

SAFETY TIPS FOR Little Pumpkins

SPOOKY HOUSE CONTEST

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LIGHT UP HALLOWEEN - WITH JACK-O'-LANTERNS

One of the most fun family activities at Halloween is making a jack-o'-lantern. Deciding what kind of face to carve in the pumpkin, whether scary, funny or artistic, can be the subject of a great debate among children. Even better, what if everyone has their own pumpkin to carve?

After that big decision comes the squishy, messy part - cleaning out the pumpkin. Cutting a circle around the stem and lifting off the top reveals a fine network of seeds and pulp, all of which must be scooped out. It's up to you whether you use a spoon, or just dig in with your fingers and pull.

For the best lighting effects, the inside wall of the pumpkin should be scraped thinner, so the candle-light can more easily escape the carved out eyes and nose, and lend a faint glow to the entire pumpkin. When you've finished

carving the pumpkin and lit the candle, (this should be done by an adult or under adult supervision), turn off the lights and admire your work.

Now that you've got your jack-o'-lantern, it's time to roast the seeds for a nice healthy snack. You might even have an extra pumpkin or two left over to make some delicious pumpkin pies. Some people may not know this, but pumpkin is a fruit which ripens and takes on its bright orange colour in early fall, just as the leaves start to change. Imagine pumpkin bread or soup!

Did you know that originally, jack-o'-lanterns were made from turnips? The story is Celtic in origin, and Irish immigrants to America started using pumpkins instead of turnips in the 1800s, altering their tradition since pumpkins were so plentiful.



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