

Trick-or-Treating

It was once common for people to leave food out on a table as a treat for spirits believed to be about on Halloween. In England, people went house-to-house souling-that is, asking for small breads called soul cakes in exchange for prayers. In some areas of the United Kingdom and Ireland, people went mumming (parading in masks) on many holidays, including Halloween. Groups of masked adults would go door-to-door asking for food and drink in return for a performance or song. Dressing in costume and asking for food or money was done in England on Guy Fawkes Day (November 5).

Certain measures can help prevent accidents while trick-or-treating:

- A child can wear a light-colored costume or one with reflecting tape sewn on so they can be easily seen by drivers.*
- The costume should be made of a material that does not burn easily.*
- Because masks can block vision, many parents of small children use face makeup instead.*
- Children should visit only homes in their own neighborhood. Younger trick-or-treaters should be accompanied by an adult.*