

"Load The Wagons!"

Activity Guide

Surviving an overland trip to the frontier depended a great deal on careful preparation. Make a game of planning what to take on the journey!

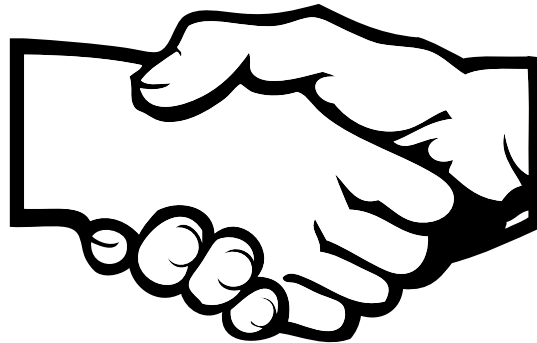
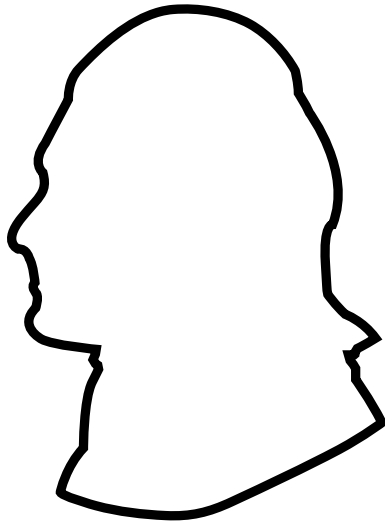
1. Divide the class into teams. Six students per team works well and approximates a family.
2. Using tape to mark dimensions on the floor and wall of a corner, show the size of a typical covered wagon—about 12 feet long, 4 feet wide, with solid sides about 3 feet high. The fabric cover added sheltered space for a total of 6 feet tall at the highest point.
3. Have students review pages 8–11 of *Daily Life in a Covered Wagon*.
4. Each team will plan what they need for their trip. They will create a list of everything they will pack into the wagon, and a plan for how they will pack it. Everything must fit into the space allowed, and trail supplies must be accessible! Things to consider:
 - Too little food or supplies will leave you starving on the trail or ill-equipped to set up your claim.
 - Too much food or supplies may be too heavy for your oxen to pull up the steep mountain trails and will have to be discarded along the way.
 - Consider the seasons of travel (spring through fall) and cool temperatures in the mountains.
5. Have students use the measured space and available boxes or objects in the classroom to test their plans.
6. They will explain their lists and plans to the class.
7. After the presentations, have students vote on which wagonload they would choose to depend upon for their journey overland.



Corps Of Discovery Peace Medals

Follow these steps to make models of the peace medals Lewis & Clark gave the American Indians they encountered on their journey. There's a good picture of the President Jefferson Peace Medals on page 96 of Lewis and Clark for Kids.

- Provide 3" circles cut from heavy cardboard.
- Trace the clasped hands and profile patterns below on lighter-weight cardboard, cut out the shapes, and glue them onto the circles to make the designs as shown on the picture.
- With the designs firmly in place, cover the circles with heavy aluminum foil. Crimp the edges rather than bunching the foil more than necessary.
- Run a light rolling pin over the circles on both sides to bring out the images beneath.
- Use a large needle and yarn to make a connecting loop at the top of the medal then add ribbon to make the medal into a necklace.



International Pioneer Pancakes

Pioneers often made pancakes because they were cheap, filling, and tasty. As pioneers reached the West from different parts of the world, they brought along varieties of pancakes as part of their traditional cuisine. Experiment with variations of the basic pancake, using the recipes below. Use a home economics room or school kitchen. Divide the class into four groups and have each group work on a different variation. Cut the results into bite-sized bits to share. A fifth group could make waffles, as Dutch settlers did, and serve them with butter and syrup or honey.

Basic Pancake Recipe

- 1 cup flour
- 1 teaspoon baking powder
- ½ teaspoon salt
- 1½ tablespoons sugar
- 1 egg
- ¾ cup milk
- 3 tablespoons oil or melted butter



Mix dry ingredients in a large bowl. Beat egg; add milk and oil in a smaller bowl. Blend wet ingredients into dry ingredients. Add a little milk or flour to get the consistency you want. Heat a small amount of oil on a medium-hot griddle and pour in enough batter to make a 4–5" pancake. When the edges begin to brown and bubbles appear on top, flip the pancake and brown the other side. Cakes can be kept warm in a 200-degree oven.

Group Assignments

- **Group 1:** Make the basic recipe. Pancakes can be served with butter and maple syrup, honey, or molasses.
- **Group 2:** Add a little milk for a thinner pancake. These were called *blinis* by Russian settlers, and *blintzes* by Jewish settlers. Serve folded over a mixture of cottage cheese and sugar, and top with fruit sauce.
- **Group 3:** Add more milk to the basic recipe for a fairly runny batter that will cook into thin pancakes, called *crêpes* by French pioneers. Roll the crêpes around bits of fresh fruit, and serve with cream.
- **Group 4:** Make the basic recipe and serve it as Swedish pioneers did, with a berry jam and powdered sugar on top.