

Matilda.



AN OFFICIAL TREASURE BAG OF GUIDERS' INFORMATION FOR
VICTORIA, AUSTRALIA.

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News, articles, stories, etc., for inclusion in "Matilda" should be forwarded to the Editor, c/o. Girl Guide Headquarters, 60 Market Street, Melbourne, C.1., by twenty-third of the month.

"MATILDA" GOES HIKING.

"Matilda" is going hiking this month, and she hopes that all Guiders will come, too, and bring their companies along. Let us make an effort to make it real "hiking," and not just picnicing. If we talk to our guides beforehand and let them realise the difference, they will be more enthusiastic than ever.

Quite a lot of real woodcraft can be done on a Saturday afternoon, even by those who cannot leave until lunch is washed up, and must be home by 6.30 or 7 o'clock. Few preparations are needed beforehand—know where you are going, take a good map, and carry as little as possible. If you have time, try to boil a billy for tea, so that you can test the burning qualities of the local woods.

A really sustaining diet for a short tramp is a sandwich of brown bread and butter, a cake of milk chocolate and an apple; if the chocolate is sandwiched between the brown bread and butter it will be found most satisfying.

Here are three suggested places for short hikes which have been sent in:—

1. Train to Cheltenham and strike across country through the park and over some lovely heathy bits to the Beaumaris tram line—a bird-lover's paradise.
2. Train to Lower Ferntree Gully, cross the line and walk back along the Boronia road and then up one of those tiny tracks that lose themselves in the bush at the top of the mount. This is hard going, but birds and butterflies and the view from the top make it well worth while.
3. Blackburn—round the big dam and home by Tunstall.

And now "Good Hiking," and may there soon be many sleeves showing the Woodcraft sign.

THE HIKER'S BADGE.

The Hiker's Badge is the great event of the 1930 Book of Rules. We Guides have planned it for ourselves to fit the guidiest of guidey ways—it is all our very own, so much our own, that each one of us can make it a pathway to the open world—so much our own that in every country and every place it will be a little different, with the differences that make us interesting and truly ourselves.

Do we sometimes give the idea that Guides can never go out unless they are taken, shepherded and organised? The very suggestion that a Guide may win the Hiker's Badge calls to her to go out for herself, if it is only to the paddocks in the next street, or the open places, where she can practise fires and cooking in the winter. It tells her that the day will come when she and her kindred spirits may adventure for themselves—the day when she has won her trust and freedom. To bring this day to our guides is worth our thought and our enthusiasm. We will need to share our ideas and our experience to find what our guides can do, and what we all can give them.

Thoughts to Share.

Keep the idea of "hiking" clear. "Hiking" is "going" a few folk out to explore the by-ways, to poke in all the corners of a delightful spot, with time to wander, time to "stand and stare."

Two Guiders with twenty or more assorted guides cannot do it. Our outings are mostly Field Days, with a fixed base; the time is spent in company activities, rambles and scouting games—we have splendid, friendly fun, but it is not Hiking.

We can do much at the Company meeting to prepare for hiking. Sketch maps could well come first, for we must be reasonably confident that the guides will not lose themselves. Compass points may be learnt by the patrols—give the Leaders directions for making paper compasses, and see which patrol can produce the best set. Do not worry that all guides are not second-class—let the leaders show them what they themselves are doing, and allow them all to help. Then all can join in the jolly compass games.

We will soon have half an hour of daylight for our Company meetings. Prepare directions for a twenty minutes' walk—directions that lead through by-ways and over paddocks and reserves—give these to a group of second-class guides, and send them off with lieutenant as soon as they go. When they return they can tell the patrols all about the walk, and can write up log books at home and illustrate them with sketch maps. Roll call and opening will be postponed perhaps to the end of the meeting, but that is only a pleasant variation. Do this two or three times. In some districts guides may go without a Guider. At the next Field Day allow the same group to follow a map on a route out from the base and back—or if the way is very clear and you are sure of the second-class guides, each one may take one or two others—it depends entirely on circumstances and Captain's judgment. The guides need not be away more than an hour. The difference between what may be seen in the

evening and in the daytime will open a new range of "looking."

Maps of Melbourne and suburbs may be bought at any stationers, large maps of any special districts can be bought at local Town Halls, and maps of some country districts are given away free at the Tourist Bureau.

Cooking is fun if ample time is allowed. I have found it most successful to make it the feature of several outings. N.B.—Patrols must have plenty of time to make their plans at the previous meeting, and the place must be especially chosen. The programme could be somewhat on these lines:—

11.45 a.m.—Arrive and settle in.

12.15—Light uncooked lunch.

1 p.m.—Rest.

1.45—Scouting Games.

2.30—Ramble.

Tic-toc, tic-toc,"

Patrols cook what they have planned. Guiders make model cooking place, visit patrols for "safety supervision," and give a few hints as they go. When food is on all visit other patrols and learn all their ideas, and finally find the real solution from Captain's model kitchen.

5.15—Hot tea.

6 p.m.—Clear up.

6.20—Sing Song. Leave for home.

One or two days like this could give most of the knowledge needed for fires and woods and cooking. It is only by having plenty of time at first that guides become quick and ready, and able to prepare meals in reasonable time.

Afterwards at a general Company meeting discuss who had the best food, and what fires, woods and methods worked the best, and which utensils were unnecessary. Then have a similar day before very long.

For the First Aid equipment let each patrol discuss what might happen at a hike, and give ideas of what would be needed—but begin with what might happen, sometimes let them act these happenings.

They can also act, with great effect, the "stranger" and the "lost child" and the "strayed animal."

Now we must consider the differences for Australia—please send ideas, especially from the country.

Is a fog sufficiently frequent for us to consider it in the badge, and what could be substitute that would be more useful?

Is the snake precaution of second-class detailed enough to make a Hiker safe? Is there anything useful to put in the place of "Game preserves"?

Would "disposal of rubbish, especially when digging is difficult," be suitable, or precautions regarding drinking water, need for permission before tank water is used?

These notes are just to open the whole engrossing subject; and on this subject, even more than on all others, there must be Ideas to Share.

G. H. SWINBURNE

Commissioner for Tests and Badges.

OUR BROWNIE PAGE.

Anything may happen,
And let each one of us SEE THAT IT DOES.

HOPPING GAME.

Brownies stand in a ring, with a figure of eight chalked inside it. B.O. beckons to one Brownie, who hops round figure of eight, while the other Brownies say—

"Tic-toc, tic-toc, round goes the clock,

Sixty seconds to the minute,

Sixty minutes to the hour,

Tic-toc, tic-toc.

at the same time skipping in their places. When the Brownie in the centre gets back to her place B.O. praises or suggests improvements (with Pack's help!) If the hopping is good Brownie goes behind T.O., if not, behind B.O.

Repeat from until all the Brownies are either behind B.O. or T.O. Then all the Brownies behind T.O. form a ring round the figure of eight again, while all those behind B.O. repeat their hopping. Those standing behind B.O. and T.O. join in the "Tic-toc" skip each time.

CHILDREN'S SLIPPERS.

Is there a Brownie Pack who would like to make a few pairs of little children's slippers for the South Richmond Presbyterian Kindergarten—the cloth will be supplied? I will be glad to give any further details and supply patterns.

LYDIE HOOPER,
"Bathwick,"

Albany Road, Toorak.

SECONDHAND BROWNIE UNIFORMS.

Brown Owls frequently inquire about the possibilities of buying or selling secondhand Brownie uniforms, so a depot is being formed for the purpose. Details of the working of the depot will be given later. In the meantime, any one wishing to make inquiries about either buying or selling should communicate with Miss Winifred Elvins, 279 Domain Road, South Yarra, who is to be in charge of the depot.

Judging from inquiries already received, the demand will exceed the supply, so perhaps Packs who have uniforms for which they have no further use, but which they have not considered parting with will do so in the interests of the Packs who cannot afford new uniforms.

ADRIENNE PALING.

WHERE'S THAT SMILE?

B.O. (having just told the story of the Sheet Bend and the little boy going up the chimney): "Do you know why this knot is called a Sheet Bend?"

Brownie: "Because the little boy had to bend such a lot."

UNCLAIMED—NAVY BLUE COAT.

Some months ago a navy blue coat was left at Headquarters. It was to be called for by a Guider, but so far it has not been claimed. We should be glad if anyone could help us to find the owner.

E. H. PURNELL.

MEETING OF THE EXECUTIVE COMMITTEE

Of the Girl Guides Association, Victoria,
24th September, 1930.

Present: The Lady Somers (Chair), Lady Chauvel, Mrs. Norman Brookes, Mrs. Edmondson, Mrs. Littlejohn, Mrs. Faulkner and Misses S. Cameron, M. Bush and E. Purnell.

Details in connection with the arrangements for the annual meeting were discussed.

It was agreed that the districts of Curlwaa, Goomealla and Wentworth in New South Wales be attached to the Mildura district, Victoria.

In accordance with a recommendation from the Guiders' Conference, it was agreed—

"That in Victoria lanyards for Guiders be dispensed with, except when desired for use at Company meetings and hikes."

Chief's Visit.

It was agreed that an exhibition of Hand-craft work by Guides be held in Melbourne during the Chief's visit to Melbourne. It was felt that the work done for the Stradbroke Cup competition should form a nucleus for this exhibition.

E. H. PURNELL, Hon. State Secretary.

ANNUAL MEETING.

The ANNUAL MEETING of the Girl Guides' Association, Victoria, will be held on MONDAY, 17th NOVEMBER, 1930, at 3 p.m. in the Reception Room of the Melbourne Town Hall.

THE RANGER DEBATE.

About 80 Rangers gathered for tea and fun on the night of the Annual Debate, 20th September, and some others arrived later, in time for the debates. The main debate was "That Woman is an important factor in the present-day problems of community life."

Miss Knowles, who very kindly acted as Chairwoman, gave some very helpful hints on debating. The following are some notes taken during her talk:—

Success in debating depends on being able to think on one's feet. We must realise the importance of words and of our ability to deliver those words.

We are all nervous, at first, but there must be a beginning to everything, and we should be unselfishly willing to give to others of our wisdom. You need to have something to say, and a longing to say it. Make your arguments persuasive—with a sting at the end, like the scorpion's tail. You must MAKE people listen.

In judging a debate, the following points are considered:—

1. Have a general outline of the subject; think in paragraphs. Sum up at the end and make a persuasive appeal.
2. Style of speech—should be logical and connected. You should stand well and look at the audience when speaking.
3. When speaking on the motion remarks must be constructive.
4. Depend for effect on the argument itself.
5. Catch up wild statements of the opposing side and demolish them.
6. Avoid irrelevancy.

7. Each speaker should be dealing with one definite side of the argument, and state this at the beginning; this makes for team work.

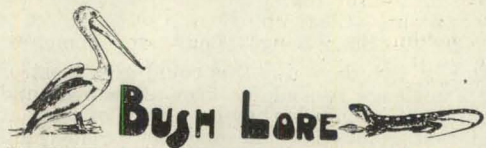
8. Don't forestall arguments which may never be brought up by the opposing side.

The speakers in this debate were:—Affirmative: Miss Alexander, Mrs. Littlejohn and Miss D. Irving. Negative: Miss Barfus, Rangers Alice Winch and Agnes Rutherford.

The negative side won on points, but the debate could not be judged in the usual way as, unfortunately, there was a misunderstanding as to the exact wording of the subject.

There were also two snap debates, which were very entertaining; in the first, "That books are better than friends," Lorna Jones spoke for "books," and Miss Mills replied on behalf of "friends." In the second, "That we should eat when and where we like," Miss Bradhurst spoke for the affirmative, and opposed Miss Russell. Several Rangers took their courage in both hands (on both feet!) and spoke their ideas on these subjects.

The evening was one of the most entertaining ones we have had, as there were impromptu items between tea and the main business of the evening, and all Rangers present had a thoroughly enjoyable time. F.V.B.



WE GO A-HIKING.

What month is so lovely for hiking as October, when the spring is a little more settled than in capricious September, and it is yet too early for the first fierce heat of summer? Then it is good to pack haversacks, and away to the bush, with its pageant of wildflowers and busy nesting birds.

Happy are the country Guides at this season, for are they not in the midst of all the spring-time revelry, and let us hope it falls not on blind eyes and deaf ears. Their town sisters, I have found, are none the less appreciative and, for them, such places as Ringwood, Vermont, Heathmont, Greensborough and Black Rock are near to Melbourne, and rich in wild life for a spring hike.

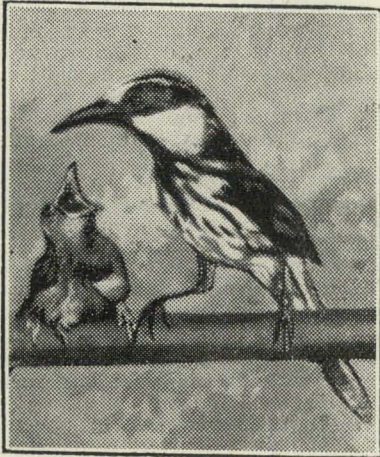
Now the countryside is fresh and green after winter rains, and carpeted with many-hued wild-flowers, where Guides may ramble for miles, and yet not be weary. What a joy to city children the great open spaces are, with the beauty of tree and flower, and the sound of bird voices. When planning hikes for this time of the year, plenty of free time should be allowed for rambling.

Usually the sight of wild-flowers sends the Guides rushing hither and thither to pick all they can see, so it is best to explain beforehand at the company meeting that when Guides go hiking they do not spoil the bush, but leave it for others to enjoy as well. There is nothing more distressful to the bush-lover than the havoc so often wrought by careless people at

a picnic. Wild-flowers droop very easily, and great care must be taken with them if they are to be taken home alive. If a tin or cardboard box be carried and the wild-flowers are placed in this, they will not suffer from contact with hot hands. It is best to line the box with damp paper, and the less the flowers are exposed to the air, the better they will keep.

Let us encourage the Guides to love wild-flowers in their right place, and thus incline them to pick moderately—just one or two of each kind. Knives should be carried so as to avoid spoiling the plants, and they should never be pulled up by the roots. All picking should be left till the last possible minute, especially on a hot day, for wild-flowers are delicate, and fade quickly. They can never give so much pleasure as when growing wild and free.

October, too, is a busy month for the birds, and nests may be discovered by those who have quick eyes and quiet ways. Parent birds are wary at this time of the year, and will endeavour to keep the whereabouts of their homes a secret. Movement and noise frighten them most of all, but if you remain quiet and still, what may you see? Perhaps a yellow robin feeding his mate on a nest in the dogwood bush close by—a frail bark cup, cleverly disguised with strips of bark and lichens on the outside, and holding three pretty green eggs. Or down the scrub by the creek-side, an excited pair of blue wrens or tomtits may betray their little domed nest, placed low in a tangle of wire-grass or undergrowth. These small birds are early builders, and get on well will their nesting long before the hot weather sets in.



Honey-eater feeding a young bird.
(Kindly lent by "The Age").

Perhaps the birds that get most excited with the coming of spring are the honey-eaters, for the nectar-laden flowers provide a rich feast. And if the hike be taken through bush that is golden with scrub wattles, then the ringing voices of the honey-birds are sure to be heard as they feed among the blossom. Bird-stalking requires patience and quietness, and the Guides who will see the most are those who are content to sit still and watch. And they are not likely to be disappointed.

Wildflower Names.

Here is a short list of the more common wild-flowers, with a brief description of each. Daisy, violet, buttercup, heath, blue-bell and yellow everlasting are known to most people. Sarsaparilla, or purple coral-pea, climbs over rocks and round logs. The brilliant scarlet coral-pea, familiarly known as scarlet postman or runner, trails among the grass. Yet another dainty climber is love's creeper, which festoons the smaller shrubs with sprays of powder-blue flowers.

Large yellow pin cushion-like billy buttons are fairly well known, as are also the smaller bachelor's buttons. Yellow stars are small flowers that adorn the grass. About the same size are blue squills, of a beautiful deep blue, which close when picked. Pink-eye has pretty pinkish flowers with black centres. The flowers are clustered on long, slender stalks. The purple chocolate-lily has a scent like vanilla, while milkmaids are white, lily-like flowers with a fragrance akin to honey. Trigger plant—a spike of small pink flowers—rises from a clump of grass-like leaves. The deep blue flax-lily, with yellow stamens, has narrow, rush-like leaves. A shrubby, low growing wildflower is the beardheath, covered with a mass of tiny white fluffy-looking flowers. Orchids are recognised by their quaint appearance, and space will not permit a description of the more common varieties.

J. H.



(All correspondence should be addressed to Miss E. E. Moran, Winter Street, Malvern, S.E.4.)

NOTICES.

The Head of Lones, Miss E. E. Moran, will be on leave of absence from 11th October to 11th December, 1930. During that time all general correspondence in connection with the Lone Branch should be addressed to Miss Purnell at Headquarters.

Contributions to "Lucy," the Lone Magazine, should reach Miss D. Slutzkin, 104 Flinders Lane, Melbourne, C.1., during the first week of November. All orders should be paid in advance and should be sent to Miss Slutzkin early in November also.

CHARTS.

In giving girls Guiding by correspondence much can be done with charts. It is not necessary to have great skill with the pencil or the paint brush in order to make attractive charts suitable for the purpose. Scraps cut from magazines are very useful, and can be used in a variety of ways. The charts need not be elaborate—in fact, the simpler they are the better they will serve. Charts can be used to help in presenting most of the second-class tests to the girls, such as Health Rules, Legends, Laws, Nature Work, Knots, Fires, etc., as well as a variety of proficiency badge work. The simplest size is postcard size, as this is easy to post, and if there is a variety of charts for each subject, they can be very simple, and

illustrate very clearly what you are trying to drive home. Once they are made they are in the company for good, and save a great deal of time that would be spent in writing articles and explanations. They make an impression on the guides where a written article might go "over their heads," and teach the guides to think for themselves the meaning of each one, instead of having someone else think it out for her. The tendency in Lone Guiding, as in any correspondence work, is to let it get stereotyped, and if the work is varied and done by other means than written articles sometimes, it will help towards the aim of "to educate from within rather than to instruct from without."

If a Lone Guide sees a series of pictures representing the legend of St. George, and makes up the actual story herself, she will be much more interested in it, and enjoy it more than "learning" it, and how much more entertaining for the Guider who is testing her for second-class, than the "St. George was born in Cappodocia of Christian parents" that one meets with so often! If we can't meet our Guides and test them orally, then let us think of some means of doing things, that is, going to help to take the place of the personal touch. Charts is one way only, and in trying to think of others, never forget that the Lone Guide is just a perfectly ordinary little girl, and not just one of a list of names! I will now refer you to paragraph 5, page 192, of *Girl Guiding*.

E.E.M.

HINTS FROM OLD HARRIET TO YOUNG HARRIET.

A true hiker comes home rested in mind, refreshed in soul, and pleasantly tired in body—but not a complete wreck; to achieve this don't try to go too far or too fast, have time to "stand and stare," don't eat too much uncooked, indigestible food and, above all, don't carry too much. Each hiker should carry her own food—just enough to satisfy her own appetite (experience soon teaches how much this is), her mug and a good sharp knife. A bird book, a pair of field glasses, if possible, and a billy with a lid that can be used as a frying pan can be divided up between the party. Now for some hints on cooking.

Billy Tea is really nicest made very weak, only just coloured, and taken without milk.

When toasting or roasting on a pointed stick such things as sausages, bacon, chops or toast are safest if, after peeling your stick and whittling it to a point, you split the pointed end for an inch or two and hold the points apart by wedging a small chip between them, you then have a two-pronged fork, and the chances of losing your meal are only half what they were.

It is best in this country not to pack food in the billy. You are almost sure to have to carry your water part of the way, especially if the mountain top is your goal. Make a haversack, and have your hands free.

Don't forget that P.O.A.F. (put out all fires) is a hiker's magic word.

Here are two hike menus:—

Lunch—Cheese dreams, date or jam rolls, fruit. (Just to make Q.M.'s happy they can be assured that this meal contains pro-

teins, starches, fats, vitamins and organic salts.)

Tea—Bacon, Potatoes (partly cooked at lunch time), dates, bread eaten with bacon or dates.

Lunch—Siskabob, fruit and bread, if desired.

Tea—Sausages, bread, bananas and toast.

For the first menu, make any sort of fire-place, nunter's, trappers or bushman's, according to wind and weather, and get your billy on. Coat your potatoes with mud to prevent them from charring and, when you have some ashes, put them in to cook.

Cheese Dreams.—Take a thick "doorstep" slice of bread, a slice from a square loaf is best, and cut in half, so that you have two thick pieces with crust on three sides. Make a slit in the fourth side and stuff with a piece of cheese. This can be toasted, but it is nicer fried in very hot fat over a quick fire (wattle, she-oak, ti-tree or boxwood will all give good heat) and eaten when golden brown and hot. When toasted the cheese is apt to remain raw. Two dreams are a very good meal.

Damper Rolls or Twist.—Put a handful of self-raising flour in your mug, or in a paper bag carried for the purpose, add a pinch of salt and rub in a small piece of butter. With one finger make a hole in the flour, and pour in just enough water to fill the hole. Stir your finger round and round until the flour is mixed into a stiff dough, and remember not to use too much water, as you can always add more if necessary. With well-floured hands you work your dough into a long strip and wind it in a spiral round a thick, well-peeled stick, leaving a narrow space between each turn. Bake this over hot coals until it is brown—not black—and pulls off the stick easily. It has puffed up and filled the spaces, and is now a tube that can be filled with butter, jam, chocolate or, best of all, dates, which are also easy to carry.

Before putting out your fire rescue your potatoes—they take about 45 minutes to cook well.

Tea—Put the potatoes into the ashes to heat (if they were not done well at lunch time, they can be fried with the bacon in the billy lid). Otherwise grill the bacon on a peeled, forked stick, and catch the drips on bread if you are skinny! Don't forget the dates. They are more nourishing than the bacon.

Siskabob.—This is a meal in itself, especially if eaten with bread. For each person with a really sound appetite take one rasher of bacon, 1 potato, one onion, and a quarter of a pound of steak: Cut the meat in inch squares, not more than three-quarters of an inch thick, cut the potatoes in very thin slices, cut the bacon into four and the onion lengthways—can be omitted. Thread all on a long, pointed peeled stick with a piece of bacon at each end, and the rest of the meal in alternate slices. Grill slowly till really cooked. There is nothing more delicious peppered and salted and eaten from the stick, whittling the end away as you go, but if not properly cooked heaven help your digestions—the potato is the worst offender.

If sausages are to be grilled or fried, don't forget to prick them, or they will split. The

bananas may be left in their skins and baked in the ashes, but the really nicest way is to make a thick piece of toast, slit it open and butter the two toasted sides, cut the banana in slices—lengthways—and make a sandwich with the toasted sides inwards, and the banana for filling.

Other suitable hike meals will suggest themselves after a few experiments, and your ability to prepare appetising meals will improve with experience.

All who would keep the bush land law will remember to Put Out All Fires.

A.Mc.A.C.

CORRESPONDENCE.

Dear Matilda,

The Stradbroke Cup and its attendant thrills are much in the minds of all good Guiders just at present. Herculean efforts to win the Cup are being put forth by all the Companies in our District, and it struck me recently, as I was watching some Guides stuff a truly fascinating toy elephant, that it would be a shame if all this work was destined for the eyes of the judges only.

Could it be arranged, therefore, that an exhibition of work done for the Cup be held, either before or after judging, so that everyone could see just what the other people have done, and how excellently (or otherwise) they have done it. What about letting the public in, too, just to show that we have some justification for our existence? But if this latter suggestion does not meet with approval, perhaps something could be done about the first part.

It would not only satisfy our curiosity, but educate us as well—two very good reasons for my suggestion! Yours, etc.,

A GUIDER.

[Arrangements for an exhibition of work are already in hand, and details will be announced later. In the meantime will Guiders keep all the work done by their companies for the competition?]

JUNIOR RED CROSS.

[We received this letter, and I am sure many Companies will want to help these children to have a happy Christmas.—E. H. Purnell.]

Dear Miss Purnell—

Ever since it was started in 1922 the Junior Red Cross has given toys at Christmas to the families of returned soldiers who are in distressed circumstances. The figures have risen every year. In 1927 we sent gifts to 362 children, in 1928 to 410 children, and in 1929 to 730 children. Owing to the amount of unemployment at present prevailing, our estimate this year is 1400 children. Hitherto we have managed to obtain sufficient toys by appealing to our Junior Red Cross Circles, and spending approximately £15. We feel very strongly, however, that under the present circumstances it would not be right or wise to increase the grant made for the purchase of toys, and we do not see much likelihood of gifts received from Circles making up the difference.

It is on this account that we are appealing to

your association. Any gifts your members could make for us in the shape of toys, paper caps or amusing trifles would be extremely acceptable. We would, however, have to receive any gifts before the end of November, as the parcels have to be made up and given out early in December.

We hope very much that you may be able to help us.

Yours sincerely,

MARY MITCHELL,

Secretary Junior Red Cross.

THE SURPRISE CUPBOARD.

We want to thank all Companies who have already contributed towards the cupboard, and we would like to let others know that it is not too late to send in your subscriptions.

At one stage we were a little afraid that we might only have a pigeon-hole, but it was so exciting to watch it grow to a drawer, and now we are certain that there will be quite a generous-sized shelf! In the meantime, we hope that those important documents will not fall out the window.—[The Editor]

REGISTRATIONS.

Local Association—

Wonthaggi.

Rushworth.

Guide Company.—

5th Bendigo.

3rd Caulfield.

1st Girgarre.

8th Hawthorn.

1st Maryborough.

1st Port Fairy.

2nd Williamstown.

Brownie Packs—

3rd Bendigo.

1st Carnegie.

1st Port Fairy.

1st West Melbourne, St. James.

WARRANTS.

District Commissioner—

Echuca—Mrs. Harold Watson.

District Secretary—

Casterton—Miss E. Andeau.

Guide Captains—

1st Alexandra—Mrs. Nicolson.

1st Beaufort—Miss H. Beggs.

1st Camberwell—Miss P. Salmon.

1st Drouin—Miss A. Morrison.

1st Toorak—Miss F. Matthews.

Guide Lieutenants—

1st Beaufort—Miss H. Miller.

1st Carnegie—Miss C. Pillar.

1st Hawthorn—Miss M. Ross.

Brown Owls—

1st Eastern Hill—Miss A. Burrell.

1st Parkville—Miss M. Hutton-Jones.

Tawny Owls—

1st Armadale—Miss T. Mullin.

MAGIC DAMPER.

As Guiders have been asked for hints on hike cooking, we wonder if anyone else has tried making damper with wholemeal flour; we find it much lighter and more digestible than ordinary damper. Perhaps it is because we always mix a pinch of baking soda, as well as salt, in the flour before we leave home—but that, of course, is magic!

We have often found that Granose or Vita Brit biscuits are more satisfying, and take up less room than bread.

D.W.

TRAINING.

Training Classes.

The final Course of GENERAL GUIDE TRAINING for the year will begin on FRIDAY, 3rd OCTOBER. Miss D. Hayman will be in charge.

Training Weeks.

The Training Week to be held from 30th December, 1930, to 7th January, 1931, will be for GENERAL GUIDE AND BROWNIE TRAINING; Guide Trainer, Miss Bush; Brownie Trainer, Miss M. Brown.

Applications, accompanied by a deposit of 5/-, should be sent to the Training Secretary by 5th December, 1930.

A Training Week will be held at TULSE HILL, COLERAINE, by the courtesy of Mrs. Arthur Corney, about 10th JANUARY, 1931. This Week is planned primarily for Guiders in that part of Victoria, but other applications will be accepted if there are any vacancies. Guide Trainer, Miss M. Bush; Brownie Trainer: Miss M. Brown.

MERLE BUSH, Head of Training.

CAMPING.

Camcraft Week.

The tenth Victorian Camcraft Week will be held at HENDRA by the courtesy of Mrs. Masterton, from the 19th to 26th January, 1931.

Applications, accompanied by a deposit of 5/-, should be sent to the Camping Secretary, Girl Guide Headquarters, by November 17th.

Guiders are advised that Training Camp life is strenuous, and they should not apply if unable to take part in camp routine.

Combined Ranger Camp.

One Combined Ranger Camp will be held from 26th December, 1930, to 2nd January, 1931, inclusive, at Oakwood, Lower Macedon, through the courtesy of Mrs. Ebeling. Miss Barfus will be in charge.

Applications will now be received from not more than six representatives from each of several Companies, to a total of 36 Companies. The Fee for each Camper will be 22/6, and applications accompanied by a deposit of 5/- for each Camper should reach Miss Barfus at Headquarters not later than 18th October.

EDITH H. PURNELL, Head of Camping.

HEALTH RULES.

It is rather upsetting for a Guider, when embarking on a chat about the Health Rules, to be told "Oh, we heard all about that in school this morning." Guides really seem to know quite a lot about the Health rules in a general way, and if we let them say all they know, we can bring in reasons and suggest practical ways for them to apply their knowledge, such as keeping rubbish tins covered, cats' saucers clean, and perhaps a good turn to Company headquarters, etc. This will probably have more effect than a long dissertation on the subject, also giving the Guides something definite to do in Patrol Time may help a new and inexperienced leader,

The following is a practical game on the Health Rules:—

Equipment for each Patrol—two sheets of newspaper and two trays, or equivalent (Crispies box, etc.).

Each patrol makes a newspaper house and surroundings on its tray—one to show ways of keeping, the other to show ways of neglecting the health rule—cleanliness of surroundings.

After fifteen minutes patrols bring their trays and sit in circle, the first patrol states all the ways its houses are keeping and not keeping this health rule, then the second patrol, and so on. The Guider will ask reasons for things and pointing out any ideas they may have missed. The Lieutenant can be keeping points for the number of ways shown, and the amount each Guide has done to help.

M.U.

HEADQUARTERS' PRICE LIST.

In order to save space (and hence cost), we have not been printing the price-list in "Matilda." This month a printed price-list is being issued with "Matilda," but Guiders are asked to check the items with the following Alterations and Additions.

It is suggested that country Guiders put the price-list and this list away safely for reference when ordering.

No longer stocked:—

Boy Scout Camp Book;
Flower Legends;
How to Run Wolf Cubs;
Lefax Refills;
Leather Covers for R.P. & O.

Altered Prices:

Play Work Book	5/6
English Country Dance—	
Graded Series	4/-
Guiders' Bests (English)	7/-
Buttons, black, per dozen	5d.
Union Jack	20/-
Carrier for Colour—Leather	4/-
Snakebite Outfit (with rubber	
tourniquet)	2/9
Warrant Badges—B.O.	1/6
Warrant Badges—Captain	1/6

Additions.

G.G. Diaries—1930	1/-
Scouting Games	2/-
Guides on the Move—	
(New version Drills)	4d.
Pages for P.L.'s	9d.
Peeps at the Union Jack	3/6
Rules, Policy and Organisation	
(1930 ed.)	1/3
(Complete with Victorian supplement).	
R.P.&O. Amendments 1930	4d.
R.P.&O.—Vic. Supplement 1930	3d.
Signalling for G. Guides	6d.
Additional Emblems—	
Scarlet Gum, Willow, Oak	6d.
Overalls—G.G.	
Size 00 (neck 12, sleeve 15½,	
length 30in.)	13/6
Pattern—Victorian Guiders' Coatrock	
Uniform	1/4
Ranger Trade Badges	6d.