



Hats off to Girl Scouting

100 Years of Scouting: 1912 – 2012

All Grade Level Patch

Welcome to the world of Juliette Low. Life 100 years ago was very different from our experiences today. We hope you enjoy going back in time as you earn this patch and learn what life was like for Juliette Low and the first Girl Scouts in the United States.

Complete the following requirements listed.

Daisies and Brownies - Complete all starred items plus three additional activities

Juniors – Complete all starred items plus five additional activities

Cadettes, Seniors and Ambassadors – Complete all starred items plus seven additional activities

Juliette Low and the Girl Scouts

- *1. Learn about Juliette Low and how she started Girl Scouting. Watch “The Golden Eaglet” movie. How has Girl Scouting changed? How has Girl Scouting stayed the same? Try running one meeting as the first Girl Scouts did. “The Golden Eaglet” video on You Tube - http://www.youtube.com/watch?v=5pks_Ah2Q88 (Part 1)
<http://www.youtube.com/watch?v=DT6ZPSUK-ww> (Part 2)
2. Interview three women who were past Girl Scouts. What were their Girl Scout experiences like?
3. Look through one of the early Girl Scout handbooks and find out how the Girl Scout Promise and Law have changed.

Homemaking

- *1. Girl Scouts in Juliette Low’s days were expected to do all the tasks required to keep a household running smoothly. Borrow a copy of the handbook “Scouting for Girls” (1926), one of the earliest Girl Scout handbooks, and read the instructions for Dish Washing, p.177 and Taking Care of Rooms, p 117-121.
2. Try two or more of the following “chores.”
 - Make bread (without using a bread machine), soap, candles or candy.
 - Mend a clothing item by hand.
 - Wash clothes by hand and air-dry them.
 - Preserve fruit or produce by canning it in jars.
 - Make and preserve jam or jelly.
 - Make ice cream in an old-fashioned ice cream freezer.
 - Make butter by rolling or shaking cream (non-pasteurized, room-temperature works best) in a jar until the butter forms.
 - Make popcorn over a campfire using a wire basket popper (if available) and make some popcorn balls.

Health and Safety

- *1. Girl Scouts have always been interested in healthy habits. Why is exercise important? Take a brisk walk around your neighborhood, nearby park or at a school track five times in one week.
2. In the 1926 Girl Scout handbook, read p. 121 about Fighting Germs and how they dealt with House Flies and Mosquitoes. What do we do differently today?
3. In Juliette Low’s days, it was thought that windows should always be opened up to let fresh air blow through the house. Try doing this in your bedroom for a week to see how you like it. Read pages 66-69 of the 1913 Girl Scout handbook “How Girls Can Help Their Country.”
4. Demonstrate good posture, both sitting and standing. Why is this important?

5. Learn basic first aid for simple cuts and bruises.
6. Learn what to do in case of an emergency.

Nature/Out-of-Doors

- *1. Visit a park near you. Learn the names of the trees or flowers that are new to you.
2. Make a list of at least three uses of trees.
3. Participate in a bird count (nationwide Audubon count in December; a breeding-bird count in the spring; or the Great Backyard Bird Count in February).
4. Learn to make trail signs the way Juliette Low taught girls. Create a trail for others to follow and see if they can find their way using those signs.
5. Make and erect a bird house or bird feeder.
6. Know how to use a saw, an axe and a hatchet safely.
7. Learn four things that must be considered when choosing a camp site.
8. Cook a simple meal over a campfire, using only 2 matches (remember to have a camp trained volunteer present).
9. Learn about the two major constellations which are always visible in the Northern skies. What are they? Find one legend about them.

Arts, Music, Crafts, Drama, Literature

- *1. Learn four traditional Girl Scout songs: "Make New Friends," "Girl Scouts Together" and "Each Campfire Lights Anew" plus one other of your choice.
2. Write a letter to a pen pal.
3. Embroider a sampler, using cross stitch.
4. Embroider initials on an ornament.
5. Learn and demonstrate three folk dances.
6. Write an original short story, essay, play or poem.
7. Play "Charades."

International Friendship

- *1. From the beginning, Juliette Low wanted girls to be a friend and sister to Girl Scouts and Girl Guides all over the world. Learn about World Thinking Day. When was it started and why? What do Girl Scouts and Guides do on World Thinking Day?
2. Help plan a Thinking Day program for your troop or service unit.
3. Learn about the Four World Centers and where they are located.

Communications

- *1. One of the biggest differences between Juliette Low's era and ours is in the area of communication. Electricity and telephones were just starting to be used. To see what a difference this would make, spend one whole evening without using any electronic devices (except a regular lamp). This includes no battery operated items. What difference does this make in your life? How did people in Juliette Low's time communicate?
2. Learn how to say "Help!" in Morse Code.
3. Learn Morse Code and try communicating with someone using this system.
4. Look in an old Girl Scout handbook and find out how to send messages using a semaphore system. Make some semaphore flags out of paper and practice sending signals.

Community, Citizenship and Service

- *1. Hold a flag ceremony. Learn how to retire the flag properly.
2. Learn the words to our National Anthem "The Star-Spangled Banner."
3. Hold a costume party of great Americans in which participants come dressed as a famous person and see if others can guess who they are.
4. What does a person have to do to be considered a citizen of the United States?
5. Earn the citizenship badge at your level of Scouting. (Requirements are located under Legacy badge section in the Girls Guide to Girl Scouting)
6. Hold a recycling drive.
7. Do a service project.



Name _____ Date _____

This is what I did to earn the Hats off to Girl Scouting Patch.

Juliette Low and Girl Scouts

Homemaking

Health and Safety

Nature/Out-of-Doors

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Scouting for Girls—1926 Girl Scout Handbook

I. The Home Maker—pages 117 to 12

Dish Washing

In making ready for dish washing scrape every plate carefully to remove crumbs that would get into the dish water. Try using crumpled tissue paper to remove milk, grease, or crumbs before the dishes are put into the pan. Save tissue paper, and paper napkins for this.

Pile in separate piles, all the dishes of each sort; wash the rest; do not put bone, ivory or wooden handles of knives into the water. Use hot water and soap for dish washing, then rinse with clean hot water.

Dish towels should be cleansed after every dish washing; wash clean in hot soapy water, then rinse all the soap away in clean water. Cooking utensils should soak in cold water until time for dish washing, unless they can be washed as soon as used.

Use a tray for carrying dished to the closet or pantry instead of travelling with a handful back and forth. Strain the dish water before pouring it down the sink. Let the grease rise and cool; skim it off and dispose of it after the dishes are washed.

Taking Care of Rooms

Keeping a house in order means having everything in its place in every room. It means sweet, fresh air in every room; it means removal of dust and litter. A good housekeeper "tidies" her rooms as she goes along, always picking up anything that is out of place and putting it where it belongs. But she also has a method in doing things. Perhaps she sweeps the entire house every day or every other day, or perhaps she puts one room in order on one day and another on another and so on. The important thing is to have a regular plan.

The Living Room

Taking care of a living room means cleaning the floor and the rungs; dusting the walls, the pictures; cleaning, dusting and sometimes polishing the furniture. Open the windows top and bottom, dust and brush them inside and out; use a soft brush or a dust mop to take the dust from the floor. Use a carpet sweeper for the rugs unless you have electricity and can use a vacuum cleaner; collect the sweepings and burn them.

Dampen one quarter of your cheese-cloth duster and roll it inside the rest of the duster, then wring. This makes a dampish cloth for dusting the base-boards, window sills, and other woodwork as well as the furniture. Where the furniture is highly polished, or would be injured by water, use oil on the duster instead. Dust after the dust has settled, not when it has been stirred into the air. Shake and replace doilies or covers.

Be sure that the pictures hang straight after dusting and that every piece of furniture is put in its right place. See how long it takes to clean the room; then study to find out how the time can be shortened.

Do not keep useless furniture nor have too many things in your room.

The Bathroom and the bath tub require daily cleansing. In the ordinary family every one who uses the tub should leave it perfectly clean for the next one who needs it. All the furnishings of the bathroom should be kept sweet and clean. Use a flush closet brush daily, scalding it after using it. and remember that fresh air and sunshine are cleansing agents. Get them to work for you.

The Bedroom. Your bedroom needs all the fresh air it can get. The Girl Scout sleeps with her windows open. As soon as you have dressed in the morning throw the windows wide open again, if they have been closed. Open the bed, so that both sheets may be reached by the fresh air. Shake up your pillows and put them on a chair near the window. Leave your night clothing spread or hung where it will be well aired. Let your room have a fresh air bath!

You know already how to make a bed. You will remember that all the bedclothing must be smooth and even, when the bed is made. You are lucky if you have a sister to help you make your bed, for this piece of work is easier for two than for one. You will see that the mattress is lying straight. Once a week you (the two of you) will turn the mattress, end over end one week and side over side the next week. Then your mattress will wear evenly, and not have a hollow in the middle where you sleep all the time. Then you two will lay the mattress cover straight, and tuck it in firmly, so that you will have no hard wrinkles to sleep on. The under sheet, smooth and straight, must be tucked in all around. You will make the bed as smooth as the table. Now the upper sheet, which is the hardest thing to manage in bed making, must be neatly tucked in at the foot. Then you may choose between tucking in the sides after folding the top sheet down over the blankets, and afterwards covering the whole bed with the spread, letting the sides and ends hang down; and laying the spread even with the blankets, tucking in the sides, and turning down the sheet over all. Try both ways.

Now, shake and pat the pillows, making them very smooth and quite square-cornered; then lay them or stand them neatly at the head of the bed, meeting exactly in the middle; and your bed is fit for a queen, or a tired Girl Scout after a tramp!

With the bed neatly made, everything must be put in its proper place. The furniture and window sills must be dusted with a clean cheese-cloth duster; and the bare floors must be nicely dusted with a dry floor-mop, or a cloth

pinned over a broom. If there are rugs, use a carpet sweeper, if you have one, or a broom. If you do any broom sweeping, however, you will do it before you dust.

Now a last look to see that the room is tidy, every chair in place and the shades even at the windows, and your room is ready for the day. Of course any Girl Scout who wants a Homemaker's badge will do all these things; - not guess or suppose how others do them and how long it takes. That is the honest way to learn. So find out how long it takes to put your room in order. There is only one way to find out.

Fighting Germs

Keeping clean in these days means keeping free from troublesome germs as well as visible dirt. Germs thrive in dampness and darkness. They can be overcome by sunshine. For thorough cleanness, the house needs fresh air and sunshine as well as sweeping and dusting. The Girl Scout must remember to let the fresh air blow through every room in the house every day. She should sleep with her windows open. She is fortunate if she can sleep out of doors.

Of course she is in honor bound to have no dark, damp, hidden, dirt-filled corners in any part of her house, not even in shed or cellar. Let in the light and clean out the dirt.

Fighting the House Fly and Mosquito

House flies carry disease. They breed in filth, human waste, animal droppings, decayed animal or vegetable matter, and are so made that they carry filth wherever they go. Since the fly alight wherever it pleases, it carries dirt from outside and distributes it wherever it CHOOSES.

Clean up all heaps of rubbish where flies may breed. Keep your garbage pail absolutely clean. Disinfect outdoor water-closets and cover with gravel or slacked lime. Get fly traps to set on your porches. Kill all flies that come into the house, especially the early ones, in the spring. Keep your windows and doors screened.

Fight mosquitoes just as you fight flies. Leave no still water even in a old tin can, for the eggs of mosquitoes are deposited in still water and hatch there. The mosquito, like many other insects, has an intermediate stage between egg and the grown mosquito. During this stage it swims about in quiet water. Mosquitoes in great numbers may be growing in old cans or bottles, rain-filled and hidden away under the bushes in your yard. Watch for such breeding places; clean up your yard and banish the mosquito.

How Girls Can Help Their Country—1913 Girl Scout Handbook

Part III Home Life - pages 66 to 69

Sanitation

Girl Scouts should do everything in their power to make and keep their homes healthy as well as happy.

Most of you cannot choose your own dwelling, but whether you live in a house, a cottage, a flat, in rooms, or even in one room of a house, you can do a very great deal to keep it healthy and pure.

Fresh air is your friend; it will help you to fight disease better than anything else. Open all your windows as often as you can, so that the air may get into every nook and corner. Never keep an unused room shut up. You know what a stagnant pool is like – no fresh water runs through it, it is green and slimy, and full of insects and dead things; you would not care to bathe in it. Well, still and stuffy air in a house is very much worse, only, unluckily, its dangers cannot be seen, but they are there lying in ambush for the ignorant person. Disease germs, poisonous gases, mildew, insects, dust, and dirt have it all their own way in stale, used-up air.

You do not like to wash in water other people have used, but it is far worse to breathe air other people have breathed. Air does not flow in and flow out of the same opening at the same time any more than water does, so you want two openings in a room – an open window to let the good air in, and a fireplace and chimney to let the staler air out, or where there is no fireplace, a window open both at the top and bottom. The night air in large towns is purer than the day air, and both in town and country you should sleep with your window open if you want to be healthy. Draughts are not good, as they carry away the heat from your body too fast; so if your bed is too near the window, put up a shelter between it and the open window, and cover yourself more. At least one window on a staircase or landing should always be kept open, and also the larder and the closet windows.

Tidiness

Motto: "Tidy as you go."

Half your time will be saved if little things are kept tidy. Have a place for everything, and have everything in its place. If you are not sure which is the right place for a thing, think "Where, if I wanted it, should I go to look for it?" That place is the right one. Get into the habit of always making a hank of any string you get, and collect them.

War must be waged against rats and mice, or they will invade you and loot everything. If you have no mouse-traps put a newspaper over a pail of water, break a hole slightly in the center in the form of a star, and place a bit of herring or cheese on the center tips of star to entice the mouse. Let the paper reach to the floor not too upright, for the mouse to climb up. Try putting broken camphor into their holes; they dislike the smell. Fly and wasp traps are made by tying paper over a tumbler half-filled with water and beer or treacle. Break a hole in the paper, and fit in a tube or rolled paper about one inch long and one inch across.

Try to keep yourself neat, and see that the house you live in is clean, sweet, and pleasant.

The Woodpecker

When you find that the ground round a tree is strewn with tiny chips of wood you may know at a glance that a woodpecker is making her nest there. The woodpecker chips away the bark and makes a deep hollow in the trunk. But she has sense enough to know that the chips which fall are tell-tales, so you may see her making efforts to tidy up the place, and in the end she will go to the trouble of flying away with every little chip and scrap in her beak to a distance, so that no enemy can see that she has been cutting a hole in that tree.

Damp is never healthy, but you can prevent it to a great extent by letting plenty of fresh air go through your house and rooms which have been shut up.

When you see signs of damp, try to find out the cause; it may be put right. A pipe or gutter may have got blocked, or there may be a loose slate, or the water pipes may be leaking.

In countries where there are mosquitoes people are very careful not to allow any water to lie near their houses, for the poisonous mosquito breeds in stagnant water. Sunflowers planted near a house help to keep the soil dry; also low bushes and plants. Consumption and other deadly disease germs flourish in damp, ill-aired houses.

Sunlight is a great health-giver and disinfectant, and the more of it you have in your house the better. Long ago people used to shout out the sun and air for fear their curtains and carpets would fade, but it is far better that the sun should fade your curtains than that the darkness should fade you. Cases of consumption are rare in dry, sunny houses.

Nurseries and bedrooms should have plenty of morning and midday sun.

Cleanliness in every part of the house is most necessary especially kitchens and larders. Do not let dust or rubbish collect anywhere, behind furniture or pictures, under beds, or in cupboards. If we realized what horrid things we may collect from pavement or street dust on our skirts and boots, we should be much more careful about the dusting of our rooms.

Do not allow dogs, cats, or birds to be where they can touch your food or your cooking utensils; animals have

disease too. Flies, gnats, and fleas are most dangerous pests; they feed on decayed and diseased things, and may carry poison on their feet, and leave it on your food. Keep them out of your kitchen and larder. Any bad smell in a house is a danger signal; find out its cause, and get rid of it.

Be sure your drinking water is pure. If you are at all doubtful about it boil it well – that is, for not less than fifteen minutes. Water cisterns should be often cleaned out. See that all drains, sinks, and closets are in good order. A very poisonous gas called sewer-gas comes from bad drains, and typhoid, diphtheria, etc., are caused by bad drinking water and bad drainage. The gas does not come up if there is a “trap” full of water in the pipe; that is a curve in the pipe where water collects. Let water run down all sinks once or twice a day to rinse the pipes. To sum up, Mrs. Benson says: “Remember that nearly all the dangers to health in a house or room begin with a D, and these dangers or destroyers are:

- “Darkness,
- “Damp,
- “Dust,
- “Doubtful drinking water,
- “Defective drains.”

Against these destroyers, which bring debility, disease, and even death, the Scouts’ defences are:

- “Sunlight,
- “Fresh air,
- “Cleanliness.”