

# Heritage Challenge

## Resource Pack

This resource pack contains ideas and suggestions to support the Heritage Challenge produced by Girlguiding London Over the Border.

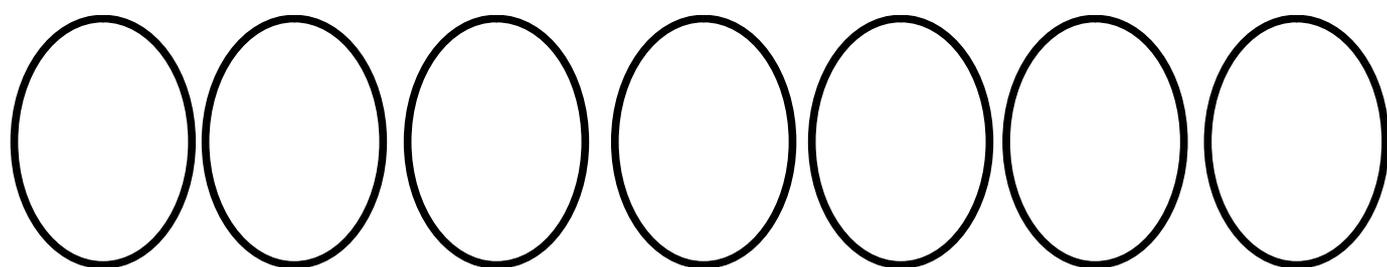
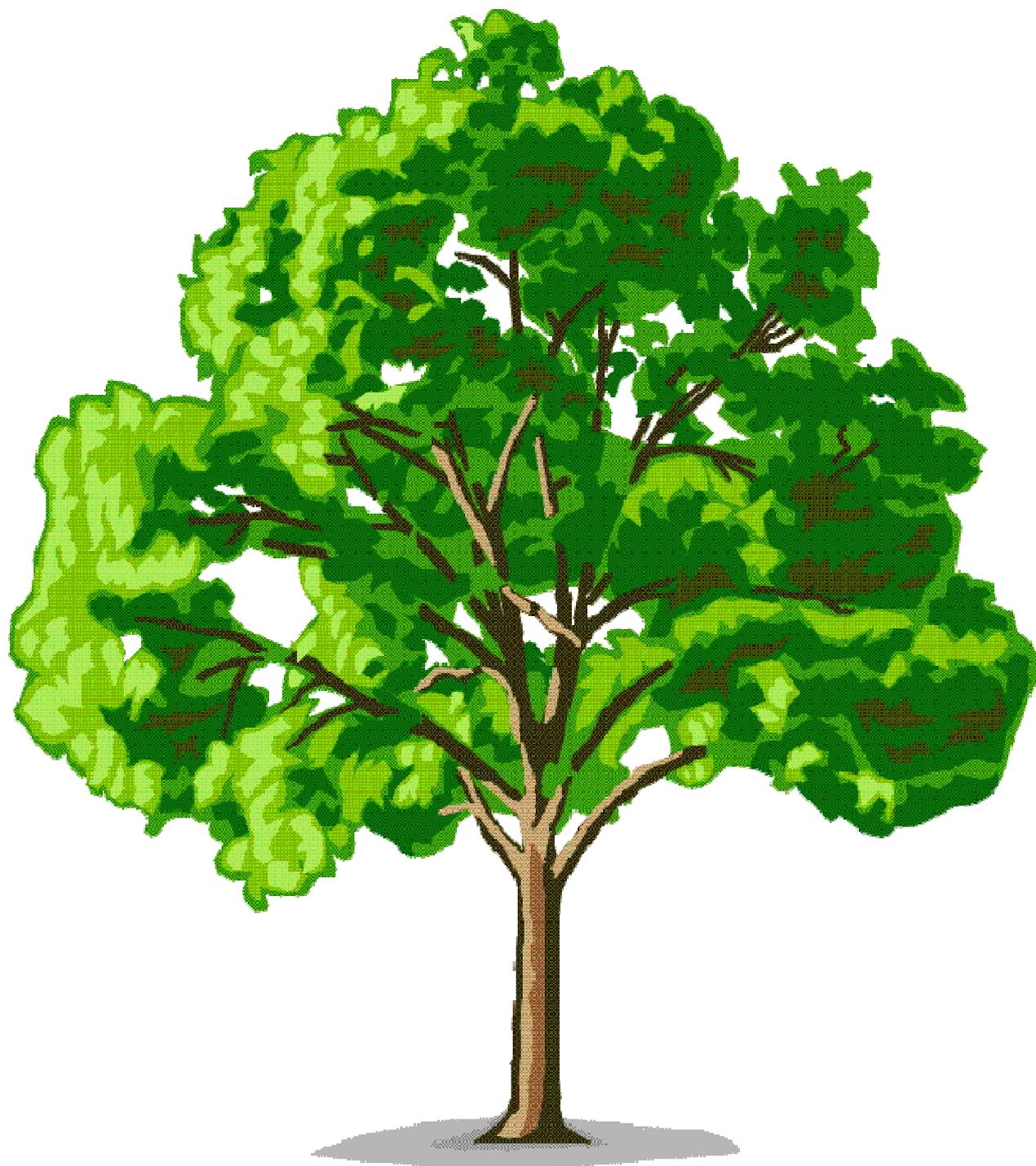
The syllabus can be downloaded at:

<http://www.lobguides.org.uk/assets/Heritage-Challenge.pdf>

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# My Family Tree



# Audio Trails

The following trail is available in London over the Border.

LINKED is an artistic/heritage audio trail based around the M11 link road and the protests against it from the local people. You pick up a receiver from a local library, and follow a trail around Leyton/Leytonstone/Wanstead. As you walk, you come into the path of transmitters set on random lamp posts and hear stories from local people about the area, the protests etc.

<http://www.linkedm11.net/home.html>

The following website below that gives details of trails in other areas

[www.audiotrails.co.uk](http://www.audiotrails.co.uk)

# Plaited Bookmark

This bookmark was suggested to Brownies doing the recruit Test in 1951. They could do it with a partner so they could hold the wool for each other whilst they plaited.

You need: 12 strands of wool about 45 cms long

- Tie them together by knotting them at one end. If you are working alone, you can tie this end to the back of a chair with a piece of string.
- Divide your wool into three.
- Plait it evenly until your marker is the correct length.
- Fasten off neatly by binding with a spare piece of wool, tied with a reef knot.

Another version was to make a little man at the end of the bookmark.

To do this you need to add extra wool. The body is made by plaiting the wool so it is quite fat (the extra bits fluffing out for hair).

Tie the body firmly together near the top with a reef knot for his neck. His arms are made by adding extra pieces of wool threaded crosswise. These will be held in place by plaiting his body tightly. Tie the body again at his waist or hips. Divide the wool into two for his legs. Plait these and finish off securely with a reef knot at the ankles. Plait the arms and tie the wrists.



# What We Ate and Wore

## War Time Recipes

These recipes are written with imperial measure for authenticity but can be converted to metric if required

### Vinegar Cake

12oz self raising flour	2 tablespoons vinegar
6 oz margarine	1 tsp bicarbonate of soda
6 oz sugar	8 oz mixed fruit
½ pint milk	

1. Cream the margarine and the sugar
2. Sift the flour
3. Pour the milk into a jug, add the vinegar and bicarb. The mixture should froth
4. Blend the liquid and flour into the creamed mixture
5. Add the dried fruit
6. Put into a greased 20 cm cake tin and cook in a moderate oven for 1 hour or cook in muffin cases for 20-25 mins

### Carrot Cookies

3oz margarine	3 grated raw carrots
3oz sugar	8 oz self raising flour
1 tablespoon water	few drops of vanilla, orange or almond essence

1. Cream the margarine and sugar
2. Beat in the flavouring and the carrot
3. Fold in the flour
4. Put spoonfuls of mixture into greased bun tins (makes 12)
5. Bake in a brisk oven for 20 mins

### Syrup loaf

8oz self raising flour	4 tablespoons warm golden syrup
1 teaspoon bicarbonate of soda	½ pint milk
pinch salt	

1. Sift the flour, bicarb and salt
2. Warm the milk and syrup and pour over the flour. Beat well
3. Pour into a well greased loaf tin and bake in the centre of a moderately hot oven for 30 mins

# What We Ate and Wore

## Old Fashioned Sweets

### Sugar mice

340g of icing sugar

1 egg white

Two drops of peppermint essence

Red colouring (for pink mice)

White or plain chocolate drops or buttons (ears)

Currants (eyes)

Liquorice strings (tails)

1. Beat the egg white in a bowl until the contents go frothy, though they should not get stiff.
2. Sift the icing sugar into the bowl and stir in the beaten egg white until the mixture becomes stiff.
3. Add the peppermint essence and knead in the mixture, break into four even sized pieces.
4. Shape each piece into an oval shape in your hands, pinching one end of each oval to make
5. a pointed snout like a mouse.
6. Add the chocolate drops for the ears and the currants to form the eyes.
7. Add the liquorice strings for the tails.

Alternatively buy a packet of ready-made fondant icing, knead in some peppermint essence then shape your mice from this.

### Coconut Ice

250g sweetened condensed milk

200g dessicated coconut

250g icing sugar

Few drops of food colouring ( optional )

1. Using a wooden spoon, mix together the condensed milk and icing sugar in a large bowl. It will get very stiff. Work the coconut into the mix until it's well combined - use your hands, if you like.
2. Split the mix into two and knead a very small amount of food colouring into one half.
3. Dust a board with icing sugar, then shape each half into a smooth rectangle and place one on top of the other.
4. Roll with a rolling pin, re-shaping with your hands every couple of rolls, until you have a rectangle of two-tone coconut ice about 3cm thick.
5. Transfer to a plate or board and leave uncovered for at least 3 hrs or ideally overnight to set.
6. Cut into squares with a sharp knife and pack into bags or boxes. These will keep for up to a month at least, if stored in an airtight container.



# What We Ate and Wore

## Historical Recipes

### Richmond Cakes

85g unsalted butter  
60g brown sugar  
60g treacle  
½ tsp ground ginger  
½ tsp mixed spice  
1 tsp baking powder

125g plain flour  
1 tsp lemon zest  
30g cornflour  
2 large eggs  
2 tablespoons dessicated coconut

Preheat the oven to Gas Mark 4, 180 C, 350 F

Grease a cupcake tray or use a cupcake tin and 8 muffin cases

1. Beat the butter and sugar together until light and fluffy.
2. Add the treacle, spices and lemon zest and mix well.
3. Sieve the flours together and add them to the batter little by little alternating it with the eggs.
4. Beat the mixture well until bubbles start to appear and then stir in the coconut and baking powder.
5. Spoon into the cases until about  $\frac{3}{4}$  full. Bake for 15 – 20 mins until light brown and springy to the touch. Cool on a wire rack.

### Elizabethan Shrewsbury Cakes

This recipe is written as it would have been in Elizabethan times. The recipe can easily be halved or quartered to make smaller amounts for patrols or sixes to make.

Take four pounds of plain Flour, two pounds of Butter and one pound and an half of fine Sugar (caster sugar), 4 Eggs, a little beaten Cinamon, a little Rosewater, make a hole in the Flour, and put the Eggs into it when they are beaten, then mix the Butter, Sugar, Cinamon and Rosewater together, and then mix them with the Eggs and Flour, then make them into thin round Cakes, and put them into an Oven after the Houshold Bread is drawn; this quantity will make three dozen of Cakes.

Mixture is a firm elastic dough which can be shaped by hand. Mould into fairly flat, round patties 4-5 cm in diameter – do not make them too thick. A quarter of the recipe makes about 14 cakes. Bake at 180C, 350F, Gas 4 for 20-30 mins. Best eaten warm and may be buttered.

# Festivals and Customs

## Corn Dollies

### The Origins of the Corn Dolly

Corn Dollies are a traditional craft made at harvest time and the ceremonial use of them dates back even to ancient Egypt! They can be anything from a simple plait or entwined straw, to a complex spiral or human figure. The celebration of harvest is full of legend and centres around the story of Ceres, the Earth Mother. It is still customary in some areas for farmers to leave a row of wheat standing in the fields at the end of a harvest in the belief that bad luck will befall them if it is cut. Legend has it that Ceres hides in the corn. From this belief grew the tradition of preserving the last stalks of corn from a field and making them into the shape of a woman adorned with bright ribbons. This corn dolly, the winter home for the spirit, was then carried to the farmhouse and displayed on the wall until the spirit was released back into the field the next spring by ploughing it into the first furrow to ensure a good harvest!

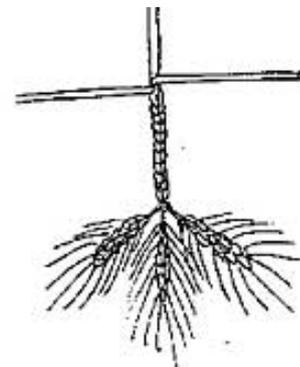
There are many different designs of corn dollies which have evolved over time. Plaits such as the four straw plait are known as a Countrymans' favour. At the hiring fairs they would wear a favour that showed what craft they did, e.g. a shepherd would have some wool, a woodsman some shavings, and a Thatcher would have straw.

Here are instructions to make two different types of corn dolly which can be made with straw, craft raffia or art straws.

### Witch's Mark or Cat's Paw

Tie three straws together, just below the heads with stout thread. Fan them out into north, east and west positions with the heads to the south. Fold the east (right) straw under the north (top) straw just before you fold the north straw over the east straw—in other words, they trade places. Then fold the west (left) straw under the north straw, just before folding the north straw over the west straw—again they trade places. Repeat.

As you work, you may wish to stretch the braid slightly. With your left thumb and forefinger (if you are right-handed) firmly hold the weaving, and move your grip up the weaving as it grows. Stop a few inches from the end and tie off.



## Easy 'Corn Maiden' Figurine Dolly

1. Take a good handful of straw approx 60cm long and bend it in half keeping it neatly together. If you are using real straw it is best to soak it for a couple of hours before use so it bends properly without snapping or splitting.
2. Tie some string, or more straw, around the bundle near the bent part at the top to form her head. You can trim the loose ends if you want to adjust the height at this stage.
3. Make her arms using smaller, thinner bundles of straw. Bend them over and tie them off near the bend like before. Cut through the loop and fray the ends to represent her hands.
4. Push the arms into the body section and tie some string around the body under the arms to stop them falling out (you will still be able to make some sideways adjustments if need be).
5. Now fray out her 'skirt' so that she stands by herself and you have a simple finished dolly!

If you want a bit more detail you could try using bits of fabric wrapped around her for a dress, or pushing other bits of straw or wheat ends in as hair etc.

If you want a simpler dolly still, you can just plait some wheat strands and tie it off with a ribbon so that the wheat is sticking out at the bottom and hang it up!

# Work, School and Leisure Time

## Tableaux

Give each Patrol or Six a topic eg a Dickensian School or a Tudor Feast (see below for further ideas). They decide how they are going to portray a still scene showing the topic – this can be done without props or with limited props if preferred.

Give them a time limit (2-3 minutes) to set the scene, then count down from 5 to freeze when every girl must be absolutely still. Points can be awarded for the best scene each time.

In a wartime air raid shelter  
A Victorian Christmas  
At school in the 1950's  
Robin Hood in Sherwood Forest  
A jousting tournament  
The discovery of Australia  
A first ride in a motor car  
A Tudor Feast  
The battle of Hastings  
Watching the Coronation of Elizabeth II  
The Spanish Armada  
The execution of Anne Boleyn  
Playing in the street in the early 1900's  
Celebrating the new millennium  
The Gunpowder Plot  
The first moon landing  
A Dickensian School

Feel free to add other ideas of your own!