

MATILDA
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18

SHELTER

Matilda



DECEMBER, 1941.



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“Matilda”

An Official Treasure Bag of Guiders' Information for Guiders of Victoria, Australia.

Price, 3/- per year. 4/- Posted. Single Copies 6d. each.

Editor: Mrs. GUY BAKEWELL, 4 Stoke Ave., Kew, E.4.

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DECEMBER, 1941.

No. 6.

CHRISTMAS GREETINGS FROM THE STATE COMMISSIONER

At this time I am sure our thoughts go to Guides in other parts of the world, and, in sending our good wishes to them, our hopes are that there will soon be peace again in all our countries.

I feel that this year has given us a wonderful opportunity to work together in our efforts for the children of evacuated areas and for seamen. I know that if still further effort is required next year we will all try to do the very best we can.

And now at the close of the year my best wishes go to you for a happy Christmas and good guiding in the New Year.

—SIBYL CHAUVEL.

GUIDE CHRISTMAS TREE APPEAL

By the time “Matilda” is published the Christmas Tree Appeal will be over, and we hope that we shall have achieved our purpose of raising £1500 to assure the purchase of materials for our Guide war work next year.

Already, on November 18, when “Matilda” is going to print, a number of contributions have been received, and it looks as though the tree will be literally “ablaze with light.”

It has been decided to close the special Christmas Tree Appeal on December 17, but later contributions will, of course, be added to the general War Appeal.

—C. ROGERS, Secretary.

GIRL GUIDE WAR APPEAL

Copy.

THE GIRL GUIDES ASSOCIATION
Imperial Headquarters:

17-19 Buckingham Palace Road,
London, S.W.1.

September 17, 1941.

Dear Lady Chauvel,

Thank you so much for your letter of June 26, with the shipping receipt for cases 211 and 214-219.

It is very difficult for us to send you adequate thanks for the wonderful things you continue to send us. It is amazing that it is now two years since you started. However, I hope that letters such as the one which I enclose really show you how much the lovely clothing is appreciated, and if your difficulties are increasing, ours are too, and the things will be very welcome this winter, especially if

the raids begin again, as it is anticipated they will.

Yours sincerely,

ROSALIND DE RENZY-MARTIN.
Secretary, Guide Relief Committee.

:: :: :: ::

Copy.

Ragly Hall Convalescent Home,
Alcester.

Dear Friends,

I am writing on behalf of Ragly Hall Convalescent Home to thank you for the lovely things you have sent us. Matron said they are so sensible and practical, and yet pretty.

I am 12 years old and the eldest of the children here. I am going home soon, I have been rather lucky as I have only been in hospital seven weeks. I had an appendix operation.

There are 18 children here at present. Some have no parents, and as they have no clothes of their own appreciate the pretty clothes that you have made for them.

I live in Coventry. This town has been very badly bombed and our own Girl Guide Patrols have been badly broken up. Some Guiders have been evacuated and some have moved from the town altogether. Consequently, we have not enough girls to make a centre of our own, but I was evacuated to Leamington and I joined the Guides there.

We are right in the heart of the country here in Warwickshire. We live in a very large stone house, and we are very lucky to be in such a beautiful house. The commandant is Lady Helen Seymour; she is very kind to us all. We have large grounds in which to go for walks, and play in the park and have picnics.

Things seem so different your side of the world to ours. It seems funny to think while I am in the sunshine writing this letter you are asleep and while you read it I am in bed.

We have many green fields in England, but I am told that your fields are even greener than ours.

I was born in the country, but I lived in London for a while, but I do not like London, it is too noisy.

Well with very best wishes from matron and the sisters and myself.

Yours sincerely,

PAMELA WARD.

GUIDE WAR APPEAL

Vacation Arrangements

The workroom on 7th floor will close on Saturday, December 20, 1941, and remain closed until Monday, February 9, 1942.

The receiving and packing room on 4th floor will be closed during that period, except on Tuesdays, when it will be open from 10 a.m. till 5.30 p.m. to receive goods and give out work.

—M. LITTLEJOHN.

We of England, who are in the battle front,
Whose treasured things are menaced from
the skies,
Whose minds and bodies bear the savage brunt
Of war, have turned with hopeful eyes.

To you, our sister Guides, who also fight
On distant hill and shore and veldt and
plain,
To keep our fire of freedom burning bright,
We turn to you, and do not turn in vain.

Across the world, across the seven seas,
Your help comes sailing in with every tide,
Swarms of proverbially busy bees
Must droop their wings and shamefully seek
to hide

Their heads, when from their hives of honey
They see the harvest of your eager aid;
The ever-mounting gifts of cheerful money,
The heaps of clothes so beautifully made.

Compact in parcels neatly tagged and tied—
The coat, the dress, the muffler and the
glove,
Each in its turn proving with woolly pride
The patriotic labour of your love.

When, as is sometimes so, our spirit doubts,
We touch your comforts here beneath our
hands,
And something rises up in us and shouts,
"Such is the strength by which the Empire
stands!"

For we are strangers all, and yet as one,
Bound by a tie that distance cannot sever,
Neither can battleship, nor bomb, nor gun
Divide us in our mutual endeavour.

With you beside us we rejoicing go
To fight the foe in his duplicity,
So up the needle! Up the pen! The hoe!
And serve the Empire with felicity."

—V.G. (From "The Guider.")

GUIDES' WAR WORK

Castlemaine Company have a herb garden for soldiers. The number of vests for bombed babies is gradually mounting, 10 being finished. Knitted squares for a soldier's rug are nearing completion.

:: :: :: ::

On Saturday afternoon, November 15, the 8th Geelong St. David's Girl Guide Company held a fancy dress party in aid of the Guide War Relief Funds. Those present spent an enjoyable afternoon, during which afternoon tea was served and sweets were sold, the total proceeds being £3/10/-. Among those present

were Miss Leigh, Mrs. Munro, Miss M. Simson (Captain) and Miss P. Dix (Lieutenant of the Company).

NEWS FROM BRITAIN

Half an hour after sending out the call for urgent help, all the Guides of a Liverpool District were in uniform, ready to help at a rest centre for bombed people, where, among numerous other jobs, the Guides did all the cooking for a week-end on camp lines.

When the British Air Ministry called for cotton reels, the Guides collected 42,000 in a week-end.

Through the kindness of American friends, crippled or injured Guides from bombed areas may spend up to one month at Foxlease.

Washing and polishing the local ambulances every Saturday is the self-imposed duty of Patrol Leaders of 2nd Englefield (England) Guide Company. The Company has also made toys for a nursery school, and collects books for sick evacuee children.

PRACTICAL SUGGESTIONS FOR EMERGENCY COMMUNITY SERVICE

(From a pamphlet published in England by the Ministry of Information and reprinted in "The Canadian Guider.")

"Let us brace ourselves to do our duty and so bear ourselves that, if the British Commonwealth and Empire last for a 1000 years, men will say, 'This was their finest hour'."—Winston Churchill.

KNOW YOUR WAY ABOUT.—If you are going to be handy in an emergency you should get to know everything about the district where you live. Where exactly are the air-raid shelters, the first-aid posts, the fire stations, the telephone boxes, the police stations, the footpaths and short cuts. If you know where they are, you may be able to save some one a few precious minutes in an air raid. It is particularly important to know short cuts and footpaths, so get to know them.

BEGIN AT HOME.—(a) If you want to be useful you should begin at home. You might make it your particular business to take charge of some of the air-raid precautions in your house—such as turning off the water and gas when the sirens begin. To do that sort of job properly you should know where all the taps and connections are, and you should know how to deal with a leak of gas or a burnt-out electric fuse.

(b) If you have younger brothers and sisters, learn a few special games and tricks which will keep them from getting frightened during a raid.

(c) Learn to cook a simple meal under emergency conditions.

(d) Do your share of the odd jobs in the house, such as boot cleaning, washing up, black out, mending and darning.

(e) Make yourself the salvage collector in chief in your house, and see that all the waste

paper and metal and bones are regularly put aside for the collection.

(f) Try to get a plot of ground and grow extra vegetables.

There are many jobs you can find to do in the district where you live. Here are a few:—

(a) Collect magazines and newspapers for the hospitals of the forces.

(b) Go and help old people to grow vegetables in their gardens.

(c) If you live in the country, help the farmers at harvest time, or lend a hand with the animals when you can.

(d) Help elderly or invalid neighbours to put up an air-raid shelter.

(e) Learn all you can about first aid. The best way to do it is to join one of the organisations for boys and girls.

(f) Join a group of young people in making splints and bandages or in knitting comforts for next winter.

(g) Be sure you know how to use a telephone efficiently. You never know when you will want to send a vital message quickly.

(h) Keep your eyes and ears open for other jobs; there are many other ways in which you can help.

Six Simple Rules

1. **WORK HARD.**—If you are still at school, remember that it is important to learn as much as you can if you want to become a useful citizen when you leave. If you're at work put your back into the job, even if it means overtime. And if you are working overtime and get little time for leisure—never mind, you are doing your share to win the war.

2. **BE CAREFUL WHAT YOU SAY.**—Like everyone else, you will hear things that the enemy mustn't know. Keep your knowledge to yourself—and don't give away any clues. Don't repeat rumours, and better to keep bad news to yourself. It will spread all right without your help.

3. **KEEP SMILING.**—There's a lot of worry and grief in the world, and you can lessen it by being good tempered and considerate and smiling.

4. **KEEP FIT.**—The fitter you are the better able you will be to stand up to hard work. If you have left school, join a P.T. class and keep in good trim for victory.

5. **SAVE ALL YOU CAN.**—Join a National Savings Group.

6. **USE YOUR MIND AND THINK FOR YOURSELF.**

[EDITOR'S NOTE: While we hope that air raids and destruction can be kept from Australian shores, the majority of these suggestions can be adopted as part of our programme of Being Prepared.

Have you noticed how many ordinary Guide tests and badges are embraced in the above suggestions. Read them again with that in

mind. You will see which suggestions will apply to Brownies—more than you think at first.]

DIVISIONS NOTE!!

Where was your Representative to the Victorian Guiders' Committee at the first meeting for 1941-42; held on Friday, November 7. If you have not already elected your representative please do so and see she attends the next meeting, to be held at Headquarters on Friday, March 6, 1941, at 8 p.m. sharp.

Office bearers for the year are:—Chairman, Mrs. Stevenson; Deputy Chairman, Miss Leigh; Treasurer, Mrs. Thomas; Secretary, Miss Belot; Assist. Secretary, Miss McBain.

HAVE YOU A WALL?

We have at the Guide Office about half a dozen interesting charts which are to be given away free to those who would like them and can use them.

The charts are framed, under glass, and show the stages of the growth and decay of teeth. They are given by the Ipana tooth paste manufacturers for the spreading of knowledge on the health of teeth, and should be helpful in teaching the Health Rules.

The size of the charts is 21½ inches by 28 inches, so this offer can only apply to people who can call for them!

—F.V.B.

HINTS FOR SPEAKERS

By Vera Gough, in "The Trailmaker."

As soon as we face a group of people we find, if we have any difficulty in speaking, that it is really because we are self-conscious. And yet this condition comes from a certain amount of pent-up emotion, which is actually necessary to good speaking. For part of the effect of a good speech comes mainly from the power of such emotion to make others feel. It provides the energy for that certain something which is behind any good speech. It is that little bit more than ordinary momentum which must be supplied if the speaker is to have an effect on others. It is the fire which animates the whole.

On the other hand, there is a sort of self-consciousness which is not desirable and produces a speaker who fidgets. This calls out the same attitude in the audience. Fortunately, however, there are definite ways in which this can be overcome, and even a fidgety speaker can become effective. First of all the stance is extremely important. A speaker should stand with one foot forward and the weight on the forward foot. This gives him the feeling of making an approach toward his audience, of going out in spirit to meet them, and is naturally beneficial. The voice is the next consideration. We have often been told to speak to the people at the

back of the room or hall. This is an excellent piece of advice and will produce satisfactory results in nearly every case, especially if the speaker remembers to speak slowly and distinctly and in a conversational rather than in "oratorical" tone.

When we think of speaking we often think only of the speaker, and yet consideration of the audience is quite as important, for, of course, we would speak differently to different groups of people. The message would in essence be the same, but the manner in which it would be clothed would necessarily be very different. Therefore, it is most important in preparing a speech to know the type of audience before whom one is to appear. Sometimes it will be an inexperienced audience whose members know nothing about the subject; sometimes it will be an experienced gathering who have, with the speaker, a common fund of experience and information.

Many speakers are troubled to know where to look when talking, especially if they are given a place on the platform. The safest rule is to look not over the heads of the audience nor at anyone near the front of the hall, but rather on a level with the heads of the audience. It is the custom of some speakers to find some friendly face in the audience and to speak to that person. This is not so good, for it seems a bit pointed to those who are left out and likewise to the victim who is so singled out for attention. More than that, such an accord can prove disconcerting sometimes to the thoughts of the speaker and can have a disturbing effect upon him. The desire of every speaker is to gain the confidence of the audience as soon as possible. Therefore, it is better to include all of the audience and not one narrow section. But in turning toward other parts of the hall or room remember to complete a sentence before you turn.

When you are speaking informally or are speaking to a few people, you may sit and talk to them naturally and can use less formal language than in a speech from the platform. And yet a public speech is perhaps best described as a "conversation on the feet."

Sincerity and enthusiasm help most to accomplish the result we want. Nearly everyone who care enough about a project to go out and speak about it has the sincerity required, but how about the enthusiasm? The best rule for this is to try to keep the same amount of enthusiasm when you stand up to speak that you would have if you were talking earnestly about the subject to one person. You would in that case, make your points, watch your audience of one to see what were the results of your remarks; you would be conscious if your remarks were interesting and so on. In speaking to more than one person it is the same, only you must remember to speak much more slowly and you must speak louder. You must use an extra amount of vigour.

A good speech consists of what might be called inside information and outside information. The first is the personal element, which

only you can provide. It comprises what has happened to you in connection with the enterprise in hand, i.e., how you became interested, what you think about it, how far you have carried it, what the future seems to be, &c. The second is made up of concrete figures, statistics, facts, &c., which you have learned in connection with the subject. This combination will give you a useful speech, and the audience, if you have done your work well, will come away with your message. And that is your only purpose in addressing them, after all.

Everybody in an organisation has much the same message, but it must be dressed up in different form and must have a different personal approach. The many advertisements we see afford us a good illustration of this possibility. Over and over again they advertise the same product, and often use the same model. But the model is dressed differently, in fact so differently that the very difference is interesting.

In the compiling of a speech certain facts are to be remembered. First there is the introduction, during which you make yourself known to your audience, gauge the size of the hall, the amount of voice you use and the type and temper of your audience. You establish a friendly contact as soon as possible and give a simple outline of what you are going to say.

Next comes the body of the speech. This gives the reasons for the desirability of your cause. After this you take up any criticisms you may have heard and refute them carefully. This also is the place for the facts and figures which may be telling points. Last of all you make a neat recapitulation and draw together the threads of the whole speech and present them.

Try not to introduce too many points in the main body of the speech. If your audience goes away with one fixed idea you may be satisfied. In speaking from notes it is a wise idea to memorise the opening and the closing speech. When you are once launched upon your subject you will be all right. And the same way with the final sentence. With a firm conclusion even the inexperienced speaker can leave his audience with a feeling of confidence or conviction.

WHY THE FIR WAS CHOSEN AS THE CHRISTMAS TREE

The fir, we are told, was the most modest of all trees, and it was on this account that it was the tree chosen by the Christ Child to bear Christmas gifts for the children. And it happened in this wise:—

Beside the stable door where the infant Jesus lay there stood three trees—the Palm, the Olive and the Fir. Beneath their spreading branches came all kinds and conditions of men bringing to Him homage and offerings. As they watched the people coming and going and saw upon their faces the happiness which the Child had brought to them, the trees thought that they, too, would like to offer Him

gifts. "I will choose my largest and most beautiful leaf," said the palm, "and will place it near the manger so that when it blows in the wind it may bring gentle fresh air to the Child." The olive said, "I will sprinkle sweet smelling oil over Him." "Alas," said the fir, "I have nothing I can offer Him." "You are quite right," answered the other two. "You would only prick the poor Babe with your needles and drop sticky tears upon Him." Meekly the fir agreed, and stood there with a great sadness in his soul that he only had nothing worthy to offer the wonderful newborn Babe.

An angel, however, had overheard the conversation, and determined that he would do his best to help the fir. So when the stars began to shine out in the clear night sky he asked the tiniest one to come and rest upon its branches. This he very willingly did, and soon amongst the dark branches of the fir there gathered tiny points of light like Christmas candles. When the Christ Child looked out into the night there beside the open door of the stable stood the three trees, with boughs spread protectingly over the rude shelter where He lay. Only upon the branches of the fir tree there shone myriad glittering lights. To the intense delight of the fir the Babe laughed and stretched out His tiny arms towards it as though He would embrace its shining branches.

Always the Child remembered the night of His first birthday, when the stars shone for Him upon the boughs of the fir tree, and so, years later, He decreed that always upon His birthday there should be placed in every house a fir tree whose branches should bear lighted candles to bring joy to the hearts of little children as the stars had brought joy to His heart that Christmas night in Palestine so long ago.

EXECUTIVE COMMITTEE

Minutes of meetings of the Executive Committee of the Girl Guides Association, Victoria, held at the Guide Office on October 15 and November 6, 1941.

October 15

Present: Mrs. Faulkner, Mrs. Bakewell, Mrs. Edmondson, Mrs. Littlejohn, Mrs. Pearson, Mrs. Robinson, Mrs. Tate, Misses Cameron, McKellar, Moran, Ritchie, Swinburne and the Secretary.

Reported: That the management of the Myer Emporium had given permission for the Guide War Appeal Christmas Tree to be in the Mural Hall lounge from November 21 to 28; that a plan was being considered to take a Christmas tree round the metropolitan districts.

That arrangements had been made for speakers at the annual meeting.

That Miss Moran had finished the series of country dance classes, of which she had been in charge for the National Fitness Council.

That in connection with evacuation of chil-

dren, Guiders would find opportunities for helping in the reception areas on Welfare Committees; and in the metropolitan area on committees being formed by the head teachers of schools.

Agreed: That the annual report and departmental reports be accepted.

That a letter of thanks be sent to Mrs. M. R. Fairbairn for her gift of £50, to be used in renovating the interior of the Guide House.

That Miss Ross be asked to make plans in connection with land work for Rangers.

Routine and financial business was transacted.

November 6

Present: Mrs. Faulkner, Mrs. Blackwood, Mrs. Edmondson, Mrs. Orr, Mrs. Robinson, Misses Moran, Swinburne and the Secretary.

Reported: That the total number of garments packed to date for the Guide War Appeal was 76,102; 64,291 being for children, and 11,811 for seamen.

That Mrs. A. L. Keep, Mrs. Colin Macdonald, Mrs. Ian Wood, Mrs. T. H. B. Foott and Miss S. H. Irving had all agreed to become members of the State Council.

That Mrs. C. H. Edmondson had agreed to be Commissioner for Hospitality.

That Miss Ross had called a meeting of Ranger Guiders to discuss the question of land work for Rangers.

That a letter was received from Miss Irving thanking the Executive for congratulations and good wishes on her appointment as Controller of the A.W.A.S.

Agreed: That the resignations of Mrs. W. W. S. Johnstone and Miss N. Parker from the State Council be received with regret.

That permission be granted for the Guide House to be made available for an Officers' Training Course for the A.W.A.S.

Routine business was transacted.

—M. E. BUSH.

ANNUAL MEETING

The annual meeting of the Girl Guides' Association, Victoria, was held at the Guide Office, on October 31, 1941.

Lady Chauvel, State Commissioner, was in the chair, and the meeting was attended by about 130 members and subscribers.

Lady Chauvel welcomed those present, and read a letter from the State President (Lady Dugan), who was unable to be present.

In proposing the adoption of the annual report, Mrs. R. T. A. Macdonald said that the Girl Guides' Association, by continuing its normal activities in addition to the special war work, had shown a fine example and been true to the ideals set before them by the Chief Scout.

Miss M. Moore seconded the resolution.

The balance sheet was presented by the Hon. Treasurer (Mr. R. R. Treloar), and its adoption was proposed by Sir Frank Clarke and seconded by Lieut.-Colonel G. W. S. Anderson.

A vote of thanks to the Honorary Treasurer, the Honorary Auditor and the Honorary Legal Adviser was proposed by Lady Fairbairn and seconded by Mrs. J. K. Pearson.

An interesting talk was given by Miss Grace Wilson on her recent experiences overseas with the A.I.F.

A vote of thanks to the speakers was proposed by Mrs. Guy Bakewell, seconded by Miss J. Ritchie.

—M. E. BUSH.

GUIDE OFFICE HOLIDAYS

The Guide Office and Equipment Depot will CLOSE on December 24 at 6 p.m. and will RE-OPEN ON MONDAY, January 12, 1942.

—M. E. BUSH.

WARRANTS AND REGISTRATIONS

Brown Owl.—10th Ballarat, Miss O. Hellings. **Tawny Owl.**—10th Ballarat, Miss L. Gray, Miss G. Scott; 1st Birchip, Miss M. E. Gooding; 2nd Caulfield, Miss G. Roach. **Lieutenant.**—7th Malvern, Miss E. Reeve. **Pack.**—10th Ballarat. **Companies.**—Camberwell North Ranger Company. **Old Guide.**—Old Post Guide Group.

CANCELLATIONS

Captain.—7th Hawthorn, Miss C. Rogers; S.R.S. Akuna, Miss S. H. Irving.

CHRISTMAS TREES

I saw along each noisy city street
The trees for Christmas, standing dark and still,

The pines and firs come down field and hill,
Old trees and young that had known sun and sleet.

Soft needles fell on hard, dull pavement there,
And forests rose in a most treeless place;
And there was gladness in each passing face,
And there was balsam fragrance everywhere.

Oh, lovely way to celebrate Your birth
Whose birth star glistened through Judaeas' trees;

Whom Joseph taught skilful use of these
Who, on a tree, once overcame the earth!

Grant then Your blessing, Friend of trees, we pray,

On those who deck green boughs on Christmas Day!

—By VIOLET ALLEYN STOREY,
in the "Guider."

GUIDE HOUSE NEWS

Many people have asked this year whether the transport difficulties have lessened the use of the Guide House. I am pleased to answer that it certainly has not; in fact, the Guide House has been used more than ever, and one has to book very far ahead to get a vacant week-end.

From November 24 till December 12 the first Officers' Training' School for the A.W.A.S., under Miss Irving, will take place there. We are very pleased to have been able to arrange for this, and feel we are thus able to cooperate in the national effort in a small way.

Mrs. M. R. Fairbairn has been appointed Convenor of the House Committee of the Guide House, and intends to arrange for three week-ends a year to check the contents of the house and go over all the furniture, linen, beds, chairs, &c., and keep them in good repair. The first of these will be on December 13 to put everything in good order before Christmas.

And now I want to tell you about the Caretaker's Cottage, which is nearly finished; only the wire doors and windows have to be fitted, the chip heater attached and various drains and septic tank fixtures completed.

The complete cost of the cottage, drainage, septic tank connections, &c., is £331/6/-. Donations for the cottage received to date total £263/6/-, so there is still £68/0/- to raise. Perhaps some people would like to send a Christmas present for it? We would like to start off the New Year with the total in hand.

The Guide House Committee send to all members of the Movement Christmas greetings, and hope they will either camp at or visit their Guide House some time during the summer holidays or the coming year.

—ENID FAULKNER.

GUIDE HOUSE

The reformed Furnishing Committee is about to conduct a "face lifting" campaign on the Guide House. This process will take the form of working bees, which three times a year will attack any job within their power in order to clean, renovate, repair and generally transform the interior, furniture and effects. The first working bee will take place during the week-end of December 12 to 14. Charwoman-in-chief is Mrs. M. R. Fairbairn. The Wielder of Hammer will be Mrs. Faulkner. As the Committee has been chosen for its brawn as well as for its brain, great things are expected of its gatherings.

Has anyone any single-bed white marcella quilts they no longer use? Would they like to give them as a Christmas present to the Guide House? If so, please ring Mrs. Fairbairn (U7173), who will make arrangements to collect them.

—M.R.F.

OUR GARDEN CLUB

There is no greater joy than a garden
That is well kept, fragrant and gay.
We Guides are privileged to have one,
So please help to keep it that way.

Will you all please join our Garden Club?
The annual subscription is 2/6, inclusive of membership fee.

We want the garden at the Guide House to be well kept, fragrant and gay, and to do this costs money. Our garden has received a lot of care from many Guide people, and they will be the first to realise what it needs in labour, seeds, plants, manures and insecticides.

Will you please send names and addresses with subscriptions. A list of members will appear in "Matilda."

Extra donations will always be enthusiastically received.

(Mrs.) C. O. Fairbairn,
Garden Club,
c/o Girl Guides Association.

COLOUR CEREMONIAL

If this were an article on Colours instead of Colour Ceremonial it would be much easier to write, much more interesting read, and it would quite possibly make it unnecessary to write on Colour Ceremonial at all. It is my firm belief that if Guides knew something of the history and traditions of National Flags—not only of our own Union Jack, but of all National Flags, then, while we might still find occasional technical errors in our ceremonies with Colours we would never find the disrespect or rather the utter indifference that we so often do.

We do not know how far back the history of flags and standards goes—probably as far, almost, as the history of man, but we do know that there were standards in India over 5000 years ago, and that the Children of Israel in the wilderness pitched their tents, "Every man . . . by his own standard, with the ensign of their father's house."

These early standards were made of wood or metal. The famous Roman Eagles were probably of wood, and legends tell us that so sacred were these standards to the Roman Legions, that commanders at times threw them into the midst of the enemy ranks, knowing that the Roman soldiers would rescue them at all costs, and so a losing battle would be turned into a victory.

The Colours served as a rallying point in battle—something that could be seen from a distance, and so helped to keep the army together, and were also the distinguishing marks of the leaders. So it was tremendously important that the Colours should be kept flying, and equally important to the enemy that they should not, so that the fighting round the standard was always heavier than anywhere else on the battle field, and the Colour bearer's position extremely dangerous.

And so we have the need for escorts. It is the duty and the privilege of the escorts to see that no harm comes to the flag. The Colour bearer is fully occupied in handling his standard, and he as well as his flag, and for its sake, must be protected. That is why we do not need escorts in church. In earlier days, when the church had a great secular

power in the land, and the ecclesiastical courts were more powerful than the secular courts, a church was a place of sanctuary, and no criminal, even, could be arrested as long as he stayed in a church. The storm of indignation that swept over England in the 12th century and forced Henry on his knees to Canterbury, was not so much at the murder of Beckett as at the violation of sanctuary in dragging him from the church.

I could go on—there is a vast store of legend and history and tradition upon which to draw; how ships at sea strike their flags as a token of surrender, and how Sir Richard Grenville fought such overwhelming odds rather than do so; how the victors used to trail the flag of the conquered vessel through the water; how ships at sea dip their flags as a salute, and all the glorious tales of the heroism of Colour bearers of the past, but as I began by saying, this is an article on Colour Ceremonial!

Is it better to give the Guides a few orders or instructions, such as "Colour parties keep 'eyes front' and do not giggle or smile at their friends as they pass," and "the carrier should always be worn over the left shoulder," and that "the flag must always be treated with respect," or to catch their interest and fire their imagination. By so imbuing them with the idea of the flag as "the symbol embodying the spirit of the people," and in the case of Guide companies, as the outward sign of our pledge of service to God and King and other people, they will have an instinctive reverence for the Colour rather than a mere outward respect?

—C. W. ROGERS.

BUSH LORE

Editor: Ina Watson.

The Swarming of the Wood Swallows

Have you ever heard the air alive with sound? Not a disturbing sound, but continuous and living—a chirruping and twittering that is simply everywhere. When you become aware of it you will know that the wood swallows are swarming.

Look into the air and you will see hundreds of graceful, floating, wheeling forms. Sometimes it is difficult to pick them out against the blue sky, but with a white cloud for a background they are more easily seen.

In my note book I have the following dates of swarming—in 1927, November 1; in 1928, October 16. Last year they appeared on October 17, and this year on October 29. This swarming is a prelude to mating, when a flimsy nest is built, usually in a bush or tree, of grass, rootlets and thin twigs. Two or three whitish-brown eggs are laid, and the young are surprisingly soon on the wing.

A curious thing is that two species usually compose a swarm—the white-browed wood swallow, grey with chestnut breast and distinctive white eyebrow, and the masked wood

swallow, delicately grey with black face. As they wheel, you see the warm chestnut breast of the one and the white-tipped tail of the other.

As you watch you will suddenly be aware that every bird has disappeared out of the sky and then you will know that they have swarmed on to a tree somewhere, heads in and tails out, like a swarm of bees—a very curious habit they have. Sometimes the wood swallows eat bees, but their usual food is insects and honey from the flowering gums.

After two or three days of almost continuous flight, they will disappear as suddenly as they came.

—M.H.

Bees

At a Western District garage recently a swarm of bees settled on the handle of the petrol pump. Luckily our bus was running on charcoal, and kept well away, but even so all windows had to be closed while the bus stopped for the driver to deliver the mail.

Nature Conscious

It is amazing how quickly one sees anything in which one is interested. On a bush ramble to-day the group included one man who had made a study of bird's nests. His quickness is remarkable. Of course he knows the type of tree and location each type of bird likes, but he can pick out the outline of a nest yards away and before anyone else has even guessed at its presence.

It is the same with anything else you are particularly interested in—flowers, orchids, spiders, butterflies—your eye automatically watches for and recognises it.

Let us, therefore, play the good old observation game, as B.P. planned, and where ever we are consciously watch for and recognise nature's miracles.

Jewelled Tunnellers.

We watched a pair of tiny birds stripping bits of bark from the branches of a fallen tree—spotted pardalotes, small trim birds spotted with white and brilliant with colour. They flew with their treasure trove to a small mound of earth. We followed quickly in time to see one disappear into a hole which had been hollowed out. At the end of the tunnel would be their nest. Although I have never seen one uncovered, I am told that the nest is built domed and composed of stringy bark fibres. Why the birds should consider it necessary to go to the trouble of building a top to the nest when it is already securely housed in the earth it is hard to imagine.

Altogether for the afternoon we saw nests of yellow robins (3), regent honeyeater (2), rufous whistler (4), "greenie" (1), orange-winged stitella (1) and yellow-faced honeyeater (1).

This last was the loveliest—a fragile hanging cup of green moss, with three pink eggs—and underneath the tree the grass was misty with bluebells swaying on long slender stalks, deep blue in the shadow and pale mauve-blue in the sunshine.

BROWNIES

Annual conference of the Brownie Branch was held at Guide Headquarters on the evening of October 30. This is the third meeting that the Brownie Guiders have held as a separate function, instead of being part of the State Conference. Although the notice of the meeting was written up beforehand in this column as usual, the attendance dropped to about half the number present at the two previous meetings.

After the minutes of the last annual meeting were read and confirmed, reports from representatives on two sub-committees were received. Then came short reports from the Librarian of the Brownie Library and the Editor of Brownie column in "Matilda."

DISCUSSIONS

Revels.—One Brownie Guider gave details of Revels she had experienced. The character of each Revel had been built round a central theme with which the whole Revel was in keeping. She emphasised the point that thought and a little ingenuity can transform a children's party into a Brownies' Revel.

Pack Leaders.—This discussion was opened by a Guider who was able to explain the difficulties which confront the Pack Leaders, and she drew attention to the very limited scope often permitted her. She advocated extra training, and more opportunity for Pack Leaders to meet, and pointed out the value of Pack Leaders as potential Guiders. General interest was expressed by the Guiders in this question.

First Class.—This Guider pointed out the impossibility of preparing Brownies hurriedly for the Golden Hand Test. Every item must have been practised repeatedly by the Brownie before the day of the test. She will then be sure of herself, and consequently not too slow. Unless this is so, the Tester cannot complete the test in reasonable time. Guiders were interested to hear the list of subjects usually least well prepared.

Rule.—Next discussion was on the ruling "Only Golden Hand Brownies may gain Brownie Proficiency Badges." All present had noticed that this rule confined the winning of badges to very few Brownies. A proposal was put forward that we ask permission for Brownies to be allowed to earn up to two badges before they are First Class. This experiment to be tried for two years and the result carefully considered at the conference in 1943. This system is adopted by Cubs, and considered to be successful.

Garden Fete for Brownie Cottage Fund

Through the generosity of Mrs. Broadhurst, the fete was ideally situated in her garden, which lent itself perfectly to the purpose. The green carpet of lawn was dotted with well-placed stalls and side shows. At a whistle signal all those present gathered round while the Commissioner for Brownies briefly introduced Lady Angliss. Lady Angliss then spoke for several minutes, holding the interest and

attention of all while she declared the fete open. Afternoon tea was daintily served in the open in warm sunshine. As a result of this splendid effort, on which the Committee is to be congratulated, a sum of £50 is in hand.

OBSERVE

Brownies are girls under 11, and their life in the Pack is planned to cover three years. Consequently, when asked to accept a recruit it is necessary to consider her age carefully and to decide then and there whether she is the right age. To do otherwise is to lose sight of our first principles.

WILL YOU LEND A HAND?

Here is a chance for Brownie Packs and Guide and Ranger Companies to really lend a hand. The Brownie Cottage is badly in need of new cutlery, and we think Packs and Companies would be pleased to give the required articles, as listed below, as presents to the Cottage.

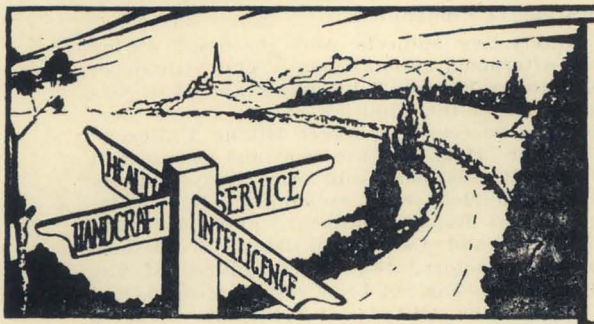
Table Knives	2/4½	each
Dessert Knives	1/11½	each
Dessert Spoons	1/10	each
Teaspoons	11d.	each
Dinner Forks	2/4½	each
Dessert Forks	1/10	each

Would you kindly send money for any of the above articles, which are at special prices, to Miss L. Wright, 47 Severn Street, Box Hill, E.11.

—GRETA ROACH,

Secretary, Brownie Cottage Committee.

The Sign Post



Editor: Marjorie Nicholson

The Sign Post Page wishes all its readers Good Camping, a Cheerful Christmas and a Prosperous New Year.

COMFORT IN CAMP

The old idea that camping means discomfort, disorder and wild chaos of one's personal belongings is no longer believed by Guides and as we became more experienced in camping so

we become more able to make ourselves comfortable and keep clothing and books clean and free from grime.

When a Guide first hears the word "gadget" being used in camping discussions she wonders what it has to do with camp, and imagines that it is probably something to do with tents or camp beds, but after a few days in camp she usually knows that she must have some place for her towel and bathing togs, as Captain didn't seem to like them being hung on the guy line of her tent at inspection, although that had looked quite a good cloth line to her. She then wonders what to do about it, and, unless gadgets have been discussed before going to camp, the Guide is probably still wondering at the end of the week while her towel has been draped on a convenient bush.

Guiders could help their Guides with ideas on gadgets before camp begins, and to do this it would be necessary for the Guides to see some gadgets. Take some solid, suitable sticks to Guide meeting one night and show the Company how to make a simple shoe rack with four forked sticks and two long sticks to rest on the forks and point out how this idea could be used for a towel rack, a pot rack or a rack for basins at the wash cubicles. Illustrate by placing shoes on the rack. Then the Guides could bring sticks to the next meeting and each Patrol could make a gadget, having had a week to think up a suitable one and to practise lashing and work in the points Captain has given them.

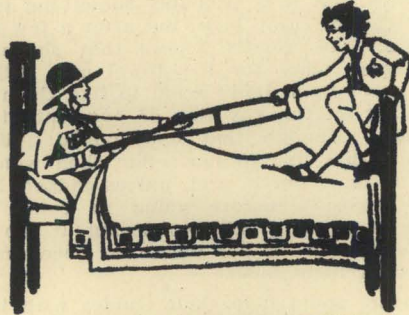
Encourage them to find suitable wood—it should not be broken off living trees and should not have lain too long on the ground, as it would not then bear any hammering, and would snap as soon as it was under any strain. Stout sticks are usually needed, but this, of course, depends on what the gadget is to hold. There is usually no difficulty in finding suitable wood in our bush.

The gadgets should be quite practical, attractive to look at and the less string used the better woodcraft it will be. They should not be hammered into the ground inside tents and should only be quite small inside in case the tent should have to be struck suddenly in case of fire. See that Guides in camp have plenty of time to make their gadgets and give points at inspection and perhaps a special woodcraft ribbon at the end of the week for the best and most useful gadget. Of course the gadgets need to be erected quite soon to be of any use during camp. The Guides should be quite sure of their square and diagonal lashings, but encourage them to use natural forks and avoid string as much as possible. To hammer a fork into the ground lash another stout stick below the fork and hammer on this stick, which can be removed when the fork is in place in the ground.

All gadgets should be taken to pieces at the end of camp, as a paddock left strewn with wood entangled with string will not look completely natural.

Comfort in camp certainly promotes peace of mind, and prevents that frantic search for one's brasso when there is just two minutes to go before inspection.

—A.D.S.



Editor: SYDNEY FOOTT

Extension Guiders' Conference

The Extension Guiders' Conference was held on November 1, and practically every Company was represented. We were also glad to see Miss Bush and Mrs. Fairbairn—the latter gave us a most interesting account of the Lone Conference in New Zealand, and we discussed the various ways in which Lones and Posts are allied.

The Christmas tree was discussed, and each Company sent out in their Company letter a reproduction of a tree, on which the members of the Company could stick coloured candles for every amount collected. As so many Post Guides and Brownies cannot get to see the tree at Myers, we are going to have a big extension tree on paper as a page of our Christmas letter, with coloured lights and stars to show how much each Company has managed to collect.

The subjects discussed at the conference were tests and games, Guiding in hospitals and institutions, jobs for the physically handicapped and the various ideas which we gained from Lone Guiding.

Hiking in Bed

It was a great day for everyone—for a week or more it had been the main topic among the Company—and now the day had arrived! Would it be fine? Doctor and matron and sister all assured us that it would—so did the newspaper man who knows all about the weather. And he justified the faith of the Guides of the 1st Mount Eliza (Orthopaedic Hospital) Company, when the day of the hike dawned clear and bright.

No sooner had the Guides set forth when Captain arrived, with a rattle of billycans, long spoons and toasting forks. Lefty lit the fire in the "cooker" while everyone sang "Fires Burning." With three beds on each side of the cooker the peas and potatoes got stirred and poked as never before, and the sausages had no chance of burning or burst-

ing—they were so thoroughly pricked and turned.

Everyone was ravenous, and by this time the gravy was done, and the chops grilled over the ashes just at the right stage. "Come to the Cookhouse Door" was sounded with tin spoon and billy lid accompaniment, and second (and even third) helpings were the order of the day, and showed the efficiency of the cook patrol.

Then after billy tea the mess patrol washed up, with much hilarity and speed, while all the sisters came and took photographs (which mainly seemed to consist of sun hats and cooking pots).

Reluctantly the Guides and Captain and Lefty packed up—and as a spot of rain fell, the Guides were pushed under cover in their cots.

A faint clanking of billy cans and cooking gear died away in the distance as Captain and Lefty went on their way. "Wasn't it splendid?" said Elsa. "Glorious," says May. "Marvellous," said Olga. "Um-m-m," said Joyce—and Mary just smiled.

The Guides considered the most important personage at the hike was Sir Marmaduke Stove—for without him the day would have been completely ruined. So, with three cheers for Sir Marmaduke the great, the never-to-be-forgotten hike of 1st Mount Eliza ends.

—T.J.C.W.

THE RANGER CONFERENCE

The 13th Victorian State Ranger Conference was held on November 8 at the University of Melbourne. Unfortunately our Commissioner (Miss Ross) was ill and unable to be present, but Miss Bush very kindly came along and took the chair for the afternoon and evening. Approximately 60 Rangers attended, representing 13 Companies.

Interesting subjects were discussed during the afternoon, among them—"The Attitude of Guides to Rangers," "Rangers and War Service," "Has the Limiting of the Ranger Age been a Success?" "Ranger Hiking Uniform," "Ranger Hats," "Camping and Campcraft Badge Regulations," and some useful suggestions and ideas were exchanged. It was decided that Ranger uniform, Ranger hats and Camping and Campcraft Badge regulations are satisfactory, that the limiting of the Ranger age has not been very successful, and that the attitude of Guides to Rangers could be improved by closer contact between the two branches at Company meetings, fixtures, &c. It was suggested by 3rd Melbourne and decided by the conference to adopt a prisoner of war at a cost of £52 per year. Further details of this will be given later, after a satisfactory method of collecting and applying the money has been found.

At the business meeting in the evening the Treasurer (Margaret Shaw) read the financial

statement, showing a credit balance of £10/12/4, and a report on the Thank-You Fund, showing that an amount of £2/2/6 had been donated to the fund by 17 companies. Reports on the first aid box and the Ranger Committee's activities were read and adopted.

At present the Ranger year begins in January and ends in December. This is not wholly satisfactory for the Ranger Committee's Treasurers, as it means that each Treasurer must keep, and be responsible for, receipts of six months of the year previous to the current one; she must also present balance sheets to the auditors of the Girl Guide Association in June and to the Ranger Conference at the end of the year, the latter one unaudited. It was decided, therefore, to make the experiment of changing the Ranger year to July 1-June 30. The incoming 1942 committee will hold office for approximately 18 months.

Voting was then held, and the results were as follows:—

Victorian Ranger Committee, 1942

Secretary, Greta Roach, 2nd Caulfield. Treasurer, Margaret Shaw, 1st Melbourne. Joan Drowley, S.R.S. Invincible; Ethel Preston, 3rd Richmond; Beryl McNee, 3rd Melbourne; Lillian Elliott, S.R.S. Akuna; Greta Richardson, Toorak and Armadale; Lesley Green, Toorak and Armadale; Elsie Kemp, 2nd Caulfield; Daisy Gregory, 4th Preston; Grace Harris, St. Kilda District; Esme Welstead, 1st Melbourne.

Fixtures, 1942

Rangers' Own, Ranger Dinner, Bay Trip (to be held on a Sunday), Concert or Pageant by Combined Rangers, Ranger Conference, Country Dance Party, Swimming Sports (in February), Ranger Week-end.

Ranger Representative on Guide House Committee.

Peggy Edmondson.

The winners of the Ranger Sports, 4th Preston, were presented with the prize, an order on Headquarters for 7/6.

An hour was spent in country dancing, and the conference closed at 9.30 p.m. with "taps."

We thank Miss Bush once again for the help and advice she gave us on this occasion.

—M.E.

LONES

My letter this month is an appeal to Local Associations to co-operate more with the Lones Association. At our final meeting for this year, the Hon. Treasurer (Mrs. Jardine) pointed out that out of our 60 members only 32 have paid their 2/6 annual subscription towards the Lone funds. As it has cost in the past about 5/- to send copies of the minutes to absent members, the meeting decided that it was unpracticable to continue using the funds this way, particularly as the higher postage will be coming into force shortly. So, in future—starting at the New Year—a copy of

the minutes will be printed in "Matilda" following each meeting.

We felt that these individual minutes did not achieve what we hoped—closer collaboration between the L.A.'s and the Lone Branch. In fact, we wonder if our members even read them. Although we frequently ask for suggestions and comments, only in one instance have any been forthcoming. Also a slip, intimating to those whose subscription is due—or even overdue—does not bring any response. Surely 2/6 a year is little enough to give to a part of the Movement which should be the concern of all, particularly of the country people!

This subscription should be the responsibility of the Local Association and not of the member appointed to represent that body. Perhaps the member who receives her minutes forgets to tell the Treasurer of her branch that this sum is due. Could each member who receives this month's minutes with this slip attached please make a concentrated effort to see that it is paid by Christmas. Our Hon. Treasurer is Mrs. Jardine, and her address, 780 Canterbury Road, Surrey Hills. She will be delighted to receive belated subscriptions.

I think it would be ideal if L.A.'s made a habit of putting Lones on the agendas of their monthly meetings, to give our members a chance of repeating anything of interest, or of receiving any suggestion or support to carry back to us.

Now that "Matilda" will be the main medium of broadcasting Lone news, will our members make a certainty of reading our column each month. For, of course, you all subscribe to her! "Matilda" is the core of the Movement, the centre round which each branch revolves, the meeting pool towards which each branch converges. She should be indispensable to everyone who has the interests of the Movement at heart.

But to get back to Lones!

I am still hopeful of receiving a 2/6 subscription from every L.A. in Victoria. There are 117 districts, most of them probably with a more or less flourishing L.A. How much could that mean for the Lone a year! And think what joy we could bring to them, helping with their fares and expenses to camp, and the Guilders to training weeks! Will you not help this dream come true

The January meeting of the Lones Association will be held at my home, 236 Kooyong Road, Toorak, on Tuesday, January 13, at 3.30 p.m., and afternoon tea will be served after the meeting. Arrangements will be the same as last January, when each member brought a plate of cakes or scones towards the tea. Will those who intend coming please let me know by the ninth. This invitation includes the Guilders, some of whom may have free time just then. We are also looking forward to meeting country members.

—M.R.F.

Camping and Training

Elaine Moran

Company Leaders

The end of the year is approaching fast. Isn't it the time for us as Guiders to do a little stocktaking?

What, for instance, is going to happen to Mary, who has been such an excellent Patrol Leader, or to Betty, who, although not particularly outstanding, is "such a nice girl" and so keen? both are nearly 16. Are we going to be unselfish, thinking of the good of the two girls, and of the Company as a whole, and see that they leave the Company? Or are we going to do what on the surface may seem the easiest thing, turn them into Company Leaders?

Have you ever read what P.O. and R. says on the subject—"In exceptional cases a Company Leader may be appointed." Exceptional cases do not occur very often, certainly not when there is already a Captain and Lieutenant in the Company. Even when there is only one Guider the appointment of a Company Leader tends to lessen the proper functioning of the patrol system—the whole root of the Company organisation.

What position exactly does a Company Leader hold? She is neither a Guider nor a Patrol Leader, and so can not attend Guiders' Trainings and there is not much help for her at Captain's Patrol Leaders' Trainings—she has no patrol to whom she can pass on what she learns there. It seems as though we are holding back the girl by having her as a Company Leader. She is, we presume, an outstanding girl, but here she is in a position where she really has not very much chance of learning more.

There are cases, depressing as it is to meet them, in which the Company Leader is completely responsible for the recruits. What a travesty of the Patrol system this is! Surely it is the privilege of the Patrol Leader to teach and train her own recruits, her own tenderfoots too? A Company that is short of Guiders sometimes scores over a fully staffed one in that it is then essential that Captain trains her Patrol Leaders regularly and works very fully through them.

Some Captains are afraid that if they send the older girl out of the Company she will drop out of Guiding altogether, and for this reason we find girls who have been Guides, Patrol Leaders, Company Leaders and Guiders straight through in the same Company without a single break. That is an important thing that we have to guard against. A girl of 15½ is getting too old for the Guide Company, spoiling it for the younger ones, the 14's and 13's for whom Guiding was meant, and who should be the Patrol Leaders. If there is a Ranger Company the older girl can go there, but if not it is better for her to drop

out of Guiding altogether for a year or two—she may come back later as a Guider—but by all means turn her out of the Company and don't let her spoil the fun for the others.

The outlook of a Guide and that of a Guider should be quite different, at 15½ a girl has not developed enough to have acquired the outlook of a Guider. The year or two's break from the Guide Company gives time for the girl to adjust herself, to develop, and to acquire a more adult point of view. If when she starts as a Guider it is possible for her to commence in a different Company it will be very much easier for her, but in the case of these being only the one Company in the town the break she has had will mean that the majority of the Guides with whom she grew up have moved on—an inestimable advantage to the young prospective Guider.

Let us then consider very seriously this question of Company Leaders. They have undoubtedly increased in number during the last few years. Is this because we have not been reading our P.O. and R.'s? Before appointing them in future let us, each and everyone of us, consider very carefully if we really have the "exceptional case." If we are absolutely honest with ourselves, it is interesting to discover how exceedingly rarely such a case does occur.

—S. M. MacLEOD.

Combined Ranger Camp

If there are enough applications to warrant it, a Combined Ranger Camp will be held at the Guide House during the Easter holidays, 1942. The dates will be April 2 to 6, 1942. The fee will be between 16/- and 17/6, plus fares, according to the number who attend. Rangers may apply for part time, and the fee will be adjusted accordingly. Applications must be sent in with 5/- deposit by the end of February.

Guiders' Training Week

Guide House, December 27 to January 3. Late applications may be sent to Miss B. Macartney at the Guide Office, with 5/9 for rail ticket and 5/- deposit. Late applications will be considered if vacancies still occur.

Open Week-ends 1942

February 20-22; March 6-8, 20-22; April 17-19; May 1-3, 15-17; June 5-7, 19-21; July 3-5, 17-19; August 7-9, 21-23; September 4-6, 18-20; October 2-4, 16-18; November 6-8, 20-22. These are liable to cancellation should week-end fall in school or public holidays.

Patrol Leaders' Training Week

Applications for the Patrol Leaders' Training Week closed on November 21. The week was fully applied for.

SUPPLEMENT TO MATILDA DECEMBER 1941.

GUIDE AND SCOUT WEEK 1942.

It has been agreed that the Girl Guides Association of Victoria should fall in with the suggestion of the Boy Scouts Association Federal Council, that the dates of Guide Week and Scout Week 1942 should be arranged to include February 22nd, the Chief Scout's Birthday, which is also that of the Chief Guide.

The dates will be from 16th to 22nd February, 1942. Owing to the fact that many Guide Companies and Brownie Packs do not resume meetings until February or later, there may be some difficulties to overcome, but it is felt that Guiders will be willing to make the required effort to make Guide Week memorable for the Guides.

It will simplify organisation if Districts and Divisions make their own local arrangements for the various activities of the Week, in co-operation with the Scouts of the District. The central thought suggested is "Remembrance" - the idea being to get back to SCOUTING FOR BOYS and GIRL GUIDING. Displays and combined activities based on these books could be arranged. Guiders are urged to re-read Girl Guiding and Scouting for Boys, and to base their programmes for Guide Week on these two books, in which the ideal we are striving for and the ways to attain it are clearly set out for us, remembering that the best memorial we can raise to the Chief is to build solidly on the foundations that he himself laid for us.

M. E. Bush.

N.B. Guiders who have not copies of these books may be able to borrow them. As a shipment of books was lost at sea, new copies of Scouting for Boys are not available.

Guiders are asked to send in, for publication in Matilda, any helpful suggestions for Guide Week.

GETTING YOUR FOOD VALUES WHILE CAMPING

By MISS E. FRASER, B.H.Sc.

N.Z. Women's Food Value League

While camping we have a better chance of living a really healthy life than during the rest of the year. But, to make this chance good, we must be careful to see that we eat the right food. It may need special planning because of transport difficulties, &c., but if the reward is better health, and therefore a better holiday, surely it's worth while.

We not only want to consider food values, but we also want to plan easily prepared meals so that as little time as possible is spent cooking over the hot fire. So here are some points worth noting:—

1. Remember milk is nearest to perfect of any food, and you need 1½ pints daily while you are still growing.
2. By using wholemeal bread instead of white you get that all-important vitamin B, and roughage, which are so good for the digestive organs.
3. Eat your fruit raw—cooking it means waste of time and loss of vitamins.
4. Where it's possible to get a lettuce or water cress, use substantial salads with cheese, eggs or meat as the main dish of one meal a day.
5. Use a green vegetable as well as a root one every day.

6. Unpolished rice has more food value and flavour than white rice.
7. Iodised salt used for cooking and serving foods helps to keep goitre away.

—From "Te Rama."

GUIDE SHOP

The Guide Shop will have the following articles for sale for Christmas shopping:—

Christmas Cards.—Many of these are from overseas, and there are also three Australian designs, two for Guides and one for Brownies. These are now obtainable, and the prices will be 3d., 4d. and 6d.

Calendars.—We hope to have photos of the Santa Claus Express and Santa Claus done in colour, as well as attractive designs of the Guide House made into calendars. Prices of these will be about 1/6.

Guide Propelling Pencils.—Price, 3/-. These are standard pencils of Guide blue with the Guide Badge stamped in gold on the side.

Diaries.—The complete resume of the 1942 diaries was given in the October "Matilda." These are now ready, prices being 1/3 and 1/6.

Story Books.—Prices from 3/6 to 4/-. These are the usual Guide and Brownie story books by well-known authors from overseas. These have not yet arrived, but we are expecting them at any moment. They make very attractive Christmas presents.

Compasses.—3/6. These are now very

"Quality you
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BROCKHOFF'S

"Oven-crisp" BISCUITS

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scarce, but we have been able to obtain this new supply, and we have found them very reliable.

Writing Pads and Envelopes.—With Guide Badge and attractive designs on the writing paper.

P.O. and R. Covers, in leather and suede. Colours will be in blue and brown, and will be embossed with the Guide Badge in gold. These will be 6/-, but if required without the badge they will be 4/6.

Old Guide Ties.—These have been imported from England especially for Old Guide Groups. They are made of silk in a light navy colour with narrow stripes of red and green running diagonally across. The prices of these will be 5/6, plus postage.

—CLARA BROADHURST.

PUBLICATIONS RECEIVED

- "Adventuring," South Australia.
"Te Rama," New Zealand.
"The Trail Maker," United States of America.
"The Victorian Scout."
"The Girl Scout Leader," United States of America.
"Waratah," New South Wales.
"The Canadian Guider."
"The Girl Guide Magazine," South Africa.
"The Girl Guide Courier," Western Australia.

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