Bruce. Tea was served at the conclusion of the ceremony.

* * * *

9TH MIDLOTHIAN COMPANY, which was formed about eighteen months ago, finished a most successful winter's work with a display given in the beginning of June, at which the Company Colours and the Union Jack were dedicated and presented. At the two recent presentations of Badges (April and July), the Guides, numbering seventeen, have gained over ninety Badges, including, among others, Boatswain, Fire Brigade, Pathfinder, Pioneer, Ambulance, Sick Nurse, Child Nurse, All-round Cords and Nursing Armlet.

* * * *

CORPACH.—On the initiative of Mrs. Gooch, of Tor Castle, secretary of the Kilmallie branch of the Y.W.C.A., a Patrol of the Girl Guides is being started in the Corpach district, says the "Oban Times." Miss Carter has been appointed Captain, and Miss C. S. Young and she are busy getting themselves competent to take in hand the Tenderfoots as they enrol.

Newbridge Company, and were then played.

We have received from neatly-arranged typed report of the Company since its first doings during the past year with balance sheets.

Wales.

1ST RHAYADER COMPANY entertainment on the King a fortnight later, by rec performance was rather s entertainment opened with Boadicea called the Br Druid prophesied the the future greatness of Then Britannia entered Scotland, Wales and Britannia" was sung. followed by Corn, Indians, and after Leaf for Ever," gifts to Britannia. N followed by Dutch girl National Song of. So then Australia with mil and their song was "A For New Zealand a M which caused much an the Indian princes wh All the Colonies joine Land and the Old."

West Indies.

His Excellency Sir G Governor of Trinida at Government Hous Trinidad and Tobago was inaugurated. The District Scout Comm The following office Sir George Le Hunt Knaggs; Vice-Pres Wright; Hon. Secr lock; Hon. Treasure Guides had already with Mrs. Havelock lem as Lieutenant.