

**SARATOGA'S**



**REVOLUTIONARY**

**GIRLS** 

Silver Award Project 2025

by Brynn Thomarie & Mackenzie Roberts  
Cadette Troop 2790

This patch program will help people of all ages learn about the 250th anniversary of the American Revolution at the Saratoga National Historical Park and the daily lives of girls during that time period. Participants will learn about toys and games from the late 1700s as well as clothing, chores, recipes, and require a visit to the Saratoga National Historical Park.

For Girl Scouts to earn the patch (or an ink stamp for non Girl Scouts) people must **complete ONE or more activities in EACH of the following FIVE steps**. Troop leaders or trusted adults are responsible to check that FIVE activities have been completed.

You can find resources we made to teach you about the following activities at [saratoga250.com](http://saratoga250.com)

## Step 1: Learn about 18th century clothing

- Look at our pictures available at [saratoga250.com](http://saratoga250.com) and learn about what girls wore & explain the items to someone else
- Name two types of fabric commonly used in clothing in the 1770s.
- Ask about clothes at a period appropriate living history event.
- Draw or make your own 18th century style hat or cap

## Step 2: Learn an 18th century game

- Graces
- Trundling Hoop
- Cup and Ball
- Marbles

## Step 3: Make an 18th century recipe

- Sally Lunn bread
- Cheese
- Butter
- Liberty tea
- Learn how to make your own food at a living history event

**REMEMBER: VISIT [saratoga250.com](http://saratoga250.com) to see the resources we have created to help you complete this patch program!**

## Step 4: Learn about 18th century chores

- FIRE: Learn how to build different styles of camp, cook fires, and how to start a fire
- WATER: Race your friends while carrying buckets of water (race for distance or to fill a container)
- FABRIC: learn how to sew, weave, or stitch (knit, crochet, embroidery or cross stitch)
- Ask about chores at a period correct living history event

**REMEMBER: VISIT [saratoga250.com](http://saratoga250.com) to see the resources we have created to help you complete this patch program!**

## Step 5: Visit a site at the Saratoga National Historical Park.

Talk to an interpreter, read the interpretive signs, and then imagine what the location looked, sounded and smelled like in 1777. Take a selfie to share at #saratoga250 #BattlesofSaratoga

- Sword Surrender Site
- Victory Woods
- Gen. Philip Schuyler House
- Saratoga Monument
- Saratoga Battlefield
- If you can't visit in-person, please go to the Schuyler House website and do the virtual tour:  
<https://www.nps.gov/sara/learn/photosmultimedia/schuyler-house-virtual-tour.htm>

Scout Name: \_\_\_\_\_ has completed 1 or more activities in each of the 5 steps above.

Signature of Leader: \_\_\_\_\_

Date: \_\_\_\_\_

The resource slideshow with pictures, recipes and SNHP information can be found at [saratoga250.com](http://saratoga250.com)

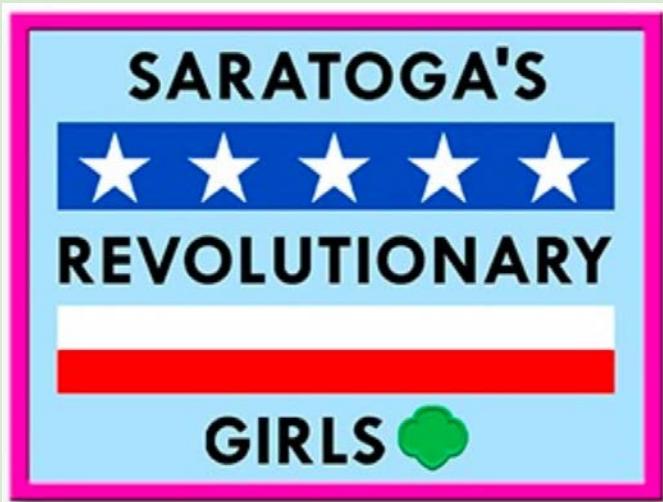
To receive the patch, you must be a registered Girl Scout. For all others, you may earn a ink stamp.

Once you have completed FIVE activities and checked them with your responsible adult, to be awarded the patch/stamp please visit:

The Saratoga County Historian's Office in Ballston Spa

Saratoga County History Center at Brookside Museum in Ballston Spa.

Note: We sold bracelets to raise money to purchase the patches. Our funds were generously matched by our local Northville Rotary Club, enabling us to purchase 300 patches.



# CLOTHING

Clothes for most people were functional.

People layered up for cleanliness and warmth.

Most items were handmade. Common fabrics were linen and wool.

Linen was made from flax grown on farms and  
wool came from sheep and was spun into yarn.



In the 1700s, this piece of clothing was called a shift. Usually made of linen, it was worn to bed as a nightgown but also worn in the daytime as underwear or a base for other clothing.



This undergarment was put on over the shift and was called stays. It offered support and also improved posture.



These are stockings, which are used as modern-day socks. They could be made from cotton, linen, silk or wool.



This was put on next and was called a petticoat. It has an adjustable waistband tightened with strings that went through a loop at the top and came out on the sides. This feature made it very versatile for sizing.

Pockets were tied around the waist and worn under the petticoat. They were separate from the garment, unlike the pockets we use today.





**This was put on next and was called a bed gown. It was also adjustable and could have been held closed by pins.**



**This apron was put on over the rest of the clothing. It helped to keep the bedgown and petticoats clean and was useful in carry things and could be used to protect hands from hot pots.**



These are examples of shoes women would wear in the 1770s. They were often black with a buckle in the front and short heel on the back. They could be made of wool or leather.





**This was called a bonnet and was often made from black silk.**



**This cap was the most common type of head covering for women.**



**This straw hat was worn outside to offer protection from the sun.**

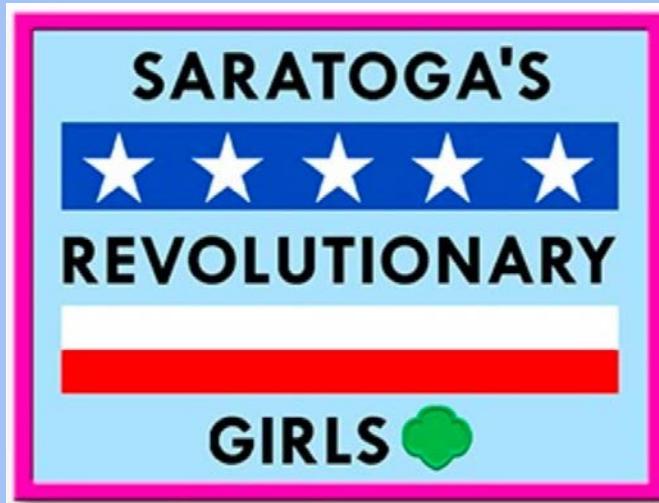


**This was called a handkerchief and it was worn around the necks and shoulders of women. It provided both coverage from the sun and added warmth in cold weather.**



This is Mackenzie. She is a member of the team who volunteered to dress up in 18th century clothing. She is wearing all of the clothing that is seen in the previous slides to show how a girl in the 1770s might have looked.





# TOYS AND GAMES

Toys in the late 1700s were generally made of wood, cloth, or other items commonly found in the house.

Games could be played by 1 or 2 people, or a crowd.



This is a game called Graces. Two people would be needed to play. Each person would get two sticks and the hoop would be flung off the sticks and the other person would catch the hoop.



**This is called a trundling hoop. Kids would stand it up and use the stick to roll it forward. They could race their friends with it to see who could keep it rolling the farthest before it fell over.**



This is a cup and ball. People would try to swing the ball on the string into the cup for fun.



The game of Marbles was popular in the 1700s. These marbles are made from clay. To learn more about how to play and their popularity in Colonial America, click [here](#).



# RECIPES

Most food was made at home.

People did not have access to all ingredients at all times.

After taxes and tariffs on British goods,

things like tea and refined sugar were hard to get and had to be substituted with ingredients available in the new United States.

# Cheese recipe:



Step 1: clean and sanitize your work surface



Step 2: wash your hands with soap



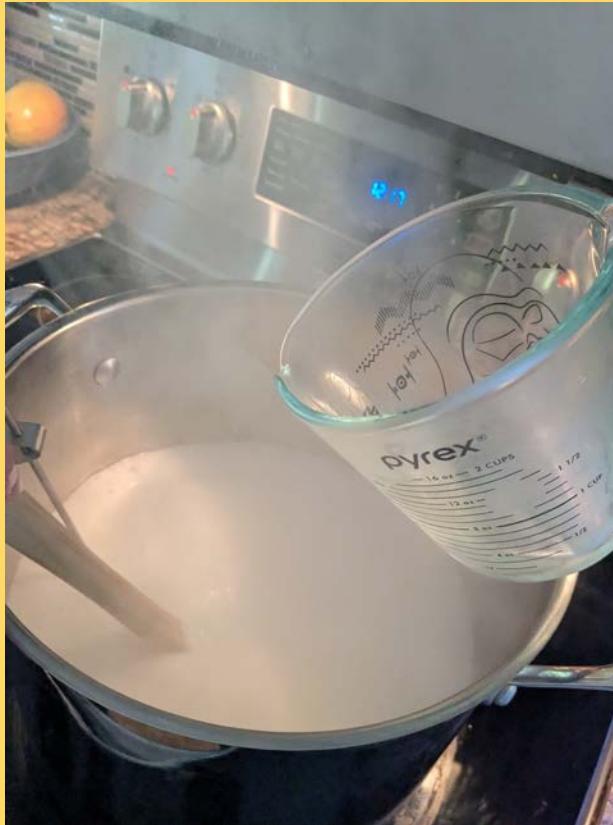
Step 3: Gather ingredients (the thermometer is optional)



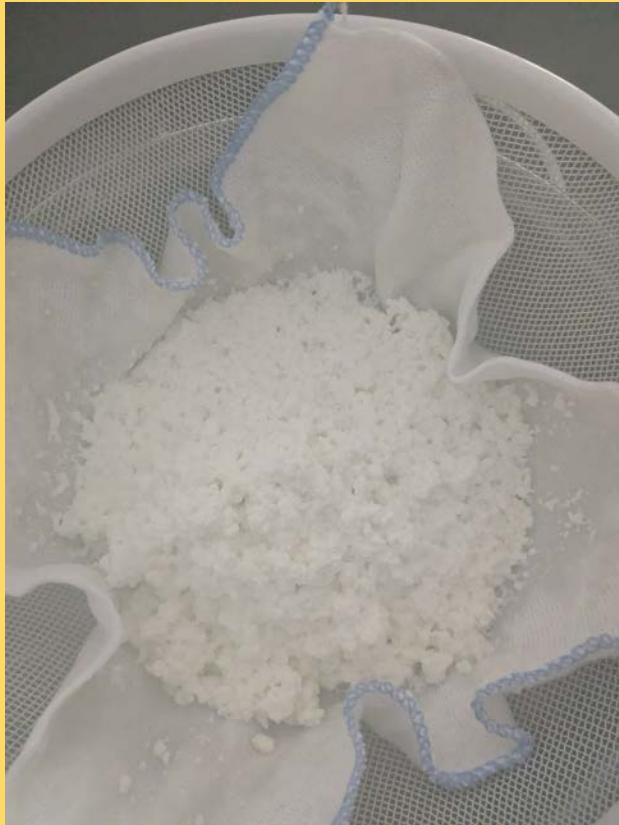
Step 4: Heat 1 half gallon of milk on medium high, bring to a boil (212°F) stirring occasionally



Step 5: Once at a boil, add  $\frac{1}{4}$  cup of distilled vinegar



Step 6: Stir to distribute the vinegar evenly and see the separation occur



Step 7: Turn off your stovetop and strain into cheesecloth set in a strainer. You can choose to keep the whey or not, just place the strainer over a container

Step 8: Rinse with cold water to stop the cooking



Step 9: Add salt or whatever you wish



Step 10: squeeze the cheesecloth and hang over the pot to let the excess whey drip out



Step 11: Enjoy!

# Butter recipe:

Making butter was a chore for most kids since it took a decent amount of time. It is also a very laborious job since you have to agitate the heavy cream.



# Make your own butter in a Mason jar!

#1 Find a glass jar with a lid that will make a seal (Mason jar, honey jar, etc.)

#2 Fill the jar half way with heavy cream & add salt if you would like.

#3 Screw the lid down tight

#4 SHAKE! This step will take 15-20 minutes.

#5 Pour everything into a bowl. Take the butter solid out. Squeeze the liquid off & shape it!



# Bread recipe:

## Sally Lunn Bread from Felicity's Cookbook

**FELICITY'S COOKBOOK**

### SALLY LUNN BREAD



*Rose baked fresh bread for the Merriman family every morning.*

**INGREDIENTS**

- ¾ cup milk
- ¼ cup warm water
- 1 package active dry yeast
- 6 tablespoons butter, softened
- 3 tablespoons sugar
- 2 eggs
- 3 cups flour
- 1½ teaspoons salt
- Shortening or butter to grease the pan

**EQUIPMENT**

- Measuring cups and spoons
- Small saucepan
- Small bowl
- Wooden spoon
- Large mixing bowl
- Medium mixing bowl
- Clean kitchen towel
- Paper towels
- Tube pan or round 2-quart casserole dish
- Potholders
- Butter knife

**DIRECTIONS** *1 loaf*

1. Measure the milk into the small saucepan and warm it over medium-low heat. Turn off the heat.
2. Measure the warm water into the small bowl. Add the yeast and stir. Then stir the warm milk into the yeast and water.
3. Measure the butter and sugar into the large mixing bowl. Stir them until they are creamy.
4. Crack 1 egg into the large mixing bowl and beat the mixture. Add the second egg and beat the mixture again.
5. Stir the flour and salt together in the medium mixing bowl.
6. Stir about 1 cup of the flour mixture into the butter and sugar mixture. Then stir in about 1/3 of the yeast mixture.
7. Add more flour and beat the mixture. Then add more yeast and beat the mixture again. Continue adding yeast and flour in this way, beating the batter until it is smooth.
8. Cover the large mixing bowl with a clean towel and let the batter rise in a warm place for 1 hour. When the batter has doubled in size, remove the towel. Stir the batter quickly to take out the air.
9. Use paper towels to grease the tube pan or round casserole dish with shortening or butter.
10. Pour the batter into the baking pan. Cover it with the towel. Let it rise for about 30 minutes, or until it has doubled again in size. Preheat the oven to 350° while the batter rises.
11. Remove the towel and bake the bread on the center oven rack for 40 to 45 minutes.
12. Have an adult take the bread out of the oven. Use the butter knife to loosen the bread from the sides of the pan. Turn the pan upside down to remove the bread. 

**DINNER**

**SUN-MOON BREAD**



Some people say Sally Lunn bread comes from the French phrase for sun and moon, *soleil-lune* (sun-day LOON). Each loaf has a golden top (sun) and white bottom (moon). In English, *soleil-lune* becomes "Sally Lunn," which is how the bread is known today.



*Step 8*



*Step 4*

*Step 11*

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# Tea recipe:

## Liberty tea from Felicity's Cookbook

FAVORITE FOODS

### LIBERTY TEA

#### INGREDIENTS

6 cups water  
3 teaspoons dried  
raspberry leaves\*  
Honey

\*Available at health-food stores

#### EQUIPMENT

Teakettle or saucepan  
Measuring cup  
and spoons  
Tea ball (optional)  
Teapot  
Strainer (if you don't  
use a tea ball)  
6 teacups



Felicity made tea from raspberry leaves to protest the high tax on tea that came from England.

#### DIRECTIONS

6 servings

1. Pour the water into a teakettle or saucepan. Heat the water on high heat until it boils, or bubbles quickly.
2. Measure the raspberry leaves into the tea ball and place it in the teapot. Or measure the raspberry leaves directly into the teapot. Have an adult pour the boiling water into the teapot. Let the tea steep for 5 minutes.
3. Remove the tea ball from the teapot and pour the tea into teacups. Or use the strainer to catch the tea leaves as you pour the tea into teacups. Sweeten the tea with honey. ☕



#### TEA BOWLS

Families like the Merrimans had teatime each day, between dinner in the early afternoon and supper later in the evening. They drank their tea from cups that had no handles, often called **tea bowls**.



# CHORES

In the 1770s much of a young girl's day was spent on chores, both inside and outside. Making food, cleaning up and taking care of animals took a lot of time and was hard work.

# Collecting and carrying water

Collecting water was very important as it was used for drinking, washing, cooking, cleaning, and other things.

Women and children were often tasked with going to the well or stream, pulling up heavy buckets, and carrying the water to where it was needed. In the 1770s, a wooden yoke could be used to help with this chore.



# Water bucket races

Collecting water was very important as it was used for washing, cooking and cleaning. The requirements for this activity are to gather a friend or 2 and buckets with water. You will soon see water is **HEAVY!**

- A) Put the buckets on your head and race to see who can keep the most water in their bucket. (Be prepared to get wet!)
- B) Carry a bucket of water in each hand & race over a distance to see who can fill a container fastest  
(most similar to carrying a yoke).



A close-up photograph of a campfire. The fire is composed of several logs and branches, with bright orange and yellow flames dancing over glowing embers. The background is dark, making the fire stand out. The overall atmosphere is warm and cozy.

# Collecting wood and fire building

Collecting wood and fire building would be another important chore that young girls would have to do.

Fire was important for heat, cooking food, and drying clothes.



# Collecting wood and fire building

1. Learn the differences between: tinder, kindling, and firewood.
2. Learn about the different styles of building a fire: teepee, lean to, or log cabin.
3. Learn what THREE things a fire needs: fuel, oxygen, heat.
4. Learn how to start a fire with a match or other fire starter. In 1777 girls would have used flint & steel.

# Stitching, Weaving and Sewing

All clothing was made by hand. Sewing was an important skill for repairs and trade.

Embroidery or cross stitch was done by upper class ladies as a pastime.

Weaving, knitting, and crochet were techniques used to make cloth.

Tape weaving and lucet forks were used to make cord.



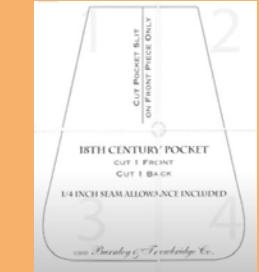
# Stitching and Sewing

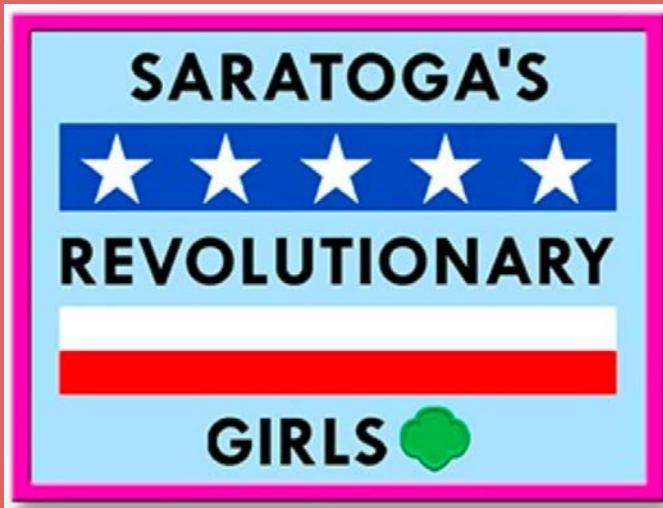
TRY IT! Find someone who can teach you one of these skills.

Sewing, knitting, weaving, embroidery & cross stitch, plus tablet weaving and cord making are actually pretty fun!

Here is a link to make your own [lucet fork](#) with cardboard.

Here is a link to make your own [tape loom](#).





# SITE LOCATIONS

## Saratoga National Historical Park

## Sword Surrender Site:

**Address:** 199 Schuyler St,  
Schuylerville, NY 12871

**Website:**

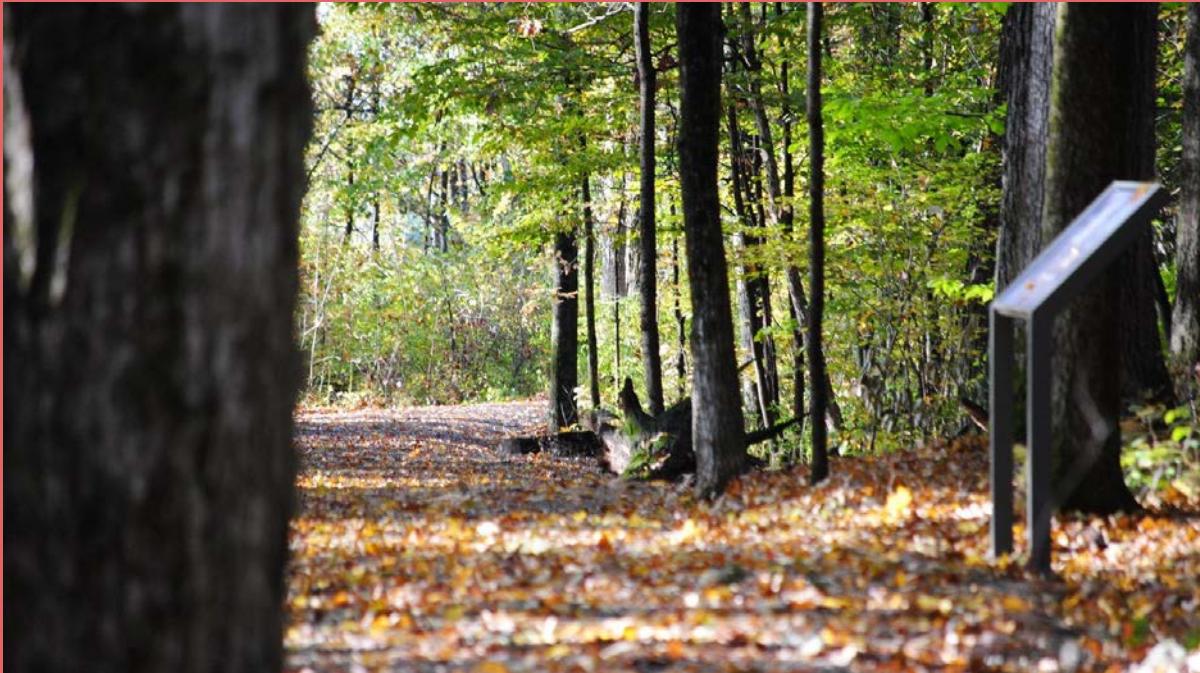
[https://www.nps.gov/places/  
/saratoga-surrender-site.htm](https://www.nps.gov/places/saratoga-surrender-site.htm)



# Victory Woods:

**Address:** 19 Schuyler Heights Dr,  
Schuylerville, NY 12871

**Website:**<https://www.nps.gov/places/victory-woods.htm>



# Gen. Philip Schuyler House:

**Address:** 4 Broad St,  
Schuylerville, NY 12871

**Website:**<https://www.nps.gov/places/schuyler-estate.htm>



## Saratoga Monument:

**Address:** Burgoyne St,  
Schuylerville, NY 12871

**Website:**

<https://www.nps.gov/thingstodo/climb-the-saratoga-monument.htm>



## Saratoga Battlefield:

**Address:** 648 NY-32, Stillwater, NY 12170

**Website:**

<https://www.nps.gov/sara/index.htm>

