

The relation of the Colonies to the Empire.
The contribution of our Empire to the World.
How to discover your vocation.

Activities for Groups

Physical Standard

Swedish Drill.
Demonstration of Swedish Drill, to which girls may invite
parents and friends.
Clubs and Dumb-bells.
St. John's Ambulance Course in First Aid.
St. John's Ambulance Course in Home Nursing.
Team and Group Games.
Water Sports. (See Physical Standard.)
Hikes and Picnics.

Intellectual Standard

Debates.
Contests : literary, oratorical, musical, etc.
Giving summaries of practical talks.
Reading of plays (different girls taking the different parts).
Cooking : discussion and demonstrations.
 Use of stale bread.
 Use of milk and eggs.
 Salads.
 Simple desserts.
 Meat substitutes, etc.
 Invalid trays.
 Chafing dish and casserole cooking.
Demonstration of arranging, waiting on, clearing the table.
Sewing : darning, patch-mending, embroidery, dress-making,
 and millinery.
Making flowers, candle shades, etc., with Dennison Book of
 directions.
Clay modelling.
Stencilling.
Brass work.
Basketry and raffia work.
Nature Study excursions.

Religious and Service

Provide literature for hospitals, lumber camps, mission
 stations, etc.
Provide flowers for Church, Sunday School rooms, club rooms,
 or for the sick.