



NEW TRIER GIRL SCOUT



TOWNSHIP NEWS



Tennis Champion Thinks Game Is Grand for Girls

A hard game for a short time is part of the tennis technique of Helen Wills Moody, reigning queen of the courts. Two sets of tennis a day four or five days a week keep her always keen to play, she recently told Anna Coyle in an interview for readers of *The American Girl*, official Girl Scout magazine for all girls. Mrs. Moody never permits herself to become tired of the game. She usually plays about one or one and a quarter hours at a time.

Mrs. Moody thinks that tennis is a grand game for every girl and especially good during examination time. It is not too expensive, she says, and it has the advantage that it can be played between study periods or after school hours.

"I kept up my tennis all through school, going to classes in the morning and playing in the afternoon," she told Miss Coyle. "In college I found tennis a marvelous balance between mental and physical activities, especially during examinations. Everyone needs a balance of intellectual and out-door pursuits."

Gets Plenty of Sleep

Mrs. Moody, who recently sailed for Europe to participate in tennis tournaments in England and France before defending her national title at home, does not believe in strict training. "It takes part of the fun away if you fuss about the game," she says. "I just try to be sensible about food and sleep. I have my meals regularly and always get from nine to ten hours of sleep. If you have plenty of sleep, you have all of your strength and you can do your best work."

The tennis queen is fond of motion pictures, but she does not attend them when she is playing in a tournament because of the eye strain. For the same reason she does not do much reading when she is playing. She never smokes at any time. On the day of a tournament she has a light nourishing meal well in advance of her match.

Mrs. Moody is described by her interviewer as being poised and gracious, tall and lithe. She is five feet seven and one half inches, and her playing weight is one hundred and thirty-nine pounds. Her face is tanned a becoming golden hue and her blue gray eyes are distinctly alert. The hands that have grasped tennis rackets so successfully, are long and slender with tapering fingers and beautiful manicured nails. She radiates good health and physical fitness.

Drive Is Important Stroke

Mrs. Moody's advice to Girl Scouts and to everyone interested in tennis is to try to develop a good drive, forehand and backhand.

"In choosing a racket," said the champion, "get a handle that fits the hand. Grasp the racket near the end of the handle. In playing, the thing that comes most natural is best suited to the player. The main thing to remember in making all of your strokes is to have a swing to them. Don't be cramped at any time."

Girls to Observe Mother's Day



On Mother's Day the tables are turned and the Girl Scout daughter becomes the hostess-housekeeper prepared to entertain her elders. All through the country in Girl Scout little houses and meeting places Mother's Day will be celebrated with such afternoon tea parties as these two girls are seen giving here.

Troop News

Troop 9

In 1930 the new parish house, belonging to Christ church, Winnetka, was finished. Rooms in it were given for the use of the Girl Scouts and the Boy Scouts. The Girl Scout room is used a great deal by the different troops of Winnetka, but when the spring weather came, the girls of Troop 9 thought it would be fine to have a place out of doors where they could meet.

There is a stretch of vacant land behind the parish house, which we were able to use. It had never been used for a garden before, and it was covered with rough grass, so the first thing we had to do was to get it dug. Was it hard work? We dug and dug and we seemed to make very little progress.

We hardly had courage to go on, but our leader, Mrs. Baker, said we

New Trier Committee Lays Out Camping Site

Several members of the New Trier Camp committee went to Turtle lake last Friday to lay out the camp site for the Primitive camp. Mr. Marsh of Windes and Marsh went with them to help with this planning. In spite of rain, the grounds were laid out and plans made for the well, tent placing and pier. A steak luncheon was cooked over an open fire, and the committee wished that it might stay on a bit longer.

Camp is really in sight girls! If you haven't signed up, you had better do so soon.

must finish what we began, so we kept on, and after two or three Saturday mornings' work with some generous help from Mrs. Baker's son and his friend, we could see that it would be a real garden. We are putting in groups of bushes and have planted many flowers. At one end of it we are going to build a fireplace so we can cook outside.—Nancy Moulton, scribe.

Troop 18

As soon as we all got together, we piled into cars and went to the Evanston forest preserve. When we arrived, we divided into patrols. The Eagles went with Esther Hearne; the Scarlet Tanagers, with Mrs. Clark, the Peachy Peaches, with Mrs. Hearne, and the White Pines, with Mrs. Grilly. When we had begun eating apples and Graham crackers, we started out.

Among the things we saw were a rue anemone, a wood anemone, a dog-tooth violet, spring cress, hepatica, blood-root, wake robin, wild phlox, may apple, snake and a bee. We saw a downy or hairy woodpecker—we were not sure which it was. After this last thing, we walked across the rails over the river and drove home.

Troop 24

Monday, we opened our meeting with a few games. Then we had signaling, and the other patrol took the message. After signaling, which took quite a while, we had flag ceremony and formal investiture. The girls invested were Mary Margaret Derum and Emily Kohl. After that we sang songs and closed with "Taps."—Sally Adams, scribe.

Camp Authorities Give Some Rules for Fire Building

"It takes a fool to make a fire," is an old adage that may possibly account for the forest fires that were started so many times by thoughtless campers. It is an adage that has no place in Girl Scout folk lore, however, for there are many types of fires for the Girl Scout camper and many rules for her to remember.

The most important rule is "be sure the fire is completely out and covered with water and wet soil before you leave it." To be quite sure that it is out, Girl Scouts are further advised by their national organization "where there are no glowing coals and the palms of the hand may be placed against the remains of the fire without discomfort, the fire is safely out."

When Girl Scouts do remember what they have learned about fire making and the cleaning up process afterwards, a stranger coming to the spot should not be able to recognize any signs of a fire.

Girl Scout camp experts have learned that in the selection of wood for fires, dead branches from the lower limbs of trees, or standing wood is better than wood found lying flat on the ground, because it is more apt to be dry and less apt to be rotten. If the wood snaps when it is broken, it is good fuel. If it bends, but does not break easily, it is too green. If it crumbles, it is rotten and without fuel value. Split wood burns better than whole logs.

Hardwoods for Lasting Coals

They recommend the following hardwoods for lasting coals: hickory, green or dry; locust, good for a night fire; oak, birch, beech, hard maple, black walnut, pecan, eucalyptus, mesquite, white ash, apple, or yellow pine.

Softwoods for kindling or for quick cooking fires that are rapidly consumed and burn to ashes without leaving any coals include: seasoned chestnut; yellow poplar; basswood; pines; pitch pine, if dry; soft maple; cottonwood, quaking aspen; sycamore and buckeye, when thoroughly seasoned. Northern poplar (large toothed aspen) gives an intense heat, with little or no smoke, lasts well, and does not blacken the utensils; red cedar has similar qualities. Dry corn cobs and cattle chips make good fuel.

Good tinder for starting fires includes: red cedar bark; white cedar bark; inner chestnut bark; inner elm bark; spruce needles; milkwood silk; bundles of dried weeds; fuzz sticks; old bird or field mouse nests, when deserted. Pine cones and shavings of fat pine are good.

In building a fire, Girl Scouts are warned to clear a spot before laying a fire, to avoid spreading, and to observe the direction of the wind and leave plenty of space for air.

AWAIT MOTHER GOOSE

Mother Goose is coming to town—just to visit the Brownie Scouts. She is to be here Saturday, May 21, and her many pockets will be full of surprises for all Brownies. Remember to save May 21 for the Mother Goose party!