



SHOW ME HOW

500 THINGS YOU SHOULD KNOW
INSTRUCTIONS FOR LIFE FROM THE EVERYDAY TO THE EXOTIC



DEREK FAGERSTROM, LAUREN SMITH & THE SHOW ME TEAM

Mantesh

SHOW ME HOW



SHOW

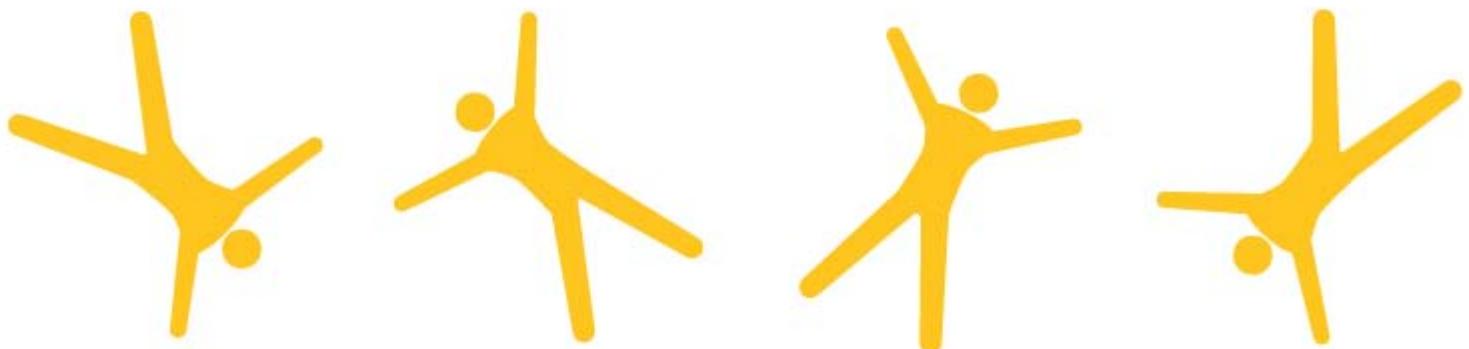


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COLLINS DESIGN
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show me how to...





I use this book



arts



crafts

science
projects

make

- 2 hang a tire swing
- 3 press pretty flowers
- 4 decorate eggs
- 5 shape clay beads
- 6 string clay beads
- 7 mold clay animals
- 8 invent clay oddities
- 9 sew a spooky voodoo doll
- 10 use my voodoo doll
- 11 ward off evil with a gris-gris
- 12 stencil stealthily
- 13 write with invisible ink
- 14 carve a hollow book
- 15 assemble a super slingshot
- 16 fold a sixteen-point star
- 17 construct an origami box
- 18 craft a paper penguin
- 19 silk-screen an awesome design
- 20 bind an accordion-style book
- 21 make a compact disc-o ball
- 22 shape a retro record bowl
- 23 build a pvc-pipe didgeridoo
- 24 craft a playing-card wallet
- 25 create a chain-mail bikini
- 26 make a foam sword
- 27 tell time with a potato clock
- 28 power a spinning machine
- 29 fit out a foxhole radio
- 30 rig an eclipse-viewing apparatus
- 31 build an erupting volcano
- 32 set up a tropical terrarium
- 33 weave a friendship bracelet
- 34 blow a humongous bubble
- 35 twist a balloon dog
- 36 grow rock candy
- 37 create a festive piñata
- 38 carve a potato stamp
- 39 build a blizzly snowglobe
- 40 wrap a merry wreath
- 41 craft a scented pomander
- 42 make a tin-can luminary
- 43 dye a batik tablecloth
- 44 read batik patterns
- 45 make tie-dyed stripes
- 46 tie-dye a groovy spiral
- 47 cast on
- 48 do a knit stitch
- 49 purl perfectly
- 50 do basic embroidery
- 51 stitch native bead designs
- 52 measure my feet for moccasins
- 53 sew suede moccasins

kitchen
tips

eat

- 54 open a pomegranate
- 55 dice a mango
- 56 pit an avocado
- 57 crack a coconut
- 58 cut a pineapple
- 59 boil an egg
- 60 speed-peel a hard-boiled egg
- 61 fry eggs

- 62 poach eggs
- 63 roll a taqueria-style burrito
- 64 fry tortilla chips
- 65 prepare guacamole
- 66 dice a chile pepper
- 67 make pico de gallo
- 68 make a tomato flower
- 69 carve a radish rose
- 70 mince ginger
- 71 peel a bell pepper
- 72 trim an artichoke
- 73 derust a cast-iron pan
- 74 make a nonstick rolling pin
- 75 sharpen and polish a knife
- 76 know how long food keeps
- 77 use chopsticks
- 78 wrap temaki sushi
- 79 roll maki sushi
- 80 clean a lobster
- 81 peel and devein a shrimp

- 82 crack a dungeness crab
- 83 shuck an oyster
- 84 identify beef cuts
- 85 recognize pork cuts
- 86 twist tasty sausage links
- 87 stack a mean burger
- 88 cook a sizzling steak
- 89 grill a beer-can chicken
- 90 roast a turkey
- 91 carve a turkey
- 92 make classic fried chicken
- 93 make simmering pan gravy
- 94 pair pasta with sauce
- 95 roll pasta dough
- 96 cut fettuccine
- 97 fold tortellini
- 98 fold a galette
- 99 shape a baguette
- 100 braid challah bread
- 101 weave a lattice-top pie

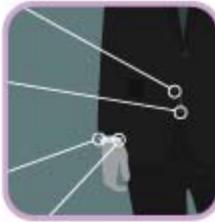


drink

- 102 serve and pair champagne
- 103 serve and pair pinot grigio
- 104 serve and pair chardonnay
- 105 serve and pair pinot noir
- 106 serve and pair merlot
- 107 serve and pair cabernet sauvignon
- 108 open a bottle of wine
- 109 remove cork bits from wine
- 110 evaluate a wine
- 111 dazzle with sabrage
- 112 uncork a champagne bottle
- 113 ritually prepare absinthe
- 114 layer a pousse-café
- 115 mix refreshing sangria
- 116 rim a glass with sugar or salt
- 117 mix drinks with a boston shaker
- 118 concoct delicious cocktails

- 119 use a muddler
- 120 mix a classic martini
- 121 shake up martini variations
- 122 brew tea fit for a queen
- 123 make russian tea in a samovar
- 124 prepare tibetan yak-butter tea
- 125 serve thai iced tea
- 126 understand espresso drink ratios
- 127 pick a caffeinated drink
- 128 use a french press
- 129 pull a perfect espresso
- 130 pour a latte leaf
- 131 open a beer with another beer
- 132 open a beer with a lighter
- 133 serve beer in the right glass
- 134 pour a proper pint
- 135 chug from a boot





clothing



makeup



hair



makeup



flirting



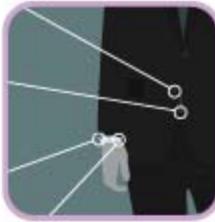
dating

style

- 136 understand men's fabric patterns
- 137 pick a suit for each season
- 138 look dapper in a suit
- 139 give my shoes a shine
- 140 identify men's facial hair styles
- 141 get a clean shave
- 142 weave a french braid
- 143 twist a sophisticated chignon
- 144 tease up a beehive
- 145 fashion fabulous fingerwaves
- 146 create yarn hair extensions
- 147 spike up a mohawk
- 148 braid cornrows
- 149 dread my 'do
- 150 turn myself into a zombie
- 151 stir up fake blood
- 152 fake an exposed bone
- 153 create an oozing fake wound
- 154 become a glittery fairy
- 155 transform into an alien
- 156 add decades to my age
- 157 thread my eyebrows
- 158 apply and remove false eyelashes
- 159 shade sexy, smoky eyes
- 160 apply lipstick like a pro
- 161 brush on blush
- 162 wear a kimono
- 163 decode kimono styles
- 164 apply traditional geisha makeup
- 165 give myself a perfect manicure
- 166 pamper my feet with a pedicure
- 167 cleanse my skin
- 168 treat myself to a home facial
- 169 exfoliate properly
- 170 maintain my skin's youthful glow
- 171 select a ladies' shirt style
- 172 pick a pair of pants
- 173 identify dress and skirt shapes
- 174 avoid being a fashion don't
- 175 rock the chelsea knot
- 176 tie a bowtie
- 177 tie a traditional windsor knot
- 178 lace my shoes with flair
- 179 tie a retro kelly scarf
- 180 repair ripped jeans
- 181 hem a pair of jeans
- 182 sew on a new button
- 183 make a no-sew denim skirt
- 184 remove stains
- 185 wash a sweater by hand
- 186 iron a button-down shirt

love

- 187 read my date's body language
- 188 flirt the night away
- 189 find my zodiac love match
- 190 find my chinese zodiac match
- 191 get out of a car in a miniskirt
- 192 sneak my arm around my date
- 193 tie a cherry stem in my mouth
- 194 intrigue with a game of footsie
- 195 give my sweetie a foot rub
- 196 spoon without arm discomfort
- 197 waltz through the night
- 198 jive with my partner
- 199 dance a steamy tango
- 200 sizzle with some salsa moves
- 201 flirt with emoticons
- 202 flirt with verticons



clothing



makeup



hair



makeup



flirting



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pets



parenting



sports



wellness



- 266 graft a citrus tree
- 267 prune a rosebush
- 268 plant bulbs at the right depths
- 269 transplant seedlings
- 270 grow from plant clippings
- 271 create a japanese zen garden
- 272 design a french parterre garden
- 273 plant an edible garden
- 274 foster a succulent garden
- 275 repel backyard pests
- 276 attract friendly critters
- 277 make a suet snack for birds
- 278 set up a beekeeping station
- 279 build an ant farm
- 280 milk a goat
- 281 bottle-feed a lamb
- 282 groom a horse
- 283 feed a chilean-rose tarantula
- 284 determine a box turtle's gender
- 285 give a parrot a bath
- 286 build a koi pond
- 287 hug a hedgehog
- 288 pick up a rabbit
- 289 brush a pup's teeth
- 290 read a dog's body language
- 291 greet a new dog
- 292 feed a pooch a pill
- 293 collar my dog correctly
- 294 decipher a cat's body language
- 295 deflea herbally
- 296 befriend a scared kitty
- 297 feed a cat a pill
- 298 clip a cat's claws
- 299 bathe a baby
- 300 cook up yummy baby food
- 301 hang a high-contrast mobile
- 302 pack a well-stocked diaper bag
- 303 swaddle a wee one
- 304 burp a baby
- 305 massage a colicky baby
- 306 diaper a tiny tot
- 307 teach a kid to ride a bike
- 308 banish imaginary monsters
- 309 remove gum from a child's hair
- 310 convince a child to eat veggies
- 311 serve a banana-octopus snack



- 312 select the right golf club
- 313 perfect my swing
- 314 navigate a golf course
- 315 throw a four-seam fastball
- 316 nail a free throw
- 317 deliver a killer tennis serve
- 318 pitch in pétanque
- 319 assume the basic 4-4-2
- 320 score a goal with a 4-3-3
- 321 win the midfield with a 3-5-2
- 322 go on the defensive with a 4-5-1
- 323 understand soccer penalties
- 324 head a soccer ball
- 325 defend a soccer goal
- 326 understand my vitamins
- 327 pick a calorie-burning activity
- 328 visualize serving sizes
- 329 heal with acupressure points
- 330 make my desk ergonomic
- 331 soothe a first-degree burn
- 332 stop a nosebleed
- 333 treat a beesting
- 334 pull out a splinter
- 335 remove an object from my eye
- 336 pack a first-aid kit
- 337 stop bleeding
- 338 bandage a nasty wound
- 339 tie a tourniquet
- 340 perform cpr
- 341 save a choking victim

- 342 splint a lower-leg injury
- 343 wrap a sling
- 344 deliver a baby in a taxi
- 345 perform a breast self-exam
- 346 breast-feed an infant
- 347 save a choking baby
- 348 meditate for inner peace
- 349 relax in a finnish sauna
- 350 pamper with a hot-stone massage
- 351 heal with reiki
- 352 do a simple tai chi move
- 353 strike a basic yoga pose
- 354 train to run long distance

- 355 stretch before a workout
- 356 strengthen and tone my core
- 357 firm up my lower body
- 358 exercise my upper body
- 359 do the front crawl
- 360 paddle the backstroke
- 361 swim the breaststroke
- 362 dive like an olympian
- 363 recover from falling in skis
- 364 ski down a slope
- 365 shred downhill on a snowboard
- 366 carry my skis
- 367 climb a ski slope with my gear



- 368 choose my perfect destination
- 369 know the time everywhere
- 370 fold her clothes for travel
- 371 fold his clothes for travel
- 372 choose the best airplane seat
- 373 stay limber on an airplane
- 374 combat jet lag
- 375 identify toilets everywhere
- 376 find the ladies' room
- 377 find the men's room
- 378 use a squat toilet
- 379 freshen up with a bidet
- 380 play korean gonggi
- 381 indulge in a hookah ritual
- 382 hang out in a hammock
- 383 share authentic yerba mate
- 384 patch a blown-out bike tire
- 385 fix a flat bike tire with money
- 386 use bike hand signals for safety
- 387 shimmy up a rock chimney
- 388 rappel down a sheer rock face
- 389 leap from a cliff
- 390 right a capsized kayak
- 391 clear water from a scuba mask



first aid



travel



culture



navigation



self defense

wilderness



tricks

◆ survive

- 416 orient myself by the north star
- 417 make a sun compass
- 418 navigate using my watch
- 419 improvise a magnetic compass
- 420 orient with the southern cross
- 421 estimate remaining daylight
- 422 assemble a debris hut
- 423 set up a shade shelter
- 424 lash together a swamp bed
- 425 dig a snow cave
- 426 catch a fish bare-handed
- 427 rig a soda-bottle fish trap
- 428 fire-roast a tarantula
- 429 snare a hare
- 430 prepare tasty snake meat
- 431 treat a snakebite
- 432 keep mosquitoes at bay
- 433 navigate the jungle
- 434 evade a panther attack
- 435 walk the mean streets safely
- 436 throw an effective punch
- 437 escape from a choke hold
- 438 break out of a bear hug
- 439 clamber out of an ice hole
- 440 catch a fish in a frozen lake
- 441 save a hypothermia victim
- 442 treat a case of frostbite
- 443 test plants for edibility
- 444 walk safely in a swamp
- 445 light a fire with a soda can
- 446 get out of quicksand
- 447 wrestle an alligator
- 448 use my pants to stay afloat
- 449 prevail with the dead man's float
- 450 understand morse code
- 451 survive a shipwreck
- 452 fend off a shark
- 453 create water in the desert
- 454 signal an airplane



WOW

- 455 tie a lariat with a honda knot
- 456 lasso a calf
- 457 do the texas skip
- 458 rip a phone book in half
- 459 shoot a stealthy spitball
- 460 spin a basketball on my finger
- 461 skip a stone across water
- 462 walk the dog
- 463 do the worm
- 464 moonwalk in style
- 465 dance like a robot
- 466 play chopsticks
- 467 lay down twelve-bar blues
- 468 read music
- 469 rock out on the musical saw
- 470 tie a cigarette in a knot
- 471 guzzle from a beer hat
- 472 win bar bets with the coin drop
- 473 perform an awesome keg stand
- 474 vanquish a case of hiccups
- 475 harness the cloudbuster's power
- 476 trick radar with a fake ufo
- 477 make crop circles
- 478 prepare a tea-leaf reading
- 479 predict the timing of life events
- 480 find symbols in tea leaves

- 481 cast handy shadow puppets
- 482 set the scene with sound effects
- 483 amaze all with the french drop
- 484 give the illusion of levitation
- 485 escape from a straitjacket
- 486 pull a tablecloth from a set table
- 487 mold a false fingerprint
- 488 pick a pin-and-tumbler lock
- 489 unmask a liar
- 490 slide into a bootlegger turn

- 491 pop a sweet wheelie
- 492 spin a crazy donut
- 493 breathe fire
- 494 wheel-walk a unicycle
- 495 master simple juggling
- 496 be a human cannonball
- 497 ollie like a pro
- 498 bust a feeble grind
- 499 land an old-school kickflip
- 500 nail a handstand fingerflip



pranks



stunts



tools



index



a note from derek and lauren



8

Invent clay oddities

As long as either one of us can remember, we've always loved collecting and sharing obscure, eclectic, and occasionally (somewhat) useful knowledge. Our passion for learning has even inspired a great monthly tradition where we get together with friends to teach each other how to do cool, sometimes slightly ridiculous things—everything from making our own jam (delicious!) to twisting balloon animals (dazzles children and coworkers alike!). These days, we own a fun little shop where we encourage people to do all sorts of curious things, like make duct-tape wallets, crochet little creatures, and build musical instruments. So we were thrilled when the Show Me Team asked us to pitch in and help bring this fantastic book into the world—a world that so clearly needs simple, step-by-step instructions for crafting clay monsters (#8), making rugs from old grocery bags (#238), and escaping from panthers (#434).



238

craft a plastic-bag throw rug



434

evade a panther attack

In fact, we bet that before reading this note from us, you'd already flipped through the book a few times and learned some neat tricks. If you're like Derek and really want to cover your bases, read it straight through, cover to cover. If you prefer to focus on improving certain areas of your life in a more organized fashion like Lauren, let your interests guide you from topic to topic. Or better yet, invite some friends over and explore the book together.

Show Me How is designed to educate, amuse, and occasionally astound. So if each time you pick it up you also pick up a few skills—or simply feel inspired to get out there and learn a new weird or wonderful thing—then we've done our job.

DEREK loves tending to his bees (#278, #333), teasing out a tune on his saw (#469), indulging in his obsessions with coffee (#126–130), and going on camping trips (#404). He's thrilled that his work on *Show Me How* has improved his knot-tying skills (#395), and he anxiously awaits the opportunity to test out his newly acquired ability to correctly hug a hedgehog (#287).

LAUREN is a born crafter, and can while away hours knitting (#48), embroidering (#50), or doing paper crafts (#18). She's always looking for an excuse to bust out the ol' tool box, and is determined to install dimmer switches (#239) in every room of the house. And though she is fearless when it comes to hanging wallpaper (#221), she never, never, never wants to fight a shark (#452)—but she's glad she knows how if the need ever arises!



Show Me How is a new and different type of book—one in which virtually every piece of essential information is presented graphically. In most cases, the pictures do, indeed, tell the story. Every so often, however, it may be useful to understand how special information is portrayed.

CROSS REFERENCES Sometimes one thing just leads to another. Follow the links for related, helpful, or otherwise interesting information.

skip a stone across water 461



TOOLS The toolbar pictures everything you'll need to perform the depicted activity. Having a hard time deciphering an item? Turn to the tools glossary at the back of the book.



MORE INFORMATION If there's something crucial you need to know in order to do an activity—or a really cool fact—look for the text marked with an *****



ZOOMS Called out in a circle near or within a given frame, zooms highlight important information on detailed activities—or crucial “don'ts.”



MATHEMATICS Handy “angle” icons help you do it right... or at least from the right direction! And if it's a matter of ratio? Look for icons like 3:1 to let you know how to get the perfect mix. When exact measurements matter, find them called out right in the box.



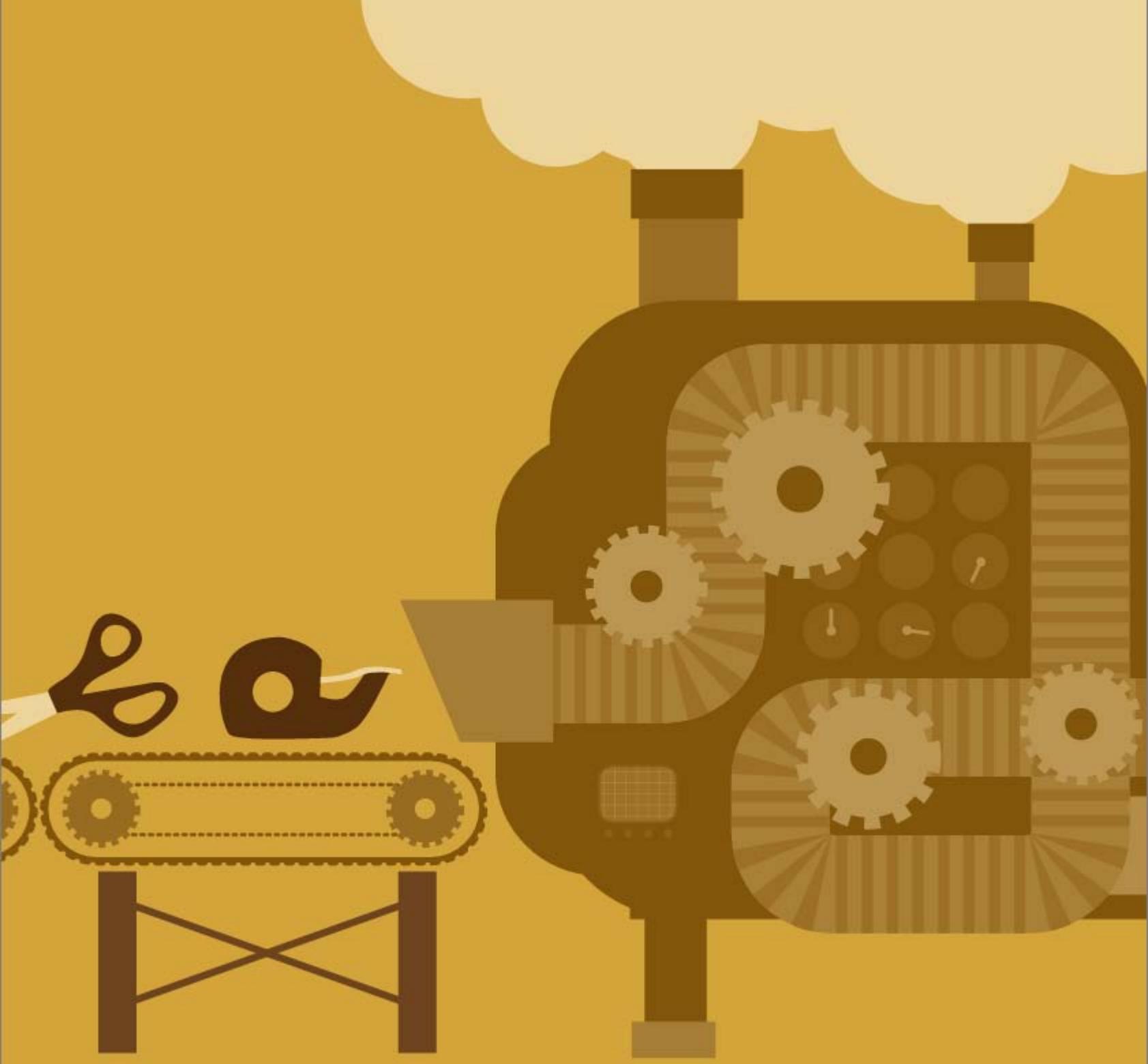
ICON GUIDE Throughout the book, a plethora of icons helps guide you through critical aspects of time, degree, safety, and more. Here are the icons you'll encounter in the pages that follow.

Danger! Avoid this if you're not trained. (Or if you don't want to get into trouble!)		2–3 min	Check out the timer to learn how much time a relatively short task takes.
	Pew—fumes! Open a window before performing this activity.		The calendar shows how many days, weeks, or months an activity requires.
	Call 9-1-1 to seek professional help if you find yourself in this situation.		Look to the thermometer to learn the proper temperature for a given action.
	Repeat the depicted action the designated number of times.		Just how hot, you ask? Cook over low, medium, or high heat, respectively.
	This page serves as a pattern. Photocopy or scan it, blowing it up as necessary, then follow the instructions.		The meat thermometer lets you know when something is thoroughly cooked.

A NOTE TO READERS The depictions in *Show Me How* are presented for entertainment value only. Please keep the following in mind if attempting any of these activities:

- RISKY ACTIVITIES** Certain activities in this book are not just risky but downright nutty. Before attempting any new activity, make sure you are aware of your own limitations and have adequately researched all applicable risks. (And just don't do #493. Really.)
- PROFESSIONAL ADVICE** While every item has been carefully researched, *Show Me How* is not intended to replace professional advice or training of a medical, culinary, sartorial, veterinary, mixological, athletic, automotive, or romantic nature—or any other professional advice, for that matter.
- PHYSICAL AND HEALTH-RELATED ACTIVITIES** Be sure to consult a physician before attempting any health- or diet-related activity, or any activity involving physical exertion, particularly if you have a condition that could impair or limit your ability to engage in such an activity. Or if you don't want to look silly (see #471).
- ADULT SUPERVISION** The activities in this book are intended for adults only, and they should not be performed by children without responsible adult supervision. Many of them shouldn't really even be performed by adults if they can possibly help it (see #433).
- BREAKING THE LAW** The information provided in this book should not be used to break any applicable law or regulation. In other words, when in New York City, don't try #500.

All information in this book has been carefully researched and fact-checked. However, the publisher makes no warranty, express or implied, that the information is appropriate for every individual, situation, or purpose, and assumes no responsibility for errors or omissions. You assume the risk and full responsibility for all your actions, and the publishers will not be held responsible for any loss or damage of any sort, whether consequential, incidental, special, or otherwise that may result from the information presented. Just between us, though, you're probably safe making the guacamole (#65).

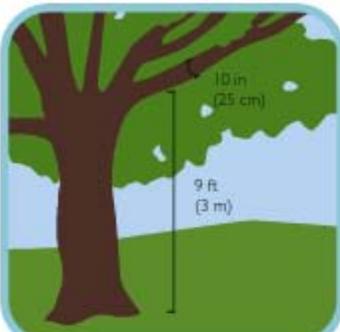




make

2

hang a tire swing



Pick a sturdy, high branch.



Drill three holes for drainage.



Tubing keeps the rope from fraying.



Secure with a square knot.



Hang with the holes at the bottom.



Mulch makes for softer landings.

3

press pretty flowers



Place on newspaper; fold.



Let set.

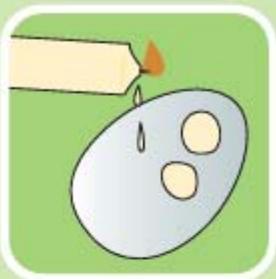


Mount on acid-free paper.



decorate eggs

4



5

shape clay beads

219 smarten up about color theory



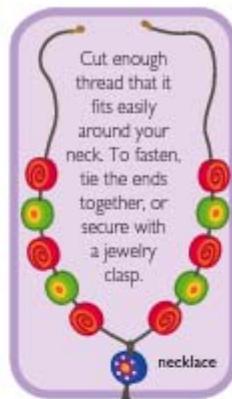
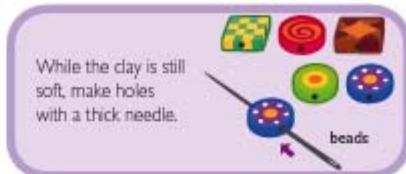
7

mold clay animals



string clay beads

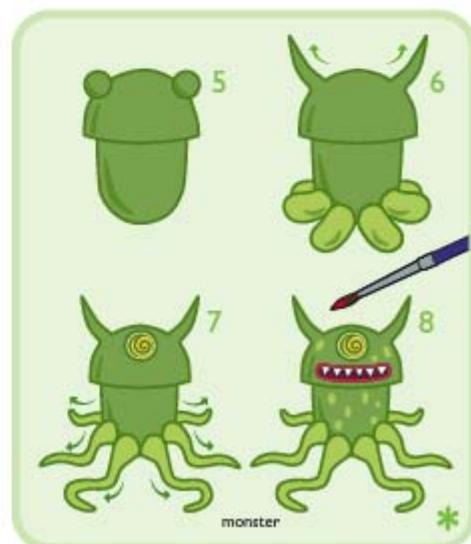
6



Liven up your creations with beaded details—like eyes, knobs, feet, or antennae—and experiment with multiple layers and colors. How about “x-ray vision” eyes for your alien, a window for your spaceship, or a spiral cyclops eye for your monster?

invent clay oddities

8



9 sew a spooky voodoo doll



Trace onto fabric.



Stitch with an inimitating item.



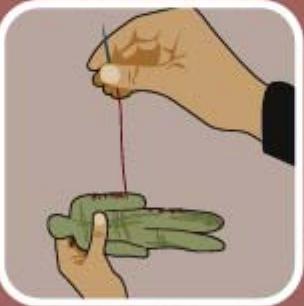
Cut out the doll pattern.



Stuff with inimitating items.



Collect personal effects.



Partially sew the pieces together.

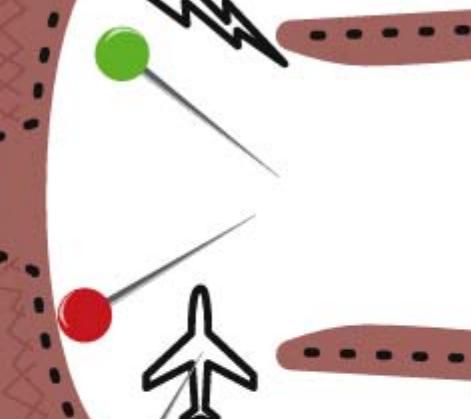


Pick an enemy.



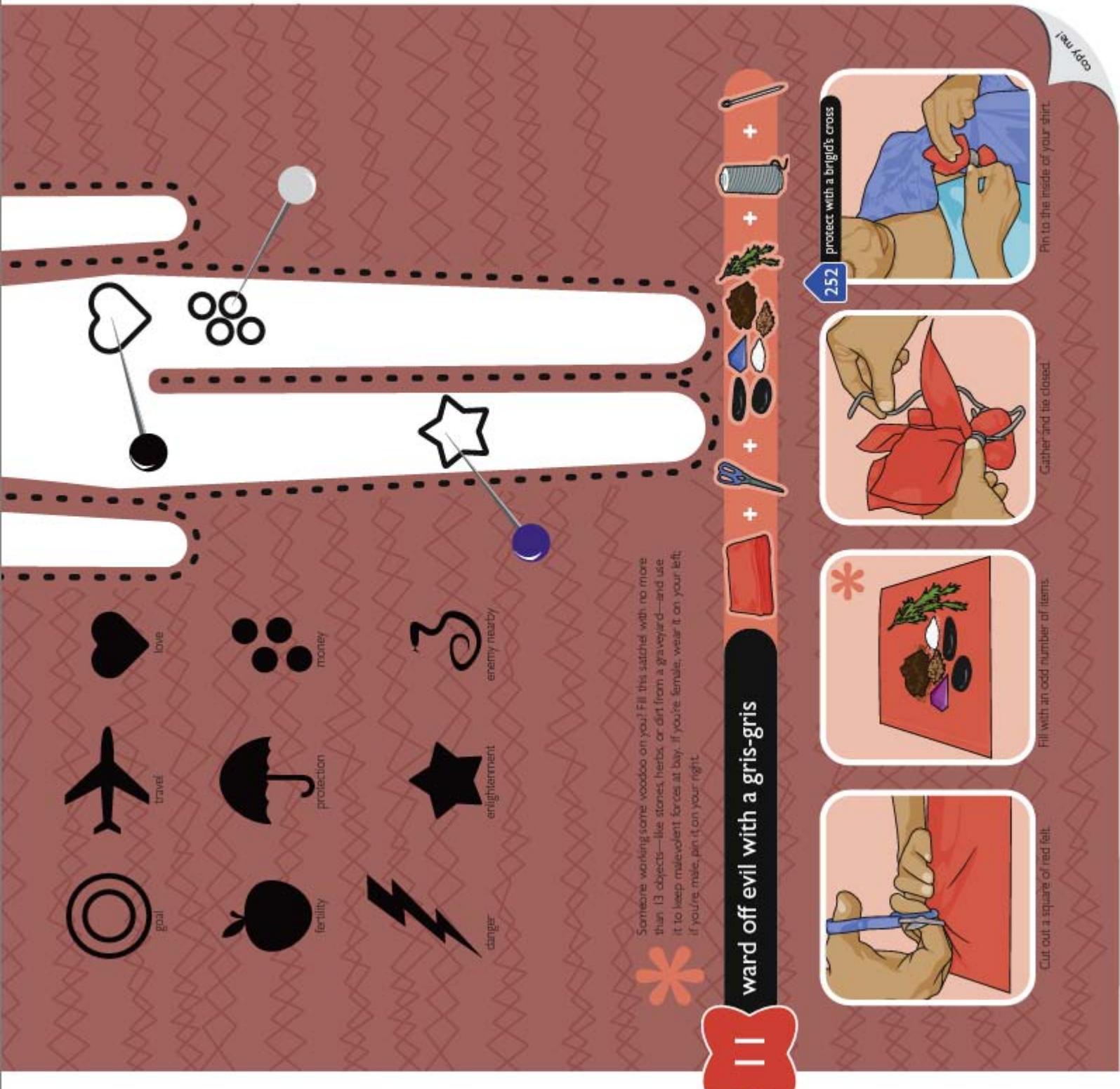
Cut out a front and back.

10 use my voodoo doll



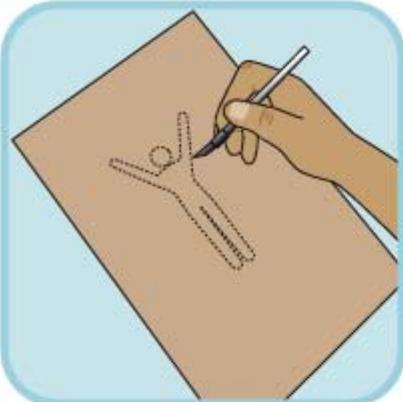
To inflict pain (or pleasure) on your chosen victim (or the object of your affections), decorate the doll with symbols that correspond to your desires. Then choose a pin and prick the doll in the appropriate symbol. It helps to chant as you cast your spell—just remember to use your powers wisely. Hex away!





12

stencil stealthily



Design and cut out a personal tag.



Remove the bag's bottom.



Sneak to your destination in dark clothes.



Exit nonchalantly.

13

write with invisible ink



Paint with the juice.



Pass to a worthy confidant.





carve a hollow book

14



Apply glue to the edges of the pages.



Insert a cardboard separator; let dry.



Cut and remove the pages.



Coat the interior pages with glue.



Fill with secret items.



assemble a super slingshot

15



Snap!



×2

Cut open the rubber bands.



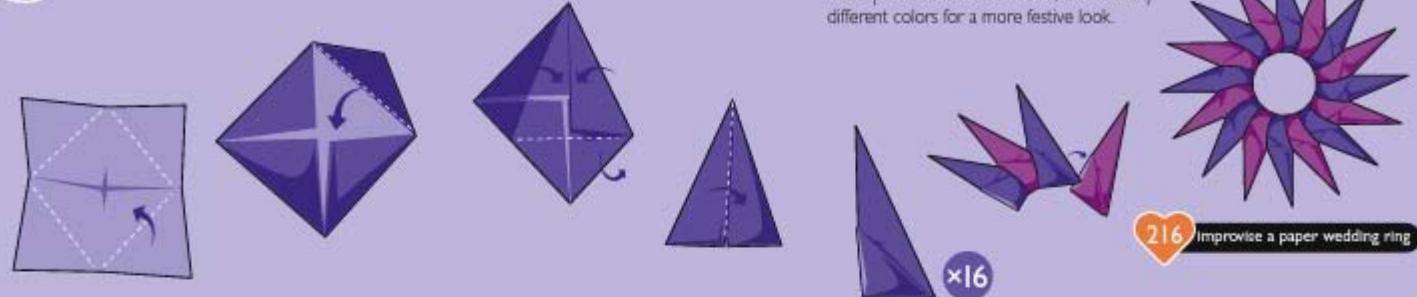
Tie each to the cloth.



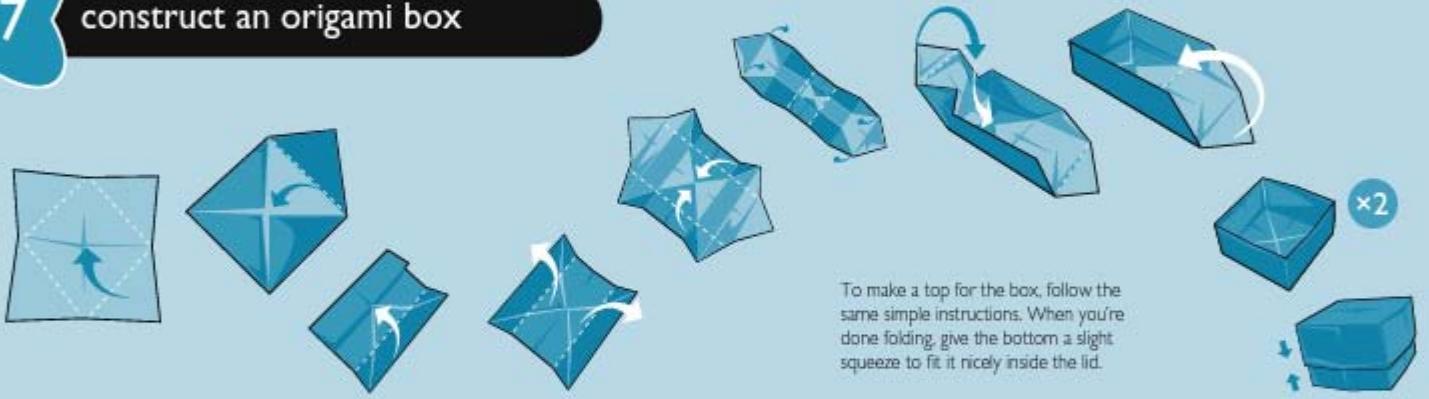
Find a stone—and a target!

16

fold a sixteen-point star

**17**

construct an origami box

**18**

craft a paper penguin

Fold this little guy just right, and he'll stand all on his own! Slightly spread the folded "feet" to support his weight.



21

make a compact disc-o ball



Wrap twice; knot.



Glue to the craft ball.



Continue around the ball.



464 moonwalk in style

Hang, and get busy dancing.

22

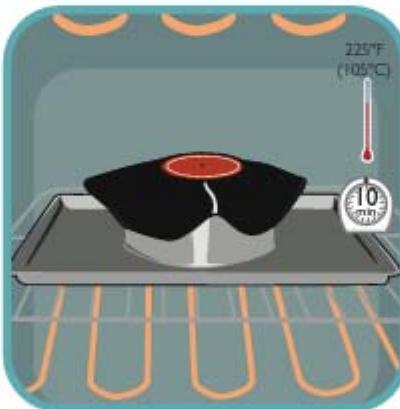
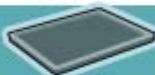
shape a retro record bowl



+



+



331 soothe a first-degree burn



Gently mold the record over the bowl.



Press with a slightly larger bowl.



Let set.



Overturn and use as a decorative bowl.



build a pvc-pipe didgeridoo

23



Heat until pliant.



Mold a "snake."



Wrap around the opening.



Seal your lips to it and blow.



The didgeridoo's quirky droning sound is all owed to a trick called circular breathing. When the didgeridooist's lungs are almost empty, he stores his last breath in his cheeks, then slowly blows it out as he inhales through his nose. This way, air keeps circulating—and creating that cool, warby rhythm!

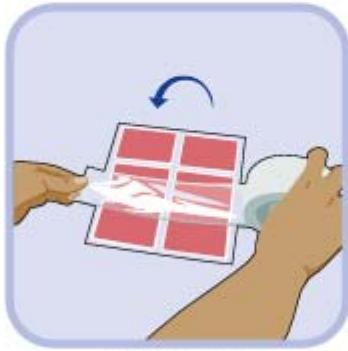


craft a playing-card wallet

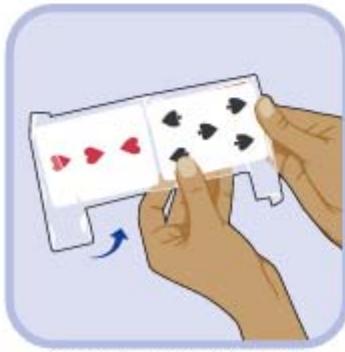
24



Tape the cards into a solid panel.



"Laminate" the back.



Fold the four cards; tape the sides.



Tape the two-card "pocket."

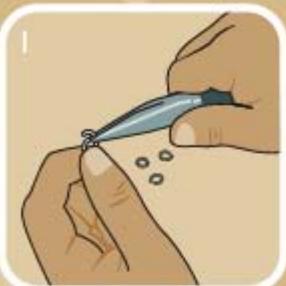


Tape the bottom.



25

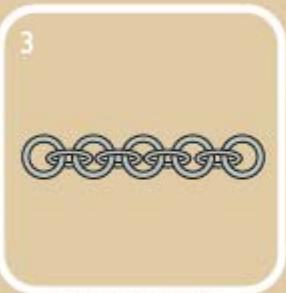
create a chain-mail bikini



Open a ring.



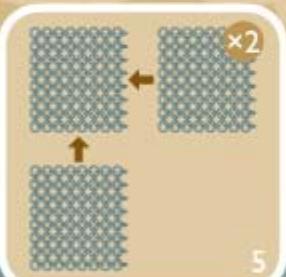
Hang two rings; cinch closed.



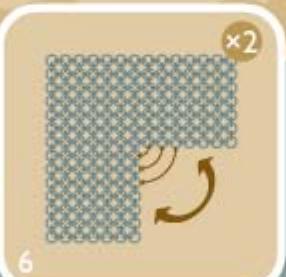
Repeat to make a chain.



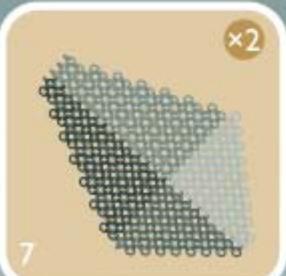
Fasten two chains.



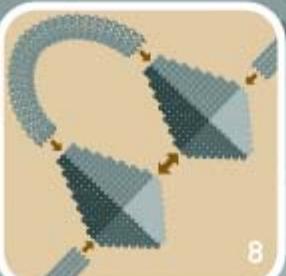
Create and attach three panels.



Gather the interior edges.



Connect to make a seam.



Adjoin all pieces.





1 Sheath the pipe with foam.



2 Trim the foam into a point.



3 Cover with duct tape.



4 Holes make the sword softer.



5 Make a hole in the short foam.



6 Slide onto the bare pipe end.



7 Cover the crossbar with tape.



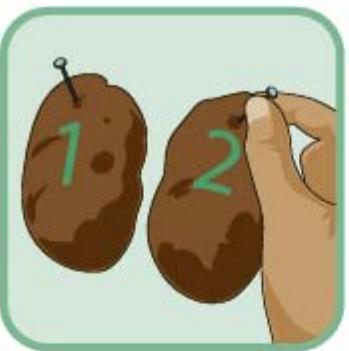
8 Wrap the exposed handle.

27

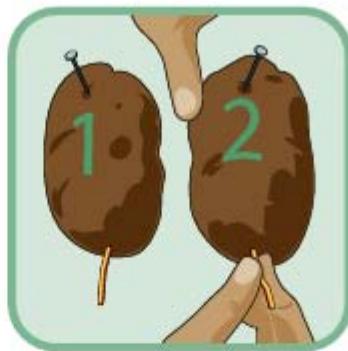
tell time with a potato clock



Add the galvanized nails.



Stick in the copper wires.



Remove the battery-compartment lid.



Taters may make surprising batteries, but they aren't the only unlikely items that can power a small digital clock—practically anything will conduct enough electricity. Try citrus, bananas, avocados, or even soda. Just remember to keep the galvanized nails and the copper wires as far away from each other as possible: it's the distance between them that generates power.

28

power a spinning machine



Wrap the electrical wire.



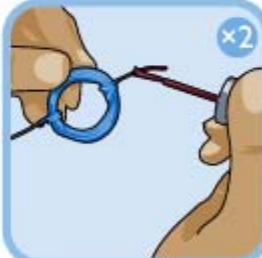
Trim; remove the battery.



Loop through the coil.



Strip the plastic coating.



Coat the ends in nail polish.



Attach the battery.



Add the safety pins.



Add the coil; tape together.



Give it a spin.



Watch it go!



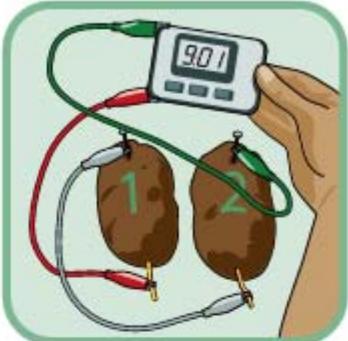
Connect the copper wire to the clock.



Link the nail to the clock.



Connect the nail to the copper wire.



Set the clock to the proper time.

Jump-start my car's battery

399

fit out a foxhole radio

29

These clever radios were first invented by soldiers seeking a connection with the outside world during World War II. Some of the components (like the blued razor blade and the crystal earphone) might take some tracking down online or at a specialty hardware store.

Connect all elements with the wire. Wrap it around the tacks; push the tacks into the board.



Thread the wire through a hole in the tube, then wrap it around the tube.



To ground the radio, wrap the magnet wire around a water pipe or a similar item.



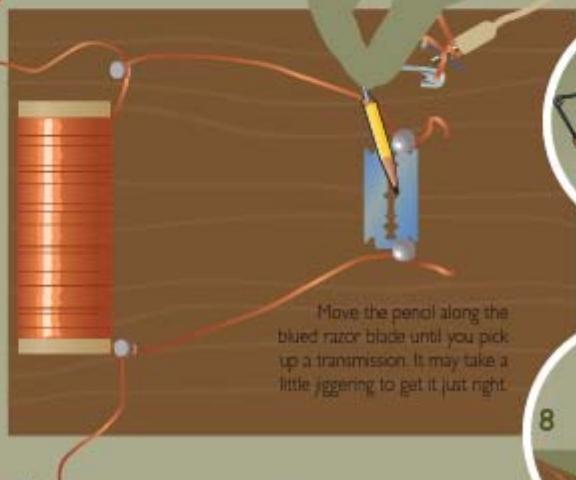
To lengthen your wire, twist on a second one.



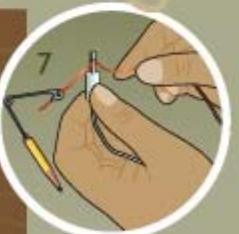
Expose the wire's other end—it acts as an antenna.



Insert the safety pin into the pencil's lead.



Move the pencil along the blued razor blade until you pick up a transmission. It may take a little jiggering to get it just right.



Wrap the wire around the safety pin and the earphone's receptor.



A crystal earphone lets you tune into radio stations in your area.

30

rig an eclipse-viewing apparatus



Tape paper inside the box.



Cut a hole opposite it.



Cover with foil. Prick.



Cut a space for your head.



Adjust so you can see the eclipse.



A solar eclipse is a truly amazing sight, but it could be your last if you look directly at it! The tiny hole in this box projects the eclipse's image onto the paper screen, sparing your eyes from harsh direct light. The longer the box, the larger the image.

31

build an erupting volcano



Tape a newspaper cone to the can.



Mix flour and water to make a paste.



Paste the paper strips to the cone.



After the volcano dries, paint it.

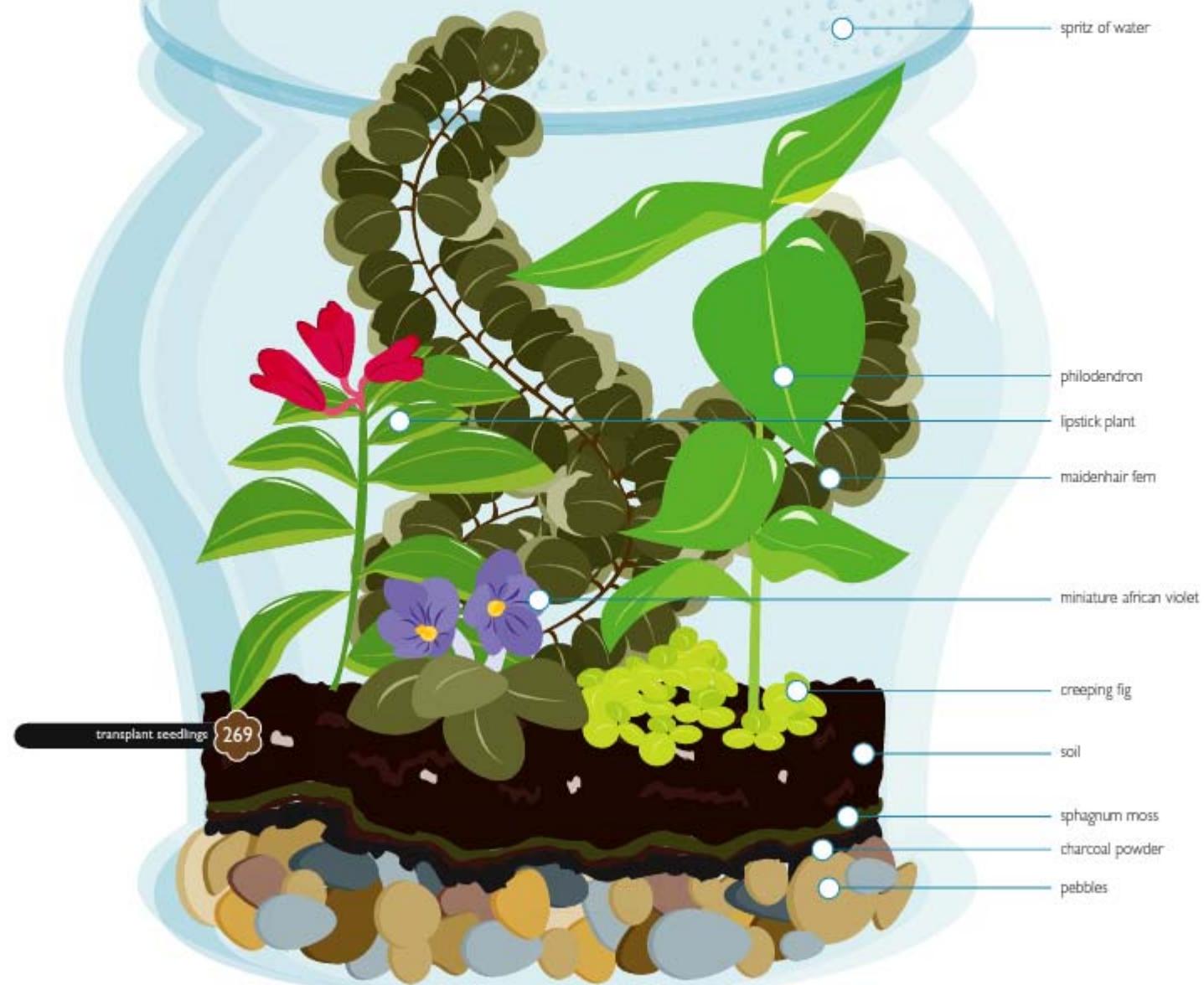


Fill the can halfway with baking soda.



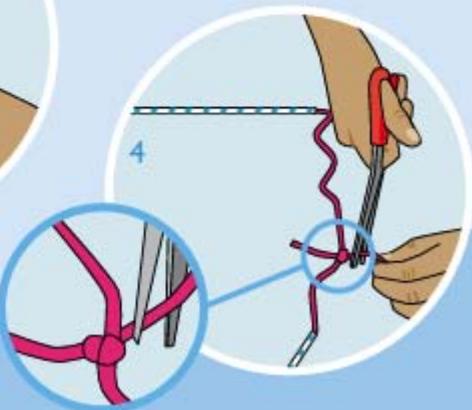
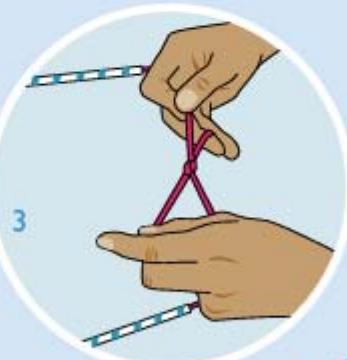
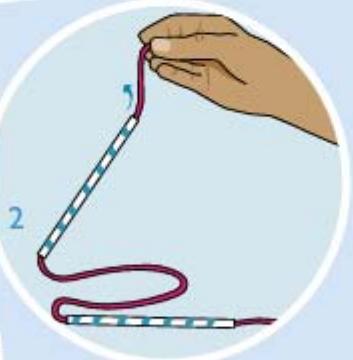
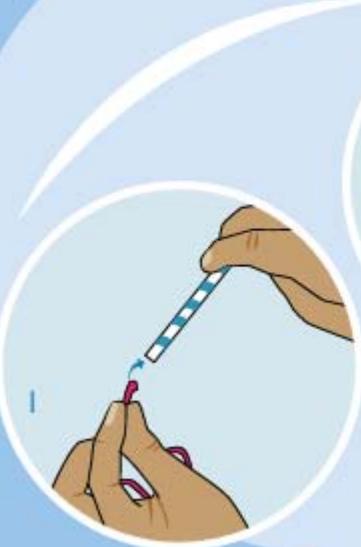
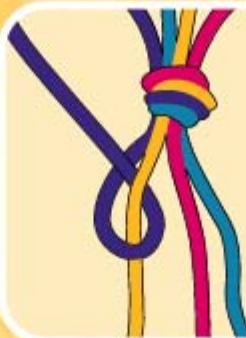
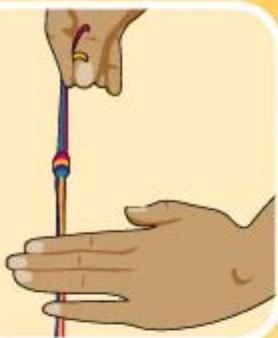
Add vinegar and food coloring.

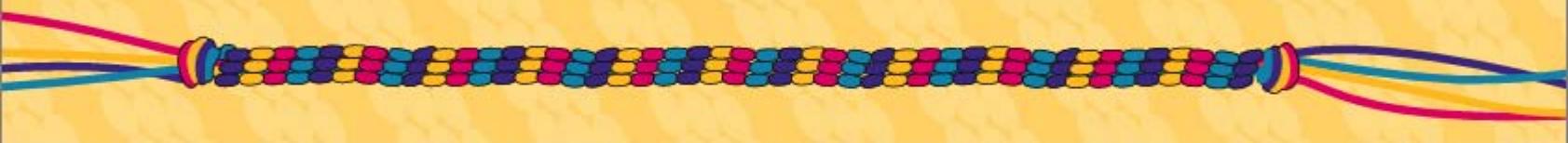
A terrarium is a magical, miniature world, encapsulated for you to enjoy. This tropical version brims with plants that like misty environments, while desert-themed terrariums feature heat-craving succulents. (It's best to leave desert terrariums uncovered to let excess moisture evaporate.)



33

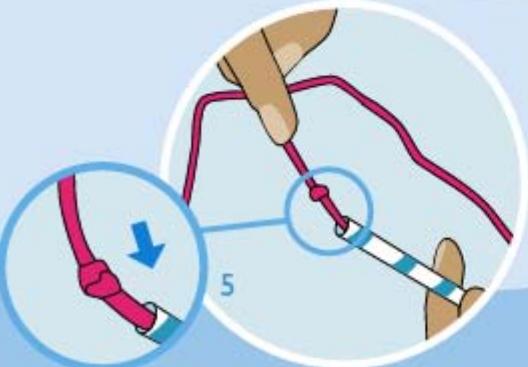
weave a friendship bracelet





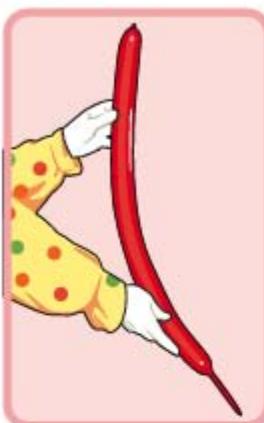
blow a humongous bubble

34



35

twist a balloon dog



Don't inflate the bottom tip.



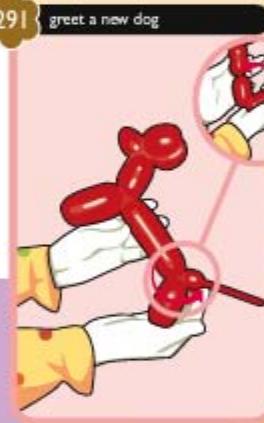
Twist three sections.



Bend back two sections.



Lock the first and third loops.



291 greet a new dog

36

grow rock candy



8 fl oz (240 ml) water
2 c (400 g) sugar



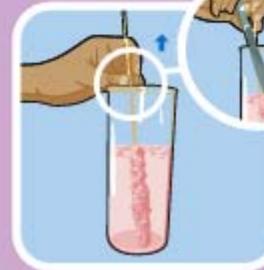
Mix the syrup and coloring.



Wet the stick; coat in sugar.



Cover. Insert the stick.



Cut out the stick, if needed.



Mix the flour and water.



Add paper cones and strips.



Let dry. Pop the balloon.



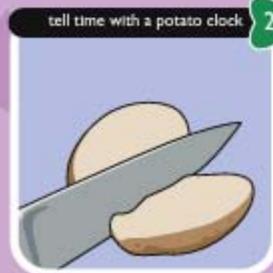
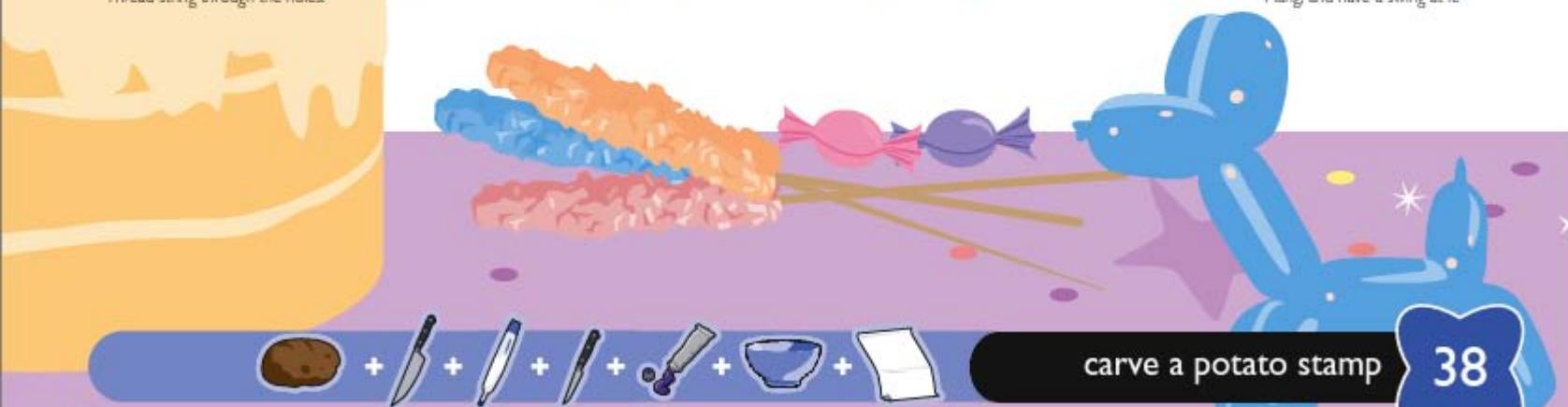
Make a small hole.



Thread string through the holes.



Hang, and have a swing at it!



27



Carve away the background.

39

build a blizzly snowglobe



60 speed-peel a hard-boiled egg

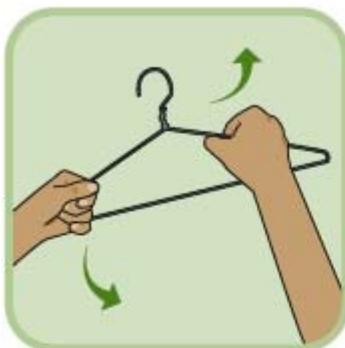
1:1



7 mold clay animals

wrap a merry wreath

40



Stretch the hanger into a circle.



Layer the greenery.



Secure with floral wire.

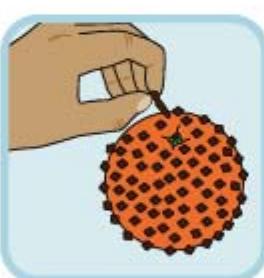


craft a scented pomander

41



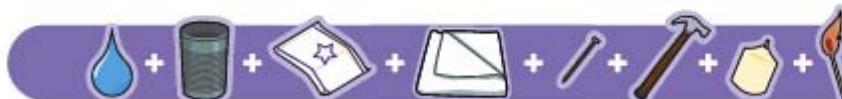
graft a citrus tree 266



Roll in seasonal spices.



Let cure.



make a tin-can luminary

42



Freeze so the can stays firm.



Nail holes along the design.



Hot water melts the ice.



Add a small candle. Light.

43

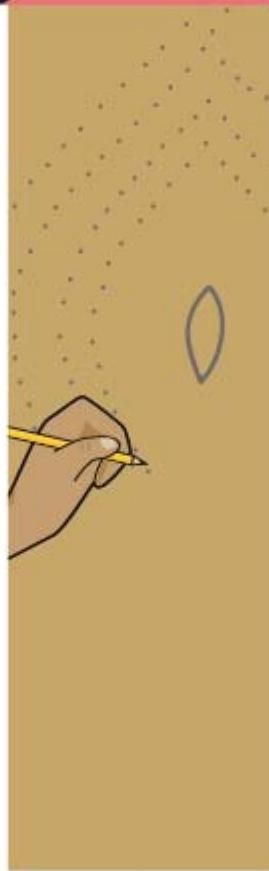
dye a batik tablecloth



Rinse the fabric.



immerse in the pattern color.



Draw your pattern.



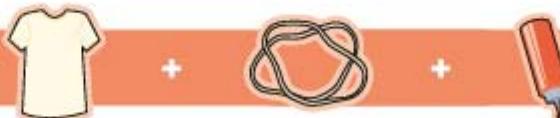
Melt the wax; paint your design.



Dye with the background color.

45

make tie-dyed stripes



Pinch the center.



Rinse and wear.



Hang to dry.



Iron to remove the wax.



Wash before using.

read batik patterns

44



Called *sido dadi*, this Indonesian design is a good omen. It translates to "you should be as you wish."



Only the most dignified wear the *satrio wibowo*, which is characterized by its all-over diamond print.



Once worn by royalty, the symmetrical *kawung* pattern balances energy, power, and other forces.



The *purang rusak* print was at one time a favorite of the sultan's family. Its wavy lines are considered lucky.



+



+



tie-dye a groovy spiral

46



Pinch the center.



Rinse and wear.

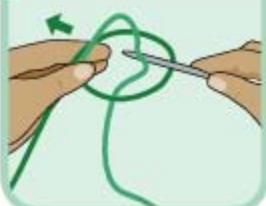


47

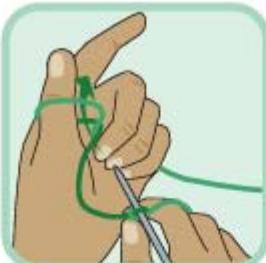
cast on



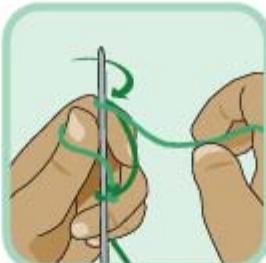
146 create yarn hair extensions



Put the needle in a slipknot.



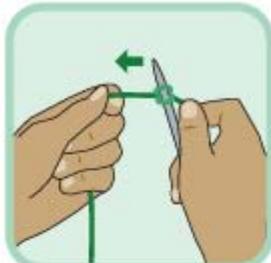
Pull through the loop.



Loop around the needle.



Pull the yarn over the needle.



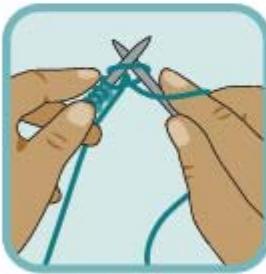
Pull to tighten.

48

do a knit stitch



Put the right needle in back.



Loop around the needle.



Put the back needle in front.



Slip off the left needle.

49

purl perfectly



Put the right needle in front.



Loop around the needle.

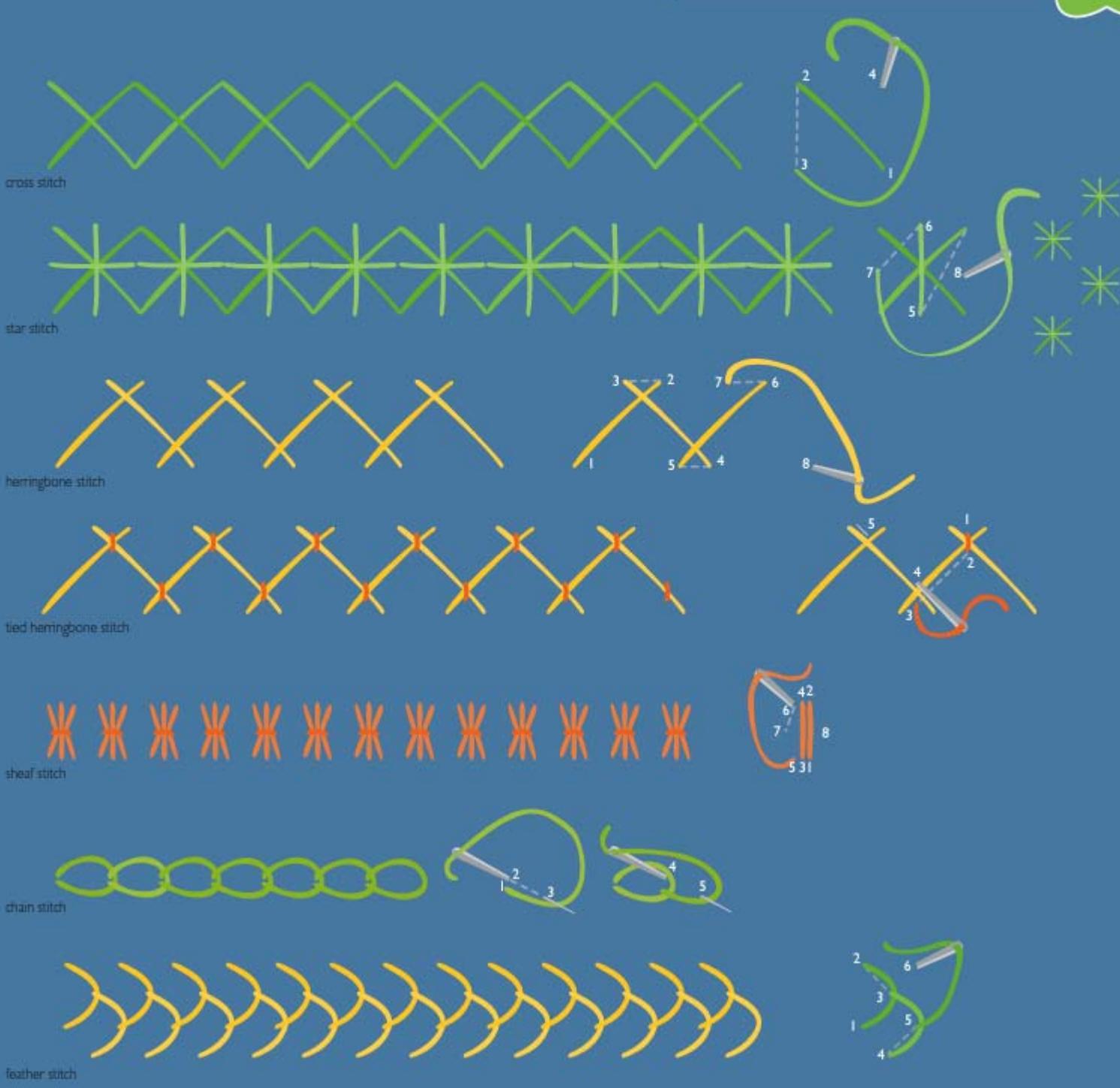


Put the front needle in back.



Slip off the left needle.

185 wash a sweater by hand





rock



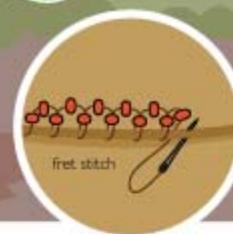
feather



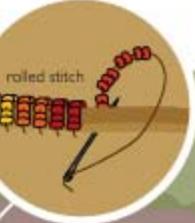
morning star

51

stitch native bead designs



fret stitch

Alternate flat and upright beads.
Sew with double thread.diagonal lazy
stitchSew inward
from the suede's edge.

rolled stitch

Loop the beads around
the fabric's edge, then
pull the needle through.

52

measure my feet for moccasins



turtle

red bird

lightning

arrow points

Want to make moccasins like they used to, without modern gadgetry? Trace your feet onto suede, then cut out enough fabric to cover them.



3 in (8 cm)

1 in (2.5 cm)



Blow up this pattern so that it's large enough to fit your feet.

copy me!

sun



water with an island



elk hoof





bird



horse tracks



head



stars

One needle threads the beads, while the second secures the stitch in three-bead sections.



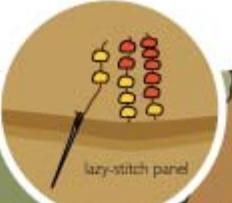
overlaid stitch



lazy-stitch edging

Thread up to six beads at a time, then fasten to the moccasin's edge.

Make wide panels alternating bead colors to create patterns.



lazy-stitch panel

sew suede moccasins

53



spider



diligently



Fold in half.

Stitch the sides together.



Turn inside out.

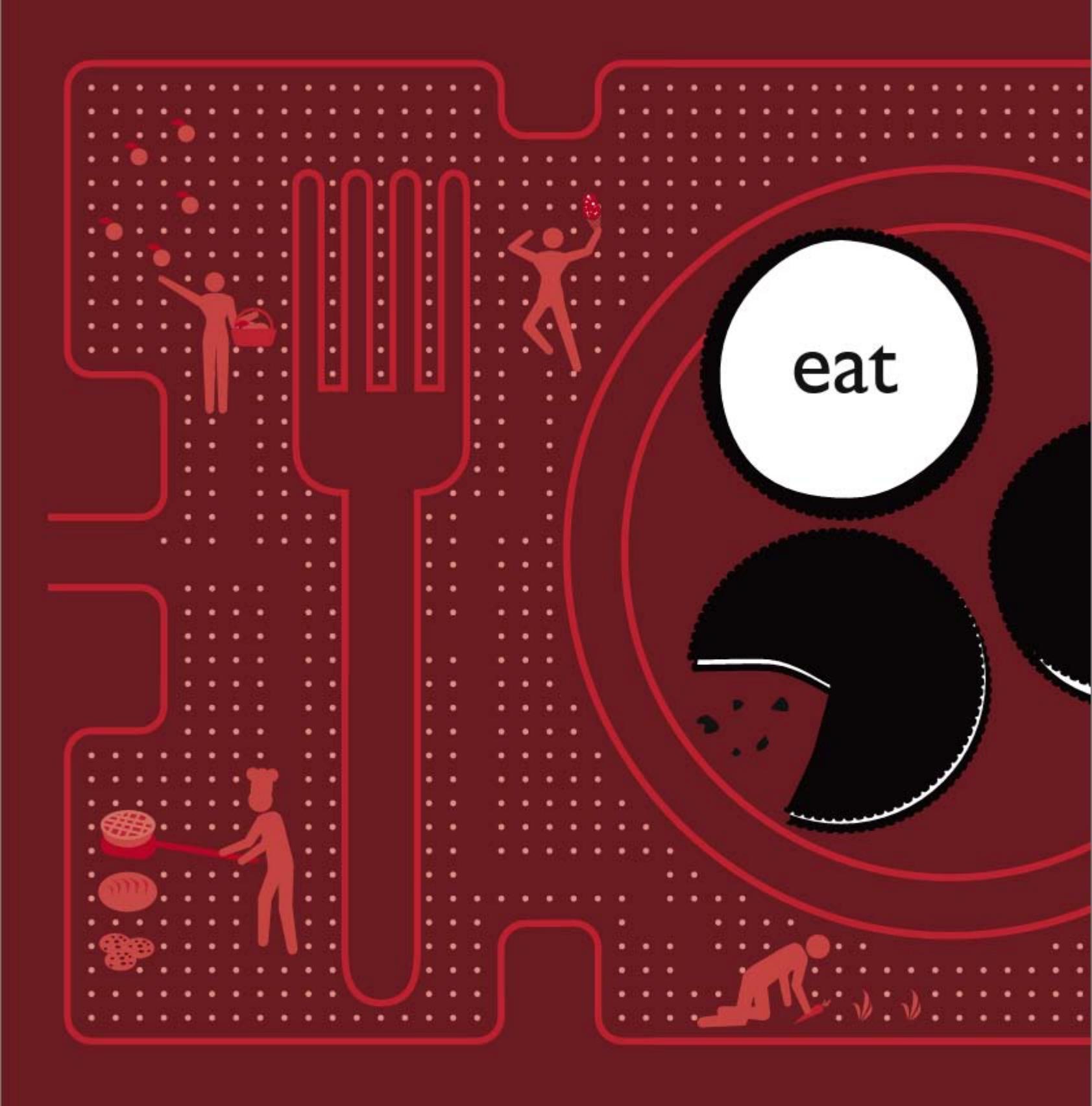


Create beaded decorations.

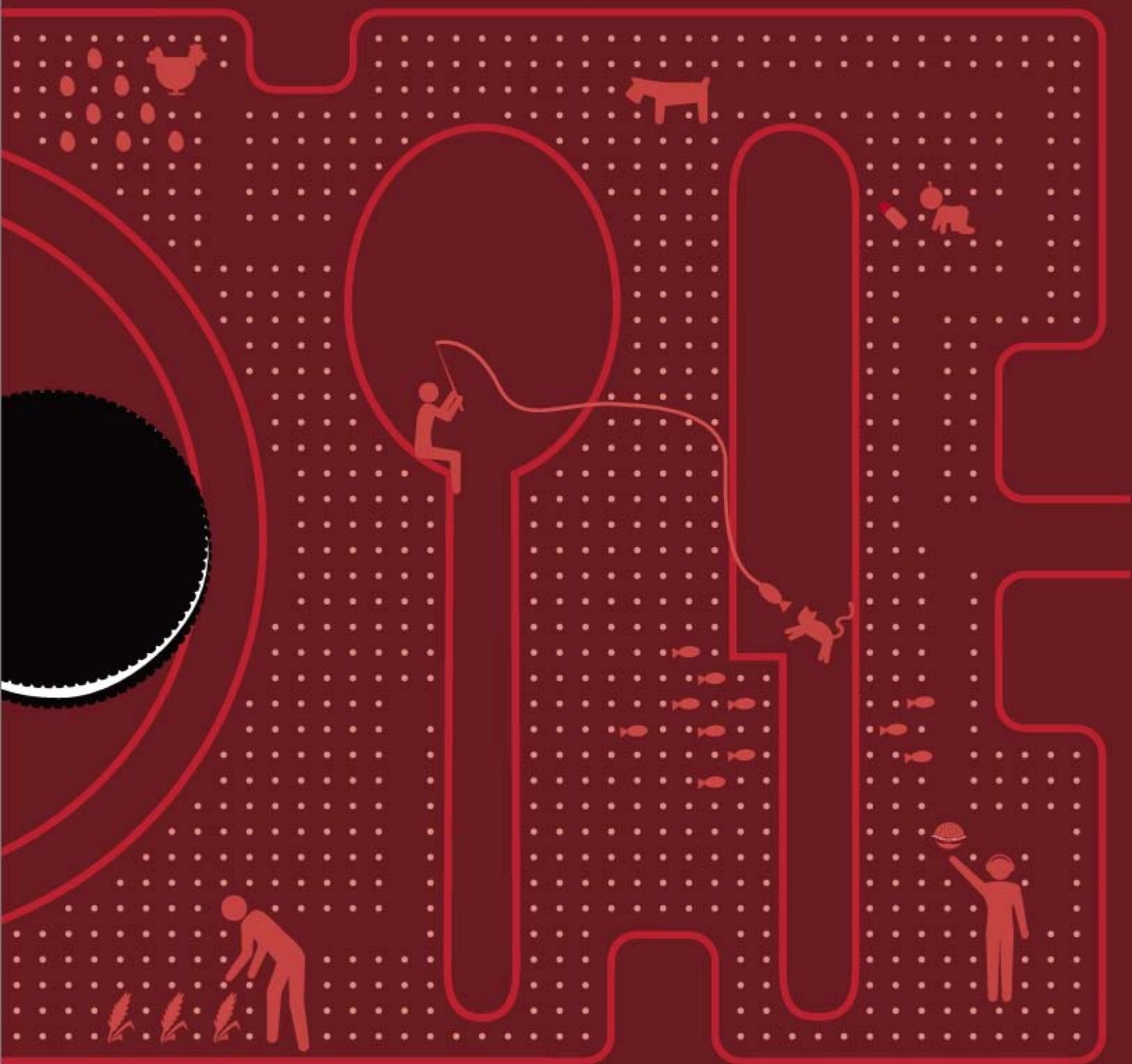


Fold over the flaps and wear.





eat



54

open a pomegranate



Cut along the rind sections.

Open; remove the pith.

55

dice a mango



Cut on both sides of the pit.

Discard the pit.

Flip the half inside out.

Scrape fruit from the skin.

56

pit an avocado



Tap into the pit; twist it out.

Scoop out the meat.

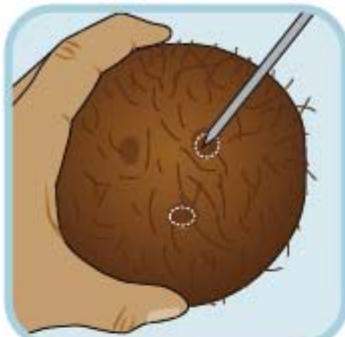


262 grow an avocado tree



crack a coconut

57



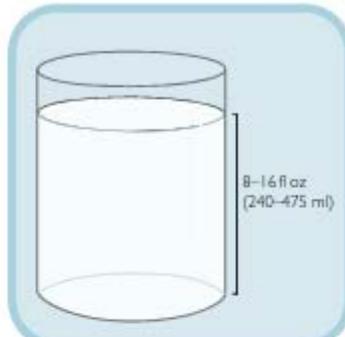
Make holes in two of the soft spots.



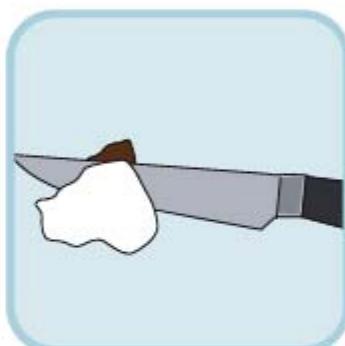
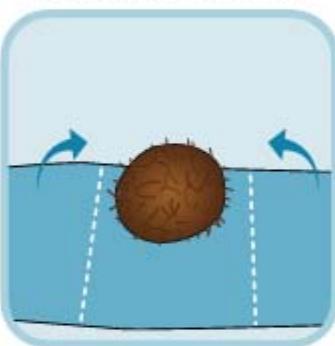
Deepen the holes. Remove the nails.



Let drain.



8-16 fl oz
(240-475 ml)



Separate the meat from the shell.



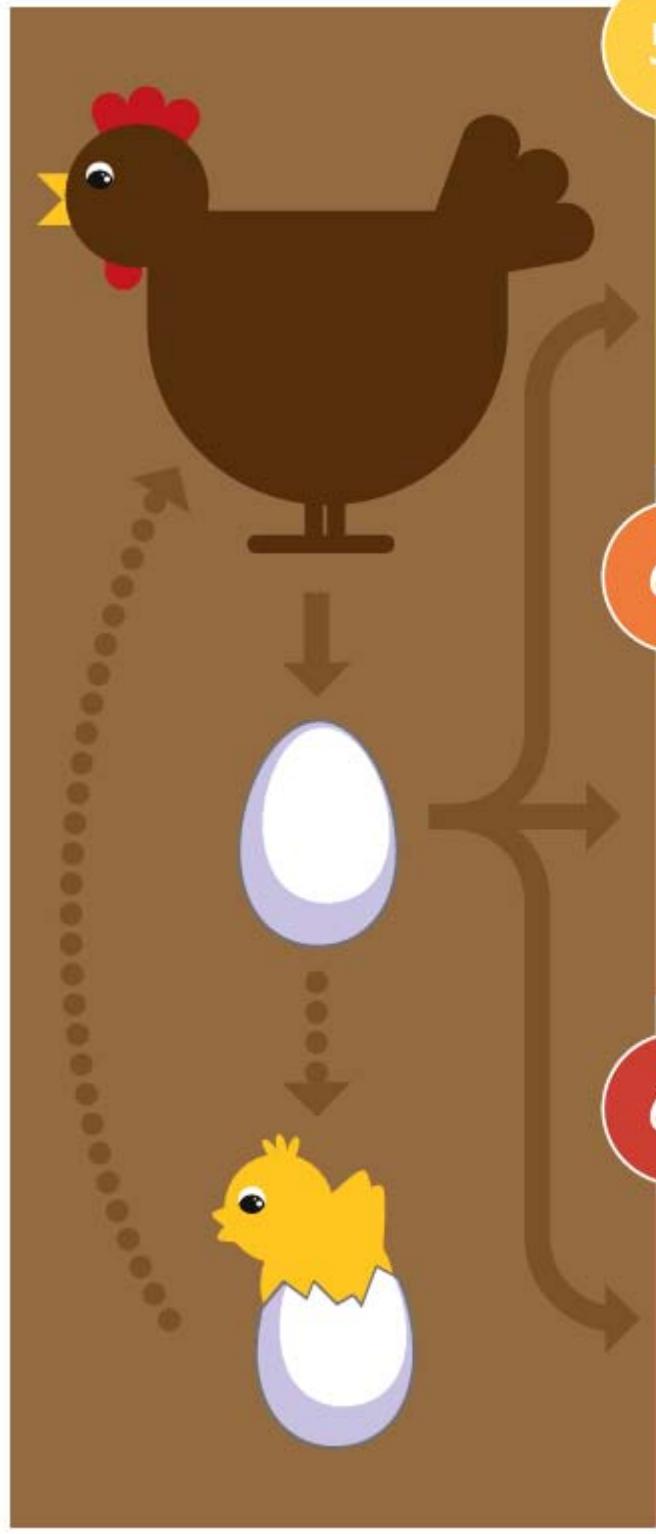
cut a pineapple

58



Cut off the top and bottom.



**59****boil an egg**

Salt boiling water to keep the eggshell from cracking.

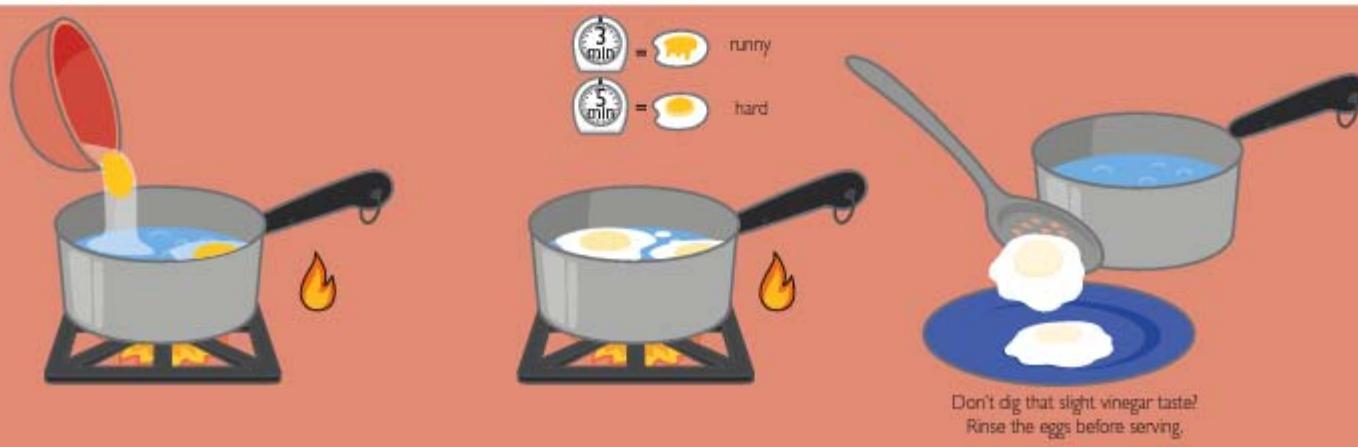
**4****decorate eggs****61****fry eggs**

Melt butter.

62**poach eggs**

Vinegar makes the egg whites solidify more quickly.





63

roll a taqueria-style burrito



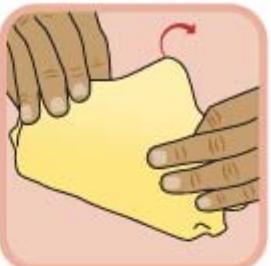
Start with a warm tortilla.



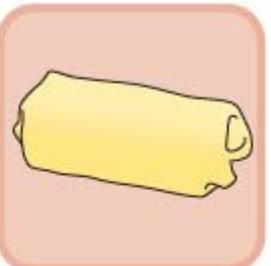
Gather the tortilla's sides.



Fold the top and bottom.



Roll, wrapping the top flap.



Tuck any loose ends.

64

fry tortilla chips



Cut the tortillas into sixths.



Pour plenty of corn oil.



Fry, turning occasionally.



Let cool. Blot with towels.



Sprinkle with salt.

65

prepare guacamole



56 pit an avocado

x4



Spritz lime juice.



Dice the cilantro.



Mince the onion.



Combine; mash together.

dice a chile pepper

66



Cut into quarters.



Remove the ribs and seeds.



make pico de gallo

67

This simple, feisty condiment delivers a festive kick to any plate. Dice the ingredients, mix them together, and refrigerate for an hour. Serve as a spicy snack at a casual party, or alongside your favorite Mexican dishes.



1 onion

6 large tomatoes

juice of 1-2 limes

1/2 cup
1 tsp salt

3 chile pepper

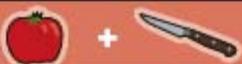
1/2 sprig cilantro

sizzle with some salsa moves

200

68

make a tomato flower



Remove the peel in a long strip.



Begin curling the peel.



Wrap into a cute floral shape.



267 prune a rosebush

69

carve a radish rose



Make cuts in each side.



Cut behind the first cuts.



Chill to open the petals.



mince ginger

70



Cut away from your hands.



Stack the discs; chop.



Rock the knife back and forth.



peel a bell pepper

71



Rotate, charring each side.



Steam to loosen the skin.



Peel off the skin.



Remove the stem.



trim an artichoke

72



Peel off the outer leaves.



Slice off the top one-third.



Peel the stem; rub with lemon.



Cut into quarters.



Discard the fibrous choke.

73

derust a cast-iron pan



Rub vigorously with fine steel wool.



Coat the pan with oil.



Add salt to create a paste.



Scrub with paper towels, then rinse.

74

make a nonstick rolling pin



Stretch out a nylon stocking.



Insert a rolling pin.



Use on a floured surface.

75

sharpen and polish a knife



Soak the whetstones.



Push the knife forward.



Flip the knife; pull it back.



Switch stones and repeat.





* To keep herb sprigs fresh, submerge their stems in a glass of water and refrigerate. Basil is the only exception—it tends to brown in the fridge.



77

use chopsticks



Place at the thumb's base.



Pinch against the forefinger.



Keep the bottom chopstick still.



Chopsticks may seem intimidating. Just remember never to pass food with them—that's how grieving Japanese families receive the ashes of their loved ones during funerals.



78

wrap temaki sushi



tamago (egg) nigiri

hamachi (yellowtail) nigiri

tako (octopus) nigiri



Layer rice on the seaweed.



Leave a gap at the top.



Smear a line of wasabi.



Add ingredients.



Press to the seaweed.



Tighten into a roll.



kura (salmon roe) nigiri



sake (salmon) nigiri



maguro (tuna) nigiri



ebi (shrimp) nigiri



maguro (tuna) temaki



shoyu (soy sauce)



Tuck the loose end.



wasabi

gari (pickled ginger)

80

clean a lobster



Twist the tail off of the body.



Cut the cartilage; remove the meat.



Remove the intestinal vein.



Pull the body from the chest shell.



Halve the chest shell. Extract the meat.



Crack the claws; remove the meat.

81

peel and devein a shrimp



Pull the shell loose.



Cut along the vein.



Pull out the intestine.



crack a dungeness crab

82



Cut or pull away the apron.



Lift off the top shell.



Reserve fat from the shell.



Remove the gills.



Pull off the jaws.



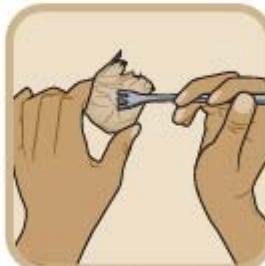
Pull out the intestine.



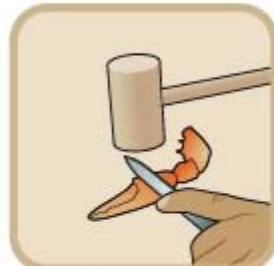
Twist off the claws and legs.



Cut into quarters.



Extract the meat.



Crack the claws.



Wait, don't throw out the fat! Called "crab butter," this soft, yellow substance has a savory, slightly salty taste that makes a delicious addition to butter or sauces.



shuck an oyster

83



Break the shell's hinge.



Detach the muscle from the top shell.

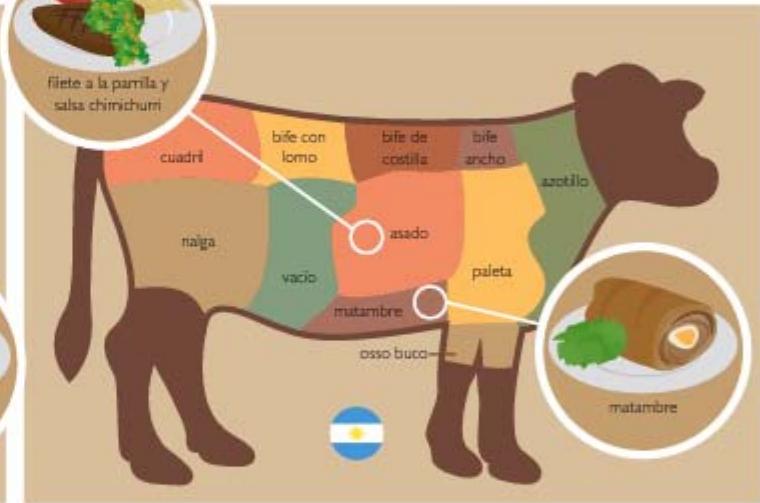
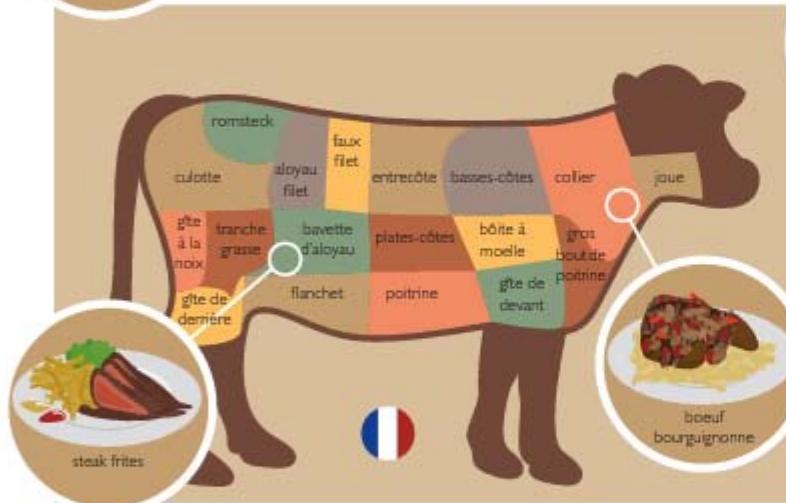
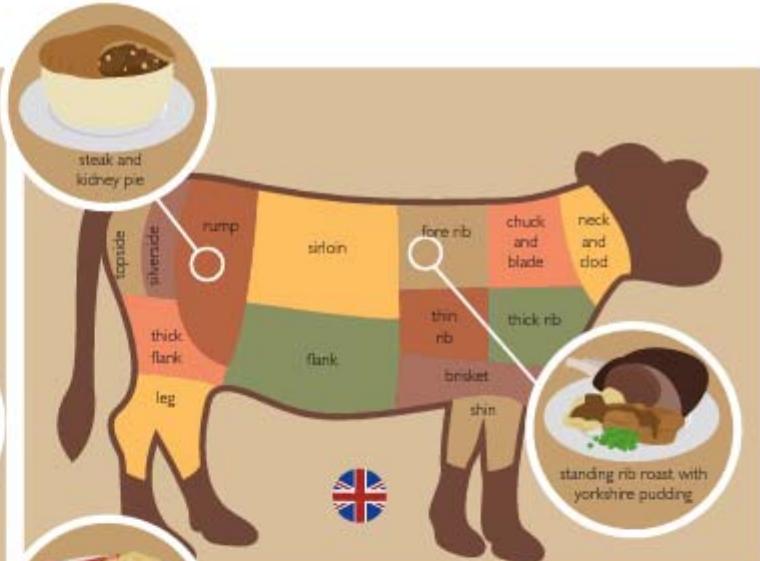
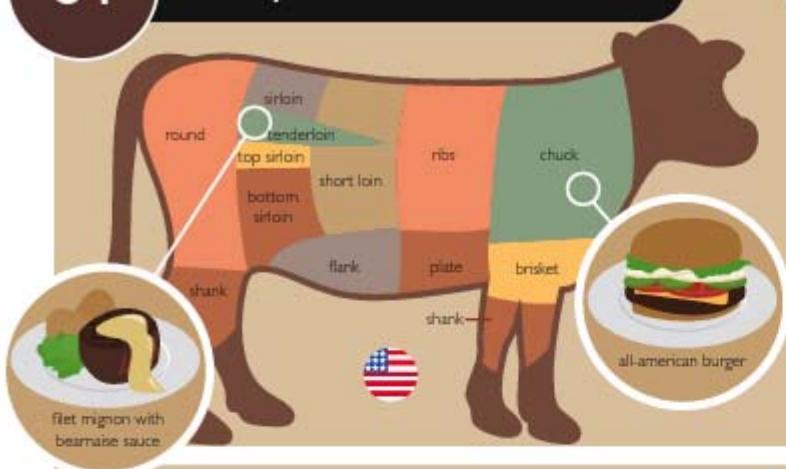


Discard the top shell.



Loosen the oyster.

identify beef cuts



twist tasty sausage links



Mix the meat and spices.



Rinse the casings.



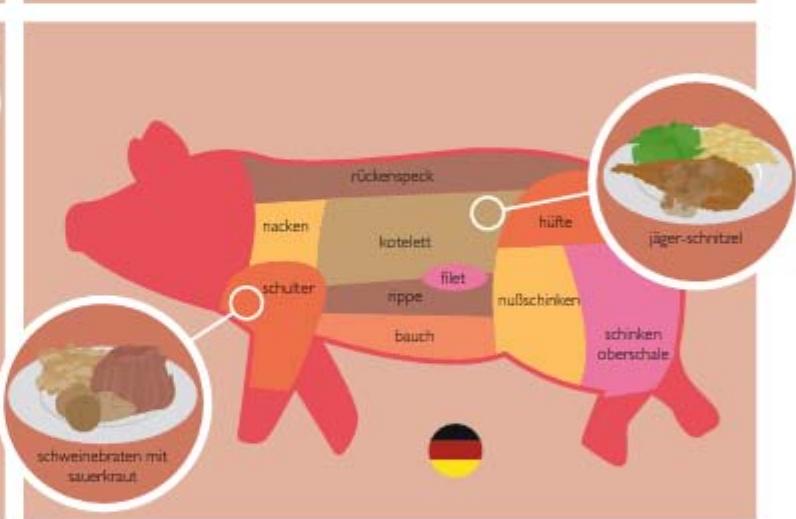
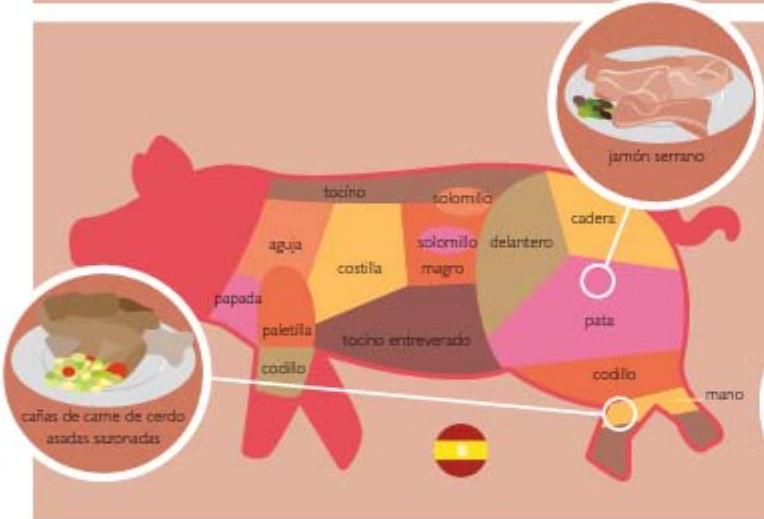
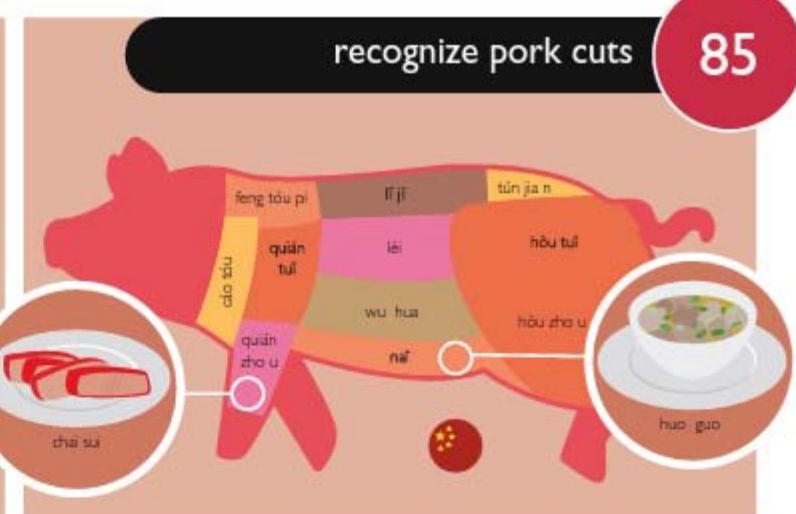
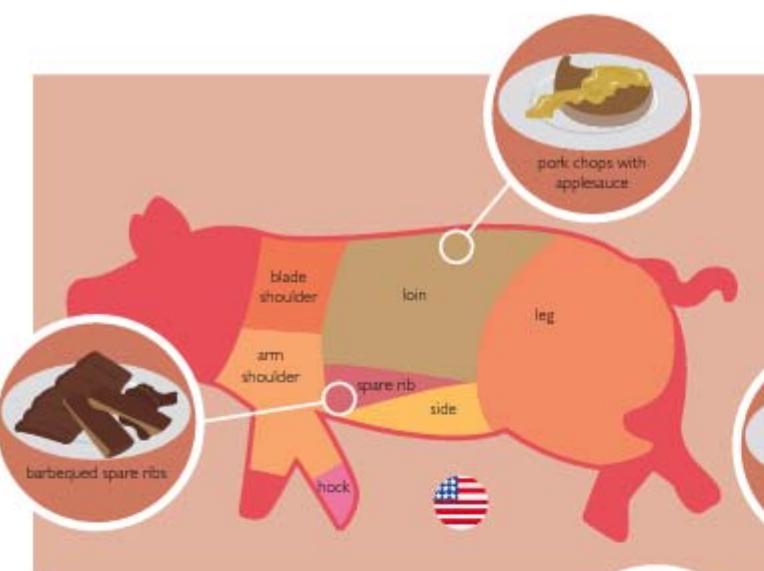
Lubricate the stuffer.



Ease on the casing.



Tie off the end.



Feed into the processor.



Pinch the sausage.



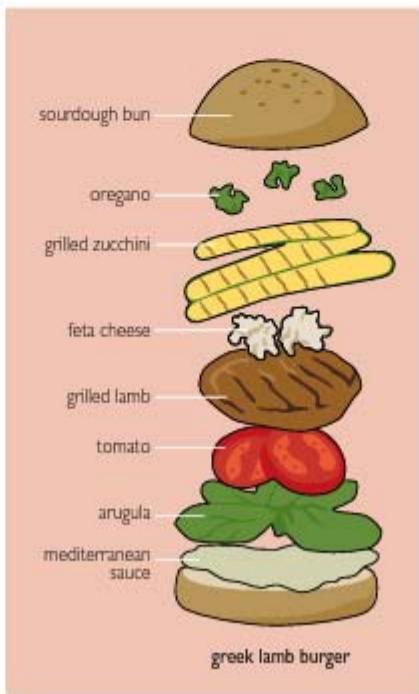
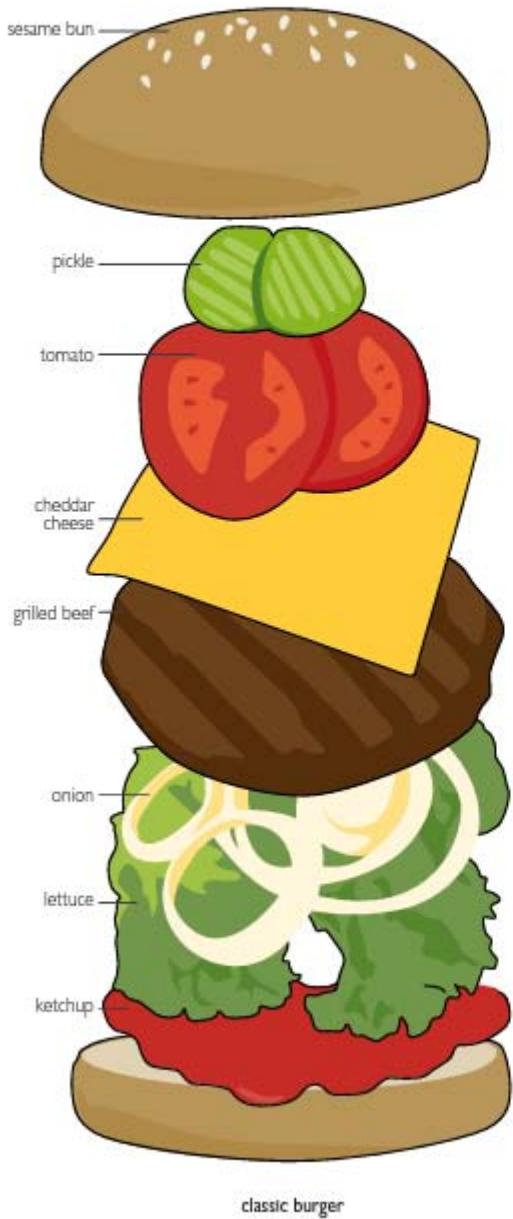
Twist clockwise.



Switch with each link.



Separate before cooking.





Trim the excess fat.



To prevent curling, score the sides.



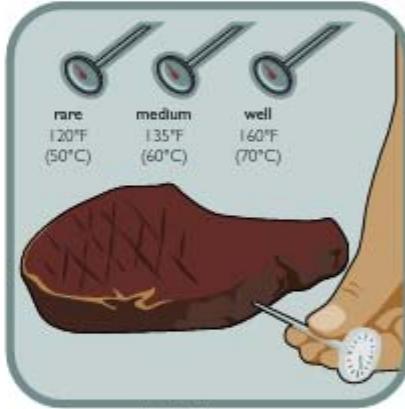
Pour marinade, then refrigerate.



Place on a preheated grill.



Flip. Rotate to make a crosshatch design.



Test for doneness.



Rub with butter and spices.



471 Guzzle from a beer hat



Add your favorite spices.



Ease onto the can.



165°F (75°C)

1/4 hr

90

roast a turkey



Remove the giblets.



Spread butter over the skin.

Tuck each wing. x2

Tie the drumsticks together.



Place breast side up.



Cover the breast with foil.



Baste every 45 minutes.



Uncover for the last hour.



Ancient Romans first came up with this fun luck-building tradition, and it now goes on as a friendly competition at Thanksgiving tables across the United States. The long and short of it? Two people lock their pinkies around the wishbone (which is the collarbone) and try to break off the longest piece—and gain some good fortune.

91

carve a turkey

Slice off the wings. x2Remove the legs. x2Sever the drumstick. x2

Carve parallel to the bone.



Carve the breast in slices.



Whisk the buttermilk and salt.



Submerge the chicken pieces; refrigerate.



Coat each piece in flour and spices.



Heat plenty of oil.



Fry each side until golden brown.



Bake, then check for doneness.



Let the drippings separate.



Pour the juices from the fat.



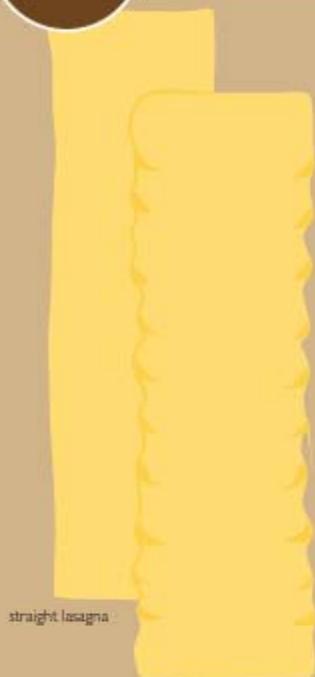
Add flour and butter.



Add juices and stock; whisk.



Check for desired thickness.



straight lasagna

curly lasagna



manicotti

cannelloni



linguni



fettuccini



tortellini



ravioli



agnolotti



penne

conchiglie

rigatoni

farfalle

radiatori

fusilli



orzo

acri di pepe

anelini

gemelli

conchiglette

trofie



Jumbo pasta makes excellent red-sauce casserole dishes.



Creamy white sauces pair perfectly with both skinny and stuffed pastas.



These distinct shapes trap the delicious morsels in hearty red sauces.



Tiny pastas add big texture to soups and salads.



roll pasta dough

95



Make a well in the flour.



Add the egg-oil mixture.



Draw in the flour.



Roll the dough into a ball.



Knead on a floured surface.



Divide into fourths.



Flatten each into a disc.



74 make a nonstick rolling pin



Flip and roll again.

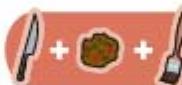


Check for translucence.



cut fettuccine

96



fold tortellini

97



Spread; let dry.



Add filling; wet the edges.



98

fold a galette



Fold over the edges.

Brush with an egg wash.

Sprinkle with sugar.



An egg wash is a mixture of egg yolk and water. It covers pastries and breads with a slight glaze, and seals in scrumptious flavors.

99

shape a baguette



Let the dough rise.



436 throw an effective punch

Punch to release gases.



100

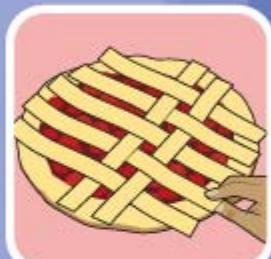
braid challah bread



Braid the three thick pieces.

Make a skinny braid.

Stack; brush with egg wash.



Continue until covered.



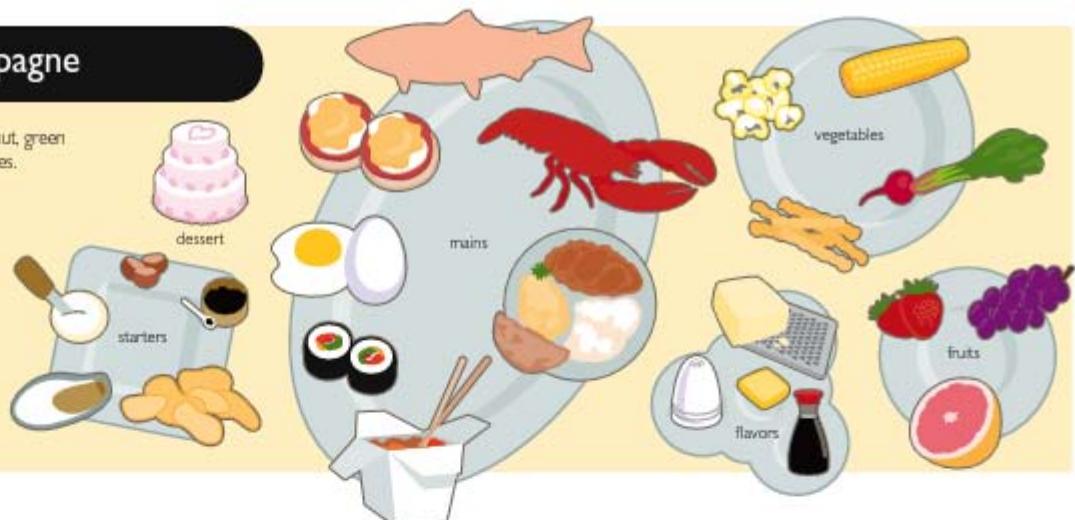


drink



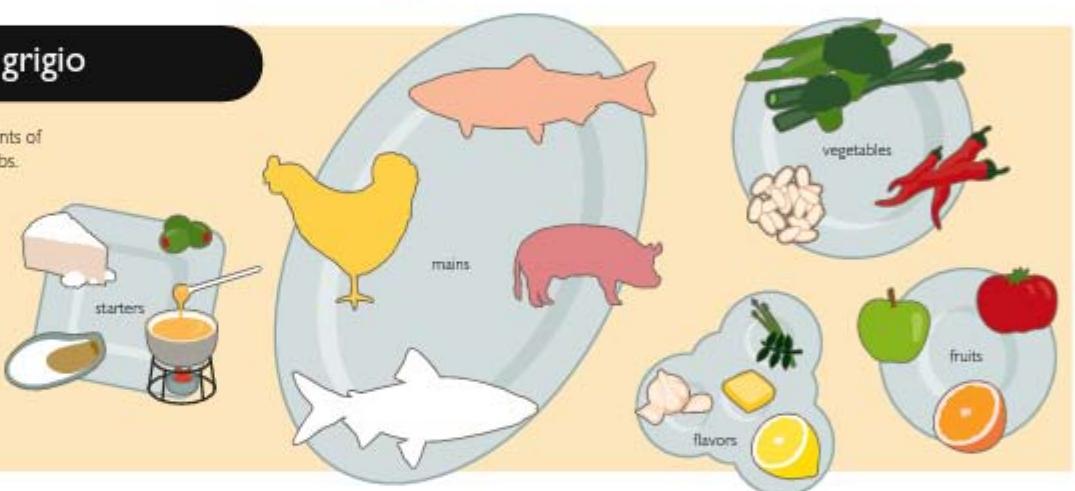
102 serve and pair champagne

Champagne boasts tastes of lemon, hazelnut, green apple, and toast, as well as floral undertones.



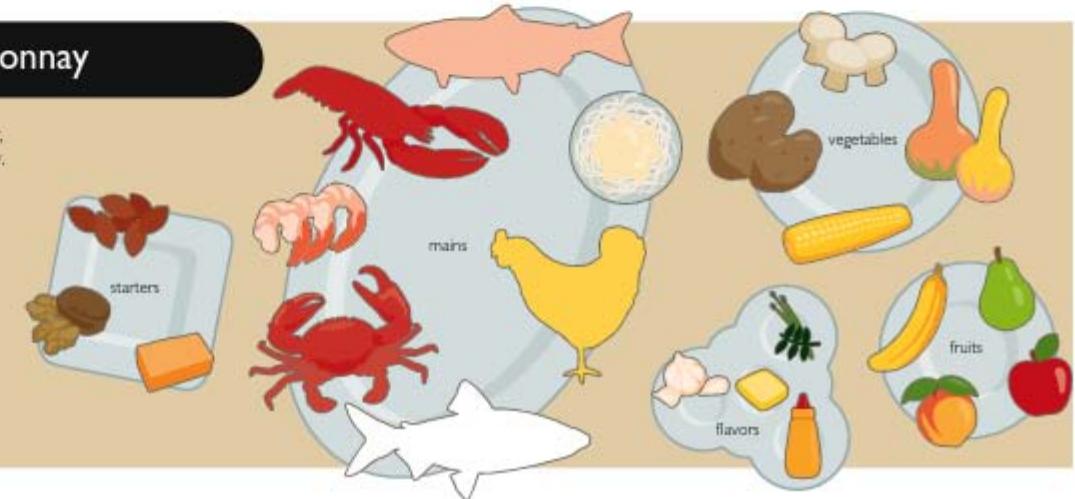
103 serve and pair pinot grigio

Pinot grigios are known to contain lively hints of minerals, cucumber, apple, lemon, and herbs.



104 serve and pair chardonnay

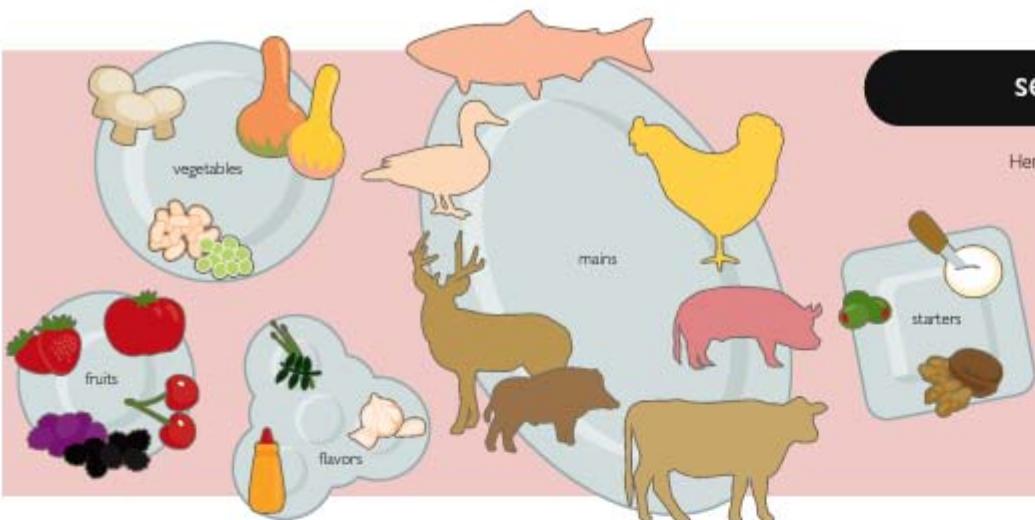
Many detect the rich tastes of butter, pear, hazelnut, orange, and vanilla in chardonnay.



serve and pair pinot noir

105

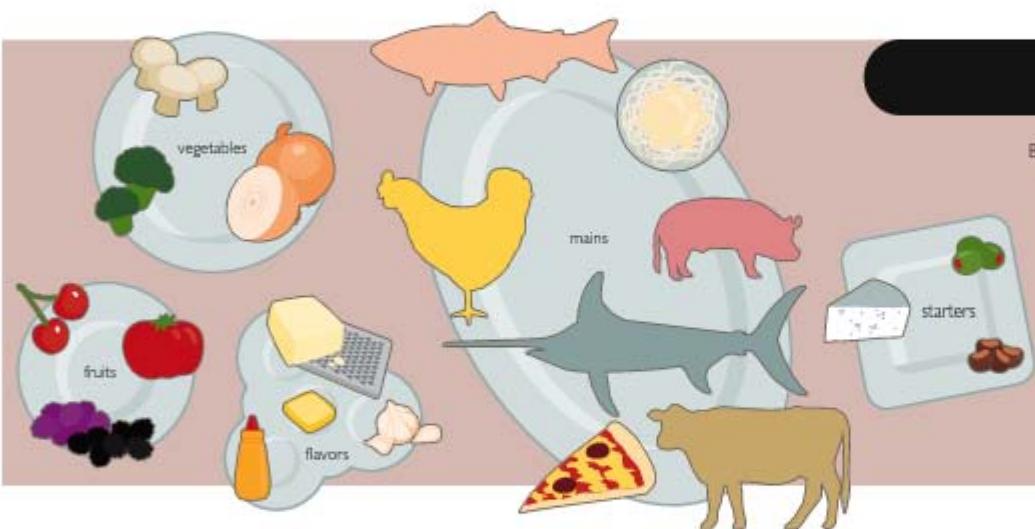
Herbs, bananas, cherries, lavender, and strawberries often contribute to this wine's juicy flavor.



serve and pair merlot

106

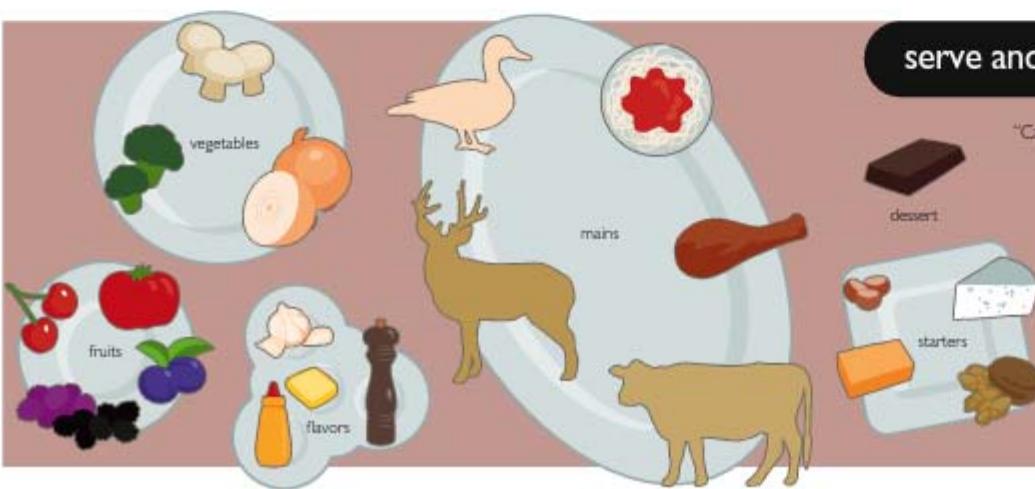
Bell peppers, mixed berries, star anise, cinnamon, and plums lend some spice to merlots.



serve and pair cabernet sauvignon

107

"Cabs" are enlivened by the flavors of blackberries, bell peppers, cigars, black pepper, and cloves.



108 open a bottle of wine



To cut the foil, turn against the blade.



Twist the worm halfway into the cork.



Place the lever on the rim; pull.



Twist slightly to prevent drips.

109 remove cork bits from wine



Inspect for loose cork bits.



Place a filter over the glass.



Push the cork back; pour.



110 evaluate a wine



Note the color and clarity.



Swirl; observe the legs.



Inhale its aroma.



Fill one-third of your mouth.



Swish the wine thoroughly.



dazzle with sabrage

111



Wipe away excess moisture.

Untwist the wire; remove the cage.



Locate where the seam meets the lip.

Swipe forward in one fast motion.

The spray washes away any shards.



This flamboyant trick was first popularized by Napoleon's soldiers. The secret? The bottle's intersecting seams create a weak spot that ruptures readily under pressure, impressing—and sometimes dousing!—all in attendance.



uncork a champagne bottle

112



To open, rotate the bottle.

Fill in stages to avoid spills.



Put sugar on an absinthe spoon.

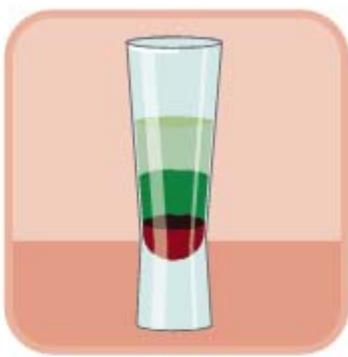
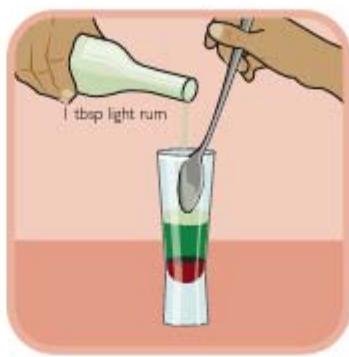
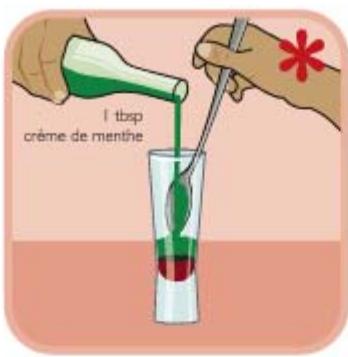
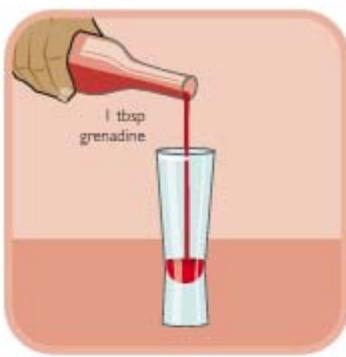


Dilute to taste.



In this Czech variation on a French theme, the sugar cube is dipped in absinthe and set ablaze. (Don't get too carried away—absinthe's high alcohol content makes it very flammable.)

After the sugar melts, dilute the drink, then serve it promptly to the nearest wild-eyed bohemian. *Na zdraví!*



Serve as is, without stirring.



The pousse-café is famous for its distinctive layers, and it has gravity to thank! To keep the liqueurs stacking just right, pour them in order of most to least dense. Trickle them over the back of a spoon to prevent them from mixing as they settle.



Slice fruit of your choosing.



Refrigerate or serve immediately.



Twist in sugar or salt.



bloody mary

2 fl oz (60 ml) vodka
4 fl oz (120 ml) tomato juice
1 tbsp lime juice
½ tsp pepper
½ pinch salt
½ tsp ground cumin
2 dashes Worcestershire sauce
2 dashes hot sauce
1 celery stalk garnish
1 lime wedge garnish

shake



roll

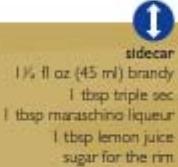


blend



mai tai

3 tbsp dark rum
2 tbsp light rum
2 tbsp triple sec
1 tbsp apricot brandy
2 tbsp lime juice
2 tbsp simple syrup
1 dash of orange syrup



1 ½ fl oz (45 ml) brandy
1 tbsp triple sec
1 tbsp maraschino liqueur
1 tbsp lemon juice
sugar for the rim



sidecar



negroni

1 fl oz (30 ml) gin
1 fl oz (30 ml) sweet vermouth
1 fl oz (30 ml) Campari
1 orange slice garnish
1 maraschino cherry garnish



manhattan

2 ½ fl oz (75 ml) whiskey
1 ½ tbsp sweet vermouth
2 dashes Angostura bitters
1 maraschino cherry garnish



Some drinks like a rousing shake, some prefer to be rolled gently from side to side (or stirred), and others still want to go for a spin in a blender. Let this guide turn you into a stellar mixologist.



Pour the liquor; add ice.



Tap to create a seal.



Invert; shake thoroughly.



Tap to break the seal.



Secure the strainer; pour.



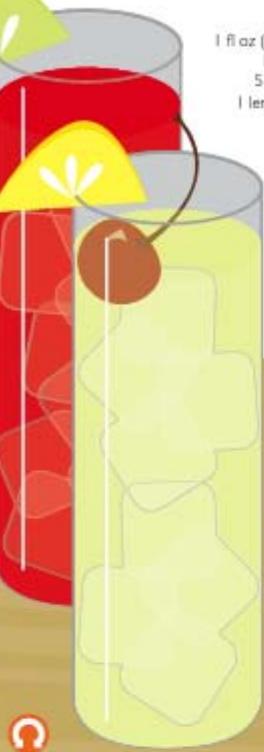
cape cod
2 1/2 fl oz (75 ml) vodka
4 fl oz (120 ml) cranberry juice
1 lime wedge garnish



long island iced tea
1 tbsp gin
1 tbsp light rum
1 tbsp silver tequila
1 tbsp vodka
1 tbsp triple sec
1 fl oz (30 ml) lemon juice
1 tbsp simple syrup
5 fl oz (150 ml) cola
1 lemon wedge garnish



tequila sunrise
2 1/2 fl oz (75 ml) silver tequila
4 fl oz (120 ml) orange juice
1 1/2 tsp grenadine
1 pineapple wedge garnish



tom collins
2 fl oz (60 ml) gin
1 tbsp lemon juice
1 tbsp simple syrup
5 fl oz (150 ml) club soda
1 lemon wedge garnish
1 maraschino cherry garnish



mojito
6 mint leaves, muddled
1 1/2 tbsp simple syrup
1 tbsp lime juice
2 fl oz (60 ml) light rum
2 fl oz (60 ml) club soda
2 lime wedge garnishes



caipirinha
2 lime wedges, muddled
1 tbsp simple syrup
2 fl oz (60 ml) cachaça



58



cuba libre
2 1/2 fl oz (75 ml) light rum
1 fl oz (30 ml) lime juice
6 fl oz (180 ml) cola
1 lime wedge garnish



piña colada
2 fl oz (60 ml) light rum
6 fl oz (180 ml) pineapple juice
2 fl oz (60 ml) coconut cream
1 pineapple wedge garnish
1 maraschino cherry garnish

tie a cherry stem in my mouth

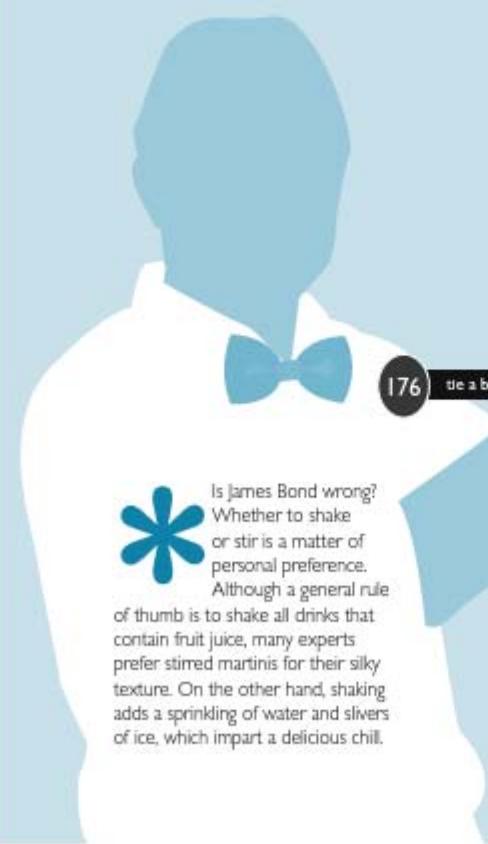
119



use a muddler

singapore sling
2 fl oz (60 ml) gin
1 tbsp Bénédictine
1 tbsp cherry brandy
1 fl oz (30 ml) lemon juice
1 tbsp simple syrup
2 fl oz (60 ml) club soda
1 lemon wedge garnish





Is James Bond wrong?
Whether to shake
or stir is a matter of
personal preference.
Although a general rule
of thumb is to shake all drinks
that contain fruit juice, many experts
prefer stirred martinis for their silky
texture. On the other hand, shaking
adds a sprinkling of water and slivers
of ice, which impart a delicious chill.





cosmo
2 fl oz (60 ml) citrus vodka
1 tbsp triple sec
1 tbsp cranberry juice
1 tbsp lime juice
1 lime wedge garnish



cooperstown
3 tbsp gin
1 tbsp sweet vermouth
1 tbsp dry vermouth
1 mint sprig garnish



cajun
2 1/2 fl oz (75 ml) pepper vodka
1 tbsp dry vermouth
1 jalapeño pepper garnish



bermuda rose
2 fl oz (60 ml) gin
1 tbsp apricot brandy
1 dash grenadine
1 apricot wedge garnish



vesper
1 1/4 fl oz (35 ml) gin
1 1/4 fl oz (35 ml) vodka
1 tbsp Lillet Blanc
1 lemon wedge garnish



chocolate
2 fl oz (60 ml) vodka
1 fl oz (30 ml) crème de cacao
1 chocolate treat garnish



gibson
3 fl oz (90 ml) gin
1 tbsp dry vermouth
1 pearl onion garnish



banana rum
2 fl oz (60 ml) dark rum
1 tbsp crème de bananes
1 banana slice garnish



orange blossom
2 1/2 fl oz (75 ml) gin
1 fl oz (30 ml) orange juice
1 1/2 tsp simple syrup
1 orange wedge garnish



corpse reviver
1 1/2 fl oz (45 ml) triple sec
1 fl oz (30 ml) dry vermouth
1 tbsp lemon juice
2 dashes absinthe
1 lemon wedge garnish



opera
2 fl oz (60 ml) gin
1 tbsp Dubonnet Rouge
1 tbsp maraschino liqueur
1 maraschino cherry garnish



naked
3 fl oz (90 ml) gin
1 green olive garnish



saketini
2 1/2 fl oz (75 ml) gin
1 1/2 tsp sake
1 green olive garnish



tequillatini
2 1/2 fl oz (75 ml) tequila
1 1/2 tsp sweet vermouth
1 maraschino cherry garnish



bloodhound
2 fl oz (60 ml) gin
1 tbsp dry vermouth
1 tbsp sweet vermouth
2 tsp strawberry purée
1 strawberry garnish



bacontini
3 fl oz (90 ml) vodka
1 dash vermouth
1 bacon strip garnish

122

brew tea fit for a queen



Boil water.



Rinse to warm the teapot.



Boil water for the tea.



Add black Indian tea leaves.



Let steep.



Add milk and sugar, if desired.



Strain.



Enjoy with scones.

123

make russian tea in a samovar



Lit pinecones boil the water.

1 tsp tea
per person2 fl oz (60 ml)
per person

Add black Indian tea leaves.



5

Add boiling water.



Steep on top of the samovar.



8

Pour into the podstakannik.

Dilute to taste.

prepare tibetan yak-butter tea

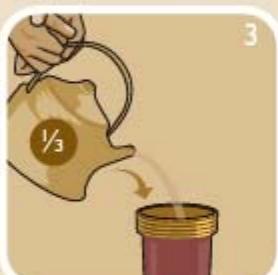
124



Add tea to the boiling water.



2 fl oz (60 ml) milk
2 tbsp yak butter
¼ tsp salt



Pour one-third into the chum.



Chum vigorously.



Transfer half back to the pot.



Repeat until all is churned.



8



serve thai iced tea

125



1 c (225 g)
tea per pitcher

Add spiced Thai tea leaves.



48 fl oz (1½ l)
water per pitcher

Brew until bright orange.



Pour through the cloth strainer.



1 c (200 g)
sugar



Chill to the desired coolness.



6



7 8 fl oz (240 ml)
condensed milk



8

Frothed milk or steamed milk, whole milk or half-and-half? If the drinks menu of your local café makes your head spin, study up on these simple recipes.



Need to get wired for an all-nighter, or turn in early for a decent night's sleep? Use this comparison chart to pick a drink with the caffeine amount that's right for you.



Your basic cup of coffee (8 fl oz/240 ml) contains a whopping 135 mg of caffeine.



brewed tea
8 fl oz (240 ml) = 70 mg of caffeine



energy drink
8 fl oz (240 ml) = 70 mg of caffeine



espresso
1 fl oz (30 ml) = 45 mg of caffeine



green tea
8 fl oz (240 ml) = 35 mg of caffeine



iced tea
8 fl oz (240 ml) = 15 mg of caffeine





use a french press

128



Add boiling water.

Let steep.

Press evenly on the plunger.

Secure the lid; pour.



pull a perfect espresso

129



Fill with fresh grounds.

Smooth off the excess.

Tamp until tight.

Align the basket and cup.

Pull the shot.



pour a latte leaf

130



Steam milk for one cup.

Swirl; bang if bubbles arise.

Pour. Wiggle your wrist.

Draw through the design.

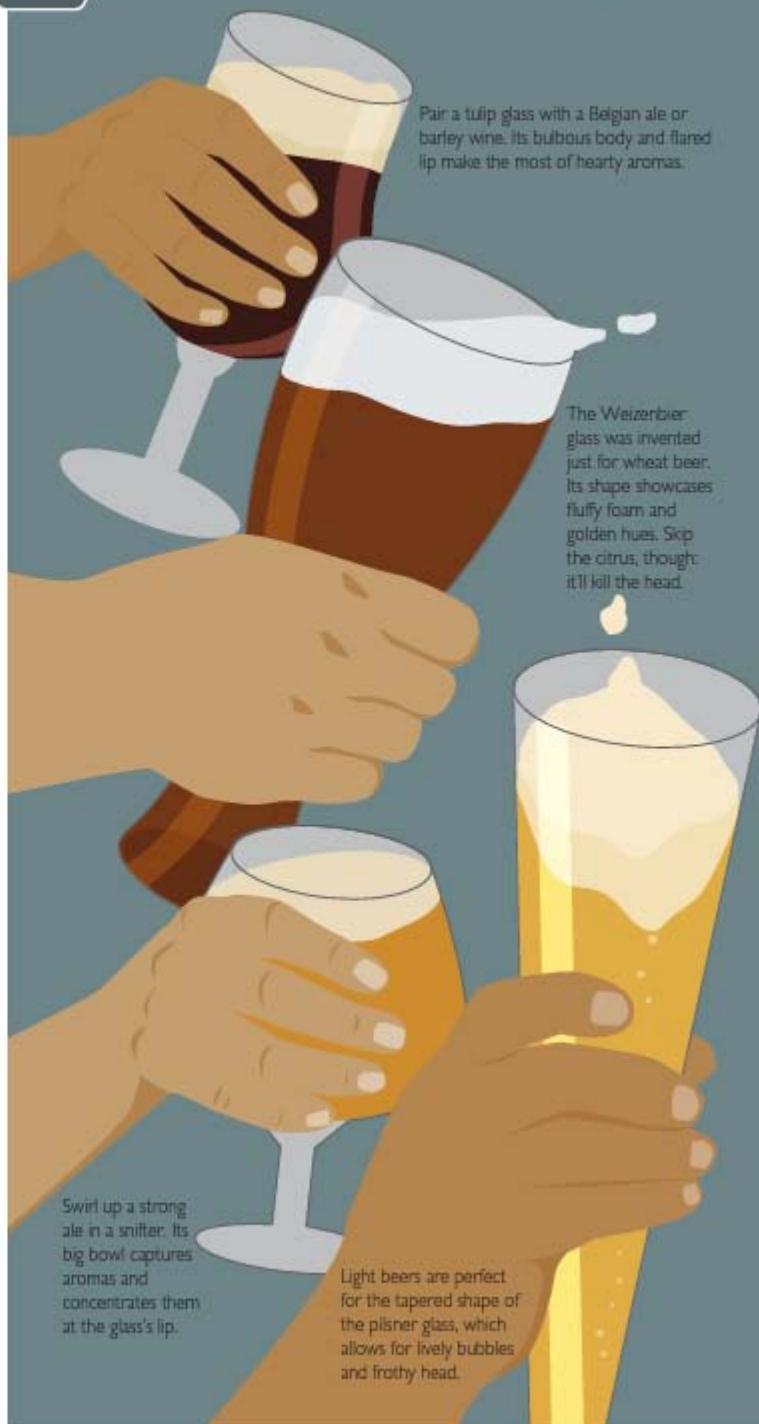
131 open a beer with another beer



Hook the lids together.



133 serve beer in the right glass



Pair a tulip glass with a Belgian ale or barley wine. Its bulbous body and flared lip make the most of hearty aromas.

The Weizenbier glass was invented just for wheat beer. Its shape showcases fluffy foam and golden hues. Skip the citrus, though: it'll kill the head.

132 open a beer with a lighter



Use as a lever.

Swirl up a strong ale in a snifter. Its big bowl captures aromas and concentrates them at the glass's lip.

Light beers are perfect for the tapered shape of the pilsner glass, which allows for lively bubbles and frothy head.

pour a proper pint

134



Pour slowly.



Right the glass as it fills.

chug from a boot

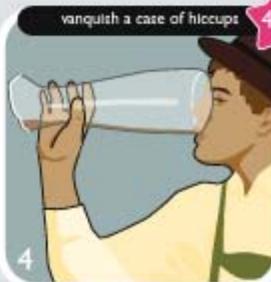
135



When a bubble forms ...



... rotate to avoid spillage.



vanquish a case of hiccups ★ 474

Measuring in at 16 fl oz (475 ml), the "poor man's pint" is just shy of a real pint. It serves up ales and lagers, and is most popular in the United States.

The Brits take their pints seriously: it's illegal to serve one containing less than 20 fl oz (600 ml). The slight bulge enhances grip and allows for more head.

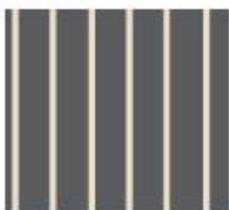
The goblet's generous bowl traps malt flavors and retains hearty head.

The flute's elegant form boosts carbonation. It complements fruity and lambic beers.

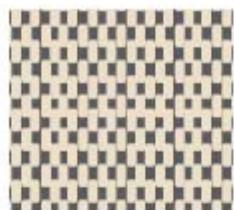


style





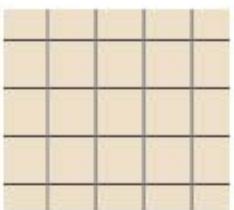
pinstripe



tweed



houndstooth



windowpane plaid



dotted



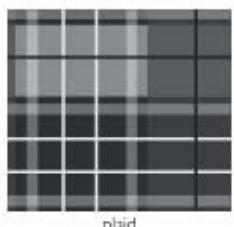
paisley



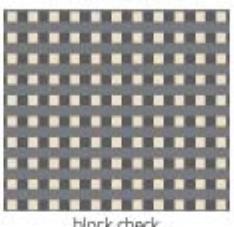
herringbone



bankers stripe



plaid



block check



jacquard



diagonal stripe

suits

shirts

neckties



Keep it light with a crisp, medium-weight navy. A subtle bankers stripe shows an eye for detail.



Stay cool in gray, lightweight tropical wool.



Fall calls for a versatile, medium-weight navy. Pinstripes add a smart touch.



Suit up against the chill with a warm wool herringbone.

look dapper in a suit

138



Never button your bottom button.



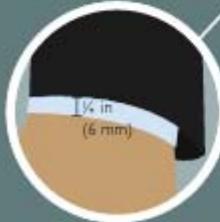
Up your gentleman quotient with a folded handkerchief.



The tie should end at the belt buckle's center.



Cuff links show your personal flair.



1/4 in
(6 mm)



Pants should end at the midpoint of the back of the shoe.

give my shoes a shine

139



Remove dirt with a brush.



Apply polish. Let dry.



Brush again.



No polish handy?
The inside of a banana peel works in a pinch.

Buff to a high shine.

Which 'stache is right for you—a horseshoe or a fu manchu? Enlarge this guide with a photocopier; cut out the mustaches, and try them on for size.



pyramid



lilbow



pencil



toothbrush



lamp shade



chevron



english



walrus



petit handlebar



handlebar



imperial



face spanner



copy me!

french fork



bishop



circle beard



neck beard



chin curtain



Start with a warm shower.



Trim the beard, if needed.



Dip in cream; froth in water.



Spread in a circular motion.



Shave with the grain.



dali



pancho villa



horseshoe



fu manchu



freestyle



poet's beard



soul patch



anchor



napoleon iii imperial



goatee



à la souvarov



franz joseph



sideburns



muttonchops



wolverine



Rinse every few strokes.



Shave with the grain.



Suck in; shave above the lip.



Rinse; pat dry.



Sop with a little aftershave.

142

weave a french braid



Gather three sections.

Begin braiding.

100 braid challah bread



Add hair to the section.

Continue gathering as you go.

143

twist a sophisticated chignon



Start with a low ponytail.

Twist it into a loop.

Pull any excess through.

Secure with pins.

Spray lightly.



Create four sections.



Spray with setting lotion.



Clip the sections not in use.



Curl each section.



Spray heavily with hairspray.



Tease from bottom to top.



Pin the sections; continue.



Smooth with a paddle brush.



Create a swirl in the front.



Finish with more hairspray.



Put setting lotion in wet hair.



Wiggle to make waves.



To set, pinch the waves.



Secure with clips as you go.



Continue until complete.

146

create yarn hair extensions



2:1

Cut two lengths of yarn.



Tie the short yarn to the center.



Tie the long yarn to a strand.



Knot the end.



Tie on a charm, if desired.



147

spike up a mohawk



Shave except for the top.



Backcomb the hair.



Apply glue generously.



Blow-dry against a surface.



Spray to hold.



Spray with setting lotion.



Make a path for the cornrow.



Braid close to the scalp.



Add hair to the middle strand.



Continue, picking up hair as you go.



If the hair is long, extend the braid.



Finish with beads and a clear elastic.



shape clay beads 5



Divide the hair into sections.



Comb each section.



Backcomb each section.



Twist each; secure the ends.



Maintain with beeswax.



Divide the hair into sections.



Comb each section.



Backcomb each section.



Twist each; secure the ends.



Maintain with beeswax.

150

turn myself into a zombie



Start with a base of white makeup.



Go gangrene with splotches of green makeup.



Line your eyes for that undead look.



Coat your lips in red "blood."

308 banish Imaginary monsters

151

stir up fake blood



1 c (240 ml) corn syrup



10 drops red food coloring

152

fake an exposed bone



Cut the desired bone length.



Attach with liquid latex.



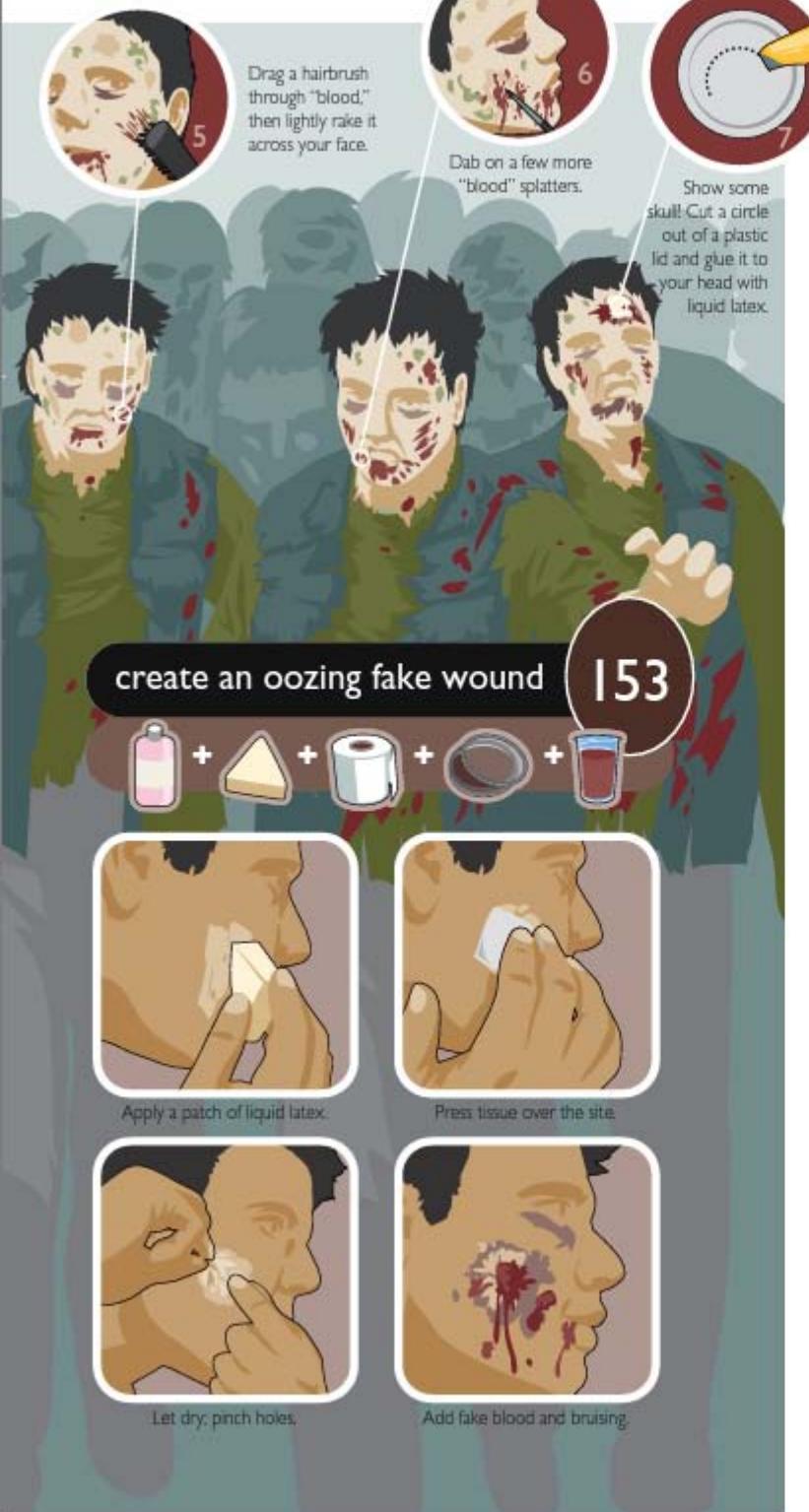
1 drop green food coloring



Secure with more latex.



Add fake blood and bruising.



157

thread my eyebrows



Loop the thread.



Twist.



x7

Place to the right of the hair.



Widen one side of the loop.



Swab with toner.



How does it work, exactly? By opening one hand and closing the other as you move the string along the brow, you capture stray hairs and pull them out. Careful—it may pinch at first!

158

apply and remove false eyelashes



Trim the eyelash to match your eye.



Apply glue to the back.



Place along the lash line.



Hold in place while it dries.



Curl the fake and real lashes together.



Apply mascara.



Petroleum jelly loosens the glue.



To remove, gently pull loose.



Line the top lid.



Brush on a highlighter color.



Apply the medium shadow.



Blend the darkest shade.



Line the lower lashes.



Apply lip liner as a base.



Define the lips' outline.



Apply lipstick with a brush.



Suck your finger to blot.



Dab gloss in the center.



Tap off the excess.



Smile; apply to the cheeks.



Sweep toward the temples.



Brush around the jawline.



Fold the left over the right.



Tie on the koshi himo.



Tie on the datejime.



Position the obi makura.



Wrap the obi.



Tie the two ends together.



Fold across the waist.



Cinch at the center.



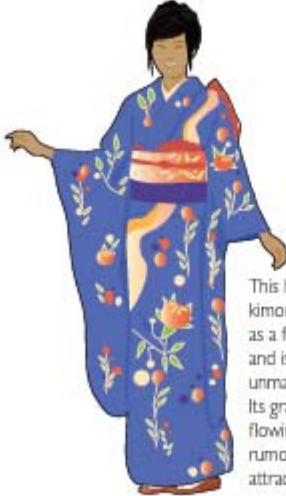
Tie with the excess.



Slide the obi to the back.



This semiformal kimono, called a komon, features a dainty, all-over print. It's worn by both married and unmarried women.



This highly formal kimono is known as a furisode, and is worn by unmarried women. Its graceful, flowing sleeves are rumored to attract suitors.



The cotton yukata kimono is a casual summertime favorite among the Japanese. It's also a staple in young sumo wrestlers' wardrobes.



Worn by married women at formal events (like weddings), the kurotomesode kimono is always black, and patterned only beneath the waist.



165

give myself a perfect manicure

349 relax in a finnish sauna



File your nails in one direction.



Apply cuticle oil.



Gently push the cuticle back with a cuticle stick.



Wash your hands in warm water.



Apply a base coat; let dry.



Apply the color. Let dry between each coat.



For an extra-quick set, soak your hands in ice water.

**167**

cleanse my skin



Cleanse in upward motions.



Rinse with cool water.



Witch hazel is a great natural toner.



Toner closes your pores.



Hot water and bar soap strip the skin of important natural oils.

168

treat myself to a home facial



oily



dry



normal



combination



pamper my feet with a pedicure

166



exfoliate properly

169



maintain my skin's youthful glow

170





demi



strapless



convertible



t-shirt



push-up

171 select a ladies' shirt style



collar and stand



peter pan



sailor



mandarin



sweetheart



keyhole



draped



turtleneck



halter



empire waist



blazer



cardigan

classic

three-quarter

elbow-length

boy t-shirt

cap

sleeveless

décolleté

empire waist

midriff

high-rise

mid-rise

low-rise

daisy dukes

short shorts

boy shorts

jamaicas

bermudas

deck pants

pedal pushers

gauchos

capris

classic

172 pick a pair of pants



walking



jogging



bloomers



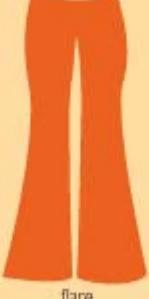
skort



skinny



bootcut



flare



palazzo

jeans

ballet flat

wedge

pump



identify dress and skirt shapes

173



fit and flare



sheath



slip dress



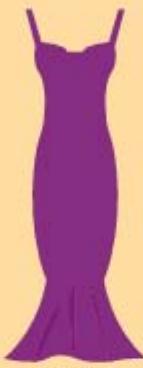
shift



column



princess



mermaid



empire waist



micromini



mini



pencil



tube



midi



tea



princess



maxi

a-line

handkerchief

fishtail

peasant

deep-neck

square

avoid being a fashion don't

174



Do pair a sexy top and sandals with a long skirt.



Don't wear denim on denim!



Do top off a miniskirt and knee-high boots with a chunky sweater.



Don't look frumpy in a long skirt and turtleneck.



Do pair boot-cut jeans with boots!



Don't overdo it with too many patterns.



Don't expose too much skin.



Do cap off skinny jeans with a flowing empire-waist top.



Do balance a flared skirt with a fitted jacket.

long

messy hair

dry hair

handbag

clutch

shorts

wide-leg

flare

high

175

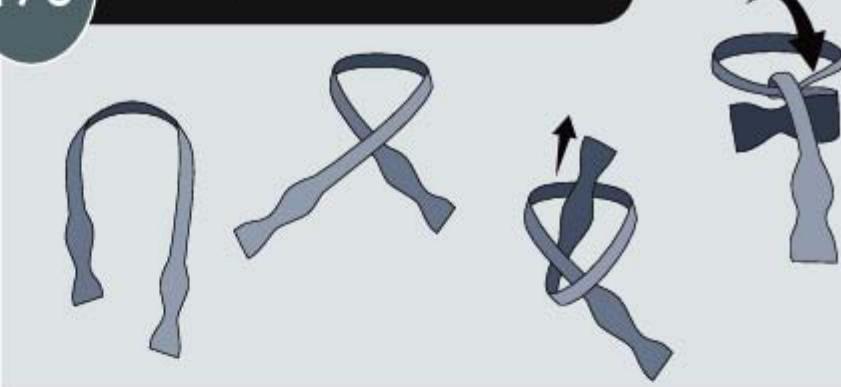
rock the chelsea knot



Fold the scarf in half.

176

tie a bowtie



177

tie a traditional windsor knot



395

395 tie basic sailing knots



Bring through the loop.

178

lace my shoes with flair



tie a retro kelly scarf

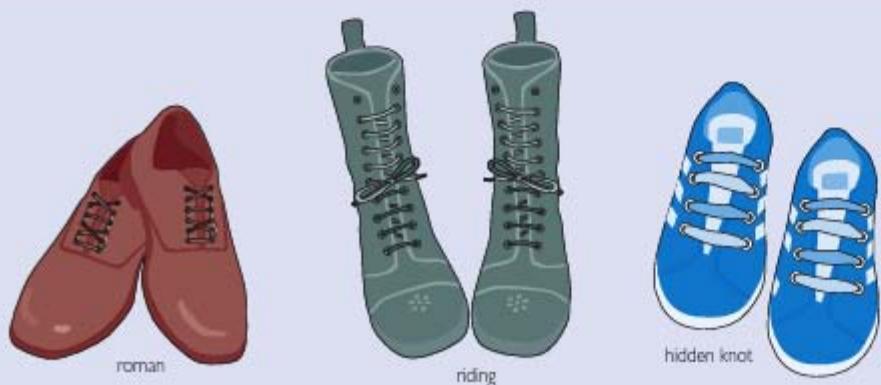
179



Fold the scarf into a triangle.



Wrap; tie in the back.



roman

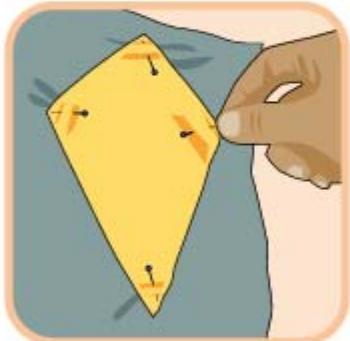
riding

hidden knot



Open the area with a seam ripper.

Cut out a paper pattern.



Place onto the desired fabric.

Cut out; fold over the edges.

Sew onto the jeans' exterior.

High-kick without apprehension.

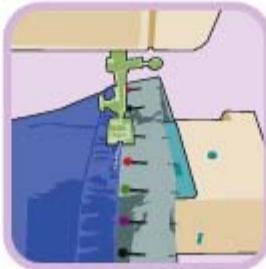


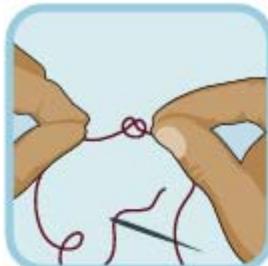
Figure the amount to hem.

Fold half under; pin.

Sew along the old hem.

Turn inside out; press.

Turn right side out; press.



Thread the needle; knot.



Anchor the stitch.



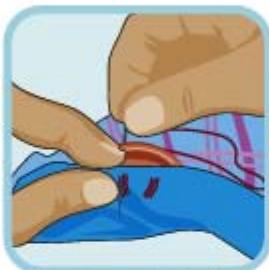
Attach the button.



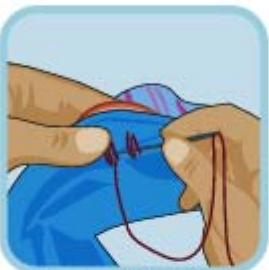
Sew, but not too tightly.



Repeat on the other holes.



Bring the needle through.



Push through the stitches.



Knot against the fabric.



Cut off the legs.



Open the inseam and crotch.



Trim both sides' excess.



Glue the front; let dry.



do not iron

do not steam

iron, high temperature

iron, medium temperature

iron, low temperature

iron, any temperature

dry, any temperature

dry, in shade

dry flat

drip-dry

dry

do not tumble dry

permanent press

tumble dry, high temperature

tumble dry, medium temperature

tumble dry, low temperature

machine wash, normal temperature

machine wash, cold temperature

machine wash, warm temperature

machine wash, hot temperature

do not wash in water

hand-wash

machine wash, permanent press

dry-clean

bleach as needed

use non-chlorine bleach

do not bleach

tumble dry, no heat

tumble dry, low temperature

tumble dry, medium temperature



wash a sweater by hand

185



Add detergent to water.



Get the sweater sudsy.



Rinse out the soap.



Roll in a towel; squeeze.



Lay flat to dry.



Whoops—did you shrink your sweater?
Simply tack the wet sweater to a board,
stretching it until it dries and returns to
its normal size and shape.



iron a button-down shirt

186



Dampen as you go.



Iron the back of the collar.



Iron the inside of the collar.



Open the cuffs; iron inside.



Iron the sleeves and cuffs.



Iron the shoulders.



Iron a front panel.



Move to the back; iron.



Iron the other front panel.



Iron between the buttons.





love



Got an overenthusiastic admirer? Avert your eyes and shrug off unwanted advances.



Get chatty—but let your body do the real talking! Lean in and place your hands so that they're visible and palm side up.



Keep an eye out for "peacockin," when a guy stands confidently with his chest puffed out. If she's touching his hair, she'sliking it!



Spot someone sitting on their hands or protectively covering an erogenous zone? Looks like love isn't in the cards!

Scoot in closer and present your assets if you're keen; slouch down and cross your arms if you're not.



mix a classic martini 120

Subconscious signs that two people are into each other? She may slide her hand down a martini glass stem to get his attention, or he may straighten his tie to draw her eye down into erotic territory.



Imitation is the sincerest form of flattery. Let her know you like her by copying her (hopefully flirty!) moves.



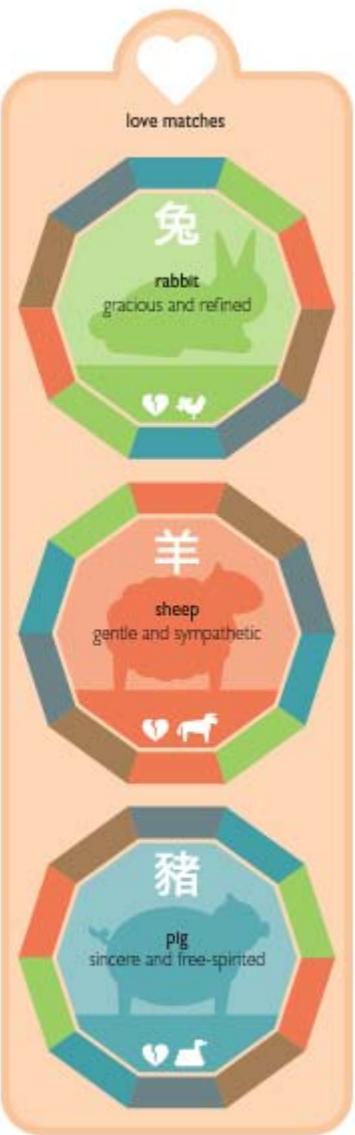
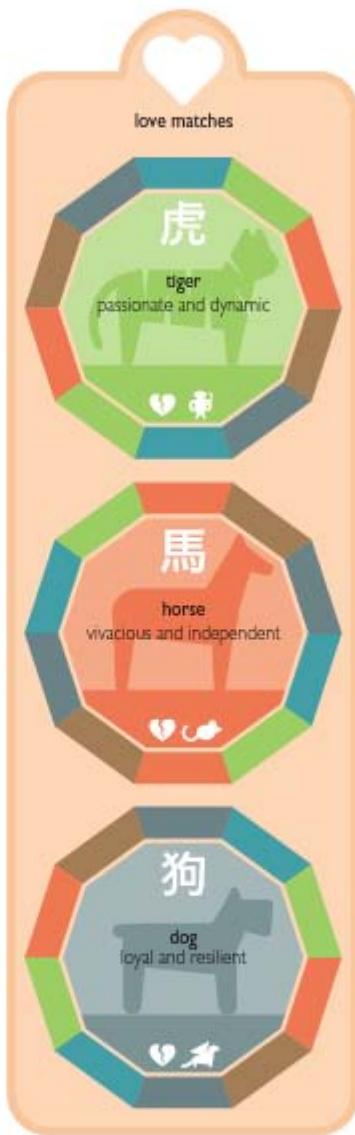
hours : minutes	activity
00:00	Make a grand entrance.
00:02	Greet your host.
00:05	Pay a visit to the bartender.
00:06	Scope out the scene.
00:10	Locate your buddies.
00:30	Focus in on a hottie.
00:31	Chat up that good-looking stranger.
00:45	Hit the dance floor.
01:00	Get another round.
01:40	Retire to a private nook.
01:45	Exchange phone numbers.
04:00	Celebrate.



To discover your Chinese zodiac sign, find the year of your birth in the diagram below. Remember that the Chinese New Year falls in early February, so if you were born in January or early February, look for the year that precedes your birth year.

find my chinese zodiac match

190



Each animal sign and year is associated with one of these natural elements. Match the colors to find the elements of your animal and birth year—and to learn what they mean about you. For example, the natural element of all monkeys is metal, but a fire monkey born in 2016 will be more passionate than an earth monkey born in 1968.



earth

generous and cooperative;
seeks to grow and expand



fire

animated and restless;
loves to laugh



wood

disciplined and tenacious;
feels duty-bound to serve



metal

unyielding and reserved;
needs personal space



water

secretive and creative;
trusts intuition

191

get out of a car in a miniskirt



Swivel; place a foot down.

Bring the second foot down.

Brace yourself and stand.

192

sneak my arm around my date



Wait until she's at ease.



Begin the classic yawn.



Stretch, raising your arm.



193

tie a cherry stem in my mouth



Bite one side; bend in half.



Bite one side into a corner.



Bite a corner; loop through.



160

apply lipstick like a pro



intrigue with a game of footsie

194



Assess interest.



Move in closer.



Coyly rub and lock ankles.



Shed your shoe.



Switch legs; hook knees.

give my sweetie a foot rub

195



Stroke the top of the foot.



Apply circular pressure.



Glide up the central groove.



Rub and wiggle each toe.



Finish with a soothing caress.

spoon without arm discomfort

196



Wrap your arms around your lover.



Gently roll her onto her stomach.



Pull your arm out from under her.



Place your arm above her.

197

waltz through the night



start



emphasis



path across dance floor



gentleman



lady

198

jive with my partner



start



gentleman



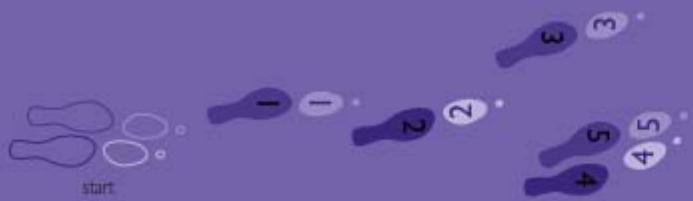
lady



lady

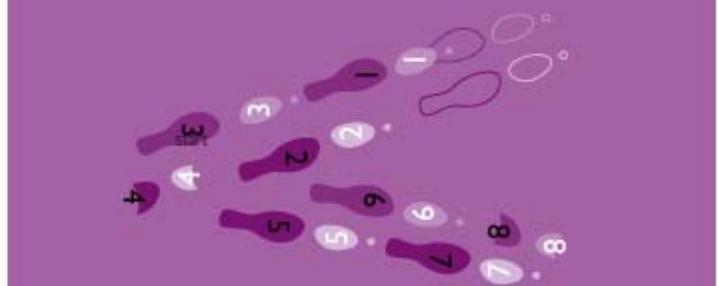
dance a steamy tango

199



sizzle with some salsa moves

200



gentleman

lady



toe touch

gentleman

toe touch

lady

toe touch

:]	joking	%*}	tipsy	</3	brotherhearted	=O	shocked	>:E	baring teeth	:r	smoking	:3	playful	8-}	silly
:-D	grinning widely	:')	laughing and crying	:-x	no comment	!-(black eye	>:-O	yeing	:9	licking lips	':-)	raised eyebrow	<3	heart
XD	laughing hard	<:O)	celebrating	:'-(shedding a tear	0:-)	innocent	>:-()	angry	:-**	kissing back	:-&	tongue tied	=X	sealed lips
:P	sticking out tongue	>:]	evil grin	:-[serious	=O	surprised	=	skeptical	:-*	kissing	(:-{)	sexy mustache	(:-D	gossiping
B-)	proud	:-/	uneasy	8-	uncool	~:-()	steaming mad	;;)	batting eyelashes	}::-]	grinning devilishly	>O	ouch!		
:-)	happy	:-S	frustrated	:-	indifferent	>:-('	spitting mad	;)	winking	:-K	vampire	=L	drooling		
=)	happy	=()	sad	-O	yawning	(:-&	angry	:-*)	blushing	&:-8-o-<					curvy lady
:)	happy	:()	sad	S-)	rolling eyes	>:@	screaming	:-"	whistling	@}-,-',--	rose				

>">

dancing

<^O^>

laughing loudly

(^.^)/

waving hello

^O^

excited

\,/(^_^\)\,/,

rock on

d^_^b

listening to music

\(^o^)/

very excited

b(~_^\d

thumbs up

(/.\')

embarrassed

(-_-)

upset

(-\\|)

emo

;_;

(@_@)

dazed

(~.~)

sleepy

)-0_0-(

(o_O)

confused

>_<)

frustrated

(u_u)

grumpy

(-_=)

annoyed

(9ò_ó)=@

throwing a punch

o

gawking

-^O^-

blushing

(0_<)

winking

_-

starstruck

>^_> <(^_<)

hugging

(,,)=^_&=(,,)

purring

(o)_ (o)

crazed



203

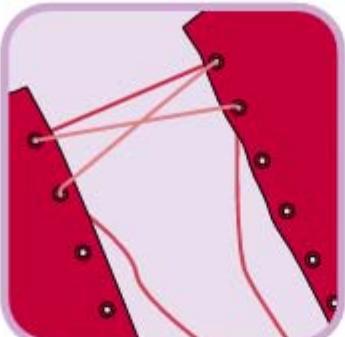
lace a sexy corset



178 lace my shoes with flair



Lay the corset flat; lace the top.



Cross. Bring down through the eyelets.



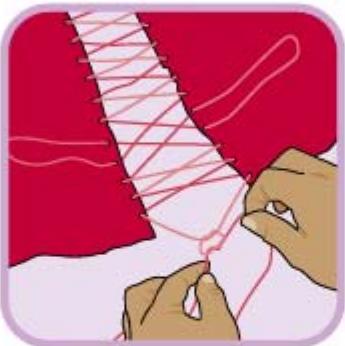
Cross. Bring up through the eyelets.



Stop midway. Create a pull loop.



Create a second pull loop.



Tie off at the bottom.



Put it on; tighten with the pull loops.



Tie the pull loops.



You may be tempted to lace your corset really tight and sexy, but it's best to start modestly so you get used to the constriction—and so you avoid hurting yourself. Try wearing it for half an hour a day, each day tightening the corset lace a bit more.

204

tie the texas rope handcuff



Create a figure eight.



Repeat.



Repeat once again.



Wrap the ends.



Tie off in the center.



+



have a memorable first kiss

205



Make your lips moist and kissable.



Keep your breath fresh!



Tame any unruly hair.



Make eye contact and lean in.



Tilt your head and close your eyes.



Let your lips meet.



Get your hands involved.



Explore new territory.

connect with couples' yoga

206



Embrace.

207

read my date's love line



wavy = noncommittal



broken = cloudy past



short = red-hot lover



down-sloping = needy



long = romantic

208

read my date's head line



wavy = shallow



broken = psychotic tendencies



short = athletic



curved = dreamer



straight = practical

209

read my date's life line



forked = balanced



broken = troubled



short = weak



curved = domestic



centered = ambitious

207

read my date's love line



wavy = noncommittal



broken = cloudy past



short = red-hot lover



down-sloping = needy



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read my date's head line



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209

read my date's life line



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short = weak



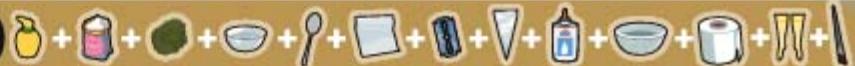
curved = domestic



centered = ambitious

211

apply traditional bridal henna



Mix lemon juice, sugar, and henna.



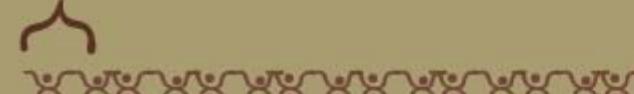
Cover until the top browns slightly.



Spoon into a pastry bag. Cut the tip.

212

make a henna pattern



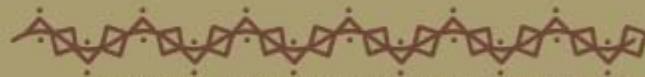
Many patterns are purely decorative.



This design, called the scorpion's mark, suggests love's stings and joys.



The game is represented by a grid design. It promises lighthearted times.



A zigzag mimics the pattern of rain. It represents fertility and abundance.



Ripples suggest water's life-giving and purifying powers.



Buds come after a drought, bringing new life and vigor.



Set with white glue and water.

Wrap with tissue . . .

. . . and then with plastic.

identify henna symbols

213



The lotus blossom is a symbol of enlightenment. When closed, it means the soul has yet to awaken.



Flowers are emblems of fertility.



Peacocks symbolize love.



Many symbols are simply pretty touches.



Cover with a sock to seal.



Remove the wrap; brush off the henna.



Set with white glue and water.

Wrap with tissue . . .

. . . and then with plastic.

identify henna symbols

213



The lotus blossom is a symbol of enlightenment. When closed, it means the soul has yet to awaken.



Flowers are emblems of fertility.



Peacocks symbolize love.



Many symbols are simply pretty touches.



Remove the wrap; brush off the henna.

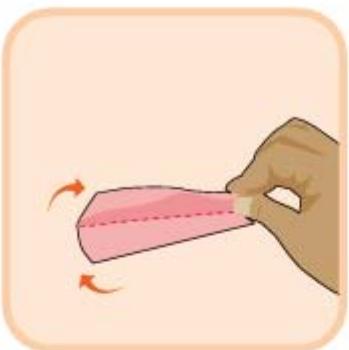


improvise a paper wedding ring

216



Snip from any paper source.



Fold in half lengthwise.



Fold in half again.



Fold the end into a point.



Write an inscription—or an apology!



Secure with a floral pin.



Bend the pin in half to close.



twist a sophisticated chignon 143

tend to a drunk wedding guest

217



Put an usher on drunk duty.



Help her sit down.



Remove hazardous shoes.



Bring her water.



Confiscate those car keys!



Hey stargazers! Keep an eye out for the planet Venus. Named after the Roman goddess of love, this bright celestial speck is visible in the evening and morning hours.



Suds each other up with luxurious bath products.



Nix the interruptions! Turn off all phones, including your cell.



Got a Peeping Tom? Draw your curtains.



Serve up sensuous, sumptuous food, like fondue. Don't forget the bubbly!



239 Install a dimmer switch



Let pets frolic outside while you cozy up to your date—it's less awkward!



Show off your manners with a formal table setting.



Turn on the charm with a surprise picnic.

Got a secret fetish? Set up a private fantasy den.

Indulge in a hookah ritual

381

Don't touch that mouse! Get rid of any work-related distractions.

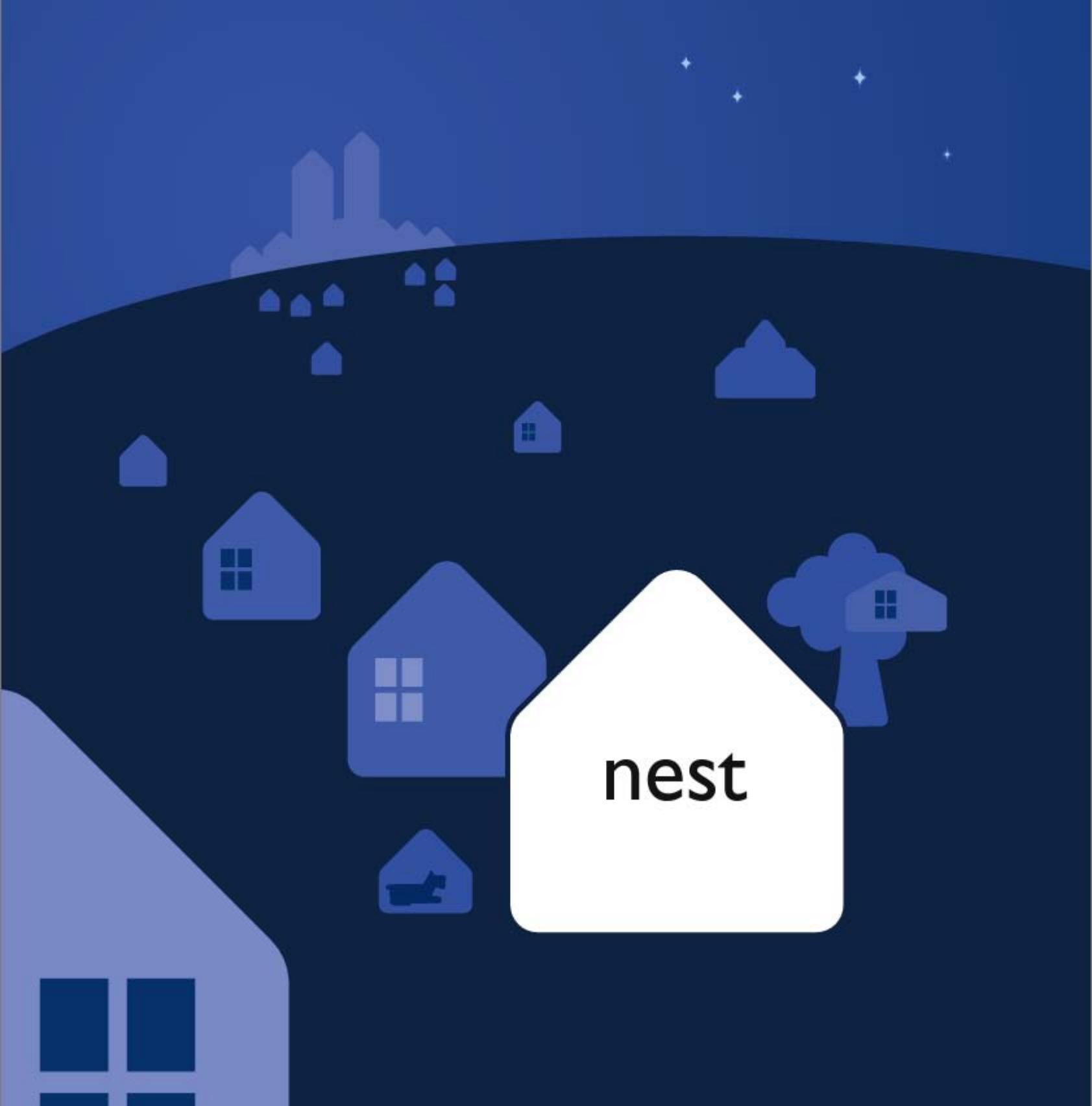
Set the mood with candlelight and a sprinkling of rose petals.

In love, any surface is fair game—just put away any dangerous utensils.

Chores are for bores! The dishes can wait—you've got loving to do.

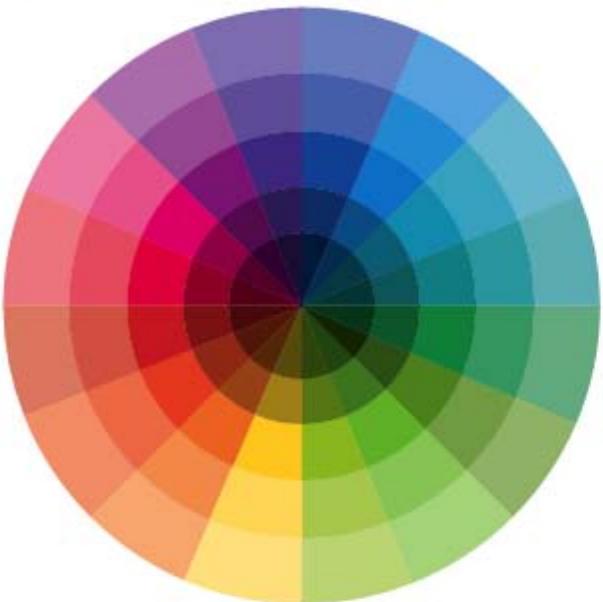
Stock your fridge with tempting aphrodisiacs.

Get your troubadour on! Break out a lute for an ultra-romantic serenade.



nest

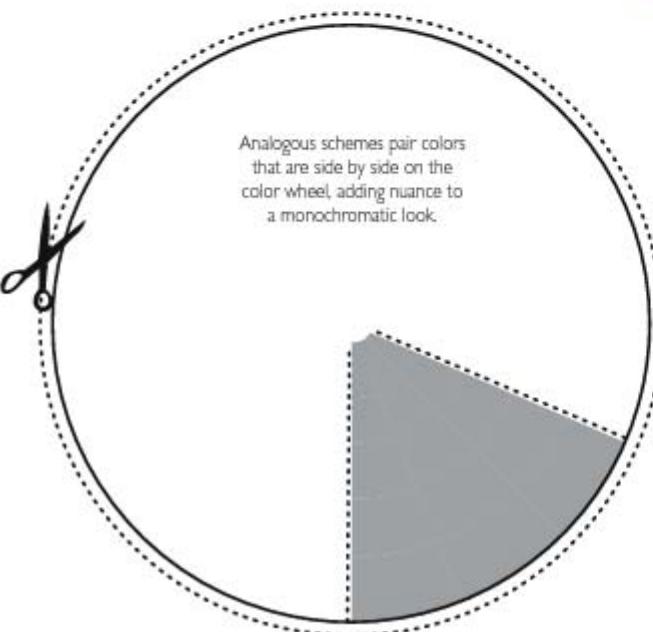




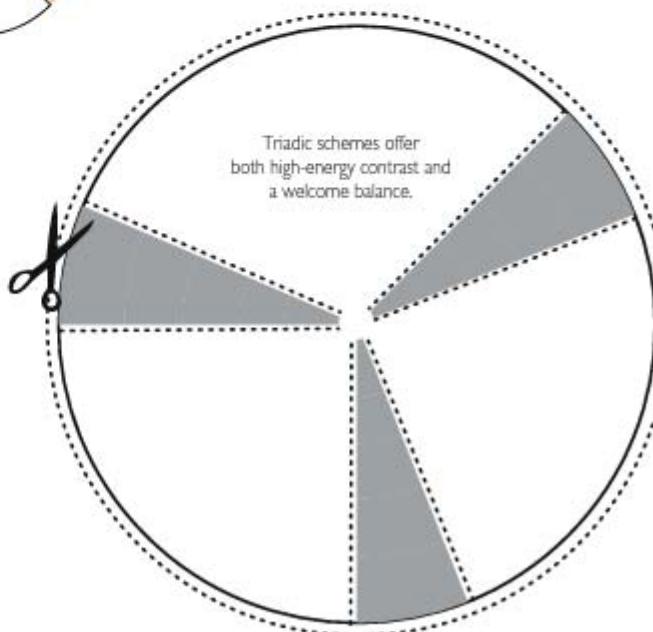
We all know and love the color wheel: its whirling array of hues and shades promises limitless possibilities. Use these examples of color schemes to harness the color wheel's creative power and select perfect palettes for your home—whether you want to



enliven a space with a peppy accent color or set up a peaceful, simple-hued sanctuary. Copy this page, cut out the examples, and cut away the shaded areas. Then lay each one over the color wheel and give it a spin to see what combinations come into view.



Analogous schemes pair colors that are side by side on the color wheel, adding nuance to a monochromatic look.



Triadic schemes offer both high-energy contrast and a welcome balance.

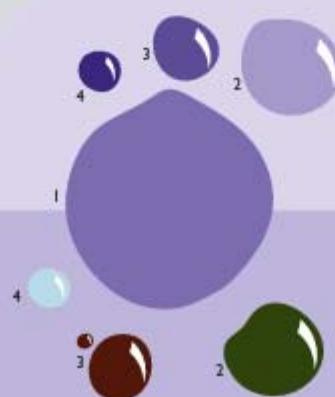
Give your room Asia's spice and flare with a palette of bright, festive colors, like orange and red.

Ensnice yourself in woodland colors, like a mossy green or the soft brown of a doe.

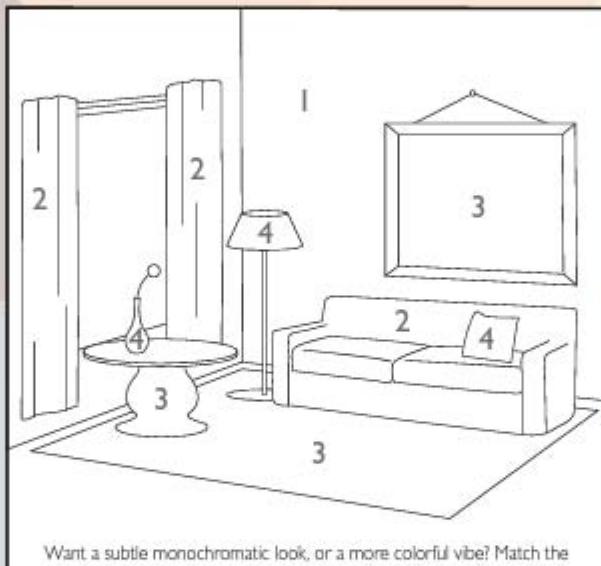


Capture the city's sophistication and grit with various grays, punched up with bold, traffic-stopping color.

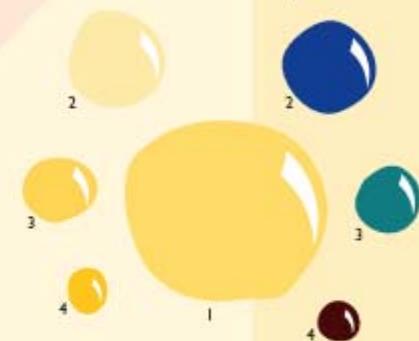
Re-create an English garden, hinting at its lavender scent with a wide array of purples.



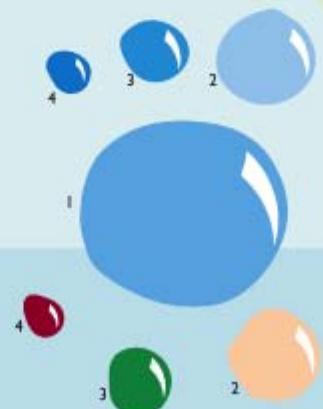
Transport yourself to Morocco's striking streets with sandstone-colored walls, studded with occasional jewel tones.



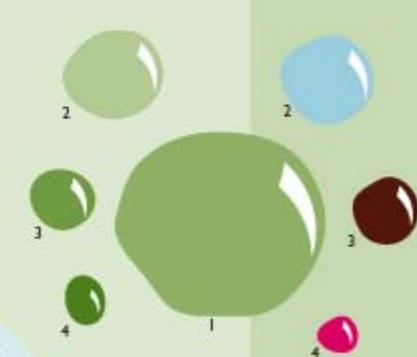
Evoke the cheer of the Côte d'Azur with expansive yellow spaces that mimic the beach's pristine sands.



The rainforest's verdure makes it a peaceful haven. Small bright flashes suggest glimpses of exotic inhabitants, like fuchsia orchids.



Tahiti is best expressed in gentle blues. Recline on a beige sofa to feel as if you're relaxing on its beaches.



221

hang wallpaper seamlessly



Turn off the power.



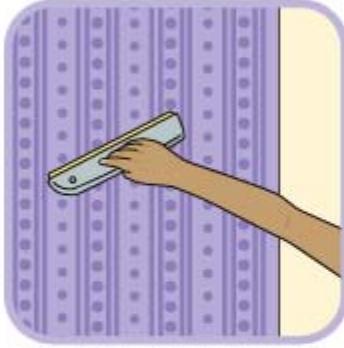
Draw a line from floor to ceiling.



Activate the wallpaper with water.



Align the paper with the line.



Paste; smooth out bubbles or wrinkles.



Add a second piece; smooth and wipe.



Trim along the ceiling and baseboards.



Cut around outlets; replace the plates.

222

remove old wallpaper



Score the wallpaper.



Moisten with water.



Keep damp; scrape off small bits.





strip peeling paint

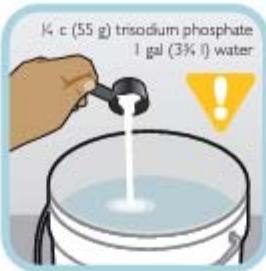
223



Scrape the paint's edges.



Sand the area.



1/4 c (55 g) trisodium phosphate
1 gal (3 3/4 l) water



Clean; let set.

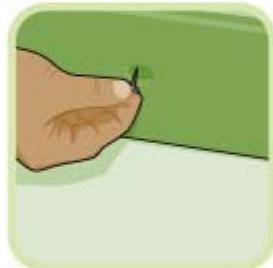


Rinse with water. Repaint.



fix a dented baseboard

224



Prick the dent with a tack.



Apply a touch of water.



Cover; press on a bottle cap.



Iron to expand the wood.



Repaint, if desired.



fix a hole in drywall

225



Sand the rough edges.



Put joint tape over the hole.



Apply spackle; smooth.



Let dry, then sand.



Wipe with a damp sponge.

226

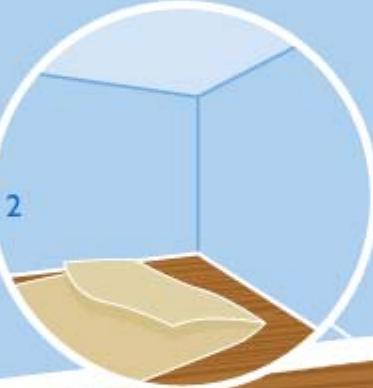
prep and paint a room



Clear the room. Cover objects that are hard to move.

Protect the floor with a drop cloth or tarp.

2

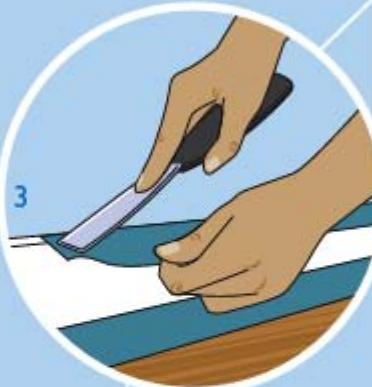


4



Unscrew fixtures and wall plates.

3

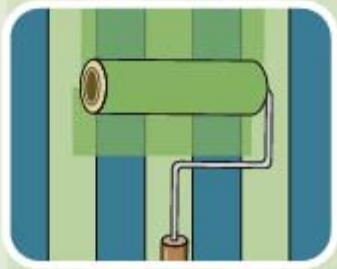
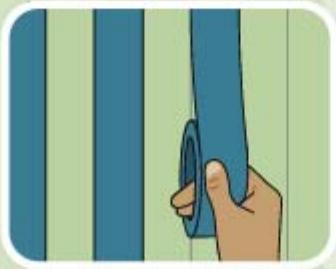
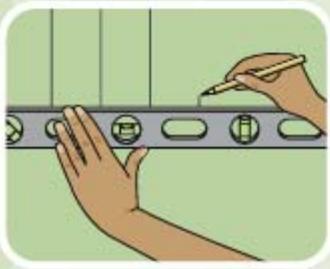


Tape the trim.



227

paint decorative stripes





Start with the ceiling. Use a brush to paint the corners, where the roller can't reach.



Attach the handle extension to the roller and paint the rest of the ceiling.



When the ceiling is dry, paint the walls. Use a brush in hard-to-reach corners.



Need paint? Dip the roller in the paint and run it over the tray.



A "W" shape distributes paint evenly, creating a smooth surface.



dab a sponge-paint texture

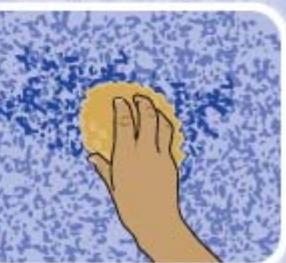
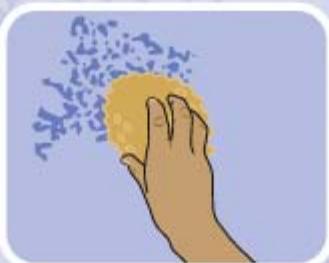
228



Mix the glaze and paint.



Brush on the paint to prevent globbing.



Layer colors for more texture.

229

fit together a dovetail joint



Mark the pin board.



Cut the edges.



Chisel away the waste; file.



Transfer to the tail board.



Cut the tail board; join.



Place a wheel gauge on your pin board and scribe a line to indicate the depth of your tails and pins. For softwoods, mark the tails and pins with a slope of 1:6; for hardwoods, use 1:8.

230

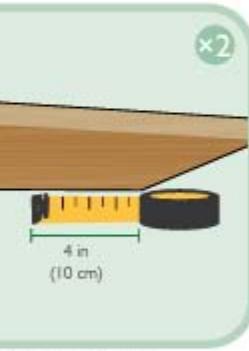
hang a basic shelf



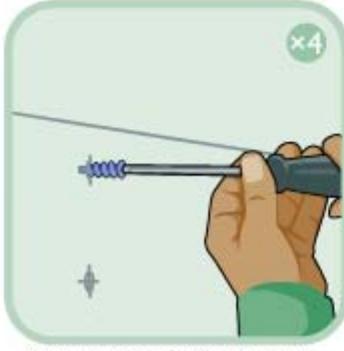
Mark the desired shelf height.



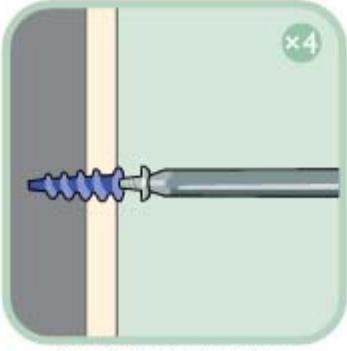
Measure the length of the shelf.



Measure for brackets.



Screw in anchors, if there are no studs.

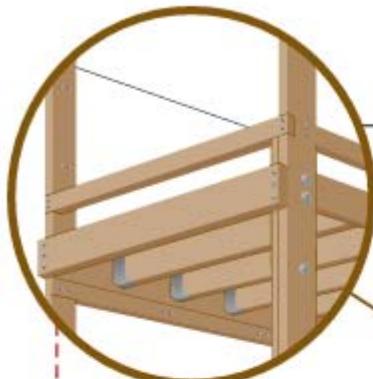


Place the screws in the anchors.



Fit the bracket onto the screws.



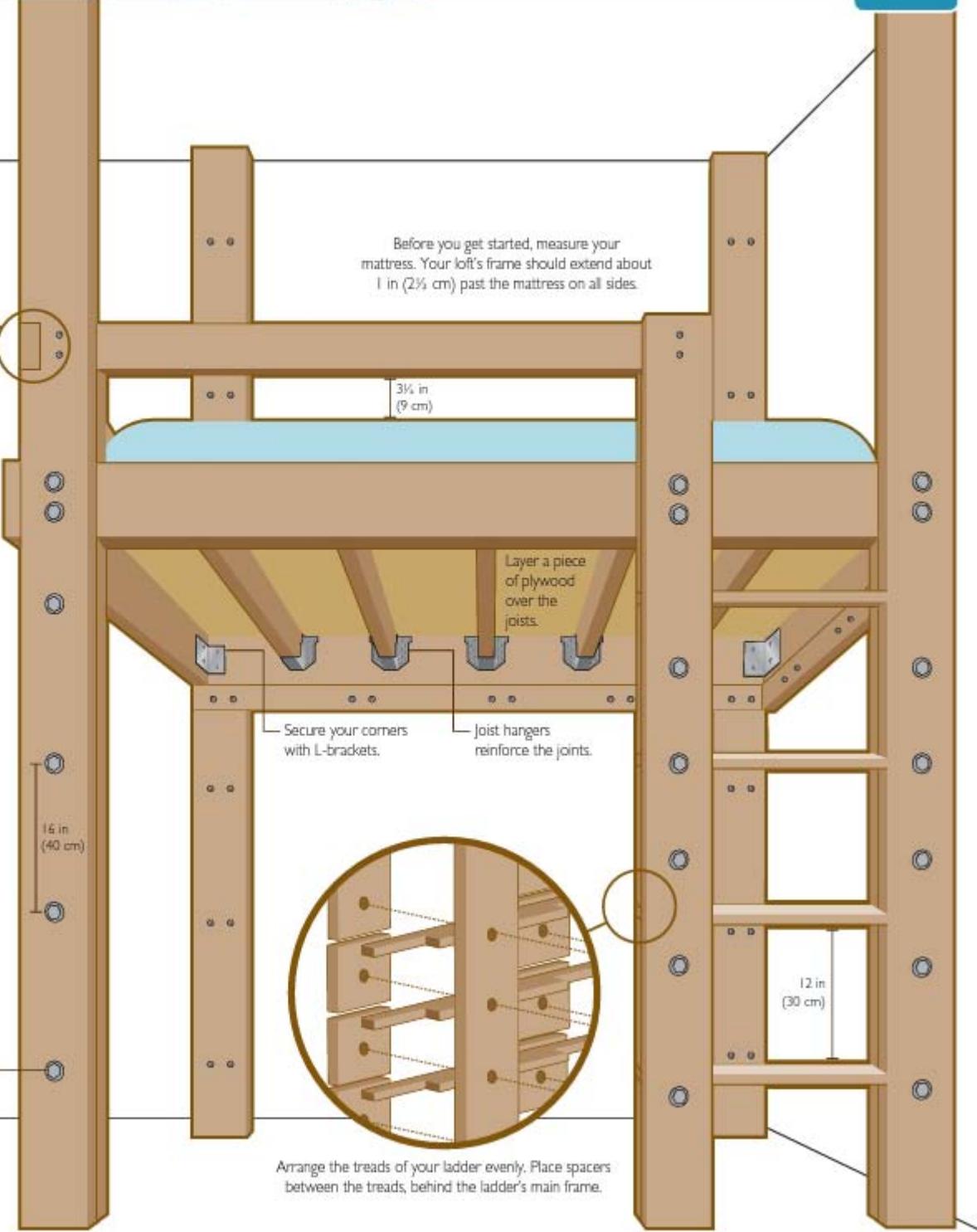


U-shaped notches hold the railings flush with the loft's frame. Secure the railings with wood screws.

Before you get started, measure your mattress. Your loft's frame should extend about 1 in (2½ cm) past the mattress on all sides.



To fasten your loft to the wall, use a stud finder to locate the wall studs. Attach a shelf beneath the frame and use large wood screws to secure it to the studs. If your home has another construction method, check with a contractor about the best way to secure your loft before you get started.



Arrange the treads of your ladder evenly. Place spacers between the treads, behind the ladder's main frame.

232

create a covered headboard



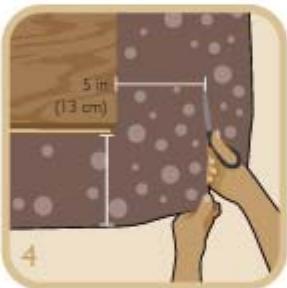
Cut plywood to fit.



Glue foam to the front.



3



5 in (13 cm)



5

12 in (30 cm)



1 2 3 4

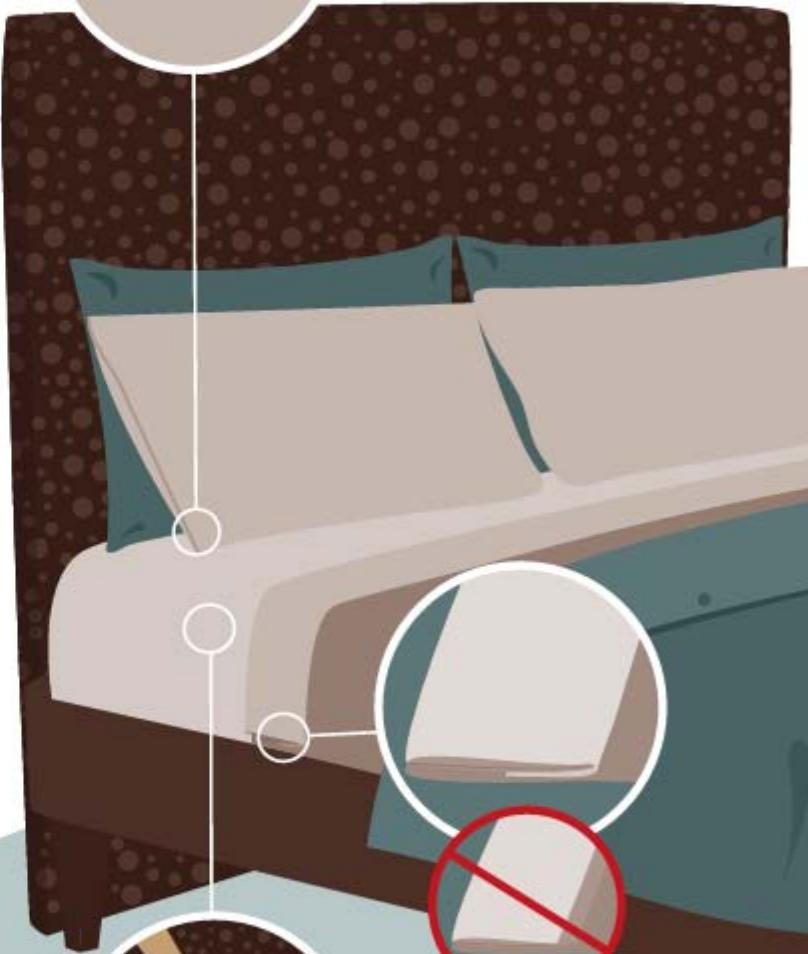
Alternate left and right stapling.

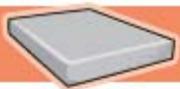


Repeat on the bottom.

233

make the perfect bed

Tuck in the
pillowcase edges
for a sleek look.Fold the top sheet
under the blanket's edge.Tidy up wrinkles with
a quick run of the iron.



fold flawless hospital corners

234



Pull the top sheet taut.



1



2



Straighten the crease.



Repeat on the other side.

fold a fitted sheet

235



1

Insert one corner into another.



2

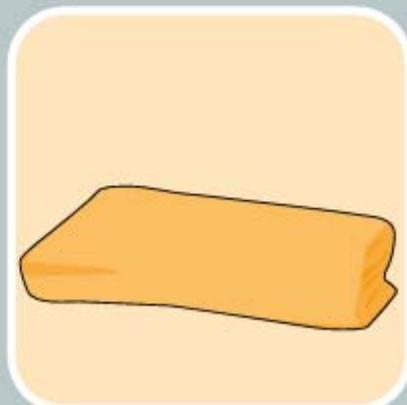
Pat down the corners.



Fold into thirds, lengthwise.



Fold in half, widthwise.



236

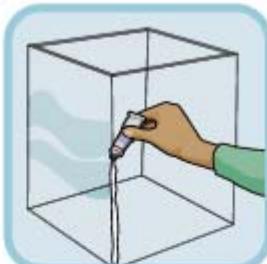
house fish in my old computer



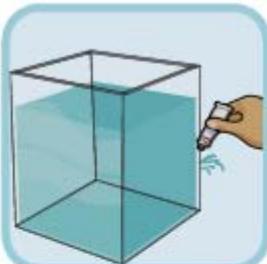
Remove all metal.



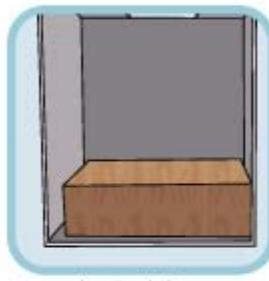
Cut acrylic to fit the shell.



Seal.



Test; reseal any leaks.



Insert a platform.



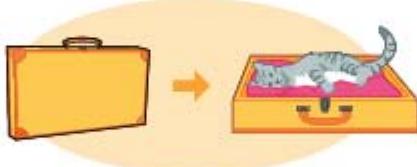
Add water and conditioning.



286 build a koi pond



Close inside the shell.



237

weave an inner-tube chair seat



494 wheel-walk a unicycle



Cut out the tubes' valves.



Stretch around the frame; knot.





Cut trash bags; tie in strips.

Wind around the loom.

Knot at the back.

Cut through the handles.



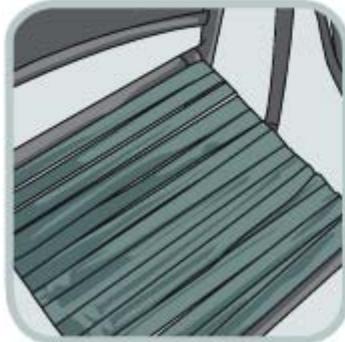
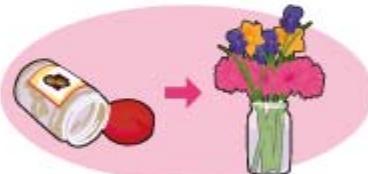
Tie the bags' handles.

Tie in the front; weave.

Tie off.

Cut off two at a time; knot.

Trim the fringe; fluff.



Continue until covered.



Weave the other way.



Knot on the underside as you go.



239

install a dimmer switch



Turn off the power to the light.



Unhook all three wires.



Align the wires.



Twist matching wires together.



Insert the wires into wire nuts.



Fold the wires back into the box.



Reattach the switch and plate.



So many wires! Not to fret. Simply match the hot, neutral, and ground wires from the wall box to the appropriate wires on the dimmer switch. In this case, the hot wire is black, the neutral wire is white, and the ground wires are green and copper-colored. If you don't see the same colors, check with a professional before proceeding, or use a voltage tester to figure out which wire is which.



You can purchase a wi-fi adapter and a USB cable at any computer supply store. So if you're heading off into the wilderness, but can't live without the Internet, stock up! It may take a little finessing to get the best signal.

240

boost my wi-fi with a strainer



Cut a hole in the strainer.



Put the adapter in the hole.



Tape to a long dowel.



Connect with a USB cable.



Adjust for the best signal.

239

install a dimmer switch



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Put the adapter in the hole.



Tape to a long dowel.



Connect with a USB cable.



Adjust for the best signal.

242

unclog a toilet



Remove most of the water.



Plunge.
x10



Unbend a hanger; twist into the clog.



Remove the hanger; insert a drain snake.



Rotate; pull to loosen the clog.



Flush when the water begins to drain.

243

retrieve a valuable from a drain



Turn off the water.



Turn off the water.



Loosen the nuts on the trap.



Remove the trap; search.



Reattach the trap.



repair a leaky showerhead

244



Cover the wrench with pipe tape.



Loosen the showerhead from the pipe.



Remove the O-ring, if damaged.



Soak in white vinegar to remove clogs.



Seal with the pipe tape.



Place a new O-ring.



Reattach the showerhead.



Gently tighten.



troubleshoot a running toilet

245



Move the arm away from the sides.



Adjust the chain and flush arm.



Clean the flush valve seat.



Check the flush ball for leaks.

246

tidy up on a daily basis



Make
your bed.



Clear away any
clutter, trash, and
dirty dishes.



Give a good
wipe down to
counters, sinks,
and showers.



247

clean up every week



Make your sink sparkle
with a vigorous scrubbing.



Change your
sheets.



Dust, mop,
and vacuum!



Wash your laundry,
and don't forget to
take out the trash.



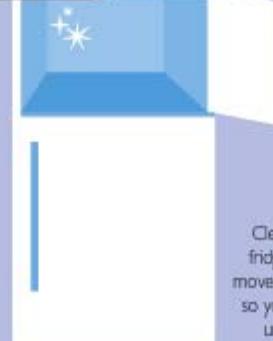
276 attract friendly critters

248

do seasonal household tasks



Banish hard-to-reach
dust on your ceiling
and wash your windows.



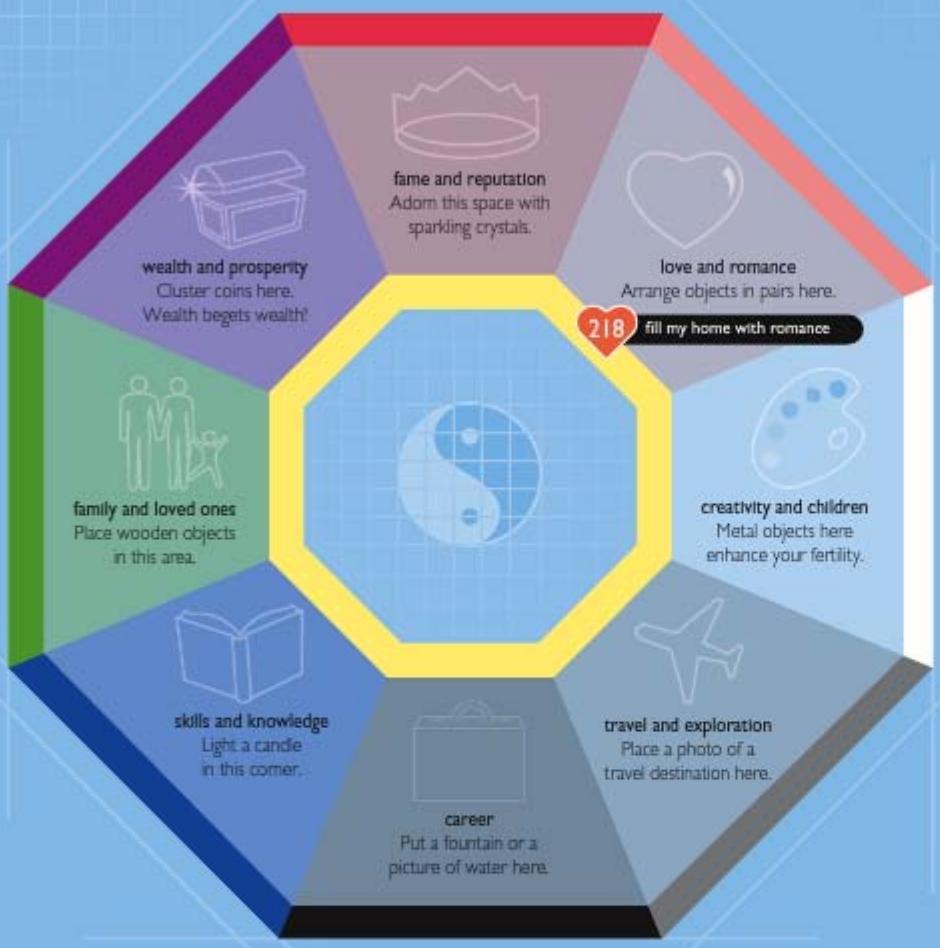
Clean out your
fridge. Lift up or
move large furniture
so you can sweep
underneath.



De-clutter and
organize your
closet. Donate
any seldom-
worn items.







Align the bottom of this diagram (called a bagua) with the front of your home, and imagine it overlaying your entire space. Then arrange your belongings to bring good fortune in the life areas that matter most to you.



good luck

Bad house plan? Add items that are clean, flowing, natural, and living to make any space more inviting.



Mirrors
bounce light
and energy
from room
to room.



Open your curtains
during the day to fill your
home with positive light
and energy. Close them at
night to keep energy in.



bad luck

To keep positive energy flowing freely,
remove items that are dead, broken,
unnatural, dirty, or blocking good forces.



A metal bed conducts
electricity, which can
interfere with positive chi.



cleanse my home by smudging

251



Open the door to let spirits leave.



Light the sage smudge stick.



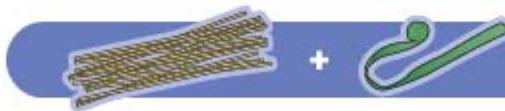
Place in an abalone shell.



Wave while thinking good thoughts.



Grind to extinguish.

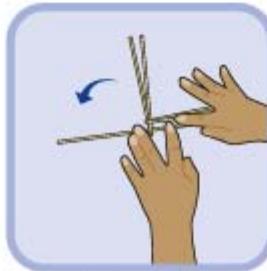


protect with a brigid's cross

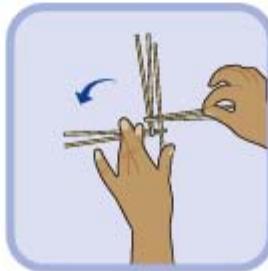
252



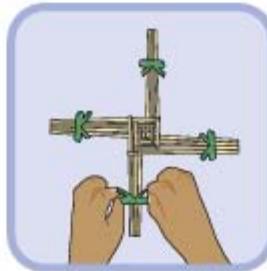
Fold a straw over another.



Rotate; fold another.



Repeat.

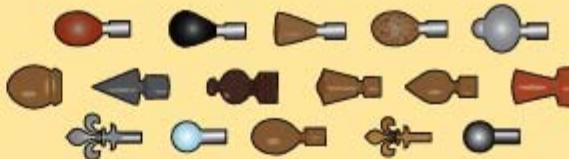


Tie off when complete.



Hang over a doorway.

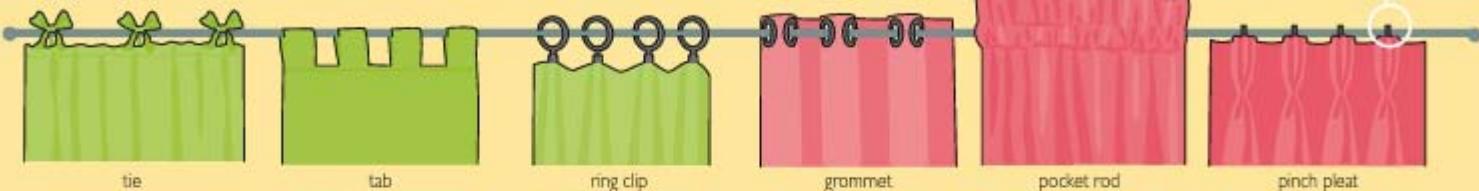
Got a bare window begging for a little embellishment? Learn how to hang curtains, and how to spruce them up with well-chosen details, like finials and trims.



Cap off your curtain rod with a charming finial.

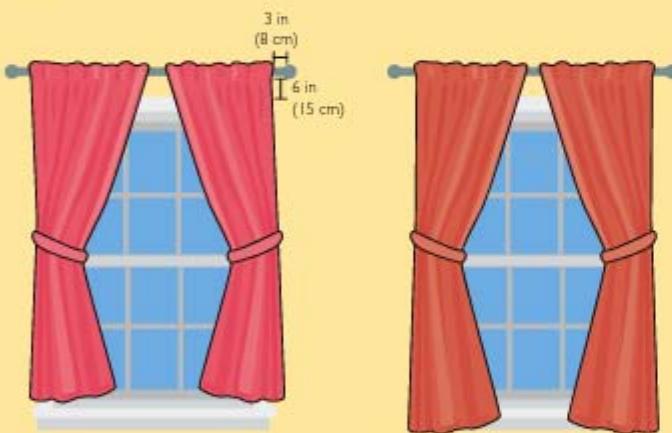


Secure with drapery hooks.



casual

formal

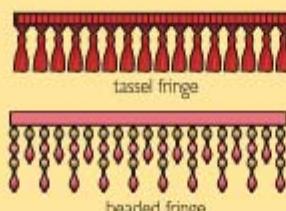
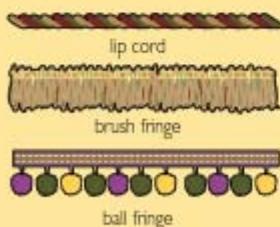


For casual curtains, align the bottom with the windowsill or the apron.



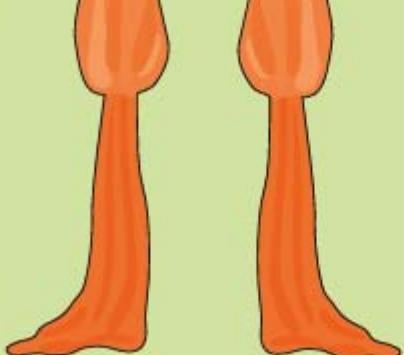
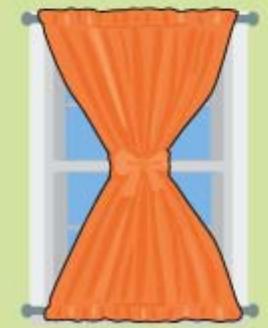
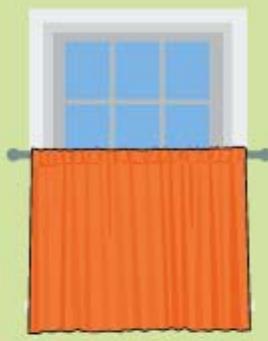
To banish dust bunnies from the curtains' hem, let the bottom hang above the floor.

For a dramatic touch, allow the fabric to puddle gracefully on the floor.



Deck out your curtains with custom trimmings, like tassels and beads. Simply stitch them along the bottom hem.

Once you've got the basics down, experiment with other classic drapery types. How about some café-style curtains for your kitchen, or an impressive set of bishop sleeves in your dining room?



Measure; double the width.



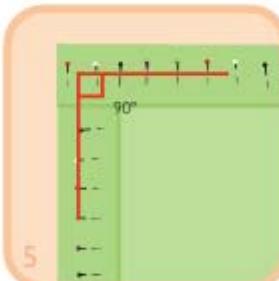
Trim the fabric.



Fold a clean edge; press.



Fold the hem; press.



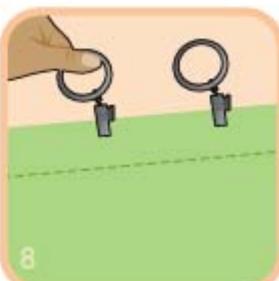
All corners meet neatly.



Sew along the edges.



Knot the thread in back. Trim.



Attach the clips, then hang.

256

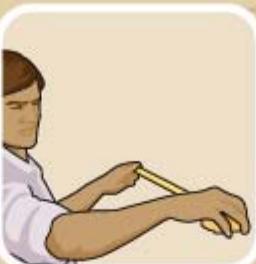
bake adobe bricks



Mix soil and water; shake.



Let set; check the results.



Determine the wall size.



Make a workspace.



Create the needed mixture.



Stomp until well mixed.



Place the clay in a mold.



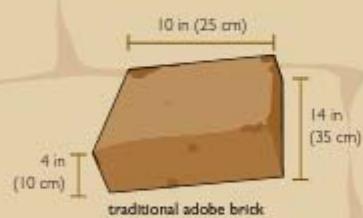
Lay the bricks flat.



Stand them on their sides.



Kick to test its strength.



Before you start stirring up your adobe mixture, test a soil sample to see what crucial ingredients your soil lacks. Typically, ideal adobe contains 70 percent sand and 30 percent clay. Add water and a few ample handfuls of straw to make the mixture thick but malleable, then shovel it into a ladder-like wooden frame. You can build this frame to make bricks of any size, but the traditional adobe brick size is recommended.

257

build an adobe wall



Start with a solid foundation.



Mix a mud-straw mortar.



Spread the mortar.



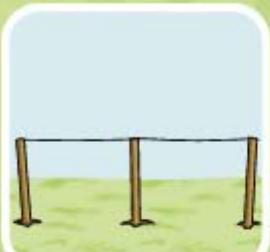
Place bricks on the mortar.



Seal with a lime wash.



Dig holes for the fence posts.



Place the posts; make level.



Fill the holes; tamp down.



Cut the crosspieces.



Drill into the crosspieces.



Screw to the post.



Cut and place the poles.



Drive them into the ground.



Tie each juncture.



Finish with preservative.



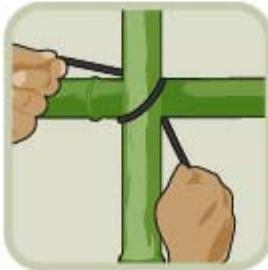
To create a natural seal (and make your fence last longer), cut each bamboo post above a diaphragm.



Weave around the joint.



Twist behind the joint.



Bring around to the front.



Cross over the left end.



Knot behind the joint; trim.



Use bolts that are 1 in (2.5 cm) thick and at least 8 in (20 cm) in length.



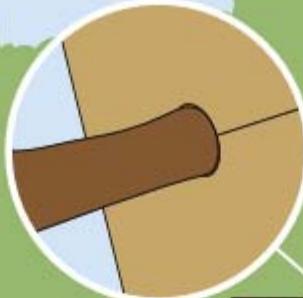
Brace the frame with L-brackets.



Cut the Y-supports on the diagonal so that they meet the beams in tight corners.



Assemble the plywood floor around the branches. To prevent wobbles, make sure the platform is level.



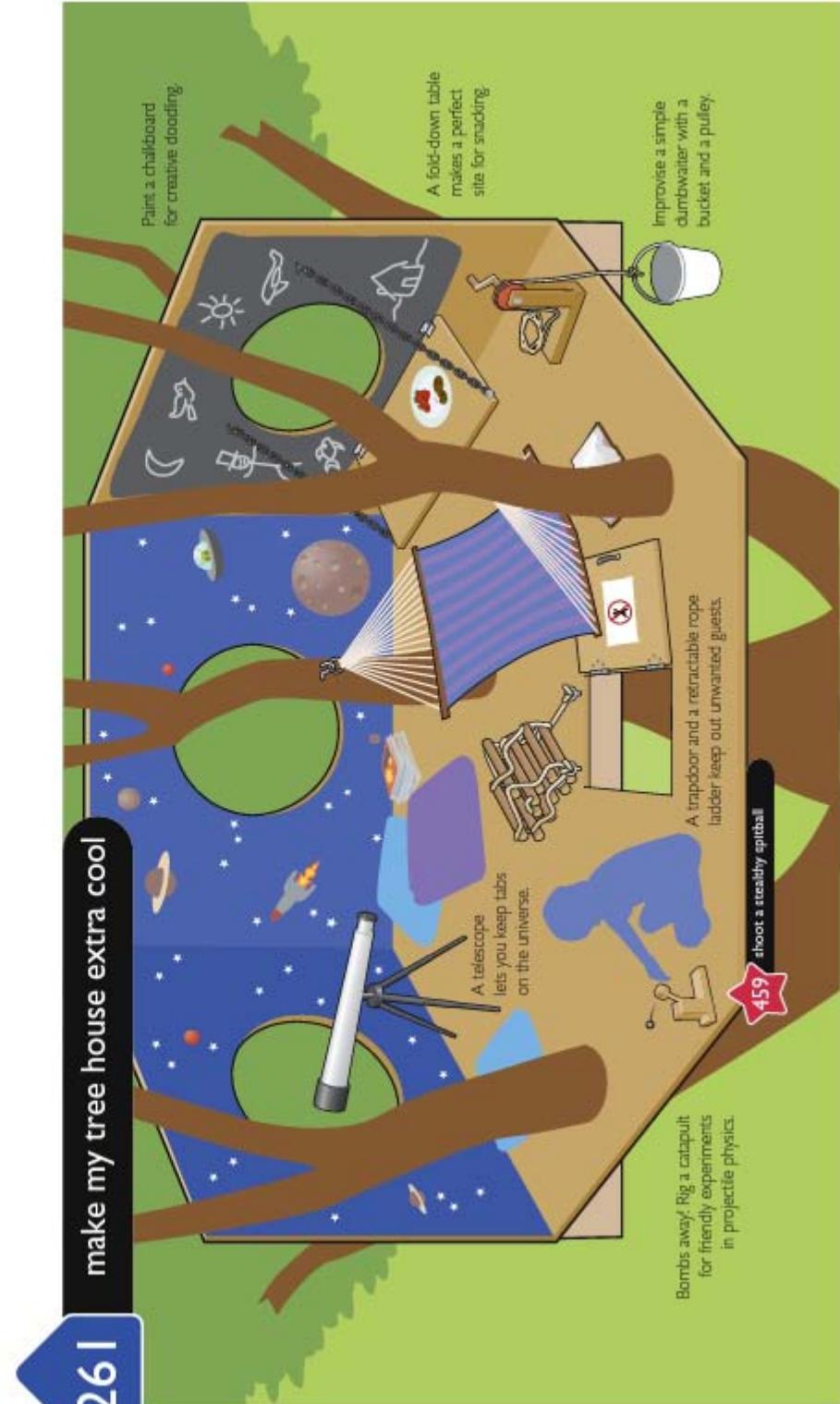
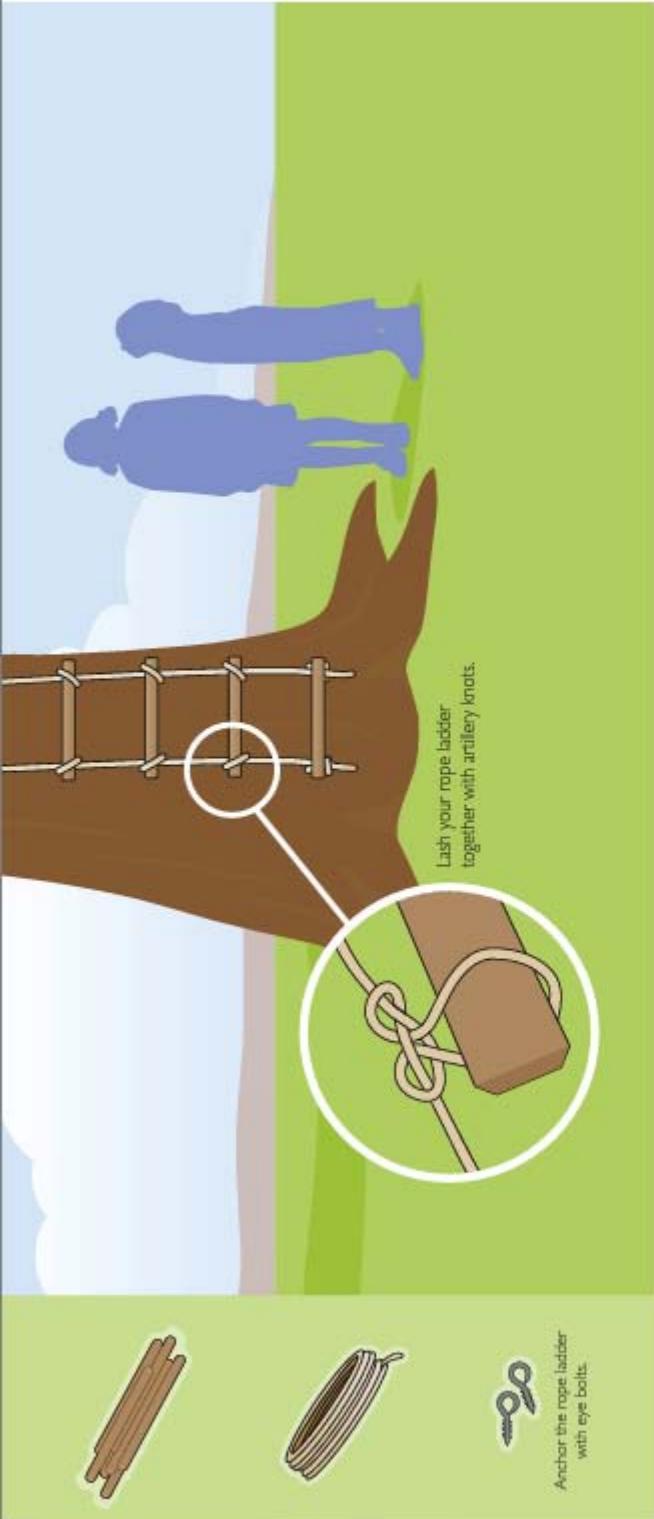
Place a hefty crossbeam so that it straddles the tree's forked branches. Bolt it on one side, then reinforce the other side with rope to allow for flexibility.

Use rope to secure the frame to the tree.

Look for a sturdy, hardwood tree with V-shaped branches. Nestle the Y-supports into the tree's crook.

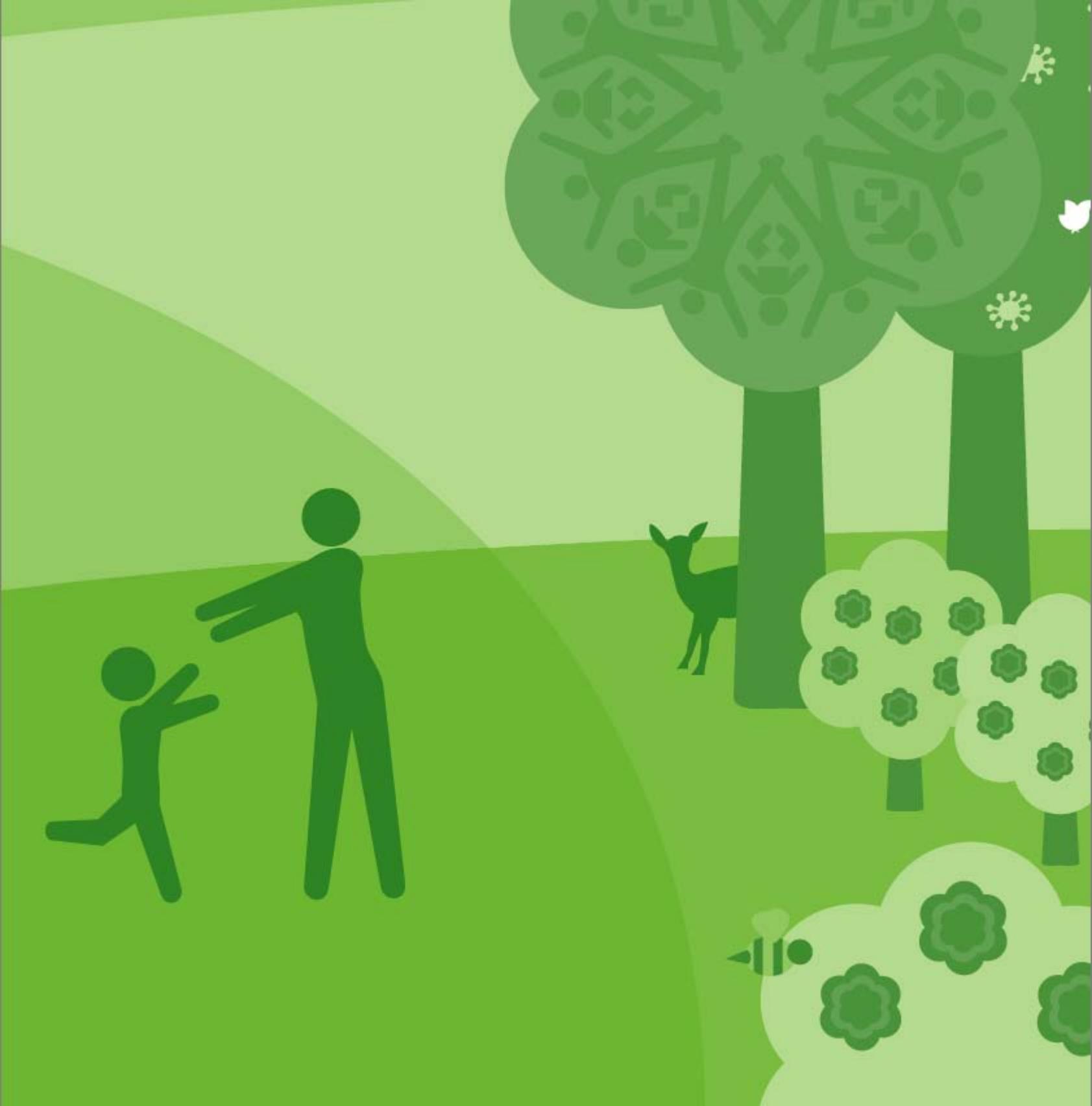
hang a tire swing





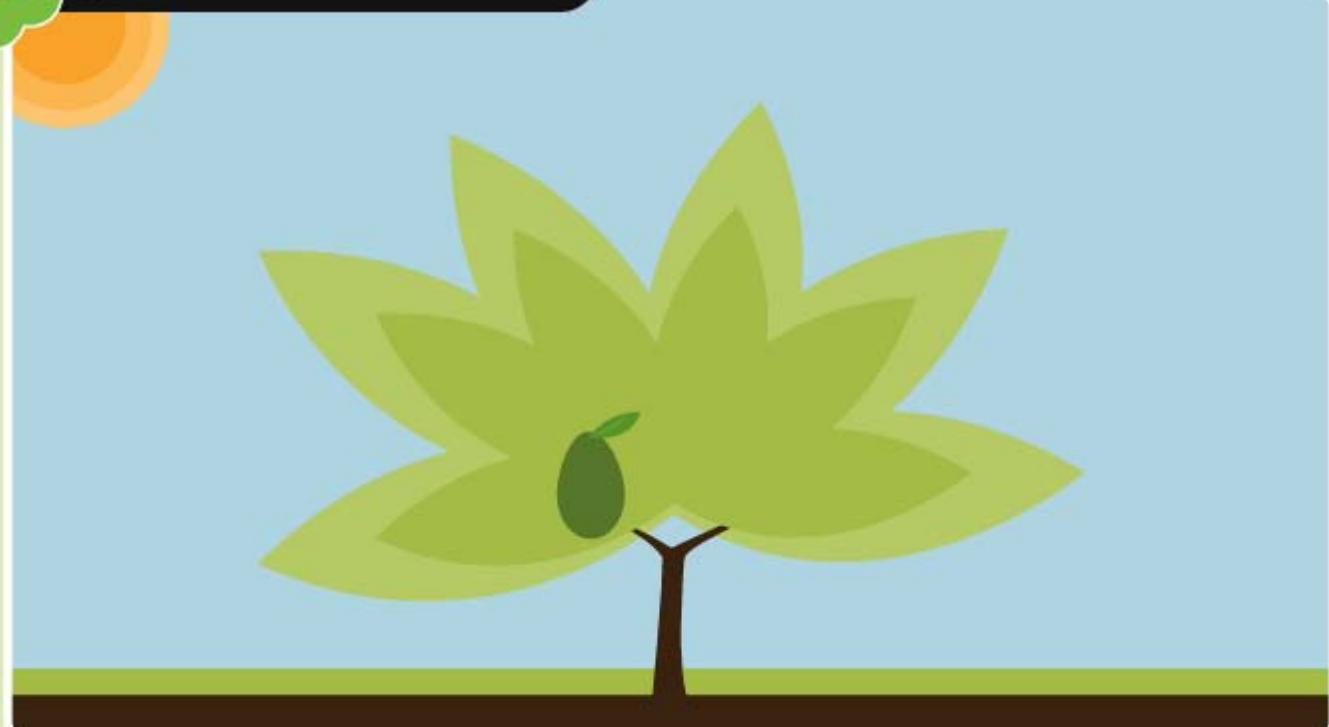


grow



262

grow an avocado tree



65

prepare guacamole



repot a houseplant

263



Loosen the plant from the pot.



Place a mesh filter over the hole.



1 in
(2.5 cm)



Tamp down the soil.



Water settles the roots.



repot a rootbound plant

264



Tease the outer roots on the sides.



Tease the coiled roots at the bottom.



Continue repotting.

265

plant a bare-root tree



Spread the roots.



Insert a stake into a mound.



The crown should be level.



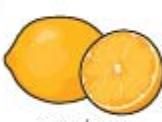
Make a barrier with mulch.



tangerine



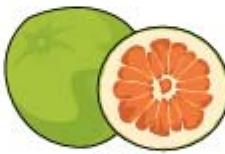
key lime



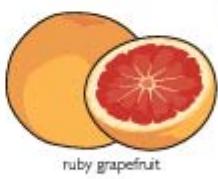
meyer lemon



blood orange



pomelo



ruby grapefruit



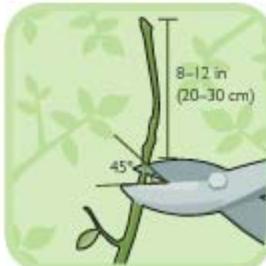
kumquat



buddha's hand citron

266

graft a citrus tree



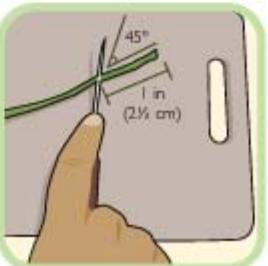
Select and cut a bud



Place in a plastic bag



Store in the refrigerator.



Trim the bud.



Make an incision.



Cut brown or striated canes.



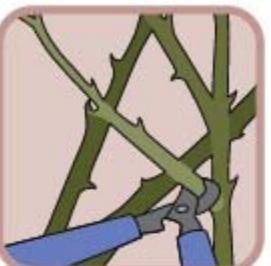
Remove horizontal canes.



Remove pencil-thin canes.



Cut off interior canes.



Remove crossed canes.



Pull out any suckers.



Cut above outward buds.



Prune to healthy tissue.



Coat with sealant.



Create a vase shape.



cabbage rose



alba rose



bermuda rose



tea rose



china rose



damask rose



gallica rose



bourbon rose

make a boutonniere

215



Cut a T-shape.



Peel back the flaps.



Nestle the bud in the bark.



Remove the tape.







Check for rootballs.



Place in dappled light.



Place in more direct light.



Plant on an overcast day.



Overtum the planting bed.



Space appropriately.



Cover with soil.



Water daily at first.



To see if the seedlings are ready for transplant, gingerly remove each with a stick and look for a rootball (a clump of roots and soil) and a star-shaped leaf pattern (called true leaves). Then gradually expose the seedlings to more and more direct sunlight, and plant them in a hole twice the size of the rootball. Be sure all danger of frost has passed!



Cut below the bud.



Make a notch; bend.



Dip in rooting hormone.



Plant in sand and peat moss.



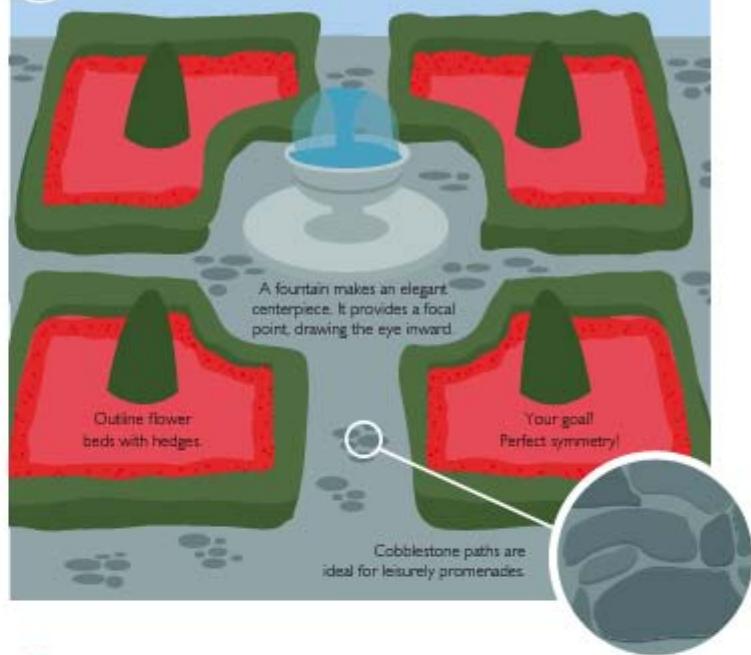
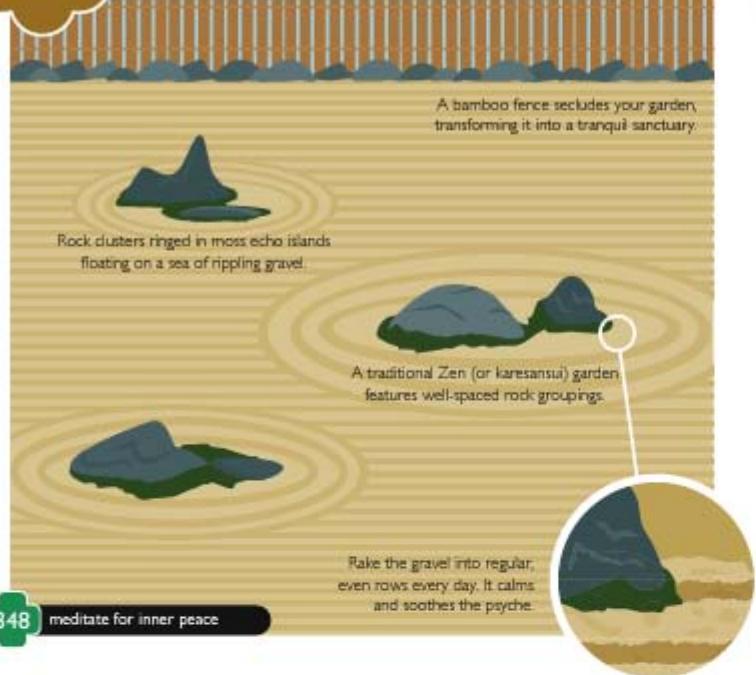
Cover to trap moisture.

271

create a japanese zen garden

272

design a french parterre garden

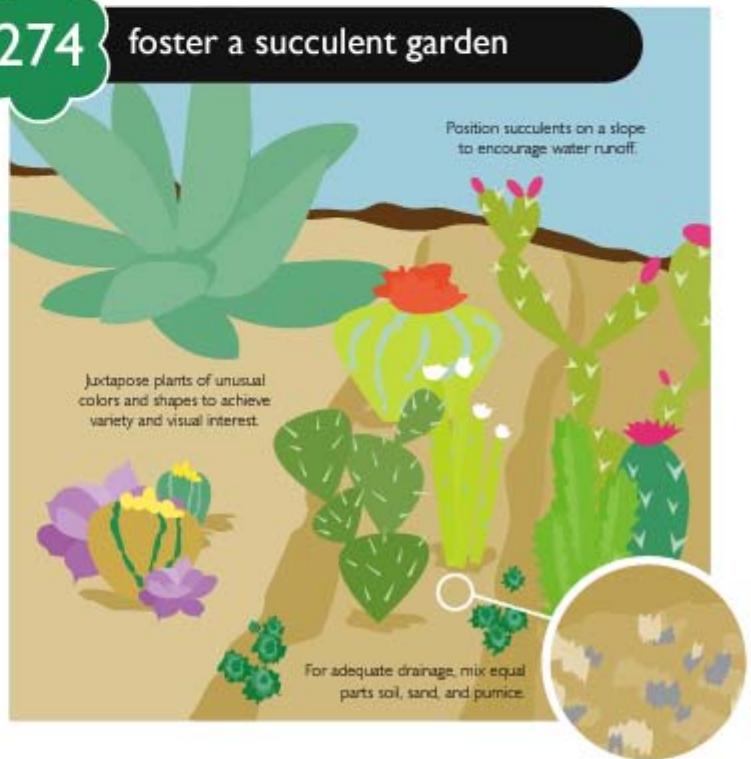


273

plant an edible garden

274

foster a succulent garden



dice a chile pepper

66



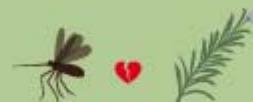
Scare off rabbits and squirrels with feisty chile peppers.



To make bugs bug off, plant herbs like basil or rosemary.



Turn up pests' sensitive noses with soap, rosemary, or other scents.



pour a proper pint

134



It's not so much that snails don't like beer. In fact, they love it—so much that they tend to drown in its tastiness.



Got an ant bed problem—or two? Introduce ants from one bed to another. They'll take each other out.

attract friendly critters

276



hummingbird



butterfly



bee



ladybug



raccoon



garbage



make a suet snack for birds

277



1 c (230 g) suet
1 c (260 g) peanut butter



2 c (320 g) cornmeal
2 c (180 g) oats



Form balls. Chill until hard.



Place in a mesh bag.



Hang, and enjoy the visitors!

278

set up a beekeeping station



333

treat a bee sting



279

build an ant farm



Insert a jar inside a wider one of the same height. Prick the wider jar's lid.



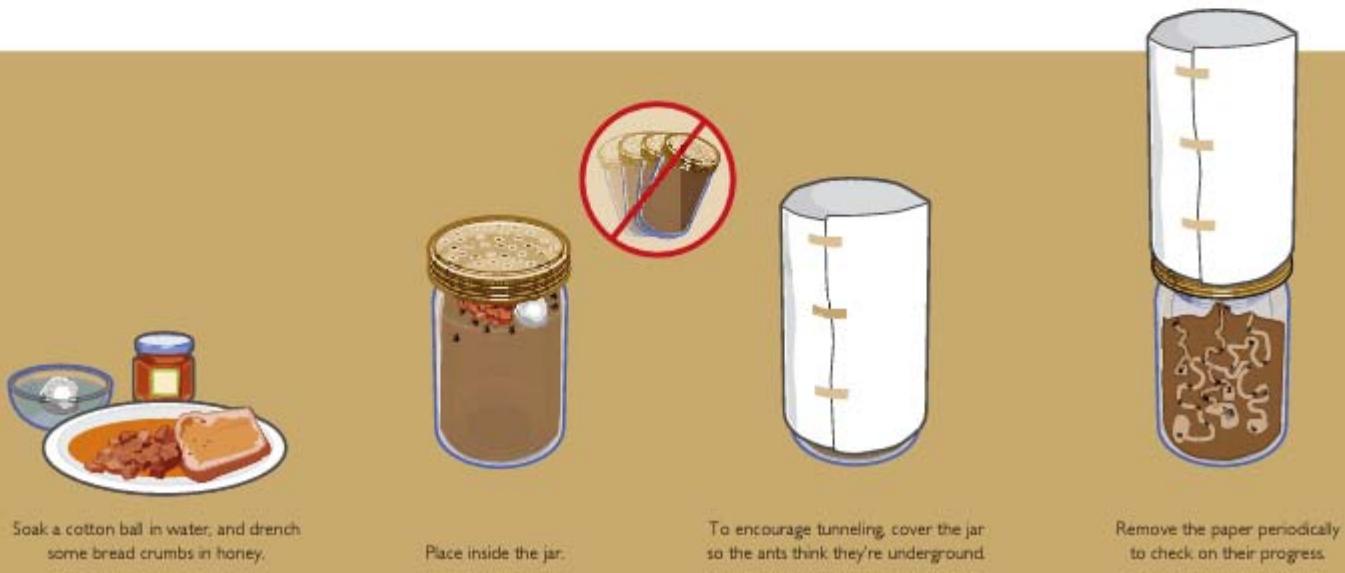
Find an ant hill, and remove the worker ants, the queen, and some eggs. Avoid fire ants, though!



Gently funnel the soil and worker ants around the inner jar.



Add the queen and her eggs last.



280

milk a goat



Coax into a milking stall.



Wash with warm water.



Tighten in one motion.



Direct the first spray away.



Stop when the teats shrink.

281

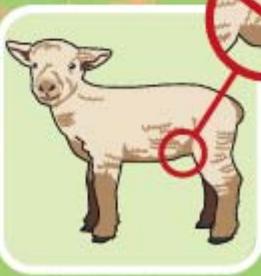
bottle-feed a lamb



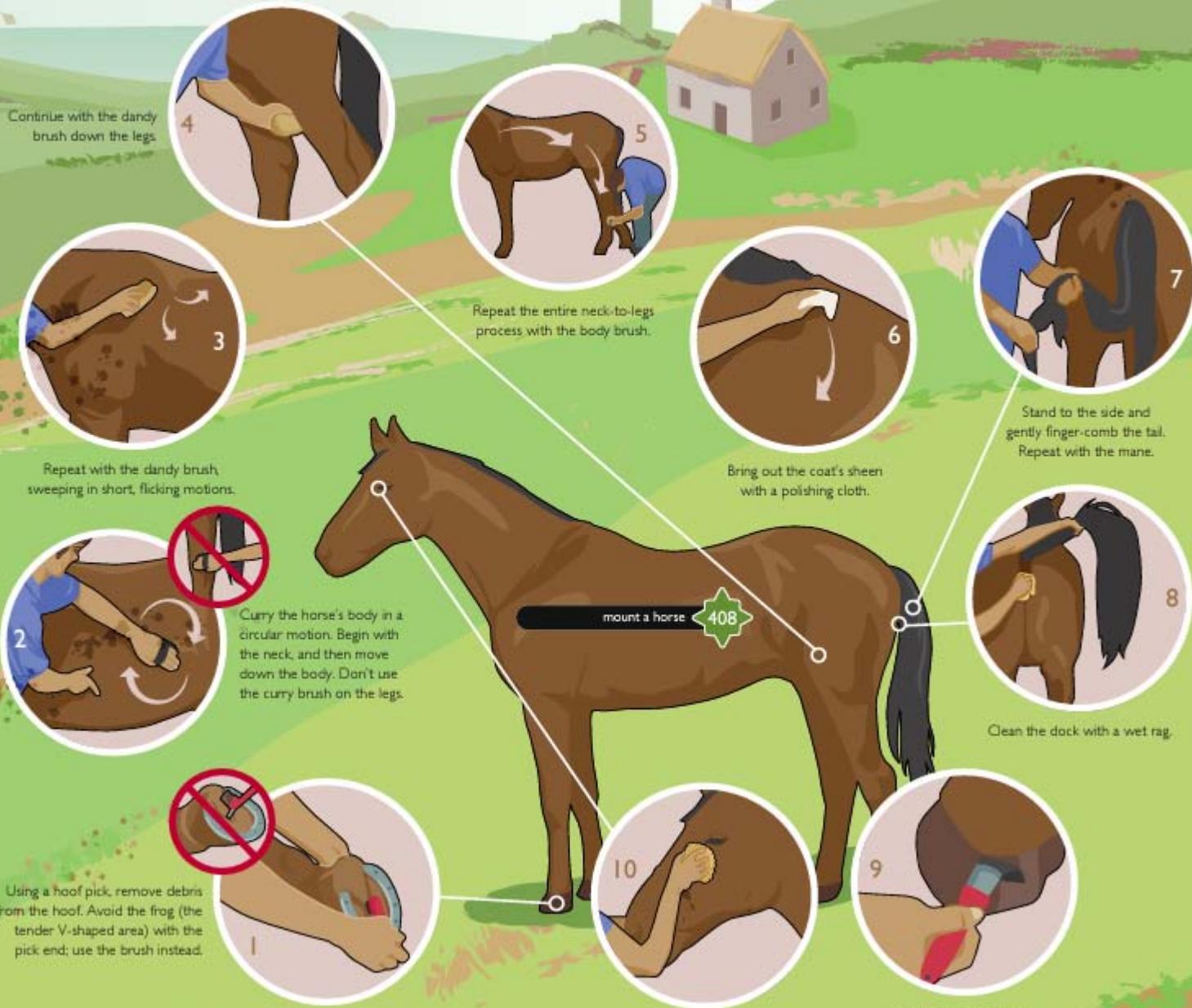
Hold and comfort the lamb.



Stroke the throat.



Stop before he's too full!



Using a hoof pick, remove debris from the hoof. Avoid the frog (the tender V-shaped area) with the pick end; use the brush instead.

Gently wash the horse's face with a damp cloth or sponge.

2

Curry the horse's body in a circular motion. Begin with the neck, and then move down the body. Don't use the curry brush on the legs.

mount a horse

408



1



Continue with the dandy brush down the legs.

4



Repeat with the dandy brush, sweeping in short, flicking motions.

3



Repeat the entire neck-to-legs process with the body brush.

5



6

Bring out the coat's sheen with a polishing cloth.

7



Stand to the side and gently finger-comb the tail. Repeat with the mane.

8



Clean the dock with a wet rag.

9



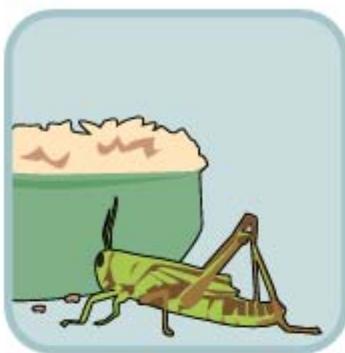
Apply oil to the hooves.

10



283

feed a chilean-rose tarantula



Feed grubs to the crickets.



Check the spider's location.



Offer one cricket at a time.



Remove all uneaten crickets.

427

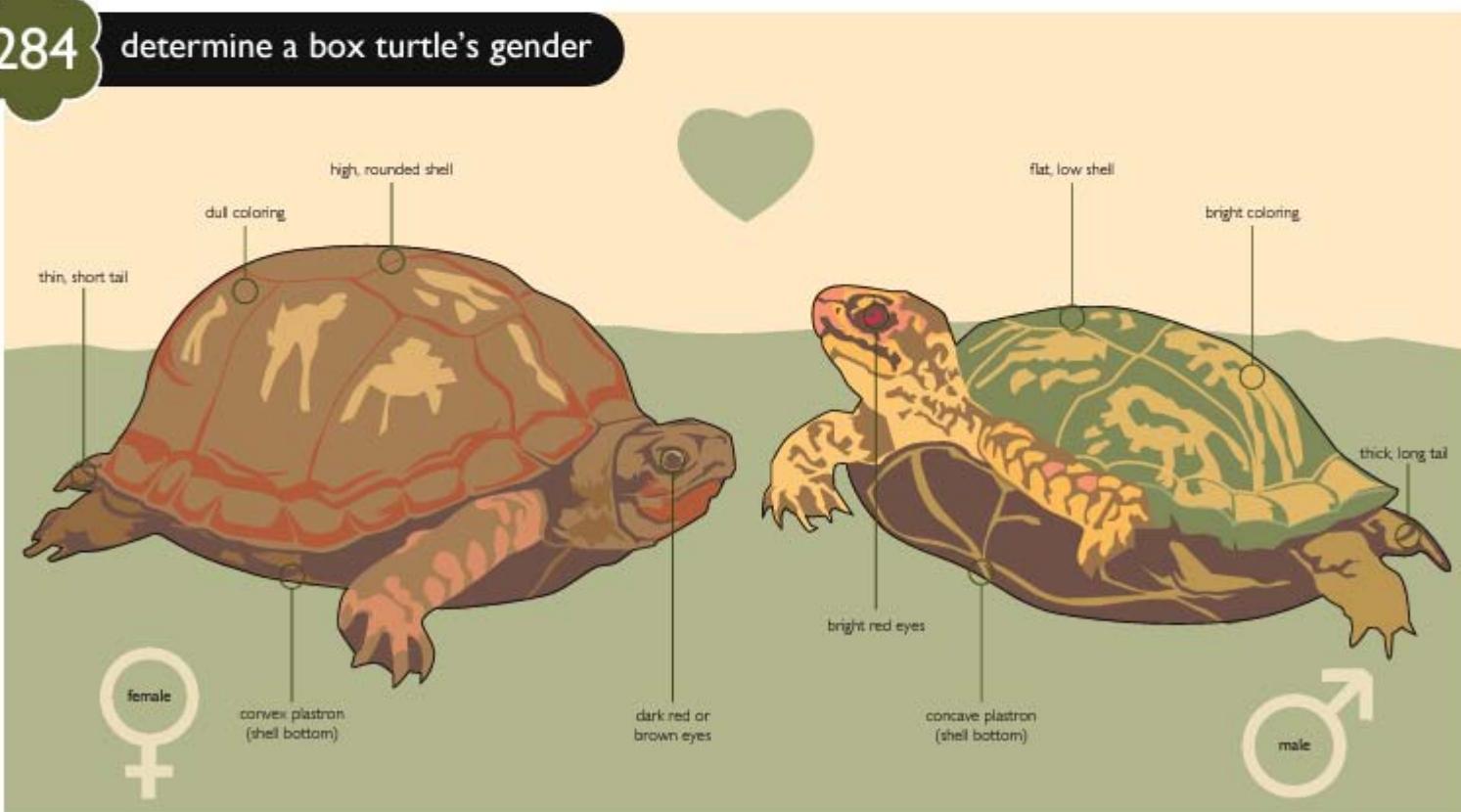
fire-roast a tarantula



Has your tarantula flipped over on his back and spun a web? If so, he's molting and shouldn't be touched or fed until his molt is complete—otherwise, he might cut himself on his shell. He may look fierce, but he's awfully sensitive!

284

determine a box turtle's gender





give a parrot a bath

285



Choose a warm, bright time.



Spray mist above the parrot.



If he flaps his wings, he likes it.



Let him air-dry and preen himself.



build a koi pond

286



Stake out the desired shape.



Dig a hole with terraces.



Line with sand and paper.



Add a tarp. Fill with water.



Edge with rocks. Add fish!

hug a hedgehog

287



Scoop from behind.



Cup in your hands.

pick up a rabbit

288



Snare a hare 429

Pick up by the bottom.



Carry close to your chest.

289

brush a pup's teeth



Approach when relaxed.



Use special dog toothpaste.



Let him taste it.



Lift the mouth open.



Brush the upper back teeth.



Brush the lower back teeth.



Check for signs of illness.



Reward with treats and praise.

290

read a dog's body language



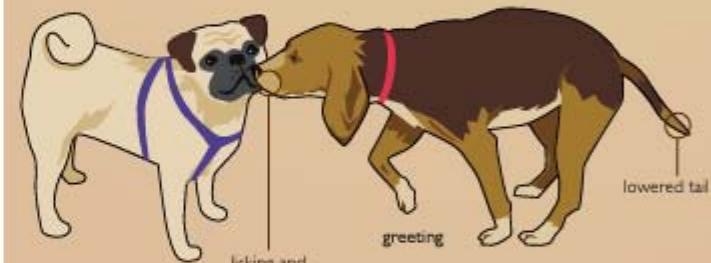
raised fur
bared teeth

aggressive

hunched posture

tucked tail

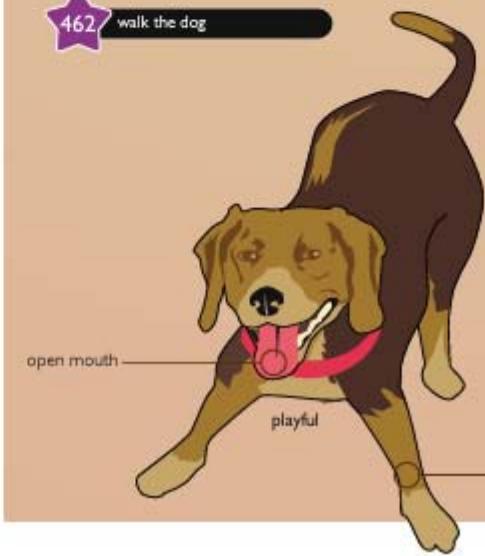
cowering



lowered tail
lowered front end

greeting

462 walk the dog



open mouth

playful

lowered front end

greet a new dog

291



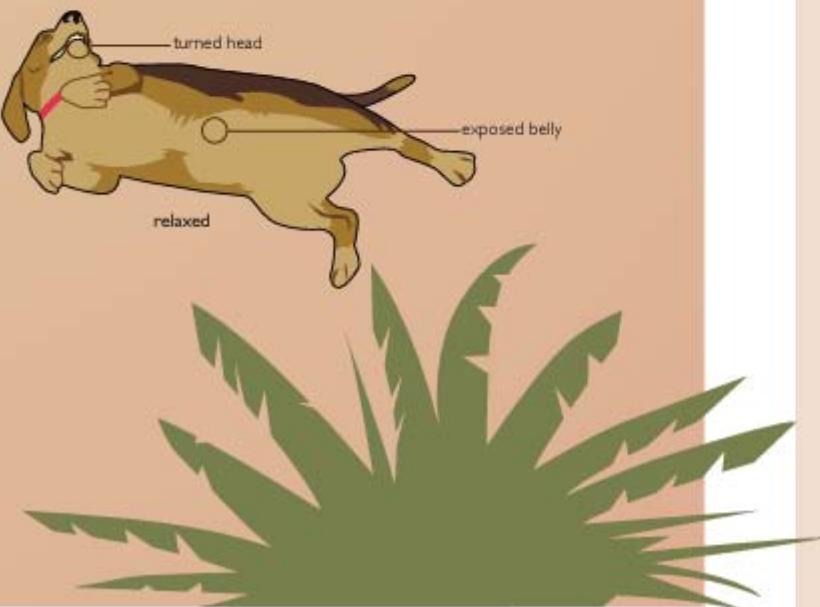
Approach slowly from the front.



Let the dog smell your fist.



Stroke under the chin first.



feed a pooch a pill

292



Start with a happy dog.



Hold the muzzle.



Pry open the mouth.



Close the jaw, rub the throat.



Don't forget the reward!

collar my dog correctly

293



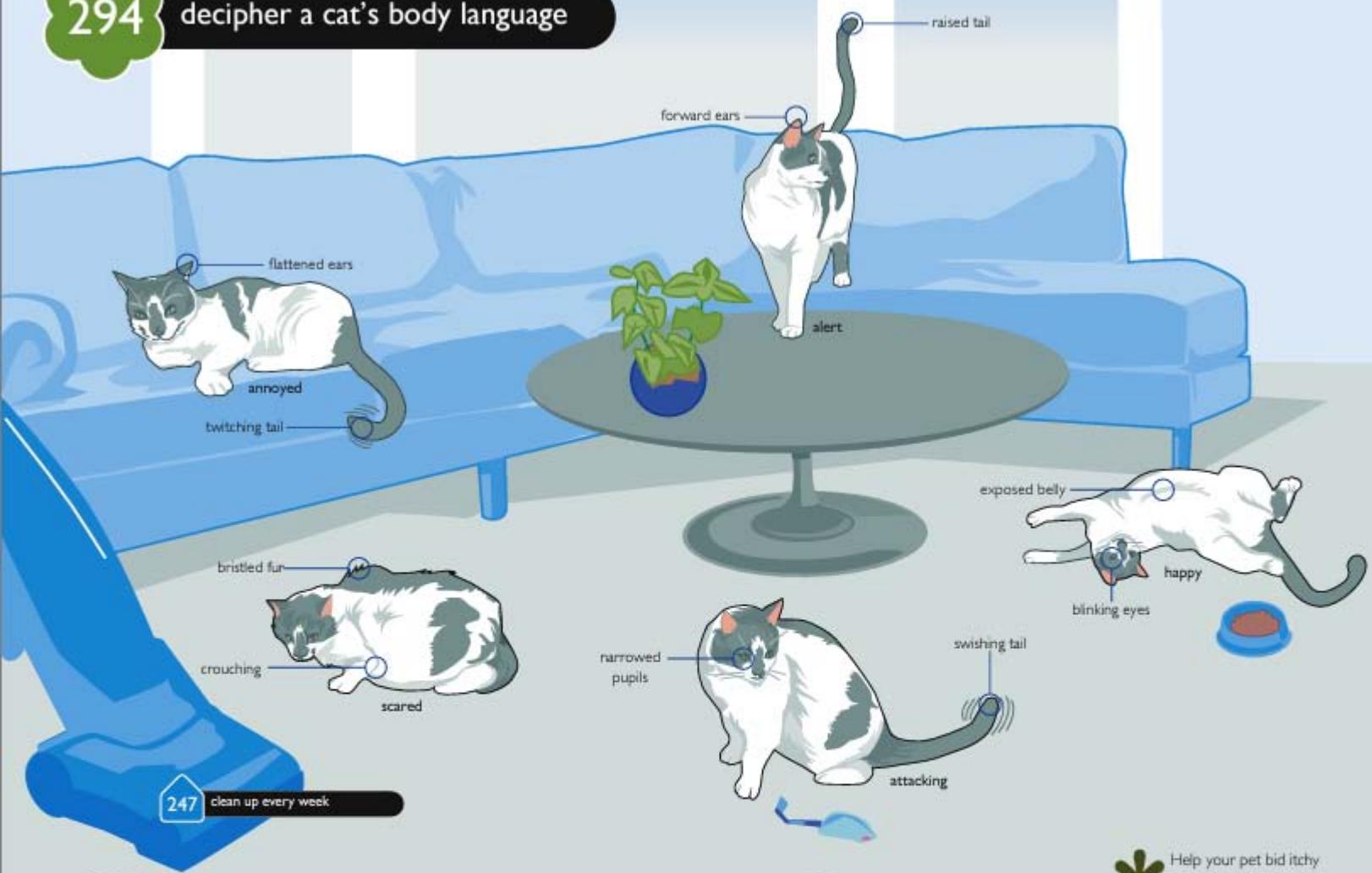
Fit two fingers between the dog's collar and skin.

A breakaway clasp prevents strangulation.

Put your pooch's name and your contact info on a reflective tag.

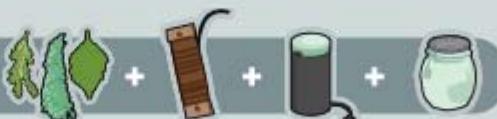
294

decipher a cat's body language

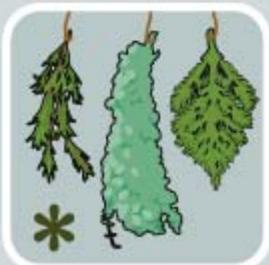


295

deflea herbally



Help your pet bid itchy guests farewell with this herbal remedy. Mix in equal parts any combination of rosemary, eucalyptus, fennel, rue, lavender, or wormwood.



Hang the herbs to dry.



Grind the herbs finely.



Mix in equal parts:



Rub into the fur.



Place baby food on your finger.



Let him get a good taste.



Once he's won over, pet him.



A towel prevents scratches.



Press the jaw; insert the pill.



Rub until she swallows it.



Don't forget a treat!



bandage a nasty wound 338

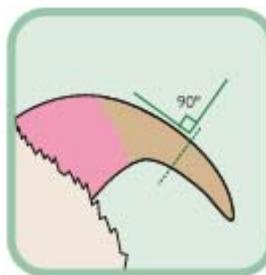
Start with a relaxed cat.



Press to extend the claws.



Hold the clippers vertically.



Cut away from the quick.



Reward a patient kitty.

299

bathe a baby



Be sure to support the baby's head.

Prevent chills with warm water.

Wash the face with a cotton ball.



Wash the baby's front, top to bottom.



Wash the back, top to bottom.



Gently suds the scalp.



Pat dry. Wrap in a towel.



Be sure to have a hand on your baby at all times while he's splashing around in the tub. This prevents him from slipping underwater—and it makes him feel safe. Likewise, never leave him alone in the tub. Keep all supplies within arm's reach.

300

cook up yummy baby food



Add the apples and water; simmer.



Mash until smooth; let cool.



hang a high-contrast mobile

301



Remove the horizontal bar.



×6



×3



Arrange the three hangers.



Tape together.



Glue to card; tie to cables.



Hang out of reach.



Update with bright shapes.



Mobiles are so fascinating—babies can't help reaching up for them! To prevent the decorations from becoming choking hazards, use cable ties or other sturdy fasteners under 1½ ft (45 cm) in length to secure the dangling objects well out of your baby's reach. As she grows and her eyes start to pick up on color differences, swap the black-and-white objects for more brightly colored and whimsical decorations. Take it down, however, as soon as she can push up on her hands or knees.

pack a well-stocked diaper bag

302



303

swaddle a wee one





Pat the baby's back . . .

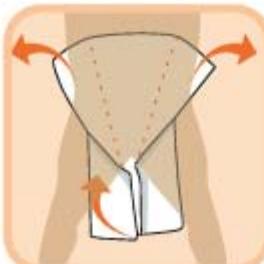
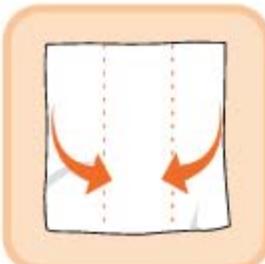
. . . until the burp is achieved



Stroke the baby's abdomen.

Move the legs side to side.

Cycle those legs!



Place the baby; fold.

307

teach a kid to ride a bike



Suit her up in protective gear.



Raise the training wheels each week.



Remove them when she's ready.



Adjust until her feet touch the ground.



Find an open, sloping grassy area.



Walk while balancing on the saddle.



Support her shoulders.



308

banish imaginary monsters



Listen to her fears.



Tuck her into her own bed.



Spray "monster repellent."



Set up a trap.



Turn on a night-light.



remove gum from a child's hair

309



Isolate the gum.



Apply ice until the gum breaks.



Comb out the pieces.



convince a child to eat veggies

310



Select vegetables together.



Prepare them as a team.



Serve veggies first.



Let him see you eat them.



Make a goofy design.



serve a banana-octopus snack

311



Cut eight "tentacles."



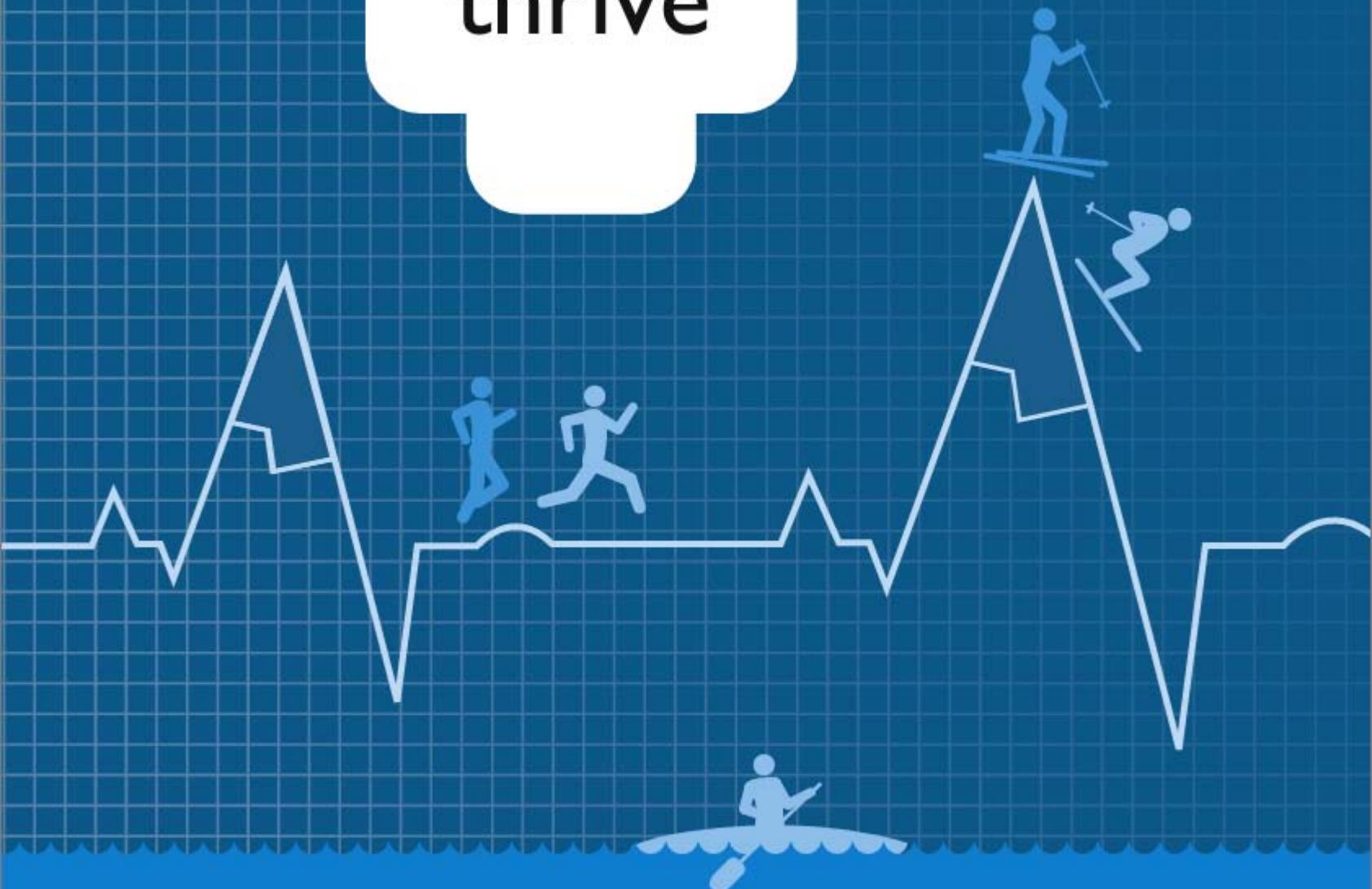
Make slits for eyes.



Insert raisins into the slits.



thrive





312

select the right golf club

club type	average distance	
driver	150–200 yd (140–180 m)	200–260 yd (180–240 m)
3-wood	125–180 yd (115–165 m)	180–235 yd (165–215 m)
5-wood	105–170 yd (95–155 m)	170–210 yd (155–190 m)
2-iron	105–170 yd (95–155 m)	170–210 yd (155–190 m)
3-iron	100–160 yd (90–145 m)	160–200 yd (145–180 m)
4-iron	90–150 yd (80–135 m)	150–185 yd (135–170 m)
5-iron	80–140 yd (75–130 m)	140–170 yd (130–155 m)
6-iron	70–130 yd (65–120 m)	130–160 yd (120–145 m)
7-iron	65–120 yd (60–110 m)	120–150 yd (110–135 m)
8-iron	60–110 yd (55–100 m)	110–140 yd (100–130 m)
9-iron	55–95 yd (50–85 m)	95–130 yd (85–120 m)
pitching wedge	50–80 yd (45–75 m)	80–120 yd (75–110 m)
sand wedge	40–60 yd (35–55 m)	60–100 yd (55–90 m)

The most common grip is the Vardon Overlap. It's formed by interlocking the pinkie of your trailing hand with your leading hand's index finger.

Don't squeeze too hard. Imagine the club is a fragile baby bird.



teeing zone



Wait your turn! Don't start until others have finished and exited the green.



Don't take any practice swings while someone else is swinging.

313

perfect my swing



Stand parallel to the line of flight.



Lean forward; bend your knees.



Keep your feet at shoulders' width.



Lift your left shoulder; angle your feet.



Escape a sand trap by striking the area behind the ball, sending it up on a flying cushion of sand.

sand trap

fairway



Golf balls are often printed with identifying numbers, but it helps to mark yours so that you don't lose it—or get stuck with someone else's bad lie.

rough

get out of quicksand

446



Cruisin' in your cart is fine. Just stay off the green!



The golden rule? Play it as it lays. It's cheating to move your ball.



It's the ball that soars, not your club! Keep your driving rage off the driving range.



To putt, draw the club straight back, then strike straight through. Keep your speed slow and steady.

putting green



Take a few practice wags over the ball.



Swing from the hips; focus on the ball.



Make impact. Turn your hips and foot.



Follow through. End facing the target.

315

throw a four-seam fastball



Index and middle fingers go on the seam.



Conceal your pitch grip.



Shift to your right foot; angle your left.



Release with your fingers over the ball.

**316**

nail a free throw



Stand at the free-throw line.



Focus on the backboard.

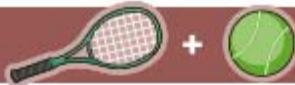


Straighten; flick your wrists.



460 spin a basketball on my finger

Swish!



Stand behind the baseline.



Grasp in a continental grip.



Point your racquet at the target.



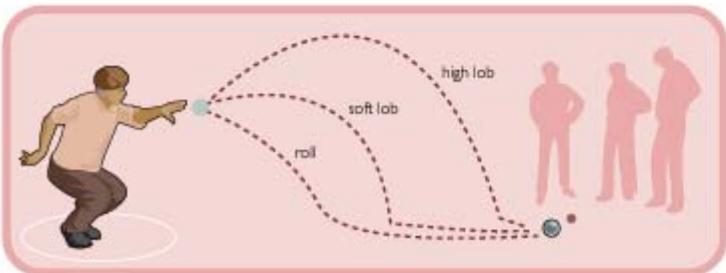
Shift your weight backward; release.



Backscratch the racquet.



Straighten. Hit at the highest point.



Pick a lobbing technique. Stay within the circle, and place your boule close to the jack.



Throw a carreau to knock a rival's boule away from the jack.

319

assume the basic 4-4-2



Start the game with the tried-and-true 4-4-2. It protects the goal and the midfield, while sending two strikers up to score.

320

score a goal with a 4-3-3



Need some points on the scoreboard? Use this balanced formation to launch an attack without jeopardizing your goal.

321

win the midfield with a 3-5-2



Today's match is won or lost in the midfield. To control the game, bulk up on your midfielders.

322

go on the defensive with a 4-5-1



The 4-5-1 can preserve your lead—or your tie! The one striker should be speedy so that he can score if the chance arises.

understand soccer penalties

323



Headbutting is a notorious red-card offense.



Watch your mouth! Cursing and other rude conduct will get you a yellow card.



Exit or enter the field without the ref's approval and you'll get a yellow card.



Spit on someone and you'll end up with a red card—and on the bench.

Careful there, hot shot! Two yellow cards equal a red card, which puts you out of the game.



Hit squarely.



Hit the lower part of the ball to send it up.



Bend from the waist. Keep your mouth closed.



Hit the upper part of the ball to send it down.

defend a soccer goal

325



Make a diamond with your hands.



Assume the basic goalkeeper position.



Dive to make the catch.



Cover the ball.



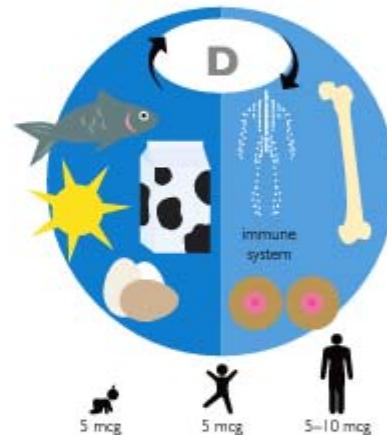
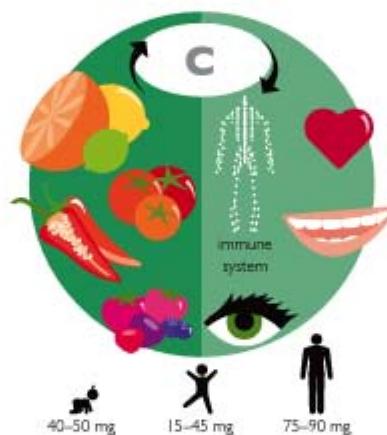
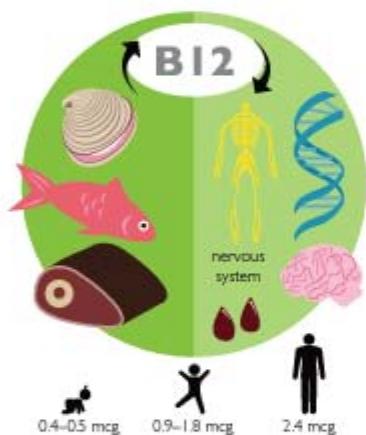
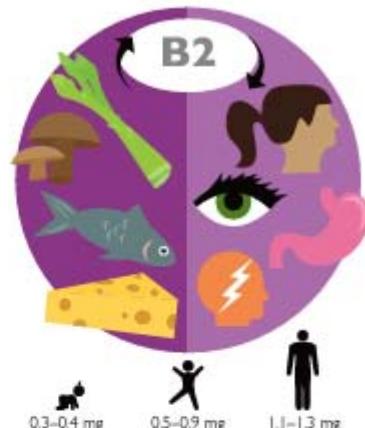
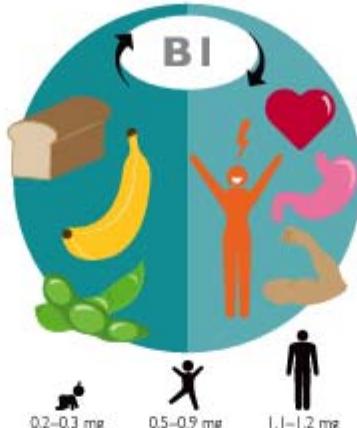
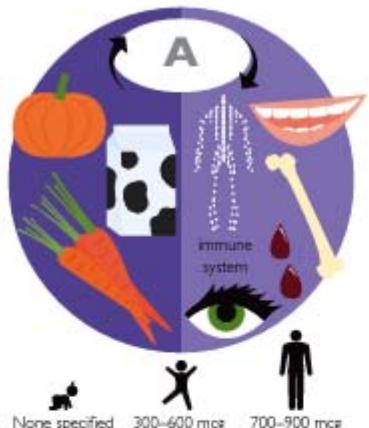
Pull to your chest.



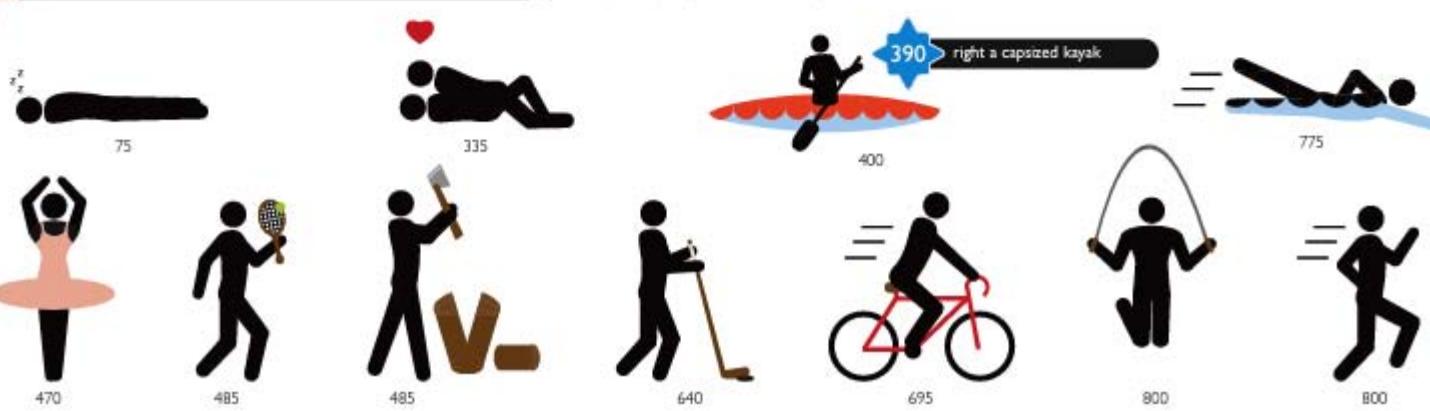
Hug the ball to your chest.

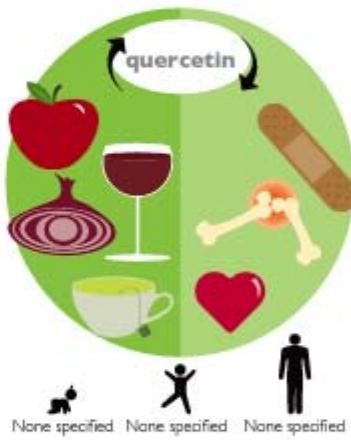
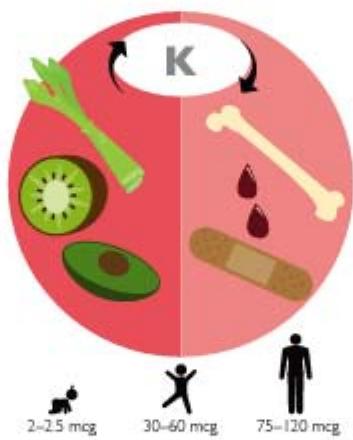
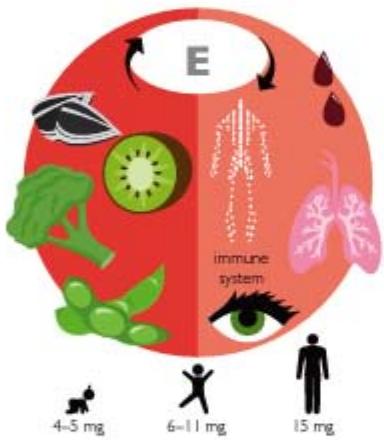
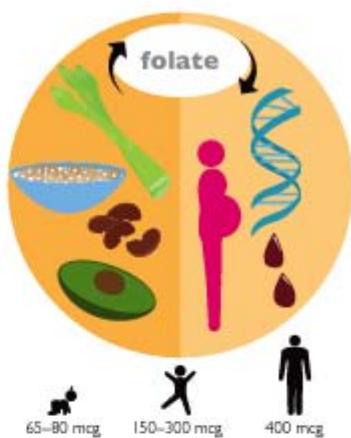
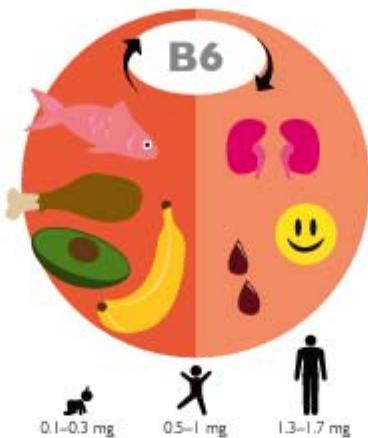
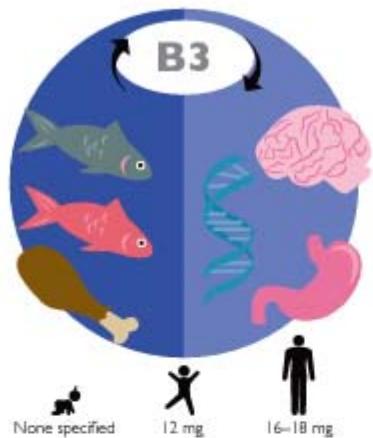


Remember your mom's advice—take your vitamins! Let this cheat sheet help you select the vitamin-rich foods that your body systems need, and learn how much of each vitamin you and your family require on a daily basis.



Did you know that you're always burning calories—even while you sleep? Check out how many calories the average person (175 lbs/80 kg) burns while participating in the following activities for one hour.

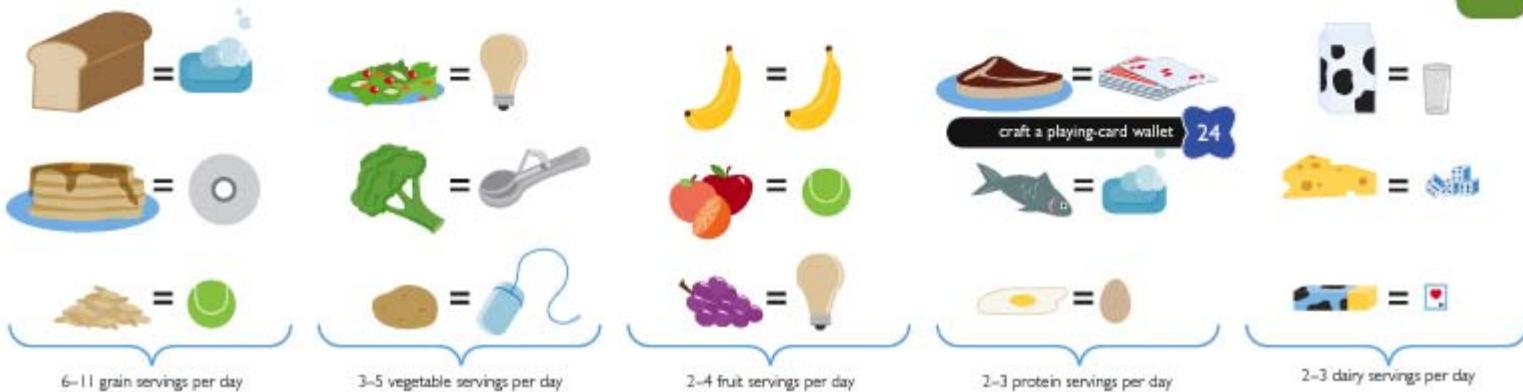




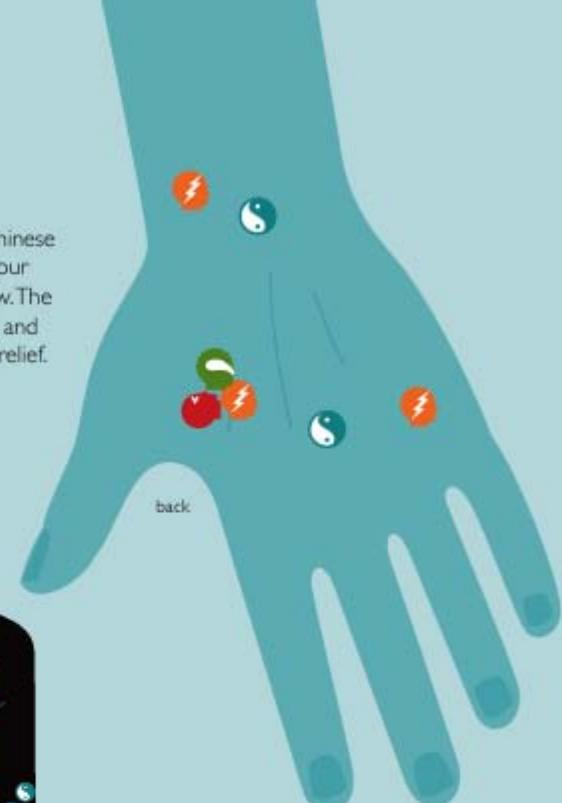
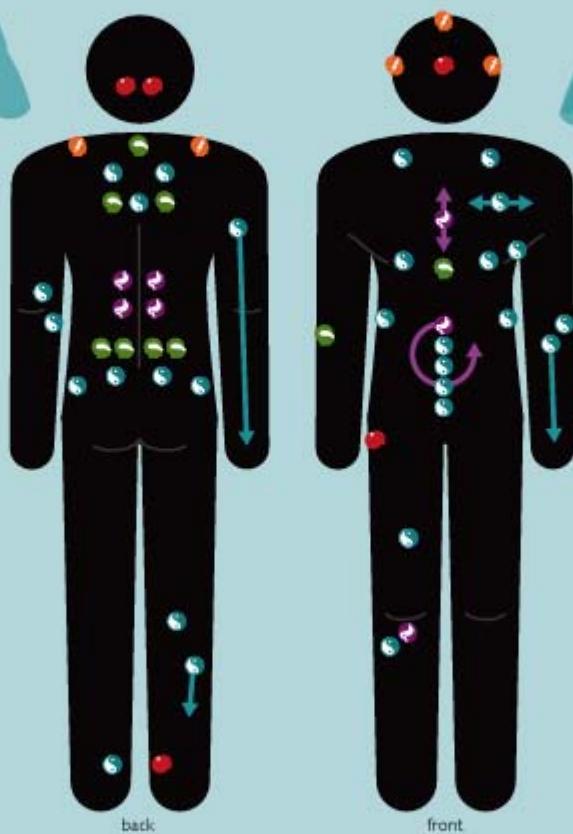
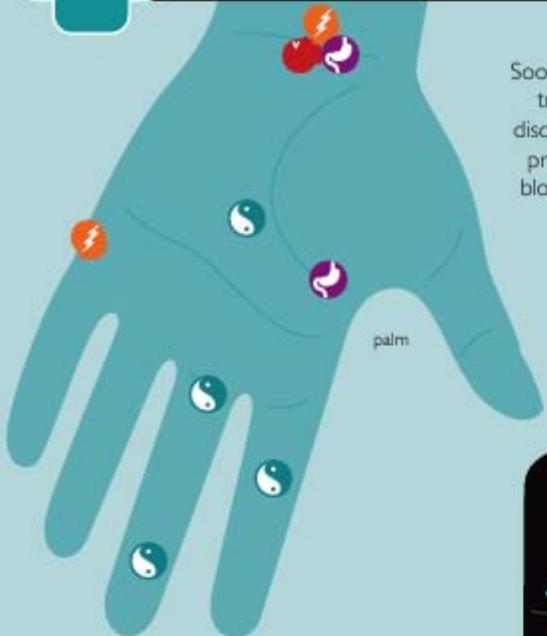
What does a serving size look like, exactly? Try envisioning a steak as a deck of cards, or a potato as a computer mouse—that's a serving size! Use these handy visualizations and daily recommendations to eat a balanced diet.

visualize serving sizes

328



Soothe life's minor aches and pains with this traditional Chinese treatment. First, locate the point that corresponds to your discomfort, then press the area with your thumb or elbow. The pressure will stimulate your organs and enhance energy and blood flow throughout your body, resulting in a wave of relief.



general well-being



headache



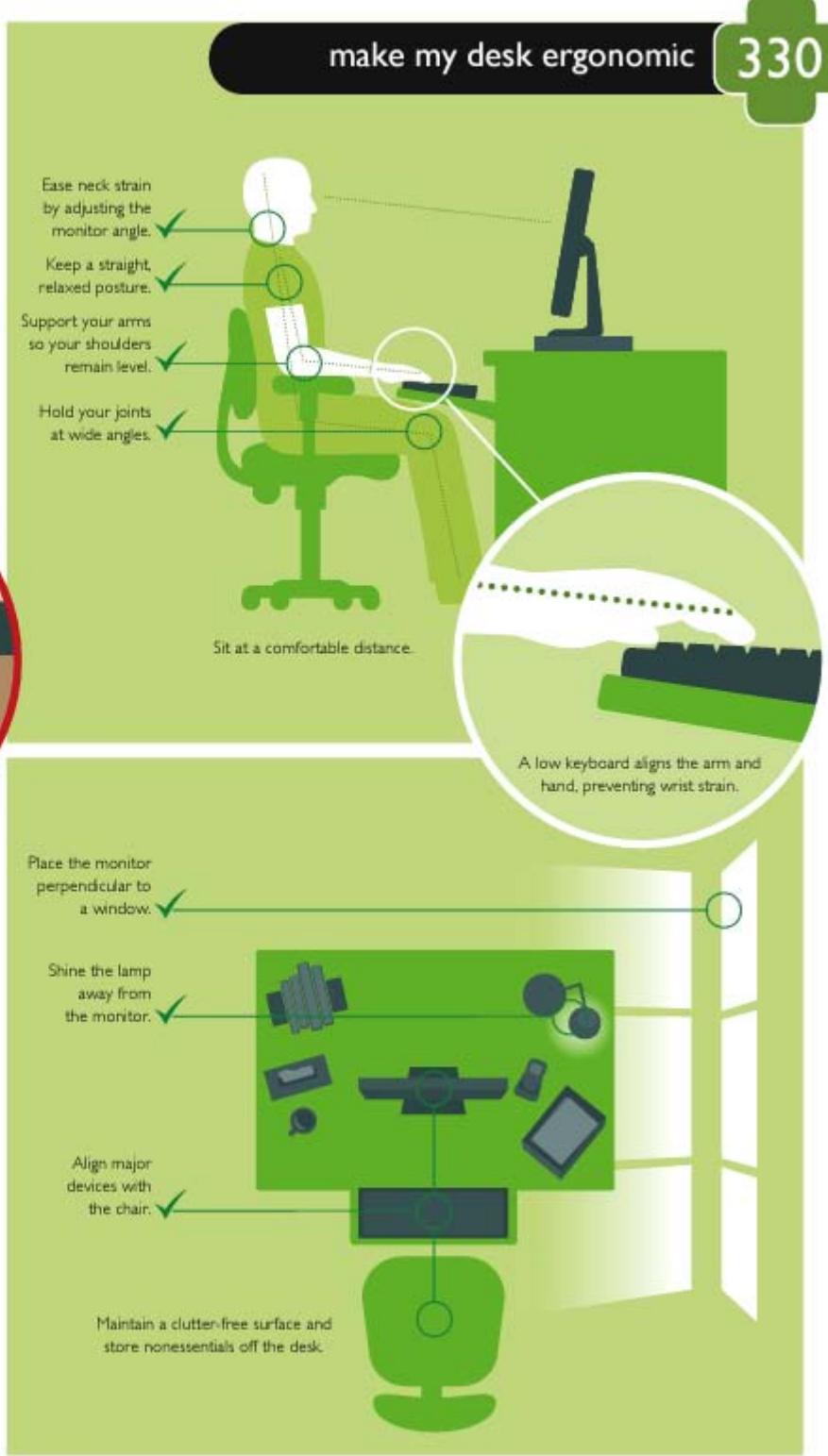
insomnia



allergies and sinus



indigestion



331

soothe a first-degree burn



+



+



+



Remove from the burn source.



Soak cloths in ice water; apply.



If it turns white, it's a first-degree burn.



Apply antibiotic ointment.



Cover with a bandage.



Monitor for discoloration.

332

stop a nosebleed



+



Apply intermittent pressure.



Lean forward.



A cloth catches blood.



Moisturize the nostril.



If bleeding persists, get help.



treat a beesting

333



Quickly remove the stinger.



Clean with rubbing alcohol.



Add baking soda and water.



Monitor for hives.



pull out a splinter

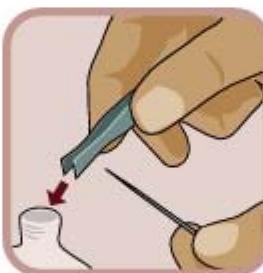
334



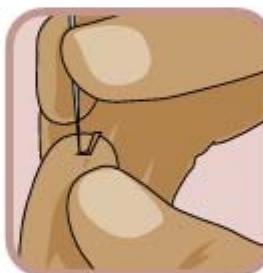
Gently wash the site.



Squeeze around the splinter.



Sanitize with rubbing alcohol.



Enlarge the hole.



remove an object from my eye

335



Wash your hands first.



Swab; remove the object.



Lie down; flush with saline.



Turn your head to drain the excess.





Elevate. Apply pressure.



Remove constricting items.



Layer additional gauze.



Find a pressure point.



Pressure slows the bleeding.



If the wound is so deep that you see yellow fatty tissue, or if it's hard to pinch closed, it needs stitches.



bandage a nasty wound



Bevate. Wash the site.



Check if it needs stitches.



Apply antibiotic ointment.



Cover with a bandage.



Add a waterproof covering.



Use a tourniquet only when bleeding is severe. If the wound is just below a joint, knot above or close to the joint.



tie a tourniquet



Tie a knot above the injury.



Insert a stick.



Twist; tighten until the bleeding stops.



340

perform cpr



Listen for breathing.

Briefly feel for a pulse.

Tilt back the chin.



Clear items from the mouth.

Pinch the nostrils.

Breathe for the victim.

Pump on the breastbone.

Repeat until help arrives.



Expediency is key! Don't spend much time checking for a pulse. Likewise, while rescue breathing saves lives, some experts think that chest compressions are the most crucial element in CPR. So if the victim is suffering from cardiac arrest, or if you can't administer rescue breathing, start with chest compressions.

341

save a choking victim



Are you choking?

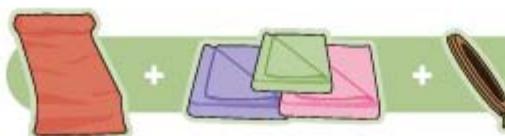
9-1-1



Strike the back.

Place the fist below the ribs.

Give abdominal thrusts.



splint a lower-leg injury

342



Remove the shoe and sock.



Position a folded mat.



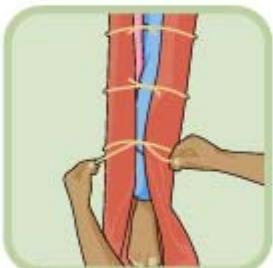
Pad behind the knee.



Pad on either side.



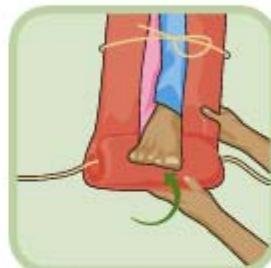
Gather around the leg.



Secure with several knots.



Pull rope through the fold.



Roll up the excess.



Crisscross; tie off.



If you're alone and can't knot the sling, simply remove and tie it. Then slip it over your head and gently ease your arm back into place.



+



wrap a sling

343



Place folded fabric under the arm.



Loop the fabric around the neck.



Knot; tuck the excess into the sling.



Secure to prevent movement.



Stop that taxi!



Crouch. Let gravity do its work.



Gently catch the baby.



Wipe the baby's face.



As the baby's head crests, check that the umbilical cord isn't wrapped around the neck, posing a strangulation hazard. If it has, gently slip your index finger between the neck and the cord, then slide the cord over the baby's head. If the placenta happens to come out, wrap it in a towel and take it with you to the hospital.



The best time to perform a breast exam is a few days after your period ends, and many women choose to do so right after a shower or bath. What are you feeling for, exactly? Anything at all seriously! If you notice any change in the way your breasts look or feel, make an appointment with your doctor. You know the adage—better safe than sorry!



Rotate, looking for changes.



Raise your arms and repeat.



Bend over and repeat.



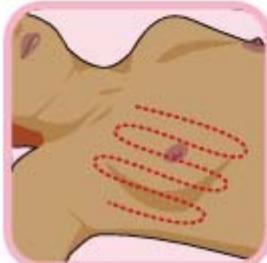
Lie down. Raise your arm.



Use the pads of three fingers.



Vary pressure as you feel.



Cover the entire breast.



Inspect the nipple.



Feel the lymph nodes.



Repeat on the other breast.



Tie off the umbilical cord.



To keep warm, hold the baby close.



Begin breast-feeding, if possible.



Hurry to the hospital.

breast-feed an infant

346



Hold the baby, belly to belly.



Slightly pinch the breast.



Place the nipple on the lips.



Slide the lower jaw down.



Tilt the baby's head forward.

save a choking baby

347



Listen for breathing.



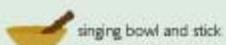
Strike the back.



Press the sternum.



Check for breathing. Repeat.



singing bowl and stick



photo of a beautiful vista



mandala



plant

348

meditate for inner peace

Surround yourself with soothing, spiritual items, then sit comfortably. Relax and let your inhalations and exhalations roll through you. If thoughts occur to you, simply acknowledge them, and return your attention to your breath.

If a sound distracts you, mentally label it a "noise" and return to the breath . . .

pabbles

candle



If you feel worry, frustration, or any other emotion (even a positive one), think "emotion" to yourself and return to the breath . . .

photo of a loved one



If you experience an itch, cramp, or tingle, think "physical sensation" and return to the breath . . .

status of a spiritual figure



If you catch yourself planning or mulling over an issue, say "thought" to yourself and return to the breath . . .

pabbles

As your practice advances, gradually increase the length of your meditation sessions.

pabbles



beginner



practitioner



intermediate



advanced



adept



true master



nearly to nirvana



candle

mug

flower

tree

pabbles



Shower before entering the sauna.



Add water to the hot coals.



Bask, luxuriating in the heat.



Brush your skin with the wet whisk.



save a hypothermia victim 441



Take an exhilarating dip.



Stay hydrated!



Repeat the cycle until satisfied.



Shower when finished.



True Fins go au naturel in the sauna, indulging in a head-to-toe cleansing ritual that leaves no pore unopened. If hanging out in the buff makes you shy, wrap up in a towel—just remove it before delighting in a few whips of the damp birch whisk, called a vihta. The whisk's leaves invigorate your skin, while its fresh smell revitalizes.



skip a stone across water 461



Massage your limbs.



2-3 min



2-3 min



Rest a stone in each palm.

351

heal with reiki



Ask your ego to step aside.



Channel the universe.



Trace the correct symbol.



Yes, I am ready to receive Reiki!



Position yourselves.



Scan the chakra for needs.



Focus on a target area.



Soothed spots tingle with warmth.



Treat all needy spots.



Relax. Discuss the effects.



Melt away pain with this Japanese technique, which uses energy transfer from one person to another to heal. Before a session, a Reiki master traces symbols on her palm or patient.



cho ku ray
This symbol increases and focuses energy.



sei hei ki
This emblem treats emotional imbalances.



hon sha ze sho nen
This symbol sends energy to far-away people.

352

do a simple tai chi move



Mimic the graceful, fluid motions of the clouds with this meditative tai chi move, called "wave hands like clouds." As your hands circle, imagine that you are rotating them around a ball of energy. Repeat steps three through five three times to complete the sequence.



Move your arm to the right.



Shift. Open your right hand.



Circle your arms; look right.



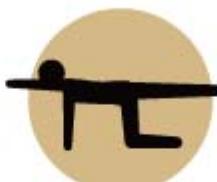
Continue circling, turn left.



Step together.

sukhasana
(easy)upavista konasana
(seated wide-legged straddle)ardha matsyendrasana
(half twist)

for beginners

for beginners and
pregnant womenfor beginners
and childrenfor intermediate
practitionerssvanasana
(table)marjaryasana
(cat)bitilasana
(cow)chakravakasana
(sunbird)garbhasthita
asana (child)phalakasana
(plank)astang pranam
(caterpillar)bhujangasana
(modified cobra)adho mukha svanasana
(downward dog)ardha adho mukha svanasana
(half downward dog)uttanasana
(standing forward bend)utthita ashwa sanchalanasana
(high lunge)ardha virabhadrasana
(low warrior)virabhadrasana III
(warrior III)virabhadrasana II
(warrior II)parsvakonasana
(modified side angle)trikonasana
(triangle)vrksasana
(tree)purvottanasana
(inclined plane)dhanurasana
(bow)ustrasana
(camel)ardha sarvangasana
(half shoulder stand)halasana
(plough)shavasana
(modified corpse)

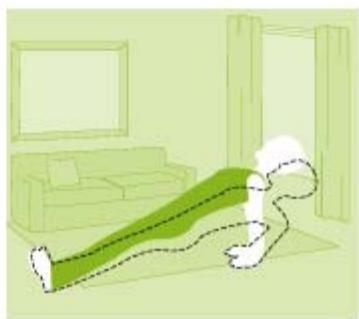
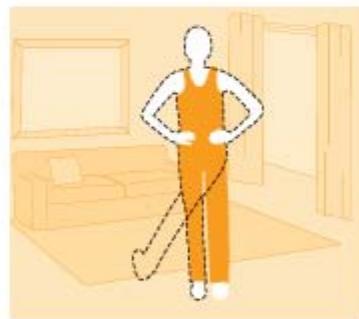
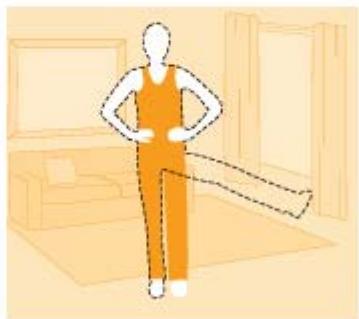
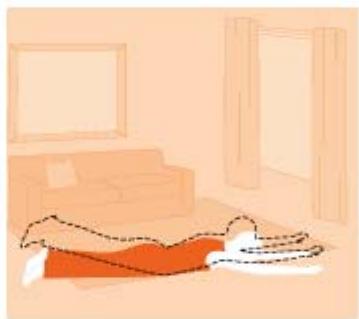
354

train to run long distance



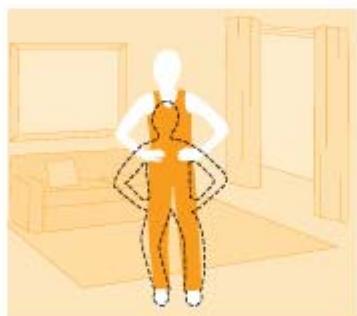
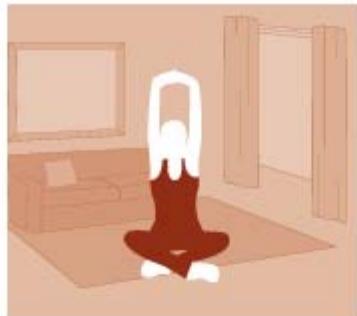
Lace up those running shoes! To boost your endurance, alternate a few minutes of jogging and walking, each week jogging a little more. Rest a few days between workouts.

	day 1	day 2	day 3
week 1	1min 1½min x8	1min 1½min x8	1min 1½min x8
	Total = 20 min	Total = 20 min	Total = 20 min
week 2	1½ 2 x6	1½ 2 x6	1½ 2 x6
	Total = 21 min	Total = 21 min	Total = 21 min
week 3	1½ 3 x2	1½ 3 x2	1½ 3 x2
	Total = 18 min	Total = 18 min	Total = 18 min
week 4	3 5 3 5 x3	3 5 3 5 x3	3 5 3 5 x3
	Total = 21½ min	Total = 21½ min	Total = 21½ min
week 5	5 5 5 x3	8 5 x2	21
	Total = 21 min	Total = 21 min	Total = 21 min
week 6	5 8 5 x3	10 3 x2	25
	Total = 24 min	Total = 23 min	Total = 25 min
week 7	25	25	28
	Total = 25 min	Total = 25 min	Total = 28 min
week 8	28	28	30
	Total = 28 min	Total = 28 min	Total = 30 min
week 9	30	30	30
	Total = 30 min	Total = 30 min	Total = 30 min



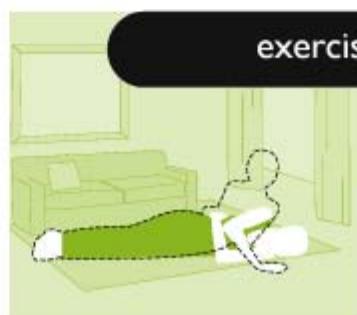
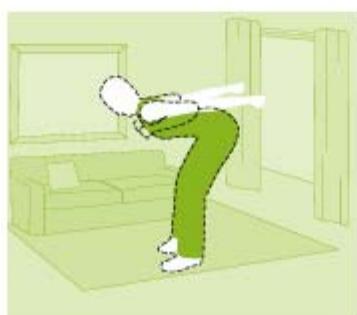
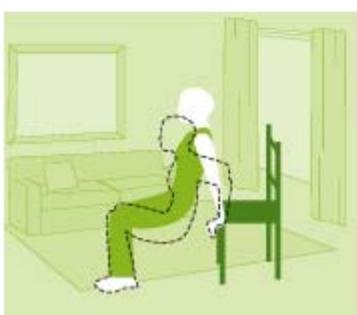
stretch before a workout

355



firm up my lower body

357



exercise my upper body

358

359

do the front crawl



As you raise your arm, turn your head to the side and breathe.

360

paddle the backstroke

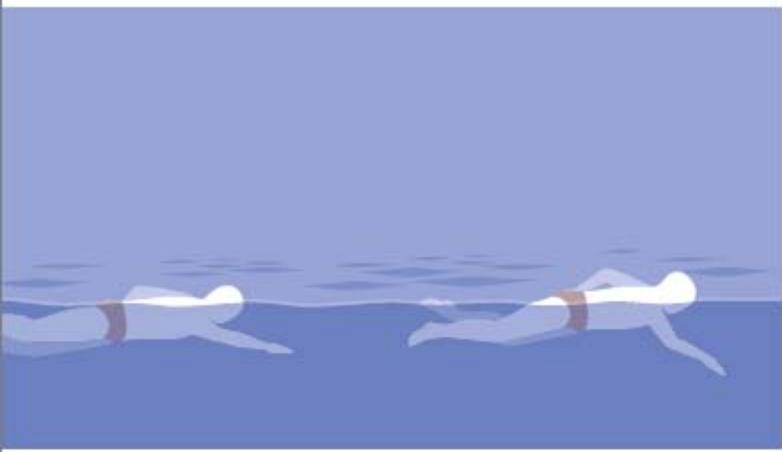


361

swim the breaststroke

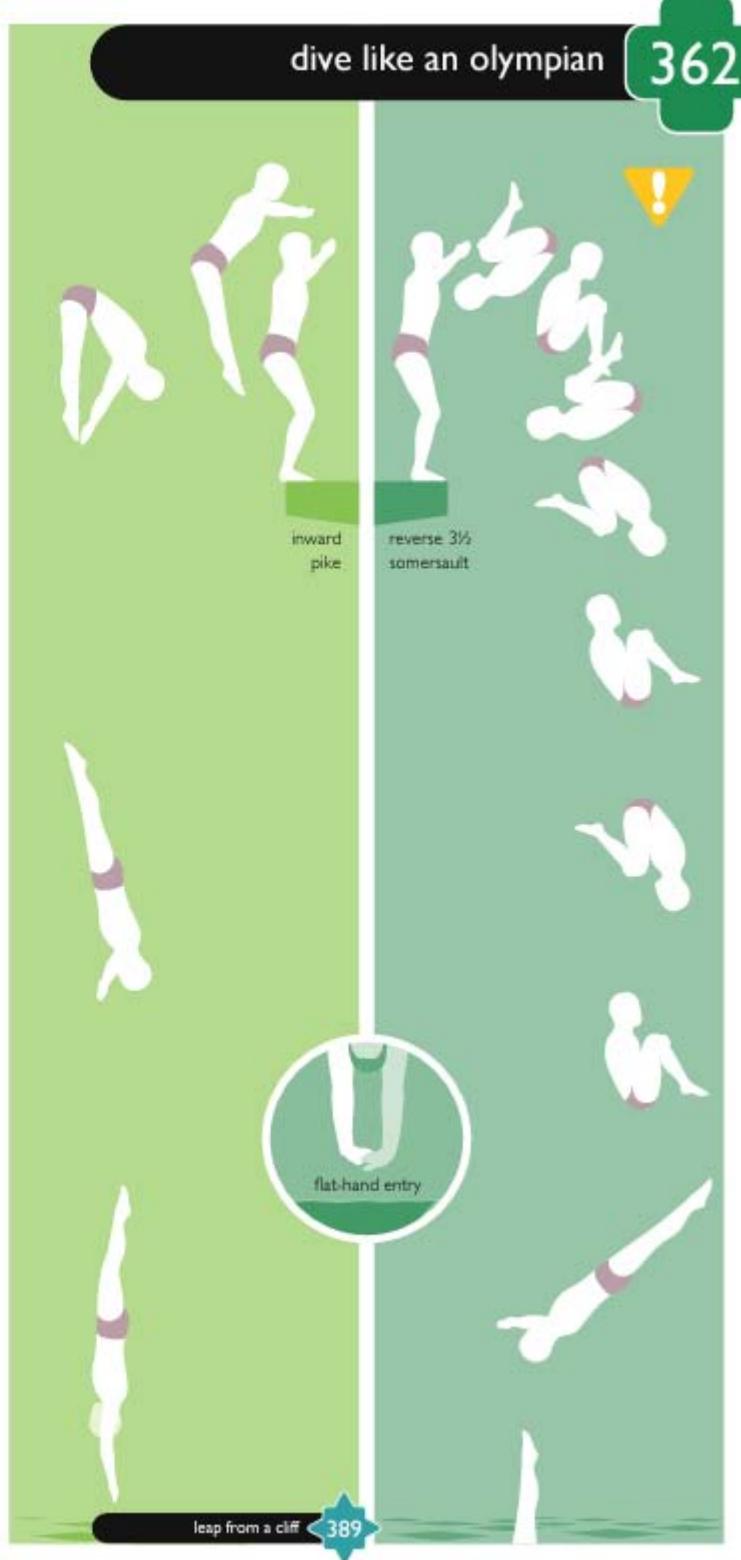
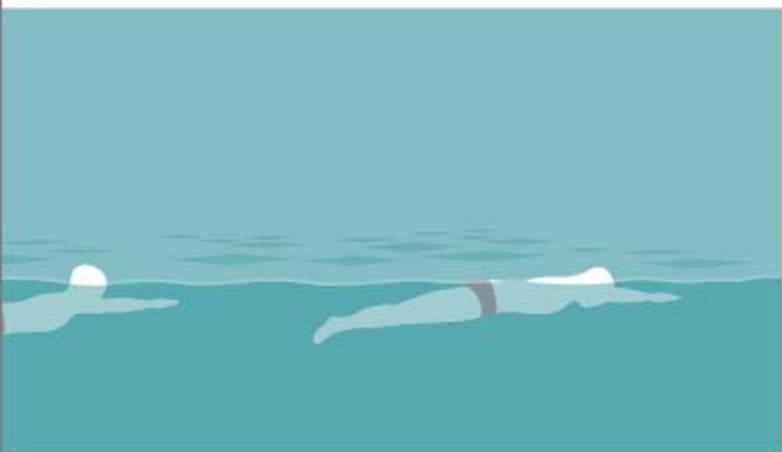
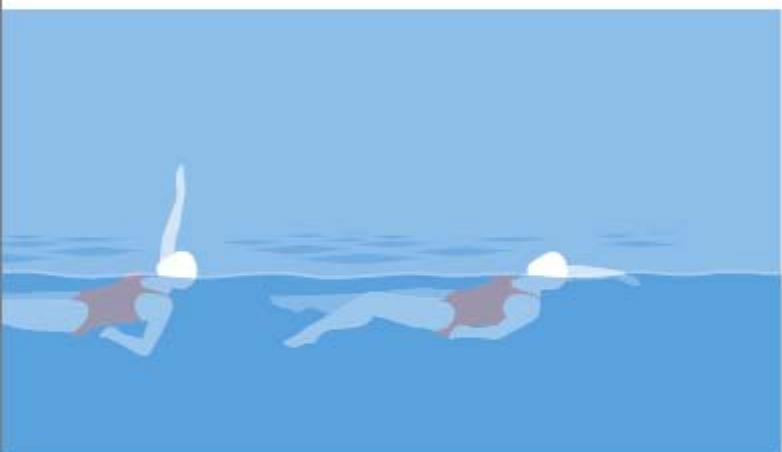


Breathe when you rise above the water's surface.



dive like an olympian

362



363

recover from falling in skis

**364**

ski down a slope



Get your bearings.



Remove the poles; set aside.



Tuck your back knee.



Bring your top leg around.



Hold your legs parallel.



Gather the poles.



Push up on the poles to stand.



Resume skiing!



shred downhill on a snowboard

365



sideslip

Slope too steep? Decrease your speed by digging back into the snow. To go faster, lean toward the toe edge.



- 2 To change directions, press down on the front of your other foot.



garland

1 To slow down, shift your weight back.

- 2 Gradually angle the tip of the board.

- 3 Turn your board uphill to come to a complete stop.



Long boards are for advanced or mountaineering snowboarders.

Boards of medium length are great for a variety of terrains.

Beginners find short boards easier to maneuver. A plus: you can do cool tricks on them.

stand up on a snowboard

396

carry my skis

366



join the boot straps.



Swing over your shoulder.



Grab the skis and poles. Stand.



Carry the skis over your shoulder.

climb a ski slope with my gear

367



herringbone

sidestep

walk



go





368

choose my perfect destination



369

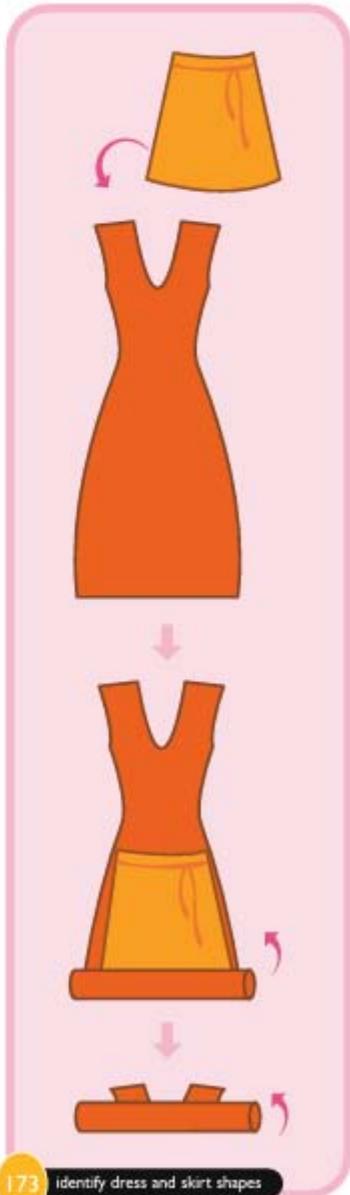
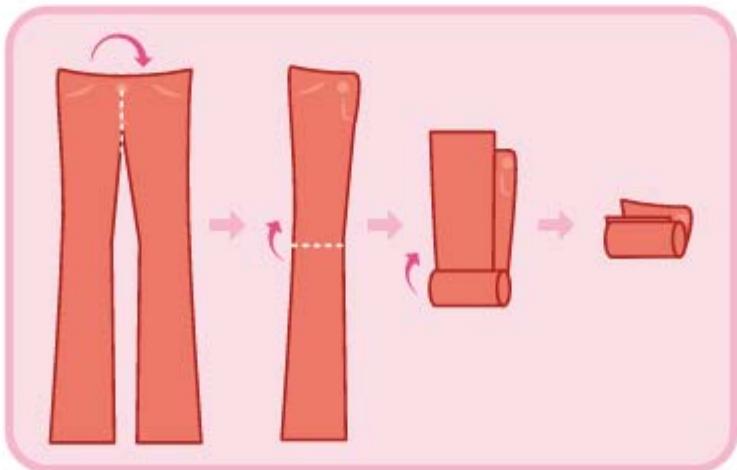
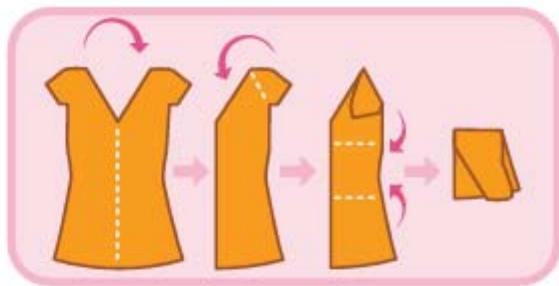
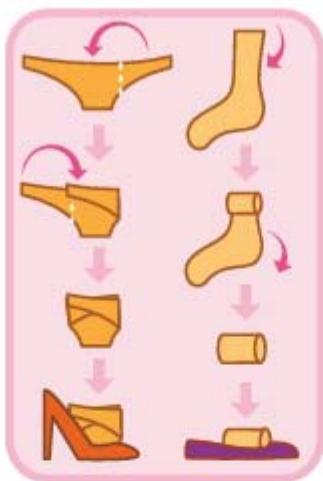
know the time everywhere





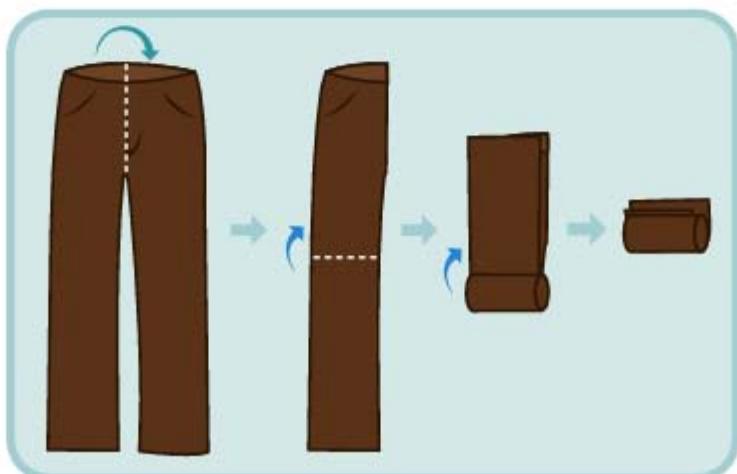
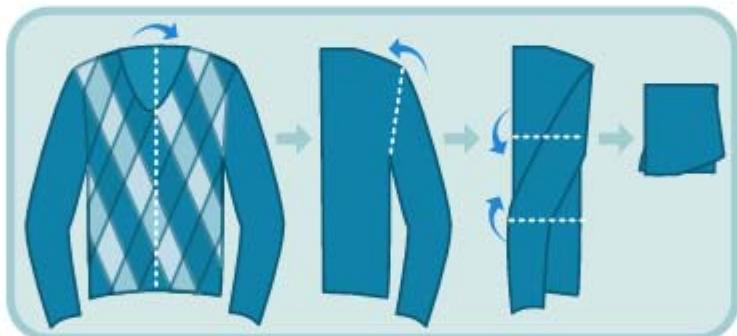
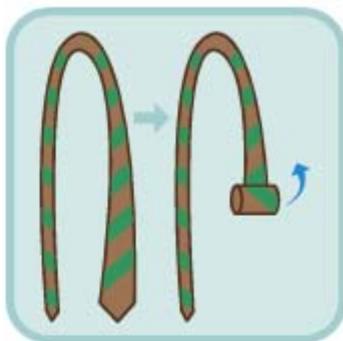
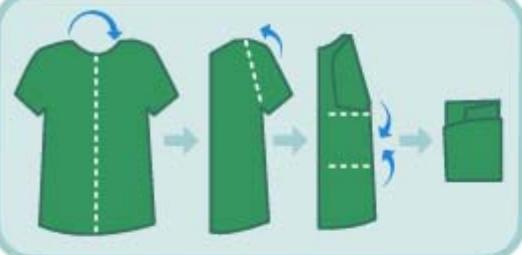
370

fold her clothes for travel



fold his clothes for travel

371



372

choose the best airplane seat

SIN singapore

NRT tokyo narita

MCO orlando

LGW london gatwick

EWR newark

PEK beijing

FRA frankfurt

CDG paris charles de gaulle

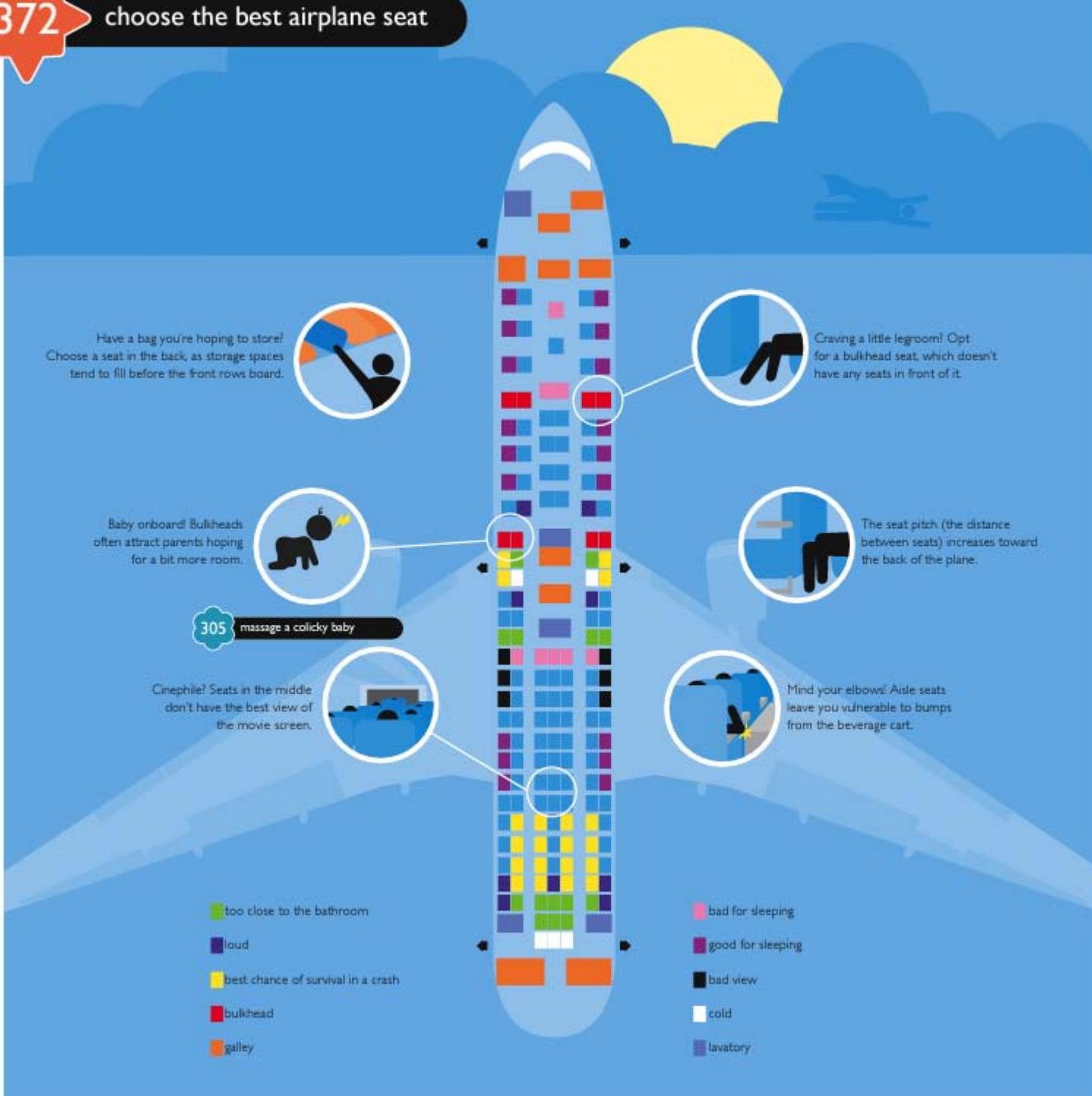
AMS amsterdam

DEN denver

LAS las vegas

PHX phoenix

MAD madrid





Stretch your sides.



Arch your back.



Apply pressure to the legs.



Draw the alphabet.



Roll a fist down your thigh.



Switch to your destination's time.



Stay hydrated.



Stretch to keep the blood flowing.



Sleep, if on an overnight flight.



Once you've arrived, stay in daylight.



Eat at the local mealtimes.



Go to sleep at the local bedtime.



Go easy on the sleeping aids.

375

identify toilets everywhere



standard western



standard squat



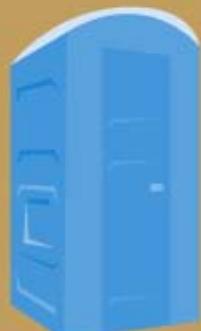
thai squat



composting



japanese super



portable



pit.



outhouse

376

find the ladies' room

女性

china

MNÁ

ireland



PEREMPUAN

malaysia

נשים

israel

女性

japan

γυναίκες

greece

ela

brazil

wahine

hawaii

توالت
بانوان

iran

dàn bà dàn bà

vietnam

༄

tibet

여자

korea

женщины

russia

find the men's room

377



FIR

ireland

男性

china

LELAKI

malaysia

男性

japan

גברים

israel

ele

brazil

άτομα

greece

توالت
مردان

iran

kāne

hawaii



ngu·ò·i ngu·ò·i

vietnam

мужчины

russia

남자

koréa

use a squat toilet

378



Pour a little water
into the toilet.



2



To clean, pour water
with your left hand.



Be absolutely sure to
wash your hands.

freshen up with a bidet

379



Remove your pants and
underwear (to keep them dry).



Adjust the temperature
and the jet force.



3

Straddle, facing the controls.



4

Rinse the bowl with the jets on low.

380

play korean gonggi



Toss onto the ground.



Pick up one; toss in the air.



Pick up another.



Catch the one in the air.



Toss and catch all.



Continue picking up the gonggi stones one by one until you've collected all five. Repeat the process, picking up two at a time, then three at a time, then four at a time. Finally, throw the stones into the air and catch them on the back of your hand. Whatever number you successfully catch is your score!

381

indulge in a hookah ritual



Fill with ice water.



Seal the argile to the vase.



Add the tray.



Attach the hose.



Attach the bowl; pack.



Cover with foil; prick.



Heat a coal.



Place over the bowl.



Brush off ash as it gathers.





Spread the netting.



Sleep on a diagonal.



Heat the water.



Fill the gourd three-fourths full.



Cover with your hand; shake well.



Tilt to slant the leaves.



Splash cold water on the low side.



Insert the bombilla.



Fill to the brim with hot water.



Drink from the bombilla; share.

384

patch a blown-out bike tire



Remove the object.



Let out a little air.



Prop with tire levers.



Pull out the damaged tube.



Sand the punctured area.



Apply glue.



Apply the patch; press.



Tuck the tube back inside.



Remove the tire levers.



Reinflate the tire.

385

fix a flat bike tire with money



Find the hole; pull the tire off the rim.



Flatten out a bill.

237 weave an inner-tube chair seat



Lay between the hole and the rim.



Ride home quickly to patch properly.



left turn



right turn



right turn (alternate)



vehicle on the left



vehicle on the right



railroad crossing



slowing or stopping



pothole on the left



pothole on the right



Bend the right leg under you.



Continue. Use handholds.



Bend the left leg under you.



Place above the right leg.



Place a foot up; brace yourself.



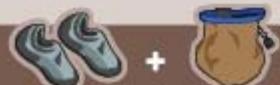
Feel for handholds.



Chalk up!



Climb into the chimney.

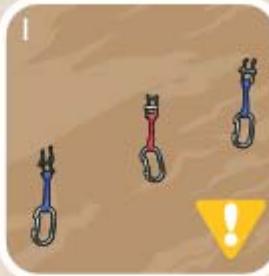


387

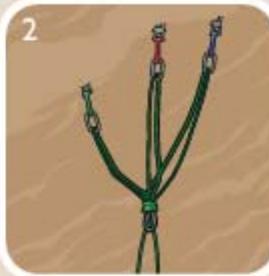
shimmy up a rock chimney

388

rappel down a sheer rock face



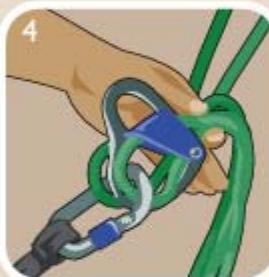
Anchors distribute the weight.



Attach rope to the anchors.



Hook on the rappel device.



Thread two rope bights; close.



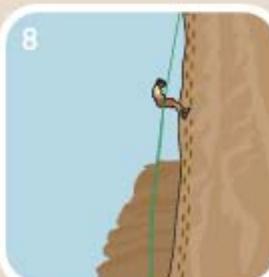
Grasp the rope.



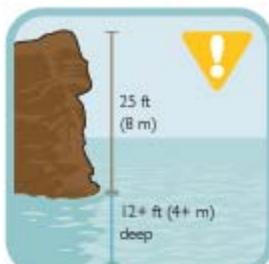
Grab the excess.



Wrap slightly around your hip.



Walk down the cliff face.



Scout for a safe jumping site.



Check for rocks.



Check for obstacles.



Stand up straight as a pencil.



Bend forward over the bow.



Stick up the paddle.



Sweep from bow to stern.



Snap your hip as you roll.



Straighten; steady yourself.



Be alert to water in the mask.



Press, slightly breaking the seal.



Tilt your head back.



Exhale slowly through your nose.



Resecure your mask.

a (alfa)
keep clear

b (bravo)
dangerous cargo

c (charlie)
yes

392

understand the parts of a boat



393

decipher crucial nautical flags

Need to communicate with another ship, but can't use your radio? Say it with nautical flags! String up a single message, or spell out your own greeting.

d (delta)
keep clear

k (kilo)
want to communicate

l (lima)
stop instantly

o (oscar)
man overboard

q (quebec)
quarantined

w (whiskey)
require medical assistance

x (xray)
stop your intentions

z (zulu)
require a pilot

e (echo)
altering course to starboard

f (foxtrot)
deadhead

g (golf)
need a pilot

h (hotel)
pilot on board

i (india)
altering course to port

j (juliet)
on fire, keep clear



Take antinausea medicine.



Find fresh air.



Look toward the bow.



Relax.



Settle your stomach.



Look toward the bow.

figure eight: secures the end of the line

two half-hitches:

secures the boat to the dock

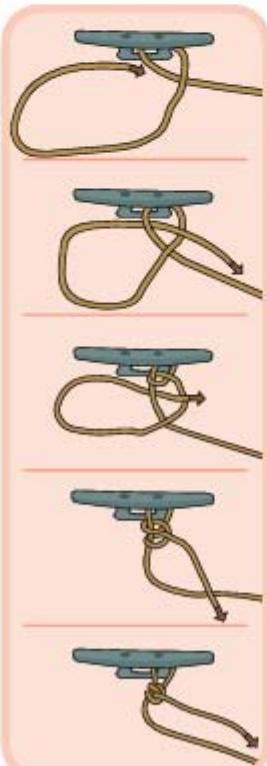
bowline: forms a fixed loop at the end of the line

monkey's fist: weighs down a heaving line

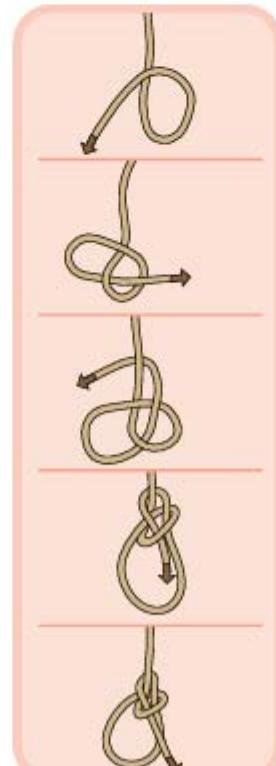
cleat hitch: secures the line to a deck cleat



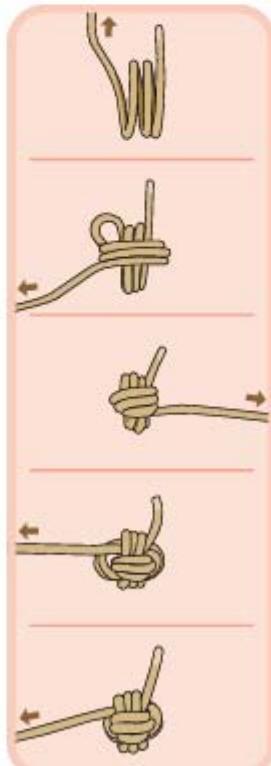
figure eight



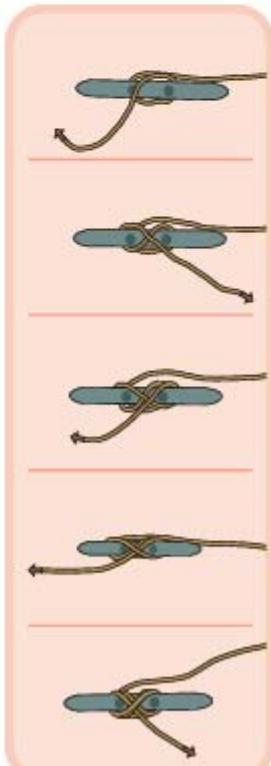
two half-hitches



bowline



monkey's fist



cleat hitch

396

stand up on a surfboard



2 Paddle out.

3 Take your place in the lineup and scout for the perfect wave. (Don't drop in on someone else's ride!)

4 Spot a good one? Paddle forward quickly, checking the wave as it swells up behind you.

5 After the wave lifts the board, grasp the rails.

6 Pop up, springing off your toes—not your knees.

497 ollie like a pro

Most people ride with their left foot forward. If you ride with your right foot forward, then you're "goofy-footed"!

397

do a killer duck dive



Grip; push down the nose.



Lean; push your knees down.



Go under the wave.



Angle the board upward.



7 Snap to a crouching position. Place your front foot at the board's midpoint and your back foot further back, slightly turned out.



8 Carve down the face of the wave. Keep your center of gravity low.



9 Angle the board in the direction of the wave's break. Can't get enough! Lower your body to the board and paddle back out to catch another wave.

rip some gnarly surf maneuvers

398



399

jump-start my car's battery



Turn off both ignitions.



Put on both cars' breaks.



Attach to the dead battery.



Link to the booster battery.



400

fix my car's flat tire



Put on the break.



Remove the hubcap.



Loosen the lugs.



Raise the car off the ground.



Remove the lugs and tire.



Link to the booster battery.



Ground to the engine block.



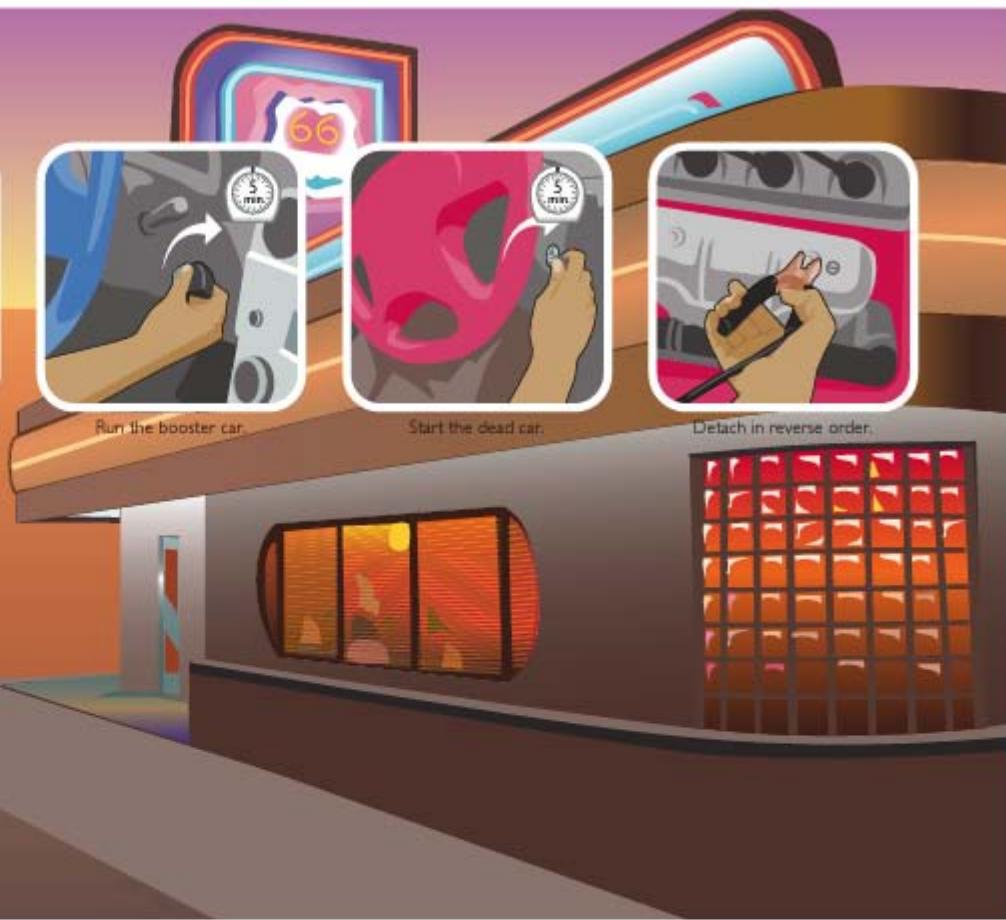
Run the booster car.



Start the dead car.



Detach in reverse order.



Put a spare over the studs.



Screw on the lugs.



Lower; remove the jack.



Tighten the lugs.



Drive to a service station.

401

bait and cast my fishing hook



Create a slack coil.



Thread through the loop.



Pull the clinch knot tight.



Attach the bobber.



Bait the hook.



Cast the line; wait for a bite.



Jerk up to hook the fish.



Pull and reel.

402

build a roaring campfire



Place tinder in a fire pit.



Stand twigs around it.



Add a layer of larger wood.



Encircle with logs.



Light the tinder inside.



toast grilled cheese on a stick

403



Peel bark from the stick.



Butter the bread.



Add cheese; hold over fire.



Remove from the flame; flip.



Grill the other side.



make a delicious s'more

404



Heat until toasty.



open wine without a wine key

405



Remove the foil.



Wrap in a towel.



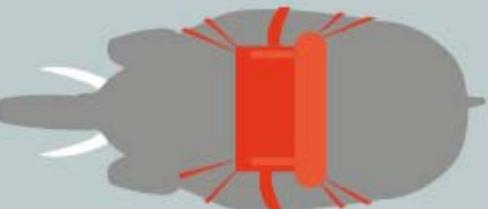
Hit the bottom repeatedly.



When cork emerges, pull it out.

406

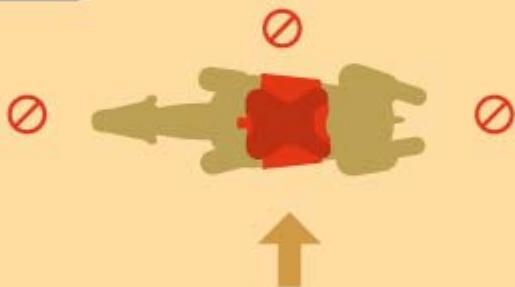
mount an elephant



Pat the elephant's ear to lower his trunk.

407

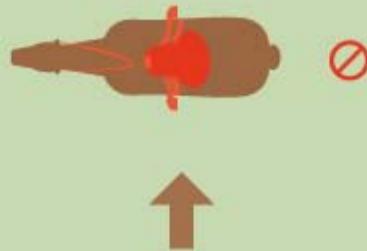
mount a camel



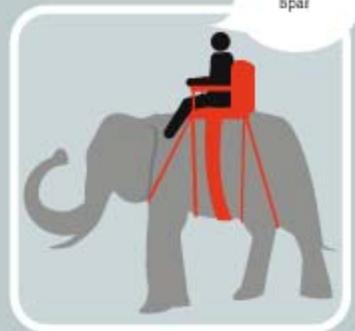
Approach the camel carefully; he may be testy!

408

mount a horse



Reassure the horse by speaking gently to him.



409

compose a memorable photo



For optimum lighting, stand with the sun behind you and slightly to one side.



Pick out key elements that capture the location's essence.



The eye is drawn to bright areas—look for high contrast of light and dark.



Keep an eye out for interesting repetitions of color, shape, or texture.



Find lines that lead your eye toward your subject matter.

410

take a steady shot



Grasp both sides.



Brace against your face.



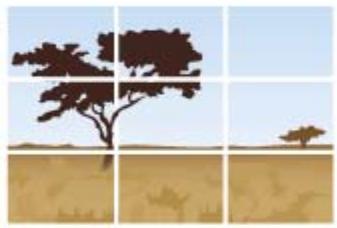
Tuck in your elbows.



Lean to keep steady.



Click while exhaling.



Use the rule of thirds to frame your shot, keep the horizon on a horizontal third, and your subject on a vertical third.



Vertical or horizontal composition! Let your subject's natural shape decide.



Shoot at your subject's eye level. (Always be respectful—and safe!)



The best shots are of people interacting with an environment, not just posing in front of it.



Check the background for distracting gaffes, like a twig coming out of someone's ear!



create professional effects

411



To freeze action, set your shutter speed to 1/500th of a second.



To show vibrant, blurred motion, set your shutter speed to 1/15th of a second.



Use f2.8 to take a portrait with a soft, unfocused background.



To get a greater depth of field for landscapes, use f11.



To capture true colors at twilight, set up a tripod and use a bulb setting to keep the shutter open as long as you like.

412

parade in rio's carnaval

In late January or early February, Carnaval is celebrated in Rio de Janeiro, Brazil, with an amazing parade. But don't just watch!



Choose a samba school and order your costume.



Practice your school's song.



Easy on the cachaça!



Arrive in costume on time. Warm up with your school and "hop along" samba style.



Party! Judges look for enthusiasm.

**413**

drench myself in holi's color

India celebrates the festival of Holi in late February or early March. It gets most colorful on its second day, called Dhulendi.



Buy powdered color.



2



Drink thandai.



3
Toss the powder.



4



5



Mix the color with water, then splash buckets!

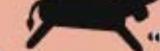
Arm yourself! Shoot the color from water guns called pichkans.

414

run with the bulls in pamplona

Every July, adrenaline junkies visit Pamplona, Spain, to run in "el encierro." The Fiesta de San Fermín honors the city's patron saint.

Dress appropriately.



Totally nuts! Start at Plaza Santo Domingo and toast with a shot of Pacharan.



2



4
Hug the corners. (The bulls go wide.)



5



3

Slightly less nuts! Start beyond "dead man's corner" and toast later—to having survived.

If you fall, stay down and cover your head.



6
The bull ring is the finish line.

In early November, Mexicans celebrate El Día de Los Muertos, the time when departed spirits return to be honored by loved ones—and to have a good time!

create a day of the dead altar

415

A bamboo arch acts as a portal for returning spirits. It's always decked out in marigolds and garlands of fruit.

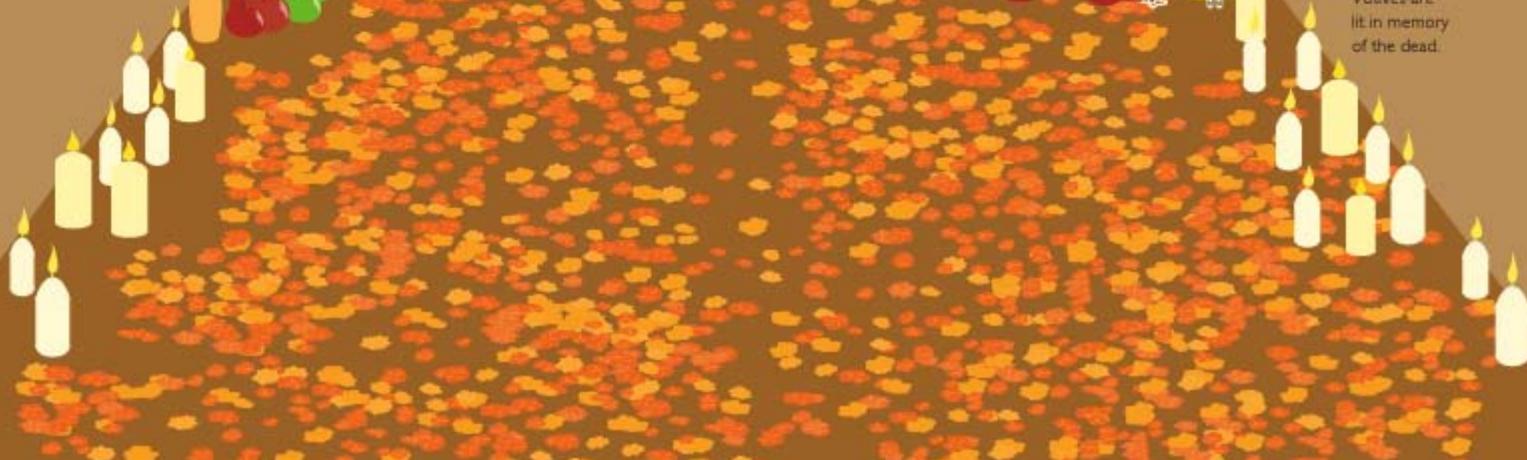
Decorated sugar skulls and skeletons make playful offerings to the dead and the living.

Set out a feast of your departed loved ones' favorite dishes. Don't forget the mescal, or the "bread of the dead," called pan de muerto.

Copal—a special resin used as incense—beckons the spirits through the altar's arch.

foster a succulent garden 274

Votives are lit in memory of the dead.





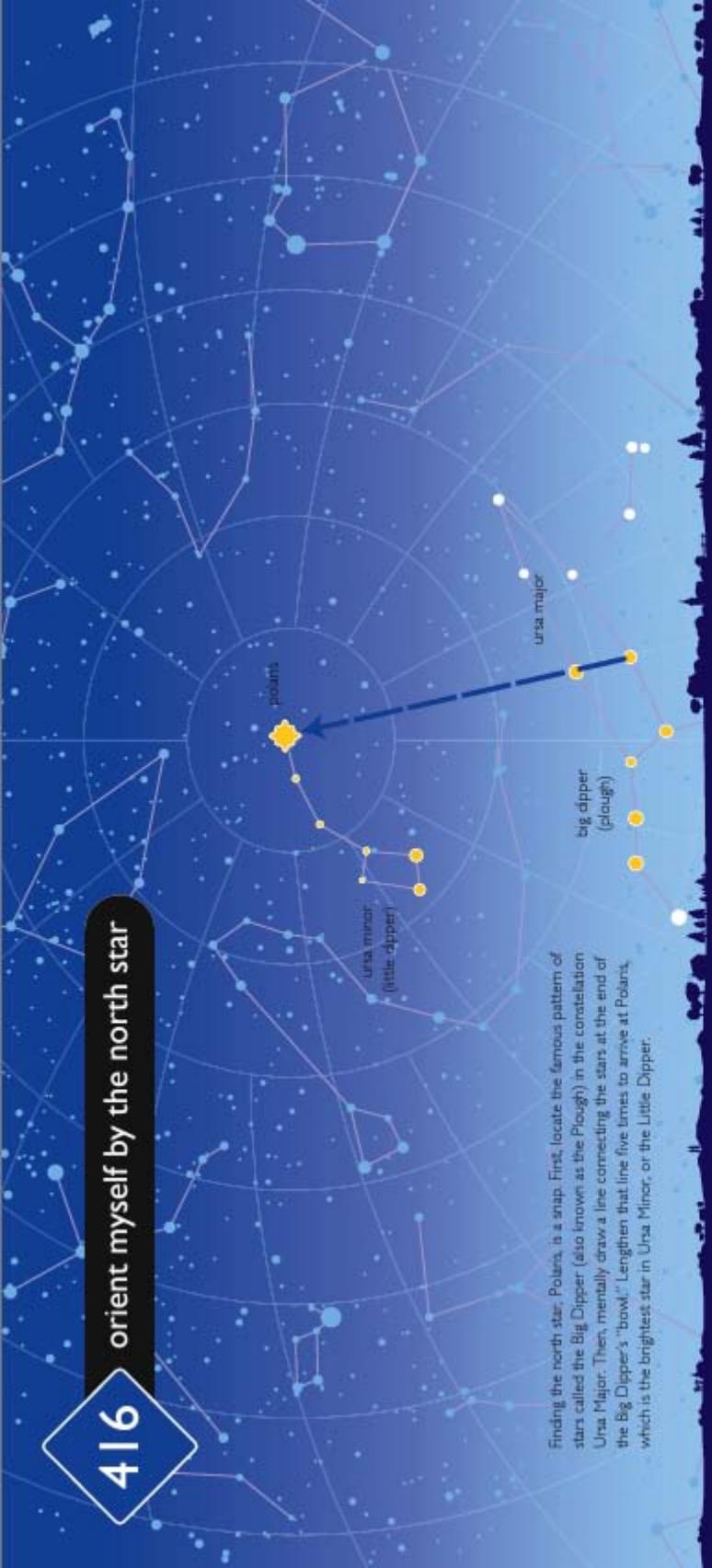


survive



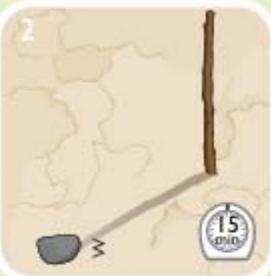
416

orient myself by the north star



417

make a sun compass



Mark the shadow's end; wait.



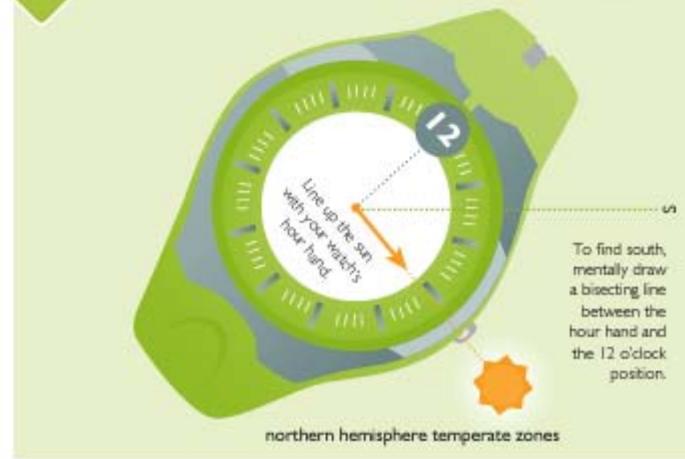
Mark the shadow's end again.



Just a tip: the accuracy of this trick improves the closer you are to the equator, and around the time of the equinoxes.

418

navigate using my watch



To find south, mentally draw a bisecting line between the hour hand and the 12 o'clock position.

improvise a magnetic compass

419



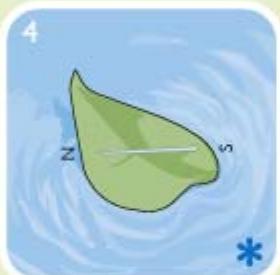
Make a wind-proof puddle.



Magnetize your needle.



Place on a leaf in the puddle.



Let the leaf align itself.

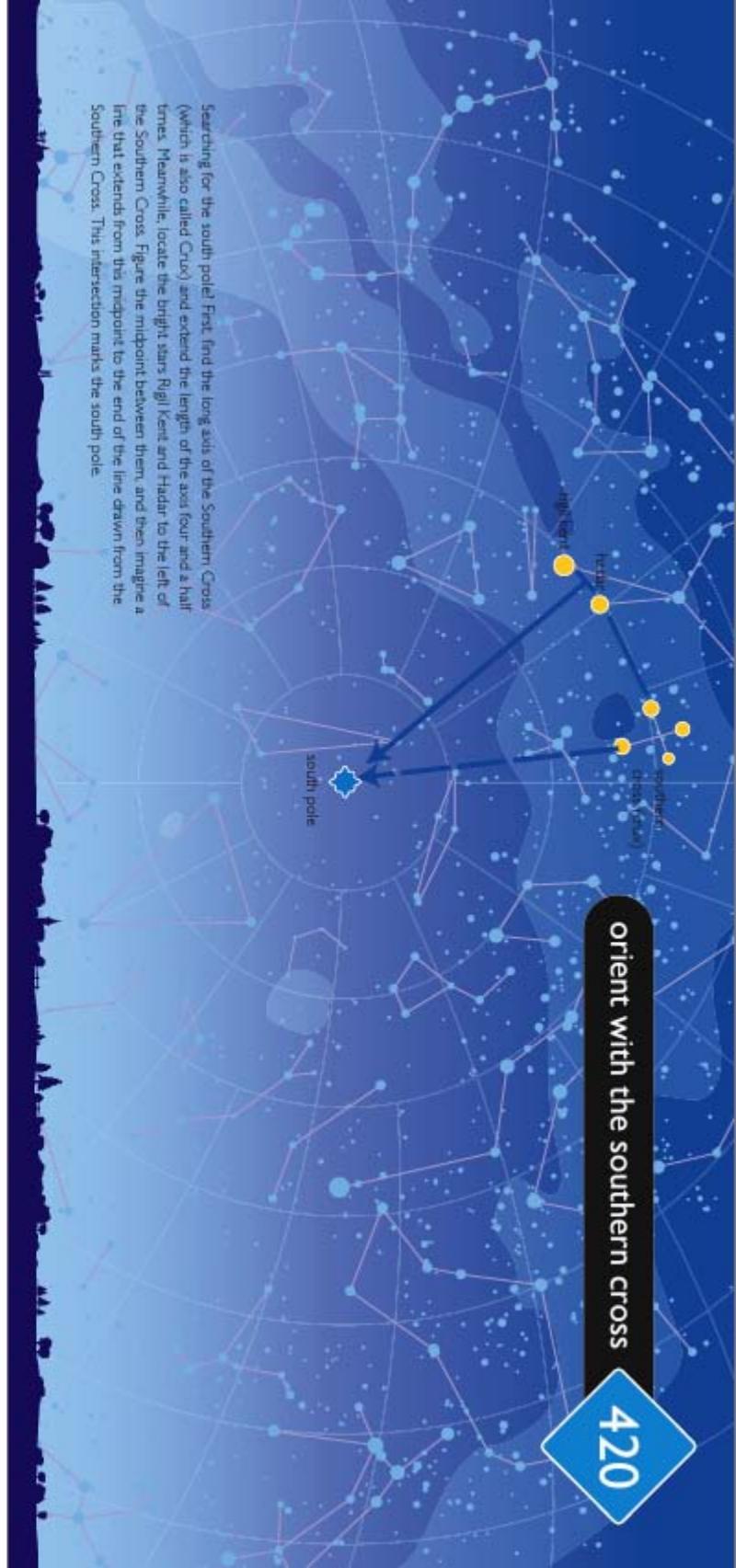
* The needle always aligns with the north-south axis. Use other signs—like the sun's position in the sky—to define east and west, then find north.



To find north, imagine a line bisecting the space between the 12 o'clock position and the hour hand.

southern hemisphere temperate zones

Searching for the south pole! First, find the long axis of the Southern Cross (which is also called *Cross*) and extend the length of the axis four-and-a-half times. Meanwhile, locate the bright stars Rigel Kent and Hadar to the left of the Southern Cross. Figure the midpoint between them, and then imagine a line that extends from this midpoint to the end of the line drawn from the Southern Cross. This intersection marks the south pole.

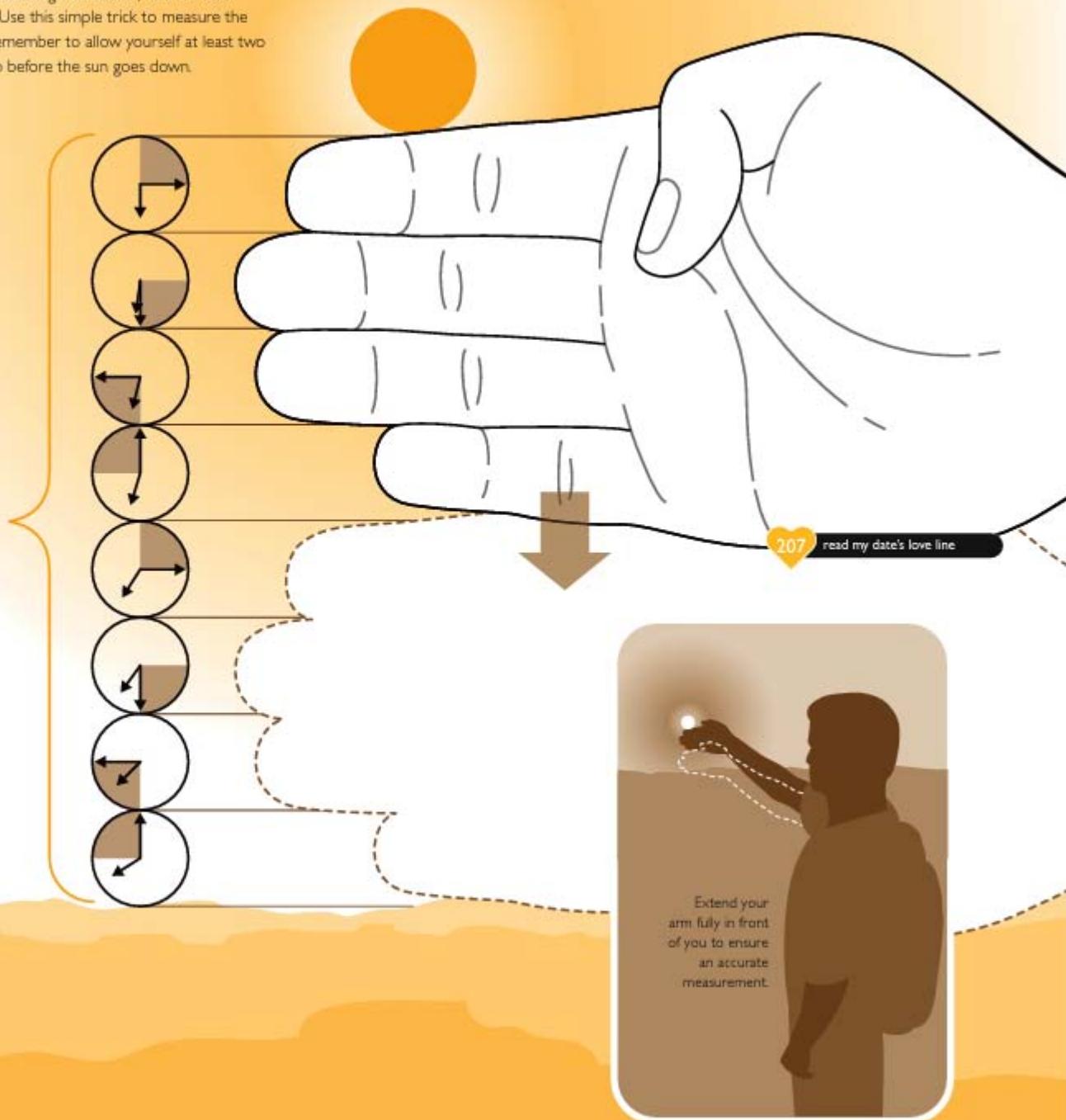


orient with the southern cross

420

Is it time to stop and scrounge for shelter, or is it better to keep on trekking? Use this simple trick to measure the remaining daylight. Remember to allow yourself at least two hours to set up camp before the sun goes down.

Count the finger widths between the sun and the horizon. Each finger is equivalent to fifteen minutes, with each hand totaling an hour. When the sun dips low enough that only two hands fit, it's time to search for a suitable campsite and assemble a shelter. (A caveat: if you're near the poles, the sun will hover over the horizon for a longer period of time, giving you an inaccurate reading.)



assemble a debris hut

422



set up a shade shelter

423



lash together a swamp bed

424



dig a snow cave

425



426

catch a fish bare-handed



Lie with your arm in the water.



Wiggle your fingers.



Ring to shore.

427

rig a soda-bottle fish trap



Cut two bottles.



Cut holes in the bottles.



Stitch together.



Bait; anchor and submerge.

428

fire-roast a tarantula



Flip the spider; press down.



Gather the legs.



Secure the legs.



Wrap in a leaf.



Nestle in hot coals.



snare a hare

429



Find a path made by hares.



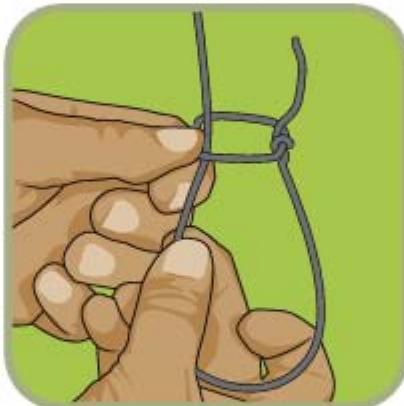
Trim two sticks to equal length; sharpen.



Stake on either side of the trail.



Secure your wire to a steady branch.



Make a noose with the other end.



Drape the noose over the forked sticks.



prepare tasty snake meat

430



Cut off the snake's head.



Slice along the belly.



Peel off the skin.



Remove the guts.



Cut the meat.

431

treat a snake bite



285 give a parrot a bath



Keep the bite below the heart. Immobilize.



Wash the site with antiseptic soap and water.



Dress with a snug bandage.



It's important to identify the snake so you can treat the bite effectively. Capture it and kill it, or take a photograph.

432

keep mosquitoes at bay



Light-colored clothing is a mosquito repellent.

Cover up! Roll down your sleeves ...

... and tuck in your shirt.

Use a little sap from a camphor tree—it drives mosquitoes away.



navigate the jungle

433



Fend off debilitating jungle eye by looking through the jungle, rather than at individual leaves.

evasive a panther attack

434



Raise your arms and puff yourself up to appear larger. Slowly back away.

Maintain eye contact.



Think you can outclimb a jungle cat! Think again!



Don't play dead—you could end up that way!



Eek—a spider! Use a stick to stave off small beasts, and to part vegetation in your path.





throw an effective punch

436



Make a fist; hold your thumb outside.



Punch; bring back your other arm.



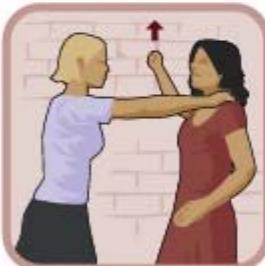
Connect with the first two knuckles.



Pull back into a defensive position.

escape from a choke hold

437



Lift your arm.



Twist; bend your elbow.



Break the hold.



Join your hands.



Push your elbow.

break out of a bear hug

438



Keep your cool.



Bend your knees.



Raise your arms.



Spin; hit the attacker.



Run away.

439

clamber out of an ice hole



Stay calm; focus.



Drop any heavy items.



Turn back to strong ice.



Kick to get horizontal.



Lift with your elbows.



Kick to "swim" out.



Roll away from the hole.



Crawl to firm land.



9-1-1



Get warm and dry.



As a general rule, the ice is stronger along the shore, where the water is shallowest and freezes over first. Assuming you're crossing a lake, the ice will be stronger behind you, so turn back in that direction before crawling out.

440

catch a fish in a frozen lake



Chisel a hole in thick ice.



Tie the line to a branch.



Bait; place in the hole.



A stick supports the line.



Pack to prevent freezing.



save a hypothermia victim

441



Monitor body temperature.



Watch for severe shivering.



Remove from exposure.



Handle the victim gently.



Remove any wet clothing.



Insulate the victim.



Serve a warm beverage.



Share heat intermittently.



Keep flat until help arrives.



Keep an eye out for other signs of hypothermia, like sluggishness, disorientation, and general fatigue. If a person suddenly stops violently shivering, the case is especially severe, and you should get help as soon as possible.



treat a case of frostbite

442



Look for waxy or white skin.



Remove constricting items.



104°F
(40°C)

20-40 min



Separate the digits; wrap.



443

test plants for edibility



Divide into parts; test each.



Check for foul odors.



Rub; monitor your reaction.



Rub on your lips.



Touch to your tongue.



Chew; hold in your mouth.



Swallow; Wait and monitor.



You can now eat a handful.

444

walk safely in a swamp



Walk near plants. Where there's vegetation, there's solid ground!

Probe suspicious areas with a stick.

Keep your feet close together.

445

light a fire with a soda can



Polish with chocolate.



Focus sunlight on the can to ignite the tinder fungus.

402 build a roaring campfire



get out of quicksand

446

Got a walking stick handy?
Place it under your hips.

To escape, gently
paddle to shore.

Drop heavy items
that might weigh
you down.

Maneuver
onto your back.

Wide arms and legs
increase your surface
area, buoying you up.



Don't flail!

Run in a zigzag pattern.



Can't flee! Press the neck.



Cover the eyes.



If bit, punch the snout.

448

use my pants to stay afloat



Remove your pants.



Knot the bottom of the leg.

x2



Pull down to fill with air.



Cinch the belt to trap air.

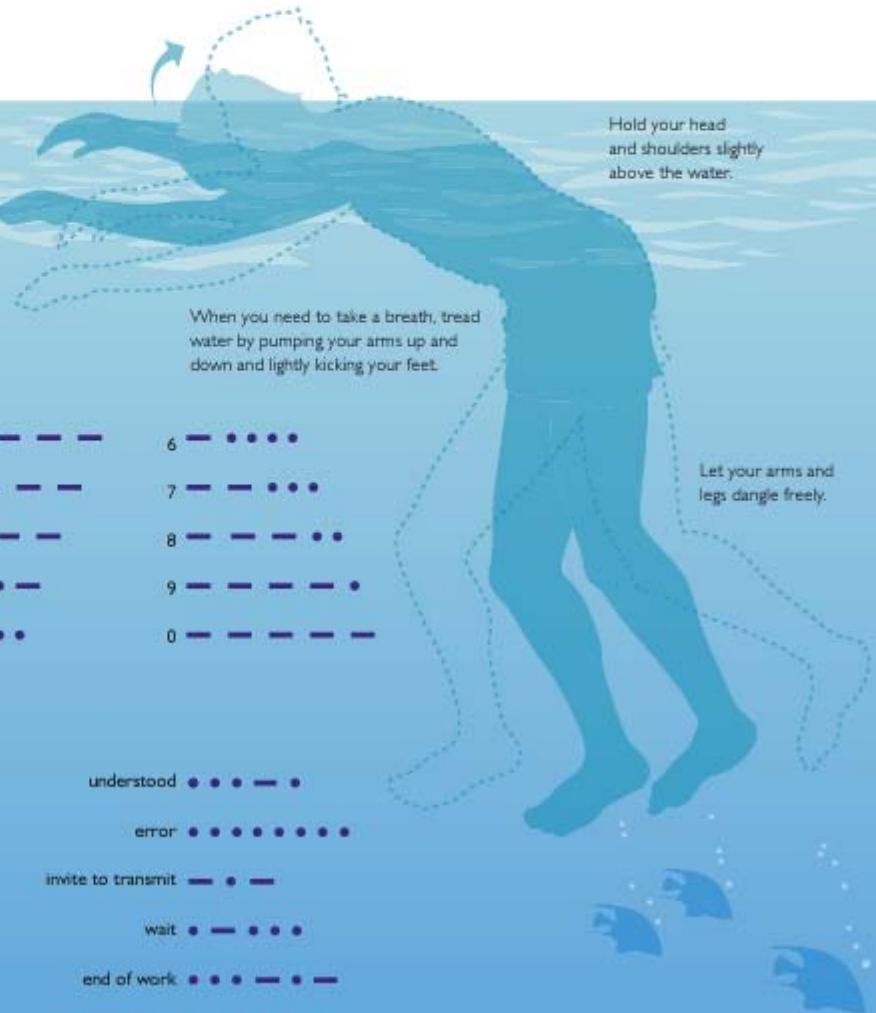


Hug, wait for rescue.

449

prevail with the dead man's float

Man overboard? Assume this tried-and-true survival position. It conserves crucial energy, while allowing you to periodically breathe until you're rescued.

**450**

understand morse code

a	• —	n	— •	i	• — — — —	6	— • • •
b	— • • •	o	— — —	2	• • — — —	7	— — • • •
c	— — — •	p	• — — — •	3	• • • — —	8	— — — — •
d	— — • •	q	— — — • —	4	• • • • —	9	— — — — — •
e	•	r	• — — •	5	• • • • •	0	— — — — —
f	• — — — •	s	• • •				
g	— — — •	t	—				
h	• • • •	u	• • —				
i	• •	v	• • • — —				
j	• — — — —	w	• — —				
k	— — • —	x	— — • — —				
l	• — — • •	y	— — — —				
m	— —	z	— — — •				
				understood	• • • — •		
				error	• • • • •		
				invite to transmit	— • —		
				wait	• — • • •		
				end of work	• • • — — —		
				starting signal	— • — — —		



survive a shipwreck

451



Get warm and dry.



Shield yourself from the sun.



182
sew on a new button



Collect rainwater in a tarp.



See land! Swim to it.



fend off a shark

452



Defend your back from the shark.



Hit on the side.



Hit the end of the nose.



Shave your hand in the gills.



Jab the shark in the eye.



Escape; treat any wounds immediately.

453

create water in the desert



Any waterproof container will do.



The tubing should be at least 3 ft (90 cm) in length.



The plastic tarp must be clear.

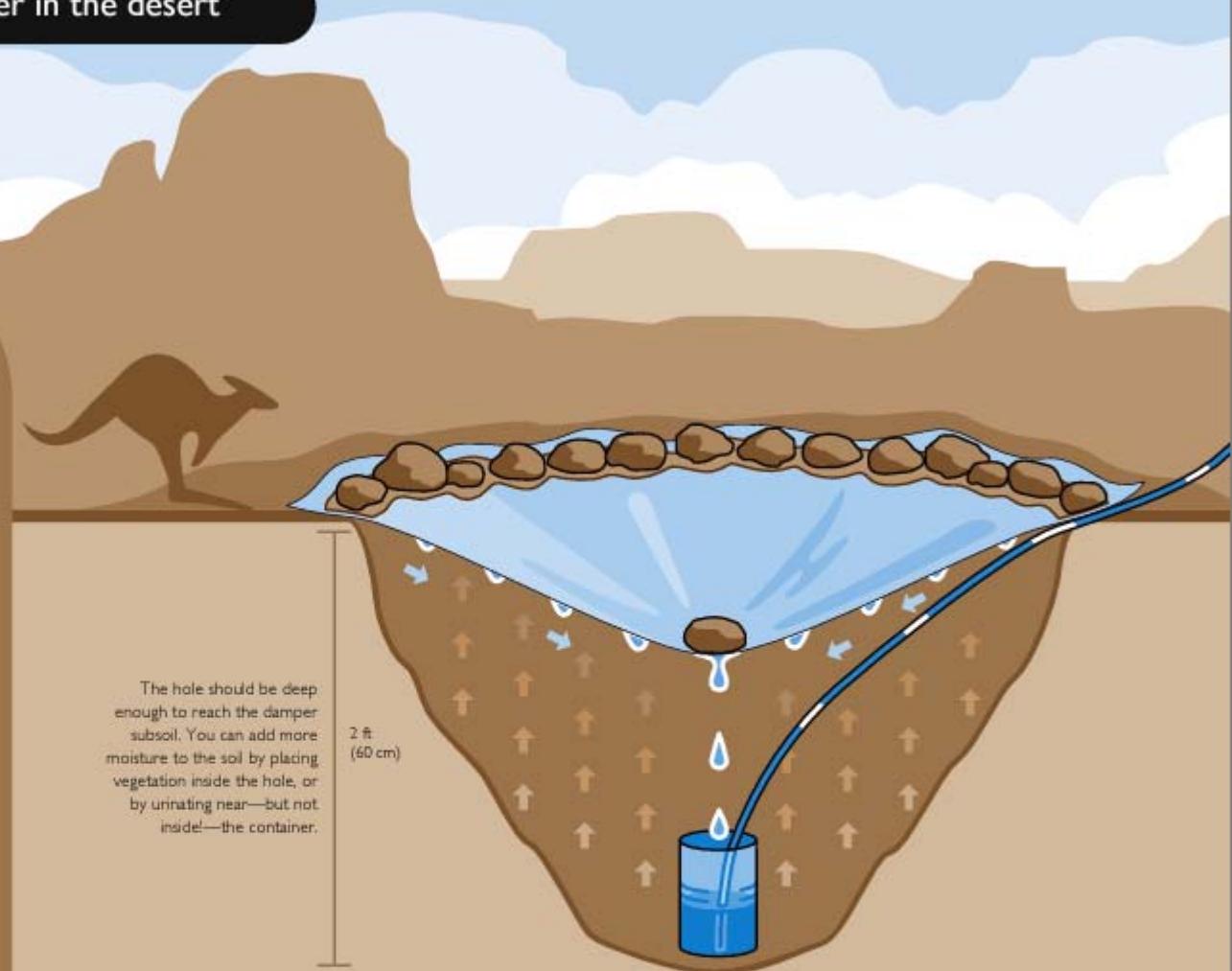


Medium-sized rocks work best.

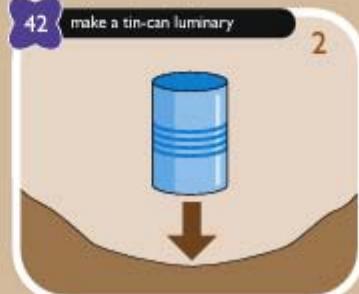


Finer sand is more arid.

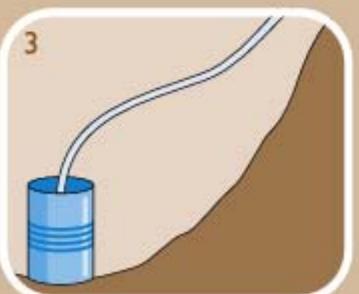
Dig with a shovel or a large flat stone.



Make sure the hole is no wider than the tarp.

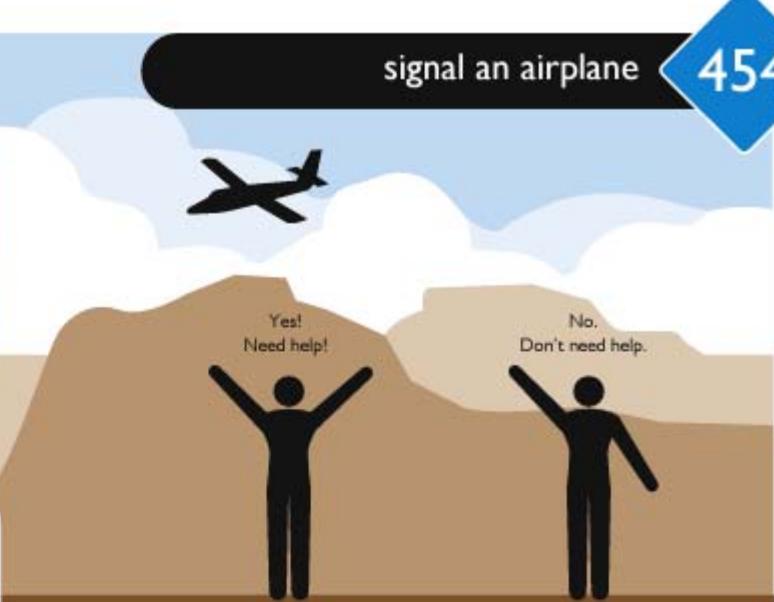
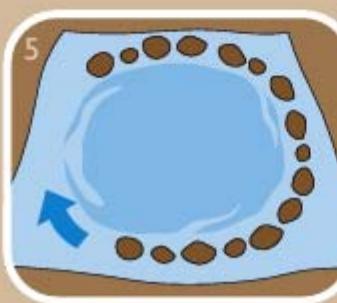
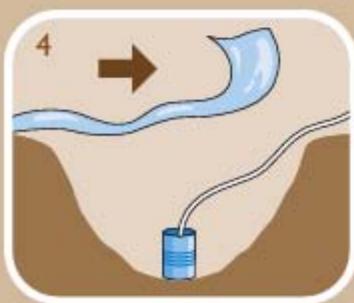
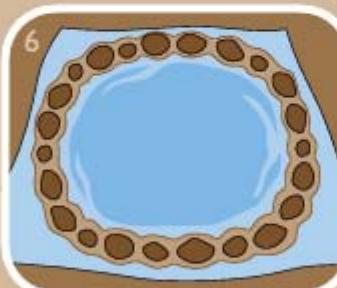


Add a container to collect water.



Insert the tubing to use as a straw.

42 make a tin-can luminary

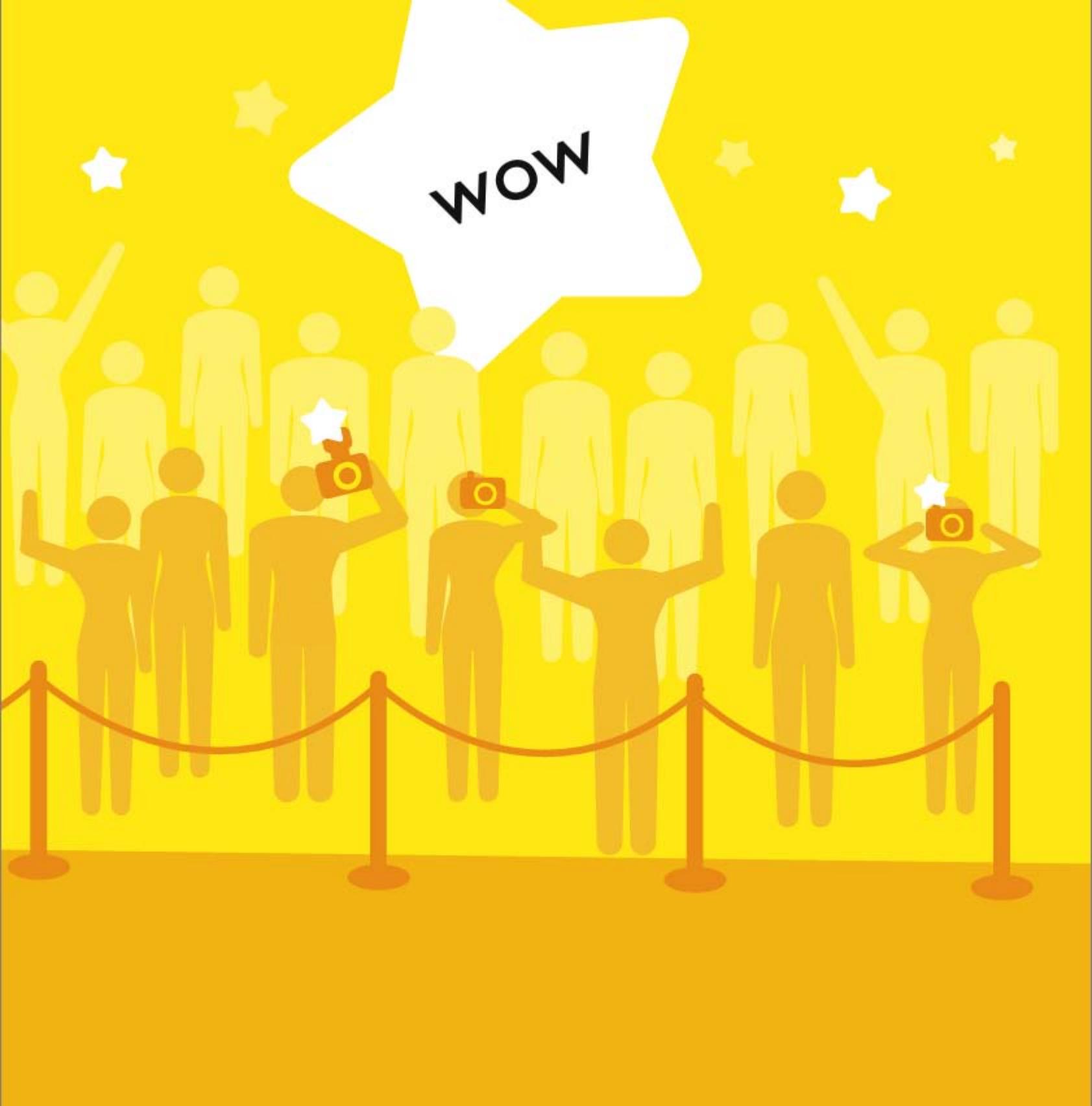


serious injury



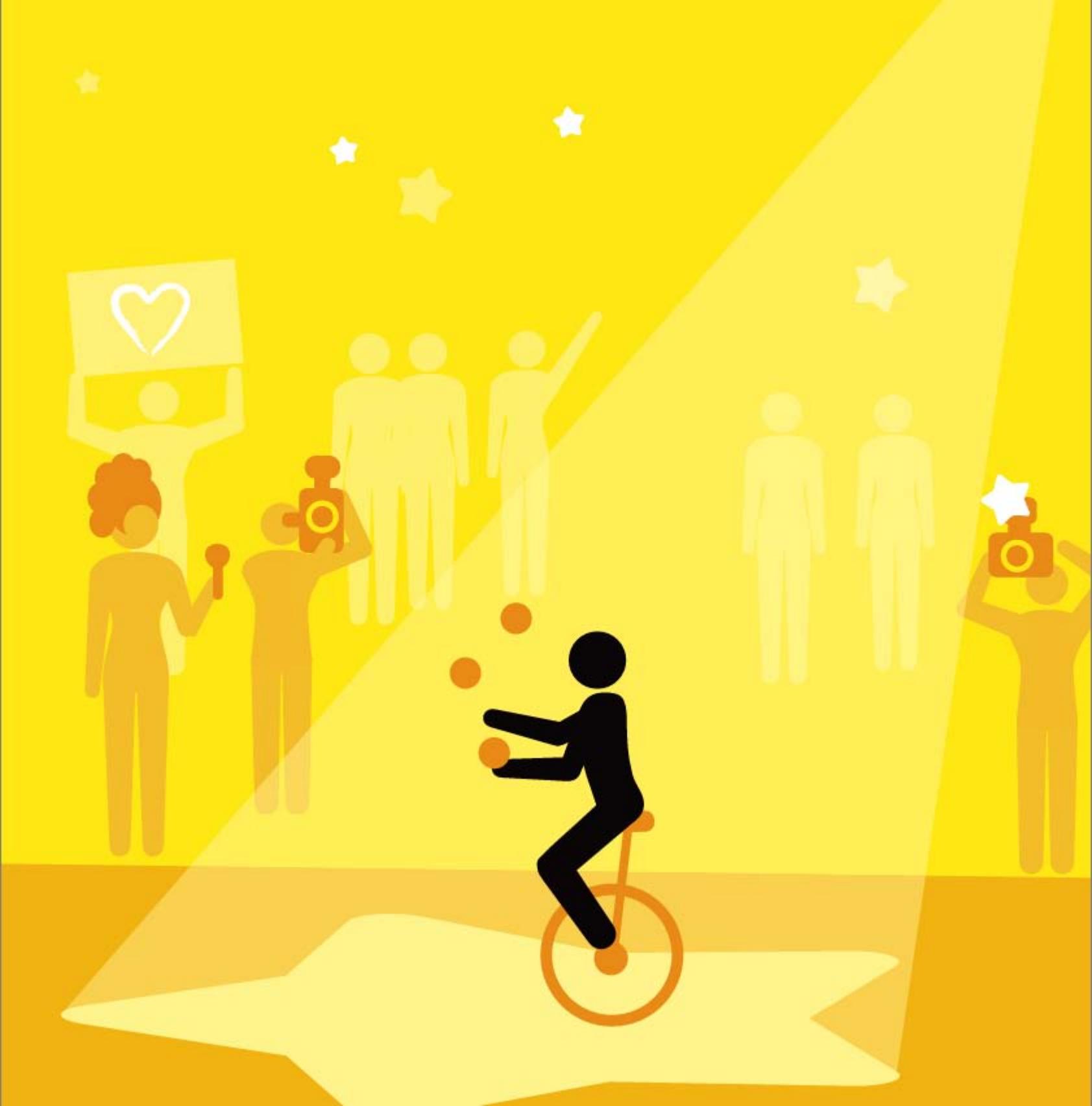
all is well

need compass
and mapbelieve safe
to land hereindicate direction
to proceedam going
this wayneed food
and waterMake symbols using
branches, footprints,
or any other readily
available material.



WOW





455

tie a lariat with a honda knot



Tighten the left loop.



Make the noose.

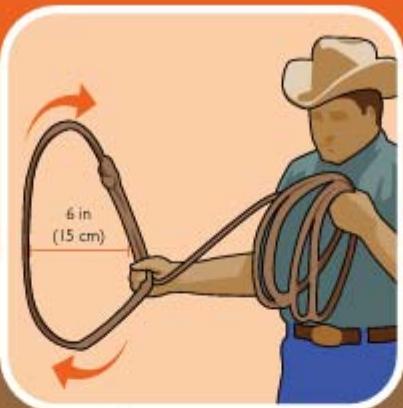


84

identify beef cuts



Hold above the knot; coil the excess.



Rotate the lasso clockwise.



Lift over your head.



The lasso should flatten out and expand.



Step forward and toss.



Cinch closed.

* Can't get your vertical loop big enough to jump through? Buy a metal honda knot and attach it to your rope. The added weight pulls the rope downward, expanding the loop.



Move your arm across your chest when the knot reaches the 12 o'clock position.



do the texas skip

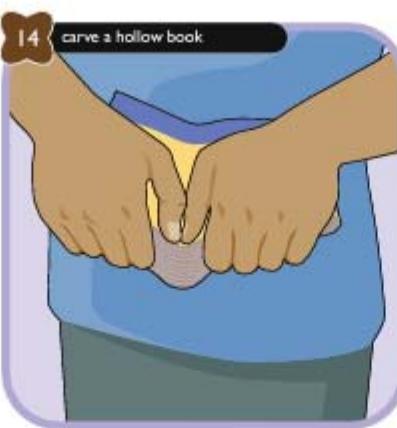


458

rip a phone book in half



Grasp the end; brace against your body.



Pinch the middle; fold in half.



Keep pinched; pull at the edges.



Begin the tear.



Tear more!



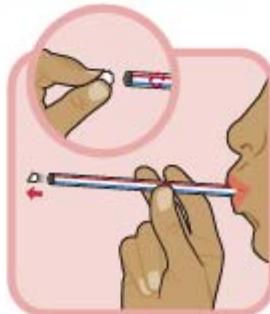
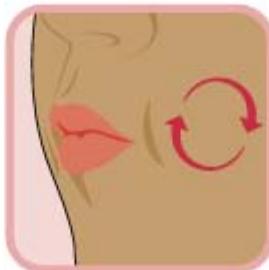
Pull in half with great might.

459

shoot a stealthy spitball



+



Insert into the straw; blow.



Conceal your weapon.

spin a basketball on my finger

460



Balance on your fingertips.



Spin onto one fingertip.



Transfer; lightly brush to keep spinning



skip a stone across water

461



Pick a flat, smooth rock.



Curl a finger around it.



Crouch; bring in your arm.



Release, flicking your wrist.

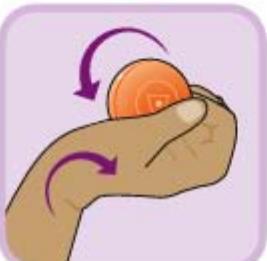


walk the dog

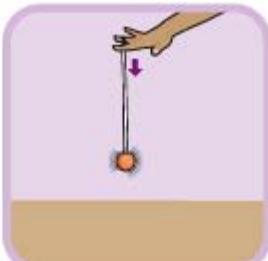
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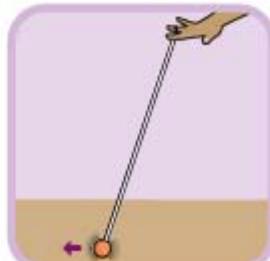
Loop the string.



Make a fist. Snap your wrist.



Gently lower to the floor.



Let the yo-yo "walk."



Jerk back to your hand.



463

do the worm

Think of your body as a seesaw—albeit a very wiggly one! Whenever your feet come off the ground, your chest should be flush against the floor.



Kick back to gather momentum.

Snap up, raising your hips off the floor.

464

moonwalk in style

Prepare to battle with this break-dancing classic! Keep your motions fluid to give the illusion of walking on the moon.

Pop your right heel up.

With your weight on your right foot, side your left foot back.



465

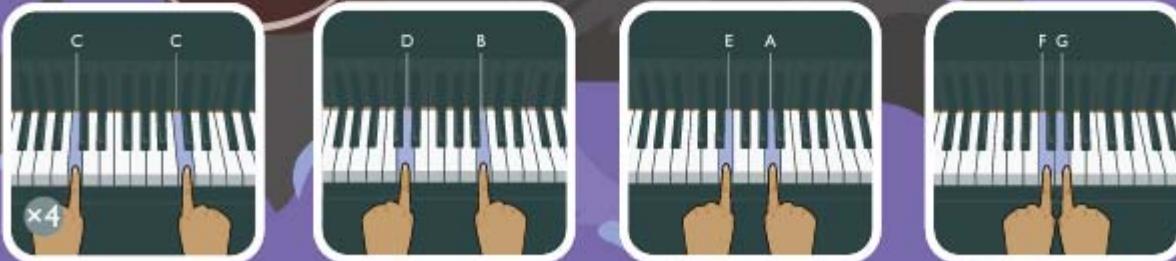
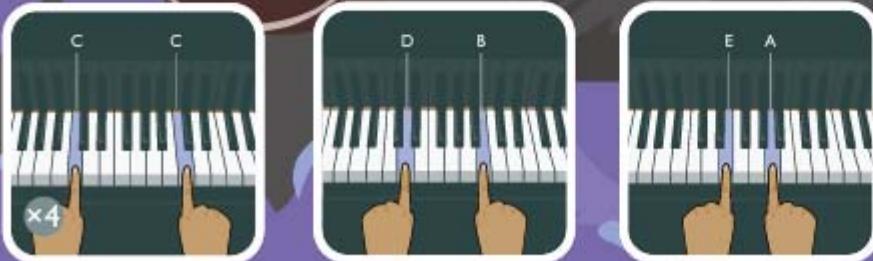
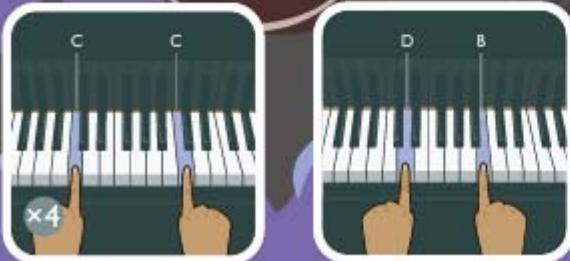
dance like a robot

The trick to "popping and locking"? Make erratic, jerky motions and hold each for a moment, turning slightly in every pose.





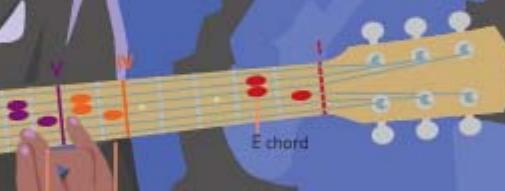
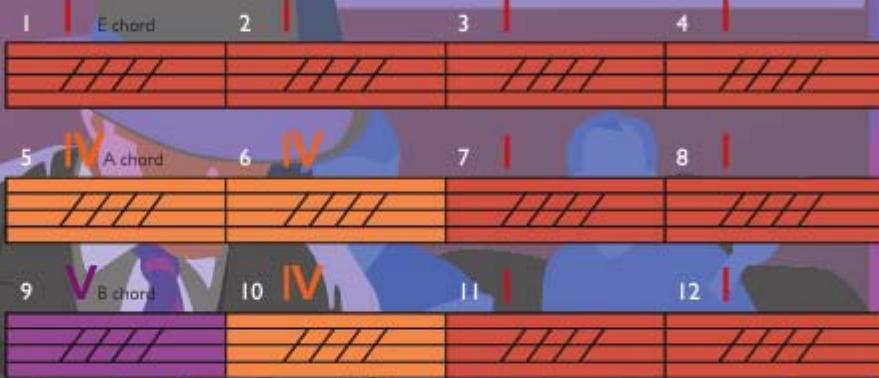
466 play chopsticks



467 lay down twelve-bar blues



Got the blues? Then strum some! For each bar of the I-IV-V progression, play the indicated chord for four beats, then slide your hand across the fretboard to play the next chord in the key (in this case, E).





rock out on the musical saw



470

tie a cigarette in a knot



Remove the plastic wrap.



Unfold; flatten the wrapper.



Roll in the wrapper.



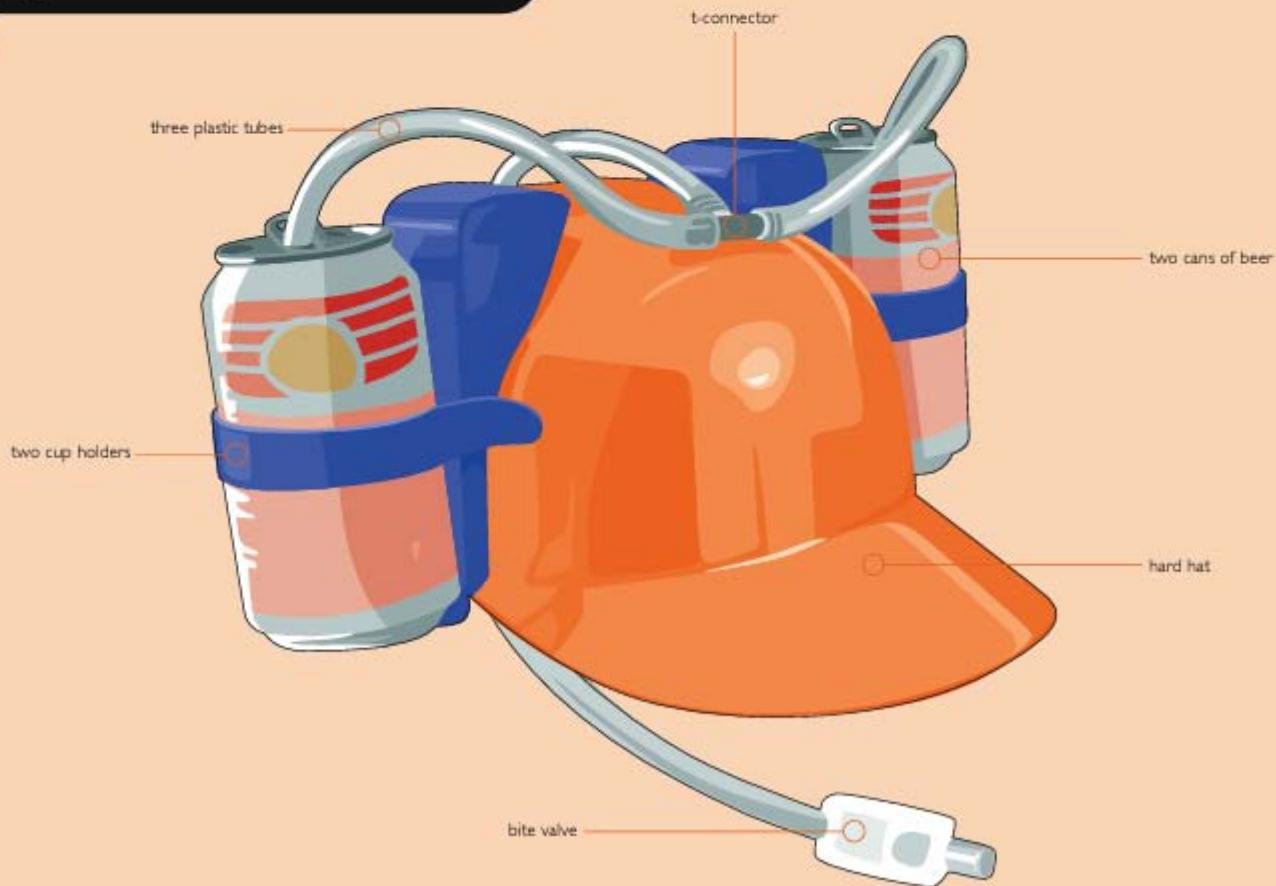
Knot the wrapper.



Untie; unveil the cigarette.

471

guzzle from a beer hat





win bar bets with the coin drop

472



Bet your mark.



Blow on the glass.



Collect your winnings.



perform an awesome keg stand

473



Grasp the keg's rim.



Lift one leg.



Kick up your second leg.



Drink from the nozzle.



Shake your leg when full.



vanquish a case of hiccups

474



Plug your ears.



Squeeze your nostrils shut.



Gulp down a glass of water.



Chew and swallow sugar.



Sip more water.

475

harness the cloudbuster's power



Fill the cup with resin.

Let cure.

Revel in your powers.



A zany cult favorite among pseudoscience enthusiasts, the cloudbuster is rumored to equalize unbalanced weather by changing atmospheric energy. While it's usually a big device, you can use this tiny one to clear up cloudy skies—or to make it pour!

476

trick radar with a fake ufo



Inflate helium balloons.

Crumple aluminum foil.

Fill a trash bag.

Close; set aloft.

Drop off your gear first. Park far, far away and hike in.



Walk only on pre-existing tracks.



Follow plans that you've drawn ahead of time.



Use a partner or a stake to keep a constant center point.



A wooden plank uniformly presses down the stalks as you scoot along, lifting one side of the plank at a time.

Remember to take all tools and trash with you when you're done. Anything you leave behind could give you away—even a footprint!



Shh! Noise and light attract attention.



The plant stalks should bend, not break.



478

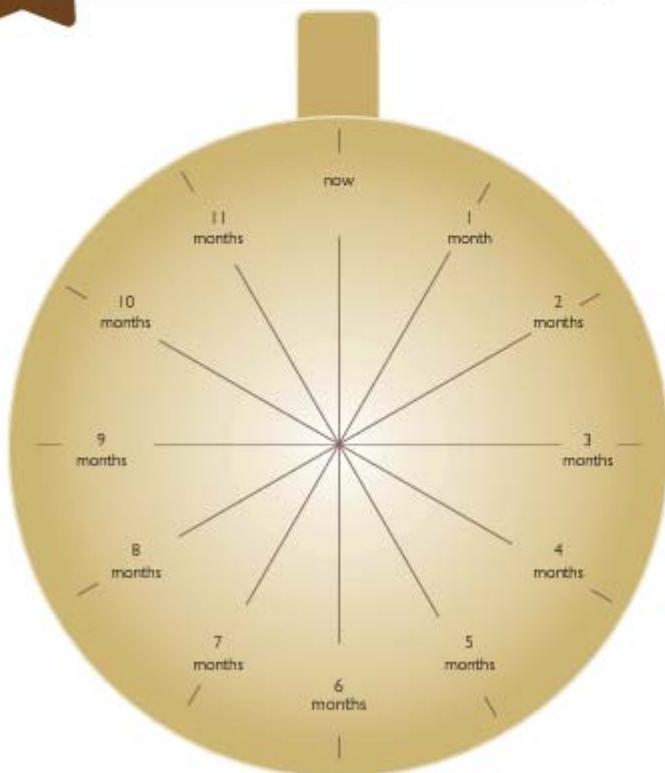
prepare a tea-leaf reading



Inhale; contemplate a question.

479

predict the timing of life events



The cup is divided into monthly sections. Whenever a symbol appears, expect the corresponding event to occur in that amount of time.

480

find symbols in tea leaves

Finding familiar shapes in tea leaves is an art, much like finding pictures in cloud formations. So meditate on a question that's important to you and watch the omens take shape in your cup.





Swish the cup clockwise.



Drain the excess tea; retain the tea leaves.



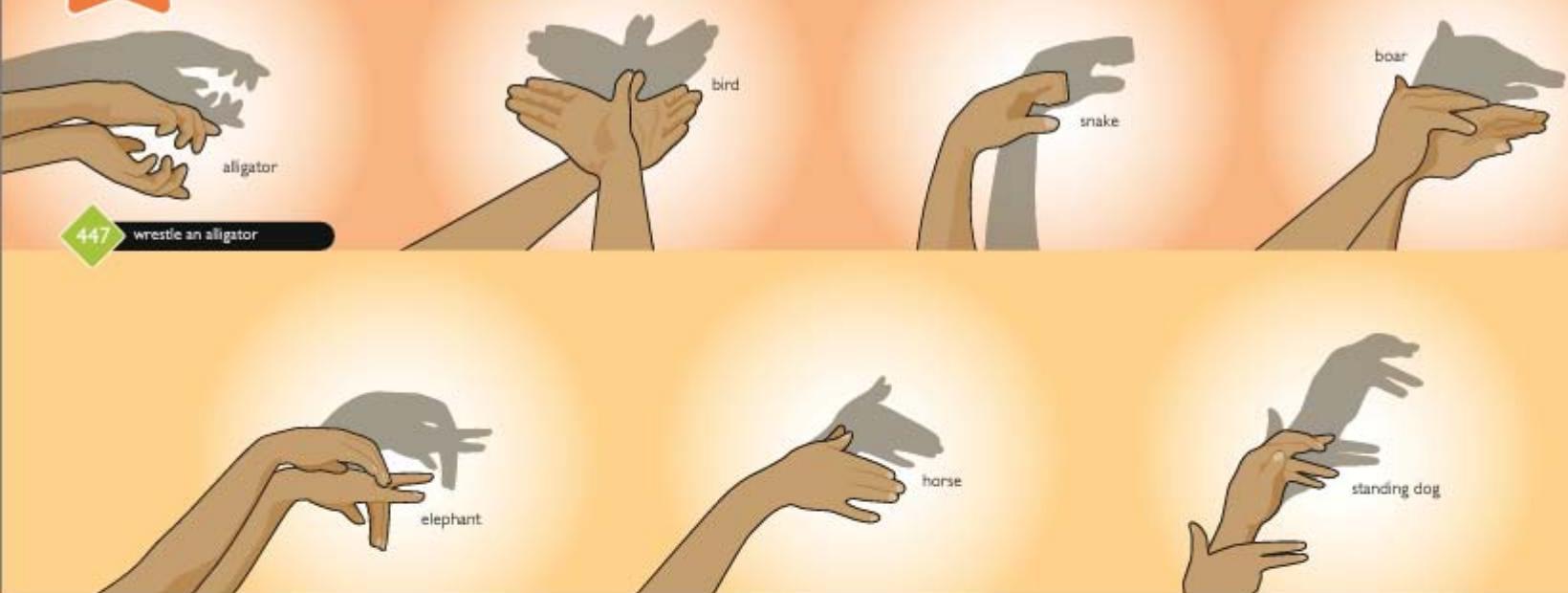
Look for shapes.



man	woman	smooth journey	uncertain path	people's initials	days, months, years	right direction	wrong direction
reconsider plans	pay attention	good luck	protection	money	visitor	insight	love
good friend	untrustworthy friend	entanglement	possible theft	enemy nearby	long journey	busy	very good luck
challenge	trouble coming	startling event	future reward	big change	enlightenment	influence, power	natural cycle
correct path	secrecy	recognition	marriage	gift	beware!	violence	travel

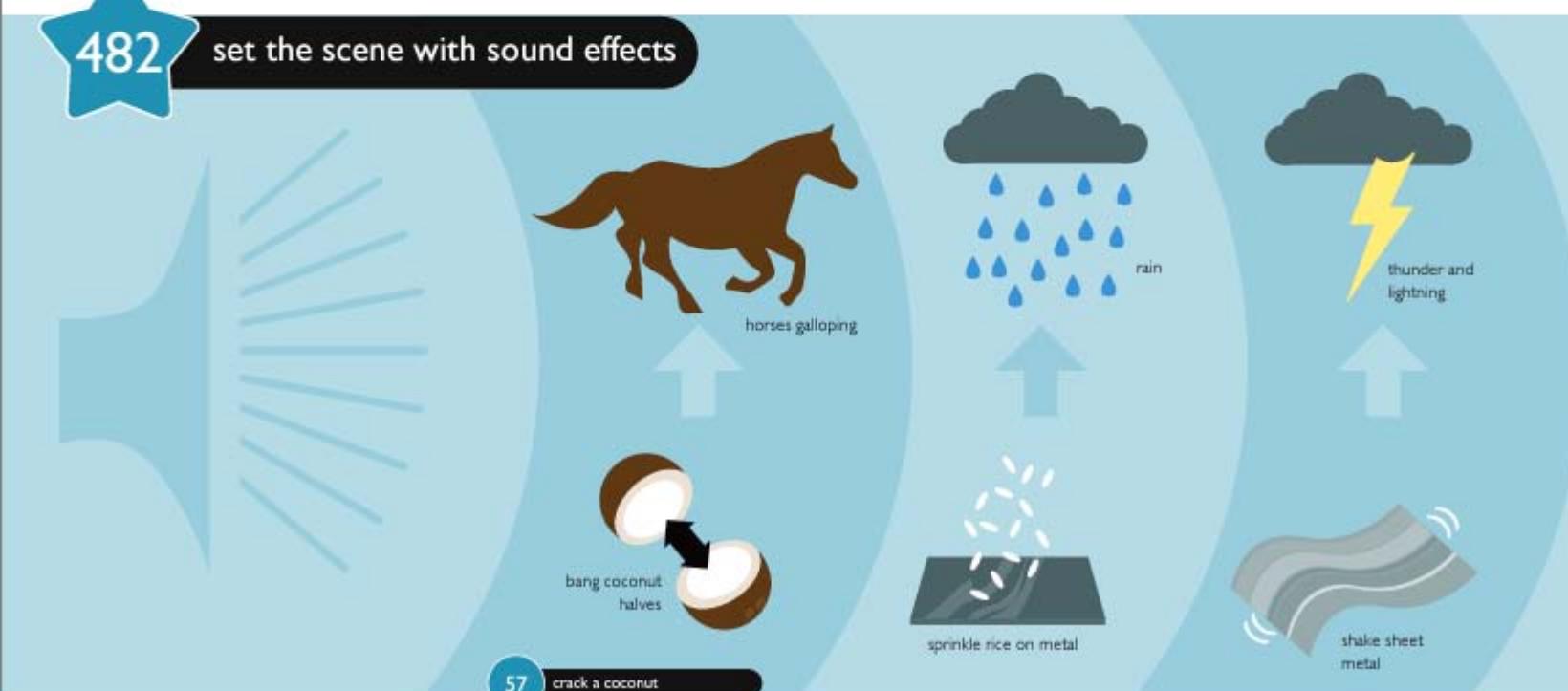
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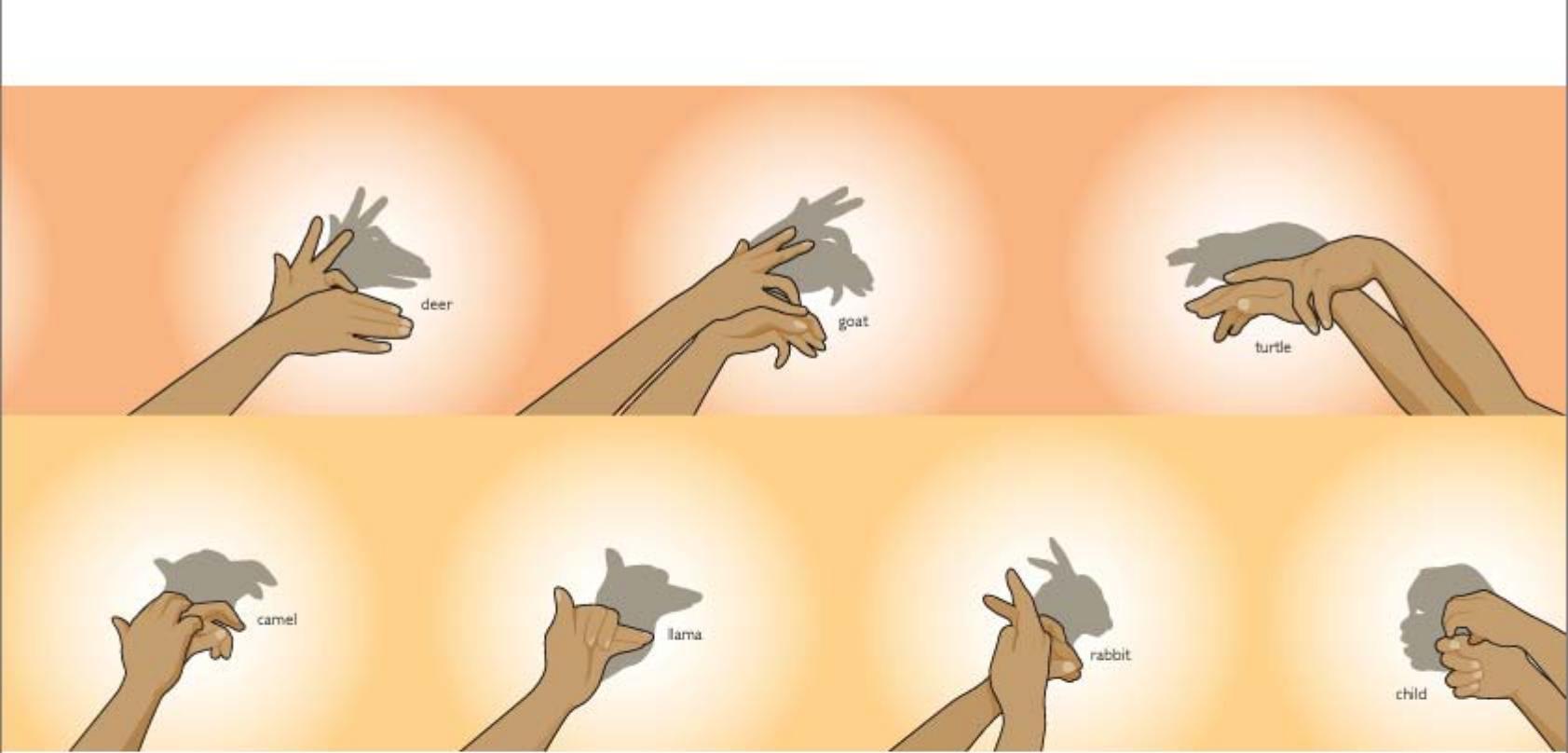
cast handy shadow puppets



482

set the scene with sound effects





483

amaze all with the french drop



Present the coin theatrically.



Place between your fingers.



Slide your thumb under.



Close the hand over.



Drop into your right hand.



Place between your fingers.

Pull your right hand down.



Focus on your left hand.



484

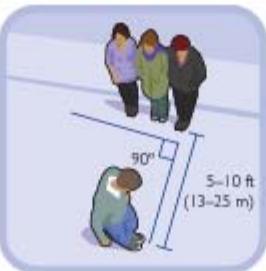
give the illusion of levitation



Wear wide-legged pants.



Assemble a small audience.



90°
5-10 ft
(1.5-2.5 m)



Distract your audience.



Rise on your right toe.



escape from a straitjacket

485



Cross your strong arm; inhale.



Exhale, making wiggle room.



Hang upside down.



Wiggle your elbows.



Push up your elbow.



Uncross and raise your arms.



Bite to undo the sleeve belt.



Undo the back belts.



Hook the sleeve belt; pull.



Pull off the jacket with flair.



Want to pull a Houdini? When you're first wrangled into the straitjacket, place your strong (or dominant) arm under your opposite elbow and breathe deeply, expanding your chest and loosening the straitjacket. This way, you can later use great force to push your elbow over your head. Once your arms are uncrossed, undo the buckles—and dazzle the crowd with your escapist skills!



Place the cloth at the edge.



Smooth away wrinkles.



Add heavy items.



Grasp at the midpoint.



Pull down rapidly.



pull a tablecloth from a set table

486

487

mold a false fingerprint



Mold someone else's print.



Fill with liquid gelatin.



Refrigerate.



Peel; press to your finger.

488

pick a pin-and-tumbler lock



Test with the wrench.



Insert the pick.



Push up the first pair of pins

138

look dapper in a suit



Turn; lift the next pin pairs.



Lift the last pair of pins.



Turn; open the door.



Test the lock first to see which way it turns. Then apply slight torque in that direction and push the pin pairs up so that each upper pin is outside the cylinder.

There's something shady going on with this locked briefcase—and you need some illuminating answers! But how can you know if she's telling the truth? Look for these clues to catch a liar in the act.

If her lips are smiling but the rest of her face is frowning, then she's hiding something.

Are her eyes darting to the right? The right side of her brain is cooking up a lie.



Sudden exits
betray discomfort.

Is she tapping like Fred Astaire?
Then you'd better beware!

Excessive fidgeting—especially touching the hair, neck, or nose—is mighty suspicious.

Is it hot in here?
Sweating gives away the coolest of cucumbers.

A graceful dame with a stiff, awkward body posture? Something's amiss!

490

slide into a bootlegger turn



Push in
the clutch.



Engage the
handbrake while...



3

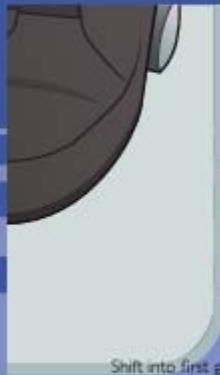
... turning the wheel
to the left from
12 o'clock to 6 o'clock.



4

491

pop a sweet wheelie



Shift into first gear.



Rev to two-thirds capacity.



Pull in the clutch; rev tally.

Shift back in the saddle.



Open the throttle; release the clutch.



Cover the rear brake, just in case.



Pull up. Keep the front wheel straight.



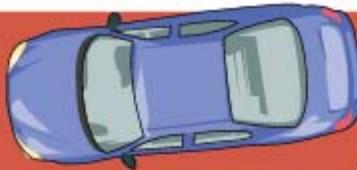
Ease off the throttle; come down.



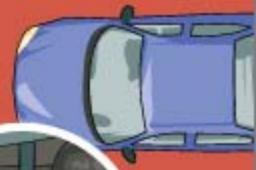
Return to the
12 o'clock position.



Release the
handbrake.



Shift into
first gear.



Accelerate.

spin a crazy donut

492



... while releasing the handbrake.



Shift into first gear.



Floor the
accelerator ...
and pulling up
the handbrake.



... while turning into a tight circle ...



Push in the clutch ...



Begin driving in
a circle.

493

breathe fire



Always have a friend nearby.



Practice spraying mist.



Check the wind.



Milk neutralizes kerosene.



Hold in your mouth.



6 in (15 cm)



Spray a mist of kerosene.



Move the torch down.



Wipe with a damp rag.



Bread soaks up the fuel.

494

wheel-walk a unicycle



Lower the seat.



Place your lead foot on top.



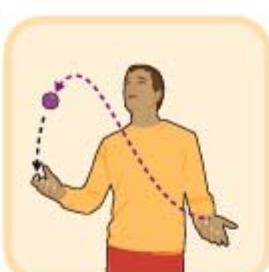
Lean forward; add the other foot.



Switch feet as the wheel rolls.



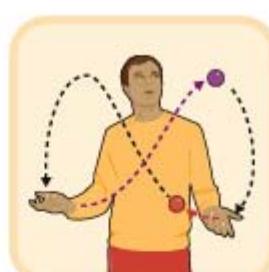
Practice with one ball.



Keep your eye on the ball!



Add a second ball.



Toss at the first ball's peak.



Repeat—a lot!



Add a third ball.



Toss at the first ball's peak.



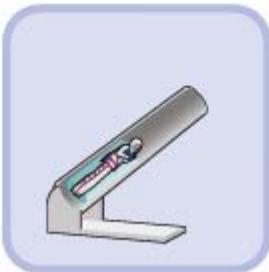
Toss at the second's peak.



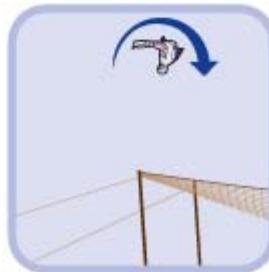
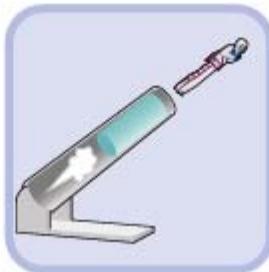
How do you keep all those balls in the air? First, practice tossing a ball from hand to hand in a figure-eight pattern, using a scooping gesture. It also helps to number each ball as you throw it, calling out "one," "two," "three," and so on.



Climb inside the cannon.



Lie down in the canister.



497

ollie like a pro

498

bust a feeble grind



1 Put one foot at the board's center and one foot at its tail. Bend your knees.

2 Kick the tail down to pop the nose up. Drag the outside of your front foot against the board to guide it higher.

3 Lift both knees to your chest while soaring over the gap.

4 Land and shred away.

4 Stick the landing with your front foot over the front truck and your back foot on the tail.

3 Bring both feet above the board as it turns. Keep your eyes on the board.

2 Leap up, using your back foot to kick the board into a sick spin.

1 Squat down to gather momentum.



1 Dive into a handstand, grabbing the board on the outside of both trucks.

2 Bend your knees and whip your legs down. Jerk the board up to get it spinning.

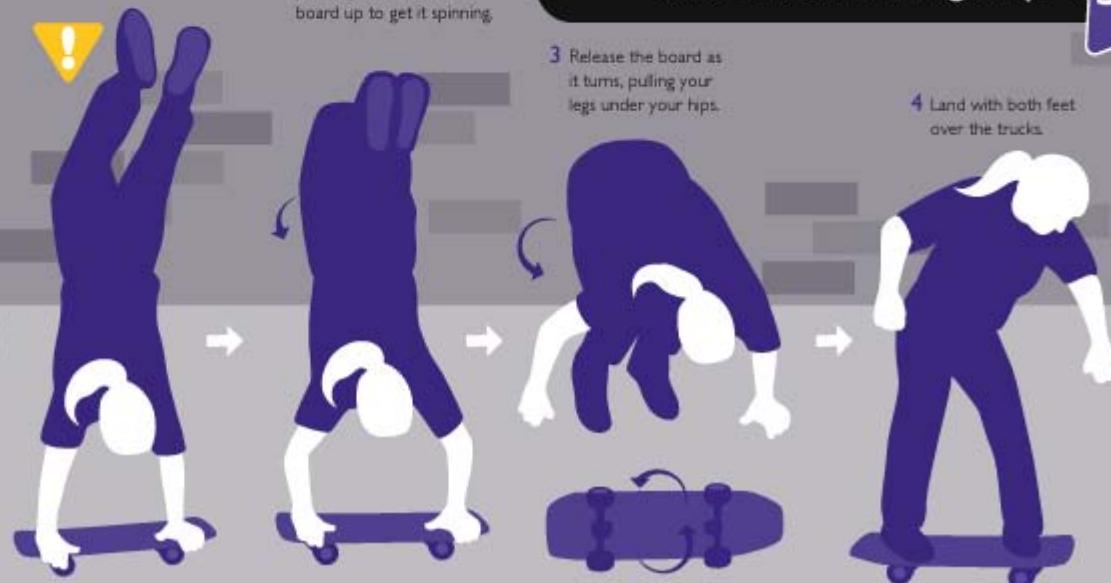
3 Release the board as it turns, pulling your legs under your hips.

4 Land with both feet over the trucks.



stencil stealthily

12



nail a handstand fingerflip

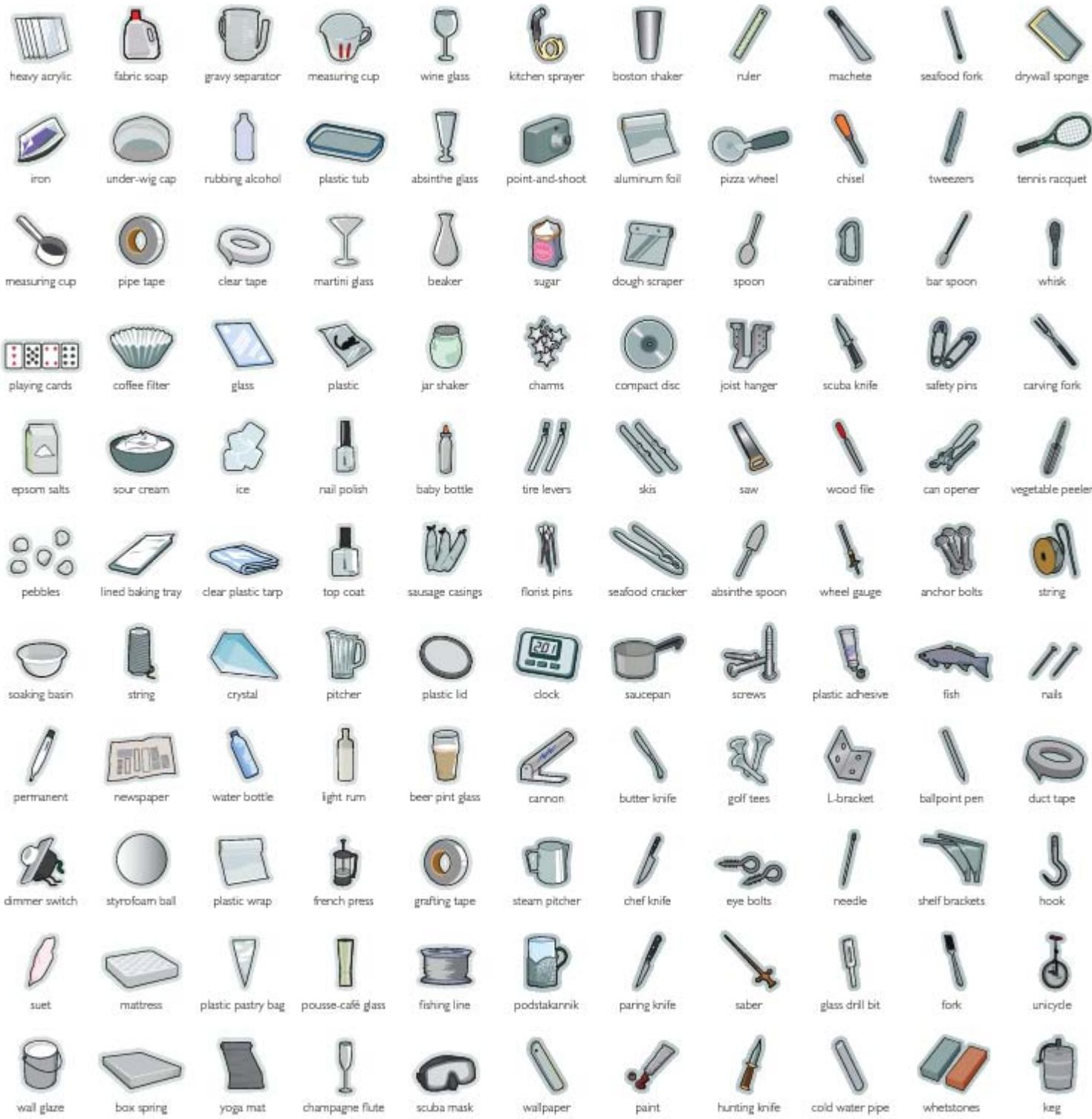
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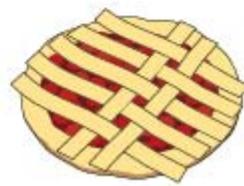
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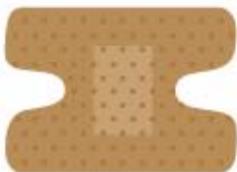
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ILLUSTRATION CREDITS The artwork in this book was a true team effort. We are happy to thank and acknowledge our illustrators.

Front Cover: Britt Staeler: dancers, shirt, martini, elephant.

Kelly Booth: emoticons **Gabhor Utomo:** plant.

Bryan Thompson: skateboarders

Back Cover: **Gabhor Utomo:** balloon animal **Tina Cash-Walsh:** sabrage, mohawk, baby **Juan Calle:** alligator

Key bg=background, bd=border, fr=frames, ex=extra art

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how we did it

The illustrations in this book were created and edited in Adobe Illustrator. The typeface used throughout is Gill Sans, designed by Eric Gill in 1927. This versatile and readable font was inspired by Edward Johnston's Johnston typeface for the London Underground, which Gill had worked on while apprenticed to Johnston.

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The majority of the Show Me Team is pictured on the preceding pages. Others who contributed to the production of this book are Christopher Davis, Stephanie Tang, Shelly Firth, Malin Westman, and Scott Erwert. Susan Jonaitis added copyediting expertise, and Mike Bass kept the computers running. Many thanks to all.

show us how

Do you think you have a way to do one of the things in this book better, faster, or smarter? If so, we want to hear about it! Send us an e-mail at info@showmenow.com, and your ideas could be featured in the next edition of this book. Send photos and/or a video, and we may even depict you showing us how.

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Is there something that you think should have been in this book? Something you or your friends know how to do and want to show off? Our Show Me Team is looking for new members to share their expertise with the world. Please send us your best ideas* and, if we use them, you'll be credited as an official member of this exciting group of experts and enthusiasts.



and maybe some of your second-best ones too.