

Halloween: Food and Fun

Have a safe Halloween

October 31 is Halloween . . . a delightful holiday unlike any other, when children don costumes and bring their fantasies to life, and when door to door visits now produce smiles and treats from neighbors. That's enough to raise spirits any time!

Modern revellers follow a long history. Halloween has its roots in Celtic tradition, when November 1 was the start of winter and the New Year. Superstition says that the spirits of the dead visited their former homes on New Year's Eve -- and naturally, some of those spirits were evil. Villagers banded together to protect themselves from the spirits and feasted on fall bounties to lessen their fears. If villagers ventured through the streets, they wore masks and costumes to deceive the spirits.

Christianity embraced the nonular pagan holiday by making it All Saints' Day, when revered saints are glorified. In medieval times, the evening before became known as All Hallows' Eve, shortened to Halloween.

The customs of disguises and of getting together to feast and celebrate have persisted through the centuries, through the "terror" of Halloween is now strictly tongue-in-

cheek. Masquerade balls were the vogue in 18th and 19th century Halloween celebrations, and in America today, Halloween harvest parties have been a popular way to celebrate.

Though for a time it seemed that Halloween focused more on "trick" than "treat", more recently "Meet 'n Treat" is the cry.

Hundreds of towns and cities now sponsor community Halloween celebrations, ranging from parades, dances, and "haunted houses" to neighborhood-organized parties. Meet 'n Treat is an idea that comes from the National Confectioners Association. The helpful safety tips and holiday suggestions they provide are approved by the National Safety Council, the Consumer Product Safety Commission, and the International Association of Police Chiefs. In keeping the "trick" out of Halloween, getting together for fun with friends and neighbors becomes the focus of the holiday.

Reflections on costumes
One of the ways you can help your children prepare for a Meet 'n Treat Halloween is by helping them get their costumes ready. Keep in mind that costumes should be light in color, and short enough to prevent tripping. Be certain that they're

made of non-flammable material. Accompany children on their rounds and be sure you go during daylight hours. Just in case you're delayed past dusk, carry a flashlight and incorporate strips of reflective tape into costume design so that it will "glow" in the beam of a headlight. If a child's costume includes a mask, be certain that the eye openings are sufficiently large. In many cases, decorating a child's face with cosmetics, and giving him an unusual hat to wear may top off his costume effectively.

You and your children should only visit houses in familiar territory, and follow the National Safety Council's pedestrian safety rules:

- Cross only at corners, never between parked cars, never diagonally across intersections.
- Look in all directions before crossing the street.
- Watch for and obey all traffic lights.
- Walk, never run, across streets.
- Use sidewalks, not the street, for walking.
- Wait on the curb, not in the street, until the street is clear to cross.
- Watch for cars backing out of driveways.

Another way to help create a happy Halloween is by turning on exterior house lights as a sign that Meet 'n Treaters are welcome at your home. And please be an extra-careful driver on Halloween -- excited children sometimes forget safety rules.

Celebrate at Beggar's Banquet

End the day's activities by planning an after-rounds party that will bring families together. Why not plan a "Beggar's Banquet", with fun, games and good food? You'll find that Halloween is a theme that is easily picked up in party decorations, food and games.

For a banquet centerpiece, parents can make a Witch's House out of two cardboard boxes. One box will become the walls of the house. The other is cut up and used as a base for the house, and for the roof and chimney. Use a mat knife or any sharp knife to cut out windows and to cut open the door. On squares of cellophane or plastic wrap, draw windowpanes with a felt-tipped pen. Attach the "glass" to the inside of window openings with cellophane tape.

Next, make two identical cardboard triangles. Draw base lines for triangles as long as your house is wide. Halfway along the base, draw a line as high as you want the roof of the house to peak. Lines drawn to connect each end of the base with the tip of the peak line will show you where to cut each side of the triangle. Tape the cut triangles to each end of the house with masking tape. Similarly, tape the roof to the house. Then place your assembled house on the cardboard base, and tape it in place.

Use stiff frosting to completely cover the house and base. (If you use purchased frosting, you may need to add confectioners' sugar to make it stiff enough to hold peaks). If you wish, add food coloring to the frosting.

Allow the frosting to partially dry. When it is still sticky, your children can help you add candy decorations. The Witch's House shown is decorated with gumdrops, jelly beans, hard candies, candy corn, miniature chocolate candy bars,

caramel corn and licorice strings. While your witch's House may look good enough to eat, save your appetite for the concoctions that follow!

There is a very old Halloween chant that goes:

Soul, soul for an apple or two,
If you've got no apples, pears will do,
Up with your kettle, down with your pan,
Give me a good big one and I'll be gone.

Weight Watchers offers a simple recipe for "Apple Chews" for instance, that are cookie-like, but are made primarily, of apples and non-fat dry milk. They are easy, inexpensive and, just as important, devilishly good.

Apple Chews

- 1/2 cup (75 ml) nonfat dry milk
- 1 tablespoon (15 ml) flour
- Artificial sweetener to equal 2 teaspoons (10 ml) sugar
- 1/4 teaspoon (1 ml) cinnamon
- 1/4 teaspoon baking powder
- 1/2 medium apple, pared, cored and grated
- 1/4 teaspoon (1 ml) vanilla extract

Preheat oven to 375° F. (190° C). In a small bowl combine dry milk, flour, sweetener, cinnamon and baking powder. Add apple and vanilla; stir until evenly moistened. Divide mixture into 4 portions. Drop each portion, from a spoon, about 2 inches (5 cm) apart, onto a nonstick baking sheet, which has been sprayed with a nonstick cooking spray. Wet back of spoon by dipping it in water. Flatten each portion by pressing with wet spoon to about 1/4 inch (5mm) thickness. Bake for 10 to 12 minutes or until golden. Remove from baking sheet; cool on wire rack. Makes 1 serving.

Plan alternatives to sweets

There are a number of alternatives to the "candy" route most often taken on Halloween. A parent can encourage "trick or treating" for UNICEF, or any other reputable charity, which skirts food entirely. There is, also, the old-fashioned custom of handing out those nuts, raisins, and seasonal fruit our ancestors were so fond of. But, if you have the need to hand out something closer to what children are more commonly used to getting, why whip up a batch of homemade treats whose ingredients you can rely on for nutrition.

Chocolate bars, corn candy, lollipops, candy apples. A kid's idea of heaven? No, just Halloween time again. A time when little witches and goblins take to the night to scoop up sweet goodies.

But in the morning when ghosts and ghouls change into boys and girls again, many parents have second thoughts about the evening's haul of candies. Tummy aches aside, repeated munching of sweets can be a prime factor in increased tooth decay -- and who needs the extra calories that a whole bagful of candy supplies?

This Halloween, why not avoid expensive sweets and go for the more nutritious snacks that kids, and "haunts", enjoy? For, without watching prices carefully, you can pay as much per pound for some snack foods as you would for steak!

Apples are a good buy in the fall. Alone, apples are perfect to hand out to visiting trick-or-treaters. But if

you are having a party, think of apples as another type of "cracker". Spread apple slices with cheese, peanut butter or even fruit flavored yogurt for a fast munchie.

If you are considering a party for Halloween fun (and safety) why not have your youngster help? Foods hold great appeal for children when they have an opportunity to chop, tear, slice and grate.

Get the party spirit going with Witch's Brew and Monster Munch.

Monster Monster Munch

- 15 ounce package of plain candies
 - 12 ounce can peanuts
 - 15 ounce package raisins
- combine all ingredients. Mix well. Serve in glass or clear plastic bowl.

Witch's Brew

- 1 gallon milk
 - 1 gallon vanilla ice cream
 - 1 gallon apple cider
- Chill milk and cider overnight. Let ice cream soften before mixing. Mix all ingredients and chill thoroughly. Serve well chilled in hollowed-out pumpkin lined with plastic bag for punch bowl.



Half the fun is helping mother prepare for visitors.

Canned Goods for God's Children

The youth of the Sharon S.D.S. Church will be in the Vernon grade school area on night before Halloween to collect canned goods to treat others. Will you help them by giving? Your canned goods that will go to help others to have a real treat. (Church phone: 287-7649.)



NO TRICK--BUT A TREAT
October 30, 1979
6:30 - 8:00 p.m.
Vernon Grade School Area

SAFEGWAY 7-DAY AD SPECIALS PLUS HUNDREDS OF SAFEGWAY SUPER SAVERS

8-Pack Pepsi
Reg. Diet or Light Save 90¢ 8-Pack
16-oz. \$1.49
Btl.

Mild Cheddar
Lucerne Cheddar Cheese Save 70¢ ea.
2-lb. \$3.29
leaf

Apple Cider
Town House Halloween Treat Save '1.06 ea.
Gallon \$1.99
Limit 1

Bel-air Pizza
Assorted Varieties, Frozen Save 54¢ ea.
13 & 13 1/2-oz. \$1.85

Saltine Crackers
Busy Baker Thin & Crisp Save 27¢ ea.
2-lb. \$1.18
pkg.

Tomato Soup
Campbell's Condensed Soup Save 72¢ on 6
10.75 oz. Can 6 for 99¢

Cheerios Cereal
General Mills Breakfast Cereal Save 30¢ ea.
20-oz. \$1.38
pkg.

Fruit Cocktail
Town House Fruit Variety Save 33¢ on 2
17-oz. can 2 for 89¢

Cling Peaches
Town House Halves or Slices Save 18¢ ea.
29-oz. can 57¢

Canned Pop
Cragmont Reg. or Diet Save 30¢ on 6 12-oz.
6 for 99¢

12-Pack Rainier
Popular Choice Beer Save 50¢ a Pak
12-oz. \$3.99
can

Trash Bags
Hefty 2-Ply, 30-Gal; 15 Count Save '1 ea.
\$1.85

STOP LOOKING BUY TOMORROW'S SECURITY FOR YOUR FAMILY TODAY

New 3 and 4 bedroom homes with or without family rooms in Vancouver close to I-5 and 8 minutes from Interstate bridge. Include 2 baths, double garage, brick fireplaces, range, dishwasher, garbage disposal, w/w carpets. All are energy efficient with 10 year Home Owner's Warranty. Cash price for 3 bedroom with 1036 sq. ft. would be \$47,000, 10% Annual Percentage Rate with 360 monthly payments at \$412.46 principal and interest plus estimated taxes and insurance.

Veterans move-in for \$100.00, FHA purchaser's move in approx. \$2,650.00.

HERMITAGE REALTY, INC.

4715 St. Johns Rd. Vanc., WA. 98661
Vanc. 694-8577
Prid. 223-8229

USDA CHOICE

Round Steak
USDA Choice Beef Round Full Cut Bone In Save '1 lb.
Lb. \$1.88

SUPER SAVER

Cauliflower
Local Grown Snowy White Heads Great with Cheese Sauce ea. 38¢

Pumpkins
There's a size for each ghost and goblin to carve or make into pies...

SAFEGWAY COUPON
C&H Sugar
Reg. \$2.85 Pure Cane All-purpose Sugar Save 90¢ Limit 1
10-lb. \$1.95
Per Coupon Size \$1.95

SAFEGWAY COUPON
Polaroid SX70
Color Print Film Reg. \$5.98 Save 40¢ ea. Limit 1
\$5.58

SAFEGWAY COUPON
Gourmet Entrees
Major House Chicken, Veal or Cordon Rouge. Each Serves 2. 12 Ounce Pkg. Limit 1. Good for 1 week. Expires 10/31/79. For Details See Coupon.
2.55
Save '2.08 on 2

Ad prices effective Wed., Oct. 24 thru Oct. 30 at Safeway in Portland

Everything you want from a store... and a little bit more.

SAFEGWAY
Quantities Limited to Retail Quantities Only