

HISTORIC SCHOOL
Flowerfield School
LUNCH AND RECREATION

*Some beliefs are to be tasted,
Others swallowed;
And some to be chewed upon and digested.*

Historic School Lunch and Recreation

TIME: 25 minutes

OBJECTIVES:

1. Students will have an opportunity to display the lunches they have prepared and discuss the methods used in food preparation at that time.
2. Students will participate in and lead historic recreational games.

BACKGROUND INFORMATION - LUNCH

Pioneer boys and girls usually carried their noon meal in a tin syrup pail or lard can. The lunch that the children take to the Historic School should be as authentic as possible, including wrapping the food in cloth, butcher or brown paper. Lunches contained whatever there was in the house. Poor children sometimes took molasses or lard and sugar sandwiches or cold pancakes left over from breakfast.

Fort Laramie Bread

4 cups lukewarm water
2 Tblsp yeast dissolved in water
4 cups unsifted flour

Stir, cover, and set aside for 1 hour.

Add:

5 cups lukewarm water
2 Tblsp salt
7-9 cups of flour until a doughy consistency is reached.

Knead in the bowl. Set aside for 1 hour. Knead on lightly floured surface, set aside for 1 hour. Knead lightly and cut into loaves. Place in greased pans and let rise until double. Bake 30-40 minutes at 400 degrees.

Pumpkin Seeds

Especially fun to make because students will cross Pumpkin Creek on their way to the Historic School. (Pronounce the name of the creek 'punkin')

Wash fresh pumpkin seeds. Place the seeds on a thoroughly greased cookie sheet. Place on low heat in the oven turning seeds every 15 minutes. Seeds cook for 3 hours. (They can be cooked faster). Brush melted butter over the cooked seeds and salt to taste.



Tart words make no friends; a spoonful of honey will catch more flies than a gallon of vinegar.

SANDWICHES

A sandwich consists of two thin slices of bread or cake, such as angelfood or gingerbread, which is spread with butter and a filling. The filling can be put through a food grinder and combined with salad dressing, cream or some liquid to make a paste.

BANANA AND PEANUT FILLING

Scrape the pulp of a banana and add $\frac{1}{4}$ cup of chopped peanuts.

BEAN FILLING

Mash cold baked beans and mix with tomato catsup or salad dressing.

EGG FILLING

Mash yolks of 4 hard boiled eggs and add $\frac{1}{2}$ cup cottage cheese. Cold fried egg sandwiches were also eaten.

BEFF FILLING

Grind 1 cup of roast beef with 1 small onion.

HAM FILLING

Grind cooked ham with pickles and moisten with salad dressing.

RAISIN FILLING

Place seedless raisins in a double boiler and steam for 5 minutes. Run them through a food grinder, mix with a little lemon juice or cream and spread between thin slices of buttered bread. Or, grind 1 cup raisins and mix with 1 cup peanut butter. Add a small amount of cream to make spreadable.

JERKY

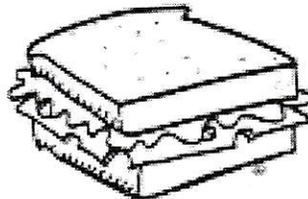
Slice thin meat. Combine $\frac{1}{2}$ soy sauce and $\frac{1}{2}$ teri-yaki sauce to make enough sauce to marinate the meat. Place on a rack, sprinkle with garlic salt and lemon pepper. Bake as slowly as possible for 10 hours on the top oven rack.

An oath and an egg are soon broken.

RAINY DAY ICE CREAM

$\frac{1}{2}$ cup sugar
1 cup whipping cream
 $\frac{1}{2}$ tsp vanilla extract

Put all ingredients into a one pound coffee can. Cover with a plastic lid. Place this can inside a large three pound coffee can. Pack crushed ice around the smaller can and pour 1 cup rock salt evenly over the ice. Cover the large can with its lid. Have children roll the can back and forth on the floor for about 10 minutes. Now, open the large can and remove the inner can. Stir up the ingredients with a rubber spatula. After draining the water from the large can, replace the smaller can inside. Pack with more ice and rock salt. Roll for about 6 more minutes. Open the cans and enjoy 3 large cups of ice cream. This works best with small classes or groups.





He who has plenty of butter may spread it thick on his bread

BUTTER

Place a small amount of cream in the bottom of a jar. Put the lid on tightly and have students shake the jar until it thickens. It has to be so thick that it can get no thicker. Drain the liquid off the butter. Wash until the water is clear. You may add a little salt for seasoning or leave out.

JOHNNY CAKE

2 cups cornmeal (white or yellow)
 1 tsp salt
 1 tsp baking soda
 2 Tbsp drippings
 2 Tbsp molasses
 1 cup cultured buttermilk

In a bowl mix well the cornmeal, salt, and soda. Place drippings in the center. Stir molasses into $\frac{1}{2}$ cup boiling water, and pour the mixture onto the drippings. Stir until the drippings are melted and meal mixture becomes a paste. Stir in the buttermilk and mix well. Spread evenly in a baking sheet by tilting the sheet or by pressing with a wet hand. Preheat oven to 400 degrees and bake for 20-30 minutes. Dough surface will crack and edges will be brown. Remove from pan before it cools.

SORGHUM OATMEAL COOKIES

$\frac{1}{2}$ cup brown sugar
 $\frac{1}{2}$ cup white sugar
 $\frac{1}{2}$ cup shortening
 1 egg
 $\frac{1}{2}$ cup sorghum
 2 cups flour
 1 tsp salt
 1 cup raisins
 1 $\frac{1}{2}$ tsp soda
 1 tsp baking powder
 1 tsp vanilla
 2 cups oatmeal
 $\frac{1}{2}$ cup canned milk
 $\frac{1}{2}$ cup chopped nuts

Cream sugar and shortening. Add egg, sorghum and vanilla. Beat and alternate sifted dry ingredients with milk. Mix thoroughly, and stir in oatmeal, nuts, and fruits. Bake at 350 degrees on a greased cookie sheet until lightly browned.

Promises won't butter any bread.

MA BAILEY'S DOUGHNUT RECEIPT

4 small potatoes cooked and mashed with butter the size of a walnut. Beat to a cream, cool; and then add:

1 cup sugar
1/2 cup sweet milk
2 eggs
4 tsp baking powder
1 tsp salt
Dash of nutmeg

Add flour enough to roll (approximately 2-3 cups). Cut and fry in lard to which you have added 1 teaspoon of vinegar.

One bad apple can spoil the barrel.

RAISIN PASTRY SQUARES

1 cup raisins in water
2 cups flour
3/4 cup butter
5-7 Tbsp milk
1/4 cup sugar

In sauce pan, cover raisins with water, bring to a boil. Remove from heat and let stand 5 minutes. Drain and set aside. Thoroughly mix flour, salt and baking powder. Cut in butter until the mixture is the size of small peas. Gradually add the milk, gently mixing with a fork until all is moistened. Form into a ball. On lightly floured surface roll to a 17 X 11 inch rectangle, rolling from center to edges. Spread raisins evenly over lengthwise half of the dough; sprinkle 1/4 cup sugar over the raisins. Fold dough over to cover raisins, seal. Transfer to baking sheet. Brush with milk, sprinkle with sugar. Bake at 375 degrees until golden for 30-35 minutes. Cool, cut into squares. Makes about 24.

GINGERSNAPS 1 cup sugar

1 cup molasses
1 cup butter
1 teaspoon soda
1 tablespoon ginger
Scant 1/2 teaspoon black pepper
Flour

Dissolve soda in a little hot water. Mix all ingredients adding as much flour as can be stirred in. Pinch off pieces the size of a marble. Roll and flatten. Bake on greased tin.





SNAP THE WHIP by Winslow Homer

RECREATIONAL ACTIVITIES

The following games are typical of those played at country schools during this time. Each teacher should select a few games that the children would enjoy playing and are appropriate for the weather conditions. Please familiarize your class with the games so the children will be ready to play. There are many games that were played in schools in the 1880's that are not included here. "Pon Pon Pull-Away" and "Crack the Whip" are not included because they are too dangerous to play.

OUTDOOR GAMES

Fox and Geese

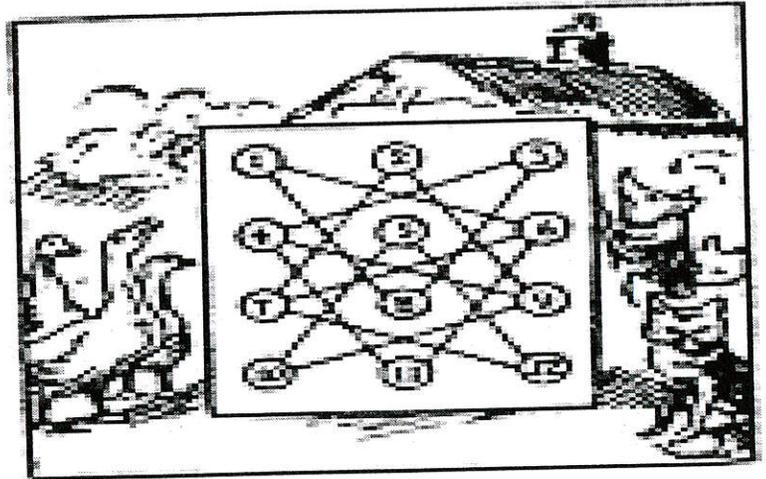
Often played in the snow, a large circle is stamped down with spokes in it to resemble a wheel. A "fox" is picked and he tries to tag one of the geese as they run in groups of three's and four's down the trail with their hands on each other's shoulders. The goose who is tagged becomes the fox and the game starts all over again. No one is allowed to step outside the baseline during the game.

Follow the Leader

One player is the leader and runs in and out, hopping and clapping his hands. Any player who fails to follow the leader and do as the leader does, must drop out of the game. The game continues until all have been eliminated.

Dare Base

Any number of children may play this game, but the two teams must have the same number of players. Two lines are made about 30 yards apart. The teams are called A and B. Members of team A see how close they can go to the base of team B without getting caught. This is continued by each team, alternately with the opposite team. Any person caught must go to the opposite base as a penalty to his team. The object of each team is to see how many members of players they can get for their base. The team capturing the largest number of players at the end of the given time wins.



Blindman's Bluff

A blindfolded player (called Bluff) is led into the center of the circle. The following conversation takes place:

"How many horses does your father have?"

"Three."

"What colors are they?"

"Black, white, and grey."

"Turn about and turn about, and catch whom you can?"

Bluff turns around three times and tries to capture someone. When he succeeds and correctly guesses his name, the captured player must in turn be blindfolded.

Flving Dutchman

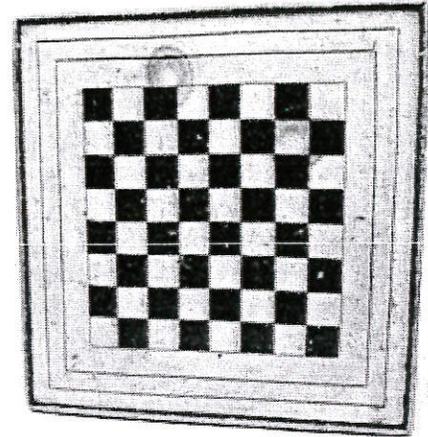
Players are in a single circle, facing center and holding hands. Two players are runners. The two runners, hands clasped, run around the outside of the circle. While running, the inside runner tags the joined hands of two players standing in the circle. The tagged players, retaining their clasp start around the circle in the opposite direction. Both sets of partners attempt to reach the vacant place first. The losing set becomes "it" and continues the game. Ensure that runners always pass on the right and that different players are tagged each time.

Learn to paddle your own canoe.

INDOOR GAMES

Animal, Vegetable, Mineral

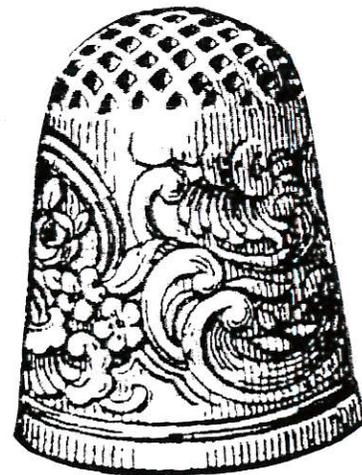
One player is sent from the room. While he is gone, the others decide upon some article in the room. He is then called back and tries to find out what have been selected by asking questions which can be answered yes or no. Beginning with "Animal?" "Vegetable?" "Mineral?". He asks each player a question in turn. His further questions may be prompted by articles he sees about him in the room. Anyone who answers other than "yes" or "no" becomes "it". If the player fails to guess the object, he is sent from the room while another article is chosen and the game is repeated.



Hunt (Hide) the Thimble

One child sends all the others from the area, then he places a thimble in an inconspicuous place but in plain sight. He calls the others back into the area and they search for the thimble. As each one sees the thimble, he says, "I spy" and sits down. If it is rather difficult to find, the hider says "warm" when a searcher is near the thimble and "cold" when he goes away from it. After all have found it, the one who saw it first has the privilege of hiding it again. The game may be varied by sending only one child or half the children from the room while the others hide the thimble. Then the group sings a song and as the searchers get near or far from the thimble, the music gets softer or louder.

A kind word is never lost.



CHEAT OR SWING
 A LITTLE FUN DANCE
 CALLERS CAN CHANT THIS ONE OUT TO TUNE OF
 TURKEY IN THE STAW

1. HONOR YOUR PARTNER HONOR
 YOUR CORNER (16 BARS) CIRCLE
 LEFT, CIRCLE RIGHT

2. FIRST LADY TO THE RIGHT AND YOU CHEAT OR YOU SWING
 (4 Bars) Note: First lady leaves her gent and goes over to the second gent. She has the choice of either swinging the gent, ignoring him or making a funny face and going back to her partner in a comical way.
 SWING HIM AROUND OR YOU PASS UP THAT THING

3. ON TO THE NEXT AND YOU DO THE SAME Lady does same as above with third gent.
 SWING THAT GENT OR CALL HIM A NAME

TURKEY IN THE STRAW

The image displays the musical notation for the tune 'Turkey in the Straw'. It consists of four staves of music, each with a treble clef and a 2/4 time signature. The notation includes various rhythmic values such as eighth and sixteenth notes, rests, and bar lines. The melody is simple and characteristic of the traditional folk tune.

VIRGINIA REEL

A LONG WAY DANCE MAY BE DONE WITH FROM 4 TO 8 COUPLES

Note: Partners facing each other across the hall standing about six feet apart.

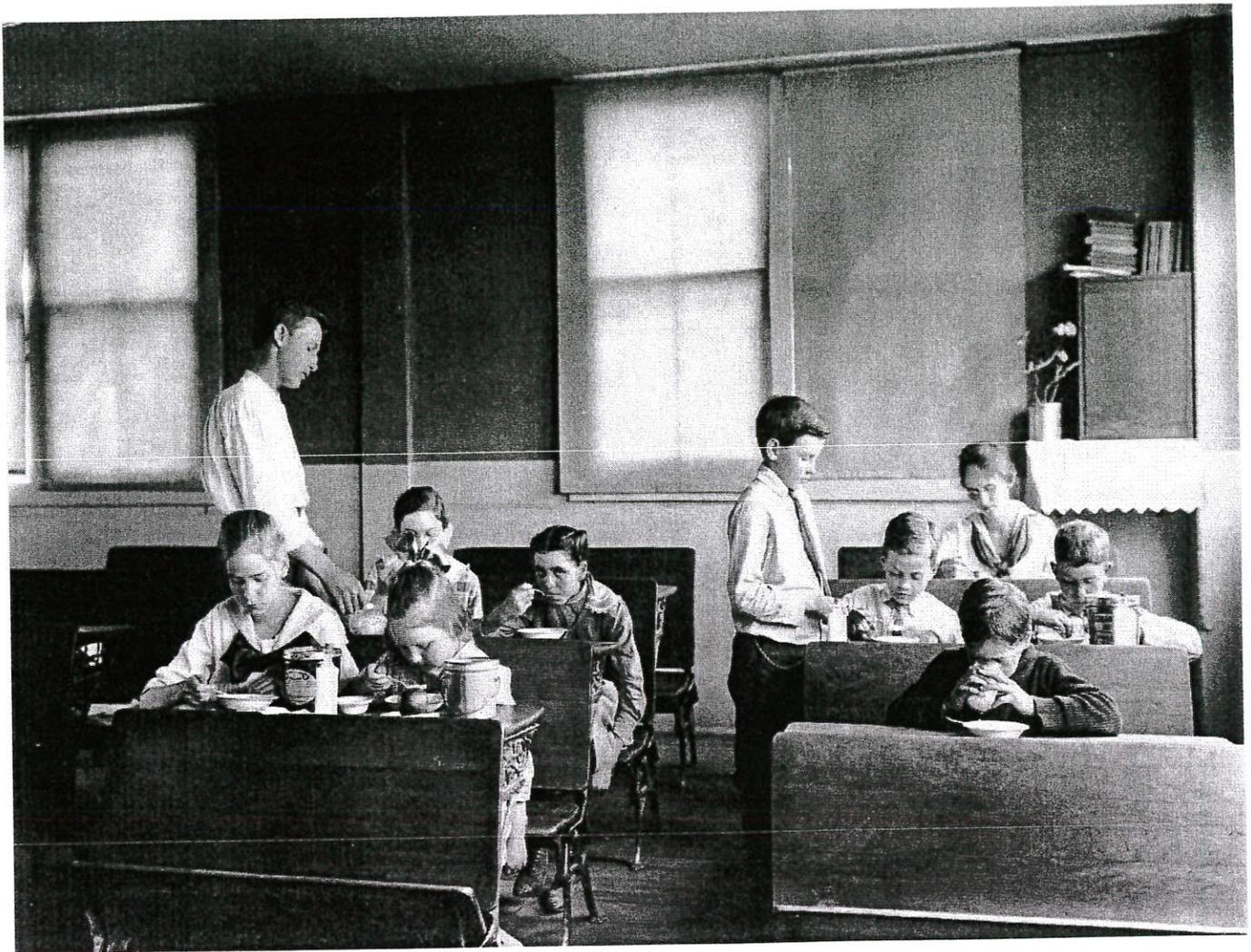
- SALUTE YOUR PARTNERS
 FORWARD AND BACK
 RIGHT HANDS AROUND Circle your partner to right and back to position.
 LEFT HANDS AROUND
 BOTH HANDS AROUND
 DO-CI-DO YOUR PARTNER
 FIRST COUPLE DOWN
 THE CENTER SASHAY BACK
 TURN HER BY THE RIGHT ONCE AND A HALF
 Then you both turn the next one in line by the left elbow and once around and then turn your own by right once. Keep alternating this until you reach the foot of the set then sashay to the head of set. Get back in original position and all face the caller who will tell you to cast off. First the ladies to the right, the gents to the left around the outside of the set, to the foot. The first couple ONLY makes an arch. The other couples go under the arch so that each one is one place nearer the top of set. Fourth couple has now become first couple. REPEAT DANCE.

SALUTE YOUR PARTNERS
 FORWARD AND BACK
 RIGHT HANDS AROUND
 LEFT HANDS AROUND
 BOTH HANDS AROUND
 DO-CI-DO
 FIRST COUPLE DOWN
 NOW BACK

CALL FOR VIRGINIA REEL
 TURN HER BY THE RIGHT ONE AND A HALF THE NEXT
 BY THE LEFT
 ROLL 'EM DOWN THE CENTER
 FIRST COUPLE HOME
 CAST OFF
 MAKE THE ARCH
 REPEAT

MISS MCLEOD'S REEL





Eat at pleasure, drink by measure

HISTORIC SCHOOL LUNCH AND RECREATION ACTIVITIES

1. The Historic School teacher will eat lunch with the students, but the regular classroom teacher is expected to plan and supervise the recreational games. Student leaders can also lead games.
2. The lunch area (whether out-of-doors or inside) should be cleaned and pails returned to the cloak area before the children are dismissed to play the historic games.

PREPARATORY ACTIVITIES FOR LUNCH AND RECREATION

1. Prepare replicas of lunch pails from three pound shortening or large coffee cans. If coffee cans are used, they should be painted silver or covered with butcher paper. Punch holes in the can for a wire or twine handle by using a nail and hammer. A scrap of cloth makes a cover. (Cans are often available from the school lunch personnel.)
2. Send the parent letter home so they will be aware of the special needs for this lunch. Some teachers might even plan a parent session before the class visits the Historic School so they feel involved and knowledgeable about the project.
3. Remind students that canned pop and other modern convenience foods are inappropriate for this visit. Since water is available at the school, no pop will be allowed.
4. To stimulate interest in preparing "authentic" lunches, the class could prepare one of the "receipts" for cookies ahead of time and bring the cookies along to share at the Historic school.
5. Some classes might prepare their lunches at school the day before with parent assistance. No matter who prepares the lunches, it is essential that many options, such as those included in this guide, are discussed.
6. The classroom teacher should plan one or two games to teach during recreation period. Including some student leaders in the planning may make things more successful and be a good leadership experience for them.

Eat to live, and not live to eat.

FOLLOW-UP ACTIVITIES FOR LUNCH AND RECREATION

1. Compare a pioneer school lunch with a present day school lunch.
2. Analyze a pioneer lunch for nutrients and food groups. Have students do the same with the school lunch menu or their sack lunches from home.
3. Plan a meal for your school lunch program. Give the food pioneer names. Then ask your cooks to serve your menu during Education Week or on Nebraska's birthday.
4. Sponsor a pioneer meal or box social for families.
5. Students may view the reproduction of Winslow Homer's painting, "Snap the Whip". They could draw pictures illustrating their favorite games and playground activities today.
6. Enlist the help of the music and PE teachers to teach the students one of the dances appropriate to this time. Celebrate Nebraska Day with a square dance.