

Sew for the Mission field : dress dolls, etc., for children in settlements and institutions, or other work of a similar nature which will educate members regarding the different kinds of philanthropic work.

Make scrap-books and picture puzzles for hospitals, etc.

Write letters to sick folk or "shut-ins."

Through the Missionary Board of your Church undertake the support of an orphan in a foreign orphanage, or maintain a cot in a mission Home for children. Money may be raised individually or the group may arrange sales, entertainments and so forth.

Earn or save a definite amount of money for some Church, philanthropic or community interest.

Give a play.

Entertain another class or club.

Provide entertainment for the group by playing, singing, telling short stories, etc.

Provide Christmas cheer for a group of children.

Give a missionary pageant, etc.

Do some kind of practical Church work.

Contribute to the Sunday School library, or collect used books for settlements, etc.

Visit settlements, public institutions, etc., to gain a knowledge of what is being done in your community.

Personal Activities

Since the aim of all this work with girls is the building of character, and as this is impossible without the formation of good habits, the following list of personal activities (to be accepted by the group, but worked out by each individual girl) has been added in the hope that it may prove suggestive. The time limits for all these activities are merely tentative and should be determined by the leader and group.

Physical

Be out for at least an hour a day.

Go to bed every school night before 10 p.m. for three months.

Practice deep breathing every morning.

Drink a glass of cold water every morning before breakfast.

Sleep in a room with windows open.

Learn to swim, skate, play tennis, etc.

Intellectual

Keep a list of books read and to be read.

Begin a library of carefully chosen books.