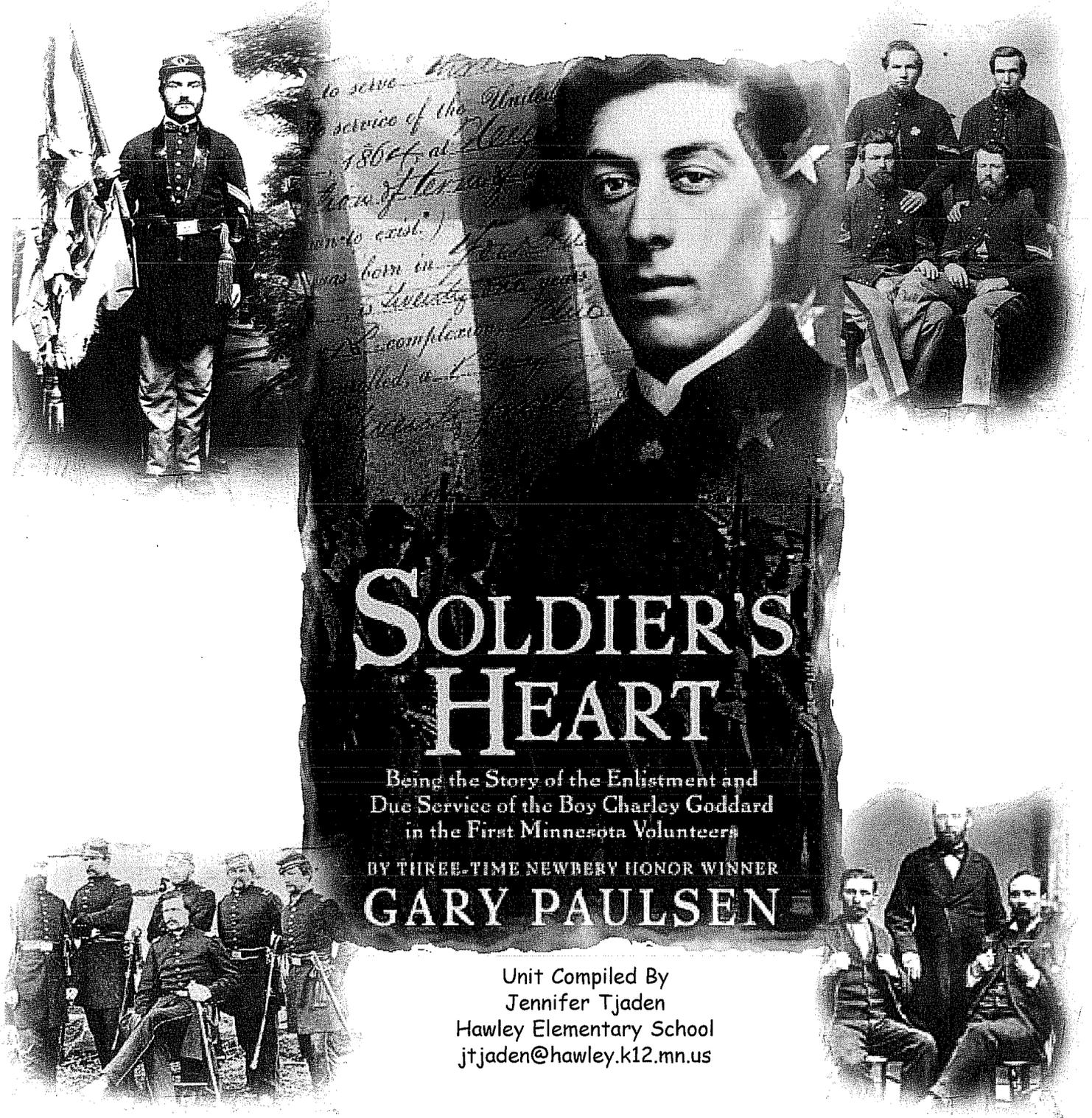


Soldier's Heart: A Civil War Novel

Student Guide



Name _____

First Minnesota Company K Soldier Who Are You?

1. Using the card that was given to you, fill in the information

Rank:

Where Born:

Date Enlisted:

Age When Enlisted:

Where Wounded:

Discharged Date:

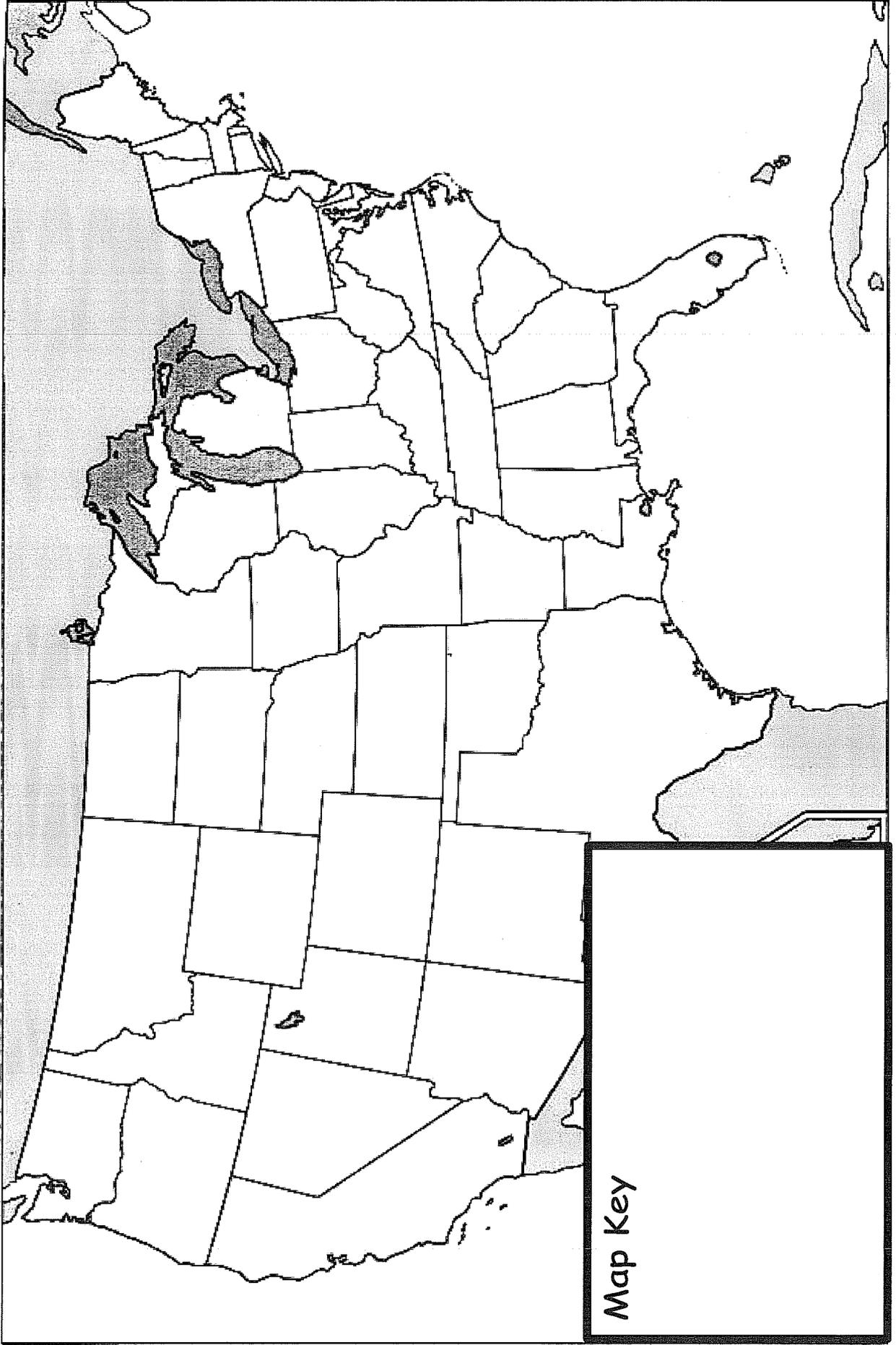
Vocation:

Name two other important things about you:

2. When you are done put your information on the tally sheets around the room. We will be using this information to create some graphs later.

3. Share your information with the people at your table.

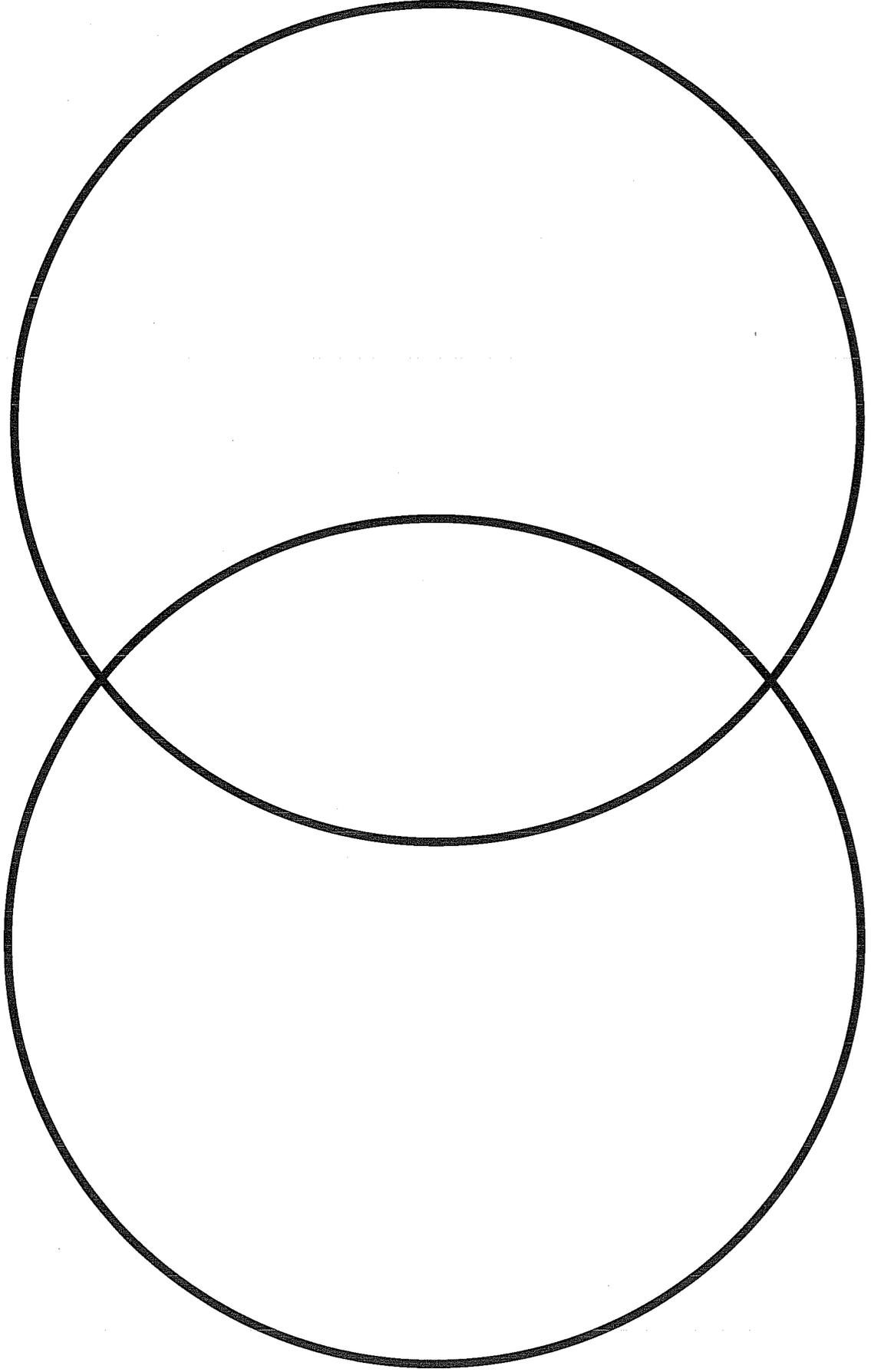
First Minnesota Company K Civil War Travels Map



Using Soldier's Heart by Gary Paulson

Civil War First Minnesota Company K

Using your First Minnesota Company K Card, find one other person to complete this Venn Diagram. Choose at least 4 details to compare.



Soldier's Name

Soldier's Name

First Minnesota Company K Soldier

Who Are You?

Using the information that we collected, create one bar graph below on the information that has been given to you. Make sure to title your graph as well as label each axis.

Civil War Slang

Word:

Illustration

Meaning:

Sentence:

Civil War Letters- Lesson 1

Christie Family Letters

Letters that we send to each other during a time period help us understand what life was like for those involved. They are considered *primary sources*.

The Minnesota Historical Society has archived some letters from the Christie Family who fought in the Civil War. Use this website to see their letters:

<http://www.mnhs.org/library/Christie/intropage.htm>



Print one of the letters out and answer the following questions. You may want to read the transcript since the cursive writing may be hard to read!

1. When was this letter written?
2. Who was this letter written to?
3. Where was this letter written from?
4. Name two things that the letter was about.

Civil War Letters- Lesson 2

Writing a Civil War Letter

Using the First Minnesota Company K soldier card you received, write a letter home to your parents as that soldier after the day that you fought at Bull Run.

Make sure to include dates, things you saw, and your feelings.

Use the space below for a rough draft. Remember you are writing a letter home to parents, so make sure that you write it as a letter.

Then using your best CURSIVE, rewrite your letter on paper provided. Good Luck!

Writing A Diary Entry

Charley has encountered many things so far. What do you think are his feelings? What do you think he would write about after he had experienced war? What do you think he felt as he talked to the other soldiers who were from the other side.

After reading *Soldier's Heart* chapter 9, write at least a 4-5 sentence diary entry as if you were Charley. Remember that this is a place to talk about all your fears, desires, and all the things that you have seen. Use the space below.

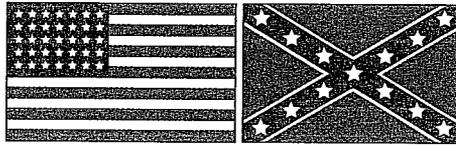
Background

The period of the Civil War was a very bloody and troubling era in United States history. Although slavery was a major issue of the Civil War, it was not the only concern that was dividing the Union in the late 1800s. There was much economic rivalry between the Northern and Southern states. Since the North was developing an industrial economy, it favored high tariffs (taxes) on imports from Europe to protect its own manufactured goods. The South, whose economy was primarily agricultural, preferred low tariffs so it could import cheap goods from Europe.

Another issue was states' rights versus a strong central government. Southern states wanted the right to nullify (override) federal laws that they did not agree with or particularly like. Representatives in Congress also disagreed over where the proposed transcontinental railroad lines should be built. Northerners wanted the railroad to follow a northern route; Southerners wanted a route that would benefit the South.

All these issues played a part in separating the Northern states from the Southern states. Everything came to a head when South Carolina was the first state to secede from the Union on December 20, 1860. Within six weeks, Texas, Florida, Mississippi, Georgia, Louisiana, and Alabama joined in the secession. By March of 1861, these states had met in Montgomery, Alabama, and formed the Confederate States of America, naming Jefferson Davis as the president of their Confederacy.

Aside from the war itself, we will examine other aspects of life and society during this troubling period.



Project

Learn about the geographic split in the United States during the Civil War by completing the map activity.

Materials

- Civil War Map
- two different-colored markers or crayons

Directions

1. Identify the states and the Mississippi River on the map.
2. Using the information above, color all the states that seceded from the union in one color.
3. Then color all the Union states in the second color.
4. Answer the two questions on the map page.

For the Teacher

Copy one Civil War Map (page 4) per student.

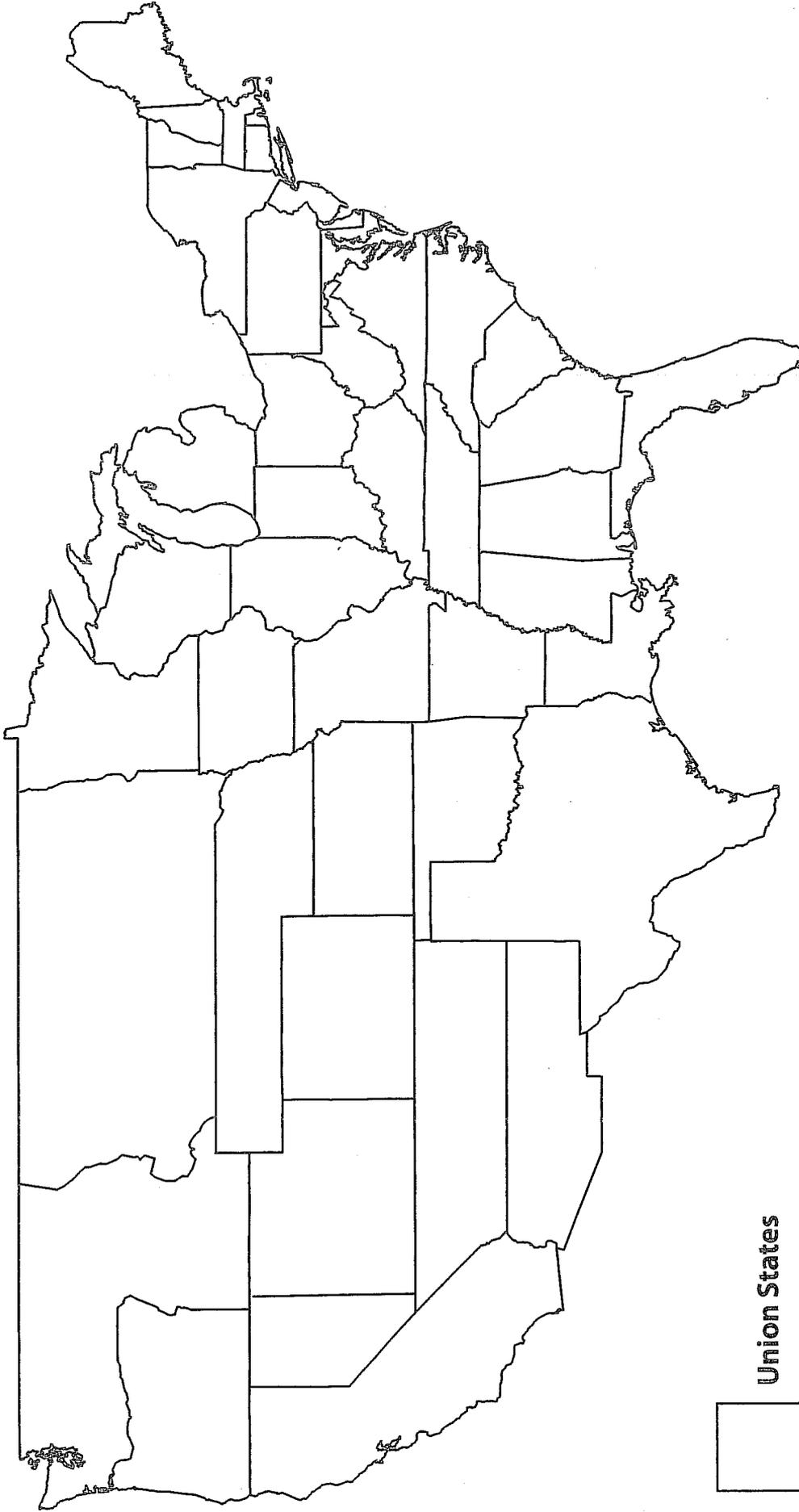
Confederate States

Alabama	Louisiana	Tennessee
Arkansas	Mississippi	Texas
Florida	North Carolina	Virginia
Georgia	South Carolina	

Union States

Connecticut	Maryland	Ohio
Delaware	Massachusetts	Pennsylvania
Illinois	Michigan	Rhode Island
Indiana	Minnesota	Vermont
Iowa	Missouri	West Virginia
Kansas	New Hampshire	Wisconsin
Kentucky	New Jersey	
Maine	New York	

Civil War Map



Union States

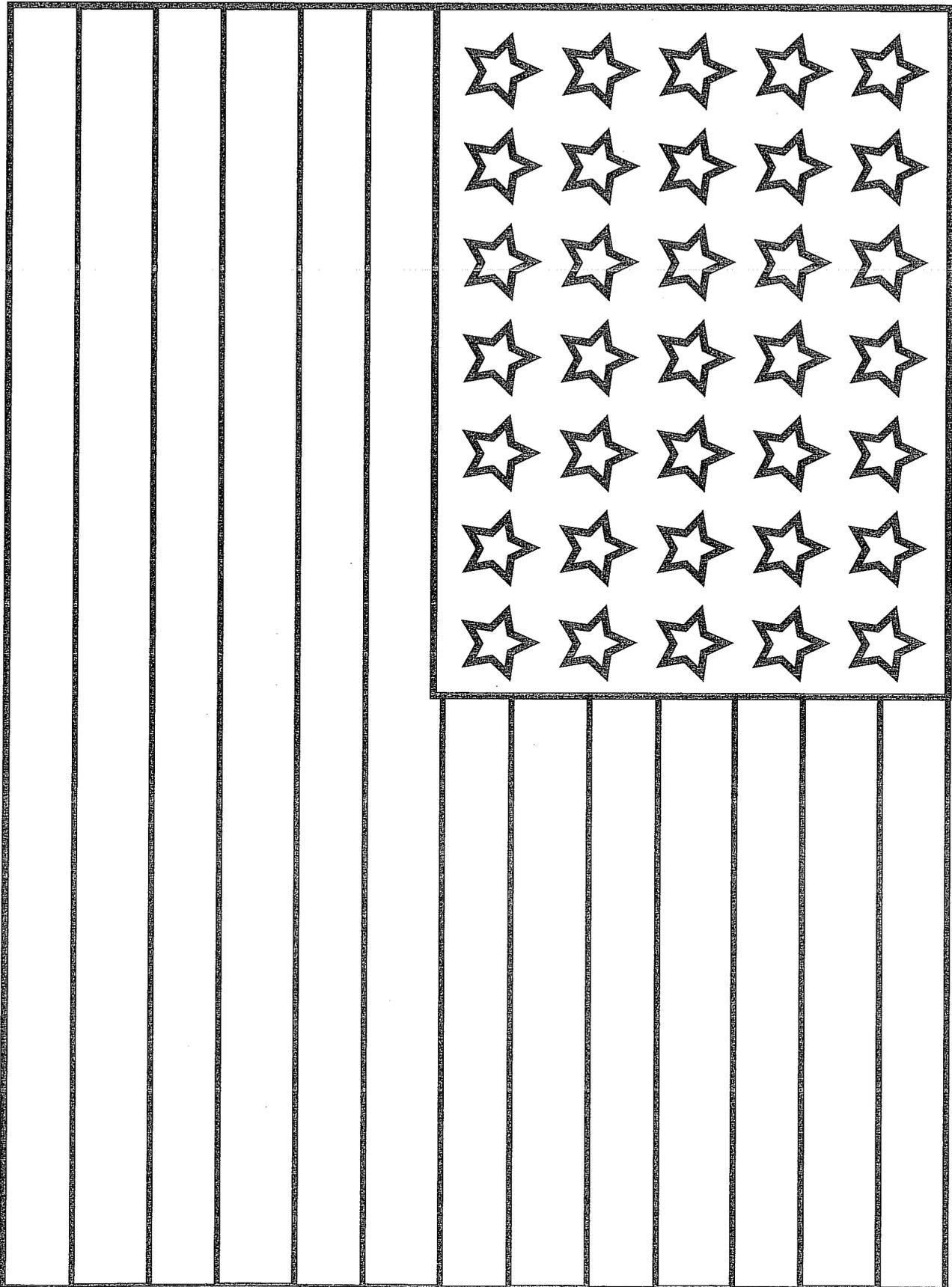


Confederate States

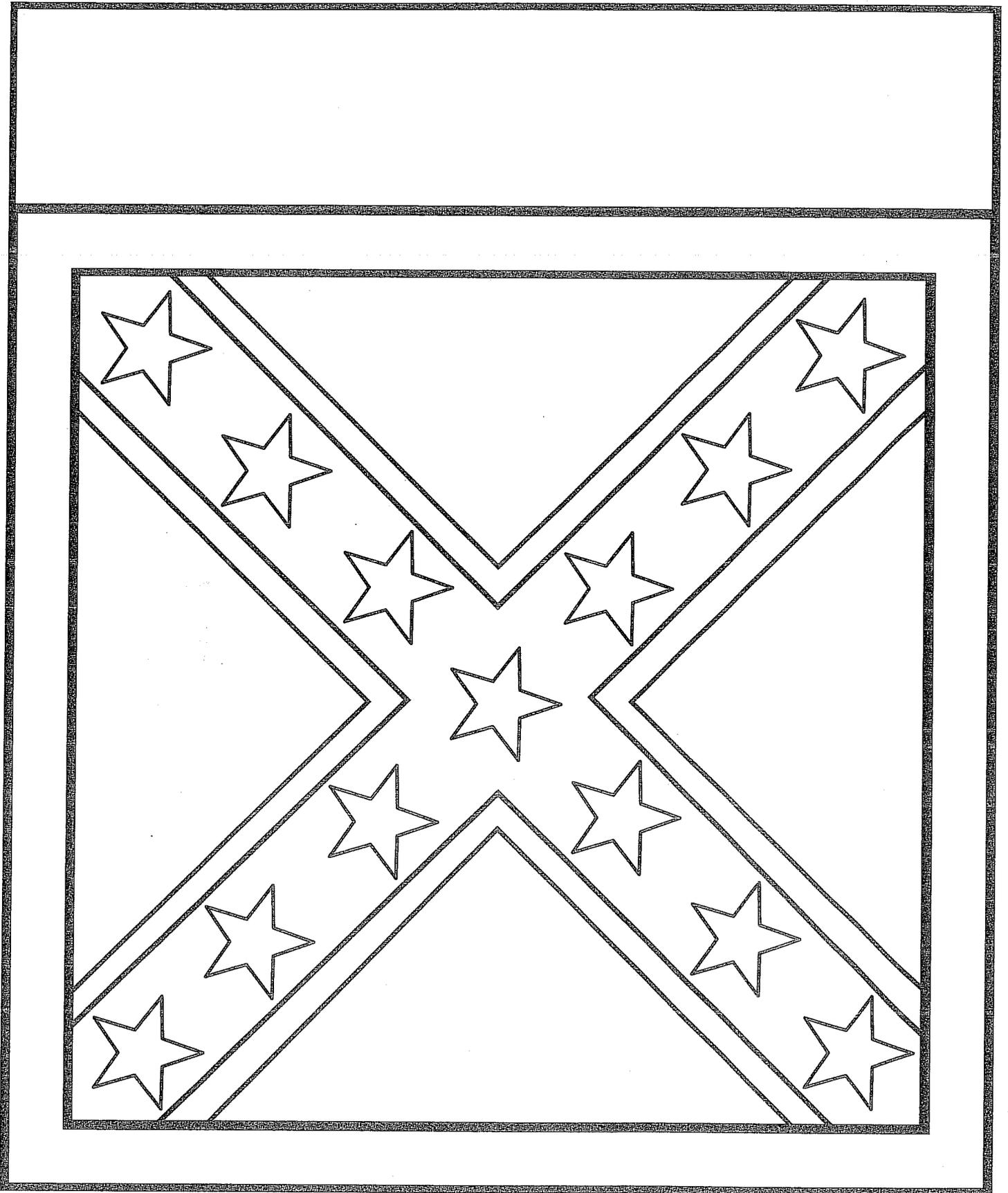
Tell why the Mississippi River was important to both the North and the South during the war.

At the beginning of the war, which side would you have predicted would win? Why?

Union Flag

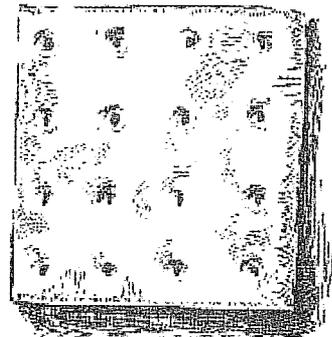


Confederate Flag



SOLDIERS' FOOD

During the war, soldiers were given “rations” of food; this means that they received a certain amount every week or month, and every soldier was given the same amount. Staple foods included a cracker-like biscuit called hardtack, dried or salted beef or pork, coffee, and dried vegetables and fruit. They also received flour or cornmeal as well as sugar, beans, tea, salt, soap, and potatoes. It was simple food, and although soldiers seemed to get enough calories to sustain themselves, the food was deficient in certain required nutrients, such as vitamin C. This resulted in a disease called scurvy, which could cause death and weaken an army. Sometimes, soldiers would write home and request that a certain food or drink be sent to them, but this could only occur if



Hardtack, also known as sheet iron crackers.



a soldier was going to be at camp for an extended period of time. There were also people called sutlers who were authorized to travel to army camps and sell foods that weren't issued to soldiers through rations, such as milk or fresh vegetables. However, this food was often too expensive for soldiers, and they settled for what they had.

Food rations were uncooked, so it was up to the soldiers to prepare their own meals. This

Noncommissioned officers dining out.

meant that they had to start a fire and find water if it wasn't given to them, which often created a challenge. Some soldiers cooked and ate their food together, combining rations. This was called a mess, and the soldiers who cooked together referred to each other as "messmates." Some soldiers preferred to cook their food alone, keeping their rations separate.

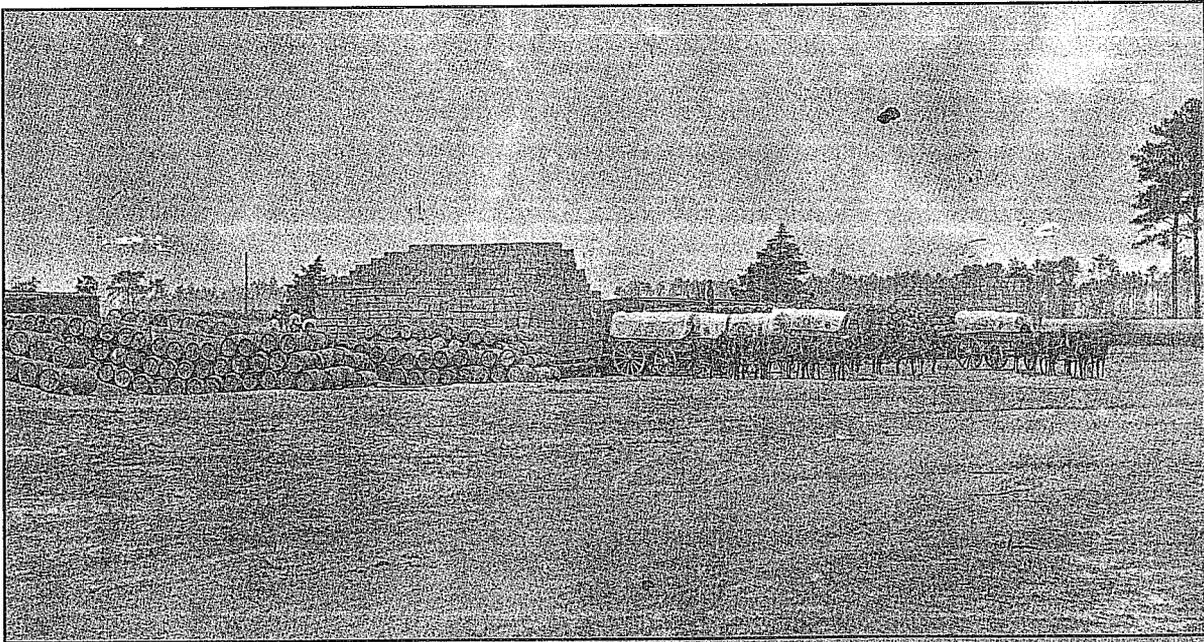
Food distribution was organized by the Commissary Department of both the Confederate and Union armies. The Commissary Department was responsible for purchasing the food, transporting it to the troops, and keeping the food from going bad in the process. Sometimes a herd of cattle would move with the army (herded by soldiers or commissary workers), providing fresh meat, but most of the time meat was smoked or salted to keep it from spoiling, and fruits and vegetables were dehydrated. Hardtack kept well unless it got wet: then, mold, weevils, or maggots would make hardtack their home. When this happened, soldiers would drop the hardtack into a steaming cup of coffee, killing the bugs and making them float to the top. They would then skim the bugs off the surface of the coffee, and be left with coffee and softened bread.

KNOW YOUR SLANG

.....
vittles—food or rations

bread basket—stomach

grab a root—have dinner
or a potato



Commissary depot with supply train wagons, Cedar Level, Virginia.

Soldiers in both the North and the South suffered from food shortages—supply lines were often interrupted, soldiers were often marching from location to location faster than their supplies could keep up, and in many cases, the armies just couldn't provide enough food for all of the men fighting. Soldiers on both sides foraged for food in the countryside, which took livestock and crops away from the civilians, leaving them hungry, as well. Foraging, or living off the land (which in most cases meant stealing from civilians), became such a problem that it was outlawed and soldiers caught foraging were arrested.

CIVIL WAR FACTS & TRIVIA

★ *One of the most popular dishes for soldiers (when they could get it) was baked beans. It was so popular that three songs about baked beans were written during the war, and Robert E. Lee is reported to have said about his troops, "All I would have to do to keep them happy is to give them beans three times every day."*

★ *Coffee was considered perhaps the most important food for Northern armies, while tobacco was treasured by Southern armies. On rare occasions, Union and Confederate soldiers met on picket lines and traded these items with one another, since tobacco was not included in Northern rations and coffee became very rare in Southern rations.*

KNOW YOUR SLANG
.....

picket line—the line between Confederate and Union soldiers on the battlefield

★ *Before the Civil War began, a Southern family would spend about \$6–7 per month on food—this included staples, as well as anything they didn't grow themselves. By 1864, however, groceries cost that same family about \$400 per month. The scarcity and expense of food caused malnourishment in many families.*

★ *If soldiers were lucky, they would receive food such as vacuum-packed meat or vegetables in tin cans or jars, as well as condensed milk. These packaging processes had just been invented and allowed food to endure long travel distances and stay "fresh" over long periods of time.*

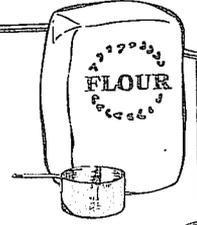
LET'S GET STARTED

MAKE YOUR OWN UNION HARDTACK

Here are recipes that will help you eat like a Union or Confederate soldier.

WHAT YOU'LL NEED

- | | |
|----------------------|----------------|
| ★ 2 cups of flour | ★ bowl |
| ★ ½ to ¾ cup water | ★ rolling pin |
| ★ salt (5–6 pinches) | ★ cookie sheet |

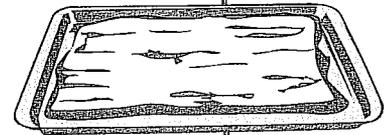


WHAT TO DO

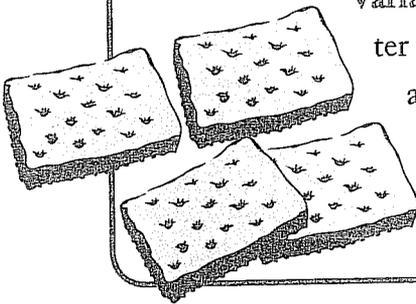
- Mix all ingredients together. Make sure you add enough flour so that the dough is no longer sticky, but be careful not to make it too dry. Knead the dough a few times. During the war, hardtack was about half an inch thick, so when you're rolling the dough, aim for this thickness. It is easiest to roll the dough directly on an ungreased cookie sheet. Bake at 350 degrees for about 30 minutes.



- Remove the dough from the oven, cut the large square into smaller three-by-three-inch squares. Poke 16 evenly spaced holes in each square. Flip, return to the oven, and bake for another 30 minutes. Turn the oven off, and allow the hardtack to cool in the oven with the door closed. Allow to completely cool, and then enjoy!



Variation: Soldiers often soaked their hardtack in leftover water from boiling their meat. This softened the hardtack, and also gave it some flavor. They would then fry the softened hardtack in pork grease. The end result tasted something like a crouton and was called "skillygallee."



★ LET'S GET STARTED ★

MAKE YOUR OWN CONFEDERATE JOHNNY CAKES

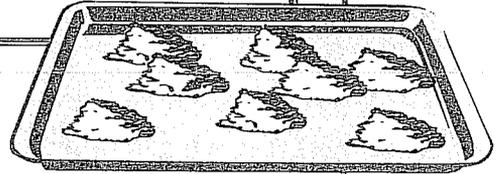
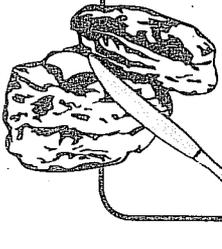
WHAT YOU'LL NEED

- ★ 2 cups cornmeal
- ★ 2/3 cup milk
- ★ 2 tablespoons vegetable oil
- ★ 2 teaspoons baking soda
- ★ 1/2 teaspoon salt
- ★ bowl
- ★ cookie sheet

WHAT YOU'LL NEED

Mix all ingredients until the batter is quite stiff.

Form about eight biscuits and place on a lightly greased cookie sheet. Bake at 350 degrees for about 20 minutes or until light brown. Allow to cool. Spread with butter or molasses (a treat Confederates didn't often get!).



★ LET'S GET STARTED ★

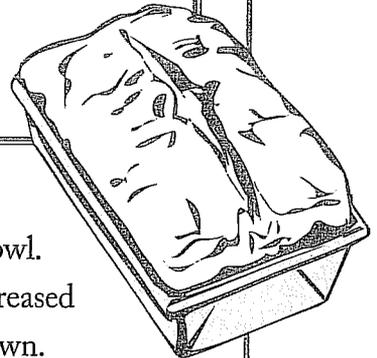
MAKE YOUR OWN CORNBREAD

WHAT YOU'LL NEED

- ★ 3/4 cup flour
- ★ 1 tablespoon sugar
- ★ 1 tablespoon baking powder
- ★ 1 teaspoon black pepper
- ★ 1/2 teaspoon salt
- ★ 3/4 cup cornmeal
- ★ 3 eggs
- ★ 1 cup fresh corn
- ★ 2/3 cup cream or half & half
- ★ bowl
- ★ bread pan

WHAT TO DO

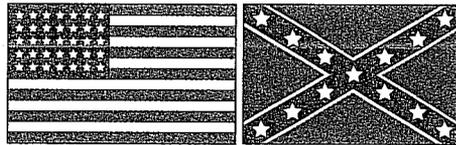
Mix all dry ingredients in a bowl. Beat eggs well in another bowl. Add eggs, corn, and cream to dry ingredients and mix. Pour into greased bread pan. Bake at 400 degrees for 25 minutes or until light brown.



Battlefield Food

Near-famine conditions hampered troops on both sides. Union soldiers lived mainly on salt pork, bread, beans, and coffee, supplemented with cakes and pies bought from *sutlers*, peddlers who followed troops from camp to camp. Aid societies in the North sent thousands of boxes containing smoked meats, pies, dried fruits, and jams. Most of the food spoiled before it reached the troops.

Confederate supplies were not as plentiful. They suffered through days with no rations. Meals were fried in grease and stomach ailments abounded. *Hardtack*, rock-hard flour-and-water biscuits, were the main staple, but were so infested with insects that soldiers came to call them “worm-castles.”



Project

Simulate a battlefield and dine on Civil War soldiers' rations.

Materials

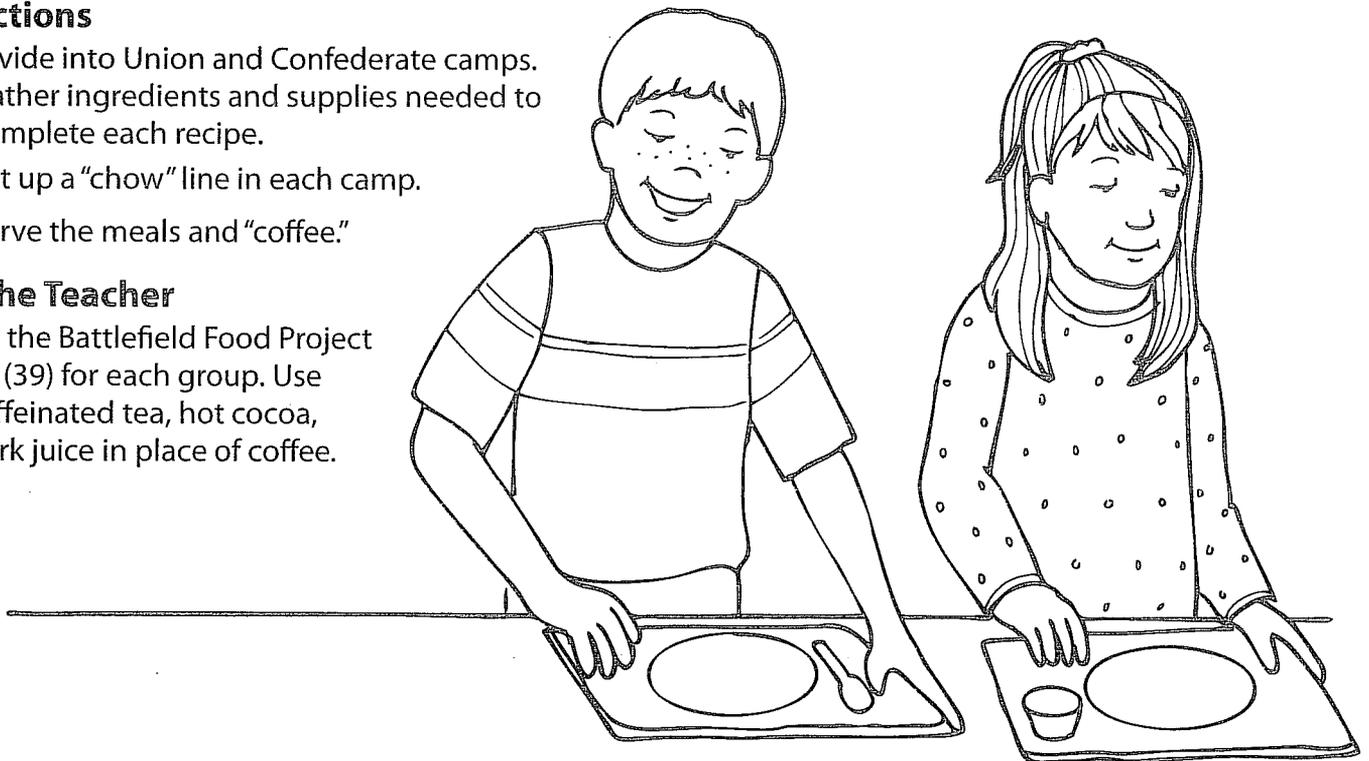
- Battlefield Food Project Page
- hot plate
- bowls
- plastic spoons
- ingredients as listed in each recipe

Directions

1. Divide into Union and Confederate camps. Gather ingredients and supplies needed to complete each recipe.
2. Set up a “chow” line in each camp.
3. Serve the meals and “coffee.”

For the Teacher

Copy the Battlefield Food Project Page (39) for each group. Use decaffeinated tea, hot cocoa, or dark juice in place of coffee.



North

Salt Horse

A slang term for salted beef issued by the Northern army. So salty it lasted two years before decaying. Soldiers soaked it for hours before they could stand to eat it.

Ingredients

- packaged beef jerky
- water



Directions

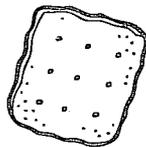
1. Break beef jerky into small pieces.
2. Soak jerky in a bowl of water until softened.

Bully Soup

Northern hot cereal consisting of cornmeal, crushed hardtack, wine, ginger, and water, all cooked together.

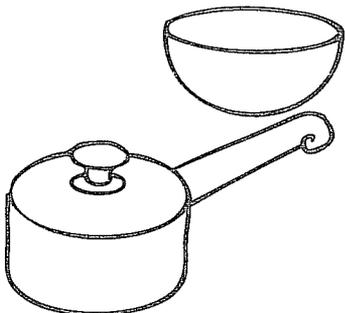
Ingredients

- 1 cup (240 ml) cornmeal
- 5 cups (1.18 L) water
- saltine crackers, crumbled
- ground ginger to taste



Directions

1. Combine cornmeal and 1 cup (240 ml) water in a saucepan.
2. Add remaining ingredients and cook, stirring constantly, until thickened.



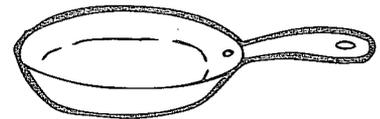
South

Cush

Confederate stew made with bacon, cornbread, and water, cooked until the water evaporated.

Ingredients

- bacon, cooked and broken into small pieces
- cornbread
- water



Directions

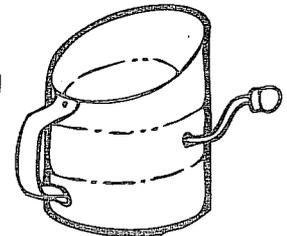
1. Break cornbread into small pieces.
2. Combine bacon and cornbread with enough water to soak cornbread.

Artificial Oysters

Southern mixture of grated green corn mixed with egg and butter, then rolled and fried.

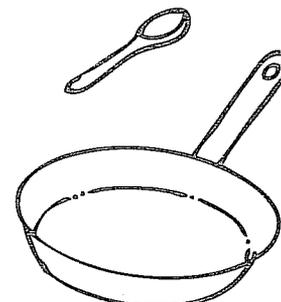
Ingredients

- 1 cup (240 ml) cream-style corn
- 2 eggs, beaten
- 6 Tbsp. (90 ml) flour
- ½ tsp. (2.5 ml) baking powder
- butter for frying



Directions

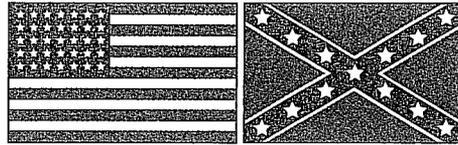
1. Combine ingredients in bowl.
2. Drop by spoonfuls into butter in frying pan. Cook on one side until brown. Turn over and brown other side.



Camp Recreation

For every day spent in battle, Yankees and Rebels passed weeks and months fighting other enemies: heat and cold, hunger, poor sanitation, disease, and the monotony of drill, training, and camp life. Camp diversions included music and conversation around a campfire, checkers, chess, and card games. Some took up carving as a hobby, making poker chips, whistles, and small figurines out of wood and animal bone.

More active pastimes included wrestling and foot races, sometimes with wheelbarrows or over hurdles. Cannon balls were used as bowling balls with cricket pins as their targets. Baseball—a different version than today's—was often played.



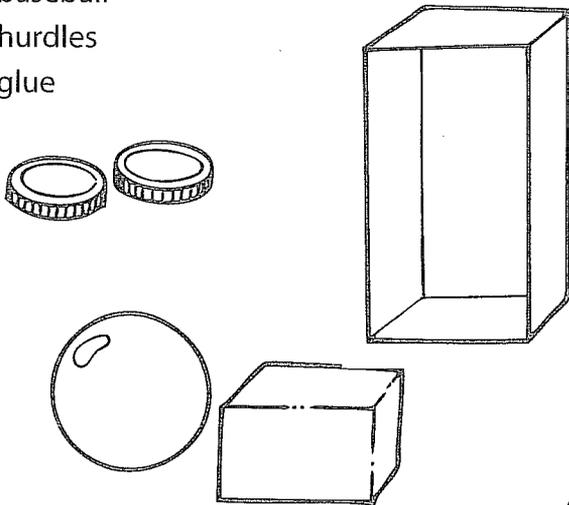
For the Teacher

Project

Participate in indoor and outdoor camp recreational activities

Materials

- checker and chessboard and pieces
- playing cards
- wood blocks
- rubber ball
- shoeboxes
- baseball
- hurdles
- glue



Directions

1. Set up three indoor recreation stations:
 - checkers and chess
 - card games
 - wood construction—wood blocks and glue
2. Set up three outdoor recreation stations:
 - bowling—10 upended shoe boxes, rubber ball
 - hurdles
 - baseball diamond and equipment
3. Plan a day (or as time permits) to participate in these activities. Students may rotate through all areas or choose those of interest.

