

We the People of the United States, in order to form a more perfect Union, establish Justice, insure domestic Tranquility, promote the common defence, promote the general Welfare, and secure the Blessings of Liberty to ourselves and our Posterity, do hereby constitute this Constitution for the United States of America.



## SARAH CHILDRESS POLK

*First Lady (1845–1849)*

Sarah was born on September 4, 1803 in Murfreesboro, Tennessee, the daughter of Colonel Joel Childress and Elizabeth Whitsett.

When she was 20 years old, she married James Polk at her home in Murfreesboro. Sarah and James had no children although after her husband's death, she adopted a great-niece, Sarah Polk Jetton.

Sarah was educated at one of the few institutions of higher education open to women in the early 19th century. This gave her a unique ability to advance her husband's political career in a variety of ways: organizing his campaign, writing speeches, and working on press releases.

Religion played a large part in Sarah's life and beliefs and while she attended the inaugural ball, she did not dance. During her years in the White House, Sarah banned card playing, hard liquor, and dancing. Nothing transpired on the Sabbath.

Sarah died on August 14, 1891 in Nashville, Tennessee at the age of 87.

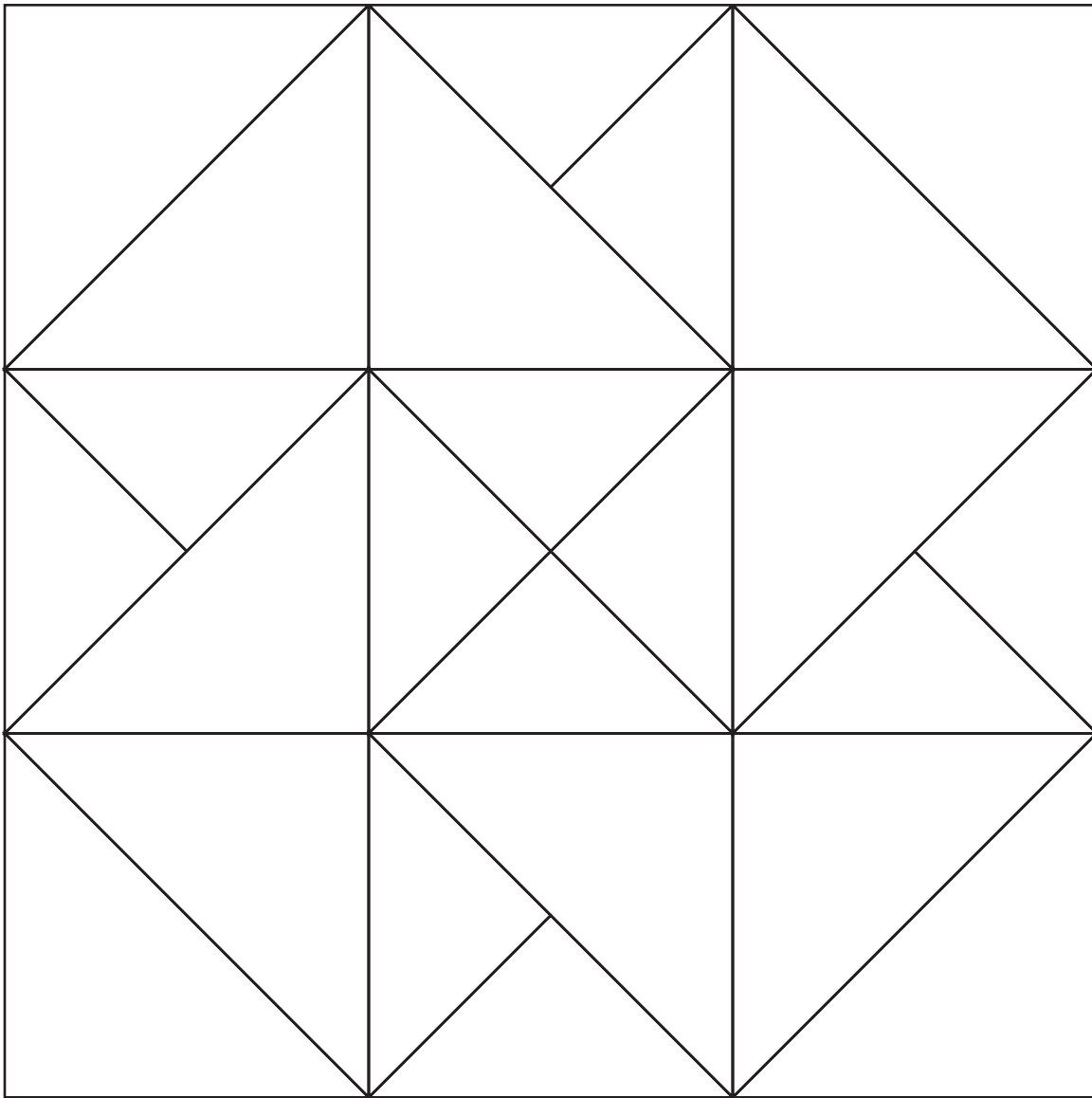
*"If I get into the  
White House, I will  
neither keep house  
nor make butter."*

*~Sarah Polk*



### Card Trick

Sarah's block, *Card Trick*, was chosen to highlight her religious nature and the banning of card playing in the White House.



**Card Trick**  
**Making the Block**

Cut:

Color	Number of Pieces	Size
Blue	1	3 1/4" x 3 1/4"
	2	2" x 2"
Dark Red	1	3 1/4" x 3 1/4"
	2	2" x 2"
Light Red	1	3 1/4" x 3 1/4"
	2	2" x 2"

To make the quarter-square triangles, cut all of the 3 1/4" squares into 4 pieces by cutting on the diagonals.  
 To make the half-square triangles, cut all of the 2" squares into 2 pieces by cutting on the diagonal.