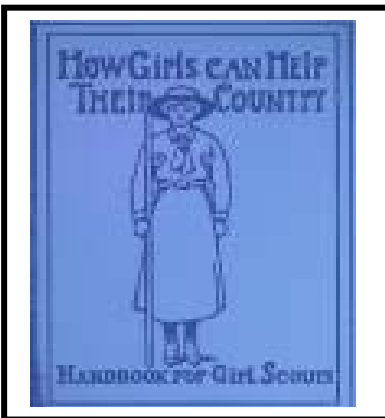


Girl Scouts of Kentucky's Wilderness Road Council
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How Girls Can Help Their Country **100th Anniversary Patch Program**

Girls sometimes ask, "What was Girl Scouting like in the old days?" Many answers may be found in the first Girl Scout Handbook called "How Girls Can Help Their Country." This handbook was used by the great-great-grandmothers of today's Girl Scouts, who pioneered the excitement and experience of Girl Scouting. This is the first of the many handbooks used to guide the rapid growth of the movement from the original eighteen members to the millions of members today.



Most of the activities have been taken directly from the first Girl Scout Handbook, "How Girls Can Help Their Country". This book was published in 1913.

There are 5 Categories of activities.

Daisy and Brownie Girl Scouts must finish at least one activity in each category.

Junior and Cadette Girl Scouts must finish one activity in each category plus one more activity from any category.

Senior and Ambassador Girl Scouts should complete one activity in each category and lead a younger Girl Scout Troop in at least one activity from the patch requirements.

5 Categories are:
Girl Scout Promise
Leadership
Courage
Confidence
Character



Category 1 – The Girl Scout Promise and Law

Activity 1: In 1912 each girl promised on her honor to try to do three things:

- To do your duty to God and to your country
- To help other people at all times
- To obey the Laws of the Scouts

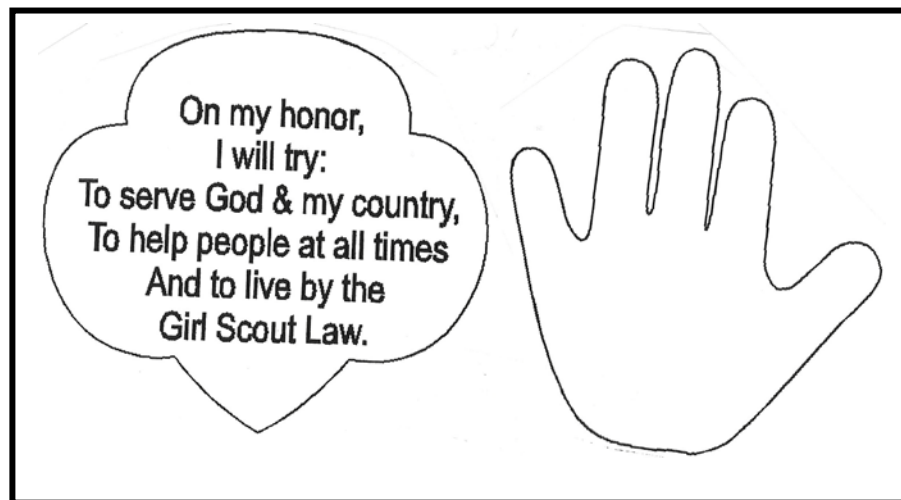
Discuss how the Girl Scout Promise has changed from the first Girl Scout Promise. What different words are used for duty and obey? Does the Promise mean the same?

Girl Scout Promise Card

Girl Scouts try to live by the Girl Scout Promise. Girls learn to make the Girl Scout sign. The Girl Scout sign is made with three fingers, which stand for the three parts of the Promise. The Girl Scout sign is made when you say the Girl Scout Promise, you are welcomed into Girl Scouting at an investiture ceremony, when you receive a patch or a badge and when you greet other Girl Scouts. Materials:

Hand pattern
Trefoil picture with promise
Half of a colored sheet of paper
Scissors
Glue stick and crayons

1. Color the hand and the trefoil on the preprinted piece of paper and cut apart. Cut the sheet of paper in half.
2. Glue trefoil on the right side on ½ sheet of paper.
3. Next make the Girl Scout sign by gluing the palm of the hand down on the left side of the paper. Fold the pinky in toward the middle of the palm and the thumb over the pinky and glue.



Activity 2: There were 3 grades of Girl Scouts. Each level required that girls pass specific tests.

- Tenderfoot – a girl must be 10 years old. Before making the Girl Scout Promise, a girl must know: How to tie four of the following knots: reef, sheet-bend, clove hitch, bowline, fisherman's and sheep-shank. Must know governor of their state and mayor of their city. The History of the Flag and how to fly it.



Are girls required to learn to tie knots to be a member of Girl Scouting? What are the requirements today to be a member of Girl Scouts? Practice some of the knots. Find out about the history of the United States Flag and perform a flag ceremony.

Activity 3: Girl Scout Law in 1912

- A Girl Scout's Honor is to be Trusted
- A Girl Scout is Loyal
- A Girl Scout's Duty is to be Useful and to Help Others
- A Girl Scout is a Friend to All and a Sister to every Other Girl Scout no Matter to what Social Class she May Belong
- A Girl Scout is Courteous
- A Girl Scout Keeps herself Pure
- A Girl Scout is a Friend to Animals
- A Girl Scout Obeys Orders
- A Girl Scout is Cheerful
- A Girl Scout is Thrifty



What laws have remained the same? Talk about some of the laws that are much different from the Laws we have today.

Discover Girl Scouts through the Girl Scout Law.

There are easy ways to learn the Girl Scout Law. Make the suggested hand motions while reciting the Law may help girls more quickly memorize the words.

I will do my best to be...

1. Honest and fair (hold palms out)
2. Friendly and helpful (pretend you are shaking hands)
3. Considerate and caring (hug yourself)
4. Courageous and Strong (muscle arms up)
5. Responsible for what I say and do (give the Girl Scout sign) And to...
6. Respect myself and other (right thumb to self and then right hand out, palm up as though presenting something)

7. Respect authority (salute)
8. Use resources wisely (rub fingertips like \$\$\$\$ while moving arms back and forth in front of you)
9. Make the world a better place (sweep arms in front of self and up to shoulder level)
10. And, be a sister to every Girl Scout (arms around shoulders of girls in circle)

Category 2 – Leadership

Activity 1: Second Class Girl Scouts Girls must be a member for at least one month. These are only some of the tests a girl must pass to be a second class scout:

- Must make a drawing or cut out of the flag of the USA
- Know how to cook one simple dish such as a potato or a quarter of a pound of meat.
- Lay a fire in a stove or light a fire in the open with two matches.
- Make a bed properly and know how to make an invalid's bed.
- Must know what to do in case of fire.
- Must know a remedy for poison ivy or what to do to prevent frost bite.

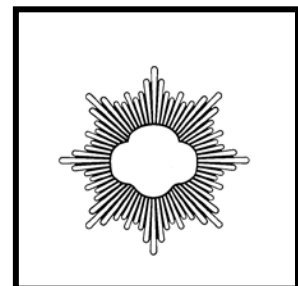
Why do you think that girls had to show that they were proficient in some of these skills? Practice making a bed and make a baked potato in a microwave.

Activity 2: First Class Girl Scout – A girl must have earned a Second Class Badge and she must know:

- How to lay a table properly for breakfast, dinner and supper
- Bring a shirtwaist or skirt sewn by herself or equivalent needlework
- Describe how to get to a place and walk two miles in one hour
- How to dress and wash a child of two years old or younger
- Must have an elementary knowledge of first aid
- Must have elementary knowledge of semaphore code or Morse code
- Must have 50 cents in savings bank earned by herself
- And must show a list of twelve satisfactory good turns.

Is there an equivalent of First Class Scout today?

Talk about the difference in this award and the Bronze, Silver or Gold Awards. Choose at least 3 activities above to do as a troop.



Activity 3: A First Class Girl Scout could earn “extra” awards for the following achievements:

- a. The “Attendance” Badge for each year of membership
- b. The “Nursing Sister” a Red Cross arm badge for earning these four badges: Hospital Nurse, Cook, Matron Housekeeper and Laundress
- c. The “All-Round Shoulder Cords” may be worn by a First Class Girl Scout for passing all of the above badges and show a flag made by herself.



How do we designate a year’s membership in Girl Scouting? (Girls wear a membership star and membership disk.) What special awards do girls earn today? (Journey awards, Bronze, Silver and Gold, Council patches, participation patches, etc)

Category 3 – Courage

Activity 1: Health (Proficiency Badge)

To carry out all the duties and work of a Girl Scout properly, a girl must be strong and healthy. It may take a little time and care to make yourself so. It means a lot of exercise, running, walking, jumping and playing games. Other requirements of the Health Badge were:

- Do not chew gum.
- Eat no sweets, candy or cake between meals for three months
- Drink nothing but water for a year (except tea, coffee, or cocoa)
- Walk a mile daily for three months
- Sleep with open window
- Take a bath or rub all over with a wet towel daily for three months



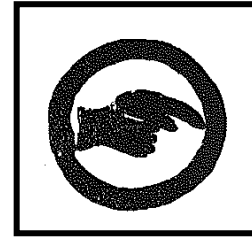
Games to develop strength – Do exercises to music if possible. Play follow the leader. Join hands and assign a leader to lead group in a spiral.

Talk about the requirements from the 1913 Health Badge. Are some of these requirements realistic in today’s society? Which one could your troop decide to do for a specific period of time?



Activity 2: Pathfinder (Proficiency Badge)

Know the topography of the city, all the public buildings, public schools, and monuments. Know how to call up the fire alarm. Girls had to be able to state the direction by the stars and the sun.



Girls should make a map of the town they live in. Talk about directions – east, west, north and south and how the sun and stars can help us tell which direction we are going in. What modern convenience helps us today?

Activity 3: Ambulance (Proficiency Badge)



To obtain a badge for Ambulance a Girl Scout must have a knowledge of the methods of resuscitation in cases of drowning. She must know what to do in case of fire, how to stop a runaway horse, treatment and bandaging of the injured, how to stop bleeding, how to apply a tourniquet, how to treat Ivy Poison, how to treat frost-bite and how to remove cinder from the eye.

What is the badge that girls earn today that comes close to meeting some of these requirements? (First Aid Badge) Practice first aid skills at a troop meeting. Practice the Heimlich maneuver.

Category 4 – Confidence

Activity 1: Child-Nurse (Proficiency Badge)

To obtain this Badge a Girl Scout must take care of a child for two hours each day for a month. She should understand the care of children, elementary instruction, know three kindergarten games and describe treatment of simple ailments. Be able to make poultices and do patching and darning. Know how to test bath heat and use of thermometer, test the pulse.

What do we call childcare by a minor today? (Babysitting) Talk about the difference of what we consider baby sitting is today. As a troop play games or read to toddlers. Talk about emergency procedures when babysitting.

Activity 2: Laundress (Proficiency Badge)

To obtain this Badge a Girl Scout must learn to wash and iron a garment, clear starch and how to do up a blouse. She must press a skirt and coat. Know how to use soap and starch, how to soften hard water and how to use a wringer.





Discuss how our modern washing machines and dryers make doing laundry so much easier today. At a troop meeting have girls practice ironing a blouse and a skirt. If possible bring an antique iron to the troop meeting and talk about what women had to do to press clothing.

Activity 3: Farmer (Proficiency Badge)

Girls must know how to incubate chickens, and the feeding and rearing chickens under hens. They must know how to store eggs.

Girls must have a knowledge of bees which includes swarming, hiving and use of artificial combs. They know how to take care of pigs and how to cure hams.

Discuss how we obtain eggs, honey and ham. Would most of us be able to have chickens, pigs or bee hives in our back yards?

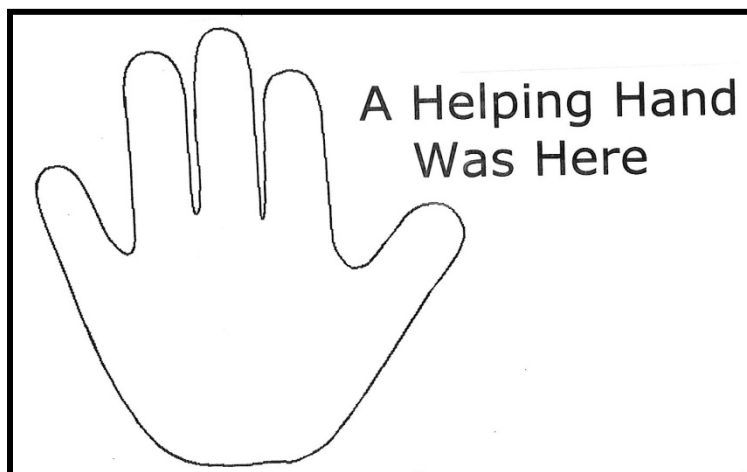
Category 5 – Character

Activity 1: All Girl Scouts remember that by their promise they are bound to do a good turn to somebody everyday. When you get up in the morning you tie a knot in your necktie or handkerchief, which is only untied when you have done something for somebody. And it only counts if you do not take any reward for it or mention it.

Helping Hand Card

Make a Helping Hand Card to leave behind after you do a chore or help around the house. Be a secret helper around the house!

Materials: Helping Hand handout, Crayons, Scissors

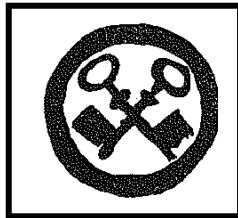
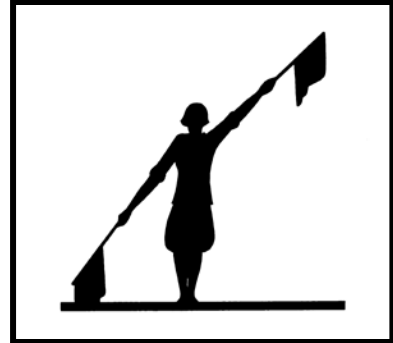


Activity 2: In 1913 during the second meeting, a first time Girl Scout learned the history of the American Flag and made or colored a flag. They learned how to fold a piece of paper five times across and cut out a star. Girls decided on a secret password and a salute. At every meeting the "Captain" (Leader) first calls girls to attention and salutes.

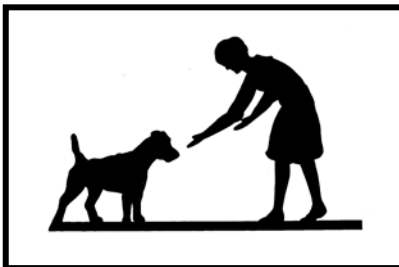
Your troop could create a secret salute and password to open the troop meeting.

Activity 3: Matron Housekeeper
(Proficiency Badge)

To earn this badge girls know how to use a vacuum cleaner. They had to demonstrate the staining and polishing of hardwood floors. How to put away fur and flannels. How to clean glass, kitchen utensils, brass and silverware. How to clean wire window screens. Know three different cuts of meat, and prices of each. Know season for chief fruits and vegetables, fish and game. Know how flour, sugar, rice, cereals and vegetables are sold; whether by package, pound or bulk.



To run a household in the early part of the 20th century, women had to have a vast knowledge of housekeeping skills. Talk about the modern conveniences we have to help with housework. Take a trip to a grocery store. Learn about the different cuts of beef and pork. What is "game"? Find out how flour, sugar, rice and cereals are packaged.



Ceremony of Investiture of Girl Scouts

This is the Investiture Ceremony that Girl Scouts used at the turn of the century. The "Ceremonial for a Tenderfoot" (new Girl Scout) to be invested as a Girl Scout should be a serious and earnest function. The Captain (Leader) calls "Fall In". The patrol is formed in a horseshoe, with Captain and Lieutenant (Assistant Leader) in the gap.

The Captain asks that the Tenderfoots come forward. The Captain then asks: "Do you know what your honor means?"

The Tenderfoot replies: "Yes, it means that I can be trusted to be truthful and honest."

Captain: "Can I trust you on your honor –
"To be loyal to God and the country"
"To try and do daily good turns to other people?"

The Tenderfoot then makes the salute along with the rest of the troop and says, "I promise, on my honor"

Captain: "I trust you, on your honor, to keep this promise."

The Captain orders "Invest".

The Lieutenant steps out and pins the Girl Scout pin on the Tenderfoot. The Lieutenant explains that it is her "Girl Scout's life". The Trefoil can be worn at all times.

If, for misbehavior, her Trefoil (Girl Scout Pin) or "Girl Scout life" has to be taken from her, she will lose her Girl Scout ranking for the time the Captain orders, a week or a day, and is disgraced.

The new Girl Scout is then initiated into the mysteries of the Girl Scout's secret signs, the handshake and the secret password (Be Prepared).