

# ‘The Women Are Coming Up’

March is Women’s History Month. We have so many amazing women to look up to in our modern lives:

- scientist and COVID-19 vaccine researcher Kizzmekia Corbett;
- Vice President Kamala Harris;
- activist and author Malala Yousafzai, and many more.



Astronauts Christina Koch (left) and Jessica Meir completed the first all-women spacewalk on Oct. 18, 2019.

This week in The Mini Page, we look back at a formerly enslaved person, Sojourner Truth, who helped pave the way for women and Black Americans.

## Early years

Sojourner Truth was born into slavery in about 1797 near Albany, New York. Her name was Isabella Baumfree. She and her family spoke Dutch, as did many people in that area.

At about 9 years old, she was sold away from her parents to owners who spoke only English. They beat her when she did not follow their commands, even though she could not understand them.

## Walking to freedom

When she was about 30, Isabella took one of her daughters and walked to a nearby farm owned by Quakers, who worked against



detail of a mural by Mike Alewitz

slavery. The Quaker family paid her owners the remainder of her contract with them.

She moved to New York City and began preaching in churches. In the mid-1800s, Isabella became convinced that God wanted her to go out in the country and preach against **injustice**, telling the truth. She changed her name to Sojourner Truth. “Sojourner” means traveler.

She spoke out for women’s rights, the rights of freed slaves and prison reform. She opposed slavery, capital punishment, tobacco and drinking.

## A speaker in demand

Sojourner Truth became one of the most popular speakers of the time. She spoke powerfully with a sharp sense of humor, and she often moved audiences to tears. She ended up traveling thousands of miles, usually by train, to preach for human rights.

## Mini Fact:

To raise money, Sojourner Truth sold photos of herself. She always presented herself as a dignified middle-class woman.



photos courtesy Sojourner Truth Institute

Sojourner was a large woman, about 6 feet tall. She had worked in the fields until she was in her 30s, so she was also muscular.



In 1864, Sojourner Truth met with President Abraham Lincoln at the White House.

Next Week: Let’s explore the Amazon

## ‘Ain’t I a Woman?’ speech

Sojourner Truth’s most famous speech was made in 1851 at the Women’s Convention in Akron, Ohio. Here are some parts of it:

“I have plowed and reaped and husked and chopped and mowed, and can any man do more than that?”

“I have heard much about the sexes being equal; I can carry as much as any man, and can eat as much too, if I can get it.

“I am as strong as any man that is now. ...

“You need not be afraid to give us our rights for fear we will take too much, for we can’t take more than our pint’ll hold.

“The poor men seem to be all in confusion, and don’t know what to do.

“Why children, if you have woman’s rights, give it to her and you will feel better. ...

“But the women are coming up blessed be God and a few of the men are coming up with them.”



Sojourner Truth died in 1883, when she was about 86 years old. She lived with two of her daughters in Battle Creek, Michigan, until she died.

## Resources



**On the Web:**

- [bit.ly/MPSojourner](https://bit.ly/MPSojourner)

**At the library:**

- “My Name Is Truth: The Life of Sojourner Truth” by Ann Turner

## Try ‘n’ Find

Words that remind us of Sojourner Truth and Women’s History Month are hidden in this puzzle. Some words are hidden backward, and some letters are used twice. See if you can find:

AMERICANS, BLACK, CORBETT, DUTCH, ENSLAVED, HARRIS, HISTORY, INJUSTICE, KOCH, LINCOLN, MEIR, MONTH, PHOTOS, QUAKER, SOJOURNER, SPEAKER, TRAVELER, TRUTH, WOMEN, YOUSAFZAI.

G U T F H C T U D K C A L B P  
X R R V G Q S O J O U R N E R  
L P A M H E N S L A V E D Q N  
S H V E C I T S U J N I D W E  
P O E I O Y O U S A F Z A I M  
E T L R K T T E B R O C M F O  
A O E A M E R I C A N S F P W  
K S R D H T N O M R E K A U Q  
E H I S T O R Y D H T U R T C  
R S I R R A H U L I N C O L N

## Cook’s Corner


### Pumpkin Cake Squares

**You’ll need:**

- 1 (15.25-ounce) box yellow cake mix
- 1/2 cup plus 2 tablespoons butter, melted
- 3 eggs
- 1 (15-ounce) can pumpkin
- 2/3 cup fat-free evaporated milk

**What to do:**

1. Reserve 1 cup cake mix. Combine remaining cake mix with 1/2 cup melted butter and 1 egg; mix until crumbly. Grease a 9-by-13-inch baking pan and press crumbly mixture in bottom of pan. Bake at 400 degrees for 10 minutes.
2. Mix pumpkin, 2 eggs, milk, 1/2 cup sugar and 2 teaspoons cinnamon. Spoon over baked layer.
3. For topping, combine reserved cake mix, 2 tablespoons melted butter, 2 tablespoons sugar and remaining cinnamon in a small bowl. Sprinkle topping mix over pumpkin mixture.
4. Bake at 350 degrees for 35 minutes. Cut into squares; serve with whipped cream. Serves 6.



\* You’ll need an adult’s help with this recipe.

## 7 Little Words for Kids

Use the letters in the boxes to make a word with the same meaning as the clue. The numbers in parentheses represent the number of letters in the solution. Each letter combination can be used only once, but all letter combinations will be necessary to complete the puzzle.

1. river overflow (5) \_\_\_\_\_

2. symptom of a cold (5) \_\_\_\_\_

3. combination of songs (6) \_\_\_\_\_

4. Hailee of “Pitch Perfect” movies (9) \_\_\_\_\_

5. opposite of forward (7) \_\_\_\_\_

6. rock band instrument (6) \_\_\_\_\_

7. able to be trusted (11) \_\_\_\_\_


ELD OD STE REV

HUP ERSE RES IBLE


TAR PONS FLO GH

COU GUI INF MAS

Answers: flood, cough, mashup, guitar, responsible.




## Mini Jokes



**Sarah:** What do balloons like to drink?

**Sam:** Soda pop!

## Eco Note




A new study reveals overfishing has wiped out the populations of sharks and rays in the world’s oceans, with numbers having dropped more than 70% on average between 1970 and 2018. Oceanic whitetip sharks are now near extinction, dropping in numbers by 98% in 60 years. Sharks and rays take years to reach adulthood and have few offspring, which adds to their dwindling numbers. Scientists say the loss of the top predators leaves a “gaping hole” in the marine food web.

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**For later:**  
Look in your newspaper for articles about women “coming up.”

**Teachers:** Follow and interact with The Mini Page on Facebook!



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