

1920-2020

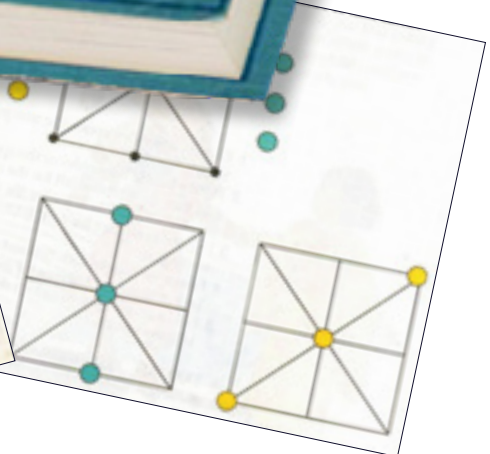
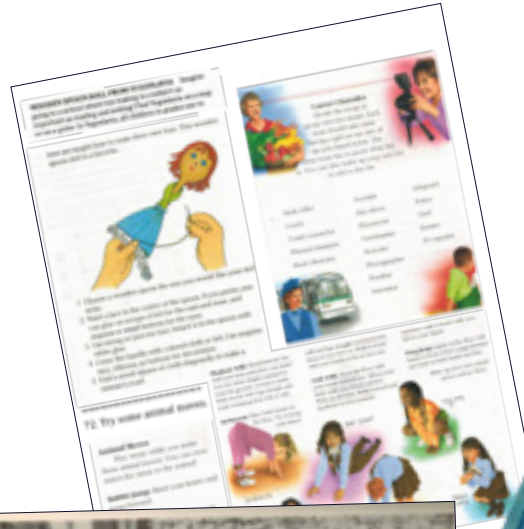
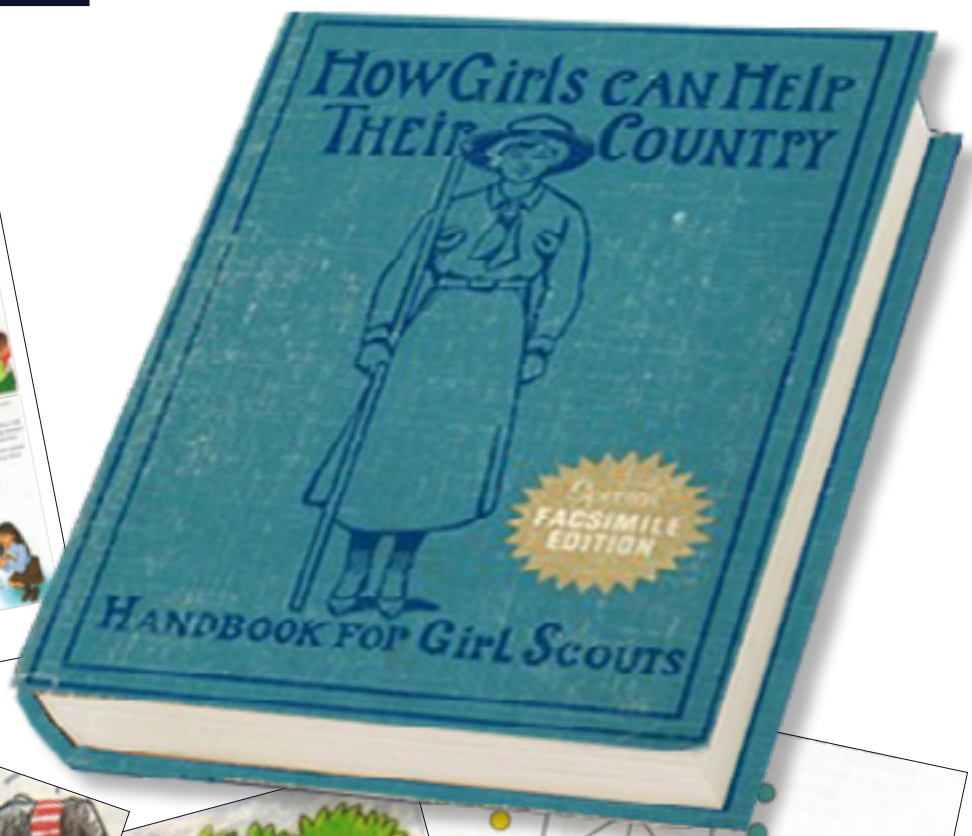
100
YEARS

Girl Scouts of Utah

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CENTENNIAL
PATCH PROGRAM 2020



Girl Scouts have been making the world a better place in Utah for 100 years! Experience what it used to be like to be a Girl Scout as you explore some badge requirements from each decade. To earn an exclusive centennial patch, complete a total of 50 requirements including least one in each of the 10 categories. All directions and explanations needed can be found on our website [HERE](#).

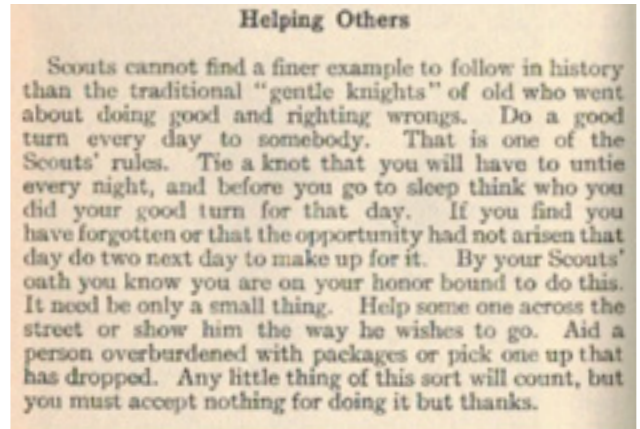
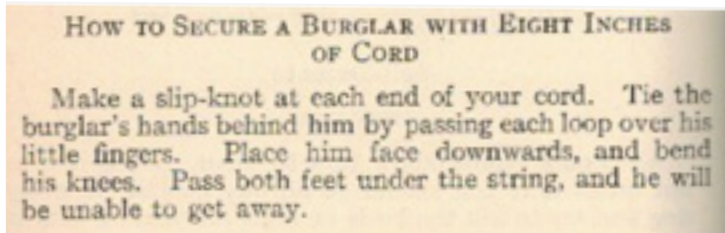
See pages [32-33](#) on this PDF to see full list of requirements. Complete the Council Patch Program form on [this page](#) when you are ready to claim your patch.



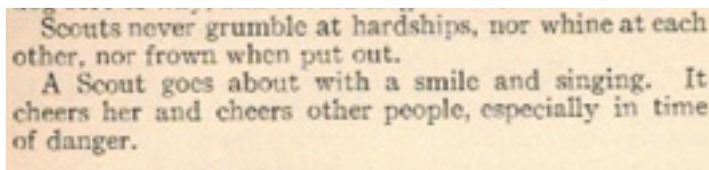
Special thanks to Sandy Hunsaker for her great ideas and many hours spent researching to create this centennial keepsake.

1913

1. Secure a burglar with eight inches of cord.
2. Follow the tradition of a “gentle knight.”

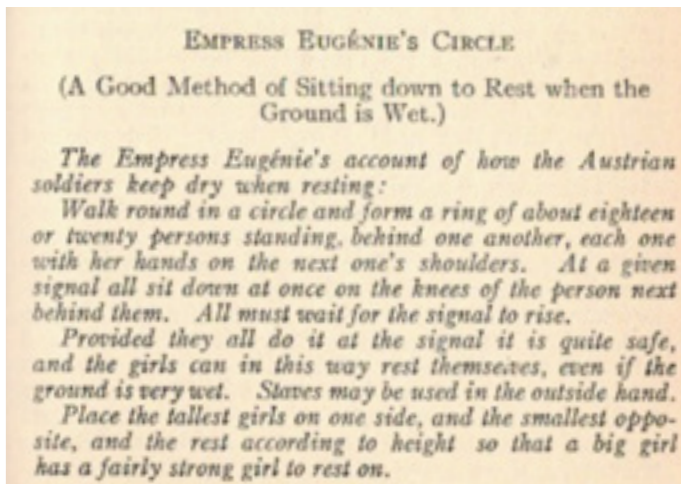


3. Be cheerful - never grumble - read explanation.

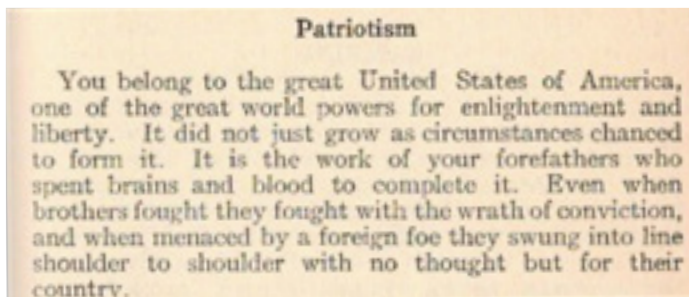


1913

4. Make an Empress Eugenie's Circle.



5. Know the name of the governor of your state.

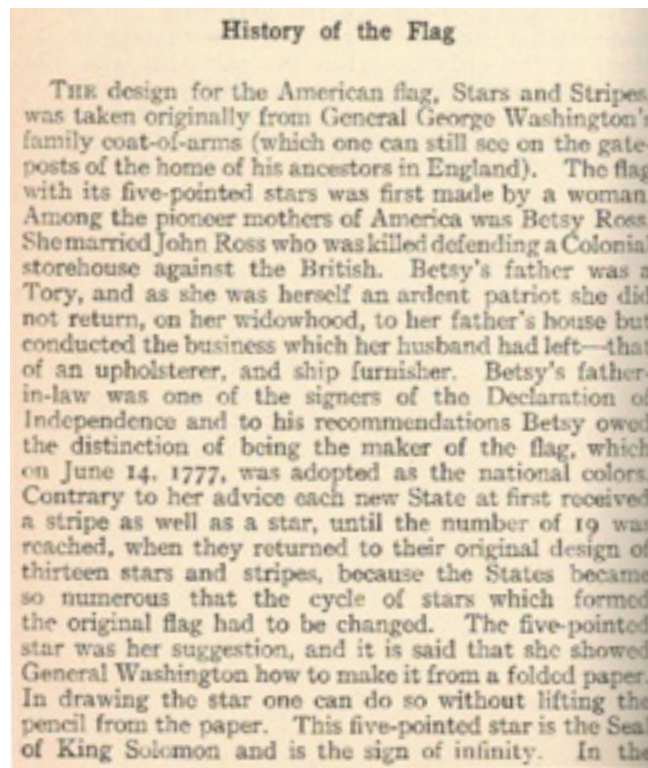


8. Learn how to thread a needle.



6. Know the name of the mayor of your city.

7. Make a five pointed star from a piece of paper.



1913

9. Picture washing clothes in 1913 and compare to now.



10. Learn how to count the beat of your pulse.

Beat of Pulse per minute

Pulse beat for normal person:
Infant before age of one year, 130 to 115 beats per minute.
Infant up to two years of age, 115 to 130 beats per minute.
Adult, 70 to 80 beats per minute.
Adult in old age, 70 to 60 in normal health.



1920s

11. Make a recipe from 1920s camping recipes.

SCOUTING FOR GIRLS 205

desirable tree. Cut off the piece or pieces of root desired, wash and shave pieces into the water. Bring to a boil and sugar to taste.

Bread Twists or "Doughboys"

2 sticks 2 ft. long and 1/2 inch thick or	1 cup flour
1 large stick size of rolling pin	1 tsp. baking powder
	2 tbsp. fat
	Pinch of salt
	Water (little)

Mix flour, baking powder and salt. Work in the butter with a knife or stick (or clean fingers) and add water to make a stiff dough. Mold the dough into a ribbon about 2 inches wide and as thick as your little finger, and wind it spirally around the peeled stick which should be hot and dusted with flour. Pinch the dough together at each end to prevent it from unwinding. Toast it in front of the hot coals, turning it as required. As soon as the dough has "set" on the outside, bake it slowly. When done, the twist should be slipped off the stick easily. Butter the inside and put jam into the hole.

Komac Stew

Frying pan	1 small can tomatoes, or
Knife	4 large fresh tomatoes
Board	3 eggs
	2 onions
	1 green pepper
	4 tsp. butter,
	salt and pepper
	8 slices toast or crackers.

Melt butter in pan. Peel and slice onions and fry until pale brown in the hot fat. Add the tomatoes (if ripe

peppers (washed, seeded, and diced). Cover and let the mixture stew slowly for half an hour with frequent stirring. Season to taste, and add the eggs, one by one, stirring all the time. Serve at once on toast or crackers. If the fire is too hot the stew will curdle, which is not particularly attractive but does not affect the general lusciousness of the stew.

Squaw Corn

Frying pan	8 slices of bacon
	8 ears of green corn or 2 cans of corn
	3 onions
	salt
	8 slices of toast or crackers.

Fry out the bacon. Peel onions and slice thin, and fry to light brown. Add corn (if green corn is used, cut from cobs) and salt to taste. Fry until brown and serve on toast or crackers.

Kabobs

8 green peeled sticks of sweet, tasteless wood	1 1/2 lb. beefsteak
1 knife	8 slices of bacon
1 board	2 onions
	salt

Cut beef into one inch, one half inch thick cubes. Peel and slice onions. Cut bacon into squares. Thread the pieces of steak, bacon and onion alternately on the sticks, pushing them close together. Quickly sear, close to the hot coals. Then separate and cook more slowly until done. Salt to taste.

Note: Slices of apple and potato and carrots may be used also.

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Little Pig Potatoes

Corer or Girl Scout knife 8 medium sized potatoes
8 links of little pig sausages

Cut a core out of the center of a rather long potato, stuff a small link of sausage in the hole and close both ends with pieces of the potato core. These cores may be removed toward the last if you want to let the sausage brown a bit. Bake in ashes.

Roasted Apples

8 peeled and pointed sticks 8 large apples
Girl Scout knives 8 marshmallows or equivalent amount of raisins
brown sugar

Core apples part way through. Thrust one end of the stick into the ground, and on the other end near the fire, impale the apples through the remaining section of core. Roast very slowly turning the apple from time to time. When partly roasted, fill the hole with marshmallows or raisins. Eat with brown sugar.

Note: Marshmallows and raisins will probably be lost if put into the apples at the beginning of the roasting. Apples are delicious when roasted without being stuffed.

"Angels on Horseback" or "Gallopig Guinea Pigs"

8 sticks 1 lb. cheese
1 knife 16 bacon slices
1 board 8 split rolls with lettuce

Cut the cheese into small cubes. Wrap around with bacon and if necessary tie with grasses or pin with a sliver. Then run it through with a sharp pointed stick and toast quickly over a hot fire. Have ready a split roll and lettuce to hold the "angel" when it is ready to unhorse, or if it seems likely to fall off.



1920s

12. Learn how to set a table, 1920 ideas.

Setting the Table

When setting the table keep in mind how many courses there will be, and therefore, how many knives, forks, and spoons are needed. Have everything clean, and lay every-



thing straight. Air room well. Wipe table, and if a tablecloth is used, cover table with a felt silence cloth. If a tablecloth is used, it should be laid with the fold in the center of the table. If a centerpiece and doilies are used, they should be laid at even distances. Clean white oil cloth and paper napkins make an attractive looking table. At each cover the knife, edge in, is placed at the right with the spoon, and the glass is placed at the right in line with the end of the knife. The fork is at the left and bread and butter plate and small knife are at the left opposite the glass. Put the napkin between the knife and fork.

Salt, pepper, water, bread and butter should be on the table, and if necessary, vinegar, mustard, sugar, pickles, etc.

When possible a few flowers add to the appearance of the table.

Have as much ready as possible before sitting down at the table. See at least that (1), glasses are filled; (2), butter portioned; (3), chairs placed.



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13. Try to stalk an insect.

SECTION 9

OBSERVATION

The habit of observation is soon acquired by practice. Its value can not be over-estimated. It makes the world more interesting, sharpens our wits and makes us more alive to all that goes on about us.

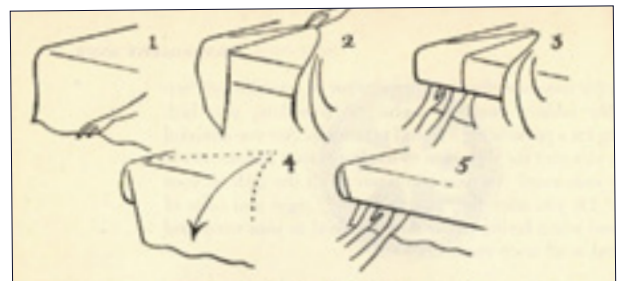
Tracking is an interesting step toward developing observation, and the following is what Sir Robert Baden-Powell says about tracking and stalking.

"Stalking.—A Guide has to be sharp at seeing things if she is going to be any good as a Guide. She has to notice every little track and every little sign, and it is this studying of tracks and following them out and finding out their meaning which we include under the name of stalking. For instance, if you want to find a bird's-nest you have to stalk. That is to say, you watch a bird flying into a bush and guess where its nest is, and follow it up and find the nest. With some birds it is a most difficult thing to find their nests; take, for instance, the skylark or the snipe. But those who know the birds, especially the snipe, will recognize their call. The snipe when she is alarmed gives quite a different call from when she is happy and flying about. She has a particular call when she has young ones about. So that those who have watched and listened and know her call when they hear it know pretty well where the young ones are or where the nest is and so on.

"How to Hide Yourself.—When you want to observe wild animals you have to stalk them, that is, creep up to them without their seeing or smelling you. There are two important things to remember. One is Background.—Take care that the ground behind you, or trees, or buildings, etc., are of the same color as your clothes. And the other is Freezing.—If a deer is seen remain perfectly still without moving so long as he is there."

Tracking.—The native hunters in most wild countries follow their game by watching for tracks on the ground, and they become so expert at seeing the slightest signs of a footmark on the ground that they can follow up their prey when an ordinary civilized man can see no sign whatever. But the great reason for looking for signs and tracks is that from these you can read a meaning. It is exactly like reading a book. You will see the different letters, each letter

14. Learn how to make a bed properly.



1920s

15. Learn some flag facts.

WHAT A GIRL SCOUT SHOULD KNOW ABOUT THE FLAG

We take the star from Heaven, the red from our mother country, separating it by white stripes, thus showing we have separated from her, and the white stripes shall go down to posterity representing liberty.—George Washington.

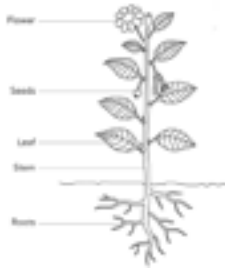
The American flag is the symbol of the oneness of the nation: when a Girl Scout salutes the flag, therefore, she salutes the whole country. The American Flag is known as "Old Glory," "Stars and Stripes," "Star-Spangled Banner," and "The Red, White and Blue."

The American flag today consists of red and white stripes, with the blue field, sometimes known as the union in the upper left-hand corner, with forty-eight white stars. The thirteen stripes stand for the thirteen original States—New Hampshire, Massachusetts, Rhode Island, Connecticut, New York, New Jersey, Pennsylvania, Delaware, Maryland, Virginia, North Carolina, South Carolina and Georgia. The stars stand for the states now in the union.

The colors of the flag are red, representing valor; white, representing purity; blue, representing truth, sincerity and justice. The five-pointed star, which is used, tradition says, at Betsy Ross' suggestion, is the sign of infinity.



16. Learn about the parts of a plant.



17. Learn a folk dance.

The following are some ideas from the 1920's choose your own

Halle Hannikin
Winifred's Knost
Gathering Peascode
The Black Nag
Goddesses

Music may be secured from the H. W. Gray Co., 159 East 45th Street, New York City. They are published singly with directions. Price 25c each.

II. Describe "sides all," "arming," "Forward and back a double," "hey."

What is the difference between "lead forward a double" and "move forward a double."

b. Swedish Folk Dancing.
Dance correctly and well

I. Schottisch
Outgorapolka
Daidans.

II. And two of the following:
Trokariopolka
Frykalsopolka
Vingakorsdans
Gottlandskadrill.

Music for these is published with descriptions in English in "Swedish Folk Dances," by Nils W. Bergquist, published by A. S. Barnes, 7 West 45th Street, New York City, price \$2.00.

c. Finnish Folk Dancing.
Dance correctly and well the following:
Not dragging
Saw quadrille
Sappo
Boleko polka
Harvest dance
Pellings quadrille
Fiat Polka I
Osterbottnisk four corners.

These requirements were drawn up by Miss Annal Collan of Helsinki, Finland, and her associates. Miss Collan is supervisor of Physical Education for girls and Chief Guide of the Girl's Branch of the Finland Scout League.
Music with descriptions in English in "Folk Dances of Finland," by Elizabeth Burchenal, published by G. Schirmer, Inc., 3 East 43rd Street, New York, price paper \$1.50, cloth \$2.50.
Note: Alternate requirements in other national dances are in preparation.



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18. Use Morse code to signal your name.

THE GENERAL SERVICE CODE
(The International Morse or Continental)

Uses: Commercial wireless, submarine cables, Army and Navy. Methods: flags by day, torches, lanterns, flashlight, searchlight, by night, whistle, drum, bugle, tapping.

A	M	Y
B	N	Z
C	O	1
D	P	2
E	Q	3
F	R	4
G	S	5
H	T	6
I	U	7
J	V	8
K	W	9
L	X	0

Period Colon
Comma Asterisk
Question Mark Interrogation

A convenient form for learning the letters is as follows:

DOTS **DASHES**

E T
S M
O N
H U

OPPOSITES

A	N	G	W
E	U	V	L
D	I	F	Q

SANDWICH LETTERS

K	P	X	R
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LETTERS WITH NO OPPOSITES

Z	C	J
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19. Compare the Girl Scout law from 1920 to now.

GIRL SCOUT LAWS

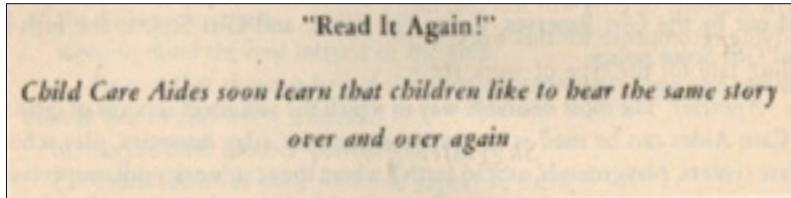
- I A Girl Scout's Honor is to be Trusted
- II A Girl Scout is Loyal
- III A Girl Scout's Duty is to be Useful and to Help Others
- IV A Girl Scout is a Friend to All and a Sister to every other Girl Scout
- V A Girl Scout is Courteous
- VI A Girl Scout is a Friend to Animals
- VII A Girl Scout obeys Orders
- VIII A Girl Scout is Cheerful
- IX A Girl Scout is Thrifty
- X A Girl Scout is Clean in Thought, Word and Deed

20. Be able to find the north star in the sky.

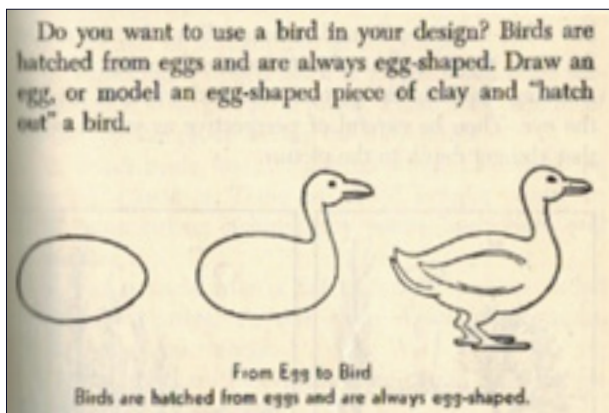


1940s

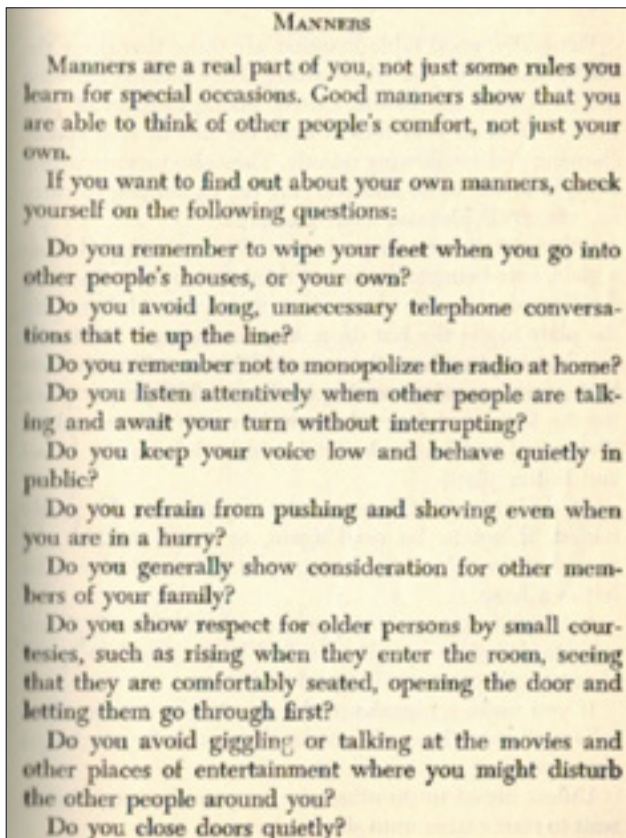
21. Read or tell a younger child a story.



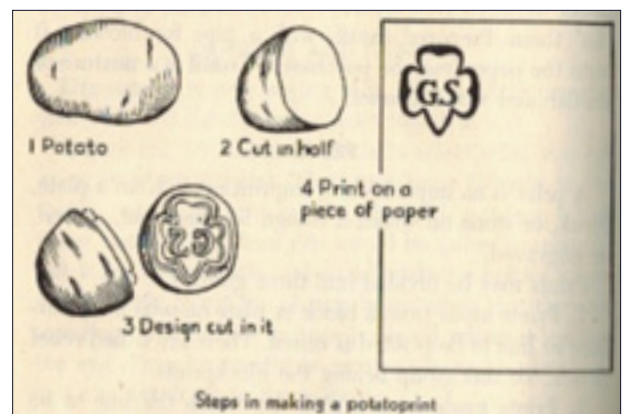
22. Draw a bird from an egg shape.



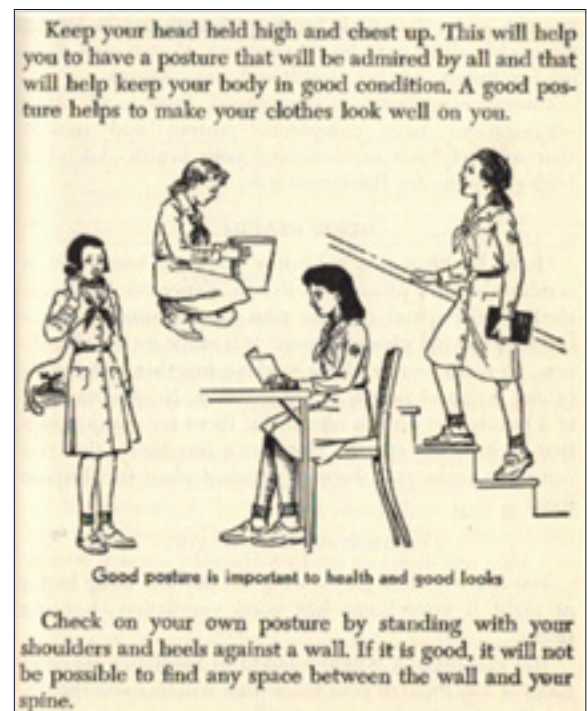
24. Compare manners from 1947 to manners now.



23. Make a block print from a potato.



25. Practice good posture.



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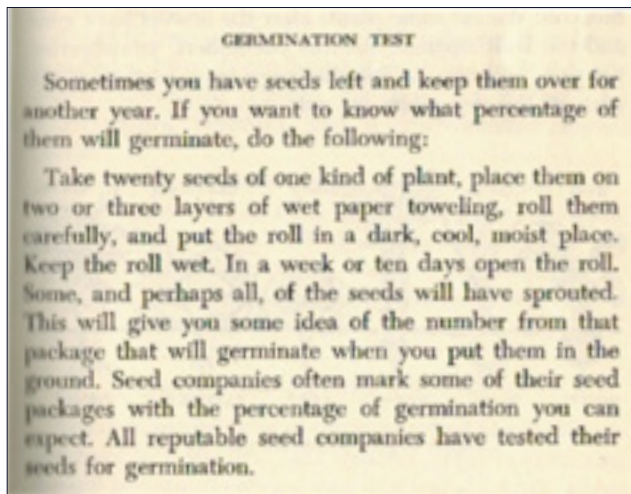
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1940s

26. Try a seed germination test.



27. Learn the Girl Scout handshake



28. Learn to lead a song.



1940s

29. Learn to be your best self, advice from

YOU AS A PERSON

Are you yourself — your *best self*? That question is so fundamental that it should be repeated over and over until you can answer it with positive assurance.

Your best self is a pleasing, magnetic individual — your personality as you make it. It is made up of many things, outward and inward. It's the sparkle in your eye, the warmth of your smile, the feelings playing on your face. It's your easy manner, your pleasant voice, your thoughtful attitude toward others. It's the way you comb your hair and wear your clothes. It's the glow of your good health, your enthusiasm for what's going on, your interest in the world about you. You as an individual are unique. There can never be another person exactly like you, just as you cannot be exactly like any other person.

You want to stand out sufficiently to be remembered for yourself. The way to gain this recognition is for you to remember that to develop a personality pleasing to others you must be interesting and interested, you must like and be likeable.

30. Explore making friends.

Activities in Social Relationships

1. Pretend that you are a newcomer to your town. Plan how you would go about making friends. What would you look for in the boys and girls you meet? What would they find in you? What does it mean to be a friend?



1950s

31. Play Run, Sheep, Run.


Run, Sheep, Run

Divide the troop in two sides. Each side chooses a captain. The girls on one side are Sheep, and the others are the Hunters. You choose a place for the home base.

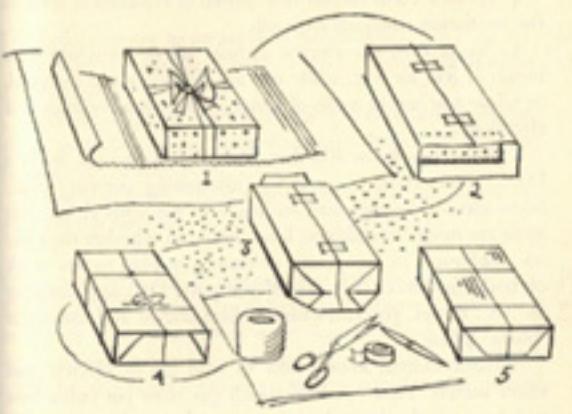
All the Hunters stand at the base and close their eyes until the Sheep hide. The captain of the Sheep does not hide. When all the Sheep are hidden, their captain says, "Ready."

The Hunters start to look for the Sheep. When they are away from the base and the captain thinks the Sheep can get home safely, she calls, "Run, Sheep, Run."

The Sheep run home and the Hunters try to catch them. Count the ones who get home. Then you change sides and the Hunters are the Sheep and take their turn to hide. The first Sheep are the Hunters this time and try to catch the Sheep. You count the ones who get home again. The side with the most Sheep home without being caught wins the game.



32. Learn how to wrap a package.



Become familiar with the mailing regulations of your post office. It will save you time, energy, and money.

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33. Learn good table manners.

Table manners differ around the world. Here in the United States we have chosen certain rules to guide us. Generally, good table manners are those that draw the least attention to you when you are eating. They include chewing the food with the mouth closed, taking only small portions of food on your fork or from the side of your spoon, chewing and swallowing quietly. They also include sitting straight at the table and carrying on, or helping to carry on, cheerful, pleasant conversation.

In addition, there are specific things which are often done. Water is sipped from a glass, care being taken not to drink too rapidly. Bread is broken and buttered in small pieces. A

spoon is never left in the cup but is placed on the saucer. Do not talk with your knife, fork, or spoon waving in the air. The proper place for your knife and fork when not in use is on your plate.

At the close of the meal, the napkin may be partly folded, if not to be used again, or neatly folded and placed at the side of the dessert plate. It should never be left in a heap.

It is good manners to appreciate the food and, if you wish to do so, to accept a second helping and to speak about some particularly good dish.

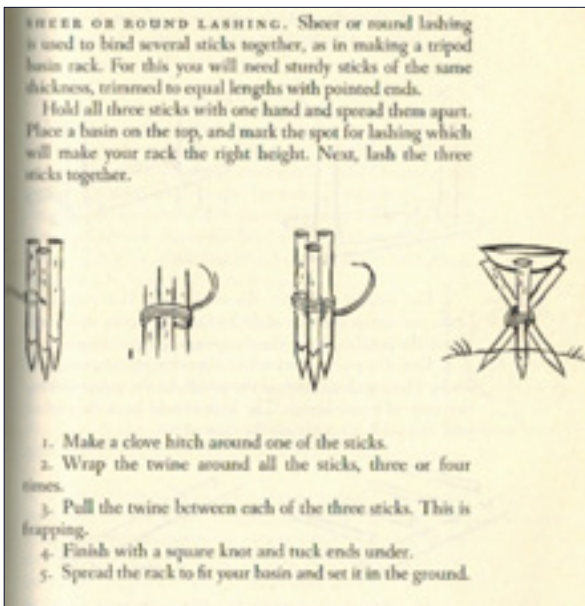
Unless urged to do otherwise by your hostess, always wait to start eating until she has begun.

1950s

34. Find the hazards in the picture.



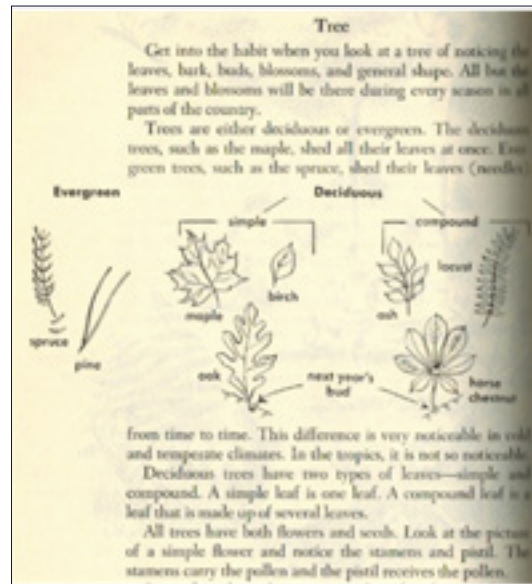
35. Lash a tripod to put a basin on for camping.



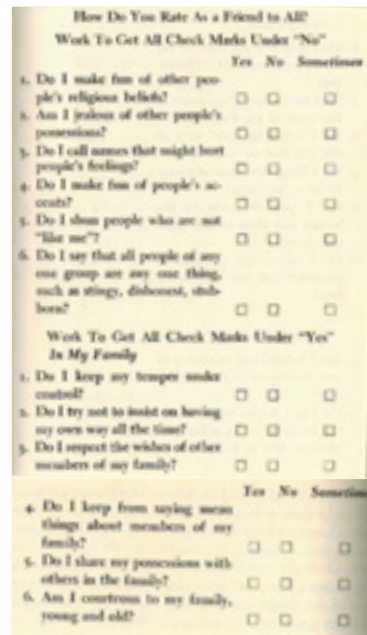
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36. Learn about evergreen and deciduous trees.



37. Rate how you treat family members.



1950s



38. Learn what a “bibliophile” is.

Bibliophile

The word “bibliophile” comes from the Greek and means lover of books. When you once start looking up words in the dictionary, you will find it fascinating. Did you know, for example, that the word “alphabet” comes from the first two letters of the Greek alphabet—*alpha* and *beta*?

39. Learn about and try pantomiming.

Pantomime is the oldest of the dramatic arts. It is the method the very first hunters used to recount their adventures to tribesmen. In pantomime, the actors interpret feelings and ideas without using any words. There was a time during the days of silent movies when actors were so clever at pantomime that drama was in danger of being overshadowed.

Pantomime is the basis of characterization. You express yourself in action before you express yourself in speech. Every movement is important. Pantomime is bodily speech. The movies and the modern dance are good examples of its importance today.

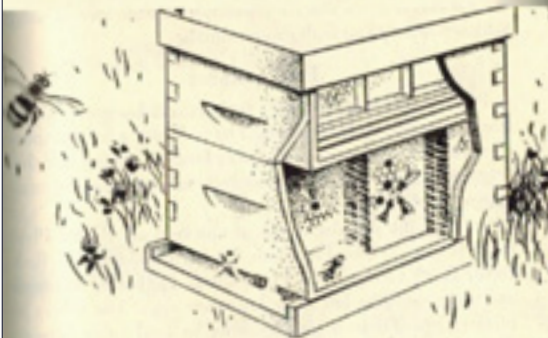
You can have great fun at troop meetings pantomiming such actions as knitting, spilling a glass of milk, arranging a vase of flowers. Do you think you could fill the vase with roses in pantomime so that an audience would know just what you were doing? How would you show that the flowers were roses?



40. Learn some facts about bees.

Beekeeper

A plant bears the best fruit only when it has been fertilized (pollinated). We depend upon insects to do a great deal of this pollination and bees are the best-known pollinators. The honeybee is the best. Bees feed only on nectar and pollen, both as larvae and as adults. Most other pollinators feed on plants when they are in the larval stage—caterpillars, grubs, maggots.



The honeybee is not native to the United States. It was brought to the eastern part of our country with the early English and Spanish settlers. Honeybees have now become at home in any part of our country.

A unit of bees is called a swarm or colony and its home is a hive. A producing colony has in it a single queen (developed female), thousands of worker bees (undeveloped females), and a few hundred drones (males). A place where bees are raised is called an apiary.

1960s

1920-2020

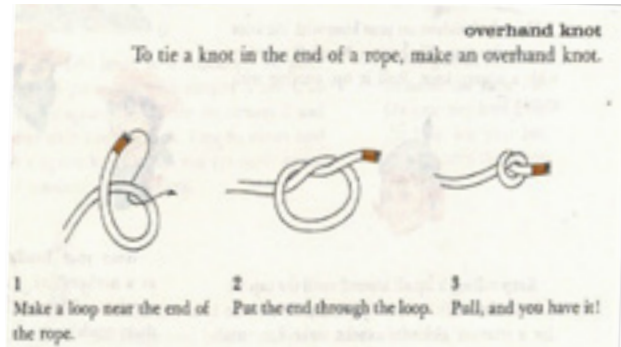
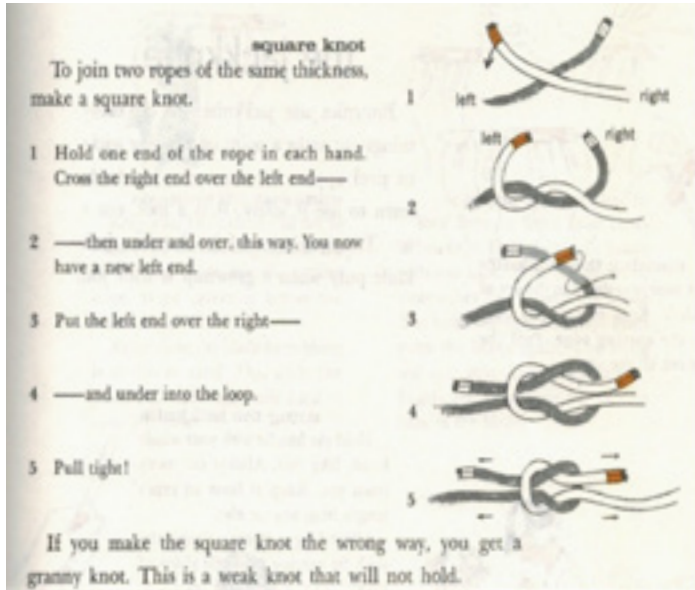
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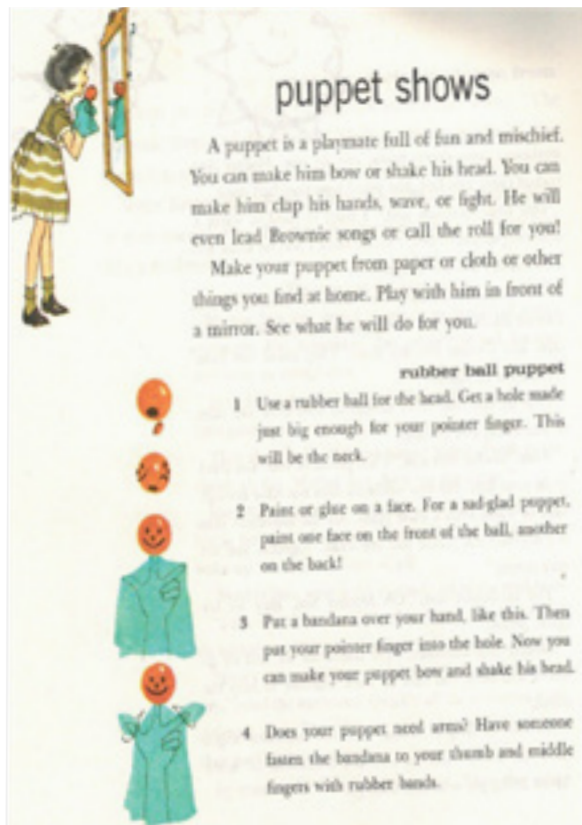
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41. Make an overhand knot and a square knot.



42. Make a puppet.



1960s

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43. Put on a puppet show.



45. Sew on a button.

BUTTONS

Sew buttons on heavy materials—such as a coat—with a thread shank. First mark the place where the button is to go. Do this with crossed pins or a pencil mark. Knot the end of your thread. Take the first stitch down, leaving the knot on top where the button will cover it. Bring the thread up through one hole of the button and down through the other hole. Now insert a pin or heavy darning needle between the thread and the button as the picture shows. Sew over the pin four or five times. Remove the pin and pull the button away from the material. This leaves space to form the shank. Wind the thread around and around the threads between the button and the material. Pull the needle through to the underside and fasten the thread.

When you sew buttons onto thin material, you do not have to make a thread shank. Sew up and down through the holes a few times until the button is secure. Finish on the underside and fasten the thread.



44. Do a shadow play.



1960s

1920-2020

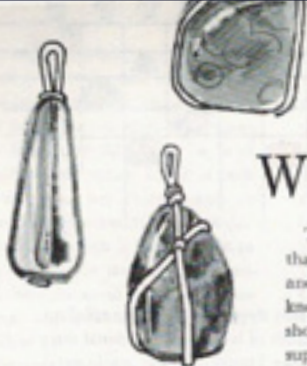
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46. Make wire jewelry.



Wire Jewelry

The love of ornamentation is older than civilization. In fact, people made and wore jewelry before clothes were known. Some jewelry was worn to show rank or wealth, and some out of superstitious belief, to ward off evil or disease. Some of it was for practical use; clasps to fasten robes and buckles for belt closings. But most jewelry, whether of feathers and berries or beaten gold and precious gems, was worn for beauty. People have always loved to dress up—and still do.


You can have the pleasure of creating a lovely piece of jewelry and making it so well that it will have a finished, professional look. Here are instructions for making three simple wire ornaments: a "caged" stone, perhaps one you found on a hike; a graceful, free-form pin; and a pair of earrings. Why not make one as a gift?

"Caging" a Stone

Materials: A 6"-8" length of wire (18 or 20 gauge) and a pretty stone.

For simple wire jewelry, you need:

- Hammer
- Fine steel wool
- Needle file
- Polishing cloth
- Round-nose pliers
- Tin snips
- Wire (brass, copper or silver) in the correct gauge or measurement. Gauges are numbered (12, 14, 16, etc.). The higher the number, the finer the wire.
- A plan. Work out your designs with paper and pencil or string before bending the wire. Too much bending will harden it.



Wrapping stone with string. Bending wire with pliers. The finished earrings.

1. First experiment with string, wrapping it around the stone to see where the wire will be needed to hold the stone firmly.
2. Make a loop at one end of the wire. Hold stone and loop in one hand and with long wire in the other, follow your string pattern. Use pliers to guide bending and leave enough wire to wrap around loop a few times.

Earrings

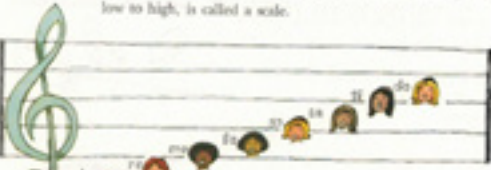
Materials: A 6" length of wire (18 or 20 gauge); earring backs with rings for danglers; 2 beads, 1/8" in diameter.

1. Cut wire in half.
2. Smooth and round ends of the wire with file.
3. With pliers, bend a loop in one end of wire; slip through hole in earring back.
4. Put other end of wire through the bend. Bend 1/8" of wire at right angle to hold on bead.
5. Polish with cloth.

47. Make melody glasses.

playing a tune

You can beat out rhythms on your drum, but you cannot play a tune on your drum. To play a tune you need a staircase of sounds—some high like a bird's song, some low like a cow's moo, some in the middle. The staircase of sounds, from low to high, is called a scale.




Melody glasses

Here is how you can play a tune on drinking glasses.

1. Get eight glasses the same size.
2. Fill one glass with water. Tap the glass. Sing the sound you hear, calling it do.
3. Have a Brownsie who knows the scale sing the next note: re. Pour some water in the second glass. Tap it. Does it sound like re? Add or take away a little water until you get the sound of re.

4. Tune the rest of your glasses the same way until you have the right sounds of the scale. Number the glasses from 1 to 8.
5. With nail polish or tape, mark how high the water is in each glass. Then it will be easy to fill the glasses the next time.



do re mi fa so la si do

You can play "Three Blind Mice" on your Melody Glasses. The numbers below tell which glasses to tap. You tap fast or slow in different places to follow the rhythm. Try to play other tunes, too.

Three Blind Mice

Three blind mice, three blind mice.
See how they run, see how they run. They
All ran after the farmer's wife, who
Cut off their tails with a carving knife. Did
You ever see such a thing in your life, as
Three blind mice!

3 2 1 3 2 1
5 4 3 5 4 3 5
8 8 8 8 8 8 8
8 8 8 8 8 8 8
8 8 8 8 8 8 8
3 2 1

1960s

48. Feed the birds.



49. Make something from papier mâché.



50. Learn some friendship words in other languages.

Signaling in Other Languages

Signals like "Hello," "Thank you," "Please" can start friendships. But suppose you meet someone who speaks a different language from yours. How would you make your signal understood? You say friendship words in *her* language.

Here are some friendship words in French and Spanish and German and Japanese. Take attendance at a troop meeting by saying "Hello" in one of these languages. Then learn more words from people who know other languages.

French		
<i>Hello:</i>	Bonjour	(Pronounce: <i>bahng-choor</i>)
<i>Thank you:</i>	Merci	(Pronounce: <i>mair-see</i>)
<i>Please:</i>	S'il vous plaît	(Pronounce: <i>see-vee plei</i>)
Spanish		
<i>Hello:</i>	Hola	(Pronounce: <i>OH-lah</i>)
<i>Thank you:</i>	Gracias	(Pronounce: <i>GRAH-see-ahs</i>)
<i>Please:</i>	Por favor	(Pronounce: <i>poir-fah-VOHR</i>)
German		
<i>Hello:</i>	Guten Tag	(Pronounce: <i>GOO-tn tahk</i>)
<i>Thank you:</i>	Danke	(Pronounce: <i>DAHN-keh</i>)
<i>Please:</i>	Bitte	(Pronounce: <i>BIT-keh</i>)
Japanese		
<i>Hello:</i>	Konnichi wa	(Pronounce: <i>KOHN-nee-chee-wah</i>)
<i>Thank you:</i>	Dome arigato	(Pronounce: <i>dohm-ah-REE-gah-toh</i>)
<i>Please:</i>	Dozo	(Pronounce: <i>DOH-cho</i>)

1970s

51. Learn about feelings. Write a thank you note.

How Do You Feel Today?

Every day you *feel*. Feelings are very real. Everyone has them. They are not always the same. Your feelings are part of what makes you special. The way you feel about yourself affects the way you act and the way others act, too.

How do you feel today? happy sad or so-so?

Talk about what makes people feel happy. How do you act when you feel happy? How do you treat other people?

Try sharing your good feelings with people you like. When you tell them about how you feel, they might feel that way, too!

Pick a girl in your troop who has made you feel really good. Write her a "thank you" note telling her what she did to make you feel this way.

52. Play Me Kakushi (Hiding Eyes).

Celebrations around the world often include games, songs, or dances. Here are some for you and your troop to try.

If your troop would like to celebrate the Japanese Girls' Festival, you can play **Me Kakushi** (Hiding Eyes). This game is played on March 3 in Japan. One player is blindfolded and stands in the center of the circle, holding one arm out with her hand turned up. Everyone else walks around in the circle until someone stops to touch the hand of the blindfolded girl. When she is touched, the girl tries to grab the one who tapped her. Catching even a finger counts. The one caught is blindfolded, too, and they both stand blindfolded. The blindfolded players may call out directions like, "Clap hands and say your name" or "Watch out, creep about." Whatever the directions, the players should still keep moving around in a circle and tapping the hands of the blindfolded. The game ends when everyone is blindfolded.



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53. Learn how a rocket goes into space, try it.



54. Play the Invention Game.



1970s



55. Plan a playlet (a very short play).

Putting on an Act

Plays are usually divided into one or more acts. They tell a complete story. A **playlet** is much shorter and might only tell part of a story in one scene. For that reason, a narrator is sometimes used to fill in the gaps.

You can plan a playlet about almost any story. To get started, look at the story about Juliette Low on page 20. Think about the part of her life you would like to dramatize in a playlet. Decide who the characters will be, what type of costumes they'll wear, how they'll act, and what the background will look like.

Now rehearse the scene. Act out the story and create your own sentences. When you're satisfied, write them down so you will remember them at your next rehearsal. You don't have to say exactly the same words the next time, but it helps to write down something. To explain the parts of the story that are not acted out, a narrator might be a good part to add in this playlet. The narrator could introduce the playlet and tell something about where the story takes place.

You could create a playlet from stories about other famous women in history, too. A dramatization of one episode in the life of Sybil Ludington, Amelia Earhart, Harriet Tubman, or someone special in your town, would make a good playlet.

You can make your playlet more exciting with makeup, simple costumes, and sound effects. Lipstick, rouge, and talcum powder can work wonders, changing you into a fearsome monster, a hilarious clown, or a serious old woman.

56. Make a new friend at school.

57. Invite a friend to your Girl Scout meeting.

58. Make up actions to go with a song.

60. Discuss some service you could do at home and then do it.

59. Make a map of your yard or neighborhood.

Mapping the Directions

Still another way of showing people how to get somewhere is to draw a rough **sketch map**. In town, you can show the streets a person will use or cross, where she will turn, and things to look for—like a grocery store, a vacant lot, or a stoplight. In the country, you would use roads, fences, and natural landmarks, such as a big, dead tree or a high hill. If you know how long it takes to walk from one spot to another, put that in.

You may not have room on your map to write the name of everything. Signs like the ones shown here are a shorter way of giving this information. You can make up others as you need them.

But how will people know what the signs mean? Put a list of signs and an explanation of each one in a corner of the map. This is called a **legend**. Look at a road map or a map in a book, and see what other things are included in the legend.

by Jane Gilson

1980s



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61. Learn to spell your name in sign language.

Learn a New Language

People who cannot hear often learn how to use sign language. There are different systems of sign language.

◆ Use the sign alphabet chart to figure out the message below. Each hand position stands for a letter.

◆ Practice making words with this new alphabet. If you meet someone who cannot hear, you'll be able to "talk" with her or him if she or he knows this alphabet.

62. Interview older adults.

Interview one or more older adults to find out about their lives. Ask about dates, special events, or other important events they remember. Create a painting, time line, or scrapbook showing these important experiences. Give it to or share it with the person.

63. Learn to make an origami crane.

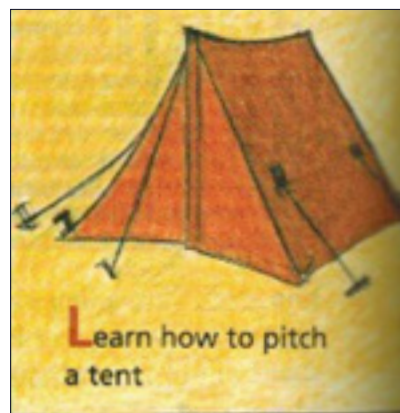
ORIGAMI is the ancient Japanese art of paper folding. The crane is a symbol of peace and hope. Follow these instructions to make your own crane. Use a square sheet of origami, typing, or copy paper. Construction paper would be too heavy and tissue paper would be too light. You could make a mobile out of cranes or use them as decorations or gifts.

1. Fold square in half, fold lines, form peaks, unfold lines form valleys.
2. Bring ABCD together to form small square. Bring E and G to center fold. Repeat on other side. Push down top to form triangle.
3. unfold top. Push into wing, reversing center fold at the same time. Repeat for neck.
4. Fold up neck and tail.
5. Pull head on dotted line. Push into neck, again reversing center fold. Spread wings gently. Pulling bottom and pushing down on X.

64. Learn first aid for a blister.



65. Learn how to pitch a tent.



1980s

66. Learn a new hiking song.



68. Discover the strength of shapes.

DISCOVERING THE STRENGTHS OF SHAPES
Architects have to know how strong building materials are and what weights different shapes can hold. Experiment with the strengths of designs and shapes by following these steps.

- 1 Sit on the floor. Take a single sheet of paper. Hold it by one edge in the air so the paper sticks out straight over the floor. Next, take a small stone, coin, or button and place it on the paper. (See the picture.) What happens? (The flat piece of paper should be too thin and flimsy to hold up the stone, coin, or button. It does not have enough strength to support the object.)
- 2 Next, take that same piece of paper and fold it in quarters like a book. (See the picture.) Try to rest the stone, coin, or button on the edges of the paper. What happens? (By changing the shape of the paper, there is more strength and the paper can hold up the object.)
- 3 Make folded and curved shapes out of your paper. Look at the pictures for help. Try to balance the objects on the paper. What happens? (They should be able to support the objects.)
- 4 Experiment with other curved and folded shapes to see which ones can hold up the stone, coin, or button. Make a design sculpture with your shapes. (Glue or tape may help put the shapes together. You can also make slits in the paper and fit the pieces together.)

More to try: Do this with friends. Using only tape, paper, and scissors, make a model of a house, a store, or some other kind of building. Make a bridge, too.

1920-2020

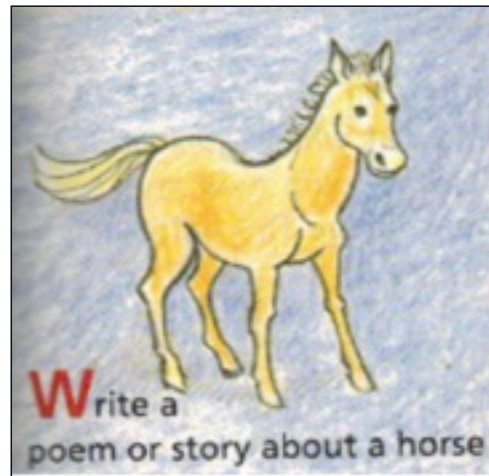
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67. Write a poem or story about a horse.



69. Learn to play Tapatan and play it.

TAPATAN In countries all over the world, children play a game much like our tic-tac-toe. The game has other names. In England it is called Noughts and Crosses; in Sweden it is Tripp Trapp Trull; in Austria it is Ecke Necke Stecke; and in the Philippines it is called Tapatan. Like tic-tac-toe, the object is always to get "three in a row." Have fun playing Tapatan.

Each player needs three moving pieces. They can be pebbles, buttons, or checkers.

- 1 Draw this diagram on paper or cardboard:
- 2 The game is played on the nine points where the lines meet. Players take turns putting their pieces on an empty point. This continues until all three pieces of each player are placed on the game board.
- 3 Player one moves one piece along a line to the next empty point. The pieces can be moved up or down or diagonally. Jumping over the pieces is not allowed. Player two does the same and they continue to take turns.

To win, a player must make a row of three across, up and down, or diagonally. If neither player can get three in a row, the game is called a draw.

1980s

70. Make a wooden spoon doll.

WOODEN SPOON DOLL FROM YUGOSLAVIA Imagine going to a school where toy making is a subject as important as reading and writing! Find Yugoslavia on a map or on a globe. In Yugoslavia, all children in grades one to

four are taught how to make their own toys. This wooden spoon doll is a favorite.



- 1 Choose a wooden spoon the size you would like your doll to be.
- 2 Paint a face in the center of the spoon. If you prefer, you can glue on scraps of felt for the ears and nose, and sequins or small buttons for the eyes.
- 3 Use string or yarn for hair. Attach it to the spoon with white glue.
- 4 Cover the handle with colored cloth or felt. Use sequins, lace, ribbons, or buttons for decoration.
- 5 Fold a small square of cloth diagonally to make a woman's scarf.

1920-2020

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YEARS

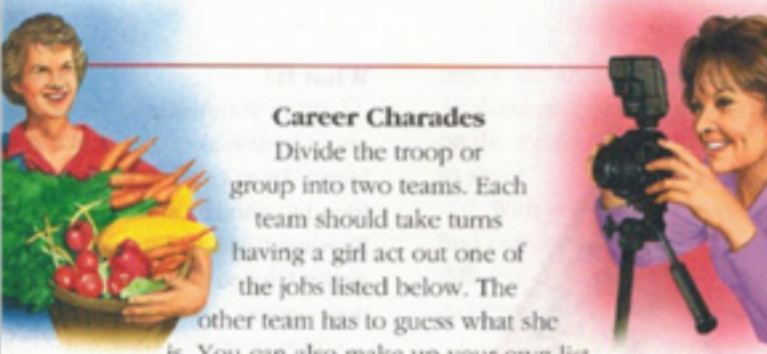
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71. Play Career Charades.



Career Charades
Divide the troop or group into two teams. Each team should take turns having a girl act out one of the jobs listed below. The other team has to guess what she is. You can also make up your own list or add to this list.

Bank teller	Scientist	Lifeguard
Coach	Bus driver	Potter
Youth counselor	Pharmacist	Chef
Physical therapist	Veterinarian	Farmer
Book illustrator	Musician	TV reporter
	Photographer	
	Plumber	
	Astronaut	



72. Try some animal moves.



Animal Moves
Play music while you make these animal moves. You can even match the music to the animal!

Rabbit jump: Bend your knees and jump forward.

Seal crawl: Pull yourself forward with your hands at your side while dragging your body and feet.

Elephant walk: Bend forward. Extend your arms and place one hand over the other, fingers pointed toward the ground, to form a trunk. Walk slowly with legs straight and trunk swinging from side to side.

Inchworm: Place both hands on the floor. Try to keep your knees stiff and legs straight, but bend your knees if you have to. Walk forward with your hands as far as you can.

Crab walk: Sit on the floor with your hands behind you. Lift up your body with your hands and feet. Walk on all fours. Walk forward and backward in this position.

Frog jump: Squat on the floor with hands in front of feet. Jump forward and land on both hands and feet.

Make up your own animal moves and try them.

Illustrations include: Inchworm, Crab Walk, Seal Crawl, Elephant Walk, Frog Jump, and Rabbit Jump.

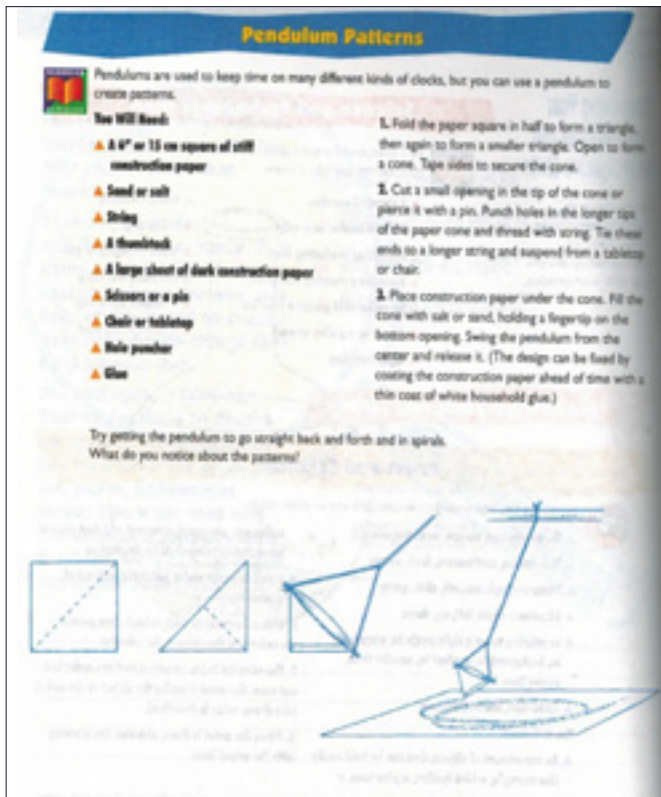


1990s

73. Try the Girl Scout Promise in sign language.

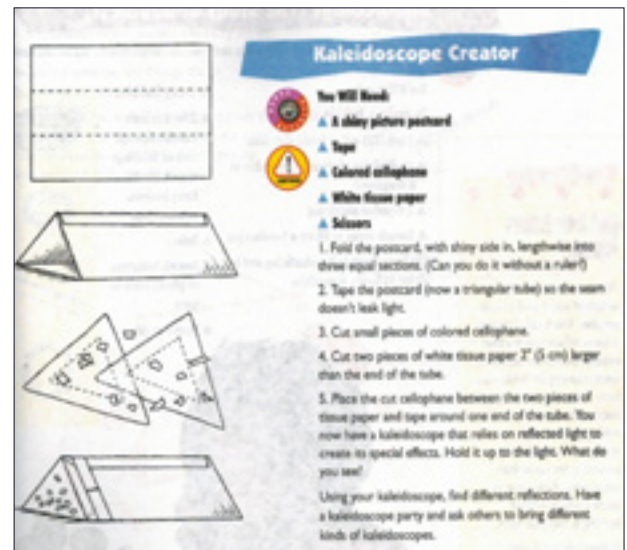


74. Make Pendulum Patterns.

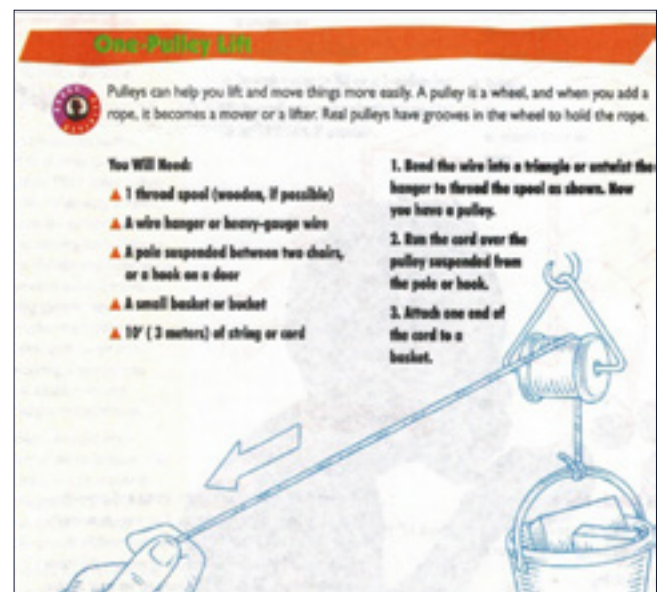


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75. Make a kaleidoscope.



76. Make a pulley-lift.



1990s

77. Learn the clothing care symbols.

Washing and Drying Your Clothes

Whether you're washing your clothes by machine or hand, keep these instructions in mind:

- Be sure to read clothing labels for care and washing instructions. Some will say "dry clean only," while others will say "hand-washable" or "machine-washable."
- Follow the instructions on the inside label of the clothing to select water temperature, as well as the type of washing. (Some instructions may say "delicate cycle," "permanent press," or "regular wash." These apply to different types of machine washing.)
- Close all zippers before washing.
- Empty the contents of pockets before washing.
- Check for stains and rub a small amount of laundry detergent or pre-washing liquid on those spots. It may be necessary to soak clothing if it has a heavy stain.
- Follow the directions on the detergent box to determine how much detergent to use.
- Follow directions on the washing machine to determine when and how to add the laundry detergent. (On some machines, you add detergent directly to the water; in others, you add detergent to a basket or opening.)
- Some clothing can be washed in a machine but not dried in a clothes dryer. Read the label to see if you should lay the clothing flat to dry.

Symbol	Meaning
	Wash
	Bleach
	Tumble Dry
	Iron
	Do not iron
	Dryclean
	Do not dryclean

Think of a way you can organize and care for your clothing so that your clothing stays neat and is easy to find in the morning. If you do not wash your own clothes, with an adult's permission, try machine washing or hand washing your clothing for a week.

78. Learn to braid hair.

HAIRSTYLES

Changing your hairstyle can give you a new look. Try bangs; part your hair differently; braid it; put ornaments in it. Below are different ways to braid hair. Remember, the best hairstyle for you is the one you like the most. You might feel pressured to have the same hairstyle as a friend or want to look like a performer you admire. But you have to decide if that hairstyle works with your type of hair and the shape of your face.

French Braids

- Divide the hair in the top of the head into three sections.
- Cross the right and then the left section over the center section.
- Take a small section of hair from the right side of the face. Add this hair to the right section of the braid.
- Put the center section of the way to the right.
- Hold all of the braid in your right hand and then repeat the process on the left side.
- Continue moving from the right to the left until all of the hair on either side has been caught up in the braid. Finish by braiding to the end or turning the hair under into a tail.

Corn Row Braids

- Divide a section of hair into a straight row.
- Start making a right braid adding hair from the right side of the row and pulling to keep the braid row and right or you start with the French Braid, but using smaller amounts of hair within the row straight sides of the row.
- Once you have braided all of the hair in the row, secure the ends. If needed, use a band, clip, or head.
- You can make more intricate patterns in braiding in circles or swirls.

Why not hold a braid workshop or fashion show for other Girl Scouts groups or groups?



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79. Take the friend quiz.

What Kind of Friend Are You?

Think about the kind of friend you are to others. Think about one of your friends. Keep this person in mind as you answer "yes" or "no" to each question below.

	YES	NO
1. I listen carefully to my friend when she talks about something important to her.	_____	_____
2. When I am upset with my friend I will speak to her.	_____	_____
3. It doesn't bother me if my friend sometimes has other things to do.	_____	_____
4. I let my friend know what I like about her.	_____	_____
5. Sometimes my friend decides how we're going to spend our time together.	_____	_____
6. My friend and I like to do things together.	_____	_____
7. I do not try to make my friend be just like me.	_____	_____
8. I stick up for my friend if I hear others put her down.	_____	_____
9. I share what I have with my friend.	_____	_____
10. My friend and I like to do many of the same things.	_____	_____

Find out what your score means. Count the number of times you said "yes."

If your score is 8-10: You are a super friend!
6-7: You are a very good friend.
4-5: You are a good friend—sometimes.
3 or below: You need to work harder on being a friend.

Make a "friends" poster. Begin with a slogan that defines what a friend is. Cut out or draw pictures that illustrate friendship or use a list of words that describe a friend. Use these words to design word puzzles. Have the girls in your group or group complete the puzzle.



1990s

80. Take a theme hike.



A Zillion and One Ways to Take a Hike

Choose a theme hike from this list, or create your own, for your next outdoor exploration:

- A trail-marker hike.** Lay and follow trail markers (see *Outdoor Education in Girl Scouting* for complete directions).
- An A-B-C hike.** Find a plant or animal starting with each letter of the alphabet.
- A throw-away hike.** Pick up objects (like fall leaves and dried grasses) as you walk and arrange them on your hands to form a collage.
- A spider-eye hike at night.** Shine your flashlight beam parallel to the ground in grassy places and look for those red spider eyes.
- A picture-story hike.** Stop every _____ (yards, blocks, etc.) and frame a picture with your hands. Write a sentence about what you see. Then read all your sentences at the end of the hike.
- A career hike.** Keep track of how many careers you observe as you walk through an area with people working.
- A food-chain hike.** Build a food chain as you observe plants and animals that depend upon each other. Try for three to five links, then start over (for example: soil, grass, bug, sparrow, hawk).
- A soundless hike.** Hike a forest trail without making noise or talking.
- A color-palette hike.** Look for the primary and secondary colors as you hike.
- A water-cycle hike.** Look for parts of the water cycle as you hike: precipitation (rain, snow, fog); evaporation (sunlight, dried puddles); run-off (water moving on the ground, storm drains); bodies of water (lake, ocean); flowing water (streams, rivers).
- A habitat hike.** Look for different homes in the wild.
- Math in nature hike.** Find the following shapes while hiking: circle, square, hexagon, spiral, diamond, triangle, ellipse (oval).

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2000s



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81. Make a piñata.

The Perfect Piñata

Although most people think of them as Mexican, the first piñatas were actually made in Italy. They used to be made out of clay, but now most are paper-mâché. They are often made into animal shapes, but you can make yours any shape you choose.

After a piñata is made and filled with treasures, such as candy and toys, people take turns trying to break it open. Each person is blindfolded and given a stick to hit at the piñata. When the piñata breaks, the treasures fall to the ground and everyone scrambles to pick them up.

What You Need

- Old newspaper
- Scissors
- Strong balloon
- Whisking tape
- Large starch (find in the supermarket)
- Nonstick pie plate
- Pin or needle for making holes
- Wrapped candy, small toys, and/or other treasures to put inside
- Paint and paintbrush
- Art tissue paper
- String

- Tear or cut the newspaper into small squares about 1 inch² in size.
- Let the whole thing dry very well. You will probably need to leave it overnight or even for a couple of days.
- After you've finished filling the piñata, cover the holes with several layers of masking tape. Make sure not to cover the holes that you will use to hang it.
- Decorate your piñata. This is your chance to be creative. You can use tissue paper, paint, pictures from magazines, postcards, photographs, pipe cleaners, and whatever else you want. You can add animal features. For example, you might attach a paper clip to form the snout for a pig.

1. Blow up the balloon, tie it off, and tape it onto the table.

2. Press the liquid starch into the pie plate. Dip a square of newspaper in the starch and stick it on the balloon.

3. When the piñata is dry, remove the balloon by pushing the end and pulling the balloon with the pin. Pull the deflated balloon out of the newspaper shell.

4. With the pin, make two small holes in the piñata for use in hanging it up.

5. Put the string through the holes so that the piñata is ready for hanging.



82. Recycle a greeting card into a small box.

What You Need

- Old greeting cards
- Scissors
- Glue (optional)
- Staple

What You Do

- Use the card to fold. The part with the picture or design will be the top flap of the box. The part with the greeting will be the base.
- Hold the card up to light. Fold the card in half diagonally and cut along the line of paper left over. Discard and you will have a square. (Note: You can make your design first. The inside of your square will be the inside of your box top.)
- Bring the top of your square, not the bottom, half of the card into a square about 1.5 inch² smaller all around.
- Bring the bottom pointed part of the box up over the second side, holding it next to the center so it stays put. The flap from the top pointed part.
- Opposite that a strip of glue or the point to make it secure.
- Roller wrap it through it to make the lid of the box.

1. Fold one corner so that the point reaches the bottom corner. Repeat with the other three corners. Then fold the point of each corner to the center crease line. Glue and seal outside. Look at the pattern of squares on the bottom.

2. Fold the four corners on the point (touch at the center of the square). Glue and seal.

3. Fold the paper in front of you with the side at the top and the bottom. Fold to the right and let corners see down along the creased lines, then bend the top edge up.

4. Bend the pointed ends toward each other and glue them.

2000s

83. Walk in their shoes.

7. Walk in Their Shoes

What would your life be like if you lived in a different part of the world? Choose a country. Find out about a typical day for a girl your age. What would be a typical home? What foods would you eat? What hobbies would you have? What would your school day be like? What cultural, religious, or political rules or guidelines would you follow? Are the rules different for girls and boys?

84. Write a letter to self as if your body were talking.

1. Sincerely, Your Body

What would your body say if it had a chance to talk? Write a letter to yourself as if your body were doing the talking. It could say things like: "If you want me to have energy to do all my homework, dance, play soccer, and hang out with friends, then I need to get more sleep!" Or, "What were you thinking, eating all that junk food before a test!"



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85. Practice Elevator Breathing.

10. Practice Elevator Breathing

Deep, focused breathing can refresh your mind. Imagine that breathing in and exhaling out is like an elevator moving up and down the floors of a building. Practice these exercises.

- Inhale slowly through your nose. Feel your breath travel all the way to the basement (the bottom of your spine).
- Exhale slowly through your mouth.
- Put your hands on your belly and inhale, taking your breath up one floor to your navel. Exhale.
- Put your hands on your ribs and inhale, taking your breath up a second floor, to your chest. Exhale
- Put your hands on your face and inhale up to the attic— your throat, cheeks, and forehead. Feel your head fill with breath. Exhale and feel all your tension and worries leave your body and go out the elevator door.

2000s

86. Try snow painting.

4. Snow Painting

You don't need paper to paint in the winter—snow works just fine!

What You Need

- A plastic squeeze or spray bottle for each color
- Bottles of food coloring
- A refrigerator (optional)

What You Do

1. Fill each spray bottle with cold water.
2. Place a few drops of food coloring in the bottles (one color in each bottle). The more drops you add, the darker the color will be.
3. Place the spray bottles in the refrigerator to chill or leave outside for a few minutes. The water has to be cold so that it won't melt the snow.
4. Spray the colors on the snow to create your snow painting.

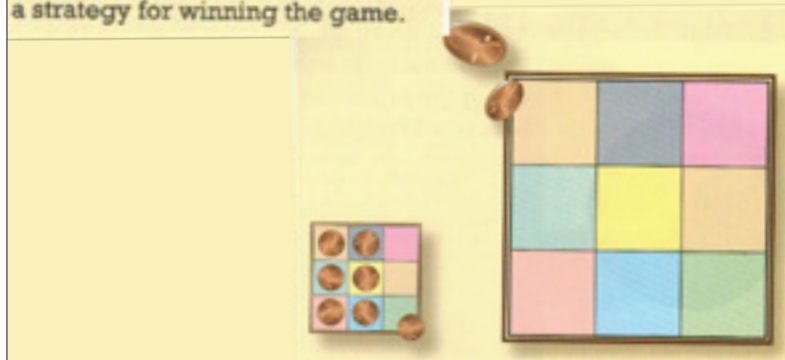


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87. Make a math puzzle.

6. Make a Math Puzzle

Draw a square divided into nine equal spaces (3x3). Put a penny on each square (nine pennies). Two players take turns removing one penny at each turn. A player must always leave at least one penny in each row or column. The last person to play wins. If a player takes a penny that makes a column or row empty, she loses. Play at least 10 games. Try to discover a strategy for winning the game.



88. Practice "how you say it."

5. How You Say It

Say "I did it" five times, expressing a different emotion each time. For example, say it with pride, guilt, fear, happiness, surprise, or horror.

2000s

89. Make a rain cloud in a bottle.

With the help of an adult, try making your own rain cloud.

What You Need

- Very hot (but not boiling) water
- A large piece of plastic wrap
- Matches
- Ice cubes
- A clear liter plastic bottle cut down to be about 6-8 inches tall*

What You Do

1. Cut a piece of plastic wrap large enough to drape over the top of the bottle.
2. Put several pieces of ice on the plastic wrap and set it aside.
3. Fill the bottle 1/3 full with the hot water.
4. Light a match and throw it into the bottle.
5. Quickly place the plastic wrap with ice on top of the bottle.
6. Wait and watch to see a rain cloud appear.

What is the cloud that is formed? It isn't smoke. It's water droplets forming on the smoke particles. The water vapor rises from the hot water and when it gets to the cool air near the ice, the vapor cools and begins to sink, condensing into water droplets. This forms a cloud. Droplets that form on the underside of the plastic may become so heavy that they fall as rain.



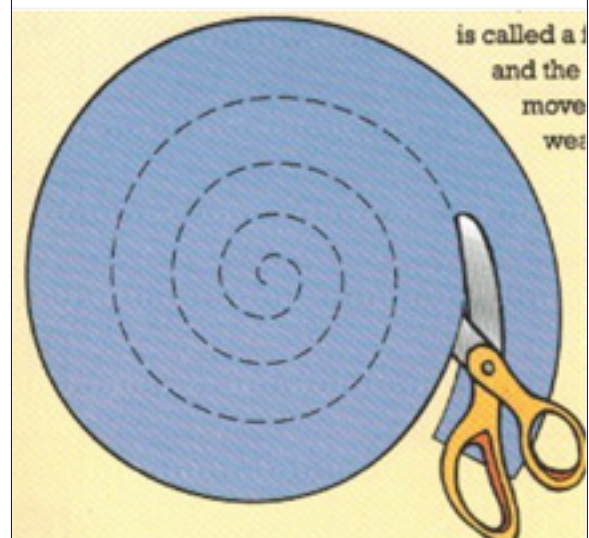
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90. Do the experiment on weather fronts.

9. Paper Spirals and Frontal Systems

How do you make a paper spiral spin without blowing on it? Cut the spiral out of paper using the pattern below. Put a small hole through the center using a large needle. Tie a knot in a 6- to 8-inch-long piece of string and thread it through the hole.* Hold the spiral very still above a lamp. Be patient and wait a few minutes. What does the spiral do? Do you know why? A front has come through. When two air masses of different temperatures meet, the boundary between them is called a front. The colder air sinks and the warmer air rises. This movement often causes rainy weather and storms.



More Fun!

91. Make a SWAP for each girl in your troop.
92. Find five famous people who were Girl Scouts.
93. Participate in a flag ceremony.
94. Visit someone in a nursing home.
95. Make a poster for your home to remind to recycle.
96. Do a secret good turn for someone.
97. Learn about Juliette Gordon Low's story.
98. Attend a 100-year anniversary event.
99. Do something nice for a Girl Scout leader.
100. Take a bubble bath and think good self-thoughts.



Special thanks to Sandy Hunsaker for her great ideas and many hours spent researching to create this centennial keepsake.



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Patch Requirements

1913

1. Secure a burglar with eight inches of cord.
2. Follow the tradition of a “gentle knight.”
3. Be cheerful - never grumble – read explanation.
4. Make an Empress Eugenie’s Circle.
5. Know the name of the governor of your state.
6. Know the name of the mayor of your city.
7. Make a five pointed star from a piece of paper.
8. Learn how to thread a needle.
9. Picture washing clothes in 1913/compare to now.
10. Learn how to count the beat of your pulse.

1920s

11. Make a recipe from 1920s camping recipes.
12. Learn how to set a table, 1920s ideas.
13. Try to stalk an insect.
14. Learn how to make a bed properly.
15. Learn some flag facts.
16. Learn about the parts of a plant.
17. Learn a folk dance.
18. Use Morse code to signal your name.
19. Compare the Girl Scout law from 1920s to now.
20. Be able to find the north star in the sky.

1940s

21. Read or tell a younger child a story.
22. Draw a bird from an egg shape.
23. Make a block print from a potato.
24. Compare manners from 1947 to manners now.
25. Practice good posture.
26. Try a seed germination test.
27. Learn the Girl Scout handshake.
28. Learn to lead a song.
29. Learn to be your best self, advice from 1945.
30. Explore making friends



1950s

31. Play Run, Sheep, Run.
32. Learn how to wrap a package.
33. Learn good table manners.
34. Find the hazards in the picture.
35. Lash a tripod to put a basin on for camping.
36. Learn about evergreen and deciduous trees.
37. Rate how you treat family members.
38. Learn what a “bibliophile” is.
39. Learn about and try pantomiming.
40. Learn some facts about bees.

1960s

41. Make an overhand knot and a square knot.
42. Make a puppet.
43. Put on a puppet show.
44. Do a shadow play.
45. Sew on a button.
46. Make wire jewelry.
47. Make melody glasses.
48. Feed the birds.
49. Make something from papier mâché.
50. Learn some friendship words in other languages.

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1970s

51. Learn about feelings. Write a thank you note.
52. Play Me Kakushi (Hiding Eyes).
53. Learn how a rocket goes into space, try it.
54. Play the Invention Game.
55. Plan a playlet (a very short play).
56. Make a new friend at school.
57. Invite a friend to your Girl Scout meeting.
58. Make up actions to go with a song.
59. Make a map of your yard or neighborhood.
60. Discuss some service you could do at home/do it.

1980s

61. Learn to spell your name in sign language.
62. Interview older adults.
63. Learn to make an origami crane.
64. Learn first aid for a blister.
65. Learn how to pitch a tent.
66. Learn a new hiking song.
67. Write a poem or story about a horse.
68. Discover the strength of shapes.
69. Learn to play Tapatan and play it.
70. Make a wooden spoon doll.

1990s

71. Play Career Charades.
72. Try some animal moves.
73. Try the Girl Scout Promise in sign language.
74. Make Pendulum Patterns.
75. Make a kaleidoscope.
76. Make a pulley-lift.
77. Learn the clothing care symbols.
78. Learn to braid hair.
79. Take the friend quiz.
80. Take a theme hike.



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2000s

81. Make a Piñata.
82. Recycle a greeting card into a small box.
83. Walk in their shoes.
84. Write a letter to self as if your body were talking.
85. Practice Elevator Breathing.
86. Try snow painting.
87. Make a math puzzle.
88. Practice “how you say it.”
89. Make a rain cloud in a bottle.
90. Do the experiment on weather fronts.

More Fun!

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To earn the 100-year patch complete at least 50 requirements and at least one in each of the 10 categories.

All directions and explanations needed can be found [HERE](#).

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