

MAKE YOUR OWN SHRUNKEN HEAD APPLE



WHAT YOU'LL NEED:

- an apple
- a peeler
- a teaspoon/butter knife
- a plastic container or bowl
- table salt
(enough to submerge the apple in the container or bowl)
- clear varnish (optional)

INSTRUCTIONS



1 Peel the apple.



2 Using the teaspoon/butter knife, carve one side of the apple to resemble a face.



3 Fill half the container with salt, then place the apple in the container and cover it with the remaining salt.



4 Leave the apple for several weeks.



When you take the apple out of the salt, you should have a wonderfully dry, wrinkled head that you can decorate with paint, string, and hair clippings. Varnishing your "shrunken head" before you decorate it will help make it last.

WHAT'S HAPPENING?

Although, the real process of shrinking human heads involves hot water, sand, and stones, this process is similar to how ancient Egyptians made mummies. The Egyptians removed all the internal organs and dried out the body using a mixture of salts.

After about 40 days of drying with the salts, the body was wrapped with linen and soaked in resin. The resin hardens and acts in the same way as varnish by stopping the moisture from getting inside.

So basically, the salt around the apple dries it up. Similar to the Egyptians process to mummify, it absorbs the moisture from the apple. Since bacteria thrives where there is water, drying out the apple prevents the bacteria from causing the apple to rot.

Adding a coat of varnish helps prevent any moisture from getting inside the apple, so you can keep your "shrunken head" for a long time.

