



Girlhood

About half of you reading The Mini Page this week are girls. Being a girl has changed a lot in the course of our country’s history.

As part of the celebration of 100 years of women winning the right to vote in 1920, the Smithsonian’s National Museum of American History is featuring an exhibit called “Girlhood: It’s Complicated.” The exhibit is about how girls have been a part of important changes in our society, such as civil rights, art and science, throughout history.

The Mini Page spoke with Kathleen Franz, lead curator of the exhibit, to find out more.

Sorting it out

Franz said the exhibition is not just for girls. “Everyone participates in making girlhood,” she said. “And it’s for all generations.

“Girlhood” is organized in five sections.

News and Politics

Women and girls have been in the news lately, arguing about laws that affect their health and well-being. “Girls on the Front Lines of Change” tells the stories of these kinds of challenges.

For example, one item in the exhibit is the scarf that 11-year-old Naomi Wadler wore as she spoke to a crowd of hundreds of thousands of people at the 2018 March for Our Lives in Washington, D.C. Naomi



Naomi Wadler

spoke out about how gun violence affects Black women and girls more than others.

Education

“Being Schooled” is different for every girl: Some girls have to work while they’re in school, some go to schools with strict rules, and some girls have to fight to get an education at all.

One of the exhibits in “Girlhood” introduces us to Minnijean Brown, one of the Little Rock Nine — students who **desegregated** Central High School in Little Rock, Arkansas, in 1957. (“Desegregate” means to end a practice that keeps different races apart.)

Sixty-four years later, Americans are still discussing who gets to go to school. For example, Black girls are suspended from school almost twice as much as white girls.

Work

“Hey, Where’s My Girlhood?” reminds us that girls helped make workplaces safer for everyone. In the 1800s and early 1900s, girls were used as cheap labor or as slave labor. But working conditions could be dangerous, and girls rose up to promote new laws to protect all workers.

Mini Fact:

The artwork that accompanies the exhibition is made by illustrator Krystal Quiles.



Minnijean Brown’s graduation dress



In the mid-1800s, enslaved girls might take care of babies, wash diapers and mend clothing.



Wellness

People have judged girls and women based on their bodies for centuries. “Body Talk” is about the advice and instruction that girls are given about their own bodies and how girls have reclaimed power for themselves.

In 1978, Cindy Whitehead was one of the first professional female skateboarders. After she retired from the sport, she created a skateboard brand called Girl Is Not a 4-Letter Word, and she often speaks in support of women in the sport.

Fashion

Items in the “Remix” exhibit point out how important fashion is for girls trying to express who they are.

Isabella Aiukli Cornell, a citizen of the Choctaw Nation of Oklahoma, asked Della Bighair Stump (Crow) to design this dress for her prom in 2018. Cornell wanted to draw attention to violence and abuse that Indigenous women often suffer. The beading shows traditional Choctaw symbols.



Girls have also used makeup throughout the years to change their appearance and make a statement about who they are.

Resources

On the Web:

• s.si.edu/3n5u93h



Try ‘n’ Find

Words that remind us of girlhood are hidden in this puzzle. Some words are hidden backward or diagonally, and some letters are used twice. See if you can find:

BODY, CHANGE, EDUCATION, EXHIBIT, EXPRESS, FASHION, GIRLHOOD, LABOR, LAWS, MAKEUP, NEWS, POLITICS, RACE, SAFE, SMITHSONIAN, SOCIETY, SPORTS, WELLNESS, WORK.

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



Cook’s Corner

Sweet-and-Sour Chicken With Dried Fruit

You’ll need:

- 1/2 cup sliced red onion
- 4 bone-in, skinless chicken breast halves (about 7 ounces each)
- Salt and ground black pepper
- 1 (8-ounce) package mixed dried fruit pieces (such as apricots, apples, pears

and plums)

- 1 cup apple cider
- 1 teaspoon ground cumin



What to do:

1. Arrange onion in the bottom of a slow cooker. Season both sides of chicken with salt and pepper and place on top of onion. Place dried fruit on top of chicken.
2. Whisk together cider and cumin and pour mixture over chicken and dried fruit.
3. Cover and cook on low for 6 to 8 hours, until chicken is cooked through. Serves 4.

Adapted from “The Robin Takes 5 Cookbook for Busy Families” with permission from Andrews McMeel Publishing (andrewsmcmeel.com).

* 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. white precipitation (4) _____
2. buttery movie snack (7) _____
3. break apart (8) _____
4. powerful reptile (9) _____
5. noise made while sleeping (5) _____
6. making a lot of racket (4) _____
7. where movies are made (9) _____

UD	RE	ILE	ORN
CRO	POPC	LYW	LO
SN	OOD	COD	SEPA
OW	RATE	SNO	HOL

Answers: snow, popcorn, separate, separate, separate, snore, loud, Hollywood.



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Mini Jokes

Grace: What do you call a fake noodle?

Grant: An impasta!



Eco Note

Blue whales are being spotted again off Spain’s Atlantic coast after more than a 40-year absence. The world’s largest mammal was hunted to near extinction, including from whaling ships out of Spain’s Galician ports until the country banned whaling in 1986. The first returning blue whale was spotted in 2017 by Bruno Diaz, head of the Bottlenose Dolphin Research Institute in Galicia. Another was seen a year later, then they both were joined this summer by yet another.

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Thank You

The Mini Page thanks Kathleen Franz and Clara de Pablo of the National Museum of American History for help with this issue.



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