

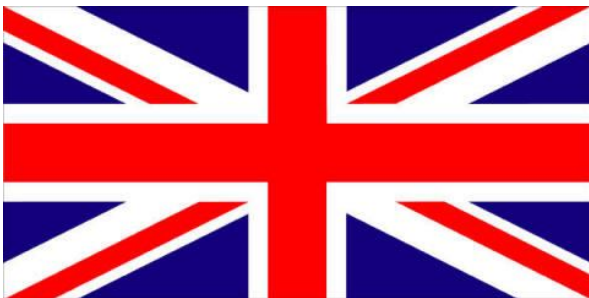
United Kingdom

The United Kingdom is made up of 4 countries; England, Wales, Scotland and Northern Ireland. Our country has a democratic system of government and a monarchy. Our Queen is Elizabeth II. Girl Guiding UK has always had tight links with our monarchy as Princess Mary became president in 1920, our Queen was enrolled as a Guide in 1937 and our current president is HRH Sophie Wessex.



Girlguiding UK

girls in the lead



The Guiding movement began in 1909 when Baden Powell held a Boy Scout rally at Crystal Palace in London. A group of young women turned up and demanded to take part. This gave him the idea to develop a programme for the Girls as well as the Boys. Our Centenary in the UK is from 2009 to 2010.

The Union Flag is the flag of the United Kingdom. The flag is made up of crosses from England, Scotland and Northern Ireland. In the background is the blue and white cross of Saint Andrew, the patron saint of Scotland. Then comes the red and white cross of Saint Patrick of Ireland. Followed by the red and white cross of Saint George of England. Wales patron saint is Saint David and the Welsh are currently in a legal battle to have part of his black and yellow flag added to the Union Flag. Our flag is only called the Union Jack when it is flying on a ship at sea.

The Guide Promise is

I promise that I will do my best:
To love my God,
To serve the Queen and my country,
To help other people and
To keep the Guide Law

Girl Guiding UK is made up of four sections. These are Rainbows (ages 5-7 years), Brownies (ages 7-10 years), Guides (ages 10-14 years) and Senior Section (ages 14-26 years). You can also be an adult leader from the age of 18 and a member of the Trefoil Guild too.

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Why do you bake a traditional Apple Crumble.

Crumble: 8 oz Plain White Flour, 4 oz Butter, 2 oz sugar. Pinch of salt.

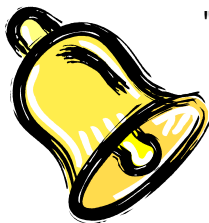
1. Sift flour into large bowl with the salt, add the butter and rub with fingers until well mixed and crumbly. 2. Add the sugar and rub a little to mix it in. Apple Sauce: 4 or 5 Large apples, Water (half a cup perhaps) Some Sugar (perhaps around a tablespoon). 1/4 tsp Cinnamon

Sauce Method: 1. Peel and core the apples. 2. Chop into chunks and put into a pan with the water and sugar 3. Add the cinnamon and any other spices you desire (nutmeg, cloves, etc) 4. Bring to the boil, then lower, cover and simmer on low heat for about 20 mins, or half an hour. 5. When the sauce is gloopy taste it and add more sugar if desired. If too thin, cook with cover off until reduced slightly. If it gets too thick, add more water. Pudding Method: 1. In a greased (with butter) oven-proof bowl, put the apple sauce. 2. Sprinkle the crumble on top and press down lightly with the back of a fork. 3. Sprinkle with a little sugar on top. 4. Place in oven at about 180oC (350oF) for about 20 to 30 minutes, or until slightly golden on top.



George and the Dragon Game

Choose one person to be George and one to be the Dragon. All the other players stand with linked arms in groups of three. George has to chase and capture the Dragon but the dragon can hide by linking arms with ones of the groups. This makes the player at the other end of the chain the dragon. If George does capture the dragon the roles are reversed and the game continues.



ORANGES AND LEMONS Nursery Rhyme Game

"Oranges and lemons" say the Bells of St. Clement's
"You owe me five farthings" say the Bells of St. Martin's
"When will you pay me?" say the Bells of Old Bailey
"When I grow rich" say the Bells of Shoreditch
"When will that be?" say the Bells of Stepney
"I do not know" say the Great Bells of Bow
"Here comes a Candle to light you to Bed
Here comes a Chopper to Chop off your Head!

How to Play; 2 children make an arch with their arms and the rest of the children make a circle which goes through the arch. The ring of children go through the arch till the end of the song. The children who make the arch bring down their arms and catch the child within.

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What is a Licorice Allsort?

A Licorice Allsort is a confectionary made of different flavours, shapes and colours of licorice that is popular in the United Kingdom.

These lollies are usually made of licorice, sugar, coconut, aniseed jelly, fruit flavourings, and gelatine. Bassett's is the company who first made them and they use the story of their creation in their marketing. In 1899, Charlie Thompson, a sales representative, supposedly dropped a tray of samples he was showing a client in Leicester, mixing up the various sweets. He scrambled to re-arrange them, and the client was intrigued by the new creation. Quickly the company began to mass-produce the allsorts, and they became very popular.



Licorice Allsort jewellery

Why not get different coloured and shaped beads and make your own licorice jewellery. Layer the beads on top of each other so that it looks like a chain of Licorice Allsorts!

Licorice Allsort slice recipe

Melted butter, to grease; 125g butter, chopped; 160ml (2/3 cup) sweetened condensed milk; 1 tbs golden syrup; 1 x 250g pkt plain sweet biscuits (such as Marie), crushed;

45g (1/2 cup) desiccated coconut; 1 x 375g pkt licorice allsorts, coarsely chopped; 200g dark cooking chocolate, chopped; 30g coph

Brush a 19 x 29cm (base measurement) lamington pan with melted butter to lightly grease. Line the base and sides with non-stick baking paper, allowing it to overhang slightly. Combine the butter, condensed milk and golden syrup in a medium saucepan over low heat. Cook, stirring, for 5 minutes or until butter melts and mixture is smooth. Transfer to a large heatproof bowl. Add the biscuits, coconut and licorice allsorts and stir until just combined. Press the mixture into the base of the prepared pan and set aside for 30 minutes to set. Place the chocolate and coph in a heatproof bowl over a saucepan half-filled with simmering water (make sure the bowl doesn't touch the water). Use a metal spoon to stir over low heat until chocolate melts and mixture is smooth. Pour the chocolate mixture over the slice in the pan. Place in the fridge for 1 hour to set. Cut into squares to serve.

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British Cream Tea

History

Tea consumption increased dramatically during the early nineteenth century and it is around this time that Anna, the 7th Duchess of Bedford is said to have complained of “having that sinking feeling” during the last afternoon. At the time it was usual for people to take only two main meals a day, breakfast, and dinner at around 8 o'clock in the evening. The solution for the Duchess was a pot of tea and a light snack, taken privately in her boudoir during the afternoon.

Later, friends were invited to join her in her rooms at Woburn Abbey. This summer practice proved so popular that the Duchess continued it when she returned to London, sending cards to her friends asking them to join her for “tea and a walking the fields”. Other social hostesses quickly picked up on the idea and the practice became respectable enough to move it into the drawing room. Before long, all of fashionable society was sipping tea and nibbling sandwiches in the middle of the afternoon.



Scone recipe

3 cups plain flour; 6 teaspoons baking powder; ¼ teaspoon salt; 50g butter; 1 ¼ cup milk; Extra milk

Sift flour, baking powder and salt into a bowl. Cut butter in until it resembles fine breadcrumbs. Add milk and mix quickly to a soft dough with a knife. Lightly knead. Lightly dust an oven tray with flour. Press scone dough out onto this. Cut into 12 even-sized pieces. Leave a 2cm space between scones. Brush tops with milk. Bake at 220°C for 10 minutes or until golden brown.



Ettiquette

Tea cups with a handle are held by placing your fingers to the front and back of the handle, with your pinkie (fifth finger) up in the air. This allows for greater balance. ‘Pinkie up’ does not mean straight up in the air, but slightly tilted. This is not an affectation, but a graceful way to avoid spills. Never loop your fingers through the handle, nor grasp the vessel bowl with the palm of your hand. Do not stir your tea. Place your tea spoon at the six o'clock position and softly fold the liquid towards the twelve o'clock position two or three times. Never leave your tea spoon in your tea cup.

When not in use, place your tea spoon on the right side of the tea saucer. Never wave or hold your tea cup in the air. When not in use, place the tea cup back in the tea saucer.

Tips

Tea is usually taken between 3 and 5 o'clock in the afternoon.

The Devonshire method on how to eat a cream tea is to split the scone in two, cover each half with clotted cream, and then add strawberry jam on top.