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August
Family
Festival

Art
Projects



Chinese Rattle Drum

description

Create a Chinese rattle drum to play at home.

materials

Sturdy paper plates, 2	Stapler	Hole punch
Yarn	Pencil	Beads, 2-4
Markers	Chopstick or dowel	Hot Glue Gun



history

The Bo Lang Gu, or rattle drum, is an instrument played by twisting the handle back and forth, making the pellets hit the drum on both sides. The pellet drums were originally used by Chinese musicians for ceremonial purposes. Later, street vendors used them to attract customers, and smaller versions became children's toys. Hourglass pellet drums, with two drums on a handle, are seen in Tibet, Mongolia, Nepal, and Taiwan.

tip

- Always be careful using a hot glue gun. Children should have adult supervision.



Procedure

1. Punch 2 holes at opposite sides of one paper plate.
2. Lay it on top of the second paper plate and use a pencil to mark where the corresponding holes fall.
3. Punch holes on the second plate.
4. Hot glue the chopstick/dowel on one plate, so that there is a handle sticking out. The stick should be perpendicular to the hole punches.
5. Place the second plate on top to create a hollow shell in the middle, making sure the holes line up.
6. Staple all along the edges of the plates.
7. Cut two pieces of yarn, about 8 inches long each.
 - a. The yarn should be long enough that when folded in half, will reach the middle of the plates when played.
8. Thread 1-2 beads onto each piece of yarn.
9. Tie each piece of yarn to itself in a knot that creates a loop.
10. Slide the side of the yarn loop without beads through one of the holes. Slip the other side, with the beads, through that loop and pull to tighten.
11. Repeat on the opposite side.
12. Test the rattle by twirling the handle back and forth, letting the beads hit the plates.
13. Use a pencil to sketch out an image on one or both sides of the rattle and color with markers when ready.



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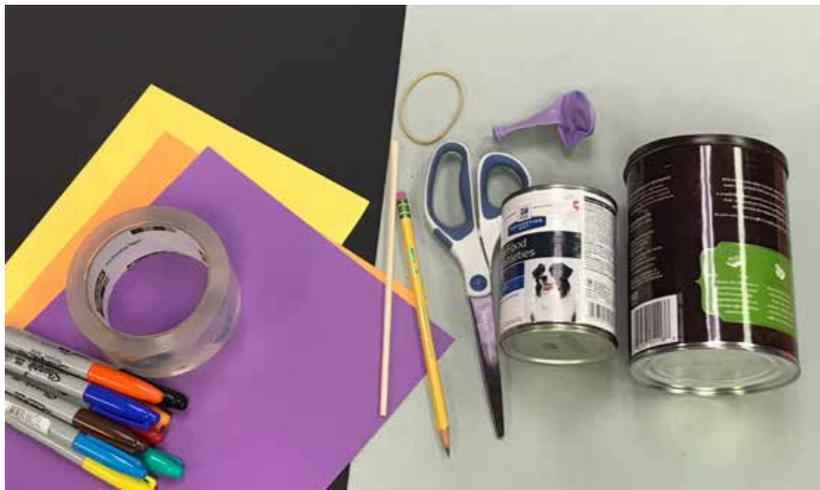
Drum Can

description

Make your own drum using an empty can found at home.

materials

Empty Can	Balloon/Tape/ Latex Glove	Dowel or Chopstick
Rubber Band	Paint/Markers	Sheet of Paper/ Construction Paper
Paint Brush (if using paint)	Scissors	Pencil



background

A drum is a percussion instrument that is played with a drumstick or bare hands. Drums are covered by a membrane at one or both ends. Most drums are made from wood and covered with animal hide or skin. One of the first drums ever discovered is from 5500 BCE, China. It was made from wood and stretched alligator skin. From China, drums spread to Japan, Africa, India, Middle East, and finally, Europe. Drums are used by every culture and for different purposes: religious ceremony, entertainment, military, or even for communicating messages across distances.

www.historyofdrums.net

tips

- The size of the can opening will limit your options for membrane materials. Smaller openings are best for balloons or gloves, while large openings require tape to secure them.
- Decorate the can first, to avoid painting or coloring around the membrane later.
- Shortcut- use a can with a lid for a ready-made drum.



Procedure

1. Peel the label from the can.

2. Decorate by choice:
 - Paint – use acrylic paint to decorate the can however you wish.
 - Paper- Measure the length and width of the can on the construction paper.
 - a. Mark with a pencil and cut the paper
 - b. Decorate the paper with markers, paint, or other construction paper.
 - c. Glue the finished product to the can.

3. Cover one or two ends by choice:
 - Tape across the entire opening. Add a second layer of tape to ensure air escapes.
 - Cover the opening with a balloon.
 - a. Cut the balloon where it begins to widen.
 - b. Stretch the balloon over the opening.
 - c. Hold in place with a rubber band.
 - Cove with a latex glove.
 - a. Cut the thumb and fingers off the glove as a unit.
 - b. Keep the other part, which should look like an unopened cylinder.
 - c. Cut along one side to turn it into a rectangle.
 - d. Stretch it over the opening and hold in place with a rubber band.

4. Test your drum by hitting the top with the chopstick or dowel



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Indian Fry Bread

history

Baking Navajo frybread is a tradition in many Native American kitchens. The origin of frybread is a sad story of relocation and loss of native foods.

According to Navajo sources, frybread was created in 1864 using the flour, sugar, salt and lard that was provided by the United States government when the Navajo were forced to make the 300-mile journey known as the "Long Walk" from Arizona to New Mexico. These new lands couldn't easily support the Navajo's traditional staples of vegetables and beans. To prevent the indigenous populations from starving, the government gave them canned goods as well as white flour, processed sugar, and lard—the makings of frybread.

Serve your frybread as you would a tostada, topping it with your favorite taco makings. You can also sprinkle it with powdered sugar or honey and it becomes much like a sopaipilla, a favorite New Mexican treat. Drizzle it with raw sugar (piloncillo) syrup or sprinkle it with sugar and cinnamon and it becomes a buñuelo, a traditional Mexican holiday sweet.



Ingredients (Serves 6-8)

4 Cups Flour	1 Cup Hot Water
1 Tsp Salt	3 Tbsp Vegetable or Olive Oil
1 Tbsp Baking Powder	Oil for Frying

Directions

1. Thoroughly mix all dry ingredients in a large mixing bowl. **Photo 1**
 2. Blend in hot water and oil until you have a doughy consistency. **Photo 2 and 3**
 3. Knead dough until you feel that all ingredients are well blended. Insert sticks deeply into the stem end of each apple and set aside. **Photo 4**
 4. Place dough in mixing bowl. Cover it with a dish towel and set aside to rest for 30 minutes. **Photo 5**
 5. While dough is resting, pour oil into pan to about 1/3 level and heat to 350 degrees Fahrenheit. If a food thermometer is not available, place the tip of a wooden spoon into the hot oil. If little simmer bubbles appear around the spoon tip, the oil is ready for the dough. **Photo 6**
 6. Place rested dough on a flat surface and divide it into 6-8 smooth rounded pieces.
 7. Roll the dough out on a flour-dusted surface until it becomes approximately 8-inches across. **Photo 7**
 8. Stretch the dough to make it thinner and poke 1-3 holes in the dough. This will keep the fry bread from puffing up too much. **Photo 8**
 9. Gently place the rolled dough into the hot oil and turn it over as soon as the edges are golden brown. Remove as soon as the other side is golden brown. Place the fry bread on paper towels. **Photo 9, 9a, 9b**
- Optional: Cut the dough into smaller pieces to serve them as a dessert.
10. Top with your favorite taco makings or, for a sweet snack, sprinkle with powdered sugar or cinnamon sugar.

Enjoy!





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