

Girls

now, though it us just for a fore it flew away in got his eye on western cousins deal of it already, r from the west, time ago. But kes us all brisker. tie to keep warm

ve all been think- I've been think- ings more than were here, and I instead of writ- less what?" I some of you did nd Armistice Day,

ow by now of the things in North isn't any food, ple are starving. t ten million peo- in that part of early, three times our crop of wheat e had no rain at that all the grain pretty badly off, ell, that's what's and now they are o us to help them. ve got the wheat, t save all the peo- ving, still we can here. If you look over of your last t you'll see that eady been started, cent helps. I do king of China this re warm and cosy don't let it stop at want real help as

ay! What did you ip to church for a l just about noon, tes during the ser- stood in absolute emembered the war, 1 who had given up We must never te near to me were ished soldiers, who rseas, and one or d. The sight of ripes brought back idly. In the church governor-General of Duchess of Devon- stood in silence I agine what it was ar away in England, himself was unvel- all who had died in ere, in Westminster buried the body of ldier, brought from have been a most and now one of the s lies in the Abbey, England's greatest

ne that this letter is g, so I'd better stop, as it whom I saw on oboggan out already? good fun, too; I saw ites after I'd left the I'd been to see a sick n't been able to walk y, and won't be able to, either! How would affectionate Cousin Mike.

Beside the Home Fires

Notes on Girl Guide Work By IRIS

A WOMAN who can be a good and helpful comrade to her brother, her husband or son along the path of life is really a guide to him. The name Guide, therefore, just describes the members of our sisterhood, who besides being handy and ready for any kind of duty are also a jolly, happy family, and likely to be good, cheery comrades to their mankind, writes Sir Robert Baden-Powell in his foreword to "Scouting for Girls," the American Handbook. It is a book we can recommend as being specially good in its nature study, map-making, study of the stars, and camping hints. The Iris Patrol have started a library of their own, and the book they are now enjoying is the Girl Guide Book of Games, by Miss Behrens, they got from the Girl Guide Shop, 27 Buckingham Palace Road, London, S.W.

A Guide writes to us from a remote place in Eastern Ontario, telling how they started a company a few years ago. She says there was nothing for the girls in our district to do. We were a long way from a town; it seemed to us we were outside of everything. There came into our midst a young Englishwoman who had been a Guide. She gathered us together and told us about the work. We sent to Eaton's for the Guide Book; then we started and very soon passed our tenderfoot test and had three active patrols, namely, The Pine Tree, The Oak, and The Maple. We had one of the happiest summers of our girlhood. We learned to love nature, to know the birds and the flowers, to track and to be observant. We were fond of signalling, could send messages to each other over our hills. We made collections of flowers, leaves and insects, which we treasure still. In winter we had many happy evenings together studying cooking, embroidery, first aid, and many useful arts. When the war came we all joined our Red Cross Circle and did our best to help, and some went into munition work, and so the Pine Tree and the Oak Patrol are all married or scattered, but still some of the Maples keep together, and one who was a Patrol leader is trying to gather in the Rosebuds to form a company. Our friend who started us has passed on, but we still love and remember our dear Captain. I wonder if she knows all the good she did in helping us to become better and happier women. I wonder also if women know how much of true interest, of joy of life they miss, and of the fascination of Guide work, how it carries you along, keeps you young. One of the greatest needs of the day is leadership, and as women come more into public life and to more responsibility the greater the need. The war has shown us that women can rise to every occasion, but how much more efficient their work would be if there was more real training in the art of leadership.

"In the Girl Guide Movement as in the Boy Scouts we have the small unit—the Patrol commanded by its own leader. She is the responsible officer for leading her Patrol to victory, and for keeping each member of the unit up to the mark so that the Patrol, as a whole, does not fall behind any other. To do this effectively she soon discovers that she has to be a leader not only in name, but in fact and in act. She has to use her brains and thought, her initiative and power of command, to hold and lead those under her. Having learnt how to obey and how to restrain herself

she develops the power of command and her own sense of responsibility, thereby unconsciously preparing herself to take higher positions of trust in real life later on." But above all this means for each the development of character.

One wonders sometimes even in our Church Societies why the leaders were chosen as leaders, they seem to lack so entirely that gift. But there is always hope, so when this generation is grown up and trained as Guides they will know something of honour, for the first and greatest law is, "A Guide's honour is to be trusted," and another is loyalty—loyalty to friends.

So let us hope that in all our future organizations all the treachery and back-biting will be done away with and women will know how to "play the game," and also to learn that true religion does not consist in preaching but in doing, and doing the right thing according to the law of honour, loyalty, brotherhood and courtesy, which is the law of the Guides, that law being founded on what our ancestors called the Noble and High Order of Knighthood, and, after all, that great order of Knighthood was founded on the law and the ideals that were taught by One Who said, "Learn of Me."

INFALLIBLE RECEIPT.

A certain field marshal, being asked how he accomplished his great and successful drives at the enemy, said:—

"First, I decide just what I want to do.

"Next, I make all preparations to do it.

"Then I do it."

Now doesn't that look like a great plan for any Lifeman?"

Decide what you want to do.

Make all preparations to do it.

Then do it—that's all.—International Lifeman.



Growing Old Together

THIS aged couple, mellowed by time and the experiences of life, are happily growing old together.

They are happy because they are healthy. Life is still full of interest to them, and they are wide awake to new ideas.

These are the kind of old people that everybody likes. For, in spite of the years, they are cheerful and optimistic.

It is only natural that the blood should get thin and vitality wane as age advances, but there are ways of keeping up the quality of the blood and maintaining health and vigor.

Very many men and women have found in Dr. Chase's Nerve Food exactly what they need to restore energy and strength and keep them healthy and happy.

As an example Mr. Stephen J. Leard, North Tryon, P.E.I., writes: "At seventy-five years of age my heart gave out and became very irregular and weak in action and would palpitate. My nerves also became weak, and I could do nothing but lie in bed in a languishing condition, losing strength and weight. In that condition I began using Dr. Chase's Nerve Food, and am cured. Had I not obtained this treatment I would now be in the box with the roof over my nose. At eighty-one I have an energy which means go, and I am writing this letter so that old people like myself may prolong their health and strength by using this great medicine."

There can be no doubt that this treatment contained exactly what was required to build up Mr. Leard's system.

We are constantly receiving so many letters of this kind that we can, with the greatest confidence, recommend people of advanced years to put Dr. Chase's Nerve Food on trial, as a means of restoring and maintaining health and vigor.

Here is another interesting letter. This time from a lady:

Mrs. Joseph Lalonde, Hydro Glen, Ont., writes: "I have to thank you very much for what your medicines have done for me, especially the Nerve Food and Kidney-Liver Pills. I was so run down and nervous last summer that I was in bed most of the time, unable to do any work. I have also been troubled with my kidneys for over twenty years, and tried every doctor I knew of without any permanent results, but I can say that Dr. Chase's Nerve Food and Kidney-Liver Pills have made me feel quite different. Since taking this combined treatment I have been able to do my housework, and although I am now 76 years old, I feel better than I have for years."

("I know Mrs. Joseph Lalonde, and believe her statement regarding Dr. Chase's medicines to be true."—W. P. Flannery, Postmaster.)

Dr. Chase's Nerve Food, 50 cents a box, 6 for \$2.75, all dealers, or Edmanson, Bates & Co., Ltd., Toronto. Only the genuine bears the portrait and signature of A. W. Chase, M.D., the famous Receipt Book author, on every box.