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
SHOW ME HOW
show me how to...
I use this book

**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 blazzyard 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

**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 fettucine
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
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
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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
392  understand the parts of a boat
393  decipher crucial nautical flags
394  triumph over seasickness
395  tie basic sailing knots
396  stand up on a surfboard
397  do a killer duck dive
398  rip some gnarly surf maneuvers
399  jump-start my car's battery
400  fix my car's flat tire
401  bait and cast my fishing hook
402  build a roaring campfire
403  toast grilled cheese on a stick
404  make a delicious s'more
405  open wine without a wine key
406  mount an elephant
407  mount a camel
408  mount a horse
409  compose a memorable photo
410  take a steady shot
411  create professional effects
412  parade in rio's carnaval
413  drench myself in holi's color
414  run with the bulls in pamplona
415  create a day of the dead altar
◆ 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
index
tools
a note from derek and lauren

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).

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 old 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.

select the right golf club

navigate a golf course

perfect my swing
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.

- **Phew—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 (465).
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:
1. Gather materials: eggs, markers, stickers, glue, ribbon.
2. Choose a method: painting, stamping, gluing decorations.
3. Apply the chosen decoration to the egg.
4. Optional: add additional embellishments like ribbons or stickers.
5. Display your decorated eggs in egg cups.
6. Optional: include a small chick figure for extra fun.

Peep!
shape clay beads

mold clay animals
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?

string clay beads

1. Loop, knot, and feed the thread through the bead.
2. Tie another knot, fray the fringe, and trim the excess.
3. Cut enough thread that it fits easily around your neck. To fasten, tie the ends together, or secure with a jewelry clasp.

invent clay oddities

make crop circles
1. Trace pattern onto fabric.
2. Cut out the doll pattern.
3. Collect personal effects.
4. Stuff with inanimate objects.
5. Partially sew the pieces together.

To make your own voodoo doll, simply trace the pattern, or photo copy it at whatever size you wish! Warning, life-sized dolls, though effective, are often difficult to conceal.

Sew a spooky voodoo doll

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!
Someone working some voodoo on you? Fill this satchel with no more than 13 objects—like stones, herbs, or dirt from a graveyard—and use it to keep malevolent forces at bay. If you’re female, wear it on your left; if you’re male, pin it on your right.

II  ward off evil with a gris-gris

Cut out a square of red felt.
Fill with an odd number of items.
Gather and tie closed.
Pin to the inside of your shirt.
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**

1. Apply glue to the edges of the pages.
2. Insert a cardboard separator; let dry.
3. Cut and remove the pages.
4. Coat the interior pages with glue.
5. Fill with secret items.

**Assemble a Super Slingshot**

1. Snap!
2. Cut open the rubber bands.
3. Tie each to the cloth.
4. Find a stone—and a target!
16. Fold a sixteen-point star

It's easy to modify this merry decoration. Add more points to increase its size, or use many different colors for a more festive look.

17. Construct an origami box

To make a top for the box, follow the same simple instructions. When you're done folding, give the bottom a slight squeeze to fit it nicely inside the lid.

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.
Copy onto a transparency.

Squeegee with emulsion.

Repeat on the back. Let dry.

Secure the transparency.

Add the glass.

Expose under a 250-watt bulb.

Rinse thoroughly.

Lay the frame on paper.

Squeegee with paint.

Lift the frame.

For best results, be sure to pick a design that packs a graphic punch—one without fussy details or lettering that might reverse in the silk-screening process.

Simply multiple tones into bold, high-contrast shapes.

Use halftone dots to show gradual shifts in tone.

Stay clear of overly thin lines, which drag and smear easily.

Avoid very large areas of solid color where ink might pool.

Print colors one at a time. Layer them for cool effect.

bind an accordion-style book

Trace a cover to size pages.

Fold the pages in half.

Overlap and glue the pages.

Glue inside the covers.
21 make a compact disc-o ball

Wrap twice, knot.
Glue to the craft ball.
Continue around the ball.
Hang, and get busy dancing.

22 shape a retro record bowl

Press with a slightly larger bowl.
Let set.
Overtum and use as a decorative bowl.
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, warbly rhythm!
create a chain-mail bikini

1. Open a ring.
2. Hang two rings; cinch closed.
3. Repeat to make a chain.
4. Fasten two chains.
5. Create and attach three panels.
6. Gather the interior edges.
7. Connect to make a seam.
8. Adjourn all pieces.

493 breathe fire
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

1. Add the galvanized nails.
2. Stick in the copper wires.
3. 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

1. Wrap the electrical wire.
2. Trim; remove the battery.
3. Loop through the coil.
4. Strip the plastic coating.
5. Coat the ends in nail polish.
6. Attach the battery.
7. Add the safety pins.
8. Add the coil; tape together.
9. Give it a spin.
10. Watch it go!
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.

1. Connect all elements with the wire. Wrap it around the tacks; push the tacks into the board.
2. Thread the wire through a hole in the tube, then wrap it around the tube.
3. 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.
4. To lengthen your wire, twist on a second one.
5. To ground the radio, wrap the magnet wire around a water pipe or a similar item.
6. Insert the safety pin into the pencil’s lead.
7. Wrap the wire around the safety pin and the earphone’s receptor.
8. 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.)

- spritz of water
- philodendron
- lipstick plant
- maidenhair fern
- miniature african violet
- creeping fig
- soil
- sphagnum moss
- charcoal powder
- pebbles

transplant seedlings
weave a friendship bracelet
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

Dissolve the sugar in water.
Mix the syrup and coloring.
Wet the stick; coat in sugar.
Cover; insert the stick.
Cut out the stick, if needed.
Create a Festive Piñata

1. Mix the flour and water.
2. Add paper cones and strips.
3. Let dry. Pop the balloon.
4. Make a small hole.
5. Thread string through the holes.
6. Hang, and have a swing at it!

Carve a Potato Stamp

1. Tell time with a potato clock
2. Cut potato
3. Carve a star
4. Carve away the background
39 build a blizzardy snowglobe

- Speed-peel a hard-boiled egg
- Glycerine
- Water

mold clay animals
wrap a merry wreath

1. Stretch the hanger into a circle.
2. Layer the greenery.

craft a scented pomander

1. Graft a citrus tree
2. Roll in seasonal spices.
3. Let cure.

make a tin-can luminary

1. Freeze so the can stays firm.
2. Nail holes along the design.
3. Hot water melts the ice.
4. 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.

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 satno 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

Pinch the center.
Rinse and wear.
47 cast on

- 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.
cross stitch

star stitch

herringbone stitch

tied herringbone stitch

sheaf stitch

chain stitch

feather stitch
51. Stitch Native Bead Designs

- **Fret Stitch**: Alternate flat and upright beads. Sew with double thread.

- **Diagonal Lazy Stitch**: Sew 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

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

Blow up this pattern so that it's large enough to fit your feet.
One needle threads the beads, while the second secures the stitch in three-bead sections. Thread up to six beads at a time, then fasten to the suede's edge.

Make wide panels, alternating bead colors to create patterns.

Fold in half.

Stitch the sides together.

Turn inside out.

Create beaded decorations.

Fold over the flaps and wear.
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
To crack a coconut:

1. Make holes in two of the soft spots.
2. Deepen the holes. Remove the nails.
3. Let drain.
4. Separate the meat from the shell.

To cut a pineapple:

1. Cut off the top and bottom.
2. Slice the pineapple into sections.
59. boil an egg
- Salt boiling water to keep the eggshell from cracking.

61. fry eggs
- Melt butter:

62. poach eggs
- 1 tsp white vinegar
- Vinegar makes the egg whites solidify more quickly.
speed-peel a hard-boiled egg


It takes a mighty breath to oust the egg from its shell. Beginners should start by rolling the egg on a hard surface, cracking and loosening the shell so that it yields more readily.

Ease in each egg slowly to avoid breaking the yolk.
Like 'em sunny-side up? Remove from heat and serve.

Don't dig that slight vinegar taste? Rinse the eggs before serving.
63 roll a taqueria-style burrito

1. Start with a warm tortilla.
2. Gather the tortilla's sides.
3. Fold the top and bottom.
4. Roll, wrapping the top flap.
5. Tuck any loose ends.

64 fry tortilla chips

1. Cut the tortillas into sixths.
2. Pour plenty of corn oil.
3. Fry, turning occasionally.
4. Let cool. Blot with towels.
5. Sprinkle with salt.

65 prepare guacamole

1. Spritz lime juice.
2. Dice the cilantro.
3. Mince the onion.
4. Combine; mash together.
5. Pit an avocado.

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.
68 make a tomato flower

- Remove the peel in a long strip.
- Begin curling the peel.
- Wrap into a cute floral shape.

69 carve a radish rose

- Make cuts in each side.
- Cut behind the first cuts.
- Chill to open the petals.
- Prune a rosebush

- Repeat steps for each radish.
**Mince Ginger**

1. Cut away from your hands.
2. Stack the discs; chop.
3. Rock the knife back and forth.

**Peel a Bell Pepper**

1. Rotate, charring each side.
2. Steam to loosen the skin.
3. Peel off the skin.
4. Remove the stem.

**Trim an Artichoke**

1. Peel off the outer leaves.
2. Slice off the top one-third.
3. Peel the stem; rub with lemon.
4. Cut into quarters.
5. Discard the fibrous choke.
73 derust a cast-iron pan

1. Rub vigorously with fine steel wool.
2. Coat the pan with oil.
3. Add 2-4 tbsp salt to create a paste.
4. Scrub with paper towels, then rinse.

74 make a nonstick rolling pin

1. Stretch out a nylon stocking.
2. Insert a rolling pin.
3. Use on a floured surface.

75 sharpen and polish a knife

1. Soak the whetstones.
2. Push the knife forward.
3. Flip the knife; pull it back.
4. 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

Layer rice on the seaweed.
roll maki sushi

1. Leave a gap at the top.
2. Smear a line of wasabi.
3. Add ingredients.
4. Press to the seaweed.
5. Tighten into a roll.
6. Tuck the loose end.

Ingredients:
- sake (salmon) nigiri
- maguro (tuna) nigiri
- ebi (shrimp) nigiri
- maguro (tuna) temaki
- shoyu (soy sauce)
- wasabi
- gari (pickled ginger)
- ikura (salmon roe) nigiri
80 clean a lobster

1. Twist the tail off of the body.
2. Cut the cartilage; remove the meat.
3. Remove the intestinal vein.
4. Pull the body from the chest shell.
5. Halve the chest shell. Extract the meat.
6. Crack the claws; remove the meat.

81 peel and devein a shrimp

1. Pull the shell loose.
2. Cut along the vein.
3. Pull out the intestine.
crack a dungeness crab

1. Cut or pull away the apron.
2. Lift off the top shell.
3. Reserve fat from the shell.
4. Remove the gills.
5. Pull off the jaws.
6. Pull out the intestine.
7. Twist off the claws and legs.
8. Cut into quarters.
9. Extract the meat.
10. 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

1. Break the shell’s hinge.
2. Detach the muscle from the top shell.
3. Discard the top shell.
4. Loosen the oyster.
Identify Beef Cuts:

- Steak and kidney pie
- All-American burger
- Standing rib roast with Yorkshire pudding
- Filet mignon with Bearnaise sauce
- Boeuf bourguignon
- Steak frites
- Filete a la parrilla y salsa chimichurri

Twist Tasty Sausage Links:
1. Mix the meat and spices.
2. Rinse the casings.
3. Lubricate the stuffer.
4. Ease on the casing.
5. Tie off the end.
stack a mean burger

classic burger

- sesame bun
- pickle
- tomato
- cheddar cheese
- grilled beef
- onion
- lettuce
- ketchup

aloha burger

- whole wheat bun
- sprouts
- avocado
- grilled onion
- provolone cheese
- grilled portobello
- tomato
- bell pepper
- lettuce
- mustard

'shroom burger

- sourdough bun
- oregano
- grilled zucchini
- feta cheese
- grilled lamb
- arugula
- mediterranean sauce

greek lamb burger

- kaiser roll
- mayonnaise
- ham
- swiss cheese
- grilled chicken breast
- tomato
- lettuce
- dijon mustard

cordon bleu burger
**Cook a Sizzling Steak**

1. Trim the excess fat.
2. To prevent curling, score the sides.
3. Pour marinade, then refrigerate.
4. Place on a preheated grill.
5. Flip. Rotate to make a crosshatch design.
6. Test for doneness.

**Grill a Beer-Can Chicken**

1. Rub with butter and spices.
2. Add your favorite spices.
3. Ease onto the can.
roast a turkey

Remove the giblets.
Spread butter over the skin.
Tuck each wing.
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.

carve a turkey

Slice off the wings.
Remove the legs.
Sever the drumstick.
Carve parallel to the bone.
Carve the breast in slices.
**Make Classic Fried Chicken**

1. Whisk the buttermilk and salt.
2. Submerge the chicken pieces; refrigerate.
3. Coat each piece in flour and spices.
5. Fry each side until golden brown.
6. Bake, then check for doneness.

**Make Simmering Pan Gravy**

1. Let the drippings separate.
2. Pour the juices from the fat.
3. Add flour and butter.
4. Add juices and stock; whisk.
5. Check for desired thickness.
94 pair pasta with sauce

- 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

- 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.
- Flip and roll again.
- Check for translucence.

- Make a nonstick rolling pin

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cut fettuccine

- Spread, let dry.

fold tortellini

- 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.

Punch to release gases.

436 throw an effective punch

100 braid challah bread

Braid the three thick pieces.

Make a skinny braid.

Stack; brush with egg wash.
weave a lattice-top pie

Continue until covered.
102 serve and pair champagne
Champagne boasts tastes of lemon, hazelnut, green apple, and toast, as well as floral undertones.

The flute’s long shape displays Champagne’s brilliant bubbles.

103 serve and pair pinot grigio
Pinot grigios are known to contain lively hints of minerals, cucumber, apple, lemon, and herbs.

Drink from a small tulip glass to enjoy this wine’s crisp taste.

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

A small tulip glass focuses chardonnay’s flavors at the rim.
serve and pair pinot noir

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

A Burgundy glass presents pinot noir’s robust aroma.

serve and pair merlot

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

A large tulip glass showcases merlot’s earthy bouquet.

serve and pair cabernet sauvignon

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

The Bordeaux glass’s tapered shape intensifies this wine’s aroma.
dazzle with sabrage

1. Wipe away excess moisture.
2. Untwist the wire; remove the cage.
3. Locate where the seam meets the lip.
4. Swipe forward in one fast motion.
5. 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

1. Fill in stages to avoid spills.
2. To open, rotate the bottle.
3. Wrap the bottle with a towel.
4. Hold the bottle near your ear.
ritually prepare absinthe

1. Put sugar on an absinthe spoon.
2. 3 fl oz (90 ml) absinthe
3. 4–6 fl oz (120–180 ml) ice water
4. 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!
layer a pousse-café

1 tbsp grenadine
1 tbsp crème de menthe
1 tbsp light rum

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.

mix refreshing sangria

Slice fruit of your choosing.

4 tbsp sugar
2 fl oz (60 ml) brandy
25 fl oz (750 ml) wine

10 fl oz (300 ml)
orange juice
16 fl oz (475 ml)
club soda

Refrigerate or serve immediately.
**116 rim a glass with sugar or salt**

- Twist in sugar or salt.

**bloody mary**
- 2 fl oz (60 ml) vodka
- 4 fl oz (120 ml) tomato juice
- 1 tbsp lime juice
- 1/2 tsp pepper
- 1 pinch salt
- 1/4 tsp ground cumin
- 2 dashes Worcestershire sauce

**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 orgeat syrup

**sidecar**
- 1 1/4 fl oz (45 ml) brandy
- 1 tbsp triple sec
- 1 tbsp maraschino liqueur
- 1 tbsp lemon juice

**strawberry margarita**
- 2 fl oz (60 ml) silver tequila
- 1 fl oz (30 ml) lime juice
- 8 strawberries, hulled
- 1 strawberry garnish
- Salt for the rim

**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 1/4 fl oz (75 ml) whiskey
- 1 1/4 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.*

**117 mix drinks with a boston shaker**

- Pour the liquor; add ice.
- Tap to create a seal.
- Invert; shake thoroughly.
- Tap to break the seal.
- Secure the strainer; pour.
**concoct delicious cocktails**

- **cape cod**
  - 2 1/2 fl oz (75 ml) vodka
  - 4 fl oz (120 ml) cranberry juice
  - 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 fl oz (150 ml) cola
  - lemon wedge garnish

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

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

- **tom collins**
  - 2 fl oz (60 ml) gin
  - 1 lemon juice
  - 1 tsp simple syrup
  - 5 fl oz (150 ml) club soda
  - lemon wedge garnish
  - 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
  - lime wedge garnishes

- **white russian**
  - 2 fl oz (60 ml) vodka
  - 1 fl oz (30 ml) coffee liqueur
  - 1 fl oz (30 ml) light cream
  - lemon wedge garnish

- **pina colada**
  - 2 fl oz (60 ml) light rum
  - 1 fl oz (30 ml) coconut cream
  - 6 fl oz (180 ml) pineapple juice
  - 2 fl oz (60 ml) coconut cream
  - pineapple wedge garnish
  - maraschino cherry garnish

- **caliprinha**
  - 2 lime wedges, muddled
  - 1 tbsp simple syrup
  - 2 fl oz (60 ml) cachaca

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**cut a pineapple**

**tie a cherry stem in my mouth**

**use a muddler**

Grind until smooth.
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.
shake up martini variations

**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 1/4 fl oz (75 ml) pepper vodka
- 1 Tbsp dry vermouth
- 1 jalapeño pepper garnish

**Bermuda Rose**
- 2 fl oz (60 ml) gin
- 1 tsp apricot brandy
- 1 dash grenadine
- 1 apricot wedge garnish

**Vesper**
- 1 3/4 fl oz (35 ml) gin
- 1 1/4 fl oz (35 ml) vodka
- 1 tsp Lillet Blanc
- 1 lemon wedge garnish

**Chocolate**
- 2 fl oz (60 ml) vodka
- 1/4 fl oz (30 ml) crème de cacao
- 1 chocolate treat garnish

**Gibson**
- 3 fl oz (90 ml) gin
- 1 tsp dry vermouth
- 1 pearl onion garnish

**Banana Rum**
- 2 fl oz (60 ml) dark rum
- 1 tsp crème de bananes
- 1 banana slice garnish

**Orange Blossom**
- 2 1/4 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 tsp lemon juice
- 2 dashes absinthe
- 1 lemon wedge garnish

**Opera**
- 2 fl oz (60 ml) gin
- 1 tsp Dubonnet Rouge
- 1 tsp maraschino liqueur
- 1 maraschino cherry garnish

**Naked**
- 3 fl oz (90 ml) gin
- 1 green olive garnish

**Bacoutini**
- 3 fl oz (90 ml) vodka
- 1 dash vermouth
- 1 bacon strip garnish

**Saketini**
- 2 1/2 fl oz (75 ml) gin
- 1 1/2 tsp sake
- 1 green olive garnish

**Tequilatini**
- 2 1/4 fl oz (75 ml) tequila
- 1 1/4 tsp sweet vermouth
- 1 tsp dry vermouth
- 1 tsp sweet vermouth
- 2 tsp strawberry puree
- 1 strawberry garnish

**Bloodhound**
- 2 fl oz (60 ml) gin
- 1 tsp apricot brandy
- 1 dash grenadine
- 1 apricot wedge garnish
**122 brew tea fit for a queen**

1. Boil water.
2. Rinse to warm the teapot.
3. Boil water for the tea.
4. Add black Indian tea leaves.
5. 8 fl oz (240 ml) water per person
7. Strain.
8. Add milk and sugar, if desired.
9. Enjoy with scones.

**123 make Russian tea in a samovar**

1. Lit pinecones boil the water.
2. Add black Indian tea leaves.
3. 1 tsp tea per person
4. 2 fl oz (60 ml) per person
5. Steep on top of the samovar.
6. Add boiling water.
7. Pour into the podstakannik.
8. Dilute to taste.
**Prepare Tibetan Yak-Butter Tea**

1. Add tea to the boiling water.
2. 2 tbsp yak butter
3. 1/4 tsp salt
4. 2 fl oz (60 ml) milk
5. Pour one-third into the chum.
6. Chum vigorously.
7. Transfer half back to the pot.
8. Repeat until all is chummed.

**Serve Thai Iced Tea**

1. 1 c (225 g) tea per pitcher
2. 48 fl oz (1 1/4 l) water per pitcher
3. Add spiced Thai tea leaves.
4. Brew until bright orange.
5. Pour through the cloth strainer.
6. Chill to the desired coolness.
7. 8 fl oz (240 ml) condensed milk
8. Pour into a glass.
126 understand espresso drink ratios

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.

- café latte: 3:1 steamed milk to espresso
- café au lait: 1:1 steamed milk to espresso
- café mocha: 3:1 steamed milk to espresso to drizzle of chocolate syrup
- americano: 5:1 hot water to espresso
- café breva: 3:1 steamed half-and-half creamer to espresso
- cappuccino: 1:1 frothed milk to steamed milk to espresso
- espresso con panna: 1 espresso to dollop of whipped cream
- irish coffee: 1:1 whiskey to coffee with 2 tbsp sugar and 2 tbsp cream
- macchiato: 4:1 espresso to steamed milk

127 pick a caffeinated drink

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): 155 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
- hot chocolate: 8 fl oz/240 ml = 8 mg of caffeine
use a french press

1. Add boiling water.
2. Let steep.
3. Press evenly on the plunger.
4. Secure the lid; pour.

pull a perfect espresso

1. Fill with fresh grounds.
2. Smooth off the excess.
3. Tamp until tight.
4. Align the basket and cup.
5. Pull the shot.

pour a latte leaf

1. Steam milk for one cup.
2. Swirl; bang if bubbles arise.
3. Pour. Wiggle your wrist.
4. Draw through the design.
131 open a beer with another beer

1. Hook the lids together.
2. Thrust downward.

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

1. Use as a lever.
2. 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.
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 flute’s elegant form boosts carbonation. It complements fruity and lambic beers.

pour a proper pint

1. Pour slowly.
2. Right the glass as it fills.

chug from a boot

1. When a bubble forms...
2. ... rotate to avoid spillage.
136 understand men’s fabric patterns

- pinstripe
- tweed
- houndstooth
- windowpane plaid
- dotted
- paisley
- herringbone
- bankers stripe
- plaid
- block check
- jacquard
- diagonal stripe

137 pick a suit for each season

- 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

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.

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

Give my shoes a shine

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.
140 Identify men’s facial hair styles

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

- pyramid
- lilbrow
- pencil
- toothbrush
- lamp shade
- chevron
- english
- walrus
- petit handlebar
- handlebar
- imperial
- face spanner
- french fork
- bishop
- circle beard
- neck beard
- chin curtain

141 Get a clean shave

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.
1. Dali
2. Pancho Villa
3. Horseshoe
4. Fu Manchu
5. Freestyle
6. Poet's Beard
7. Soul Patch
8. Anchor
9. Napoleon III Imperial
10. Goatee
11. À la Souvarov
12. Franz Joseph
13. Sideburns
14. Muttonchops
15. Wolverine

Instructions:
1. Rinse every few strokes.
2. Shave with the grain.
3. Suck in; shave above the lip.
4. Rinse; pat dry.
5. Sip with a little aftershave.
tease up a beehive

1. Create four sections.
2. Spray with setting lotion.
3. Clip the sections not in use.
4. Curl each section.
5. Spray heavily with hairspray.
6. Tease from bottom to top.
7. Pin the sections; continue.
8. Smooth with a paddle brush.
9. Craft a swirl in the front.
10. Finish with more hairspray.

fashion fabulous fingerwaves

1. Put setting lotion in wet hair.
2. Wiggle to make waves.
3. To set, pinch the waves.
4. Secure with clips as you go.
5. Continue until complete.
create yarn hair extensions

1. Cut two lengths of yarn.
2. Tie the short yarn to the center.
3. Tie the long yarn to a strand.
4. Align one string with the strand; braid.
5. Knot the end.
6. Tie on a charm, if desired.

spike up a mohawk

1. Shave except for the top.
2. Backcomb the hair.
3. Apply glue generously.
4. Blow-dry against a surface.
5. Spray to hold.
**Braid Cornrows**

1. **Spray with setting lotion.**
2. **Make a path for the cornrow.**
3. **Braid close to the scalp.**
4. **Add hair to the middle strand.**
5. **Continue, picking up hair as you go.**
6. **If the hair is long, extend the braid.**
7. **Finish with beads and a clear elastic.**

**Dread My 'Do**

1. **Divide the hair into sections.**
2. **Comb each section.**
3. **Backcomb each section.**
4. **Twist each; secure the ends.**
5. **Maintain with beeswax.**
150 turn myself into a zombie

1. Start with a base of white makeup.
2. Go gangrene with splotches of green makeup.
3. Line your eyes for that undead look.
4. Coat your lips in red “blood.”

151 stir up fake blood

- 1 cup (240 ml) corn syrup
- 10 drops red food coloring
- 1 drop green food coloring

152 fake an exposed bone

- Cut the desired bone length.
- Attach with liquid latex.
- Secure with more latex.
- Add fake blood and bruising.
create an oozing fake wound
153

- Drag a hairbrush through "blood," then lightly rake it across your face.
- Dab on a few more "blood" splatters.
- Show some skull! Cut a circle out of a plastic lid and glue it to your head with liquid latex.

apply a patch of liquid latex.  
press tissue over the site.
let dry, pinch holes.  
add fake blood and bruising.

become a glittery fairy 154

- Add glitter for sparking lips.
- Shape elfin ears with molding clay.

transform into an alien 155

- Start with a bailing cap. Coat your head in green makeup.
- Aliens don't have eyebrows! Conceal yours with makeup.
- Twist up pointy antennae.

add decades to my age 156

- Make your skin pale.
- Outline future wrinkles with dark eye shadow or pencil.
- Gray up your locks with baby powder.
157 thread my eyebrows

Loop the thread.
Twist.
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.
159 shade sexy, smoky eyes

1. Line the top lid.
2. Brush on a highlighter color.
3. Apply the medium shadow.
4. Blend the darkest shade.
5. Line the lower lashes.

160 apply lipstick like a pro

1. Apply lip liner as a base.
2. Define the lips' outline.
3. Apply lipstick with a brush.
4. Suck your finger to blot.
5. Dab gloss in the center.

161 brush on blush

1. Tap off the excess.
2. Smile; apply to the cheeks.
3. Sweep toward the temples.
4. Brush around the jawline.
162 wear a kimono

1. Fold the left over the right.
2. Tie on the koshi himo.
3. Tie on the dateime.
4. Position the obi makura.
5. Wrap the obi.
6. Tie the two ends together.
7. Fold across the waist.
8. Cinch at the center.
9. Tie with the excess.
10. Slide the obi to the back.

163 decode kimono styles

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.
apply traditional geisha makeup

1. Cover your hair.
2. Apply a white foundation.
3. Create an erotic “W” shape.
4. Apply blush.
5. Rim the eyes and brows in red.
6. Emphasize with black eyeliner.
7. Paint bow-shaped lips.
8. Don the wig and hair ornaments.

Red face paint is typically worn by maiko, or geisha in training. These young women, who are customarily under the age of 21, vigorously train in the gei (dancing, singing, and the art of polite conversation) before they are allowed to entertain at events as full-fledged geisha.
165 give myself a perfect manicure

1. File your nails in one direction.
2. Apply cuticle oil.
3. Gently push the cuticle back with a cuticle stick.
4. Wash your hands in warm water.
5. Apply a base coat; let dry.
6. Apply the color; let dry between each coat.
7. Use the cuticle stick to remove any mistakes.
8. For an extra quick set, soak your hands in ice water.
9. Apply a clear top coat; let dry.

349 relax in a finnish sauna

167 cleanse my skin

1. Cleanse in upward motions.
2. Rinse with cool water.
3. Toner closes your pores.
5. Witch hazel is a great natural toner.

168 treat myself to a home facial

- Oily: Avocado + Banana + Strawberry
- Dry: Avocado + Rose
- Normal: Avocado +部
- Combination: Avocado + Rose +部
Pamper My Feet with a Pedicure

1. Cut the nails straight across.
2. File in one direction.
3. ¼ c (55 g) epsom salt
4. Gently push down the cuticles.
5. Apply cuticle oil.
6. Rub down any calluses.
7. Moisturize your feet.
8. Insert a separator.
9. Apply the color. Let dry between each coat.
10. Wipe down each nail to remove excess oils.
11. Finish with a clear top coat.

Exfoliate Properly

1. Use papaya as an inexpensive, at-home exfoliant.
2. Cover with a gentle exfoliant.
4. Avoid the tender under-eye area.
5. Rinse with cool water.
6. Soothe with a moisturizer.

Maintain My Skin’s Youthful Glow

1. Sleep on two pillows.
2. Treat the under-eye area with cucumber.
3. Use sunscreen daily.
4. Use an alpha-hydroxy cream.
5. Hydration keeps skin fresh and rejuvenated.
6. Smoking ages the skin.
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
- mid
- high-rise
- mid-rise
- low-rise
- daisy dukes
- short shorts
- jamaicas
- Bermudas
- walking
- jogging
- bloomers
- skort
- skinny
- bootcut
- flare
- palazzo
- deck pants
- pedal pushers
- gauchos
- capris
- classic
identify dress and skirt shapes

- fit and flare
- sheath
- slip dress
- shift
- column
- princess
- mermaid
- empire waist
- micromini
- mini
- schoolgirl
- bubble
- flip
- sarong
- pencil
- tube
- midi
- tea
- princess
- maxi
- a-line
- handkerchief
- fishtail
- peasant

avoid being a fashion don’t

- Don’t wear denim on denim!
- Do look sleek in a strappy tank and wide-legged trousers.
- Do pair a sexy top and sandals with a long skirt.
- 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 emphasize baggy pants with a boxy shirt.
- Don’t overdress with too many patterns.
- Do cap off skinny jeans with a flowing, empire-waist top.
- Do balance a flared skirt with a fitted jacket.
175 rock the chelsea knot

Fold the scarf in half.

176 tie a bowtie

177 tie a traditional windsor knot

Bring through the loop.

178 lace my shoes with flair

army  checkerboard  lattice
tie a retro kelly scarf

Fold the scarf into a triangle.

Wrap; tie in the back.
180 repair ripped jeans

1. Open the area with a seam ripper.
2. Cut out a paper pattern.
3. Place onto the desired fabric.
4. Cut out; fold over the edges.
5. Sew onto the jeans' exterior.
6. High-kick without apprehension.

181 hem a pair of jeans

1. Figure the amount to hem.
2. Fold half under; pin.
3. Sew along the old hem.
4. Turn inside out; press.
5. Turn right side out; press.
**Sew on a New Button**

1. Thread the needle; knot.
2. Anchor the stitch.
3. Attach the button.
4. Sew, but not too tightly.
5. Repeat on the other hole.
6. Bring the needle through.
7. Push through the stitches.
8. Knot against the fabric.

**Make a No-Sew Denim Skirt**

1. Cut off the legs.
2. Open the inseam and crotch.
3. Trim both sides’ excess.
4. Glue the back.
5. Glue the front; let dry.
**Wash a Sweater by Hand**

1. Add detergent to water.
2. Get the sweater sudsy.
3. Rinse out the soap.
4. Roll in a towel, squeeze.
5. 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**

1. Dampen as you go.
2. Iron the back of the collar.
3. Iron the inside of the collar.
4. Open the cuffs; iron inside.
5. Iron the sleeves and cuffs.
6. Iron the shoulders.
7. Iron a front panel.
8. Move to the back; iron.
9. Iron the other front panel.
10. Iron between the buttons.
Got an overenthusiastic admirer? Avert your eyes and shrug off unwanted advances.

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

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.

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.
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.

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

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

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.
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

1. Assess interest.
2. Move in closer.
3. Coyly rub and lock ankles.
4. Shed your shoe.
5. Switch legs; hook knees.

give my sweetie a foot rub

1. Stroke the top of the foot.
2. Apply circular pressure.
3. Glide up the central groove.
4. Rub and wiggle each toe.
5. Finish with a soothing caress.

spoon without arm discomfort

1. Wrap your arms around your lover.
2. Gently roll her onto her stomach.
3. Pull your arm out from under her.
4. Place your arm above her.
197 waltz through the night

198 jive with my partner
<table>
<thead>
<tr>
<th>Emoticon</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>(&gt;&quot;&quot;&quot;&gt;</td>
<td>dancing</td>
</tr>
<tr>
<td>&lt;^O^&gt;</td>
<td>laughing loudly</td>
</tr>
<tr>
<td>(^.^)/</td>
<td>waving hello</td>
</tr>
<tr>
<td><em>^O^</em></td>
<td>excited</td>
</tr>
<tr>
<td>\„,/(^_^)\„,/</td>
<td>rock on</td>
</tr>
<tr>
<td>d^_^b</td>
<td>listening to music</td>
</tr>
<tr>
<td>(^o^)/</td>
<td>very excited</td>
</tr>
<tr>
<td>b(~_^)d</td>
<td>thumbs up</td>
</tr>
<tr>
<td>(/./)</td>
<td>embarrassed</td>
</tr>
<tr>
<td>(-_-)</td>
<td>upset</td>
</tr>
<tr>
<td>(-_||)</td>
<td>emo</td>
</tr>
<tr>
<td>;_;</td>
<td>crying</td>
</tr>
<tr>
<td>(@_@)</td>
<td>dazed</td>
</tr>
<tr>
<td>(<del>:</del>)</td>
<td>sleepy</td>
</tr>
<tr>
<td>(-0_0-)</td>
<td>astonished</td>
</tr>
<tr>
<td>(o_o)</td>
<td>confused</td>
</tr>
<tr>
<td>(&gt;_&lt;)</td>
<td>frustrated</td>
</tr>
<tr>
<td>(u_u)</td>
<td>grumpy</td>
</tr>
<tr>
<td>(=_=)</td>
<td>annoyed</td>
</tr>
<tr>
<td>(9ò_ó)=@</td>
<td>throwing a punch</td>
</tr>
<tr>
<td><em>O</em></td>
<td>gawking</td>
</tr>
<tr>
<td>-^O^-</td>
<td>blushing</td>
</tr>
<tr>
<td>(0_&lt;)</td>
<td>winking</td>
</tr>
<tr>
<td>* *</td>
<td>starstruck</td>
</tr>
<tr>
<td>(&gt;^_^)&gt;</td>
<td>hugging</td>
</tr>
<tr>
<td>&lt;(^_^&lt;)</td>
<td>purring</td>
</tr>
<tr>
<td>(„„„)=^_^=(„„„)</td>
<td>crazed</td>
</tr>
</tbody>
</table>
lace a sexy corset

1. Lay the corset flat; lace the top.
2. Cross. Bring down through the eyelets.
3. Cross. Bring up through the eyelets.
4. Stop midway. Create a pull loop.
5. Create a second pull loop.
6. Tie off at the bottom.
7. Put it on; tighten with the pull loops.
8. 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.

tie the texas rope handcuff

1. Create a figure eight.
2. Repeat.
3. Repeat once again.
4. Wrap the ends.
5. Tie off in the center.
have a memorable first kiss

- 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

- 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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209. Read my date's life line:
- Forked = balanced
- Broken = troubled
- Short = weak
- Curved = domestic
- Centered = ambitious
Apply traditional bridal henna:

1. Mix lemon juice, sugar, and henna.
2. Cover until the top browns slightly.
3. Spoon into a pastry bag. Cut the tip.

Make a henna pattern:

- 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.
- Many patterns are purely decorative.
- Buds come after a drought, bringing new life and vigor.
Set with white glue and water.

Wrap with tissue...

...and then with plastic.

Cover with a sock to seal.

Remove the wrap; brush off the henna.

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.
identify henna symbols

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.

Set with white glue and water.

Wrap with tissue...

... and then with plastic.

Cover with a sock to seal.

Remove the wrap; brush off the henna.
improvise a paper wedding ring

1. Snip from any paper source.
2. Fold in half lengthwise.
3. Fold in half again.
4. Fold the end into a point.
5. Write an inscription—or an apology!
6. Secure with a floral pin.
7. Bend the pin in half to close.

twist a sophisticated chignon

217

tend to a drunk wedding guest

1. Put an usher on drunk duty.
2. Help her sit down.
3. Remove hazardous shoes.
4. Bring her water.
5. 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.

Got a Peeping Tom? Draw your curtains.

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

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

Show off your manners with a formal table setting.

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

Turn on the charm with a surprise picnic.
Got a secret fetish? Set up a private fantasy den.

Indulge in a hula hoop ritual.

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.

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

Stock your fridge with tempting aphrodisiacs.
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.

Complementary schemes couple colors that are polar opposites, providing vivid contrast.

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.
Ensclose 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.

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

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.

Want a subtle monochromatic look, or a more colorful vibe? Match the numbered areas to the paint swatches to explore palette options.

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

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**

1. Scrape the paint's edges.
2. Sand the area.
3. Clean; let set.
4. Rinse with water. Repaint.

**Fix a Dented Baseboard**

1. Prick the dent with a tack.
2. Apply a touch of water.
3. Cover; press on a bottle cap.
4. Iron to expand the wood.
5. Repaint, if desired.

**Fix a Hole in Drywall**

1. Sand the rough edges.
2. Put joint tape over the hole.
3. Apply spackle; smooth.
4. Let dry, then sand.
5. Wipe with a damp sponge.
prep and paint a room

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

2. Protect the floor with a drop cloth or tarp.

3. Tape the trim.

4. Unscrew fixtures and wall plates.

paint decorative stripes

1. Measure and mark the stripes.
2. Tape the edges.
3. Paint the stripes.
4. Sand the edges.
5. Seal the paint.
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.

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

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

Mix the glaze and paint.

Brush on the paint to prevent glopping.

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.
- Fit the bracket onto the screws.
- Measure for brackets.
- Place the screws in the anchors.
- Screw in anchors, if there are no studs.
Before you get started, measure your mattress. Your loft’s frame should extend about 1 in (2.5 cm) past the mattress on all sides.

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

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.

Secure your corners with L-brackets.

Joist hangers reinforce the joints.

Heavy-duty bolts hold the frame together.

Layer a piece of plywood over the joists.

Arrange the treads of your ladder evenly. Place spacers between the treads, behind the ladder’s main frame.
232 create a covered headboard

1. Cut plywood to fit.
2. Glue foam to the front.
3. Place the foam on the plywood.
4. Place the headboard against the wall.
5. Staple at the top center.
6. Alternate left and right stapling.
7. 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

1. Pull the top sheet taut.
2. Straighten the crease.
3. Repeat on the other side.

fold a fitted sheet

1. Insert one corner into another.
2. Fold into thirds, lengthwise.
3. Fold in half, widthwise.
4. Pat down the corners.
236 house fish in my old computer

1. Remove all metal.
2. Cut acrylic to fit the shell.
3. Seal.
4. Test; reseal any leaks.
5. Insert a platform.
6. Add water and conditioning.
7. Close inside the shell.

237 weave an inner-tube chair seat

1. Cut out the tubes' valves.
2. Stretch around the frame; knot.

494 wheel-walk a unicycle
**craft a plastic-bag throw rug**

1. Cut trash bags; tie in strips.
2. Wind around the loom.
3. Knot at the back.
4. Cut through the handles.
5. Tie the bags' handles.
6. Tie in the front; weave.
7. Tie off.
8. Cut off two at a time; knot.
9. Trim the fringe; fluff.

**Tips:**
- Continue until covered.
- Weave the other way.
- Knot on the underside as you go.

**Examples:**
- Shirt to bag
- Sweater to chair
- Can to vase with flowers
239  **install a dimmer switch**

1. Turn off the power to the light.
2. Unhook all three wires.
3. Align the wires.
4. Twist matching wires together.
5. Insert the wires into wire nuts.
6. Fold the wires back into the box.
7. 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**

1. Cut a hole in the strainer.
2. Put the adapter in the hole.
3. Tape to a long dowel.
4. Connect with a USB cable.
5. Adjust for the best signal.

* • • •
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**242 unclog a toilet**

1. Remove most of the water.
2. Plunge.
3. Unbend a hanger; twist into the clog.
4. Remove the hanger; insert a drain snake.
5. Rotate; pull to loosen the clog.
6. Flush when the water begins to drain.

**243 retrieve a valuable from a drain**

1. Turn off the water.
2. Loosen the nuts on the trap.
3. Remove the trap; search.
4. Reattach the trap.
repair a leaky showerhead

1. Cover the wrench with pipe tape.
2. Loosen the showerhead from the pipe.
3. Remove the O-ring, if damaged.
4. Soak in white vinegar to remove clogs.
5. Seal with the pipe tape.
6. Place a new O-ring.
7. Reattach the showerhead.
8. Gently tighten.

troubleshoot a running toilet

1. Move the arm away from the sides.
2. Adjust the chain and flush arm.
3. Clean the flush valve seat.
4. 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.

248 do seasonal household tasks

- Banish hard-to-reach dust on your ceiling and wash your windows.
- De-clutter and organize your closet. Donate any seldom-worn items.
- Clean out your fridge. Lift up or move large furniture so you can sweep underneath.
organize using feng shui

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.

- **fame and reputation**: Adorn this space with sparkling crystals.
- **wealth and prosperity**: Cluster coins here. Wealth begets wealth!
- **love and romance**: Arrange objects in pairs here.
- **family and loved ones**: Place wooden objects in this area.
- **creativity and children**: Metal objects here enhance your fertility.
- **skills and knowledge**: Light a candle in this corner.
- **career**: Put a fountain or a picture of water here.
- **travel and exploration**: Place a photo of a travel destination here.

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

**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**

1. Open the door to let spirits leave.
2. Light the sage smudge stick.
3. Place in an abalone shell.
4. Wave while thinking good thoughts.
5. Grind to extinguish.

**Protect with a Brigid's Cross**

1. Fold a straw over another.
2. Rotate; fold another.
3. Repeat.
4. Tie off when complete.
5. Hang over a doorway.
Learn curtain basics

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.

Tie | Tab | Ring Clip | Grommet | Pocket Rod | Pinch Pleat

Casual | Formal

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

3 in (8 cm)

6 in (15 cm)

Lip cord | Brush fringe | Beaded fringe

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

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

1/8 in (1 cm)

6 in (15 cm)

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

**explore curtain variations**

- café
- priscilla
- tier
- bishop sleeves
- hourglass

**sew simple curtains**

1. Measure; double the width.
2. Trim the fabric.
3. Fold a clean edge; press.
4. Fold the hem; press.
5. All corners meet neatly.
6. Sew along the edges.
8. 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.
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.
make my tree house extra cool

Lash your rope ladder together with a safety knot.

A fold-down table makes a perfect site for snacking.

Paint a chalkboard for creative doodling.

Improve a simple bucket with a pulley and a pulley.

A telescope lets you keep tabs on the universe.

A catapult and a retractable rope ladder keep out unwanted guests.

A trapdoor and a retracted soft board let you shoot a deadly spinball.

Bombs away! Rig a catapult for friendly experiments in projectile physics.
262 grow an avocado tree
**Repot a Houseplant**

1. Loosen the plant from the pot.
2. Place a mesh filter over the hole.
3. Tamp down the soil.
4. Water settles the roots.

**Repot a Rootbound Plant**

1. Loosen the plant from the pot.
2. Tease the outer roots on the sides.
3. Tease the coiled roots at the bottom.
4. Continue repotting.
265 plant a bare-root tree

- Spread the roots.
- The crown should be level.
- Insert a stake into a mound.
- Make a barrier with mulch.

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.
Prune a rosebush:

1. Cut brown or striated canes.
2. Remove horizontal canes.
3. Remove pencil-thin canes.
4. Cut off interior canes.
5. Remove crossed canes.
6. Pull out any suckers.
7. Cut above outward buds.
8. Prune to healthy tissue.
9. Coat with sealant.
10. Create a vase shape.

Flowers:
- Cabbage rose
- Damask rose
- Alba rose
- Gallica rose
- Bermuda rose
- Bourbon rose
- Tea rose
- China rose

Bouquet:
- Make a boutonniere

Additional steps:
- Cut a T-shape.
- Peel back the flaps.
- Nestle the bud in the bark.
- Remove the tape.
plant bulbs at the right depths

- Iris: 24 in (60 cm)
- Calla lily: 14–24 in (35–60 cm)
- Freesia: 15–22 in (38–55 cm)
- Dwarf dahlia: 12 in (30 cm)
- Hyacinth: 12–18 in (30–45 cm)
- Crocus: 3–5 in (8–13 cm)
- Begonia: 6–10 in (15–25 cm)
- Daffodil: 10–13 in (25–33 cm)
- Early tulip: 6 in (15 cm)
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!
271 create a japanese zen garden

A bamboo fence encloses your garden, transforming it into a tranquil sanctuary.

Rock clusters ringed in moss echo islands, floating on a sea of rippling gravel.

A traditional Zen (or karesansui) garden features well-spaced rock groupings.

Rake the gravel into regular, even rows every day. It calms and soothes the psyche.

348 meditate for inner peace

272 design a french parterre garden

A fountain makes an elegant centerpiece. It provides a focal point, drawing the eye inward.

Outline flower beds with hedges.

Your goal: Perfect symmetry.

Cobblestone paths are ideal for leisurely promenades.

273 plant an edible garden

To ensure that all plants get ample sunlight, place the tallest in the back.

12 in (30 cm)

Raised plant beds keep the soil warm and provide excellent drainage.

A layer of mulch traps moisture inside the pH-balanced soil.

274 foster a succulent garden

Position succulents on a slope to encourage water runoff.

Juxtapose plants of unusual colors and shapes to achieve variety and visual interest.

For adequate drainage, mix equal parts soil, sand, and pumice.
repel backyard pests

**dice a chile pepper**

- 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.

- 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.

**pour a proper pint**

- **attract friendly critters**

- hummingbird
- red flower
- butterfly
- butterfly bush
- bee
- lavender
- ladybug
- yarrow
- raccoon
- garbage

**make a suet snack for birds**

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

Bees thrive in dappled light. Set up your apiary under trees.

- Queen
- Worker
- Drone

Tall bushes or a fence will keep the bees flying over your neighbors’ heads—which they’ll appreciate!

Smoke calms the bees down and lets you check out the honey reserves.

333 treat a beesting

- Smoker
- Hive tool

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.
Rise and shine! Bees start gathering nectar at sunup, so face your station to the east.

Bees get thirsty, too. If there’s no water source nearby, set out a bucket or dish.

Soak a cotton ball in water, and drench some bread crumbs in honey. Place inside the jar so the ants think they’re underground. To encourage tunneling, cover the jar. Remove the paper periodically to check on their progress.
milk a goat

1. Coax into a milking stall.
2. Wash with warm water.
3. Tighten in one motion.
4. Direct the first spray away.
5. Stop when the teats shrink.

bottle-feed a lamb

1. 8 fl oz (240 ml) at 98.6°F (37°C)
2. Hold and comfort the lamb.
3. Stroke the throat.
4. Stop before he's too full.
1. 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.

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.

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

4. Continue with the dandy brush down the legs.

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

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

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

- High, rounded shell (female)
- Dull coloring (female)
- Thin, short tail (female)
- Convex plastron (shell bottom) (female)
- Dark red or brown eyes (female)

- Flat, low shell (male)
- Bright coloring (male)
- Thick, long tail (male)
- Bright red eyes (male)
- Concave plastron (shell bottom) (male)
**Give a Parrot a Bath**

1. Choose a warm, bright time.
2. Spray mist above the parrot.
3. If he flaps his wings, he likes it.
4. Let him air-dry and preen himself.

**Build a Koi Pond**

1. Stake out the desired shape.
2. Dig a hole with terraces.
3. Line with sand and paper.
4. Add a tarp. Fill with water.
5. Edge with rocks. Add fish.

**Hug a Hedgehog**

1. Scoop from behind.
2. Cup in your hands.

**Pick Up a Rabbit**

1. Pick up by the bottom.
2. Carry close to your chest.
289 brush a pup’s teeth

1. Approach when relaxed.
2. Use special dog toothpaste.
3. Let him taste it.
4. Lift the mouth open.
5. Brush the upper back teeth.
6. Brush the lower back teeth.
7. Check for signs of illness.
8. Reward with treats and praise.

290 read a dog’s body language

- Raised fur
- Aggressive
- Hunched posture
- Tucked tail
- Cowering
- Licking and sniffling
- Greeting
- Lowered tail

462 walk the dog

- Open mouth
- Playful
- Lowered front end
greet a new dog

1. Approach slowly from the front.
2. Let the dog smell your fist.
3. Stroke under the chin first.
4. Relaxed

feed a pooch a pill

1. Start with a happy dog.
2. Hold the muzzle.
3. Pry open the mouth.
4. Close the jaw; rub the throat.
5. Don’t forget the reward!

collar my dog correctly

- 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.
decipher a cat’s body language

- flattened ears
- annoyed
- twitching tail
- scared
- bristled fur
- narrowed pupils
- alert
- raised tail
- forward ears
- exposed belly
- happy
- blinking eyes
- swishing tail
- attacking

deflea herbally

- Hang the herbs to dry.
- Grind the herbs finely.
- Rub into the fur.

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.
befriend a scared kitty

1. Place baby food on your finger.
2. Let him get a good taste.
3. Once he’s won over, pet him.

feed a cat a pill

1. A towel prevents scratches.
2. Press the jaw; insert the pill.
3. Rub until she swallows it.
4. Don’t forget a treat!

clip a cat’s claws

1. Start with a relaxed cat.
2. Press to extend the claws.
3. Hold the clippers vertically.
4. Cut away from the quick.
5. Reward a patient kitty.
bathe a baby

95°F (33°C)

Be sure to support the baby's head.

Prevent chills with warm water.

Wash the face with a cotton ball.

95°F (33°C)

Wash the baby's front, top to bottom.

Wash the back, top to bottom.

Gently suds the scalp.

Fat 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.*

cook up yummy baby food

Apple

1–2 tbsp water

Add the apples and water; simmer.

Mash until smooth; let cool.
Hang a high-contrast mobile

1. Remove the horizontal bar.
2. Trim any excess.
3. Arrange the three hangers.
4. Tape together.
5. Glue to card; tie to cables.
7. 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

- diaper bag
- changing mat
- baby wipes
- diaper rash cream
- 2 diapers (1 for every 2 hours)
- a change of clothes
- plastic bags (for messes)
- (2-3 bottles)
- book
- snacks
- blanket, burp cloth, and bib
- teething ring
- pacifier
303 swaddle a wee one
307  teach a kid to ride a bike

1. Suit her up in protective gear.
2. Raise the training wheels each week.
3. Remove them when she's ready.
4. Adjust until her feet touch the ground.
5. Find an open, sloping grassy area.
6. Walk while balancing on the saddle.
7. Support her shoulders.

308  banish imaginary monsters

1. Listen to her fears.
2. Tuck her into her own bed.
3. Spray “monster repellent.”
4. Set up a trap.
5. Turn on a night-light.
remove gum from a child's hair

1. Isolate the gum.
2. Apply ice until the gum breaks.
3. Combs out the pieces.

convince a child to eat veggies

1. Select vegetables together.
2. Prepare them as a team.
3. Serve veggies first.
4. Let him see you eat them.
5. Make a goofy design.

serve a banana-octopus snack

1. Cut eight "tentacles."
2. Make slits for eyes.
3. Insert raisins into the slits.
select the right golf club

<table>
<thead>
<tr>
<th>club type</th>
<th>average distance</th>
</tr>
</thead>
<tbody>
<tr>
<td>driver</td>
<td>150–200 yd (140–180 m)</td>
</tr>
<tr>
<td>3-wood</td>
<td>125–180 yd (115–165 m)</td>
</tr>
<tr>
<td>5-wood</td>
<td>105–170 yd (95–155 m)</td>
</tr>
<tr>
<td>2-iron</td>
<td>105–170 yd (95–155 m)</td>
</tr>
<tr>
<td>3-iron</td>
<td>100–160 yd (90–145 m)</td>
</tr>
<tr>
<td>4-iron</td>
<td>90–150 yd (80–135 m)</td>
</tr>
<tr>
<td>5-iron</td>
<td>80–140 yd (70–130 m)</td>
</tr>
<tr>
<td>6-iron</td>
<td>70–130 yd (60–120 m)</td>
</tr>
<tr>
<td>7-iron</td>
<td>65–120 yd (55–110 m)</td>
</tr>
<tr>
<td>8-iron</td>
<td>60–110 yd (55–100 m)</td>
</tr>
<tr>
<td>9-iron</td>
<td>55–95 yd (50–85 m)</td>
</tr>
<tr>
<td>pitching wedge</td>
<td>50–80 yd (45–75 m)</td>
</tr>
<tr>
<td>sand wedge</td>
<td>40–60 yd (35–55 m)</td>
</tr>
</tbody>
</table>

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.

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

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

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.

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.

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.

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

1 in (2 1/2 cm)

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.
Swish!
**deliver a killer tennis serve**

1. Stand behind the baseline.
2. Grasp in a continental grip.
3. Point your racquet at the target.
4. Shift your weight backward, release.
5. Backscratch the racquet.
6. Straighten; hit at the highest point.

---

**pitch in pétanque**

1. Pick a lobbing technique. Stay within the circle, and place your boule close to the jack.
2. 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

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.

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

head a soccer ball

Hit squarely.

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

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

defend a soccer goal

Make a diamond with your hands.

Assume the basic goalkeeper position.

Dive to make the catch.

Pull to your chest.

Hug the ball to your chest.

Cover the ball.
Understand My Vitamins

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.

A: Vitamin A
- Immune system
- None specified
- 300–600 mcg
- 700–900 mcg

B1: Vitamin B1
- Immune system
- 0.2–0.3 mg
- 0.5–0.9 mg
- 1.1–1.2 mg

B2: Vitamin B2
- None specified
- 0.3–0.4 mg
- 0.5–0.9 mg
- 1.1–1.3 mg

B12: Vitamin B12
- Nervous system
- 0.4–0.5 mcg
- 0.9–1.8 mcg
- 2.4 mcg

C: Vitamin C
- Immune system
- 40–50 mg
- 15–45 mg
- 75–90 mg

D: Vitamin D
- Immune system
- 5 mcg
- 5 mcg
- 5–10 mcg

Pick a Calorie-Burning Activity

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.

- Lie down: 75 calories
- Sit: 335 calories
- Right a capsized kayak: 390 calories
- Lie on your back: 775 calories
- Ballerina position: 470 calories
- Play tennis: 485 calories
- Play squash: 485 calories
- Play volleyball: 485 calories
- Play hockey: 640 calories
- Ride a bicycle: 695 calories
- Run: 800 calories
- Jump rope: 800 calories
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**

- **B3**: None specified, 12 mg, 16–18 mg
- **B6**: 0.1–0.3 mg, 0.5–1 mg, 1.3–1.7 mg
- **Folates**: 65–80 mcg, 150–300 mcg, 400 mcg
- **E**: 4–5 mg, 6–11 mg, 15 mg
- **K**: 2–2.5 mcg, 30–60 mcg, 75–120 mcg
- **Quercetin**: None specified

**Daily Recommendations**

- **6–11 grain servings per day**
- **3–5 vegetable servings per day**
- **2–4 fruit servings per day**
- **2–3 protein servings per day**
- **2–3 dairy servings per day**

**Craft a playing-card wallet**

- **24**
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.
**make my desk ergonomic**

- Ease neck strain by adjusting the monitor angle.
- Keep a straight, relaxed posture.
- Support your arms so your shoulders remain level.
- Hold your joints at wide angles.
- Sit at a comfortable distance.
- A low keyboard aligns the arm and hand, preventing wrist strain.
- Place the monitor perpendicular to a window.
- Shine the lamp away from the monitor.
- Align major devices with the chair.

Don't sit too close, or too far.

Maintain a clutter-free surface and store nonessentials off the desk.

organize using feng shui
331  soothe a first-degree burn

1. Remove from the burn source.
2. Soak cloths in ice water; apply.
3. If it turns white, it's a first-degree burn.
4. Apply antibiotic ointment.
5. Cover with a bandage.

332  stop a nosebleed

1. Apply intermittent pressure.
2. Lean forward.
3. A cloth catches blood.
4. Moisturize the nostril.
5. If bleeding persists, get help.
**treat a bee sting**

1. Quickly remove the stinger.
2. Clean with rubbing alcohol.
3. Add baking soda and water.

**pull out a splinter**

1. Gently wash the site.
2. Squeeze around the splinter.
4. Enlarge the hole.

**remove an object from my eye**

1. Wash your hands first.
2. Swab; remove the object.
3. Lie down; flush with saline.
4. Turn your head to drain the excess.
pack a first-aid kit

- hydrocortisone cream
- aloe vera gel
- antihistamine cream
- calamine lotion
- hydrogen peroxide
- rubbing alcohol
- sunscreen
- burn gel
- antibiotic ointment
- tweezers
- suction bulb
- oral thermometer
- triangular bandage
- safety pins
- disposable non-latex gloves
- irrigation syringe
- breathing barrier
- flashlight
- trauma shears
- cold compress
- adhesive cloth tape
- burn dressing
- absorbent compress dressings
- gauze roller bandages
- adhesive roller bandages
- first-aid manual
- antiseptic wipes
- emergency contacts
- emergency blanket
- eye cups
- eye wash
- antihistamines
- syrup of ipecac
- extra prescription medications
- aspirin
- ibuprofen
- activated charcoal
stop bleeding

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

Elevate. 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.
Perform CPR

1. Are you okay?
2. Call 9.1.1
3. Listen for breathing.
4. Briefly feel for a pulse.
5. Tilt back the chin.
6. Clear items from the mouth.
7. Pinch the nostrils.
8. Breathe for the victim.
10. 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.

Save a Choking Victim

1. Are you choking?
2. Call 9.1.1
3. Strike the back.
4. Place the fist below the ribs.
5. Give abdominal thrusts.
**SPLINT A LOWER-LEG INJURY**

1. **Remove the shoe and sock.**
2. **Position a folded mat.**
3. **Pad behind the knee.**
4. **Pad on either side.**
5. **Gather around the leg.**
6. **Secure with several knots.**
7. **Pull rope through the fold.**
8. **Roll up the excess.**
9. **Crisscross tie off.**

---

**WRAP A SLING**

1. **Place folded fabric under the arm.**
2. **Loop the fabric around the neck.**
3. **Knot; tuck the excess into the sling.**
4. **Secure to prevent movement.**

---

*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.*
344 deliver a baby in a taxi

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.

345 perform a breast self-exam

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.
breast-feed an infant

- Tie off the umbilical cord.
- To keep warm, hold the baby close.
- Begin breast-feeding, if possible.
- Hurry to the hospital.

bottle-feed a lamb

- 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

- Listen for breathing.
- Strike the back.
- Press the sternum.
- Check for breathing. Repeat.
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.

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

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

As your practice advances, gradually increase the length of your meditation sessions.
Relax in a Finnish sauna

1. Shower before entering the sauna.
2. Add water to the hot coals.
4. Brush your skin with the wet whisk.
5. Take an exhilarating dip.
6. Stay hydrated!
7. Repeat the cycle until satisfied.
8. 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.

Pamper with a hot-stone massage

1. Skip a stone across water.
2. Massage your limbs.
3. Rest a stone in each palm.
**351 heal with reiki**

- Ask your ego to step aside.
- Channel the universe.
- Trace the correct symbol.
- 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.
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.

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stretch before a workout

strengthen and tone my core

firm up my lower body

exercise my upper body
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

inward pike
revers 3½ somersault

flat-hand entry

leap from a cliff
363 recover from falling in skis

1. Get your bearings.
2. Remove the poles; set aside.
3. Tuck your back knee.
4. Bring your top leg around.
5. Hold your legs parallel.
6. Gather the poles.
7. Push up on the poles to stand.
8. Resume skiing!

364 ski down a slope

1. To begin sliding, press forward on your lead foot. To stop, pull back on the same foot. It’s like a gas pedal!
2. Veer your skis uphill to complete your turn.
3. Linking turns
   - Shift your weight forward and aim your skis downhill.
4. Traversing
   - Spot a cozy chalet on the other side of the slope? Traverse by slanting your skis so that they ride on their upper edges. Shift your weight to your downhill ski.
5. Snowplow
   - Beginners can coast by spreading their feet shoulders’ width apart, slightly bending their knees, and turning their toes inward.
shred downhill on a snowboard

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.

spills happen! Lean into the fall and don’t put any weight on your wrists.

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.

carry my skis

1 Join the boot straps.

2 Swing over your shoulder.

3 Grab the skis and poles. Stand.

4 Carry the skis over your shoulder.

climb a ski slope with my gear
choose my perfect destination

whistler, canada

whistler, united states

new york city, united states

paris, france

athens, greece

orlando, united states

hiva oa, marquesas

machu pichu, peru

torres del paine, chile

elephant island, antarctica

loch ness, scotland

las vegas, united states

timbuktu, mali

know the time everywhere

barbados, united kingdom

bogota, colombia

buenos aires, argentina

curacao, netherlands antilles

detroit, united states

frankfurt, germany

frankfurt, united states

gatwick, england

johannesburg, south africa

london, england

madrid, spain

miami, united states

mexico city, mexico

montreal, canada

oslo, norway

paris, france

rio de janeiro, brazil

sao paulo, brazil

santiago, chile

tokyo, japan

trois rivieres, canada

tulsa, united states

vancouver, canada

vancouver, united states

washington, d.c.

wellington, new zealand
fold her clothes for travel
fold his clothes for travel
372

**Choose the best airplane seat**

- **Seat 305**
  - Massage a colicky baby

- **Baby onboard!**
  - Bulkheads often attract parents hoping for a bit more room.

- **Seat 305**
  - Too close to the bathroom

- **Seat 305**
  - Loud

- **Seat 305**
  - Best chance of survival in a crash

- **Seat 305**
  - Bulkhead

- **Seat 305**
  - Galley

- **Seat near the window**
  - Good for sleeping

- **Seat near the aisle**
  - Bad for sleeping

- **Seat near the bulkhead**
  - Best view

- **Seat near the middle**
  - Bad view

- **Seat near the lavatory**
  - Cold

- **Seat near the galley**
  - Lavatory

- **Seat near the window**
  - Too close to the bathroom

- **Seat near the aisle**
  - Loud

- **Seat near the bulkhead**
  - Best chance of survival in a crash

- **Seat near the middle**
  - Bulkhead

- **Seat near the galley**
  - Galley

- **Seat near the window**
  - Good for sleeping

- **Seat near the aisle**
  - Bad for sleeping

- **Seat near the bulkhead**
  - Best view

- **Seat near the lavatory**
  - Cold

- **Seat near the galley**
  - Lavatory
**Stay limber on an airplane**

- Stretch your sides.
- Arch your back.
- Apply pressure to the legs.
- Draw the alphabet.
- Roll a fist down your thigh.

**Combat jet lag**

- 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 squat
- standard western
- thai squat
- composting
- japanese super
- portable
- camping
- pit
- outhouse

376 find the ladies’ room

- 女性 china
- MNÁ ireland
- נשים israel
- 女性 japan
- γυναίκες greece
- ela brazil
- PEREMPUAN malaysia
- wahine hawaii
- بانوان iran
- đàn bà và đàn bà vietnam
- 妇女 korea
- 女人 russia
- женщины russia
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.
hang out in a hammock

1. Spread the netting
2. Sleep on a diagonal

share authentic yerba mate

1. Heat the water
2. Fill the gourd three-fourths full
3. Cover with your hand; shake well
4. Tilt to slant the leaves
5. Splash cold water on the low side
6. Insert the bombilla
7. Fill to the brim with hot water
8. Drink from the bombilla; share
patch a blown-out bike tire

1. Remove the object.
2. Let out a little air.
3. Prop with tire levers.
4. Pull out the damaged tube.
5. Sand the punctured area.
6. Apply glue.
7. Apply the patch; press.
8. Tuck the tube back inside.
9. Remove the tire levers.
10. Reinflate the tire.

fix a flat bike tire with money

1. Find the hole; pull the tire off the rim.
2. Flatten out a bill.
3. Lay between the hole and the rim.
4. Ride home quickly to patch properly.

weave an inner-tube chair seat
387 shimmy up a rock chimney

1. Chalk up!
2. Climb into the chimney.
3. Place a foot up; brace yourself.
4. Feel for handholds.
5. Continue. Use handholds.

388 rappel down a sheer rock face

1. Anchors distribute the weight.
2. Attach rope to the anchors.
3. Hook on the rappel device.
4. Thread two rope bights; close.
5. Grasp the rope.
6. Grab the excess.
7. Wrap slightly around your hip.
8. Walk down the cliff face.
**leap from a cliff**

1. Scout for a safe jumping site.
2. Check for rocks.
3. Check for obstacles.
4. Stand up straight as a pencil.

**right a capsized kayak**

1. Bend forward over the bow.
2. Stick up the paddle.
3. Sweep from bow to stern.
4. Snap your hip as you roll.
5. Straighten; steady yourself.

**clear water from a scuba mask**

1. Be alert to water in the mask.
2. Press, slightly breaking the seal.
3. Tilt your head back.
4. Exhale slowly through your nose.
5. Resecure your mask.
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.
394 triumph over seasickness

Take antinausea medicine.
Find fresh air.
Look toward the bow.
Settle your stomach.

451 survive a shipwreck

395 tie basic sailing knots

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
stand up on a surfboard

1. Wax the deck (the top) and the rails (the sides).
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.

ollie like a pro

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

do a killer duck dive

1. Grip, push down the nose.
2. Lean, push your knee down.
3. Go under the wave.
4. 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.

- Hang five
- Hang ten
- Slash
- Floater
- Cutback
jump-start my car’s battery

1. Turn off both ignitions.
2. Put on both cars’ breaks.
3. Attach to the dead battery.
4. Link to the booster battery.

fix my car’s flat tire

1. Put on the break.
2. Remove the hubcap.
3. Loosen the lugs.
4. Raise the car off the ground.
5. 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**

1. Create a slack coil.
2. Thread through the loop.
3. Pull the clinch knot tight.
4. Attach the bobber.
5. Bait the hook.
6. Cast the line; wait for a bite.
7. Jerk up to hook the fish.
8. Pull and reel.

**402 build a roaring campfire**

1. Place tinder in a fire pit.
2. Stand twigs around it.
3. Add a layer of larger wood.
4. Encircle with logs.
5. Light the tinder inside.
**Toasts grilled cheese on a stick**

1. Peel bark from the stick.
2. Butter the bread.
3. Add cheese; hold over fire.
4. Remove from the flame; flip.
5. Grill the other side.

**Make a delicious s'more**

1. Heat until toasty.

**Open wine without a wine key**

1. Remove the foil.
2. Wrap in a towel.
3. Hit the bottom repeatedly.
4. When cork emerges, pull it out.
**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.

Find lines that lead your eye toward your subject matter.

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

**410 take a steady shot**

- Grasp both sides.
- Brace against your face.
- Tuck in your elbows.
- Lean to keep steady.
- Click while exhaling.
Vertical or horizontal composition! Let your subject's natural shape decide.

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

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

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!

1. Choose a samba school and order your costume.
2. Practice your school’s song.
3. Arrive in costume on time. Warm up with your school’s “hop along” samba style.
4. Easy on the cachaça!

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 Dhulandi.

1. Buy powdered color.
2. Drink thandai.
3. Mix the color with water, then splash bucketfuls.
4. Toss the powder.
5. Arm yourself! Shoot the color from water guns called pickkars.

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.

1. Totally nuts! Start at Plaza Santo Domingo and toast with a shot of Pacharan.
2. Dress appropriately.
3. Slightly less nuts! Start beyond “dead man’s corner” and toast later—to having survived.
4. Hug the corners. (The bulls go wide.)
5. 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!

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.

Votives are lit in memory of the dead.
417 make a sun compass

1. Mark the shadow's end: wait.
2. 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

1. Make a wind-proof puddle.
2. Magnetize your needle.
3. Place on a leaf in the puddle.
4. 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.

orient with the southern cross

southern hemisphere temperate zones
estimate remaining daylight

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
1. Find a tree with a low crook.
2. Use a sturdy branch as a beam.
3. Add smaller sticks.
4. Roof with leafy branches.
5. Insulate the floor with grass, leaves, or pine needles.

set up a shade shelter
1. Find a natural dip in the land.
2. Dig a space for your body.
3. Stretch a blanket over the hole.
4. Anchor with rocks.

lash together a swamp bed
1. Find four well-spaced trees, or drive bamboo poles into the mud.
2. Measure and cut branches.
3. Make a frame with the long branches; secure with vines.
4. Tie the shorter branches to the frame.
5. Pad with large leaves.

dig a snow cave
1. Dig into a deep, firm snowdrift.
2. Carve a high sleeping platform.
3. Chisel a floor to trap sinking cold air.
4. Poke a hole for oxygen flow.
5. Seal the entrance with a snowball.
426 catch a fish bare-handed

- Lie with your arm in the water.
- Wiggle your fingers.
- Fling 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

1. Find a path made by hares.
2. Trim two sticks to equal length; sharpen.
3. Stake on either side of the trail.
4. Secure your wire to a steady branch.
5. Make a noose with the other end.
6. Drape the noose over the forked sticks.

prepare tasty snake meat

1. Cut off the snake's head.
2. Slice along the belly.
3. Peel off the skin.
4. Remove the guts.
5. Cut the meat.
treat a snake bite

1. Call for help.
   - Remove constricting items.
   - Wash the site with antiseptic soap and water.
   - Dress with a snug bandage.
   - Keep the bite below the heart.

2. Don't suck the venom! Other debunked treatments include cutting or applying ice to the bite.

432 keep mosquitoes at bay

1. Use light-colored clothing.
2. Roll up your sleeves and tuck in your shirt.
3. Use a little sap from a camphor tree—it drives mosquitoes away.

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

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

evade a panther attack

- 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!

To clear a path, swing a machete in downward strokes. Be careful of your legs.

Eek—a spider! Use a stick to stave off small beasts, and to part vegetation in your path.
Get street smart! Confidence is the best deterrent, so make eye contact and walk assuredly. It’s also wise not to carry a wallet in a back pocket, or flash expensive items in areas of dubious safety. If you are followed, head to a brighter, more trafficked area.
**Throw an effective punch**

1. Make a fist; hold your thumb outside.
2. Punch; bring back your other arm.
3. Connect with the first two knuckles.
4. Pull back into a defensive position.

**Escape from a choke hold**

1. Lift your arm.
2. Twist; bend your elbow.
3. Break the hold.
4. Join your hands.
5. Push your elbow.

**Break out of a bear hug**

1. Keep your cool.
2. Bend your knees.
3. Raise your arms.
4. Spin; hit the attacker.
5. 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.

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

401 bait and cast my fishing hook

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**

1. Monitor body temperature.
2. Watch for severe shivering.
3. Remove from exposure.
4. Handle the victim gently.
5. Remove any wet clothing.
6. Insulate the victim.
7. Serve a warm beverage.
8. Share heat intermittently.

* 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**

1. Look for waxy or white skin.
2. Remove constricting items.
3. Separate the digits; wrap.
443 test plants for edibility

1. Divide into parts; test each.
2. Check for foul odors.
3. Rub; monitor your reaction.
4. Rub on your lips.
5. Touch to your tongue.
6. Chew; hold in your mouth.
7. Swallow; wait and monitor.
8. 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

- Got a walking stick handy? Place it under your hips.
- To escape, gently paddle to shore.
- Drop heavy items that might weigh you down.
- Don't flap!

- Maneuver onto your back.
- Wide arms and legs increase your surface area, buoying you up.

- 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

1. Remove your pants.
2. Knot the bottom of the leg.
3. Pull down to fill with air.
4. Cinch the belt to trap air.
5. 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: ---
- b: -----
- c: ---
- d: --
- e: -
- f: ----
- g: ---
- h: -----
- i: 
- j: ----
- k: -
- l: ---
- m: --
- n: --
- o: ---
- p: --
- q: ---
- r: --
- s: ---
- t: -
- u: --
- v: ---
- w: --
- x: ---
- y: --
- z: ---

- 0: ---
- 1: -----
- 2: ---
- 3: --
- 4: ---
- 5: -----
- 6: ---
- 7: -----
- 8: ---
- 9: -----

When you need to take a breath, tread water by pumping your arms up and down and lightly kicking your feet.

Let your arms and legs dangle freely.

Understood: -----
Error: -----
Invite to transmit: -----
Wait: -----
End of work: -----
Starting signal: -----

Hold your head and shoulders slightly above the water.
survive a shipwreck

1. Get warm and dry.
2. Shield yourself from the sun.
3. Suck a button to ease thirst.
4. Collect rainwater in a tarp.
5. See land! Swim to it.

fend off a shark

1. Defend your back from the shark.
2. Hit on the side.
3. Hit the end of the nose.
4. Stab your hand in the gills.
5. Jab the shark in the eye.
6. 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 airtight.

Dig with a shovel or a large flat stone.

The hole should be deep enough to reach the damper subsoil. You can add more moisture to the soil by placing vegetation inside the hole, or by urinating near—but not inside—the container.

1. Make sure the hole is no wider than the tarp.
2. Add a container to collect water.
3. Insert the tubing to use as a straw.
signal an airplane

1. Cover the hole with the tarp.
2. Add rocks to anchor the tarp in place.
3. Seal the airholes with sand.
4. Place a rock in the center to draw drips.
5. Wait for water to condense.

During daylight hours, water vapor will naturally condense beneath the tarp and drip from its lowest point. It takes 24 hours for 17–35 fl oz (0.5–1 l) of water to gather in the container, depending on the air temperature and the moisture content of the soil. Three holes are recommended to meet daily water requirements.

Make symbols on the ground large enough to be seen from above.

- I: serious injury
- O: need compass and map
- K: indicate direction to proceed
- F: need food and water
- L: all is well
- L: believe safe to land here
- Δ: am going this way
- ↑: Make symbols using branches, footprints, or any other readily available material.
tie a lariat with a honda knot

1. Make the noose.
2. Tighten the left loop.
Lasso a calf:

1. Hold above the knot; coil the excess.
2. Rotate the lasso clockwise.
3. Lift over your head.
4. The lasso should flatten out and expand.
5. Step forward and toss.
6. Cinch closed.

Do the Texas Skip:

1. 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.
2. Move your arm across your chest when the knot reaches the 12 o'clock position.
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

1. Balance on your fingertips.
2. Spin onto one fingertip.
3. Transfer, lightly brush to keep spinning.

skip a stone across water

1. Pick a flat, smooth rock.
2. Curl a finger around it.
3. Crouch; bring in your arm.
4. Release, flicking your wrist.

walk the dog

1. Loop the string.
2. Make a fist. Snap your wrist.
3. Gently lower to the floor.
4. Let the yo-yo "walk."
5. 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 breakdancing 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, slide 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.
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).
treble clef
key signature (sharp)
time signature
whole note = 4 beats
½ note = 2 beats
¼ note = 1 beat
½ note = ½ beat
whole rest = 4 beats
½ rest = 2 beats
¼ rest = 1 beat
½ rest = ½ beat

rock out on the musical saw

26–36 in (65–90 cm)
Apply rosin to the bow.
Twist into an S-shape.
Play the smooth edge.
470 tie a cigarette in a knot

1. Remove the plastic wrap.
2. Unfold; flatten the wrapper.
3. Roll in the wrapper.
4. Knot the wrapper.
5. Untie; unveil the cigarette.

471 guzzle from a beer hat

- Three plastic tubes
- T-connector
- Two cups of beer
- Hard hat
- Bite valve
- Two cup holders
**Win bar bets with the coin drop**

1. Bet your mark.
2. Blow on the glass.
3. Collect your winnings.

**Perform an awesome keg stand**

1. Grasp the keg's rim.
2. Lift one leg.
3. Kick up your second leg.
4. Drink from the nozzle.
5. Shake your leg when full.

**Vanquish a case of hiccups**

1. Plug your ears.
2. Squeeze your nostrils shut.
3. Gulp down a glass of water.
4. Chew and swallow sugar.
5. Sip more water.
475 harness the cloudbuster’s power

Insert the crystal into the copper pipe.

Use foil to hold in place.

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.

The plant stalks should bend, not break.

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!
478 prepare a tea-leaf reading

1. Prepare the tea. Pour hot water into the teacup.
2. Let the leaves settle in the silt of the cup.
3. Inhale; contemplate a question.

479 predict the timing of life events

The cup is divided into monthly sections. Wherever 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.

Symbols:
- health
- fertility
- long life
- new romance
- false friend
- hard work
- message
- distraction
- advancement
- domestic situation
- disappointment
- psychic ability
- legal matter
- help from friends
- protection
- close call
Swish the cup clockwise.
Drain the excess tea; retain the tea leaves.
Look for shapes.
481 cast handy shadow puppets

- alligator
- bird
- snake
- boar
- elephant
- horse
- standing dog

482 set the scene with sound effects

- horses galloping
- rain
- thunder and lightning
- bang coconut halves
- sprinkle rice on metal
- shake sheet metal

447 wrestle an alligator

57 crack a coconut
483 amaze all with the french drop

- Present the coin theatrically.
- Place between your fingers.
- Pull your right hand down.
- Slide your thumb under.
- Focus on your left hand.
- Close the hand over.
- Drop into your right hand.

484 give the illusion of levitation

- Wear wide-legged pants.
- Assemble a small audience.
- Distract your audience.
- Rise on your right toe.
escape from a straitjacket

1. Cross your strong arm; inhale.
2. Exhale, making wiggle room.
3. Hang upside down.
4. Wiggle your elbows.
5. Push up your elbow.
6. Uncross and raise your arms.
7. Bite to undo the sleeve belt.
8. Undo the back belts.
9. Hook the sleeve belt; pull.
10. 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 escapologist skills!

pull a tablecloth from a set table

1. Place the cloth at the edge.
2. Smooth away wrinkles.
3. Add heavy items.
4. Grasp at the midpoint.
5. Pull down rapidly.
**487** mold a false fingerprint

1. Mold someone else's print.
2. Fill with liquid gelatin.
3. Refrigerate.
4. Peel; press to your finger.

**488** pick a pin-and-tumbler lock

1. Test with the wrench.
2. Insert the pick.
3. Push up the first pair of pins.
4. Click!
5. Turn; lift the next pin pairs.
6. Lift the last pair of pins.
7. 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.

**Look dapper in a suit**
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.

- Are her eyes darting to the right? The right side of her brain is cooking up a lie.
- If her lips are smiling but the rest of her face is frowning, then she's hiding something.
- Excessive fidgeting—especially touching the hair, neck, or nose—is mighty suspicious.
- Sudden exits betray discomfort.
- Is it hot in here? Sweating gives away the coolest of cucumbers.
- A graceful dame with a stiff, awkward body posture! Something's amiss.
- Is she tapping like Fred Astaire! Then you'd better beware!
490 slide into a bootlegger turn

1. Push in the clutch.
2. Engage the handbrake while...
3. ...turning the wheel to the left from 12 o'clock to 6 o'clock.

491 pop a sweet wheelie

1. Shift into first gear.
2. Rev to two-thirds capacity.
4. Shift back in the saddle.
5. Pull up. Keep the front wheel straight.
6. Ease off the throttle; come down.
Spin a crazy donut:

1. Begin driving in a circle.
2. Shift into first gear.
4. Floor the accelerator...
5. Return to the 12 o'clock position.
6. Release the handbrake.
7. Let the clutch out.
8. ...while releasing the handbrake.

... while turning into a tight circle...
493 breathe fire

- Always have a friend nearby.
- Practice spraying mist.
- Check the wind.
- Milk neutralizes kerosene.
- Hold in your mouth.
- 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.
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.
ollie like a pro

1. Ollie up onto a gnarly ramp.
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.

bust a feeble grind

1. With the back truck straddling the ramp's edge, point the nose to the ramp's far side.
2. Grind down the ramp's edge and ollie off.
3. Land with both feet over the trucks.
land an old-school kickflip

1. Squat down to gather momentum.
2. Leap up, using your back foot to kick the board into a sick spin.
3. Bring both feet above the board as it turns. Keep your eyes on the board.
4. Stick the landing with your front foot over the front truck and your back foot on the tail.

nail a handstand fingerflip

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
tools

- seedings
- book
- leaf
- evergreen bough
- herbs
- florist ribbon
- date jine
- crème de menthe
- towel
- chicken broth
- koshi himo
- aquarium greenery
- crayon
- sage bundle
- tree
- hookah
- florist wire
- skin toner
- ribbon
- painter's tape
- bowl
- ice water
- cricket
- soda can
- banana leaf
- alligator
- cleaning fluid
- avocado
- patch kit
- dog toothpaste
- vermouth
- art knife
- car
- olive
- wasabi
- artichoke
- beans (haricots)
- bicycle tire glue
- henna
- hat
- screen
- bubble fluid
- electrical wire
- snowboard
- olive oil
- citrus trees
- house paint
- houseplant
- decorative
- nori seaweed
- shisha
- paper money
- water
- bandage shears
- sponge
- nail polish
- cilantro
- plant-rooting
- bamboo
- fern
- red wine
- felt pen
- moisturizer
- cornmeal
- bucket
- cats
- absinthe
- mint
- plants
- couch
- rosebush
- florist wire
- breath mint
- shaving brush
- deck chair
- electrical tape
- toothbrush
- lime
- tennis ball
- scarf
- spray bottle
- lederhosen
- photo emulsion
- ginger ale
- watering can
- blued razorblade
- aquarium
- screw anchor
- kerosene
- lettuce
- comb
- gin
- fabric
- cucumber
- gardening tape
- setting lotion
- fine mesh bag
- fish
- spackle
- chile pepper
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Front Cover: Britt Staubler: dancers, shirt, martini, elephant.
Kathy Booth: emoticons Gabhor Utomo: plant.
Byron Thompson: skateboarders
Book Cover: Gabhor Utomo: balloon animal Tina Cash-Walsh: sabrage, mohawk, baby Juan Calle: alligator
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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.

join the team

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.