

to Run a Troop. elfth Week's Work

Outdoor Work Drill-Nothing looks worse e boys moving about with s all over the place, especial, re marching together. There simple movements with the these should be learnt and ised whenever necessary. mands and instructions are

mands and instructions are Each Scout falls in at the Each Scout falls in at the babout ten inches from the left hand is in the small the and the pole is held in hand. The edge of the pole the right heel, the pole is traight forwards; the right the full extent of the arm. asy—Slide the hand up the lo not move the body. Spring smartly to attention. Will be closed, the toes butwards; the pole will be harply close into the right to body. Another command ead of Alert when drilling se is Order Staves. Taves—Bring the staff to the position, and hold it at the the full extent of the right

taves—By numbers. One— staff on the right shoulder left hand. Grasp it with the d about a foot from the end, ng the left hand smartl he left side, but do it quich flap like a rooster flapping b. When the staff is at the e elbow should be well into

these movements before you, game mentioned next. the Signallers' Game (S. G.,

s Worth Knowing

3 WOITH KNOWING Test Your Senses game is one in which you try er which boy in the troop or s the best sense of sight, taste aring and feeling. e sight test, have various ficles on a table, as in Kim's ach boy has a few seconds to remember what he has seen; tho remembers most wins this

e tasting contest, prepare var-cle for the boys to taste. The guesses correctly the most ins.

Ins. e smelling test, different bot-luids must be given the boys The Scout who names most rrectly is the winner. aring test is best done in this Let someone read a short h; the competitors have to wn as much as they can re-

celing test is easy. Place a of small articles, such as peas, encils, cotton reels, etc., in nd let each boy reach in and different things. The com-cho guesses correctly the most wins this event. Story Telling

wins this event. Story Telling an keep yourselves amused he winter evenings by holding parties." A partol will make party. Each boy must relate rest deel he has seen or read r tell something about a sub-hed by the leader of the party. all prize can be given to the hose story is voted best. Red Lights is of Scouts are advised to car-nite light at the head of their and a red one at the rear. I storm latern is the best to a rear light. If you are un-get a red one a night with white



lish same when suitable. All communications for these col-umme to have name and ad-dress (not for publication) and be addressed to the Editor, Women's Realm, "The Stan-dard, St. John, N. B." HIGH HAIRDRESSING Curls too Frivolous for Many +

-French Twists Still in Vogue.

It is curious how slowly the mode changes in hairdressing. We still have colffures which, even if they are not exactly pasted to the head in their flatness, are still far from bouffant.

One cup of rye meal, I cupful gr ited commeal, I cupful Graham fi 4 tablespoonfuls soda, I teaspoo alt, 34 cupful aple sirup, 2 cup our milk, or 134 cupful sweet 3-4 tables salt, 3-4 c

four mine, or loss of the dry ingredients; Mix and sift the dry ingredients; add the other ingredients. Mix thor-oughly and steam in a buttered mold for 31-2 hours. Dark Fruit-Cake

Dark Fruit-Cake 1-2 cupful butter, 3-4 cupful brown sugar, 3-4 cupful raisins, seëded and cut in pleces, 3-4 cupful currants, 1-2 cupful citron cut in strips (or candied orange peel), 1-2 upful apple sirup, 2 eggs, 1-2 cupful milk, 2 cupfuls flour, 1-2 teaspoonful sods, 1 teaspon-ful cinnamon, 1-2 teaspoonful alispice 1-4 teaspoonful mace, 1-2 teaspoonful cloves.





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