



YESTERDAY  
TODAY  
TOMORROW



# Girlguiding Ulster Centenary Challenge Badge



# YESTERDAY - TODAY - TOMORROW



## Girlguiding Ulster Centenary Challenge Pack



GIRLGUIDING ULSTER 1922-2022

We are 100! To mark this significant milestone in our Guiding journey, we have created this celebratory challenge pack for girls and leaders to enjoy. Of course, no challenge pack would be complete without a badge! Our Centenary challenge badge has been designed by Elle from Killyman Brownies in County Tyrone. Happy 100th Birthday everyone!



The challenge pack is divided into four sections, Yesterday, Today, Tomorrow, and '100'. There are lots of ideas to choose from, with the option to come up with your own ideas as well. Activities can be completed as a unit, or individually. Ideas could even be combined together to make celebratory centenary night.

Have fun celebrating this amazing milestone in the journey of Girlguiding Ulster, and don't forget to order your Centenary Challenge badge! These are free for Girlguiding Ulster members, and can be ordered via our website <https://girlguidingulster.org.uk/app-forms/view.php?id=43516>.

To receive your badge, you must complete the following:



1 activity from each section



1 activity from each section, plus one additional challenge from any section



1 activity from each section, plus two additional challenges from any section



1 activity from each section, plus two additional challenges from any section

Leaders and Trefoil Guild can also complete 1 activity from each section, plus two additional challenges from any section



# YESTERDAY

Guiding was very different 100 years ago. Lets take a walk back in time!

100 years is a long time ago! Your unit may still have some old badge books or handbooks to help you with this section. Girlguiding Ulster has a great team of archivists who look after all our old resources - some date back to the 1930's! We have carefully taken some copies of things out of these books and included them in the resource section of this pack so that you can have a look.



1 activity



1 activity



1 activity



1 activity



Trefoil Guild has a wealth of knowledge and experience about Guiding through the decades. Why not contact a local member to talk to you? Have a look and see if you have any old Guiding books in your unit. Some resources have been included with this pack.

What did Brownies and Guides eat at camp in 1930? Liver dumpling sound good to you?! Have a look at some old camp recipes and make something you've never heard of before! We have given you some ideas in the resource section - beware, some of the names are scary!

Why not give your night a traditional feel...come dressed in some clothing from the past, or even an old uniform. Finish the night with a horseshoe and some traditional Guiding songs. If you can, why not learn to fold and hoist a flag like Guides used to do?

Guiding games were a little different in the past! You'll find some examples in the resource section. Fizzball? Bobeeps penny? Have a go at some different games.

Can you pitch a traditional Guiding tent? Can you make a wellie boot stand?! Learn some knot skills and make some old fashioned gadgets. You'll find some help and ideas in the resource section.

Step back in time and see how dancing has changed. Can you learn how to tango, or are you just all about Tiktok?! What about the Timewarp?! Have some dance fun!

Craft has changed over 100 years! Find something to make that girls would have done before you were even born! You will find ideas from old Brownie and Guide books in the resource section of this pack.



# TODAY

Guiding today gives us so many different and exciting opportunities. From art to abseiling, captainball to canoeing, the sky is the limit! Have some fun doing the things you love!

Remember, there are lots of online resources you can access, and some links included to help you. The ideas below are just some examples. This is your chance to do what you love today!

Have a go at animal yoga. There are lots of resources online, or try <https://kidsyogafun.com/66-easy-animal-yoga-poses-for-kids/>

Imagine you have £100 - where could you go, what would you do? Make a plan with your group, and tell the rest of your unit about it.

Think of a way to help your local community and act on it. Our promise says that we should all serve our community and help people. Could you organise a litter pick, or make a gift for someone to show you appreciate them?

Write an acrostic poem about what you like about being a Rainbow/Brownie/Guide e.g.  
G is for Guiding, always fun  
I is for Inspiring, each and everyone  
R is for Rowdy, which we are never  
L is for loyal, friendships forever

Set yourself a fitness challenge and keep a diary for a month. Have you improved?! You can do this as an individual, or as a unit.

We are all unique - make a collage of what makes you, you!



1 activity



1 activity



1 activity



1 activity



Try a new outdoor activity - surfing, discgolf or paddle boarding. Make sure to challenge yourself!

Try a new craft - pyrography, needle felting, paint pouring, candle making - there is no end to what things you could try!

Get creative! Use your imagination and make up a dance routine, perform a song by your favourite artist, or write a drama. Whatever you choose, sing your heart out and break a leg!

Sleep somewhere other than your own bed e.g. make a den and sleep there, have a sleepover with a friend.

Plan and cook your dinner in your patrol using Trangias, or an open fire. Here are some ideas...  
<https://girlguideadventures.wordpress.com/camp-recipes/>



# TOMORROW

Who knows what tomorrow will bring! Will Guides camp on the moon?! Will Brownies rule the world?! Whatever we are, we all need to be responsible world citizens. Have some futuristic fun with the challenges below.

Being a Rainbow, Brownie or Guide is all about thinking for ourselves, and challenging ourselves. That's why Guiding has changed and evolved, and is still here 100 years later! The ideas below are just examples, if you have your own futuristic ideas, run with them and have a blast!



1 activity



1 activity



1 activity



1 activity



Design an eco-friendly house. Whether it is a poster, or a house made out of recyclables, see how futuristic you can be.

Adapt part of a garden for wildlife, or make a bug hotel for your own garden. Remember, without bees we're on our knees!

Design a futuristic Guiding game, and test it out in your unit.

Fill a unit time capsule, with each member bringing in something special. Don't forget where you've planted it!

Food comes from all over the world, and can travel thousands of miles leaving a huge footprint. Create a recipe or a meal using only Northern Ireland produce. Reducing food air miles is a great way to be sustainable and preserve our world! Rainbows could make a sandwich, Brownies could make soup, Guides and Rangers could you make a dessert?

Sourcing ethical fashion is the future! Can you design an ethical outfit? Or even a new uniform?! Go a step further and put on an ethical fashion show!

Try out some futuristic hairstyles and makeup - let your imagination run wild! You could even tie this into your ethical fashion show!

Go on a litter pick in your local area. Contact your local Council or community group for advice and information. Sometimes they can help out with equipment and organisation.

Think about energy use - think of some practical things you could do to reduce your carbon footprint.

Plant some trees - check out The Woodland Trust for help and ideas.

You have a time machine - where would you go, what would you do? Make a plan and share it with your unit. You could fly solo on this task, or team up with others for a group project.

What do you most want to see happen in the future? Write, draw or do some drama about it. This could be the future of the world, your future, or how you would like to see Guiding in the future.



# CHALLENGE 100



GIRLGUIDING ULSTER 1922-2022

In honour of our 100th birthday, choose a '100' challenge to do as a unit to complete your badge!



1 activity



1 activity



1 activity



1 activity



Raise £100 for charity

Walk/run/cycle/skate/swim etc 100km

Do 100 good turns and record them in an imaginative way

Take a trip which covers 100km in distance

Make decorations with a '100' theme and have a party!

Play games based on '100' - e.g. stacking cups, hidden objects

Create a work of art based on '100' - you could use recyclables, food, even yourselves!

Design a Guiding celebration card, and give 100 of them out in your community

Plan a 100 minute dance-a-thon. Or what about a 100 minute silence?! Good luck leaders!

# RESOURCES



## Girlguiding Ulster Centenary Challenge Pack

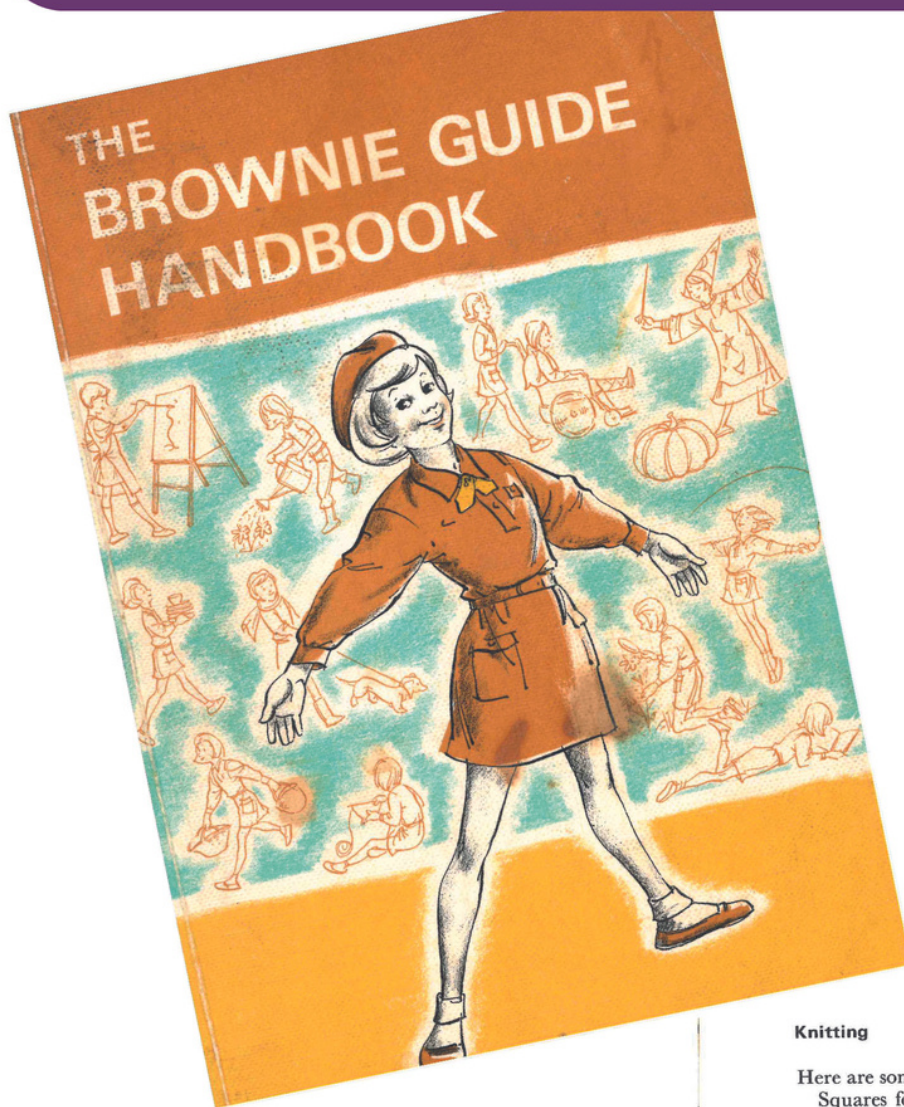


A huge thank you to the Girlguiding Ulster Archivists, who collect, sort, store, preserve and organise all our historic books, documents, uniforms, photographs and so much more! We are incredibly lucky to have such a great record of Girlguiding in Ulster over the last 100 years. The archivists have helped us gather a sample of resources from the last one hundred years to give you a flavour of what Guiding was like. We have included copies of some games, recipes and activities which you may like to try out as part of your challenge. Or perhaps it will just be a trip down memory lane!



# The Brownie Guide Handbook

*First published 1968*

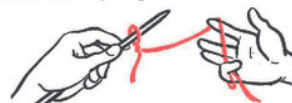


## Knitting

Here are some things you might make:

Squares for a baby's or dog's blanket, kettle-holders, spill holders to hang on walls, purses, tea-cosies, hot water bottle covers, dish cloths, bootees, mitts, pixie hoods, scarves, egg cosies, baby's clothes, doll's clothes, knitted toys.

Of course the first thing is to have some stitches to knit with so here is one way to produce them:



1. Make a loop and slip it on a needle.



2. Push second needle through the loop.



3. Bring the wool between the needles.



4. Using the second needle, draw the wool through the loop.



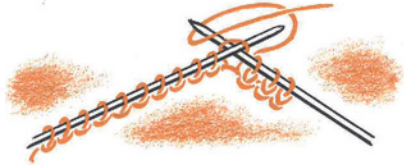
5. Using the first needle, slip the wool on so it makes a stitch by the loop.



You will find this **DIFFICULT** at first so you will need to try very hard.

At one moment you will feel that you haven't nearly enough fingers, and the next moment you will have too many – and they will all be thumbs!

Next you will need to make these stitches grow. Start as you did before, but instead of slipping the new stitch on the first needle, keep it on the second.



The stitches some people make change into work that looks as beautiful as lace and nearly as fine as a cobweb... but we shall be wise to keep to plain and purl at first!

Practise a plain piece of knitting until you are so good that you do not lose or gain any stitches.

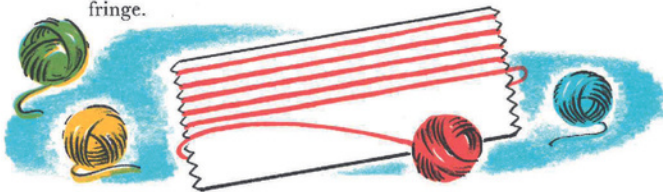
#### To cast off



Knit two stitches, then with left-hand needle, pick up first stitch, lift it over the second one and off the needle.

With thinner wool, weave across the thicker wool by going over one piece and under the next. Be careful not to pull at the edges: the weaving easily loses its shape. By using different coloured wools, and by picking up a different number of strands, you can make interesting patterns.

When you have finished weaving the space between the nails, cut the wool below the box. These ends make a fringe.



Another kind of very simple loom can be made by cutting notches about a quarter of an inch apart in two sides of a strong piece of cardboard. Wind the wool right round the cardboard, going into all the notches. Weave on one side, then cut through the wool on the other side to make fringes.

#### Raffia Work



Here are some things you might make: mats, baskets, fruit bowls.

To make a simple mat, plait several long strands of raffia, gradually adding more raffia as you finish your first strands. Then coil your plait and stitch it together. I have

Then try a square. If you can do this, you can make a dish-cloth.

With two squares you can make a kettle holder or a cover for a hot water bottle.

For more difficult articles look in a children's pattern book which you can buy at wool shops.

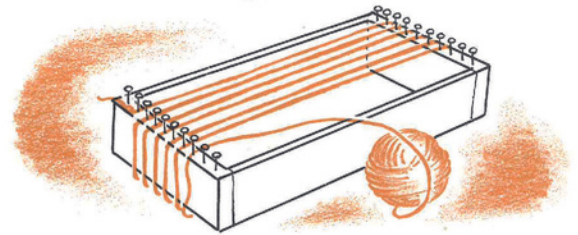
(If you can already knit, these hints are too simple for you and you should look in the Booklet on the Knitter Badge. See page 113 for details of this Badge.)

#### Weaving

Here are some things you might make:  
Scarf, belt, bag, purse and table mat.

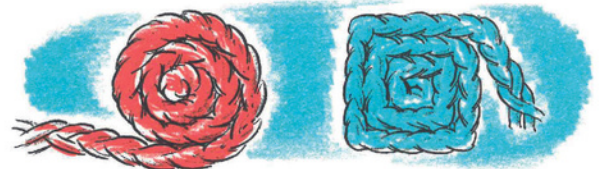
#### How to Make a Simple Loom

Find a strong wooden box or block of wood. Ask your father or brother to help you to knock in about ten nails



evenly at each end. Tie a piece of wool to one nail, then wind it between them and right round the box and tie off at the end.

seen mats which are about four metres across made in this way, but perhaps you would do better to aim at ten centimetres at first!

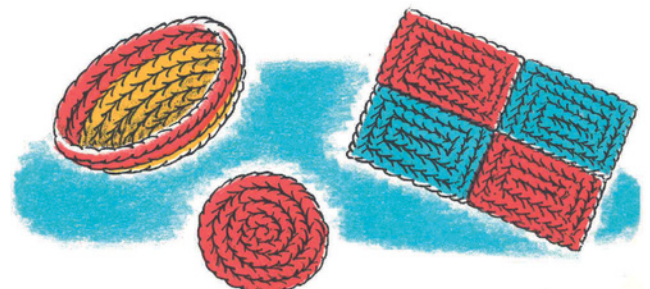


Simple bowls can be made in the same way.

Perhaps you can find someone who will show you how to wind and stitch raffia round rope as the Red Indians do. Their work is so good that they can carry water in their baskets.

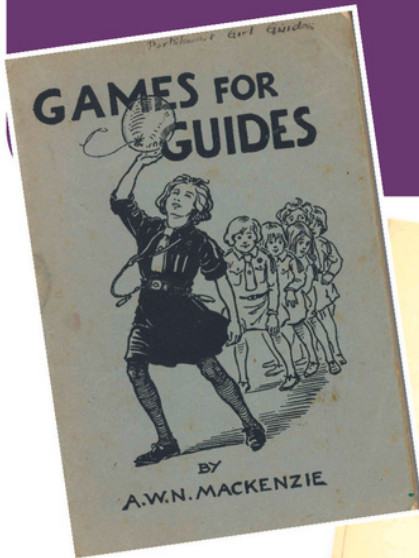
Of course, if you prefer, you can do some crochet, tating or embroidery.

(You will find ideas for some crafts in Needleworker, Knitter, Craft, Thrift and Toymaker Badge Booklets.)



# Games for Guides

## First published 1936



66

### GAMES FOR GUIDES

#### Film Faces.

Each player in turn is detailed secretly by the Umpire to portray some emotion such as:—Love, hate, envy, "swank," horror, admiration, amazement, doubt, "castor-oil," scorn, amusement, "corns," surprise, fear, delight, boredom, exhaustion, and so on. The player detailed proceeds to give a facial representation of the required emotion, and continues to portray same until someone succeeds in naming it or until the time limit (say one minute) when the Umpire, in her mercy, enlightens the players.



If the Umpire has to intimate the emotion being portrayed the victim scores a minus mark against her side and rearranges her features while the next player is performing.

The side with least minus marks wins.

#### The Bargain Sale.

One shopper from each Patrol leaves the room and the remainder agree upon some shop, say, "Grocer."

The "Shoppers" are recalled and, on a signal from the Umpire, the remainder each yell simultaneously any article that may be bought at the shop decided upon.

The "Shoppers" then proceed to the Umpire in turn and whisper their idea of the shop chosen.



### AMUSEMENT GAMES AND STUNTS

Each successful player scores a point to her Patrol, and a new shopper from each Patrol leaves the room while the remainder choose another shop to be visited. The Patrol with the most points wins.

#### Where's that Balloon?

A most amusing game, particularly for the onlookers.

Divide the players equally into two teams and line them up in Indian file, the files being some distance apart. Blindfold each player and then get them to stoop down with legs apart. Give No. 1 of each file a balloon (or bounce-ball) and tell them, on the word "Go," to pass the balloon along the floor between their legs until it reaches the end player, who finds her way to the head of her file and passes it down again. This is continued until No. 1 is again at the head of the file.

When the balloon has been completely lost it should be handed to the player who last handled it and the game continued.



#### Plaudits.

Players are seated in a circle. The Umpire commences clapping her hands either slowly, moderately, or quickly, and stops suddenly.



6

### GAMES FOR GUIDES

#### Shipwrecked Mariners.

For teams of equal numbers in Indian file.

One player is on the shore and the others are on the wreck (*see sketch*).



On the word "Go" the player on the shore throws a life-line to the first "shipwrecked mariner," who ties a bowline round her body and is hauled ashore.

When the knot is proved correct she is safe and the life-line is thrown to the next player, and so on.

If a knot is incorrectly tied that player scrambles back to the wreck and tries again.

The team to finish first wins.

#### Life-Lines.

Teams of equal numbers in Indian file, the players holding ropes of different thicknesses, which are presumed to be wet.

At the other end of the clubroom, facing each team, is a hat or other object.

The players are standing on the beach when a boat capsizes. Being an organised body it is decided that each Patrol Leader shall rescue one person.

On the word "Go" the ropes are joined together by the fisherman's knot, and when they are tied, away goes the Patrol Leader to her objective (the

### GAMES TEACHING TESTS

drowning person represented by the hat), the end of the rope being held at the starting line by one of her team.

First home with the hat wins, but if any knot is incorrectly tied the rope has given way and the Patrol Leader has been washed out to sea.

#### Knotting Knots.

Teams of six in line.



In front of five of the players is a length of rope.

On the word "Go" the players tie the following knots:—

No. 1.—Reef round forehead with knot in front.

No. 2.—Bowline round neck.

No. 3.—Fisherman's as a necklace.

No. 4.—Sheet-bend, joining ends of rope round waist, tied at back.

No. 5.—Clove-hitches round ankles with feet straddled.

No. 6.—Take up slack of No. 5 rope with a sheepshank.

The team to finish first with all knots correctly tied wins.

#### SIGNALLING GAMES.

##### Knot Signals.

Patrols in Indian file with a length of rope in front of each Patrol.

6 inches apart, placed at the front edge of the leader's circle.

After each unsuccessful throw the ball is returned by the leader to the thrower, who continues to throw until she is successful.

Overtured Indian clubs are replaced each time by the leader.

The ball may be thrown from inside the thrower's circle only.

The team to finish first wins.

#### Fizz Ball.

Teams of equal numbers in Indian file.

In front of each team, half way down the clubroom, is a small chalk circle, and at the end of the clubroom is a similar circle.

In the first circle there stands a mineral water bottle, and in the other a tennis or similar ball (or inflated balloon).

On the word "Go" each leading player runs to the bottle, picks it up, stands it *reversed* in the other circle, picks up the ball, places it within the first circle and runs back to the starting line.

This releases player No. 2, who picks up the ball, places it in the second circle, picks up the bottle, places it right way up in the first circle, and so on.

If the bottle or ball are not placed wholly within a circle that player must go back and start again.

The team to finish first wins.

#### How Many Beans Make Five?

Teams of equal numbers in Indian file.

In front of each team are five small circles with one bean in each.

At the opposite end of the clubroom are five similar circles facing each team.

On the word "Go" each leading player transfers the beans one at a time to the circles at the opposite end of the clubroom.

The next player transfers them back again, and so on.

Each bean must be placed within the circle, or that player must replace it in the original circle again before proceeding.

The team to finish first wins.



#### Bo-Peep's Penny.

Teams of equal numbers are drawn up in Indian file, the leading player of each team toeing the starting line.



On the word "Ready" each leading player closes her eyes and the Umpire drops a penny anywhere on the floor.

The leading players walk forward (with eyes still closed) and attempt to walk to the penny.

The player who halts nearest to the penny counts

#### Observation.

Twelve coins, foreign stamps or other series of similar articles, each article placed in a paper bag, are laid out on a table.

Each Guide in turn has 24 seconds altogether to examine the contents of the bags.

Of the twelve articles two are alike, and she has to indicate in which two bags the similar articles are.

One point to each successful player and the Patrol to score most points wins.

The positions of the bags should be altered for each successive player.

#### The Miser's Sack.

Patrols in Patrol corners.

The "Miser" enters carrying an imaginary sack over her shoulder.

She puts it on the floor and takes something out, and the Patrols are required to tell what the article is by the way she handles it. She then removes another article from the sack, and so on.

Patrol Leaders write down their solutions in consultation with their Patrols.

The most correct list wins.

#### SUGGESTED ITEMS.

- |              |   |                        |
|--------------|---|------------------------|
| Pencil       | - | (Sharpen and write)    |
| Fountain pen | - | (Remove top and write) |



- |                |     |                                              |
|----------------|-----|----------------------------------------------|
| Book           | - - | (Turn pages)                                 |
| Ball           | - - | (Bounce once and catch)                      |
| Wristlet watch | - - | (Strap on wrist and look at time)            |
| Ring           | - - | (Place on finger)                            |
| Spectacles     | - - | (Adjust at eyes and ears)                    |
| Binoculars     | - - | (Focus and hold at either side)              |
| Pocket knife   | - - | (Open with finger nail, feel blade and shut) |
| Umbrella       | - - | (Open, raise, close)                         |
| Banana         | - - | (Peel and eat)                               |
| Mineral water  | - - | (Open top and pour into glass)               |

#### The Hectic Minute.

A deduction game.

Patrols are grouped in the clubroom, which is in pitch darkness.

From the word "Ready" until the word "Finish" Patrols note all sounds heard and, after the lights have been put on, the Patrol Leaders (in consultation with their Patrols) write reports on what happened.

The reports are read in turn and then the correct report is submitted by the Umpire.

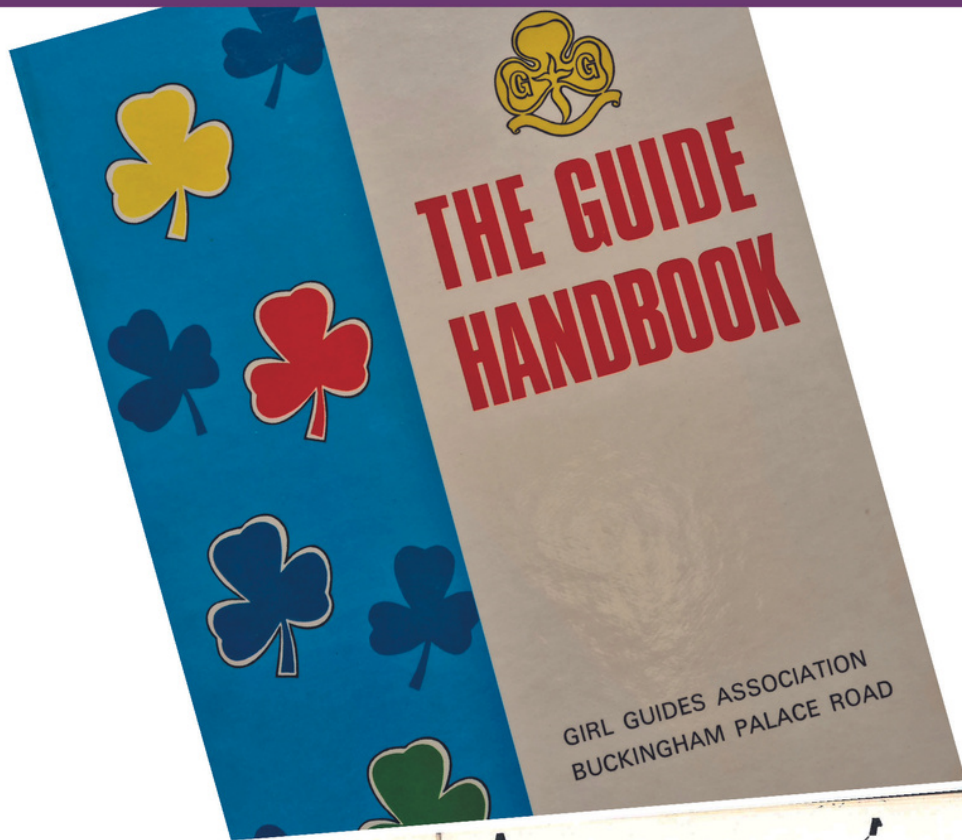


#### Suggested Sounds.

"Ready"; shuffling of feet outside; door opens; chair moved; somebody sits down; newspaper rustles; newspaper put down; shuffling about room; sound of bottle and glass; person resumes seat and newspaper again rustles; pause; telephone bell rings; shuffles to telephone; pause; a voice says—"Right! Trust me! I'll get him"; shuffles to door; opens and exits; pause; a scream; a bang; pause; whistle blows; "Finish."

# The Guide Handbook

First published 1968



## OFF TO CAMP

If you enjoy the out-of-doors, what better than staying there for days and nights on end?

Camping is enormous fun. It's different! It's challenging! It's a chance to do things for yourself!

Camp offers such variety that there is something for everyone to enjoy; you can cook your own meals; have plenty of space to move in; be among the beauties of fields, hills, and woods; work and play with your own friends in your Patrol; explore new places; invent and make useful things with your own hands; sleep under the stars; learn to cope with wind and weather; and many other things besides.

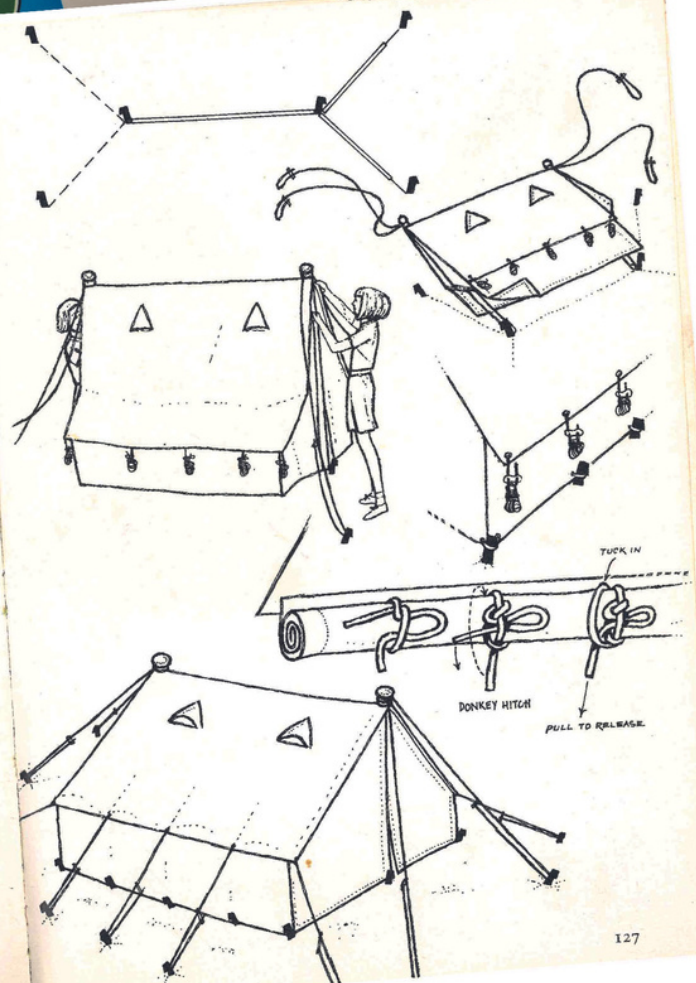
Camps are organised in different ways, but the best of camping for a Guide is when her own Patrol makes its own camp and looks after itself.

Sometimes there are several Patrols on the site, with Guiders to help as needed, and sometimes a Patrol can be on its own. This is when one member holds the Patrol Camp Permit.

Imagine your Patrol is going to camp, along with others in your Company, and is going to do its own cooking and have its own little camp in a corner of the field.

What will you need to know? If you make a list you're sure to include tent-lore, knowledge of fires, cooking, and storing food, how to cope with rain and wind, equipment needed, and how to organise yourselves.

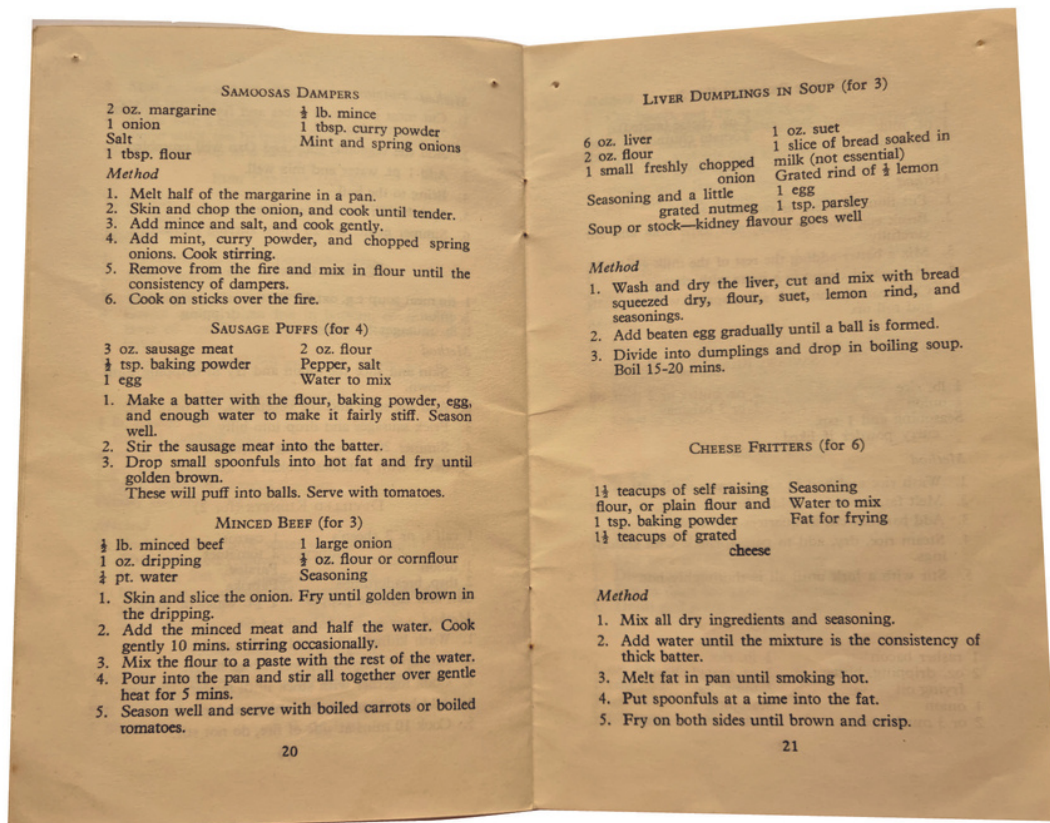
The following pages give you plenty to work on in preparation, so that when you get to camp you *know* you can cope for yourselves.





# Help Yourself To Hike Cooking

*First published 1968*



#### SAMOOSAS DAMPERS

2 oz. margarine      ½ lb. mince  
1 onion              1 tsp. curry powder  
Salt                    Mint and spring onions  
1 tbsp. flour

#### Method

1. Melt half of the margarine in a pan.
2. Skin and chop the onion, and cook until tender.
3. Add mince and salt, and cook gently.
4. Add mint, curry powder, and chopped spring onions. Cook stirring.
5. Remove from the fire and mix in flour until the consistency of dampers.
6. Cook on sticks over the fire.

#### SAUSAGE PUFFS (for 4)

3 oz. sausage meat      2 oz. flour  
½ tsp. baking powder      Pepper, salt  
1 egg                      Water to mix

1. Make a batter with the flour, baking powder, egg, and enough water to make it fairly stiff. Season well.
2. Stir the sausage meat into the batter.
3. Drop small spoonfuls into hot fat and fry until golden brown.

These will puff into balls. Serve with tomatoes.

#### MINCED BEEF (for 3)

½ lb. minced beef      1 large onion  
1 oz. dripping          ½ oz. flour or cornflour  
½ pt. water              Seasoning

1. Skin and slice the onion. Fry until golden brown in the dripping.
2. Add the minced meat and half the water. Cook gently 10 mins. stirring occasionally.
3. Mix the flour to a paste with the rest of the water.
4. Pour into the pan and stir all together over gentle heat for 5 mins.
5. Season well and serve with boiled carrots or boiled tomatoes.

20

#### LIVER DUMPLINGS IN SOUP (for 3)

6 oz. liver              1 oz. suet  
2 oz. flour              1 slice of bread soaked in  
1 small freshly chopped milk (not essential)  
                                 onion      Grated rind of ½ lemon  
Seasoning and a little      1 egg  
                                 grated nutmeg      1 tsp. parsley  
Soup or stock—kidney flavour goes well

#### Method

1. Wash and dry the liver, cut and mix with bread squeezed dry, flour, suet, lemon rind, and seasonings.
2. Add beaten egg gradually until a ball is formed.
3. Divide into dumplings and drop in boiling soup. Boil 15-20 mins.

#### CHEESE FRITTERS (for 6)

1½ teacups of self raising      Seasoning  
flour, or plain flour and      Water to mix  
1 tsp. baking powder      Fat for frying  
1½ teacups of grated      cheese

#### Method

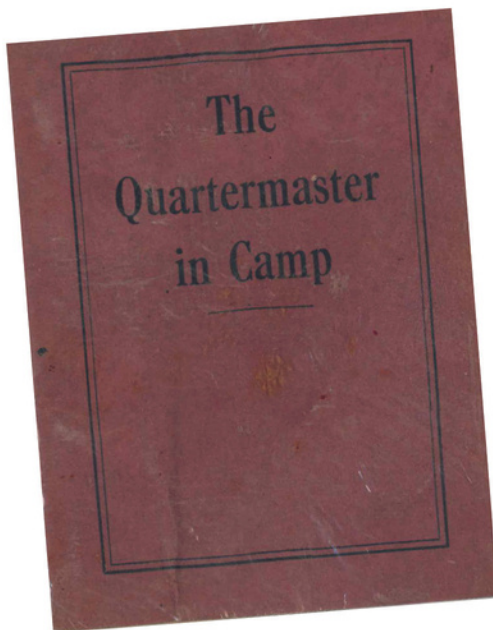
1. Mix all dry ingredients and seasoning.
2. Add water until the mixture is the consistency of thick batter.
3. Melt fat in pan until smoking hot.
4. Put spoonfuls at a time into the fat.
5. Fry on both sides until brown and crisp.

21



# The Quartermaster in Camp

First published 1926  
Reprinted in 1933



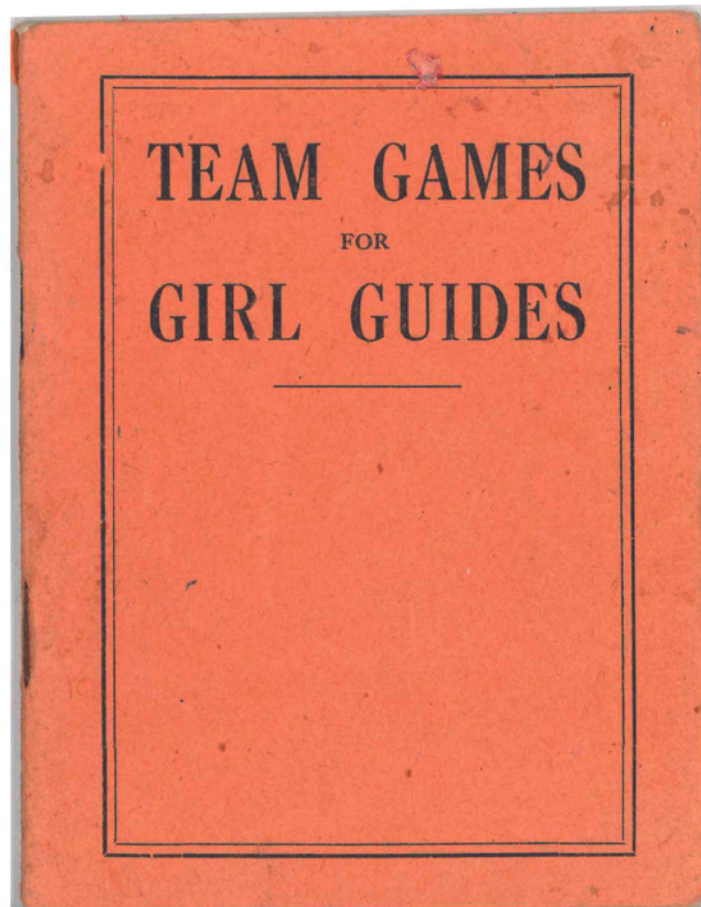
32	33
<b>MENU.</b>	<b>TUESDAY.</b>
<b>FRIDAY.</b>	<b>BREAKFAST</b> Force, fried bacon, bread and butter, marmalade, tea.
TEA .... Tea, bread and butter, jam.	<b>DINNER</b> .... Boiled cod, vegetables, potatoes, mayfield cream.
SUPPER .... Breakfast sausage, salad, cake.	TEA .... Tea, bread and butter, jam, scones.
<b>SATURDAY.</b>	SUPPER .... Scrambled eggs, biscuits.
<b>BREAKFAST</b> Porridge, ham, bread and butter marmalade, tea.	<b>WEDNESDAY.</b>
<b>DINNER</b> .... Boiled beef, vegetables, potatoes, stewed fruit.	<b>BREAKFAST</b> Shredded wheat, kedgeree, bread and butter, marmalade, tea.
TEA .... Tea, bread and butter, jam, buns.	<b>DINNER</b> .... Roast mutton, vegetables, potatoes steamed apples, cornflour.
SUPPER .... French soup, rice and treacle.	TEA .... Tea, bread and butter, jam, salad.
<b>SUNDAY.</b>	SUPPER .... Vegetable soup, cheese dreams.
<b>BREAKFAST</b> Shredded wheat, boiled eggs, bread and butter, marmalade, tea.	<b>THURSDAY.</b>
<b>DINNER</b> .... Cold beef, salad, summer pudding, custard.	<b>BREAKFAST</b> Porridge, boiled eggs, bread and butter, marmalade, tea.
TEA .... Tea, bread and butter, jam, cake.	<b>DINNER</b> .... Sausages, mashed potatoes, vegetables steamed pudding and jam.
SUPPER .... Potted meat, jelly and junket, biscuits	TEA .... Tea, bread and butter, jam, buns.
<b>MONDAY.</b>	SUPPER .... Potted meat, salad, fig jelly, custard.
<b>BREAKFAST</b> Porridge, breakfast sausage, bread and butter, marmalade, tea.	<b>FRIDAY.</b>
<b>DINNER</b> .... Shepherd's pie, vegetables, potatoes, treacle pudding.	<b>BREAKFAST</b> Force, bacon (cold), bread and butter, marmalade, tea.
TEA .... Tea, bread and butter, jam, buns.	<b>DINNER</b> .... Sandwiches, cake. (Eaten in the train).
SUPPER .... Cheese and rice or macaroni, stewed fruit.	

42	43
<b>Belfast Rice.</b>	<b>Another Recipe.</b>
1lb. of rice.	Rind of 3 lemons
$\frac{3}{4}$ lb. of margarine.	Juice of 9 lemons.
$\frac{3}{4}$ lb. of cheese.	1 gallon of water.
Some onions.	Sugar to taste.
Pepper and salt.	Boil the rind for a few minutes, take off the fire, and add the juice and sugar.
Slice the onions and boil in water with the rice till all are well cooked. Drain off superfluous water. Add margarine, grated cheese, pepper and salt. Put back over fire and stir until the cheese melts. Serve hot.	<b>INVALID COOKERY.</b>
Hot lemonade is sometimes popular at night, instead of cocoa.	<b>Arrowroot.</b>
<b>Lemonade.</b>	Mix 1 dessertspoonful of arrowroot <i>smoothly</i> with a little cold milk, boil $\frac{1}{2}$ pint of milk or water, and pour it on, stirring well. Boil for 5 minutes, stirring all the time. Add teaspoonful of sugar.
4 lemons.	<b>Beef Tea.</b>
2 $\frac{1}{2}$ lbs. of sugar.	Cut finely or mince 1lb. of gravy beef, after removing <i>all</i> fat. Put in a jam jar (not glass) with 1 pint of cold water and 1 large teaspoonful of salt, cover well. Place jar in boiling water, and cook for about 3 hours, stirring occasionally. Strain, and remove all traces of grease.
2ozs. of citric acid.	<b>Milk Jelly.</b>
1 quart of boiling water.	Put thinly cut rind of $\frac{1}{2}$ lemon into a pint of very hot milk. Let it stand for 20 minutes, add 1 $\frac{1}{2}$ ozs. of sugar, and $\frac{1}{4}$ oz. of gelatine. Stir until dissolved, take out lemon rind, turn into a basin, and stir occasionally until it is the consistency of thick cream.
Pour 1 quart of boiling water on to the sugar, and grated rind and juice of the lemons. When cold, stir in the citric acid, and strain. Bottle ready to use.	
One pint of syrup makes 1 gallon of lemonade, sufficient for 24 people. The approximate cost is 6d. a gallon.	



# Team Games for Girl Guides

*First published 1922*



## TEAM GAMES.

### 1. Belts and Lanyards.

Patrols stand in files. Place a chair between each file, on the seat put a belt, on the back balance a lanyard. Numbers one pick up belt, run round patrol and hand it to numbers two, who after exchanging belt for lanyard, run round and hand to numbers three, who repeat, until all are back in their original places. Should the lanyard fall it must be re-balanced.

### 2. Winding up the Clock.

Patrols stand in files. Numbers one run round patrol clockwise, as they pass, numbers two catch hold of their belt, and so on until all are linked together and they shunt up to their Captain.

Variation. Make them keep in step.

### 3. Acting Badges.

Patrols stand in files; Leaders face them ten paces away. Each Guide is given a different badge to demonstrate: as soon as the Leader can give the name of the badge, the next girl acts hers, and so on. Points to the quickest patrol.

11

### 4. Legs Out.

Patrols sit in ranks, with their legs stretched out in front of them. When a number is called they jump over the legs up the line, run round the back of their patrol, and jump to their places.

### 5. Zig-zag Up.

Patrols sit in files. When a number is called, the Guide zigzags diagonally in and out of the rest of the patrol, going up the room, but runs straight going down. First to be seated scores for her patrol.

### 6. Attention.

Patrols stand in files. Chalk a line in front over which they must not step. Captain calls out a number. Guides run round post and back to places. First patrol to stand motionless at attention, scores a point.

### 7. Hot Coppers.

Patrols in ranks. Numbers one hold a penny, which must be passed from right to left hand all the way down the line and back.

Variation 1. The end girls run behind their patrols to the top, and again send the penny down the line, continuing, until everyone is back in her original place.

Variation 2. Pass six pennies down the line

## SIGNALLING GAMES.

### 1. Signalling Bump.

Sit the patrols in files. Each Guide is given a letter, Captain signals one of these. First Guide to run round Captain or a post, and sit in her place, wins.

Variation. Do not allow same letters to sit in line; make them run round post and behind patrol to places. Each runs the same distance, and cannot guess her letter by seeing her neighbour run.

### 2. Signalling Eatables.

Captain has a list of eatables, which she signals; periodically she sends an x instead of a letter. For example—bexf, pxum, xicx. The first patrol to fill in the gaps and hand in a complete list, scores a point.

### 3. Jumbled Towns.

Captain signals a jumbled list of letters, which form the name of some town. First patrol to hand in correct town, scores a point.

NOOLND=LONDON

### 4. Fetch.

Captain signals words, such as hat, belt, etc. First patrol to hand in the correct article, scores a point.

### 5. Passing on a Word.

Patrols stand in files, with back to Leader, who stands ten paces in front. At the whistle she calls to number two to turn round, and sends her a word of five letters. As soon as this has been read correctly, two runs to Leader's place, and sends another word of five letters to number three, and so on. First patrol to have each read a word, scores a point.

### 6. Signalling Clumps.

One girl goes out from each patrol, they choose a word, and returning to a different patrol signal the initial letter and number of letters in the word. First patrol to guess the word scores.

### 7. Master and Men.

Captain signals first and last letters of some trade, such as C—T=Chemist. First patrol to guess correctly scores.

### 8. Animals.

Patrols number in files. Captain signals a letter and calls a number, Guide runs up and gives the name of two animals beginning with the letter signalled.

### 9. Signalling Chalk.

Patrols in files, each Guide has a letter in Morse, same letters in each patrol. All shut their eyes while the Captain hides a piece of chalk. She then blows a letter on her whistle, whereupon all with that letter hunt the chalk. Finder gains a point for her patrol.

## COMPASS GAMES.

### 1. Compass General Post.

Mark the N. point on the floor, make chalk dots for the rest of the compass points. Guides stand in circle at the various points, one stands in centre blindfolded. Compass points change places as for General Post. On arriving at a new point the Guide has to remember which it is, at first all points can be lettered on the floor.

Variation. Letters must walk, postcards hop, telegrams run, parcels crawl.

### 2. Compass Directions.

Patrols stand in files. Captain calls out a compass direction, and each Guide either faces or points in the right direction, but must never turn contrary to the sun. Anyone failing to obey must first time hold hand on head, second, stand on one leg, third, sit down.

### 3. Compass Trencher.

Chalk all sixteen points on the floor, Guides stand on these. One in centre with a trencher which she turns, and calls out a point. If the Guide called does not catch it before it falls she loses a life, if she catches it she takes the trencher and calls a point. Each Guide has three lives.

Variation. A—Only the N. point need be chalked. B—the trencher may only be caught with one hand.

### 4. Come North, Come South

Patrols stand in files linked together by holding belts. Captain calls out compass directions—Come North, Come South, etc. Patrols pivot round clockwise, never turning contrary to the sun. First patrol to stand in line, motionless, scores a point.

### 5. Sundial.

Mark N.S.E.W. on the floor, Guides walk round outside circle clockwise. Captain says "I came home from school at 4 o'clock," "I went to bed at 8 o'clock," etc. Guides quickly fall in where they think the sun would be at that time, nearest Guide remains in position. First patrol to get four Guides standing in place scores a point.

### 6. Compass Track or Hidden Treasure.

This game needs preparation beforehand as the orders must be given before starting. The patrols start off on a track to find a treasure, the only help given is by direction and paces. They are told to go 100 yards due E., and there look for hidden sign; hidden sign says "Go quarter-mile N.N.W., then turn due W. 50 yards, and find treasure under the oak tree, etc." The object is to see who can reach the hidden treasure first. Many variations can be made of this game.

### 7. Form Compass.

Each member of the patrol is given a point of the compass to hang round her neck. On the command "Form Compass," each patrol gets into a circle, standing at correct places. First to stand motionless scores a point. Change cards and repeat. First patrol to score six points wins.

# Guide & Brownie Uniforms 1910 - 2001

1910 - 1916	1917- 1929	1930- 1945	1946- 1963	1964- 1980	1980- 1989	1990- 1999	2000- 2016

1914	1915-1920	1920-1934	1935-1966	1967-1990	1990-2001