



## Measure Your Knowledge of Washington State Suffrage Cookbook Contest

### Part 1: Essay

Select a Washington state woman you admire. She can be a historic figure or someone who influences you today. Write a one-page paper that explains the importance of her contributions to what you wish to accomplish in your life. You must include how her ability to vote and earn equal rights contributed to her success in her given career field or life path.

The Champions by Choice: The Long Climb to the Top Teacher's Guide (found here: [http://services.nwsources.com/nie/times/pdfs/WomensSuffrage\\_TeachGuide.pdf](http://services.nwsources.com/nie/times/pdfs/WomensSuffrage_TeachGuide.pdf)) has additional resources to help with this essay including a worksheet for students (page 12), additional resources to use for research (pages 13-16) and suggested teaching procedures (page 8).

### Part 2: Cookbook

Early women suffragists published a cookbook in order to get needed information easily and economically into Washington homes. Help your class create your own cookbook by bringing a favorite recipe from home along with a short explanation of why it is important to your family. The recipe you choose should be an outstanding or "famous" recipe from a female family member or friend. Your class will gather all the essays from part one and recipes to create a class cookbook.

Classes are encouraged to submit copies of their cookbooks to The Seattle Times Newspapers In Education Program.

- One class will be selected from each grade-level group (K–2, 3–5, 6–8, 9–12) as a winner.
- Cookbooks must be submitted to [nie@seattletimes.com](mailto:nie@seattletimes.com) with the subject line "Cookbook Contest" by January 15, 2011, to qualify.
- To qualify for the cookbook contest, your class must complete both parts one and two above. Classes will be judged based on standards for that grade level.

### Prizes include:

- Each class winner will receive a pizza party.
- The cookbook will be published on HistoryLink.org and The Seattle Times NIE websites.
- Each winning student and anyone whose image is in the winning cookbook will have to sign consent forms in order for their image or essay to be published on our websites. The consent form is located on page 2.



**PROMOTIONAL AGREEMENT – ADULTS**

In consideration of being the subject for promotional materials in print and online, I hereby agree that The Seattle Times Company may use my testimonial or photo (see attached) with or without my name for promotion of the Newspapers In Education program of The Seattle Times and for reproductions of those promotional materials. I hereby waive any right I may have in connection with such promotional materials, and any claim against The Seattle Times Company, its affiliates or agents, arising out of use of said promotional materials.

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Today's date \_\_\_\_\_