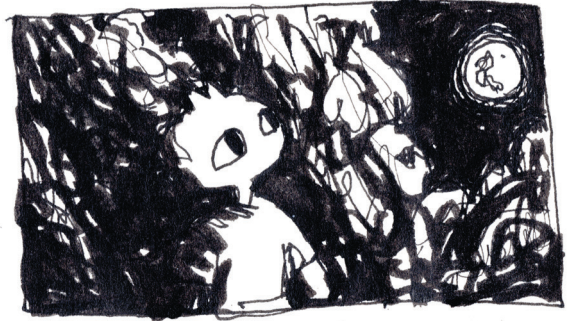
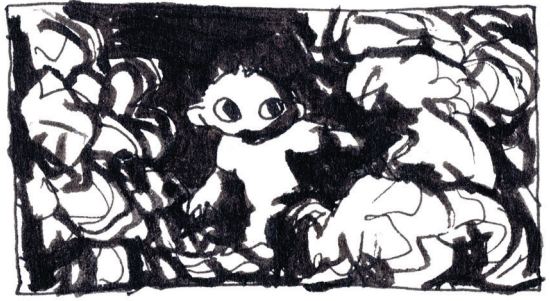


HALLOWEEN ZINE



Gid



Bugs & fire, coffee, tea & sweets.

Night time & long shadows, a leaf falling you can hear.

A break in the routine & a big giant sweater—
wearing a mask to blend in.

An artist lives in your streets, a demon in your heart.

There's ghosts of friendships passed and cruelty carried
through the wind.

Cartoony skull socks & pagan rituals at the park.

Mostly it's dying, somehow, since forever—

a remnant of old festivals turned weird & ringing hollow
through capital.

But something spooky's around the corner—

The dirt the old man can't scrape away like he does
the browned leaves on his sidewalk.

Something ready to take back over as soon as we stop sweeping,
hiding under the rug.

We control the concrete but are still under the whims of the sea-
son, & no matter how many locks we put on the graveyard's gate,
death always comes.



Fall always flies by so fast that I sometimes forget to do my favourite things in time. This pamphlet was made partially as a marketing campaign to keep the spirit of Halloween alive in those that aren't children anymore, & partly as an exercise in listing my current favourite things for future reference. It will be archived on my website, cideral.neocities.org, along with compiled lists of media & detailed recipes.



Spooky Media



As a fan of horror, I watch slashers all year-round. When Autumn falls, it's more so the fun spooky vibes I seek to fill my mournings, afternoons & work shifts. You probably already have a few favourites that'll come to mind every time you start feeling that chill in the air, but to keep things fresh, I recommend going to your local Library to talk to some Librarians. They are paid to guide you in your quests, & can be quite interesting people. Put on your big socially apt adult boots, & go talk to them. In the meantime, here are some pointers to get you started on the hunt :

Halloween specials : While some of your cartoon favourites might stand the test of time (& brain development), such as *Coraline* or *Over The Garden Wall*, some straight-to-TV productions of your past might feel a little less engaging now. But if you don't have cable anymore, putting them on in the background while you go about your day can certainly bring in a nostalgic & festive atmosphere. I grew up with *Scoby Doo* & *Tales of the Cryptkeeper*, but there is a plethora of lists online to dig through, curated by year. Don't forget that any of your favourite TV shows probably had Halloween episodes you can try & dig for, too.

Tunes : Talking about digging, think what you will about the people of Reddit, but they are certainly good at digging up stuff. Their Vintage Obscura playlists have obscured by far every corny Halloween compilation I could find at the Grande Bibliothèque. Keep track of your favourites, & with time, you'll be able to accumulate enough material for a banging mixtape of your own, & give poor old *Monster Mash* its deserved rest.

Camp : No, not the kind in *Addams Family Values*. Well...

Elvira, Mistress of the Dark is more than meets the eyes— if you weren't sold on the poster, I promise this Californian bio-femme's wits will win you over. Keep another eye out for any screening events of the *Rocky Horror Picture Show* in your area, & invite yourself to the ball— you'll have to dress up & get ready to throw some props : half the fun will be in the audience.

Video games : Retro scary classics like the original *Silent Hill* have an effective ambiance, & if you've managed to time your *Stardew Valley* playthrough just right, good for you, but if not, *Night in the Woods* will have the perfect wondering-about-in-a-cartoonish-Fall vibes, with a little existential crisis spice added.

If the power goes out, & you run out of reading candles for your gothic literature, don't underestimate the pull of a good old spooky story or collective hysteria. ...Did you hear that? Or you could take a page out of olden folks' handbook & try bobbing for apples, it seems they got quite a kick out of that, too.

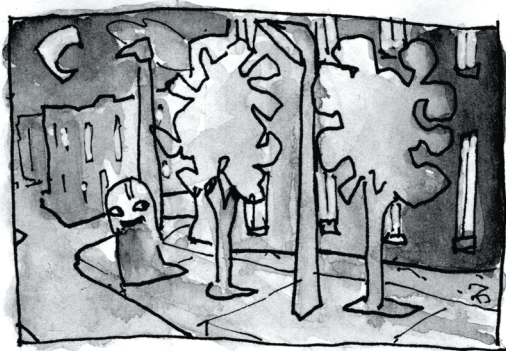
Elvira & Harry Mason having fun



Autumnal Decor

Have you become jaded with the idea of decorating your house for Halloween? Maybe you're fine pulling out some dusty boxes to decorate your front porch for the neighbourhood kids, but you prefer avoiding the chore of decorating the inside of your home for yourself?

I'll admit there is mitigated appeal to filling up your space with dollar store plastic, but to me, decorating for Halloween is less so spooky business (although I am partial to a cute ghost), & more so a celebration of nature's yearly swan song.



As you go about your daily routine, notice the ways in which your environment is changing. As you do, go dig for your sense of childlike wonder. Isn't this tree so beautiful, now? Look at your feet, & try to pick out the prettiest leaf. You'll find it's like stars, if you keep your focus on them, you'll see more & more.

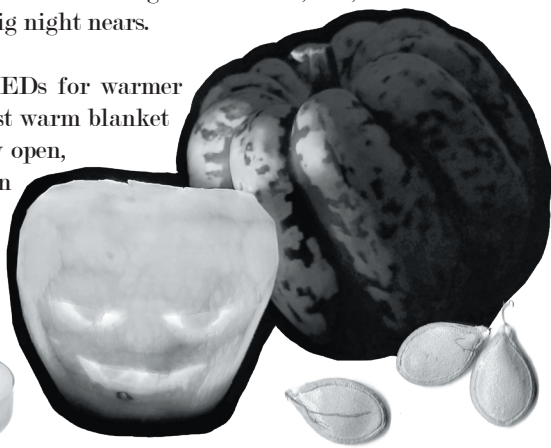
For a traditional Victorian garland, you can bring the leaves home pin them along

a string. Or dry them in a big book & use them as fully-compostable, home-grown ephemera to stick in your notebooks.

You'll find many other things on your hunts—maybe cute rocks & sticks & dying flowers to make a mandala at your doorstep with, like one of my neighbours does, maybe piles of browned, curled up, perfectly crisp leaves to crunch with your feet (don't forget your closed-toe shoes), or maybe a few masterfully decorated, or particularly striking areas you'd like to alter your usual routes for, so that you may pass by them on the regular.

A pumpkin will take a long time to rot if you don't cut into it, so you can pick them up at the beginning of the season, along with some apples, or maybe turnips if you're feeling traditional (their translucency does make for a good carved trick-or-treating companion), & set them up to look pretty on your counters before using them to craft, bob, bake, or predict the future with as the big night nears.

Light up some candles, switch your LEDs for warmer bulbs, dim the lights, & get out your best warm blanket as the cold settles in. Leave the window open, if you must stay in, & listen to the wind in the trees—but don't cozy up too much: there is nothing quite like taking out that blanket & a thermos to sit outside on a park bench as fiery leaves rain all around you—& the trees will run out of ammo before you know it.



Seasonal Snacks

If you're of a certain age, you might, by now, associate October with the much mocked pumpkin spice, rather than the bite of a fun-sized name-brand chocolate bar— but no matter your vice, your Halloween nostalgia & associations are probably tied into the marketing you've been witness to.

Of course, there are ways to indulge in the fun all season while avoiding the ever inflating prices, & the mountains of plastic wrappers to dispose of.

Before our time, baked goods & homemade sweets were the norm. The start of the Halloween candy tradition was all about the poor asking for "soul cakes": you give them a cookie, and they pray for you, or your dead relatives. After kids got involved, the whole thing could become a little more one-sided: threatening people to vandalize their home if they don't give you what you want is way cuter if you're not yet capable of rocking a beard. A neighbour might then be famous for their special fudge, caramel popcorn, or rice crispy treat recipe, rather than be known for handing out full-sized bars. All in all, we may not accept baked good from strangers anymore, but Halloween treats can still be whatever special indulgence you desire them to be.

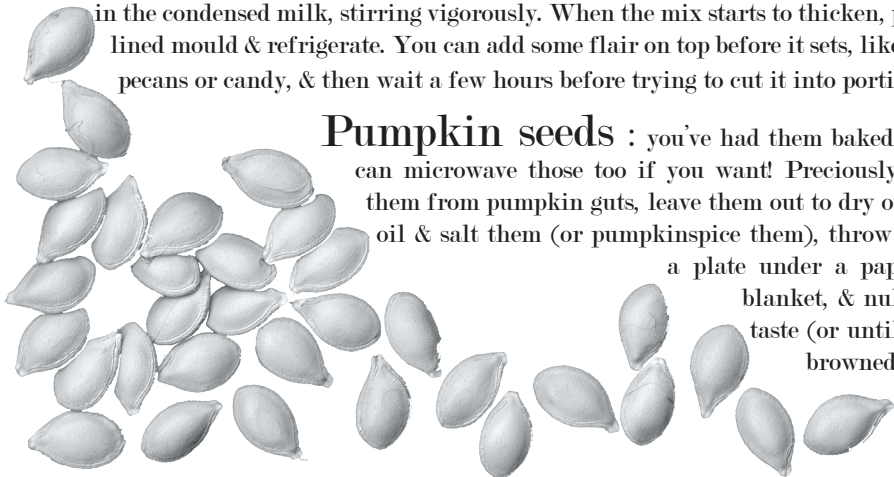


Pumpkin spice: cinnamon, ginger, nutmeg & cloves.

Get your hands on those spices, & throw them together wherever your heart sings. Store them in your cupboard until next year, or learn to include them in your daily life: Cinnamon & ginger are great in oatmeal or on cooked apples, & the other two will be useful comes December. They also have some magical properties as we'll see, so they're good to have around. Just make sure to keep the mix season-exclusive, lest you'll spoil your festive fun.

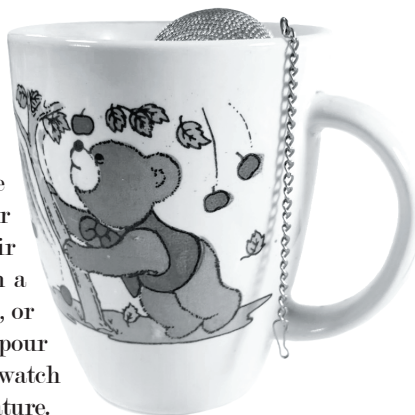
Microwave fudge: if you already bake, I encourage you to go dig a little deeper for inspiration, I won't help you much. But if, like me, you are forced to avoid ovens, this recipe is a fun way to elevate your snacking-straight-from-the-chocolate-chip-bag experience: One part chocolate chips, one part condensed milk. Melt the chocolate in a microwaveable bowl, stirring often to keep it from burning. Once the chocolate is all liquid, mix in the condensed milk, stirring vigorously. When the mix starts to thicken, pour into lined mould & refrigerate. You can add some flair on top before it sets, like crushed pecans or candy, & then wait a few hours before trying to cut it into portions.

Pumpkin seeds: you've had them baked, but you can microwave those too if you want! Precisely retrieve them from pumpkin guts, leave them out to dry overnight, oil & salt them (or pumpkinspice them), throw them on a plate under a paper towel blanket, & nuke 'em to taste (or until slightly browned).



Herbalist Tea

No one can deny the magic of a hot drink on a chilly day, but I invite you to find out just how magical it can really get— after all, witches do exist, & many of the herbs they've traditionally used in their craft are sitting in your pantry today, or can be found at your local pharmacy. Here is a simple list of some of their dried ingredients for you to try— place the goods in a cup, loose if you're looking to partake in tasseomancy, or using a steeper if you just wish to drink your potion, pour on some boiling water, & focus your energy as you watch the drink take on colour & get to the perfect temperature.



Lavender - sleep, anxiety & depression, mood, headaches

Valerian - sleep, anxiety, traditionally used for dream work

Passionflower - sleep, anxiety, menopausal symptoms

Chamomile - sleep, anxiety & depression, digestion

Anise seed - anxiety, depression & menopausal symptoms, digestion

Vanilla - calming, aphrodisiac, digestion

Rose petals - aphrodisiac, traditionally used in love magic

Ginger - energizing & warming, digestion & nausea

Orange zest - energizing, digestion & heartburn, good against colds

Cinnamon - stimulating & warming, aphrodisiac, digestion

Nutmeg - deliriant, stimulating & mood boosting, is said to raise psychic awareness

Clove - digestion & analgesic, traditionally used to soothe tooth aches & craft good luck charms, is said to banish negative spirits & raise psychic awareness— it is good practice to drink clove tea before engaging in divination

Peppermint - cognitive function boosting, decongestant, headaches, digestion & nausea

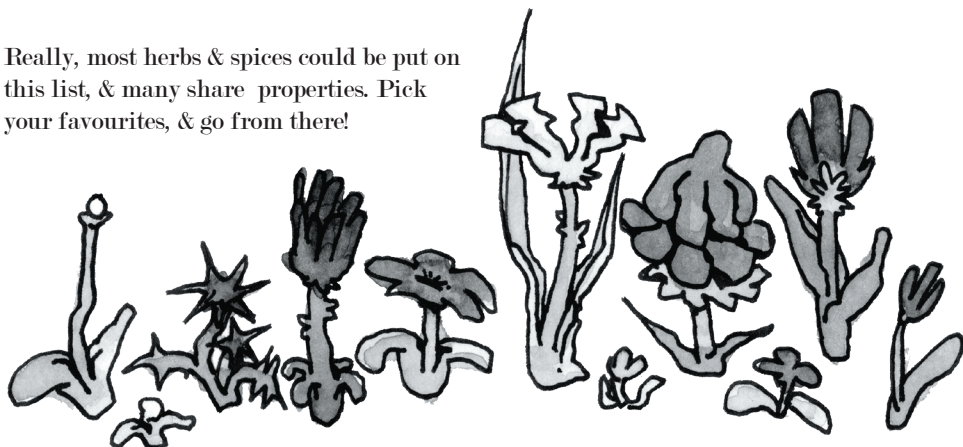
Rosemary - anxiety & depression, cognitive function & memory boosting

Sage - mood, cognitive function & memory boosting

Thyme - mood, cough & sore throat, period pain relief



Really, most herbs & spices could be put on this list, & many share properties. Pick your favourites, & go from there!



Shadow Work



It's been fun,
but I think
it's time we
part ways.

I just wanna
be nice

seemingly the funniest thing you could pull), & be generally & openly morbid. The pressure is off, expectations are out the window, we're supposed to let our freak out—and if you've grown tired of rotating through the same few stock costumes, I'll suggest you pick with more intent this time, & mirror the little devil within to light up that spark again.

Polite society pushes us to bury certain aspects of ourselves as we grow up; we get shamed out of some behaviours, & learn to bottle up certain emotions or desires—forming the shadow. We might then turn around & judge harshly anyone who doesn't seem to have picked up the same lessons, or made the same sacrifices as us, & we are condemned to live as a mere fraction of a person, lacking

the understanding to truly empathize with ourselves & others. Jungian theory (the most magical psychological theory out there) advises for an understanding of the different archetypes making up our personality, & a progressive reintegration of said shadow.

Ask yourself, who's your inner imp? Who have you been afraid to let yourself be lately? Who's behaviour has been driving you up a wall, & why? If you didn't have to fear judgement, what would you change about the way you carry yourself? What kind of person are you likely to cast judgement

on, walking down the street? Start there in your reflexion, it'll be the key to know what kind of

role would be interesting for you to explore. If you settle on a costume idea, & it feels both exciting and a little scary, then you're right on the money! It's your yearly chance to try out something daring & get out of your comfort zone, you gotta make it count.



...
We'll figure
it out.



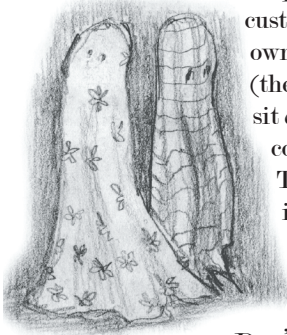
Costume Craft



For an extra magical outfit, skip the cheap bagged stuff. It's always disappointing— ugly, scratchy, sweaty, & not very sturdy. A good costume should feel like clothing, something that you'll want to keep on all night while you go about your devious antics. Try to picture what your alter ego would actually wear. Is it really polyester?

Of course, you might not have the generational wealth & savings of the old Count you'd like to emulate; it's good to find a compromise before running to the tailors. Raid your own closet for stuff you can put together &/or cut, sew, dye, shred or transform in some other way. You can't bear to part with that shirt, but you know you'd never wanna be caught dead in it again? Start there! Breathe new rebellious life into this part of you you've buried deep in that closet.

Thrift shops are a reliable resource for basics (shirts & trousers) & accessories, such as scarves, bags, belts, shoes & gloves, or old-school negligees. If they fail you because you're looking for something with a particularly long & flowy cut, look for vintage (or modern) costume patterns online, & then hit the fabric store. You'll get to literally custom-tailor your vibe, right down to the thread count. If you don't own a sewing machine, all you need is thread, a needle, & some pins (there are more-than-adequate kits at the dollar store), & a cozy place to sit & watch your favourite Halloween specials, or meditate on your upcoming night of mischief as each hand stitch consolidates your fate. There's nothing quite as witchy as growing self-sufficient by learning a new skill, & if you're going for the raggy look, you won't even need to hem anything!



Don't forget the masks :

whether made from cloth, cardboard, or plaster, they're your best chance at evoking that uncanny, "not quite human" feeling. The whole costuming tradition started with people covering their faces in ash, & later with masks, to render themselves unrecognizable to the evil spirits that might cross the border between their world & ours on that special night. The mask (or hood) stuck, because it can be removed on the spot to reveal our identity to those we trust. They've recently been beaten out of us by police propaganda & school regulations, but for or a truly eerie, ethereal, or disturbing costume, veiling your humanity is essential— I'm sure, by now, you're responsible enough to keep in mind the fact that your vision will be reduced, & to be super duper careful as you're crossing the street.



All Hallows' Eve

After much build-up, the night of fright is finally here. How will you spend it? Between 5:00 & 8:00 is sacred : there's nothing quite like watching a bunch of kids take over the neighbourhood & boss around their parents. If you live in an apartment building, dare to sit in the steps & hand out candy for a little while. Roaming around with the crowd is also a great thrill, and will truly get you in the atmosphere.

Don't be afraid to compliment people on their costumes or decorations as you walk around—if you've adorned yourself with the right get up, you'll be left imbued with a certain confidence. It's a chance to get to know your neighbours, & you'll be entitled to sneak in the night & flip over their doormat in their sleep if they turn out to be rude.

Get yourself to a livelier spot if your area is too boring, just as you might've done in childhood (even if you're not after the candy anymore). If you have to attend work, take your break outside. You can borrow some chocolates from the break room to hand out if need be, you deserve a dip in the fun.

Once the streets empty out, it's time to retreat for a feast— make sure you have on hand whatever you need to make your evening feel special, & to truly indulge in your carnal state of living. Picking up a dead loved one's favourite treat for an offering, or simply to celebrate them, can be especially appropriate.

As the evening turns to night, if you're left at home to your own devices, a certain melancholy might take a hold of you. Embrace it, & think of what could bring you closure from this season of your life that's about to morph into winter, before you hibernate :

Perhaps you have a question for what's to come— fortune telling games have long been a tradition of this Eve. If you can ribbon an apple peel in one long piece, toss it behind your left shoulder, & it might form the first letter of your future husband's name on the floor— or, I'm sure, the first letter of whatever you might ask it. You could also invoke prophetic dreams by placing under your pillow a sprig of rosemary, a nutmeg, or one slice of an apple you caught bobbing earlier in the night— or maybe a stray candy you picked up off the ground on your walk.

Maybe you'd like to take full advantage of the availability of otherworldly spirits in our midsts, & try your hand at a more serious ritual of invocation. Candles are said to attract spirits—familiar or not, to your house.

Light one near an open window, & let whoever might come through take a hold of your hand, & speak through you by use of automatic writing, or the classic Ouija board, which can be easily crafted with some cardboard & the aid of a reference picture.

You could also keep matters safely in your own hands, & simply journal by candlelight, reflecting on what's passed & what's to come.

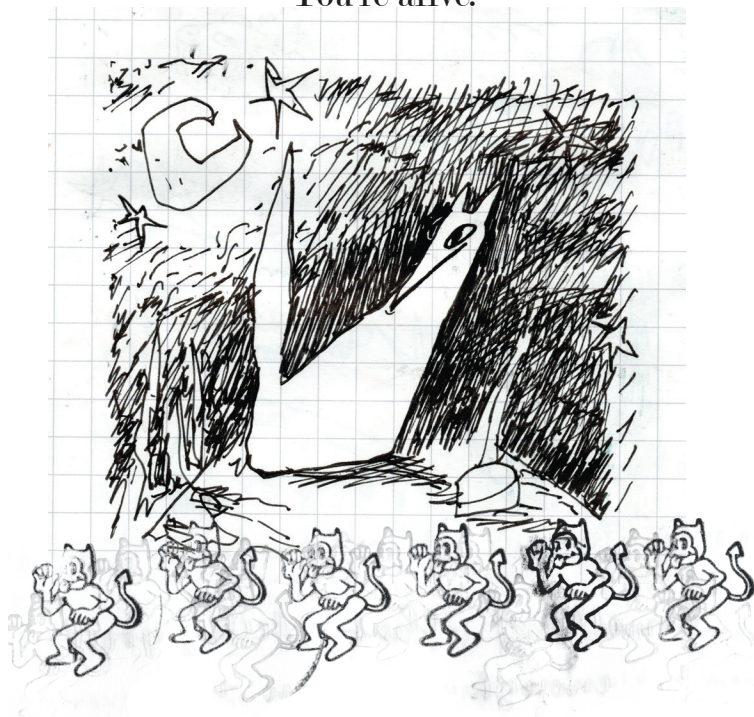


A walk to your local park or cemetery might suit your mood, & perhaps let you catch a glimpse of a coven performing a moonlit ritual. A backyard bonfire could soothe the soul, as well as rid you of an ex's picture, & make room for a new chapter of your life to begin, or consume a few offerings to whomever might be watching for good luck.



Just don't let a little sadness bum you out. Whether you spent the evening alone, or are stumbling back home from a party or from the bar, the death holiday is bound to leave you feeling a little different after each revolution you've made around the sun. Feel the feels, & let out a good howl at the moon.

You're alive.



Forming some Halloween memories & traditions of your own? Send them my way at contact.cid@proton.me ! This zine has been heavily & subconsciously influenced by the book *L'imagerie des sorcières et des fées*, from Fleurus, 1997, which I read countless times as a child, & the little activity book my mom made me for that one Halloween. Thanks mom! The historical info included was accumulated throughout the years & hasn't been fact-checked thoroughly enough for me to cite any sources, so don't quote me on it. I encourage you to do some research of your own, if you are so inclined—cobwebby traditions are great at sparking one's imagination.

If Halloween activities were organized to stop the restless from causing too much mischief this time of year, what happens when those social traditions die out, or one simply gets older, & is left to deal alone with the prospect of cold dark days & death ahead? Here is a pamphlet intending on keeping you too busy this season to worry about our collective mortality, or the upcoming months of ice-cruled wind-shields & snowed-in front doors ahead!

