



<http://www.geocities.com/Hollywood/Lot/9373/SCREAM/kitchen.html>

## Kitchen Recipes for Horror

Make-up tricks that can be done using only stuff from the kitchen.



photo project by Rebecca Burt

**BLOOD RECIPES** - thanks to [Shock Theatre](#)



I'm just going to give the basic formulas for these bloods. If you want the full how-to and extra info, be sure to visit our friend at Shock Theatre.

Obtained from  
Omarshauntedtrail.com

### Dick Smith's

This is a fresh looking blood, and one of the most basic ever used. Invented by make-up master Dick Smith.

- 1 c. White Corn Syrup
- 1 tbsp. Red Food Color
- 1 tsp. Yellow Food Color
- 1 tbsp. Water (this is optional, it makes the blood a little thinner)

### Fix Blood

This recipe will make a thick blood that won't run off your actor, etc.

- 1 Large Tube of "Close-up" Clear Red Toothpaste (or any other clear red brand)
- 1/2 oz. Red Food Color

### Drinkable Blood

You can drink this stuff if you want, but it will turn your mouth bright red for who-knows-how-long. I don't suggest using it too often as new research shows that digesting too much of some dyes may cause cancer.

- 1 Can Frozen White Grape Juice Concentrate (this is kinda hard to find but you could try it with another light/white frozen juice)
- 2 tbsp. Red Food Color
- 1 tsp. Yellow Food Color

### A BLOOD RECIPIE - thanks to Christopher Brainerd



- 1 pint cornsyrup
- 1 oz. red food coloring
- 1 1/2 tsp. yellow
- 1/2 tsp. brown cake icing dye
- 1/2 tsp zinc oxide powder(from pharmacies)
- 1 oz. water
- 1 oz. Vodka

put syrup in a container or bowl. Then put the zinc oxide in a small cup. Add a little water and make a paste. Put the water in another cup and the colors. add the zinc to the rest of the syrup and mix well. Then add the colors and water and beat with a spoon. Then add the vodka and beat the mixture together well(it is advisable to put this in a container and shake well, then put into another container). Put in a container(with a lid) and let it sit over night. For drying effect heat the blood. When used the alcohol will evaporate and as it cools it will dry quite a bit like blood.

Note: We know not everybody visiting this site can legally purchase vodka (under 21). You might try

substituting denatured alcohol, readily available in any drug store.

### For Pumping Blood:

this is for blood that is to be pumped through tubing or when a rapid flowing blood effect is needed. Figure out how much blood you need. Now take a cup, and the blood formula above. Put some blood in the cup, just a little less than the amount needed. Now add a tiny bit of water and stir. Add a tiny bit more. Keep checking the consistency to see if it is thin enough. To see how thin you need it, experiment by pumping through tubing. Try first the consistency that you think will work. If it's not thin enough, thin it out more. Only add a little water at a time or it may become too thin. ONce you get the consistency the first time, it should come naturally

### A BLOOD TIP - thanks to Matt

At school (The Art Institute of Pittsburgh) one of my teachers (John Cherevka) noticed that the red food coloring today has a lot of yellow already in it. He found that you have to be careful not to put too much yellow in it or the blood will look too orange. He also found that if you add blue or green food coloring you can make different shades of blood, what he calls vein and artery blood.

### A BLOOD TIP - thanks to Trina

If you add peanut butter to the karo syrup mixture it will add some thickness, it will stay on the actor better and the oil in it can prevent the dye (of the food coloring) from staining the skin. The best part is that this method keeps the blood edible! Mmmm!

### Making Cream Make-up - thanks to Ginger

Your own cream make-up can be made out of kitchen substances! Although it is of poor quality, it can be quite helpful if you can't get ahold of the factory made kind.

Blend one part cornstarch and two parts shortening add food coloring to make appropriate color. Be very careful if too much food coloring is added it will stain skin.

If skin does become stained, make a paste out of baking soda and gently scrub the area. This will help lighten the color, and in some cases remove it all together.

### SCABS - thanks to Rebecca Burt

You can make some good scabs by using half and half water and unflavored gelatin. Just smear the stuff

on your area, but work quickly because it hardens really fast and won't stick anymore. It comes out crumbly, and scab-like, some will flake off while you work color onto it, but it'll wash right out of your brushes with warm water.

You can also mold gelatin if you use the same mixture but heat it until it melts. Don't let it boil though, because then you'll have bubbles in the final product. Gelatin turns out very rubbery and flexible, but it's only good for a short term use because it hardens when it dries and molds if you try to keep it wet.

You can speed up the drying of scabs using a hair dryer, and molds by sticking them in the fridge. Gelatin will melt in the hot sun or if you mess up you can melt it back down and try again.

## FLESH



Flour

Corn Starch

White Glue (like Elmers)

Mix together equal parts of flour and corn starch, then add glue and mix until you get a doughy substance. It shouldn't be wet or sticky, just like a lump of dough that's kind of rubbery. You can roll this dough out, how ever thick you want it, to end up with a 'skin'. As this stuff dries you can bend it and the surface will crack and look more realistic. After a couple of hours it dries hard (and shrinks a little bit) but looks the same, then you can paint it with normal paint. Try it out by making a small amount and playing with it.

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