

SPAR 

Trick OR Treat

HALLOWEEN MAGAZINE

2016

IT'S
PARTY
TIME!

Halloween
food, drink,
fun and
games



DRESS UP
Spooky costumes for
the whole family

SWEET TALK
Trick or treat
sweets to make



PUMPKIN POWER
Carve the perfect
Jack-o'-Lantern

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WELCOME

Trick or Treat

HALLOWEEN MAGAZINE

Welcome to our fun Halloween magazine, packed with everything you need to make the most of 31st October. You'll find spooky food, drinks and games perfect for a party, scary costumes to create for the whole family and trick-or-treat sweets to make or buy. Inside, there are tips on how to go ghost hunting, our favourite TV and film witches and wizards and carving the perfect pumpkin Jack-O'-Lantern. All this and more!

If you enjoy the magazine as much as we hope you do, then please make a donation in store to our Halloween NSPCC appeal. This is your chance to help us help children around the UK.

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stream

SPAR

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Recycle
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NSPCC

It costs
£550
to protect
a school of
children

£3

helps the NSPCC reach
another primary school
child, giving them the
knowledge to protect
themselves from
abuse

DID YOU KNOW...

...that on average at
least two children in
every classroom of
every primary school
have suffered abuse
or neglect?

In 2016/17
the NSPCC is
aiming to visit 8,000
schools, delivering
the Speak Out, Stay
Safe programme
to 1,520,000
children

The NSPCC
aims to reach
every primary
school in the UK
every two years
to help keep
children safe

Help us help children at risk

The Speak Out, Stay Safe Programme is free to schools and would not be possible without your support

2016 sees the SPAR and NSPCC partnership reach its 10th anniversary and a fundraising total which, with your help, has already reached an amazing £5million, which is a fantastic achievement.

This money has enabled the NSPCC in recent years to reach out to a million children in schools across the UK through the NSPCC's Speak Out, Stay Safe Programme (formally the ChildLine Schools Service*).

The NSPCC has found that the average age of a child who contacts them through ChildLine asking for information, help and support is 11 years old or older, and sadly, in many cases, abuse and neglect has been going on for a long time. Many children have not recognised that

what is happening to them is wrong.

The Speak Out, Stay Safe Programme aims to reach out and empower children aged 5-11 years old by working in every primary school in the UK to educate children on what abuse is, how to keep safe and ensure they can identify someone to speak to if they are worried about anything. These workshops are tailored to the age range of the class, with topics covered in an easy to understand way.

If you would like to donate to the NSPCC, visit www.spar.co.uk/spar-and-the-nspcc
If you are interested in volunteering for the NSPCC you can find out more at www.nspcc.org.uk/volunteer

The National Society for the Prevention of Cruelty to Children is a registered charity in England and Wales 216401 and Scotland SC037717



Photography by Alex Grace. The children pictured are volunteers



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SPOOKY NIGHT

IT'S HALLOWEEN

Fascinating facts about All Hallows Eve



1

Black cats were once believed to protect witches' powers from negative forces

2

The biggest pumpkin in the world tipped the scales at a whopping 2,323 pounds. It was weighed in by the Great Pumpkin Commonwealth in Germany in October 2014

3

The colours orange and black are associated with Halloween because orange represents harvest – and Halloween marks the end of the harvest – and black is associated with death

4

In Mexico, they celebrate El Dia de los Muertos, or the Day of the Dead, starting on the evening of 31st October



5

About 99% of pumpkins sold are used as Jack-o'-Lanterns at Halloween



HAUNTED PLACES TO VISIT

Beware.... Strange things happen here

Raynham Hall, East Raynham, Norfolk

One of the most famous ghosts in the UK is the Brown Lady of Raynham Hall. She is the ghost of Lady Dorothy Walpole, who, after committing adultery, was locked up in Raynham Hall until her death. *Country Life* magazine actually captured an image of the Brown Lady while photographing the house's staircase.

Ruthin Castle, Denbighshire, Wales

The Grey Lady here can be seen roaming the battlements and chapel, re-enacting a time when she murdered her husband's lover with an axe. Other strange happenings include the sighting of a ghostly

soldier and unnerving changes in temperature.

The Prince Rupert Hotel, Shrewsbury, Shropshire

Apparently, visitors have seen the ghost of a hanging woman in one of the rooms in this exceptionally-spooky spot, which used to be the home of Prince Rupert. Other rooms are less gruesome, although sightings include objects moving of their own accord.

Ancient Ram Inn, Wotton-Under-Edge, Gloucestershire

This place has often been referred to as the most haunted house in Britain. The house itself is said to have been the location of many sinister happenings, including child sacrifice, suicide, black magic rituals and was also used as a hideout by criminals.

Bodelwyddan Castle, North Wales

Take a ghost walk at the castle with their in-house paranormal investigations team. Learn the history of the house and hear ghost stories and accounts of paranormal experiences. For the braver ghost hunter, the paranormal team also runs overnight investigations.

Carbrook Hall, Sheffield, South Yorkshire

This is known as Sheffield's most haunted pub. The sounds of children playing in the night can be heard, along with Civil War soldiers appearing out of nowhere. Landlords have also reported seeing the spectre of a man emerging at the top of the stairs and brushing past them before vanishing at the bottom.

The Galleries of Justice, Nottingham

The Galleries of Justice is one of the most haunted locations in the country. It began life as a courthouse in 1375, later becoming a prison in 1449. Now a museum, over the years, staff and visitors have heard screams, doors slamming and knocks.

NEW SMIRNOFF CIDER

WITH VODKA, CRISP & LIGHTLY FIZZED.



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MONSTER PARTY

Yes, it's time to celebrate with our deliciously moreish Halloween food and party games

LET THE KIDS LOOSE

Help your little monsters to prepare for a haunting Halloween party. Have fun decorating your house before your children's Halloween party, and get the tiny terrors involved in some simple, yet effective ways to turn your home into a horror-pit

Prepare for ghoulish guests

Have fun decorating your house before your children's Halloween party, and get the tiny terrors involved in some simple yet effective ways to turn your home into a horror-pit. Try these easy fixes:

- 1 Balloons in different colours at different heights easily transform a room and create a party atmosphere with minimal fuss. Obviously, orange and black are the colours of the day, so go for bunches of balloons in these shades and use a marker pen to draw horrible faces on the orange ones.
- 2 Put white or black pillowcases over chairs, like seat covers at a wedding. If using white ones, you can fix cut-out black shapes such as bats to them for an extra spooky look.
- 3 Use upturned plastic terracotta-coloured plantpots as non-perishable Jack o'Lanterns if you don't have pumpkins – you can still draw faces on them with black marker pen or cut out spooky grins from yellow paper and glue on.

4 Make mini ghosts – take a paper or plastic cup and put a large tissue over it, then draw on some black eyes and a mouth with a black felt tip pen.

5 Hang haunting shapes everywhere. Cut pumpkins, spiders, bats, skulls, rats and spider's webs out of black paper. Use them to decorate the walls, or glue cotton to the individual shapes and hang them over the door handles, from the ceiling and on the tree branches in your garden.



A GROAN-UP GET-TOGETHER

For a super-scary Halloween fest for adults, go for a darker theme and don't be afraid to embrace all things horror-filled!

Set the scene of the crime

Build a sense of anticipation (or dread) for your guests with some eerie invitations – set the dress code and give them some hints as to the kinds of horror they can expect, while leaving plenty to the imagination!

- Put up a white banner over your front door painted with a scary message such as 'Be afraid all those who enter here', or 'Enter at your own peril!'
- Transform your front door by cutting a large circle out of some white paper to make a 'moon'. Next, cut different-sized bat shapes out

of black paper and glue them to the moon as if they're flying across it and Blu-Tack the rest of the bats across your front door and the surrounding frame. This works well on a plain wall inside, too.

- For an eerie entrance, why not print out large A3 pictures of some spooky creatures, glue them to some cardboard and 'plant' them in a flowerbed in your front garden.
- During the run-up to the party, save glass bottles and jars to fill with vegetable pieces and water tinted with bright food colouring to look like ghoulish specimens – perfect for your mantelpiece. Cauliflower

makes an excellent double for brains, while parsnip can be carved to look like convincing pieces of 'bone'. Make sure to label them!

- Music is an essential for atmosphere, but scary sounds are perfect for putting a chill down your guests' spines. Download blood-curdling screams, creaks, evil laughter and fiendish howls for your playlist.

Dance with Dracula

For an evening with a hint of menace, go Gothic with a full-on Dracula theme.

- Fabrics such as dark red, black or purple velvet, black leather and white lace will all combine to add to your Gothic party, whether they're part of your outfit or throws or pieces of material draped around for additional décor.
- Decorate your house with bunches of dried or plastic black or deep-red roses. Drape your mantelpiece, staircase and tables with swathes of black gauze or paper, and arrange plenty of lit white or black candles in clusters.
- Paint tree branches and twigs with black paint – once dry, these make a great table or mantelpiece decoration.
- Give your family photos a spooky makeover. Cut out the eyes, tape red paper over the back, and add pupils with a black pen to give them scary red eyes, or add fangs using white paper or corrective fluid. Mix them in with your usual photos and wait for your guests to notice!

LUCKY OR UNLUCKY?

Make your party freakishly fun with these Halloween party games for the little ones

Apple bobbing

Fill a large bowl or bucket with water and apples. Each player must wear a blindfold and hold their hands behind their backs while trying to catch an apple with their teeth within a certain time. The fastest one is the winner.

Squelchy spaghetti

Before the party, cook a large amount of spaghetti and allow it to go cold, then put it in a bowl with some plastic bugs and spiders, jelly worms and some foil-covered chocolate coins. Then blindfold a child and get them to put their hand in the bowl and see how many coins they can find in 30 seconds. You could also try this with jelly for a more squeamish experience!

Ghostbusters

Sit the kids in a circle. Put some music on and take it in turns for one child to be blindfolded and walk around the circle, touching the other children's heads. When the music stops, the child being touched must let out a ghostly wail. The person who is 'it' must try and guess who is screaming. If they guess correctly they swap around. If they don't, they go again.

Catch!

The most fun you can have with doughnuts! Tie string around each doughnut and hang the doughnuts from a doorway. The children can then take turns biting into the swinging treats while keeping their hands behind their backs!

The cat's whiskers

Cut out a cat shape without whiskers on black card and pin it to a door. Give each guest a set of whiskers (cut out of white paper or use a silver pen on black paper) with a piece of sticky tape on its base. One by one, blindfold the guests, turn them around, and then set them off toward the cat picture and see where they put the whiskers. The guest who gets the whiskers closest is the winner of the game.



Scary song playlist

Put this terrifying Top 10 on to keep the party popping!

1. Thriller – Michael Jackson
2. She Wolf – Shakira
3. E T – Katy Perry
4. Monster – Lady Gaga
5. Freakshow – Britney Spears
6. Disturbia – Rihanna
7. Get Your Freak On – Missy Elliot
8. Ghostbusters theme – Ray Parker Jr
9. Monster Mash – Bobby 'Boris' Pickett
10. The Addams Family theme tune – Vic Mizzy





Sticky Caramel and Apple Fondue

Your little devils will love to get stuck into this oozing appley fondue! For even more fun, put a side dish of sprinkles nearby for even more dunking enjoyment!

Serves 8

Ingredients

- 4 SPAR red apples, cored and cut into wedges
- Juice of half a SPAR lemon
- 300g SPAR brown sugar
- 200ml SPAR double cream
- 120g SPAR butter
- Pinch of salt



Method

1. Toss the apple wedges with the lemon juice and arrange on a serving plate. Put the sugar, cream, butter and salt into a medium saucepan and whisk over a medium heat for a couple of minutes so that the butter melts and the sugar dissolves.
2. Continue to whisk for about another 5 minutes until the mixture thickens and is glossy. Pour the dip in a bowl and cool slightly before serving with the apple wedges.

Funky Teeth

Apple mouths with Mint Imperial teeth • Makes 12

Ingredients

- 6 SPAR green apples, cored and cut into equal slices
- SPAR smooth peanut butter
- 30 SPAR Mint Imperials for the teeth

Method

1. Sandwich two apple slices together with peanut butter and insert large Mint Imperials as teeth.



Banana Ghosts

Make these in minutes
Makes 6

Ingredients

- 3 SPAR bananas, cut in half
- 25g icing sugar
- 1 tbsp cocoa powder

Method

1. Sift the icing sugar and cocoa powder together in a bowl. Add enough hot water to make a thick, pliable consistency.
2. Stand the halved bananas on a serving plate.
3. Use the icing to pipe faces on each banana.



Spooky Mummy Pizzas

This speedy snack is a popular party treat that will be devoured by your little monsters in moments!

Makes 8

Ingredients

- 4 SPAR muffins split in half
- 8 tbsp SPAR passata
- 4 large SPAR olives cut into 16 slices
- 8 slices of mozzarella or other white cheese cut into rough strips
- SPAR tomato purée

Method

1. Preheat the oven to 200°C/180°C fan/gas mark 4. Spread each muffin half with a tablespoon of passata and add two olive slices for eyes. Lay the strips of cheese randomly across the muffins to resemble bandages and trim around the edges.
2. Place on a baking sheet and bake for 5 minutes until the cheese is melted.
3. Fill the centre of each olive 'eye' with tomato purée.



Pepper Jack-O'-Lanterns

A fun way to serve salad

Ingredients

- SPAR red and green peppers
- SPAR salad leaves

Method

1. Cut the top off the peppers, then remove the seeds and pith.
2. Cut out eyes and mouth shapes with a sharp knife.
3. Cut the top off the peppers, then remove the seeds and pith.



Spider Eggs

Easy-to-make, tasty bites

Ingredients

- 6 SPAR eggs
- 1 heaped tbsp SPAR mayonnaise
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1 heaped tsp mustard
- Paprika to garnish (optional)
- 12 plastic spiders

Method

1. Hard boil the eggs, drain and put into a bowl of cold water for 5 minutes.
2. Peel the eggs and slice lengthwise. Scoop out the yolks and put in a bowl with all the other ingredients.
3. Fill the egg whites with the mixture and top each with a sprinkle of paprika, if using, and a plastic spider.





Cobweb Cakes

Give fairy cakes the spooky treatment with cobweb-effect icing • Makes 12

Ingredients

- 100g SPAR self-raising flour
- 1 tsp baking powder
- 100g SPAR butter, at room temperature
- 100g caster sugar
- 2 SPAR eggs, lightly beaten

For the white icing

- 300g icing sugar

For the chocolate icing

- 25g icing sugar
- 1 tbsp cocoa powder

Method

1. Preheat oven to 180°C/160°C/gas mark 4. Put aper cases in a 12-hole bun tin.
2. Sift together the self-raising flour and baking powder. Add the butter, sugar and eggs and beat with an electric hand whisk for about 2 minutes until well mixed. If the mixture is too stiff, add a little milk and mix again.

3. Divide the mixture evenly between the cake cases to about half full. Bake for 15–20 minutes until risen and just firm. Cool slightly, then remove to a wire rack to cool completely.
4. To make the white icing, sift the icing sugar into a large mixing bowl and stir in enough hot water to create a smooth, thick icing. Spoon onto the cakes and spread.
5. For the chocolate icing, sift the icing sugar and cocoa powder into a bowl. Stir in enough hot water to form a smooth, thick icing.
6. Spoon into the corner of a plastic sandwich bag and snip off the corner, to form a small hole. Pipe 3 concentric circles onto each cupcake. Run a toothpick from the centre to the edge of the cake, through each circle of icing, at 2cm intervals to create a cobweb effect.
7. Set aside for 20 minutes to allow the icing to harden.



Scary Biscuits

Fun iced cookies
Makes 8

Ingredients

- 100g SPAR butter, softened
- 100g caster sugar
- 1 SPAR egg, lightly beaten
- 1 tsp vanilla essence
- 275g SPAR plain flour
- 300g icing sugar
- 40g cocoa powder
- Food colouring

Method

1. Preheat the oven to 190°C/170°C fan/gas mark 5. Line a baking tray with greaseproof paper.
2. Put the butter and sugar in a bowl and mix well until light and fluffy. Beat in the egg and vanilla, a little at a time, until well combined. Stir in the flour until the mixture forms a dough.
3. Roll the dough out on a lightly-floured surface to a thickness of 1cm.
4. Cut biscuits out of the dough in Halloween shapes and place onto the baking tray. Bake for 8–10 minutes, or until pale golden-brown. Leave to harden for 5 minutes, then cool on a wire rack.
5. Make chocolate icing as for Cobweb Cakes; add a few drops of food colouring to white icing for other colours. Decorate the biscuits and leave to set.



Goopy Goblets

Serve a delicious fruity punch to warm up your little horrors after their trick-or-treating adventures

Serves 8

Witches' Fingers

This punchy brew is an awesome attention grabber for the adult witches and wizards, and a great way to get the spooky fun going!

Serves 8

Ingredients

- Latex gloves
- Water tinted with a little green food colouring
- 250ml SPAR brandy
- 250ml SPAR orange juice (no bits)
- 1 thinly-sliced SPAR red apple
- 1 thinly-sliced SPAR orange
- 2 bottles chilled SPAR red wine
- SPAR soda water

Method

1. Well in advance, make the phantom hands by filling latex gloves with the dyed water and tying the

Ingredients

- Half a pack of SPAR orange jelly
- 1 SPAR orange
- 1 litre of SPAR apple juice
- 1 litre of SPAR cranberry juice
- 2 cinnamon sticks (optional)
- 6 cloves (optional)

Method

1. Put the jelly in a microwaveable bowl and zap for 30 seconds. Take 8 sturdy glasses (suitable for warm liquids) and dip into the jelly, one at a time, coating the rim and allowing the jelly to dribble down the sides. Set aside to allow the jelly to set.
2. Use a peeler to make thin strips of orange peel, then put this and all the remaining ingredients into a large saucepan. Bring to a simmer and continue to cook on a low heat for about 10 minutes to allow the flavours to develop.
3. To serve, ladle into the prepared glasses, leaving out the cloves and cinnamon sticks if used.



Brain Juice

Sweet peach schnapps and fresh orange juice – a fruity treat

Ingredients

- 50ml peach schnapps
- 125ml SPAR orange juice
- Ice

Method

1. Pour the peach schnapps and orange juice into a glass and top with ice cubes



SAFE TRICK OR TREATING

Stay safe and make it a Halloween night to remember...

1. Safety in numbers

It goes without saying that young children should always be accompanied by an adult. Older children should team up and go in at least pairs.

2. Plan your route

Work out where you are going to be trick-or-treating before you set off. Once the excitement has worn off, small children soon get tired, so plan to go a sensible distance from home.

3. Set out early

The clocks go back the weekend before Halloween so set off in good time – it will get dark around 5pm.

4. Be seen

Make sure each child carries or wears something to help them be seen, such as a torch, glow bracelet or necklace, or flashing lights.

FOR TRICK-OR-TREATERS

- Don't trample on gardens and flowerbeds.
- Be polite – and remember to say 'thank you' for any treats you get.
- If you knock on a door and there's no reply, don't keep knocking. It could be that no one is in, but it could also be that the people inside aren't interested in trick-or-treaters. Not everyone is!

5. Make sure costumes are suitable

All costumes should be made of flame-retardant material. Check the weather forecast and make sure costumes are appropriate. Some parents overdress their children in outfits that don't "breathe" so they become sweaty and uncomfortable, while others freeze in skimpy costumes or those made of flimsy material. Long costumes that drag on the ground can be dangerous, especially at night. Turn up the hem to avoid tripping.

6. Wear comfy shoes

Make sure you and your children are in comfortable, well-fitting shoes. Trainers or flat shoes are best, and all shoelaces should be double-tied to avoid tripping in the dark.

7. Don't forget something in which to carry the treats

It shouldn't be too heavy or cumbersome. You can buy fun ones in the shops, or take a backpack to store the sweets so your hands are free to carry a torch.



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COSTUMES TO MAKE THEM QUIVER

Be inspired by our ghoulish suggestions for home-made Halloween costumes! Get the kids dressed to chill in a blood-curdling outfit that doesn't come at a hellish price...



Little Devil

You will need about 1.5 metres of red material and a long red ribbon to make a cape for this costume. Laying the material horizontally, fold the top over to make a four-centimetre hem and sew into place. Attach a large safety pin to one end of the ribbon and thread through the hem, pulling the material along until the ribbon comes out of the other end. Remove the safety pin and make the gathers more even. You will also need a plastic headband, preferably in red, and some red card. Cut two horn shapes out of the card and glue to the headband. You can also glue red sequins or glitter to the horns.

Then dress your child in black and/or red, paint their face red using face paints and add the cape and horns.

Count Clive the Vampire

Follow the same instructions as for the devil's cape (see Little Devil, left), but use black material and a black ribbon instead of red. Smooth back your child's hair with some hair gel and, using a red lip liner, draw on dribbles of blood coming down from the corners of their mouth. The final touch is some (non-toxic) horror fangs that glow in the dark!



Spooky Ghost

This classic Halloween costume is very easy to make at home! Simply grab an old white sheet and cut two oval holes for the eyes in the middle of the sheet. Next, position the sheet over your child and add a special ghostly grin with a black marker pen – or a frown, of course, if they're feeling grisly!



Horrible Hound

Get your pet dog in on the act with his own Halloween costume. You could make him a scaled-down version of the devil's cape (see Little Devil, far left), or simply dangle a few plastic spiders from his collar.

Invest in a hi-vis dog jacket so he glows in the dark and stick cut-out black bats all over it. Then take him trick-or-treating (and make sure he doesn't snaffle any sweets!).



Wartina the Witch

Witches aren't known for their high-quality fashion, so you can make your own convincing outfit very easily.

If you're feeling creative, make an entire outfit out of black bin-bags. Cut open several bags, attach together with staples, and use the big surface area of 'material' to create a skirt with a zigzagged 'raggedy' bottom, a top with a simple head-hole, and a cloak with long strands to tie together.

Alternatively, take a normal black outfit and make your own broom, by tying a bunch of twigs to a small branch. Once your child is carrying a broom, a pumpkin and wearing a witch's hat, he/she will be ready to get casting spells!



Witch's Cat

A very popular choice for a simple but effective costume – any black outfit can work as a base for your child's cat costume, you just need to add the tail, ears and cat make-up. For the tail, buy a length of furry black material and attach it to the back of the costume using a safety pin. Cut triangular ear shapes out of black card, fake fur or felt and attach them to a headband, then create a feline face with the all-important cats' whiskers and black nose by using some black face paint or black eyeliner. Miaow!

Mummy Monster

This is quite a simple one to make. Dress your child in a white, long-sleeved top and trousers. Then, take some first-aid bandages or SPAR toilet roll and bandage his/her head – ensuring that the face is left free. Add white face paint to the face and use a black eye liner to add some 'stitches' around the mouth. If you have enough bandage or don't mind using more toilet roll, wind it around the arms and chest, too, to create your very own mini mummy.



Need more inspiration?
Check out spar.co.uk/Halloween for creative Halloween costume fixes for the hopelessly underprepared!

The devil's in the detail

Those added extras can make the outfit. Try these:

- Buy small plastic spiders, bugs and snakes from a toy shop and glue them to hair clips and headbands.
- Paint fingernails black, red, green or orange – long false nails can give your child a scary set of talons!
- Make face masks using card with string stapled to the sides and get your children to decorate them.
- Buy some cheap plastic glasses (without glass) from a toy or joke shop and add black feathers, wind black pipe-cleaners around the frames, or try adding a false nose by making a hooked nose out of cardboard. You could even add some warts and spots to the cardboard nose using paint or stickers.
- Spooky make-up and face paints complete the look. White face paint all over the face will give that 'just dug-up' look, especially when paired with dark red or black lipstick and creative use of black eye shadow!

Quick freaky fixes

If you don't have much time, there's still plenty you can do to give your child a scary makeover:

- Add a Halloween twist to the outfits your child already has – even the sweetest princess can be turned evil with the addition of black gloves and tights, a black eye-mask and some face paint.
- For a quick 'Grim Reaper', dress your child in black trousers and a large black hooded sweatshirt. Paint a long cardboard tube black or wrap it in black paper, and glue a scythe shape made out of card and covered in tin foil to the top.
- Alternatively, dress your child simply in a white or black top and using some black or white paper, cut out a spider or a bat shape to secure to the front of the top – and as if by magic, they're prepared to scare!

DRESS TO THRILL

Leave them shuddering in your wake with our seriously-fearsome outfits for all the family

ZOMBIE

Get ready for the zombie apocalypse! You can wear anything, and the more normal your outfit the better, to deliver that 'I was once an ordinary person – now I'm a zombie!' shock factor. Dress in a uniform – nurse, policeman, postman, cleaner – or simply some old clothes.



Once you've decided what to wear, take a pair of scissors to your outfit and create ragged sleeves to suggest you had a grim tussle before meeting your untimely end.

Next, dive into the make-up box or face-paint palette. You'll need unkempt, 'dragged-through-another-dimension' hair, a pale, deathly-white face and lips, as well as heavy, black-kohl-rimmed eyes. Use a red lip liner and tomato ketchup to create a slit neck and to add 'blood stains' to your clothing.

If you can wear them, novelty 'zombie' contact lenses will give you the perfect 'dead' stare to finish – now all you need to do is master your zombie stagger!



MR & MRS MACABRE

They couldn't let death separate them, so they rose from the dead for one last dance... Why not go as a double act with your other half? You could be a stylish couple with a vintage look, as if you were going to a formal dance, or go for the full-on dead bridal couple look, complete with meringue-style wedding dress, bouquet and corsages!

Search charity shops for a suitable dress and suit, then ramp up the drama with some seriously-skeletal make-up. Apply white face paint or powder to the face, then apply black eye shadow or face paint to your eye sockets for that gaunt look.

Wigs or hats will also add extra menace – the bride could even wear a veil, too!



EVIL QUEEN

Mirror, mirror, on the wall, who is the meanest of them all? Why, the evil queen from *Snow White* and the *Seven Dwarves*, of course!

For this outfit, go as glam and regal as you can – a long black, red or purple dress with long sleeves is perfect, and add a silky scarf as a belt. A long, hooded cape would work well too if you can get one.

You could get the kids to help you make the accessories – perhaps a high, white flared collar made of card, or make a golden crown out of card, with gold paint and studded with beads for jewels. A sparkly brooch and dangly earrings make good additions – make use of any old jewellery or beads to accentuate the look.

For make-up, go for striking eyes and red lipstick, maybe with 'blood' dripping from your eyes – and don't forget your poisoned apple!

BEN & JERRY'S MONSTER OFFER

HALF PRICE ON 500ML TUBS FOR HALLOWEEN



TRICK OR TREAT SWEETS

Make those trick-or-treaters happy by dishing out a selection of delicious Halloween sweets and treats...



It's that time of year again – time to decorate the house, dress up in a frightful outfit and prepare for the deadly ring of the doorbell or those ghostly noises at the door.

You could make your own sweets and devilish delights by following our recipes, or alternatively pop into your local SPAR store to buy a selection of ready-made sweets and chocolates.

When you're preparing for passing witches, wizards and monsters, think about what kinds of food will be easy to give out. It might be a good idea to choose items that aren't too sticky or difficult for little ones to carry away with them. Individually-wrapped treats are more hygienic and multi-packs of these make for great bargains!

Be sure to find or buy a large bowl or bucket in advance to hold all of your treats, available in selected stores. Keep them somewhere handy near the door, ready for callers – you could even decorate your bowl by wrapping it in green or orange paper, or throw in some plastic spiders and bugs to give it the extra fear factor!

TRICK OR TREAT



Toffee Apples

You can make these up to 2 days in advance • Makes 8

Ingredients

- 8 SPAR Granny Smith apples
- 400g caster sugar
- 1 tsp SPAR vinegar
- 4 tbsp golden syrup

Method

1. Place the apples in a large bowl, then cover with boiling water. Dry thoroughly and twist off any stalks. Push a wooden skewer or lolly stick into the stalk end of each apple.
2. Place the apples on a sheet of baking parchment. Put the sugar into a pan along with 100ml water and set over a medium heat.
3. Cook for 5 minutes until the sugar dissolves, then stir in the vinegar and syrup. Set a sugar thermometer in the pan and boil to 150°C. If you don't have a thermometer, test the toffee by pouring a little into a bowl of cold water. It should harden instantly and, when removed, be easy to break. If it's still soft, continue to boil it.
4. Working quickly, dip and twist each apple in the hot toffee until covered, let any excess drip away, then place on the baking parchment to harden.



Marshmallow Ghostly Faces

No time to cook? Then these are perfect

Ingredients

- Pack of SPAR marshmallows
- Chocolate icing (see page 17)
- White icing with a few drops of green food colouring added

Method

1. Put the marshmallows on a tray and

decorate with icing to make scary faces. Leave to set.

2. We used small marshmallows but use large ones and you can be more creative.

You can also adapt the idea for any sweets with a smooth surface.



Chocolate Truffles

These couldn't be simpler or yummier • Makes 25

- Ingredients
- 150g dark chocolate, 70% cocoa solids
 - 150ml SPAR double cream
 - 25g SPAR butter
 - Icing sugar, for dusting



- Method
1. Chop the chocolate and tip into a large bowl. Put the cream and butter into a saucepan and heat gently until the butter melts and the cream reaches simmering point.
 2. Remove from heat, then pour over the chocolate. Stir until you have a smooth mixture. Cool and chill for at least 4 hours.
 3. To shape the truffles, lightly coat your hands in vegetable oil and roll the truffles between your palms.
 4. Dust the truffles with icing sugar, then store in the fridge in an airtight container for 3 days, or freeze for up to a month and defrost in the fridge overnight.

SWEETS GALORE!

Stock up on trick-or-treat sweets at your local SPAR store. You'll find a witch's cauldron of delights, from Bubblegum Mushrooms and Jelly Beans to Flying Saucers and Strawberry Laces – and lots more! Best of all, you get three bags for just £1! So you can afford to stock up for Halloween – and afterwards, too!

FOR MORE RECIPES, VISIT WWW.SPAR.CO.UK/RECIPES



Meringue Ghosts

Cute little bites
• Makes 16-20

- Ingredients
- 4 SPAR egg whites
 - A pinch of salt
 - 160g caster sugar
 - ½ tsp vanilla essence
 - Chocolate icing (see page 16) and sweets to decorate

- Method
1. Preheat the oven to 150°C/130°C fan/gas mark
 2. Beat the egg whites with a pinch of salt until they form soft peaks, then gradually add the sugar and vanilla, constantly beating until the mixture is firm and glossy.
 3. Transfer to a piping bag with a large plain nozzle. Pipe 16-20 ghosts onto a baking tray lined with baking parchment. The meringues will increase in size as they dry out.
 4. Place the tray on the centre shelf of the oven, immediately reduce the heat to 140°C/120°C fan/gas mark 1 and leave for 30 minutes. The meringues should not brown.
 5. Then turn the oven off and leave the meringues to dry out in the warmth of the oven until it is completely cold (usually about four hours).
 6. Decorate with icing, and small sweets as desired.



AVAILABLE IN BOTH PEANUT AND CHOCOLATE VARIETIES



NEW RESEALABLE AND REFILLABLE M&M'S® BOTTLES
AVAILABLE NOW!



Summer MOON

- Summer Moon is a range of the finest quality traditional perries
- Available in two styles: Medium Dry and Medium Sweet
- Summer Moon has a light, refreshing character with a subtle fruitiness and is best enjoyed served chilled
- Perfect on its own or partnered with light meals...



Available in
selected stores

IT'S MAGIC!

Dressing up like a witch or wizard this Halloween? Here are 10 of our favourite witches and wizards from books, film and TV in recent years



Harry Potter

Arguably the world's favourite wizard, Harry Potter is the star of JK Rowling's series of seven fantasy novels, which tell the story of Harry and his friends Ronald Weasley and Hermione Granger, all students at Hogwarts School of Witchcraft and Wizardry. Harry's adventures centre around his attempts to overcome the dark wizard Lord Voldemort. The books have gained immense popularity, been made into eight films, and have been translated into over 70 languages.

Grotbags

Grotbags starred on a children's TV programme called *Emu's World* in the 1980s and 1990s. Grotbags, played by actress and singer Carol Lee Scott, wore vivid green make-up and a witch's cape and hat. She was the nemesis of Rod Hull, and used to threaten to steal Hull's 'pet' Emu and terrorise the children inside The Pink Windmill. Grotbags would make a surprise visit that would cause Hull and the children to dance around chanting, "There's somebody at the door, there's somebody at the door." However, even if she got in, Grotbags' plans always came to nothing!



Sabrina the Teenage Witch

Sabrina, the Teenage Witch is an American sitcom that was first shown in 1996, on ABC to over 17 million viewers. The show starred Melissa Joan Hart as Sabrina Spellman, an American teenage half-witch who, on her 16th birthday, discovers she has magical powers. She lives with her 600-year-old aunts, European witches Hilda and Zelda, and their magical talking cat Salem in the fictional town of Westbridge, Massachusetts.

The Worst Witch

The Worst Witch is a series of children's novels by Jill Murphy which were made into a TV series in 1998. Mildred Hubble, played by Georgina Sherrington, is the worst student at Miss Cackle's Academy for Witches. She is well-meaning but does things without thinking and is always getting into trouble with the benevolent headmistress, Miss Cackle, and her form teacher Miss Hardbroom. Mildred's friends, Maud Moonshine and Enid Nightshade, join her in her adventures and the three of them have a strong rivalry with Ethel Hallow, their snobbish and vindictive classmate.



The Wicked Witch of the West

The Wicked Witch of the West is a fictional character in the children's book *The Wonderful Wizard of Oz*. The author specified that she only had one eye, but that it "was as powerful as a telescope", enabling the witch to see what was happening in her kingdom from her castle windows. Actress Margaret Hamilton played the Wicked Witch of the West in the film version and was depicted as an old hag. In reality, she was only 36 years old, while her on-screen nemesis, the younger-looking and prettier Glinda the Good Witch of the North (played by Billie Burke), was 54.



Melisandre, the Red Woman

Melisandre of Asshai is a major character in TV's *Game of Thrones*, appearing from the second season onwards. The Red Priestess of the Lord of the Light, who has powerful magical abilities, is played by Dutch actress Carice van Houten. Author George RR Martin has revealed the ending of the book series to the TV show's producers in case he does not live to finish writing them.



The Wizard of Oz

The Wonderful Wizard of Oz has been an inspiration for many fantasy novels and films, and has been translated or adapted into well over 50 languages. The shabby coat that Frank Morgan's Professor Marvel/The Wizard wore originally belonged to author, L Frank Baum.

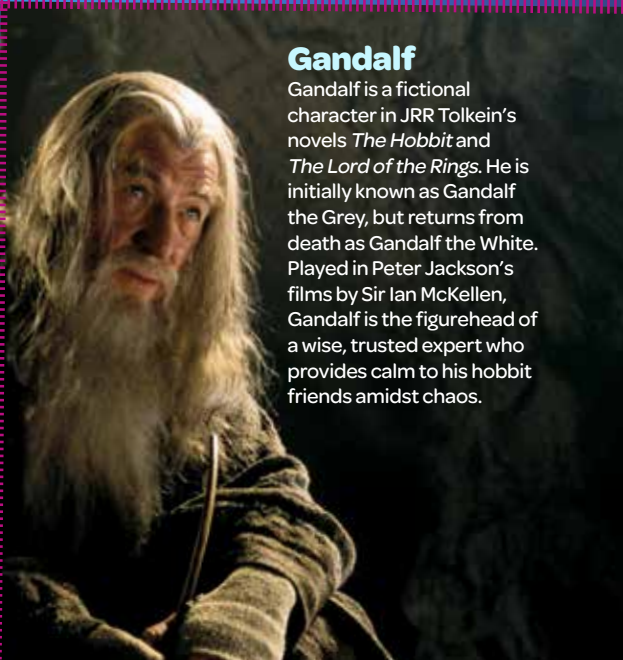


Merlin

One of the most fascinating figures in Welsh mythology and the Arthurian legend is Merlin, the great wizard, prophet and adviser to several kings, including King Arthur. He first appears in Geoffrey of Monmouth's *Historia Regum Britanniae*, written around 1136, and is based on an amalgamation of previous historical and legendary figures. Merlin was made into a fantasy-adventure BBC TV programme, starring Colin Morgan in the title role, which ran from 2008 to 2012.

The Three Witches in Macbeth

Shakespeare's three witches are the first characters we see in *Macbeth*, as they predict his rise as king. However, after killing the king and taking the throne of Scotland, Macbeth hears the trio deliver prophecies threatening his downfall. The three represent darkness, chaos, and conflict, and by placing the idea of becoming king in Macbeth's mind, they help to bring on the dark, treacherous events that follow. They provide the dynamism that has made *Macbeth* one of Shakespeare's most popular plays.



Gandalf

Gandalf is a fictional character in JRR Tolkien's novels *The Hobbit* and *The Lord of the Rings*. He is initially known as Gandalf the Grey, but returns from death as Gandalf the White. Played in Peter Jackson's films by Sir Ian McKellen, Gandalf is the figurehead of a wise, trusted expert who provides calm to his hobbit friends amidst chaos.

THE WAIT IS OVER

PICK UP A PACK OF OUR PRE-BAKED JACKETS



Available in selected stores

Now you're talking

PERFECT PUMPKINS

A Jack-o'-Lantern is half the fun of Halloween. Here's how to carve the perfect pumpkin...



2. MAKE THE CUT

Use a serrated knife (adults only!) to cut into the pumpkin, following the star outline. You'll need to cut downwards a good 2 or 3cm to get through the pumpkin's thick outer layer. Cut carefully as this will form the lid and needs to be in one piece.



5. STAR OF THE CLASS

You should now have a scooped-out pumpkin, with a nice big space inside where you can put a tealight candle, once the whole thing is finished. Now the messy bit's over, here comes the fun bit... carving your spooky pumpkin face!



3. LIFTING THE LID

Once the outline is cut through, slide your knife down and under the lid and ease the star-shaped top off your pumpkin.



6. FREAKY FACE!

To get your pumpkin perfect, print off a suitably-scary image, then cut the features out of the paper to create a template. Tape this to your pumpkin and use it to draw the outlines so you'll know where to cut.



1. READY, STEADY...

Choose a nice big pumpkin from your SPAR store. Make sure you have a good, clear space to work in – this could get messy! To begin, get a felt tip or marker pen and draw a star shape on the top of your pumpkin, around the stalk. The bigger this is, the easier the next steps will be...



4. TIME TO SCOOP!

Scoop and scrape out the insides of the pumpkin, putting the flesh and seeds in a bowl so you can make use of them later (see right). Roasted pumpkin seeds make a delicious and nutritious snack.



7. A WORK OF ART

Now cut into the pumpkin, hollowing out the eyes, nose and mouth, following the lines you've drawn. Empty out any bits from inside the pumpkin and – hey presto! Pumpkin time!

For a Pumpkin Masterclass video, **CHECK OUT** www.spar.co.uk/halloween

For a selection of fun pumpkin stencils, visit www.spar.co.uk/halloween/pumpkin-carving

Pumpkin Muffins

• Makes 12

Ingredients

- 60ml SPAR vegetable oil, plus extra for greasing
- 300g SPAR self-raising flour
- 1 tsp baking powder
- ½ tsp bicarbonate of soda
- Pinch salt
- 2 SPAR eggs, lightly beaten
- 100ml SPAR plain yogurt
- 275ml SPAR milk
- 1 tbsp SPAR honey
- 240g SPAR cooked pumpkin, cut into ½cm cubes
- Handful pumpkin seeds

Method

1. Preheat the oven to 200°C/180°C fan/gas mark 6. Oil a 12-hole muffin tin and line with 12 squares of baking paper, pushing it down into each hole so that the paper sticks up.
2. Sift the flour, baking powder, and bicarbonate of soda into a large bowl. Stir in the salt. Reserve any grain left in the sieve.
3. In another bowl, mix the eggs, yogurt, milk, honey and vegetable oil, then add to the dry ingredients and fold together. Be careful not to overwork the mixture.
4. Stir in most of the pumpkin, reserving a little for the top of the muffins. Spoon the mixture into the muffin cases.
5. Sprinkle the reserved grain, pumpkin and pumpkin seeds over the muffins. Bake in the centre of the oven for 20–25 minutes, or until the muffins are well risen and a skewer inserted in the centre comes out clean.

Make the most of the PUMPKIN FLESH

Pumpkin Soup

An easy-to-make, tasty soup. Serve with crusty bread.

Ingredients

- 4 tbsp SPAR olive oil
- 2 onions, finely chopped
- 1kg SPAR pumpkin, peeled, deseeded
- 700ml SPAR vegetable stock or chicken stock
- 140ml SPAR double cream
- Salt and freshly ground black pepper

Method

1. Heat 2 tbsp olive oil in a large saucepan, then gently cook 2 finely-chopped onions for 5 mins,

until soft. Add the pumpkin to the pan and cook for 8–10 mins, stirring occasionally, until it starts to soften and turn golden.

2. Add the vegetable stock, then season with salt and pepper. Bring to the boil, then simmer for 10 mins until the squash is very soft. Pour in the cream, bring back to the boil, then purée with a hand blender. For an extra-smooth consistency, sieve the soup into another pan. The soup can be frozen for up to two months.



WINTER WARMERS

Paul Miller, a SPAR wine buyer, talks about his job – and some exciting new wines



Tell us a bit about your job as a wine buyer. What does it involve, and how do you choose the wines for SPAR?

All decisions made by the SPAR wine team are taken with our customers in mind. Finding the right wines at the right price is the recipe for success. The aim is to consistently over-deliver excellent value for money for our customers. The market is ever-changing as people's tastes change and new consumers want something to interest them. SPAR's wine range has won no fewer than 57 awards so far in 2016, so there is surely something for everyone!

What's new and exciting on the wine scene?

The nation's recent love affair with Prosecco, New Zealand Sauvignon Blanc and Argentinian Malbec is pretty well documented, and SPAR has a solution to all of these. We have also added a Prosecco Speciale at £9 to provide more

choice in our Sparkling range, as well as a new SPAR Provence Rosé at £8 to satisfy those looking for a drier style and more food-orientated rosé, as well as a new Italian red, SPAR Primitivo at £7, to follow the strong trend for good-quality, juicy Italian red wine.

Red wines are associated with cold weather and hearty meals. Should they be kept at room temperature?

Ideally, yes, but this is a goldilocks thing. Try and avoid "too warm" and "too cold". As a rough guide, "just right" is between 12°C and 18°C. No wine should be served above 20°C unless it's mulled wine.

And should you uncork or decant red wines before drinking?

Opening a wine 30 minutes prior to drinking will improve the chances of allowing its character and aromas to be released. Decanting isn't necessary but can add theatre to a dinner party!

As winter approaches, what should we drink with comfort food and warming casseroles?

There are rich pickings (right) to suit most tastes and budgets.



IDEAL WITH
FISH &
ORIENTAL
CUISINE

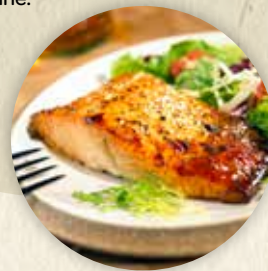
£6.99

ZESTY WHITE

SPAR Fern Hills Sauvignon Blanc

12.5% ABV

Autumn isn't just about reds. This is zesty and fresh, with ripe tropical fruit and citrus flavours. Enjoy with fish dishes or Oriental cuisine.



PERFECT
WITH STEW
& ROASTED
MEATS

£10

RICH RED

SPAR Valpolicella Ripasso

13.5% ABV

Something special! Wonderfully complex and full bodied with deep black cherry flavours, entwined with a hint of rich fruitcake. Serve with robust stews, roasted meats or strong cheeses.



GREAT
WITH PASTA
& PIZZA

£5.50

FRUITY RED

SPAR Montepulciano

12.5% ABV

A medium-bodied Italian red crammed with ripe fruit flavours and a hint of cherry. Unsurprisingly, a great partner for tomato-based dishes, pizza and pasta.



IDEAL WITH
STEW &
SPICY
SAUSAGE

£6.99

FRUITY RED

SPAR South African Pinotage

14.5% ABV

Full-bodied, fruit-driven and made to go with casseroles, stews and spicy sausage.



GREAT
WITH
CHEESE

£5

FRUITY RED

SPAR Chilean Merlot

13% ABV

Great for everyday drinking and packed with ripe plum fruit flavours. A great partner to bread, ripe cheese and stews.



PERFECT
WITH RED
MEAT

£9.99

RICH RED

Ursa Maior Reserva

14% ABV

An outstanding Rioja with a great balance of rich fruit flavours and oak ageing. Delicious with grilled red meats and can really complement spicier dishes.



Come home to a meal made easy

For a speedy, delicious family meal, look no further than your local SPAR. You'll find all the ingredients to make these delicious meals – and a whole lot more!

Sweet Chilli Kebabs

Cooking time 30 minutes • Serves 2

Ingredients

- 1 pack SPAR Sweet Chilli Chicken Kebabs
- 1 pack SPAR Crispy Leaf Salad
- 1 pack SPAR Baby Potatoes in Herb Butter
- 1 pack SPAR Mixed Bean Salad

£6.79



Mini Roast Chicken

Cooking time 30 minutes • Serves 2

Ingredients

- 1 pack SPAR Mini Chicken Roasts
- 1 pack SPAR Baby Potatoes in Herb Butter
- 1 pack SPAR Mixed Vegetable Steam Bags

£5.50



Piri Piri Chicken

Cooking time 25 minutes • Serves 2

Ingredients

- 1 pack SPAR Piri Piri Chicken Breasts
- 1 pack SPAR Golden Vegetable Rice
- 1 pack SPAR Sweetcorn

£5.50



Christmas is coming...

So look out for SPAR's 12 Deals of Christmas!

Back by popular demand, SPAR's 12 Deals of Christmas offer the chance to save on a range of festive fare, with a great deal in store every week for 12 weeks from 6th October



Week
1



Week
2



Week
3



Week
4



Week
5



Week
6



Week
7



Week
8



Week
9



Week
10



Week
11



Week
12



Offers subject to availability, while stocks last

KIDS' STUFF

Try our fun puzzles and brain-teasers to put you in the Halloween mood!



What a laugh!

Why not try out our Halloween jokes out on your friends?

Q: What is the most important subject a witch learns in school?
A: Spelling!

Q: What do devils have on holiday?
A: A devil of a time!

Q: How do you repair a broken pumpkin?
A: Get a pumpkin patch!

Q: What is Frankenstein's favourite food?
A: Frankenfurters!

Q: What is a mummy's favourite kind of music?
A: Rap!

Q: What do you get when you cross a snowman with a vampire?
A: Frostbite!

Q: What do witches get in hotels when they're peckish?
A: Broom service!

Q: What do devils have for breakfast?
A: A bowl of hornflakes!

Q: Who did Frankenstein send a love letter to?
A: His ghoulfriend!

Q: Why doesn't Dracula have many friends?
A: Because he's a pain in the neck!

Q: What do ghosts eat for supper?
A: Spooketti!

WICKED WORD SEARCH

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| F | B | A | L | Q | A | Y | M | M | U | M | A |
| F | R | A | N | K | E | N | S | T | E | I | N |
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| I | S | O | A | U | Z | H | N | A | R | O | K |
| G | E | W | L | K | K | W | I | U | U | T | A |
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- FREAKY
SPOOKY
FANGS
DEVILISH
PUMPKINS
- FEAR
HAUNTING
MUMMY
GRAVE
FRANKENSTEIN
- ZOMBIE
FRIGHT
HORROR
WART
GRUESOME

SPOT THE 5 DIFFERENCES



MISSING FROM THE SECOND PICTURE ARE: COBWEB, TOP RIGHT; BLADE ON FAN; FLOWER ON MUMMY'S HEAD; CAT IN BACKGROUND; SPIDER ON FLOOR

HELP THE SCARECROW GET HIS HEAD BACK!



CIRCLE THE DIFFERENCES!



Enjoy a happy family holiday with Haven

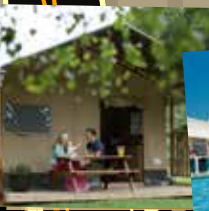
Treat your family to a break from the everyday and get away for some family fun with Haven. With 36 parks dotted around the UK coastline, you'll be spoilt for choice. Each one is a little different from the next and every park has its own charm – you could also be in with the chance to win £500 towards a family holiday at one of them!

Spend your days making memories on the beach, splashing about in the pools or even trying something new like fencing or archery. Haven's accommodation ranges from modern caravans to traditional apartments or even 'glamping' safari tents for the more adventurous.

You can also save up to an extra £50 on your next Haven holiday as a SPAR customer – visit www.spar.co.uk/competitions/Haven or call 0333 202 5248 and quote Z_SPAR to find out more.

To enter and for terms and conditions, visit www.spar.co.uk/competition by the closing date 31st October, 2016.

Good luck!



WIN
£500
TOWARDS A HAVEN
HOLIDAY



Win Happy Halloween Books!

Everything you need to have a spooktacular Halloween! Learn how to quickly create a haunted house, creepy cemetery, zombie punch, kookie cookies, a monster station, and much more on a tight budget! Plus, there are fun games for all ages, and a party planning timeline. We have 5 books up for grabs.

To enter, visit www.trickortreatmagazine.com



Win a family ticket to the Harry Potter Experience

Here's your chance to explore the magic world of wizards at the Harry Potter Experience Warner Bros Studio Tour in Watford, Hertfordshire. We have a family ticket for either two adults with two children, or one adult with three children to be won.

This unique tour takes inside the Great Hall, let's you explore Dumbledore's office and discover never-before-seen treasures – and more.

To enter, visit www.trickortreatmagazine.com



Happy Halloween from Little Glass!



150ml provides 60% of the daily reference intake of vitamin C, which contributes to the normal function of the immune system. Packs and images are for illustrative purposes only. *Promotion is at the retailer's discretion. Varieties as stocked.

Choose a freaky face

4 different designs
to choose from!

2 for
£1*
on chocolate
characters



For illustrative purposes only

**treat
size**

**Bags
£2* each**

