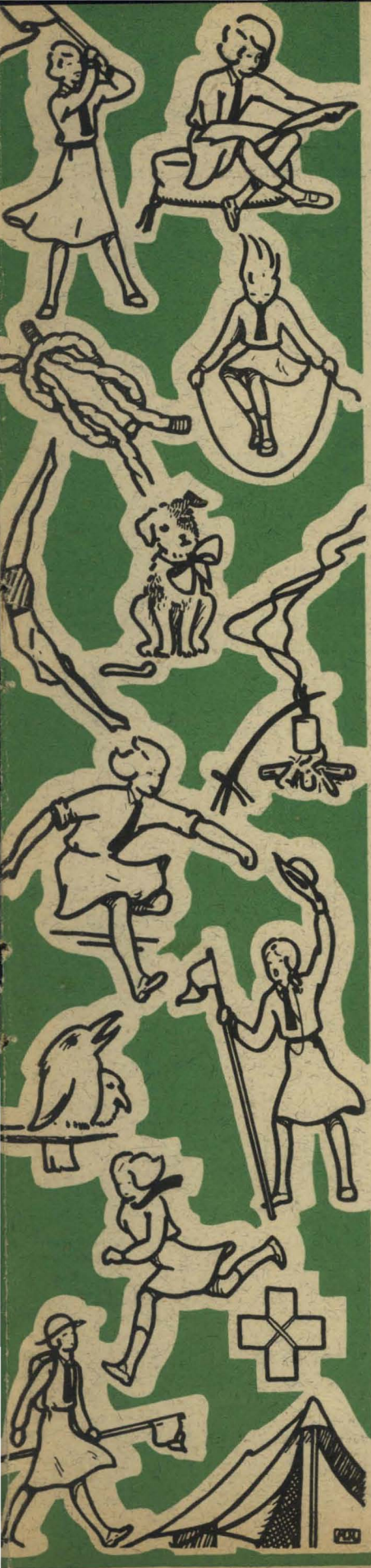


310
Mick Bush

Matilda



OCTOBER, 1936.

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Number Four.

EDITORIAL.

The ninth Conference is over, and we hope that all Guiders enjoyed it and received many helpful ideas.

It is encouraging to notice that each year the number attending increases, and particularly encouraging to see so many country Guiders.

Physical Exercise and Deportment.

In view of the success at the recent Olympic Games held in Berlin, of nations well organised and trained in physical fitness, the attention of all thinking Australians has been drawn to our poor showing, and many excuses have been put forward for our non-success.

There is no doubt that we as a nation are not fit, and until such time as "the Powers that be" take some definite steps to organise and train the people as a whole that condition will remain.

During "Health Week," which will be held this year from October 25-31st, the Health Association will again endeavour to focus public attention on the importance of fitness, and prominent amongst the various aspects of the week will be lectures and demonstrations on physical exercises.

The relation of activity to fitness is very slowly becoming apparent to the masses. Properly trained physical directors are scarce in this country and most sports, games and exercises are taken in "any old way" instead of being properly directed along scientific lines. Just as much enjoyment could be had and a great deal more physical benefits obtained under competent supervision.

This particularly applies to our young growing people, who require careful watching in their games and exercises, so that no undue strain is imposed on any one part, the aim should be rather to see that all parts of the body are used. In that way development will be along natural lines, assuring good carriage and deportment.

Good deportment in a girl is very important, especially to those accustomed to wearing uniform. The commonest faults in deportment are: Round shoulders, poke neck (head carried forward, round back, protruding abdomen, flat chest and foot troubles. Most of these defects are as a rule easily corrected in young people. A few minutes spent before your mirror at night before retiring, going through a few simple exercises, will work wonders on one's carriage.

Here is the correct poise: Heels together, weight carried mostly on the fore-part of the feet, heels just touching the floor, legs straight at knees, hips and abdomen properly held, back straight, shoulders pressed back (so that the back is flat across), neck upright and chin in. When the body is correctly held a

slight forward inclination is present. That is the most economical way to carry the body. If difficulty is experienced in maintaining that position, the various muscle groups concerned must be correctly exercised and strengthened so that little effort is required to maintain perfect poise indefinitely. Forming the habit of good posture is a very great help.

Simple corrective exercises for the defects set out above are briefly as follows:—For **Round Shoulders and Round Back**, lie on floor face downwards, place arms (palms downwards) at right angles to the body, then raise arms and chest as high as possible from floor. This will develop the muscles of the back and those between shoulder blades. For **Poke Neck**, place laced hands on back of head, allow chin to fall to chest. Now whilst applying resistance by hands, force head backwards and downwards as far as possible. This will tend to shorten muscles of neck, and enable one to hold head correctly. For **Protruding Abdomen** (the abdominal region is perhaps the most important of all and the most neglected, hence the number of people with so-called "tummies"). Lie on back on floor, legs straight, arms extended overhead, palms up, then bend head forward, round the back, and bring hands over until finger tips just touch knees, tensing the muscles running down front of abdomen. This has a shortening effect on the muscle and reduces the waist measurement and enables one to carry the abdominal organs correctly. **Flat Chest**. This is corrected automatically as the back is straightened. A good exercise is to place a hand on front of chest round the back, allow chest to sink in, then whilst inhaling fully throw shoulders back, draw chin in and expand chest as forcibly as possible. **Foot Troubles**—Principally caused by wearing wrongly-shaped shoes. First of all make a study of a baby's foot then compare your own with it. You will probably find that your bones are twisted out of position. To get them back to normal, a natural shoe is essential. Having done that, manipulate the bones of your toes and feet so that they assume a natural shape. In addition, practise heels raising and then press outwards. Walking on outer side of feet stretch and straighten toes and spend some time each day barefooted. A natural shoe has a straight inside edge—that is, from heel to toe—the inner side must conform to a straight line.

All the above exercises should be repeated about twelve times each, and the thoughts centred on all groups used. See that the breathing is nasal, even and regular. Make a point of getting out of breath at least once a day.

In addition to the simple home exercises, take some form of regular outdoor games or exercises such as skipping, running, dancing, riding, etc.
AARON BEATTIE,
Masseur and Physical Culturist, Member of Executive Health Assoc. of Aust. (Vic. branch)

The Ninth Victorian Guiders' Conference.

Crowds of Guiders all being asked: "Have you your number? Oh well, will you find your group?" There were twenty groups, and altogether two hundred and thirty—or more—Guiders at the Conference—many more than last year.

After the arrival of Lady Huntingfield, the State President, the Conference opened with the singing of the National Anthem. Miss Paling, the Chairman, made a short address of welcome to Lady Huntingfield, who, in opening the Conference, said how happy she was to be there. She also said that great good must come from meetings such as this, where Guiders from all over the State meet together to discuss their mutual problems.

Miss Herrick, Commissioner for New Zealand, said that she had hoped to come merely as an interested spectator, and not as a participant! She had been most interested in what she had seen in South Australia and in Melbourne, and she was grateful for this opportunity of expressing New Zealand's gratitude for the marvellous hospitality shown to the contingent who came over for the Centenary Celebrations. Wherever she went, in the Dominion, she met Guiders and Rangers and Guiders who told her of the marvellous time they had had here.

Miss Hayman proposed, and Miss Roberts seconded, that the minutes of last year's Conference be taken as read.

Lady Chauvel, the State Commissioner, spoke on the Guide Camp House, telling of hopes and plans for the future. She then spoke on the "fourth cylinder" of Guiding, as the Chief calls it—Old Guides. As B.P. says, we have already three cylinders working smoothly—Brownies, Guiders and Rangers—all working full steam ahead. The organisation of Old Guides is to include all those who have been members of the movement and who, though unable to do any continuous service, would like to help in some way, and to keep in touch with Guiding and its ideals. The opportunities for occasional service within the movement include such things as being Life-saver or Nurse at Camps, testing and instructing for badges, helping at Rallies and Conferences, and so on. It would be left to each group of Old Guides to decide what time and talents they had to offer.

Many Guiders had admired the beautiful M.C.E.G.G.S. Guide standard which adorned the platform, and Miss Morton now explained the circumstances in which it was made. It is a most beautiful piece of work with on it the badges of the school, the school motto and the badges of Melbourne, Victoria, Australia, and, in the place of honour on the hoist, the Guide trefoil on the blue background. Miss Morton gave a description of some of the work and difficulties that went to the making of the standard—the kangaroo proving the most difficult of all. First the makers went to Sir James Barrett's zoo to look at kangaroos, but none was to be found. So then they went to the Zoological Gardens, and came back feeling that at least they would know what it should look like when it was finished.

Miss Patterson, on behalf of Miss Campbell, read a report of the Activities of the Hand-craft Depot, which has, since its inception in 1934, made a profit of £128/12/2—of which £91 has been profits for the workers. Some of the Extension Guides are now working on their own, and are independent of the Depot. This is its aim—that each Guide should be as self-supporting as possible.

Three telegrams of good wishes were received—one from Miss Purnell in Tasmania, one from Miss Swinburne in Adelaide, and one from the N.S.W. Guiders, who were holding their conference on the same day.

The next speaker was Mrs. Knight, who put to the Conference the first subject for discussion—That a Committee of active Guiders should draw up the preliminary specifications for the next Stradbroke Cup. She also suggested that the subject is one which is naturally incorporated in Guide meetings, and suggested some subject such as Nature Log Books, Museums, etc., whereby every Guide should have some interest in and contribution towards the whole effort.

The Groups then discussed this matter, and the Group Leaders gave their findings. Miss Barfus (after having alternately—and sometimes simultaneously—listened and written at top speed) then summed up the ideas of the Conference. This question—and the one that followed—was most productive of ideas and criticism—both constructive and destructive. The Conference unanimously decided in favour of a Guiders' Committee, both to draw up plans for the Stradbroke Cup, and also to be connected with the actual running of it. Most groups were in favour of some form of nature or outdoor work, and several suggested that it should be a company, instead of district competition. One or two groups were in favor of first aid or general "Be Prepared-ness," and the opinions as to the intervals at which it should be decided ranged from twelve months to five years—or never!

Miss Moore then brought to the Guiders' attention the fact that no group had considered Brownies in their findings, and also asked whether we were now too large as a State for the running of a whole-State competition.

Miss Cleland asked whether Posts might not be brought into the competition.

Miss Tulloch proposed and Mrs. Faulkner seconded that a Guiders' Committee be formed to debate on the method of judging and also on the interval between competitions.

Miss Anderson then put to the meeting the suggestion that a Guider's time with a Company be a definite period of three years, with then a change of company or even district. Failing this change, the company might be closed for a period of three or six months, while the Guider scraped off some of the inevitable moss and fungus that accumulates after too long stagnation. The paper which introduced this subject was written by Miss A. Brown, and will appear elsewhere in "Matilda."

On this subject the groups became most heated, most declaring firmly that three years was far too short a time in one company. However, they thought that after five years a Guider might be granted leave of absence,

or alternatively longer holidays might be given at Christmas—November to February or March. Most groups felt that the shortage of Guiders would become more acute if Guiders were granted leave of absence from their companies, and if the company went into recess it would mean a lack of continuity in the District. They also suggested various remedies for staleness in Guiders—Guiders' refresher classes, reading, the enthusiasm of the Guides. They did not, however, stop to reflect that when a Guider is feeling stale and overworked, she is hardly likely to undertake extra classes or reading, nor is it probable that her company will be bursting with enthusiasm. Possibly, if Guiders did change round periodically, there might be less of the lack of Guiders—we might not lose some of those who now are undoubtedly lost through lack of continued interest.

It was also interesting to note that several groups said that they would not like to move on to another company at the end of a stated period, as "comparisons are odious," and the guides of the new company might possibly prefer the work and methods of their late Captain. Surely an admission that conscience doth make cowards of us all.

It was the general concensus of opinion, with no dissenting voice, that no general post of this nature be made compulsory, but that it should be left to the discretion of the individual and her Commissioner.

Miss Joan Harper then put to the Conference the question: "Where are we guiding?" and suggested that we were trying to do too much on our own responsibility, and not trusting enough to God. It should be our example that the Guides follow, and through us, God.

The groups agreed generally with Miss Harper, especially that a Guider led through example. One group suggested that the Guides took more part in the opening and closing ceremonies, and another suggested that the present length of time before enrolment was not sufficient—in it a Guide did not have time to realise the solemnity of the promise that she was making.

At this point Lady Gowrie arrived, and was greeted by Lady Huntingfield, who had to leave to attend another gathering. Her Excellency confessed to us how she had "stolen" the time to come to the meeting, and said that next time she hoped to come respectably dressed. She had no time in which to change into uniform, and was also most distressed as she had lost her original tenderfoot badge at the Show. She gave the Guiders several bouquets, but said that they were the true expressions of her thoughts, and she also asked us how it would be possible to get more leaders for the movement. She said it was a very difficult thing to be a good Guider, because you had to have leadership, which was extremely rare. Girls of Guide age are difficult to lead, and the reason why there are not more Guiders is because it is very difficult to get girls with that degree of leadership.

Miss Barfus then put to the conference for discussion the suggestion that we do not use the Patrol System as fully as we might. She

asked whether we did not use it more for our own convenience than for the character training of the Guides. She also suggested that we are not using the Court of Honour as it was intended—the vital core of the Patrol System.

Most groups agreed that the Patrol was not used sufficiently, and some suggestions were additional training of the Leader and Second, Leaders' District Conferences, and added responsibility of the leader in the "nice" parts of the meeting. It was also felt that the Leader could do more with her patrol as a unit in the way of hikes and outings during the week-end. One suggestion was that a monthly Court of Honour be held in the place of the meeting for that week.

Stradbroke Cup Competition

So the curtain is rising on the last act of the Stradbroke Cup Competition for 1936—the declaration of the winner. As this goes to press we are still not in the position to tell you the name of the lucky one, as the final judging will not take place until the end of this week. And as the judges have to go to Mildura to achieve this, it will take a little time to receive their results. However, you may be assured we will broadcast the result as quickly as possible, in case the suspense kills us all!

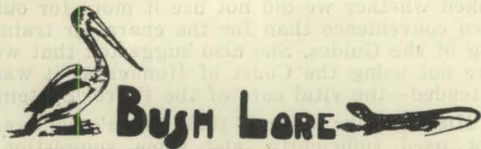
The next excitement we have for you is the DISPLAY. This is to take place on Friday, October 16th at the Masonic Hall, Collins Street. The programme is to be made up of items of the competition performed by the districts (as much as possible) who have gained the highest points in those sections. In some sections it is country districts who have gained the highest points, but as it may not be possible for them to come to Melbourne, we may have to make up our programme entirely from the metropolitan area.

So as to spread the interest of both the public and the children, it has been decided for different districts to sing each song. (We hope you have been keeping up your practice as we asked you to last month!) As soon as we can we will tell you who is to sing which; then you can concentrate on that one alone.

The arrangement of the programme will be a complicated affair, but we are confident that the result will justify the difficulties, and we look to you who are chosen for the different items to prove that our confidence has not been misplaced. Think what an honour it will be to represent Victoria in even one song!

We depend on you also to spread the news about the Display. Have your Local Associations started the good habit of taking "Matilda" yet? If not, please tell them about the 16th October. Ask your Brownies, Guides and Rangers to tell their parents, and for them to tell their friends. Those of you who competed in the Cup, how exciting it will be to see what the others did! Those of you who did not compete—come and see what the others can do, and those of you who are actually taking part in the programme—come and see yourselves!

M.R.F.



Observations.

Crabs.—At the seaside nature presents many sights, and I observed one of much interest. There happened to be two crabs in a small pool, into which had been washed a piece of a fish. The two crabs darted here and there, fighting to get the tit-bit, and after a while the smaller crab succeeded in getting the fish. The fight continued, and became so fierce that the small crab was killed. The survivor looked round for his reward, but the sea, in the meantime, had washed over the pool, taking away the much fought over piece of fish.

Tarantula.—The tarantula sheds its skin each year.

Euroa.—**Lizards.**—A family of young lizards was found under a woodpile. On the end of each leg were five toes of equal length, which were tipped by what seemed to be a kind of pad which would adhere to any comparatively smooth surface. When the lizard was placed inside a glass jar and viewed from outside, the workings of its internal organs could be plainly seen.

Hares do not make burrows as rabbits do—they have a kind of nest in the long grass.

Ants in Hessian.—Looking back I read in the January "Matilda" a note from Euroa about ants carrying pupæ into hessian, there making a nest. At the beginning of the winter I happened to let down a bag curtain, which was rolled up in front of a fowl pen. To my dismay it was full of young ants—eggs, queens—a complete household. What a warm, dry nest for the winter! A few days ago I cautiously unrolled the bag again, but all the ants had gone. Ants are out working again, replenishing their stores after the long cold months.

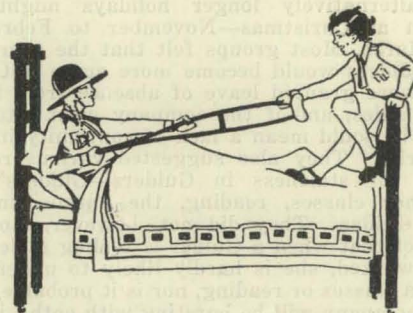
"Katy-Did."—Cohuna sent in a beautiful specimen. The wings were perfect imitation of gum leaves—green; central and smaller veins; and even two brown patches, just the sort you see on gum leaves, where an insect has had a chew. "Katy-did" is a long-feelered grasshopper, living singly on trees, and is harmless. It gets its name from its noisy song.

Swan Hill.—I had a white Bat brought to me one day, about the size of a small mouse.

"Wolf" Spiders (also Swan Hill).—Those spiders, which make their holes in the ground, and cover them with a lid, and are rather common in these parts, are really "Wolf" spiders, not "Trapdoors," as is generally believed. Trapdoor—rather uncommon in Victoria, found further north in Queensland, and north of N.S.W. The "Wolf" spider is rather similar, but not so big, nor so dangerous. Both make holes with lids attached.

MORE WOGS—AND AN IDEA!!

Have a nice new brown lizard, about 4 inches long, with a fat, thick tail, and big silvery eyes. Also a large cockroach—both were found in a load of wood. The man at the woodyard looks out for anything in that line. He has brought over numerous grubs—some small and flat, others big and fat.



EXTENSION CONFERENCE.

A Conference for Extension Guiders was held at 41 Spring Street on 5th September. About 15 Guiders were present, representing hospital and post companies. Among subjects discussed was the Psychology of the potential cripple. Miss Campbell pointed out that it was important not to think of a child who was in bed for a period of 18 months to 7 or 8 years, as a complete cripple, but to treat her, as far as possible, as a normal child, and to bring the outside world to her. Miss Campbell also emphasised the importance of getting the child to feel that she is a member, no different from the others of her Guide company, especially in the case of a child from 12 to 17 years old. Normally she is going through "the herd age," and her disability makes her feel different, and cut off from her contemporaries.

The subject of Extensions being adopted and visited by members of active companies and packs was also discussed. It was felt that this was often taken up at first with great enthusiasm, but after a period visiting became irregular, and sometimes lapsed. If it were realised how much more a visit means to an Extension than to a member of the active world, this would not be allowed to happen.

The report of the Extension Handcraft Depot was read, and it was announced that over £55 worth of goods had been sold during the year. The conference closed after Miss Campbell had read Dr. Crighton Miller's article on "The Psychology of the Crippled Child," which was in the last number of the "Council Fire." J.A. and M.A.L.

Dear Matilda,

The Post Rangers at the Austin Hospital at Heidelberg have asked if Rangers or Guiders would be able to go out occasionally and chat to them about things, and I thought that some of your readers might perhaps like to help.

For those who are free on a Week day Miss Hooper goes out there every Friday afternoon. She has the Brownie pack there, and would be willing to transport anybody out there, and bring them back. She leaves home at two and is back again by four.

There are six Rangers in one ward and about the same number of Guides in another ward. They are all keen and interested in all parts of Guiding, and some of them want help with odd test work. Unfortunately we now have no Guiders for these people, and they have all been transferred to Posts, but learning by Post is a long and often vague business.

If any one can help us here, I would be so glad to hear from them. With best wishes,
Yours sincerely, H. McARTHUR CAMPBELL

BROWNIES

Editor: Miss N. Thewlis.

Good Turns.

Someone once said that the story of the Brownies shows the recruit that the Brownie's first job is to help at home, so we tell our recruit the story, and give her a copy of the Promise, Motto and Law; and then we try to find out whether our magic seed of helpfulness is sprouting.

We ask her to tell us, or draw us a picture, of the things she does to help others, and usually she washes the dishes or sweeps the floor. Sometimes there are flights of fancy, where children are pulled from in front of cars, and blind men safely guided home. One "spur of the moment" idea, on the wettest Saturday I ever remember, was: "I watered Mummy's garden this morning."

We ask Mother: "Is Mary trying to be a helpful person now she's nearly a Brownie?" "On, yes, but she took the hot kettle, which I've told her never to touch, to do the dishes," or "Yes, we can go out any night, and leave her to put Tommy and Nancy to bed," or "I make her do little things; but she's got her music and dancing, gymnasium and Brownies to go to, and her home work to do," or "Well, you see, Brown Owl, Mary's our only one—the answer to seven years' prayer, I always say; and it's a pleasure to me to do everything for her."

We watch at Pack meetings. There is always a rush to carry Brown Owl's case; but is this a good turn or a coveted privilege? Sharp eyes always find things that others have lost; but do not always notice our own odds and ends. Presents for mother are made with great enthusiasm—if they don't take too long, and Brownies do sometimes come late because they've been a message.

Some digging and weeding is necessary, and we study each plant. Our dishwashers and sweepers may be doing what they wouldn't have done without Brownies, and our fanciful ones have imaginations which should respond to the thrill of surprise good turns.

We must clear away the ideas which are choking the Law, for disobedience isn't helpfulness; and surely, Brown Owl has a unique opportunity of preparing surroundings when she visits Mother to talk about Brownie ideals. What a good turn to "Mary, the only one" if we can persuade her mother to stop smothering her with kindness.

If we ourselves are always on the watch for good turns, we are sure to find some, when with the Brownies (even fruit peel on the footpath) and the Brownies will follow our example. Then we might find a Pack good turn. There are two Brownies at the Blind Institute who would love to go out with other Brownies and a Pack at the Melbourne Orphanage who need contact with other Brownie people.

And though our garden grows slowly, we can remember that someone once said: "Brown

Owl will not see much result for her work in the Pack; but its effect will show in the Company.

So we sow our seed; and when only a few leaves are showing, it is time for us to pass it on; but if our work is well done, it will grow and grow, till it blossoms and bears fruit in the Company, and the wider world.
H.G.

Our Pack is one to which others do good turns rather than we do them for others.

We are not a wealthy Pack, and were it not for our Brown Owl's generosity we should have a very thin time of it.

One of our Brownies became ill and after some time in the Children's Hospital she was brought home to convalesce. To help her to pass the time away we collected pictures from comics; from the junior sections of the papers, from magazines, etc. We trimmed these neatly and packed them in boxes and then took them to her with pencils to colour the plain ones, with scissors to cut them all out, and with paste to put them into the books we had provided. Then as she recovered she was able to amuse herself making her own scrapbook.

Every Christmas we make a present for Mother and Brown Owl gives us a party. Last year we invited a crippled child to our party, and we did a good turn there.

This year we have been very interested in knitting, and that opens a perfect avenue of good turns for Brownies.

In another poor Pack to which I belonged the children came from an orphanage. We knitted squares of wool and made a cot cover for the youngest orphan, and we knitted dolls' clothes for the dolls of younger children in the orphanage. We made a bed, complete with sheets, blankets, pillow case and quilt, and gave it to the orphanage Guides. We sewed buttons on clothes belonging to the students who had given us of their time or money; and last but not least, we mended our own uniforms, prepared them for washing, and when they were washed sewed on our emblems, name tapes, etc., and darned our own socks, thereby helping some of the staff of the orphanage.
L.T.

Handicrafts for Christmas.

SPECTACLE WIPER.

Materials required: Small piece of suede or thin leather, chamois or scrap of velvet, thin cord and a bead or button.

Cut two bell-shaped pieces about 2½ inches long from the suede, sew sides up and leave a small hole at top for cord to go through. Poke an end of cord through the hole, thread it through the bead and back through hole again. Now sew ends of cord on to the centre of the chamois, which should be about 2½ inches square.

TOOTH BRUSH HOLDER.

Brown Owl cuts soft deal to a size 7 inches by 1 inch. Brownies sandpaper it to make it smooth, bore 2 holes in one end and poke colored string to hang it by. Hammer two double pointed tapes, one near the top and one near the bottom, through which the brush hangs. They may be painted if liked, but the white deal looks very nice providing it has been sand-papered well.

KITCHEN CALENDAR.

The backs of writing pads make good foundations and can be made very pretty by covering with wall paper in neutral tonings. Buy a small straw hearth broom (about 1/-) and cut the straws off. These can be made into bundles and elastic bands wound round them (for testing cakes). Sew small bundles of scribbling paper together for order lists. These should be sewn on, as paste is not strong enough. Attach the bundle of straw by making two holes with a stiletto and passing the ends of a rubber band through the holes and the bundle of straw through the rubber. Finish it off with a pretty picture and a rhyme of good wishes. A pencil may be added and a plait of colored silk should be tied on for a hanger. Allow the Brownies to do their own arranging, as some like the straws vertical and others horizontal. M.K.B.

LIBRARY NOTES.

Librarian: Miss Pearson.

In last issue, Guiders heard of some of the useful books to be found in the library. We wonder if they all know how easy they may gain access to these treasures.

No annual sub. . . no quarterly fee . . . (whether you have books out each week or not) . . . but a mere "1d." a copy, dropped into the money box, kept in the Library book-case for your convenience, gives you all legal right to delve within.

How Does Library exist. . . except for a very "odd" friend-in-need, library lives, alone . . . by that "1d." a copy. . . and remember, Guider, every penny means a stepping stone towards a new book, and we are anxious to bring the library in line with the times. . . so says Library. . . "Use me more that I may be of more use to you."

We ask that books be kept only a reasonable length of time, for if you find a book interesting . . . so it might be to someone else.

Your neglect to return it means someone is PATIENTLY waiting with crumbly hopes of your reform.

Then again, friend, please record your "takings out," and your "returns," often Librarian thinks. . . many thinks. . . about you and after diving among the volumes, finds you are only "half bad" (you have returned them sure enough, but failed to enter their return).

Because you are out of town does not mean that all this is of no interest to you. It is:—one penny stamp to cover postage of a copy of the catalogue, and you know as much about what is "within" as the town Guider (maybe more), and for just postage on books, plus 1d. a copy free, the librarian will post you any you wish. . . leaving it to your discretion to return them within reasonable time.

Postage people, Librarian does not mind telling you, the further away the subscriber. . . the more prompt the return, and the nearer and handier one is. . . "the deeper the dye."

Some books have been out years.

Look among yourselves.

"IS IT YOU?"

Girl Guide Week in Adelaide.

A party of 51 Commisioners, Guiders, Rangers and Guides was fortunately able to travel to Adelaide from Victoria for Guide Week from 4th-10th September. The Victorians came from Nyah, Swan Hill, Mildura, Shepparton, Tatura, Glengarry, Monivae, Ballarat, Kyabram, Colac and Melbourne and in Adelaide we met Guides from all over the State, and from that distant part of Australia—Alice Springs.

The International Demonstration and Folk Dance Festival was a wonderfully varied and interesting exhibition; Rangers and Guiders arranged the displays of 23 different countries, in most cases depicting a room typical of the country and showing in it costumes, handicrafts and, in some cases, commercial activities; Guides in the various countries had helped with information, and in some cases with wares. Sweden, for instance, sent Guide uniforms, national costumes, dolls, gloves, model of a storehouse, tapestry, tablecloths and woven hangings. 17 countries sent special messages of greeting to the makers of the display. Rangers and Guiders were also responsible for the Folk Dancing, which was delightful, and the singing; by the way, Adelaide has a permanent Guide Choir, a pleasant possession.

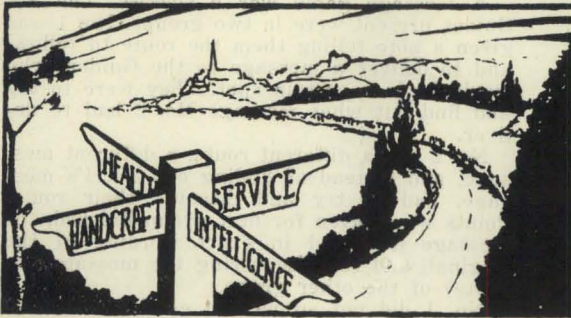
Brown Owls and Brownies showed a succession of Nurseries through the Ages, from the Stone Age to that of Things to Come! and a collection of the most delightful Fairy Rings in miniature.

Guides planned, 54 Patrol Corners which were judged for their attractiveness, ingenuity in furnishing, handcraft and most importantly their usefulness; the space given was, as I remember it, 9 x 6. These Corners showed a great variety of work and handcraft, and the makers must have had a great feeling of satisfaction when they looked upon them and when they saw the interest which was taken in them by the many people who visited the Demonstration. The entire population of Adelaide must have visited the Exhibition Building during that week; it was crowded every afternoon and evening.

As well as all these attractions one might gaze upon miniature rock gardens, camp gadgets, demonstrations of Badge work, displays of South Australian Industries, or join in the fun of the Old English Fair.

Guides took part in the Centenary Thanksgiving Service; a welcome to the Federal President, Lady Gowrie; Guards of Honour at the Exhibition; visits to Factories and Parliament House and so on.

Our most sincere congratulation to South Australia for a perfectly splendid effort, and our thanks for inviting us and giving us such a very happy time. S.H.I.



The Sign Post

(Editor, Miss R. Denny)

Mademoiselle Maria Gloria.

(Continued)

"The English spy? Was he discovered?" asked Mademoiselle Maria Gloria.

"Yes, but he fled with a sword thrust in his arm."

"Would you remember him, Monsieur?"

"Yes, Mademoiselle, perfectly. He called himself Cornet Howard. I desire that he may come to-night."

"Yet is not your sword too clean for this traitor?"

"It will be my pistol, Mademoiselle. Open the door!"

"Monsieur le Duc, I will not."

"Why, Mademoiselle?"

There was no answer. Her voice had sounded softer, less contemptuous, but now she withdrew with an utter silence that no demands of his could break.

"Mademoiselle Maria Gloria! Come out and stand beside me—you and I for France!"

Her voice came quickly, troubled: "Ah, depart, because of France! The king should not lose such servants. I entreat you to go. I called you a coward, but I did not mean it."

He turned sharply to the window. "Hark!" he cried, "They come!"

Out in to the dark he gazed. The air was full of heavy murmuring sounds, a rattle and a measured thud; the moon showed vague black shapes.

At a plunging gallop horsemen rode forward into the courtyard and halted. The light of torches fell on a man on a white horse, a standard that bore a rampant lion on gold, and a dim array of red and steel.

De Courcillon set his teeth. "Marlborough!" he whispered. His hand was on his pistol when he heard the door behind him open; he flung round.

She stood with the light behind her; he saw her, tall and splendid, with black hair about her shoulders and an upthrown head.

"Come in," she said hoarsely; "I cannot let you die."

He laughed. "The English are below. Do you imagine that you can hide me, Maria Gloria? I thought your hair was black."

There was a trampling of footsteps in the chateau. Maria Gloria gave a cry and stepped forward.

"Hide," she whispered, "hide!"

He looked into her white face. "Where is your heroic courage gone?" he cried.

"My courage—ah!"

She fell away from him, like one desperate, but he gaily turned to the window.

"St. Louis for France!" he cried.

Marlborough looked up. "The place is inhabited!" an English voice cried out. "Send up more men and bring 'em down."

De Courcillon turned from the window, breathing hard.

"Enter," she said hoarsely.

He looked beyond her into the room; stepped back and gave a strangled cry. Under the lamp was a couch, and along it lay a man in a red uniform with a bandaged head and livid face.

"Cornet Howard!" said de Courcillon thickly. (Will de Courcillon kill a wounded man?)

(To be continued)

The "Blue-Sky" Life.

People are still to be met with who hold up their hands in horror at the idea of camp. "Sleeping on the ground in the open! Aren't you afraid?" "Of what? Damp, tummy pains (caused by amateur cooking) or midnight visits from a ghostly quadruped?"

Thompson-Seton says: "The blue-sky life is associated with some mighty benefits and some real dangers. The wise aim at getting the first and avoiding the second."

The definition of "benefits" and "dangers" can only be touched on in print in a very cold and cursory manner. Has anyone yet found a book which tells one exactly what to do with a fire which won't draw or a child who won't stop crying?

Study the words of famous woodcraftsmen and then go and put the words into practice, and remember that an ounce of practice is worth a pound of theory.

A licensed Guider must be in charge of the camp, so why not do the licence test and enjoy taking your company to camp?

Time flies and practical preparation must begin in good time. First comes the all-important matter of money. Camp balance-sheets vary as much as the weather. Transport, hire of tents, fuel, etc., all mount up, and it is impossible to lay down the exact amount the girls must pay. Every Guide should be expected to save something, however small, towards her camp fees.

A system of saving and banking camp money should be instituted in the company. Each Guide could receive a card on which are marked the weeks till camp, and as each week-

ly payment is made, the amount is entered and initialled by the company banker. The latter has a little book in which she enters all accounts and she pays in to a Savings Bank regularly.

Equipment will have to be collected and expenses can be cut down if everything which can be made is made by the Guides themselves. Many companies have made their own wash cubicle and latrine screening, and some have even made tents.

Tents were devised long before history began, and they still are used as portable dwellings by men of all races. Every year sees countless campers busy with new contrivances in canvas, but still the prehistoric patterns hold their own. Wherever caravans or armies march, people travel by wagon, or holiday makers take to gipsy life, we see wall tents of house shape or conical ones of heavy canvas.

Give your Guides the chance to know each other better, to have a healthy holiday, and to know more of the great, wide out of doors.

L.W.

SATURDAY AFTERNOON IN GARDEN AND STREET.

This is not a column of gardening notes, but a plain account of some Saturday afternoon games in a Melbourne suburb. We do not always realise what can be done without going far afield, using time and money. These games have been very simple, but we hope they will lead on to something more exciting and "wide." The number of children varied from fourteen to three, not all from the same company. Each time we have met at a school where we are allowed to use the basketball court and have played basketball or "keepings off," according to the number of Guides. After a time we leave the school and have other adventures. One day we had a scavenging game; the Guides divided themselves into two groups and the leader of each was given a list of some twenty things, such as tram ticket, elm leaf, names of two nearest doctors, price of 2nd class return ticket to a certain station, width of a certain road, round stone—to collect, and told to meet again on the corner outside the school. When they got back they found a "hidden note" sign on the corner, and the note said "follow the trail of wool." That day we had a baby in a tram attached to one group, but nothing daunted, they collected all the things and arrived at the gardens, where the trail ended.

Another day we had a variety of the scavenging game; each thing collected had to represent a letter of the alphabet. One child, not to be stumped for a Q, made "queen" out of her handkerchief, and some oddments. (It is necessary to explain that only things found in streets will do, and not flowers from front gardens!) The first group back with their alphabet list laid a trail for the others to follow.

When only three Guides appeared, they laid a track for the Guider, after some preliminary stalking. They hid themselves at the end very effectively, by climbing up an open drain and perching on some trees.

A message game was a success. The Six Guides present were in two groups. No. 1 was given a note telling them the route to follow, and to deliver a message to the Guider, who would be in a certain spot. They were to try and find out what message No. 2 had to deliver.

No. 2 had a different route, a different message, and instead of finding out No. 1's message, had to try and discover their route. Points were given for first group finished, for message delivered in exact wording of the original, and for discovering the message (or route) of the other group.

No. 1 did not succeed in getting the message of No. 2, and No. 2 knew only part of No. 1's route, but the messages (bits of history of the district) were delivered perfectly. So they learned a little of the history of their suburb, as well as having a jolly game in the open instead of, perhaps, the "pictures."

After a rest in some gardens we wandered about and watched ladies playing cricket, men fishing and rowing, spiders and birds. Wonderful—what one may see in an ordinary suburb on an ordinary Saturday afternoon. R.D.

"THE RANGER PAGE"

Editor: Miss Boyes.

THE NEW RANGER PRE-ENROLMENT TEST.

The new Ranger Pre-enrolment Test was the subject for discussion both at the morning Training Sessions, and afternoon group Ranger meeting at the Guiders' Conference.

Miss Barfus took sessions on the World Flag and Mapping, and Miss Masterman one on Hike Cookery.

The design of the World Flag and its meaning is obtainable on penny cards from Guide Headquarters. In speaking of what it stands for, Miss Barfus mentioned the World Organisation, and world idea of Guiding, as stated in our book of Policy, Rules and Organisation. One way of gaining both interest and knowledge is through the Post Box; not only writing to English speaking Rangers, but also others, arranging for their letters to be translated, where possible, by some member of the Local Association, or through the appropriate Consulate.

In the Mapping session the class was divided into three groups each with an Ordnance map, with a given route to describe in detail from the data and markings on the map. Many Ranger Guiders have found that the maps obtainable for country districts are quite unsuitable for this part of the test. One suggestion for dealing with this problem was that the Rangers should themselves try to map part of the district or, failing this, to fill in details on existing maps.

During Group time in the afternoon Miss Boyes took a session on the Guide Law from the Ranger point of view.

This was taken as being the young adult point of view. Both Rangers and Guiders must be honest with themselves in thinking out and arriving at decisions where the Law affects them in their daily lives.

How can the Law be used as an influence for good in the life of the individual, and in family life?

What is to be the decision when the law comes into direct conflict with preconceived ideas of personal convenience.

Let us Guiders try to help the Rangers to think things out for themselves, but let us try to deal with problems and difficulties as they arise, and not present them with so many at once that they become bewildered and discouraged.

It is often a great help to the Rangers if their Guider is willing to discuss things with them, and give them individual personal help with their difficulties.

As Ranger Guiders we must try to think honestly ourselves, so that we do not shirk controversial subjects, and have something constructive to give.

Some suggestions for bringing the Law into Company Meetings were:—

To bring newspaper cuttings of incidents relating to it.

To have definite evenings for discussions of the ethics of the Law in relation to Home Life, Business Life, International Life.

It is the Spirit and not the wording of the Law that is important. "Honesty" in all its forms, rather than "A Guide's honour is to be trusted."

Emergencies were discussed in the short time remaining. It was felt that it was quite impossible to prepare for any set of emergencies, but that we should aim at helping the Rangers to become girls who are alert and able to cope with any emergency. When in doubt as to the standard, discuss it with the Company and let the Rangers themselves judge. They should be looked upon as opportunities for service, and not for personal glory. Guiders were advised to read the excellent article in the July copy of the "Guider." J.U.B.

NOTICES.

SOCIAL EVENING.

The Guiders' Committee has decided to hold a second social as so many were disappointed last time because they couldn't get a ticket. Your representative has a number of tickets. Don't be late in asking for one. The number is limited.

The social will be held at Headquarters on Friday evening, Oct. 30th. Coffee at 10. Tickets 1/-.
D. MCKINNON, Hon. Sec.

A TENTH BIRTHDAY.

1st HAWTHORN RANGERS are celebrating their tenth birthday in October, and have planned a number of festivities in connection therewith.

On Wednesday, 28th October, is the party. Guests will wear Festival Frocks, there will be community singing, with gifts of new Song Sheets; country dances (new ones!), a Play (never the like seen before!) an exhibition of hobbies and handicrafts, a Chinese Christmas Box, with a Geni attendant beside it who tells you Things!

The Birthday month will also be marked by a special Camp at Lilydale, a Picture Night at the Capitol, and something different every week. All old Hawthorn Rangers are being invited to the Party, but if any of these do not get a posted invitation, because their address or name has been changed, they are

asked to come anyway, and help the Company to celebrate.
G. FIELD, Captain,
Lisson Grove, E.2.

GUIDERS!

Would you and your friends like to see some of the Stradbroke Cup entries that will NOT be included in the big display, also other items that will interest you?

If so, enjoy yourselves (and help a good cause) by coming to the concert in aid of the Funds of the Extension (disabled Guides) Branch.

Entrance will be Adults 1/-. Children 6d.

Watch the "Argus" and "Age" Guide notes for particulars as to time and place. Also G.G. Headquarters' Notice-board. JOAN ALSTON.

REFRESHER COURSE.

The Guiders who attended the Refresher Course Classes during July and August would like to thank all the Trainers for their time and the wonderful help they gave us.

Every class was so exciting, and there was always something new to be learnt.

There is only one sad feeling we have, and that is for all the Guiders who missed these classes and such a golden opportunity. However, we hope that this will not be the last of its kind, and perhaps next time all those who have heard what they have missed, will come and join us.

Once again, Trainers, we say a big THANK YOU!

CORONATION CAMP.

A new Camp has been opened this year at Chigwell Row on the outskirts of London and the Headquarters Executive Committee are arranging to hold a Camp there from 7th-17th May, 1936, for members of the Girl Guides Association from the Dominions and Colonies who wish to be near London during Coronation Week.

Victoria has received an invitation for five Guiders, Rangers or Guides to attend this Camp. Guides must not be under 14 years.

Applications should be sent through your Commissioner and should reach Victorian Guide Headquarters by 7th November.

We have made enquiries about the possibility of travelling concessions, but there is absolutely no chance of the shipping firms being able to grant any concession. S.H.I.

INTERSTATE AND OVERSEAS CAMP, S.A. CENTENARY.

ADELAIDE.

27th Dec., 1936-4th Jan., 1937.

The following is a list of the Guiders chosen to represent their divisions:—

Brownie Guiders.

Northern Division—Miss Nancy Bartlett.
Southern Sub'bs Div.—Miss Gwen Thurgood.

Guide Guiders.

Ballarat—Miss Jean King.
Cheltenham—Miss Isabel Gray.
Gippsland—Miss Winifred Drummond.
Mildura—Miss N. Hardwick.
North-East. Suburbs—Miss Margery Owen.
South-East. Suburbs—Miss Winifred Whitten.
South-West. Suburbs—Miss Joan Harper.
Western Suburbs—Miss Jean Brown.

Ranger Guiders.

Barwon—Miss Ruth Purnell.
Eastern Suburbs—Mrs. Ebeling.
Upper Goulburn—Miss Jean Daws.
Extension Branch—Miss Edith Pulz.
Lone Branch—Miss Margaret Fowler.

Camping.

Summer Camps, 1936-7.—It is proposed to hold the following Camps:

The fee for each Camp will be 22/6, of which 5/- must be sent as deposit with application.

Combined Guide Camp from 4th to 11th January, inclusive, for up to four Guides from any Company whose Guider has not herself a Camper's Licence.

Patrol Leader's Camp from 12th to 19th January, inclusive, in charge of Miss D. Hayman. Applicants must be Patrol Leaders, and must have passed the Second Class Test before coming to Camp.

Combined Ranger Camp from 26th December, 1936, to 2nd January, 1937, inclusive.

Further details re sites, date for applications, etc., will be published later.

Indoor Camp Test Certificate and Pack Holiday Permit.

A Course of Classes for training for these Certificates will begin on Monday, 5th October. There will be five classes, and at the end of the Course the Test will be held.

The class dealing with the Quartermastering section of the test will probably be held on 12th October, and Guiders interested in this may attend, even if they are not attending the rest of the Course.

To be eligible for either of these Certificates, a Guider must

- be a warranted Captain or Brown Owl;
- be recommended by her Commissioner;
- have attended Victorian Training Week or approved Camp (Brown Owls attend a Pack Holiday);
- have attended a complete training course in Indoor Camping.

Gipton Camp Site.

For details see September "Matilda."

Gipton Working Bee.

It is proposed to hold a Working Bee for improving the site on SATURDAY, 10th OCTOBER. Work will begin at 10 a.m., the train leaving Melbourne at a.m. would be suitable (fare 3/- 2nd return). Don't wear your best uniform or shoes!

Arrangements will be made to meet people at Frankston station and direct them to the site, if we know the train they are catching. Volunteers should bring own meals (lunch and tea) and tea, sugar and milk, and mugs.

Workers are requested to send their names to Miss Barfus at Headquarters beforehand, and mention if they are experienced gardeners. Miss Weickhardt, who is in charge of the planting, will value their help.

It is hoped that Companies and individuals interested in the site will offer to give native trees or native shrubs for planting. Offers of these, or of money to buy them (average 2/- each) should be made direct, and as soon as possible, to Miss Weickhardt, c/o. Headquarters.

Camp Equipment for Sale—A country District wishes to sell its equipment, which includes tents, screening, kitchen equipment, etc. For details and prices apply to Miss Barfus at Headquarters. The equipment is available for inspection.

E. H. PURNELL,
Commissioner for Camping.

Training.

Guiders who have not previously attended a Training Course at Headquarters must bring to the first class of any Course a nomination form, signed by their Commissioner.

Unless otherwise stated, all training classes are held at the Guide Office, 60 Market Street, Melbourne, at 8 p.m.

Brownie Training.—The last Course for the year will begin on Monday, 5th October. Guider in Charge: Miss V. Hill.

Guide Training.—The last Course of General Training will begin on FRIDAY, 2nd OCTOBER, 1936. Guider in charge: Miss Swinburne.

Ranger Training.—The Course of Training begun on 7th September will end on Monday, 12th October.

Training Week.—If applications warrant it, the 33rd Training Week for Guiders and Prospective Guiders (over 18 years of age) will be held at the end of December. Further details will be available later.

M. E. BUSH, Commissioner for Training.

WARRANTS and REGISTRATIONS. WARRANTS.

Captain.

1st Dromana—Miss Betty Shaw.

1st Murtoa—Miss H. C. Barker.

Lieutenant.

1st Stawell—Miss Nancy Cook.

Brown Owl.

1st Picola—Mrs. W. Corry.

Tawny Owl.

1st Camperdown—Miss Hazel Spence.

District Secretary.

Carlton and North Melbourne—Miss Ena Allan.

REGISTRATIONS.

Packs.

1st Rochester, 1st Stawell, 4th St. Kilda.

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