
THE DISCOVERY PAPERS

The Adventures of the Westport Time Travelers



FALL

Is this your favorite time of year....cooler temperatures, colorful leaves, pumpkin spice everywhere, and the traditional gathering in as preparations are made for the long winter months on the horizon. Families preserve the richness of their gardens as freezers are loaded and shelves are filled with canned goods. Some begin stocking up on household goods and foods in case the snow and ice to come trap them at home.

Fall has become the season of soup and hearty stew, pumpkin bread, hayrides, and apple cider as well as a celebration of the abundance of the season.

From Godey's Lady Book, 1836

Halloween is a time of festivity, of fun and frolic, of cake-making and nut-cracking. In 1800 it was a more joyous season than it is now—for modern refinement has either obliterated or lessened the good old customs of our fore-fathers.



Let Your Imagination SOAR with Books

Hocus Pocus and The All-New
Sequel by A.W. Jantha

Roald Dahl's Book of Ghost Stories
by Roald Dahl

Pumpkinheads by Rainbow Rowell

The Girl Who Drank the Moon by
Kelly Barnhill

Hallowe'en Party by Agatha Christie

The Worst Witch by Jill Murphy

It's the Great Pumpkin, Charlie
Brown by Kara McMahon and
Charles M. Schulz

The Enola Holmes Mysteries by
Nancy Springer

The Witches by Roald Dahl



The Tradition of Halloween

Halloween has evolved over the centuries and how one celebrates/honors this day reflects your heritage and beliefs.

The festival began with the Celtic New Year's Eve festival called Samhain, held on October 31. On this night, the Celts believed the spirits of the dead would return to visit the homes, the loved ones, and the life they lived. Children out and about on this night carried lanterns carved from turnips to light the way. There were also large bonfires to brighten the night and ward away mischief-loving spirits. They even prepared banquet tables of food for the sinister visitors. In time, people began dressing up like the visiting spirits and creating mischief.

When Christianity came to Ireland, Samhain continued to be a night to remember the dead as All Hallows' Eve, the night before All Hallows' (Saints') Day. The poor would visit the homes of wealthier families and were given "soul cakes" in exchange for a promise to pray for the souls of the givers' deceased loved ones. In time, the practice was done by children, who would dress in costume and recite a poem, sing a song or another type of "trick" in exchange for fruit, nuts, or even coins.

The Irish brought these traditions with them when they emigrated to America. The turnips were traded for pumpkin lanterns and any of the festival's sinister roots were long forgotten.

All Hallows' Eve became a festive affair celebrated in the home. It was a night of frolic with games and traditional foods like barm brack, colcannon, crowdie, and ring cake. Charms are hidden in these foods that will tell the future of the finder. A coin for wealth, a ring for marriage, a button for a bachelor, a thimble for a spinster, and a wishbone for your heart's desire.

In the early 20th century, the "tricks" had become more like pranks (remember the Halloween part of the movie "Meet Me In St. Louis"?). The Great Depression saw these pranks become assaults and vandalism and communities began responding by organizing trick-or-treating events. After World War II ended along with the rationing of sugar, trick-or-treating emerged as one of Halloween's favorite customs. Halloween is now America's second largest commercial holiday.



The Time Travelers

.....Celebrate the Season

Our mascot, Amelia Peabody, is eager to share with you ways to enrich your celebrations of Fall. She hopes you will enjoy her adaptations on these customs and traditions. Maybe you will be inspired to create your own traditions. Is trick-or-treating part of your celebration? Amelia's family blends several traditions of Halloween along with a party with the homeschool families in her group. Each homeschooler selects a person from history or literature and learns as much as possible about them. That's who they dress up as for the "All Hallows' Frolic." Each creates treats and/or crafts associated with their chosen person to share with everyone at the party. It's fun, safe, and educational.

Home celebrations begin early in the month with decorations in the schoolroom, keeping room, and kitchen. A favorite is the Hearth Table located in the keeping room where so many fun and delicious items are found. The week of Halloween celebrating begins in earnest.

October 26 is Pumpkin Day, when we carve our pumpkin and place it on the Hearth Table for everyone to enjoy. In the evening we watch "It's the Great Pumpkin, Charlie Brown."

October 27 is Black Cat Day, when a plush animal black cat is added to the Hearth Table. It's also Potato Day so we have colcannon, one of the traditional Halloween dishes.

October 28 is Chocolate Day, when we make the chocolate cupcakes in which the various charms will be added. These are always part of the All Hallows' Frolic. We also curl up with mugs of hot chocolate while we watch "Practical Magic."

October 29 is Oatmeal Day. We have oatmeal with maple syrup for breakfast and make oatmeal cookies in the afternoon.

October 30 is Candy Corn and Pumpkin Bread Day. It's a busy one. Candy Corn is added to the Hearth Table and we make Pumpkin Bread. In the afternoon is the annual Frolic party. The party is always so much fun with lots of goodies to eat and discovering what figures each chose to honor. We also play games. One of our favorites is The Garden Game. In the evening, we put our finishing touches on our All Hallows' Eve feast while we watch "Hocus Pocus."

October 31 is Halloween, of course. On Halloween Night, the table is set with our Halloween tableware and at each place is a pumpkin shaped basket filled with eatables and little gifts. Our menu is an autumn vegetable soup with slices of homemade bread, barm brack, baked apples, and pumpkin cupcakes with charms hidden inside. After dinner, we enjoy mugs of mulled cider while we listen to a rebroadcast of "The War of the Worlds."

Amelia has shared some of her family's favorites below to help you in your celebrations.

Barm Brack

1 package active dry yeast

1 1/4 cups, plus 1 teaspoon, lukewarm milk

3/4 cups, plus 1 teaspoon, sugar

4 cups unbleached flour

1 teaspoon nutmeg

1 teaspoon cinnamon

1 teaspoon grated allspice

1 teaspoon salt

1 stick unsalted butter, cut in small pieces

2 eggs, beaten with a little water

2 cups mixed fruit (sultanas, raisins)

1/2 cup mixed candied fruit peel (lemon and orange)

Glaze: 3 teaspoons confectioners' sugar dissolved in 3 teaspoons boiling water

In a small bowl, cream the yeast with 1 teaspoon milk and 1 teaspoon sugar until frothy. In another bowl, sieve together the flour, sugar, spices, and salt. With your hands, rub in the butter. Make a well in the center of the flour mixture and pour in the yeast, the beaten eggs, and the milk. Mix the ingredients well with a wooden spoon for about 5 minutes until a good dough forms. Add the fruit and fruit peel and work it into the mixture by hand. Cover the bowl with a clean cloth and allow it to rise in a warm place until doubled in size (about 1 hour and 15 minutes).

Knead again slightly and place in a lightly greased cast-iron skillet, cover, and again allow the bread to rise another 30 minutes.

Place in a preheated oven at 400 degrees and bake until golden brown, approximately 1 hour.

When done, remove from pan and let cool on a wire rack. Glaze while still warm.

Colcannon

7-8 larger russet potatoes

1 head of green cabbage

1 cup milk (or cream)

1 stick butter, divided into 3 parts

salt and pepper

fresh parsley or chives

Peel potatoes and put them in a pot to boil.

While the potatoes are cooking, remove the core from the cabbage, slice the leaves thinly, and put into a large saucepan. Cover with boiling water from the kettle and keep at a slow rolling boil until the cabbage is just wilted and has turned a darker green. This can take from 3-5 minutes, depending on the cabbage. Test it and don't let it overcook - if anything it should be slightly undercooked.

When the cabbage is cooked, drain it well, squeeze to get any excess moisture out, then return to the saucepan. Add one-third of the butter and cover. Leave it covered and in a warm place, but not on a burner, with the butter melting gently into it while you continue.

When the potatoes are soft, drain the water and return the potatoes to the saucepan. With the drained potatoes in, set the burner to low, leaving the lid off so that any excess moisture can evaporate. When they are perfectly dry, add the milk to the saucepan, along with a third of the butter. Allow the milk to warm but not boil – it is about right when the butter has fully melted and the pot is starting to steam.

With a potato masher or a fork, mash the potatoes thoroughly into the butter/milk mixture. Do NOT pass through a ricer or, worse, beat in a mixer as it will make the potatoes gluey and disgusting.

Mix the cabbage thoroughly through the mashed potato.

Before serving, season with a little salt and sprinkle with fresh parsley or chives.

Most importantly, make a well in the center of the mound of potato and put the last third of the butter in there to melt.

The Halloween Invasion

On Halloween night in 1928, radio listeners were startled to learn of a cylindrical object landing in Grover's Mill, New Jersey. Citizens and police began gathering around the object out of curiosity. Suddenly out of the object emerged Martians with a heat-ray. The Martians started attacking those gathered around the ship. The report began giving on the scene accounts of poison gas in New Jersey and New York, where the citizens began "dropping like flies."

To learn more, tune into KMOE 92.1 at 7:00 p.m. on Halloween night to listen to the rebroadcast of the Mercury Radio Theater presentation of "The War of the Worlds" courtesy of the Bates County Historical Society. It's a Halloween adventure not to be missed.



The Garden Game

1. Print 2 copies of The Garden Game.
2. Plot and "plant" fruits and vegetables (by marking their size) on YOUR GARDEN grid while your opponent does the same on their paper. Do not show your opponent your garden.
3. TAKE TURNS calling out squares (A7, D3, etc.) to find your opponent's garden vegetables.
4. MARK your calls on THEIR GARDEN grid. Place you opponent's calls on YOUR GARDEN grid. Hits are marked with an X and misses with an O. You must tell an opponent when a vegetable or fruit is hit and/or found!
5. The winner is the first to find ALL of their opponent's garden vegetables and fruits.

☺	1	2	3	4	5	6	7	8	9	10
A										
B										
C										
D										
E										
F										
G										
H										
I										
J										

← YOUR GARDEN

Mark your garden and your opponent's calls of hits and misses on this grid.

EXAMPLE

☺	1	2	3	4	5	6	7	8	9	10
A										
B										
C			X							
D										
E			X							
F										
G										
H							X			
I										
J										

- Pumpkin- 5 Squares**
- Watermelon- 4 Squares**
- Carrots- 3 Squares**
- Green Beans- 2 Squares**
- Peas- 1 Square**

☺	1	2	3	4	5	6	7	8	9	10
A										
B										
C										
D										
E										
F										
G										
H										
I										
J										

← THEIR GARDEN

Mark the hits and misses that you call for your opponent's garden on this grid.

EXAMPLE

☺	1	2	3	4	5	6	7	8	9	10
A										
B			X X							
C										
D										
E										
F							X			
G										
H										
I										
J										

Inspiration for All-Hallows' Eve Portrayals



Ginny Weasley at Hogwarts

A Robert Tonner Doll from the Harry Potter series



Amelia and Eleanor go flying. A portrayal of aviator Amelia Earhart and First Lady Eleanor Roosevelt who flew off to the see the sights and have a bit of an adventure one night. (There's a wonderful book that shares this night of adventure!)



A modern day Mary Anning (an early 19th century fossil collector)

Lottie Doll Fossil Hunter



The Time Travelers program and newsletter are part of the Westport Historical Society/Harris-Kearney House. Our partner is the UFDC Doll Museum in our efforts to enrich and learn history through dolls.

Westport Historical Society/Harris-Kearney House

4000 Baltimore, Kansas City, Missouri 64111

816-561-1821/westporthistorical.com

United Federation of Doll Clubs, Inc.

10900 North Pomona Avenue, Kansas City, Missouri 64153

816-891-7040/ufdc.org

Efforts are underway to recruit interested parties under the age of 18 for a Junior Collectors Club. We will be exploring the role of dolls in learning about the past, collecting, playing, and learning to make clothes and accessories. If you are interested, please contact the Time Travelers at timetravelwestport@gmail.com.



HAPPY HALLOWEEN!