

<http://www.dayofthedead.com/index.html>

Day of the Dead website. Join award winning author and photographer, Mary J. Andrade as she explores the rich history and tradition surrounding this ancient ritual.

Links to beautiful photos of flower preparation

Preparation of bread of the dead

Sugar skulls, toys and skeletons

Ofendas / altars

Vigil in the cemetery during the day

Vigin in the cemetery during the night

**The altar** includes four main elements of nature — earth, wind, water, and fire.

**Earth** is represented by crop: The Mexicans believe the souls are fed by the aroma of food.

**Wind** is represented by a moving object: Tissue paper is commonly used to represent wind.

**Water** is placed in a container for the soul to quench its thirst after the long journey to the altar. Fire is represented by a wax candle: Each lit candle represents a soul, and an extra one is placed for the forgotten soul

### **Foods:**

One of the most celebrated traditions in Mexico is Day of the Dead. On this occasion, unique dishes are prepared, and the relatives cook for the enjoyment of the deceased. These culinary offerings are the centerpieces of the altar, which is decorated with cempasuchitl flowers. The fragrance of the flowers blend with the aroma of burnt copal.

The author has gathered many of these special recipes to include in her series of books: Through the Eyes of the Souls, Day of the Dead in Mexico.

## Typical of Oaxaca

Fruit Atole (Hot drink made from corn starch and fruit.)

Ingredients:

10 cups milk  
1/2 lb. sugar  
2 lb. of any kind of fruit  
1 stick of cinnamon  
1/8 tsp. baking soda  
1 cup corn starch

Preparation:

Wash, cut, and boil the fruit in water until it is soft. Drain and transfer to a blender. In a saucepan, combine the strained fruit, milk, sugar, and baking soda. Dissolve the corn starch in some water and combine it with the rest of the ingredients. Set the mixture over low heat, stirring constantly until it thickens. Add sugar to taste before mixture begins to boil. Remove, let cool, and drink.



### **SKELETONS:**

Bakery windows are decorated with skeletons and verses dedicated to the deceased. People select the bread they want to offer their ancestors, a food that is later enjoyed by the family. The people of Mexico City remember those who have crossed the river that separates life from death. This two-fold experience enlightens the beginning and the end of a cycle.

- another site to enjoy and share (jumping skeletons and a great deal of easy to read information :  
<http://www.holidays.net/halloween/muertos.htm>