0:-) ÷\* ï SHO HOW E **500 THINGS YOU SHOULD KNOW** INSTRUCTIONS FOR LIFE FROM THE EVERYDAY TO THE EXOTIC

Mantesh









DEREK FAGERSTROM, LAUREN SMITH & THE SHOW ME TEAM

# SHOW ME HOW

## SHOW



### 

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





#### show me how to...







arts





science

projects







kitchen tips

#### 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
- II 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 ongami 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

eat

54 open a pomegranate55 dice a mango

56 pit an avocado

57 crack a coconut

- 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 blizzardy 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 puri perfectly
- 50 do basic embroidery
- 51 stitch native bead designs
- 52 measure my feet for moccasins
- 53 sew suede moccasins

- 58 cut a pineapple
  - 59 boil an egg
  - 60 speed-peel a hard-boiled egg
  - 61 fry eggs



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#### 62 poach eggs

- 63 roll a taquena-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

#### 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
- III dazzle with sabrage
- 112 uncork a champagne bottle
- 113 ritually prepare absinthe
- 114 layer a pousse-café
- 115 mix refreshing sangna
- 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

82 crack a dungeness crab

shuck an oyster

85 recognize pork cuts

identify beef cuts

twist tasty sausage links

stack a mean burger

cook a sizzling steak

90 roast a turkey

carve a turkey

grill a beer-can chicken

92 make classic fined chicken

93 make simmering pan gravy

pair pasta with sauce

roll pasta dough 96 cut fettucine

97 fold tortellini

fold a galette

shape a baguette

braid challah bread

weave a lattice-top pie

83

84

86

87

88

89

91

94

95

98

99

100

101

- shake up martini variations 121
- 122 brew tea fit for a gueen
- 123 make russian tea in a samovar
- prepare tibetan yak-butter tea 124
- 125 serve that iced tea
- 126 understand espresso drink ratios
- 127 pick a cafleinated dnnk
- 128 use a french press
- 129 pull a perfect espresso
- 130 pour a latte leaf
- [3] 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

cooking baking cocktails coffee and tea wine

#### Mantesh





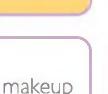


hair

clothing



dating









#### style

- 136 understand men's fabric patterns
- 137 pick a suit for each season
- 138 look dapper in a suit
- 139 give my shoes a shine
- 140 identify men's facial hair styles
- 141 get a clean shave
- 142 weave a french braid
- 143 twist a sophisticated chignon
- 144 tease up a beehive
- 145 fashion fabulous fingerwaves
- 146 create yarn hair extensions
- 147 spike up a mohawk
- 148 braid cornrows
- 149 dread my 'do
- 150 turn myself into a zombie
- 151 stir up fake blood
- 152 fake an exposed bone
- 153 create an oozing fake wound
- 154 become a glittery fairy
- 155 transform into an alien
- 156 add decades to my age
- 157 thread my eyebrows
- 158 apply and remove false eyelashes
- 159 shade sexy, smoky eyes
- 160 apply lipstick like a pro-
- 161 brush on blush

- 162 wear a kimono
- 163 decode kimono styles
- 164 apply traditional geisha makeup
- 165 give myself a perfect manicure
- 166 pamper my feet with a pedicure
- 167 cleanse my skin
- 168 treat myself to a home facial
- 169 exfoliate properly
- 170 maintain my skn's youthful glow
- 171 select a ladies' shirt style
- 172 pick a pair of pants
- 173 identify dress and slort 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
- [9] 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



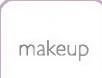




hair

clothing





dating



flirting



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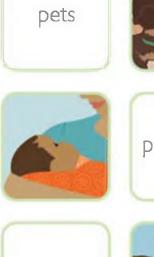


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parenting













- 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-teed 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 daws
- 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

- thrive
- 312 select the right golf dub
- 313 perfect my swing
- 314 navigate a golf course
- 315 throw a four-searn fastball
- 316 nail a free throw
- 317 deliver a killer tennis serve
- 318 pitch in pétangue
- 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 calone-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

- 337 stop bleeding
- 338 bandage a nasty wound
- 339 tie a tourniquet
- 340 perform cpr
- 341 save a choking victim

- 335 remove an object from my eye
- 336 pack a first-aid kit

- 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

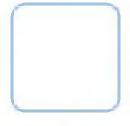
- 355 stretch before a workout
- 356 strengthen and tone my core
- 357 firm up my lower body
- 358 exercise my upper body
- 359 do the front crawl
- 360 paddle the backstroke
- 361 swim the breaststroke
- 362 dive like an olympian
- 363 recover from falling in skis
- 364 ski down a slope
- 365 shred 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 harrmock
- 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 gnarty 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 gnlled 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 no's carnaval
- 413 drench myself in holi's color
- 414 run with the bulls in pampiona
- 415 create a day of the dead altar







first aid





travel











#### navigation





defense













416 onent myself by the north star

survive

- 417 make a sun compass
- 418 navigate using my watch
- 419 improvise a magnetic compass
- 420 onent 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



- 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 file a lanat with a bonda knot.
- 456 Jasso 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 vanguish a case of hiccups
- 475 harness the doudbuster'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





#### 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

de a panther atta

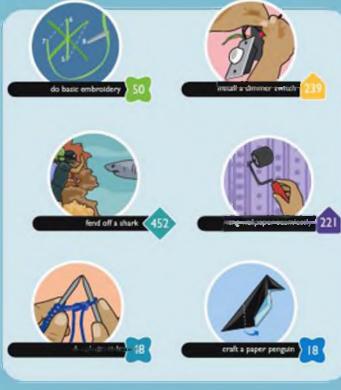
little shop where we encourage people to do all sorts of curious things, like make duct-tape wallets, crochet little creatures, and build musical instruments. So we were thrilled when the Show Me Team asked us to pitch in and help bring this



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 thnlied that his work on Show Me How has improved his knot-tying skills (#395), and he andously 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), embroidening (#50), or doing paper crafts (#18). She's always looking for an excuse to bust out the of 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 ane thing just leads to another. Follow the links for related helpful, or otherwise interesting information.







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



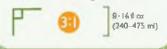
MORE INFORMATION If there's something crucial you need to know in order to do an activity—or a really coor fact—look for the text marked with an **\*** 



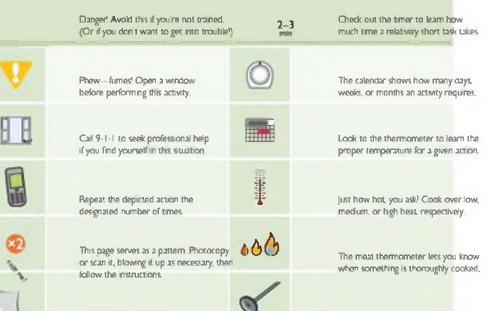
ZOOMS Called out in a orde near or within a given frame, zooms highlight important information on detailed activities—or crucial "don'ts."



MATHEMATICS Handy 'angle' icons help you do it right ... or at least from the right direction! And if it's a matter of ratio! Look for icons like 31: to let you know how to get the perfect mix. When exact measurements matter, find them called out right in the box.



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

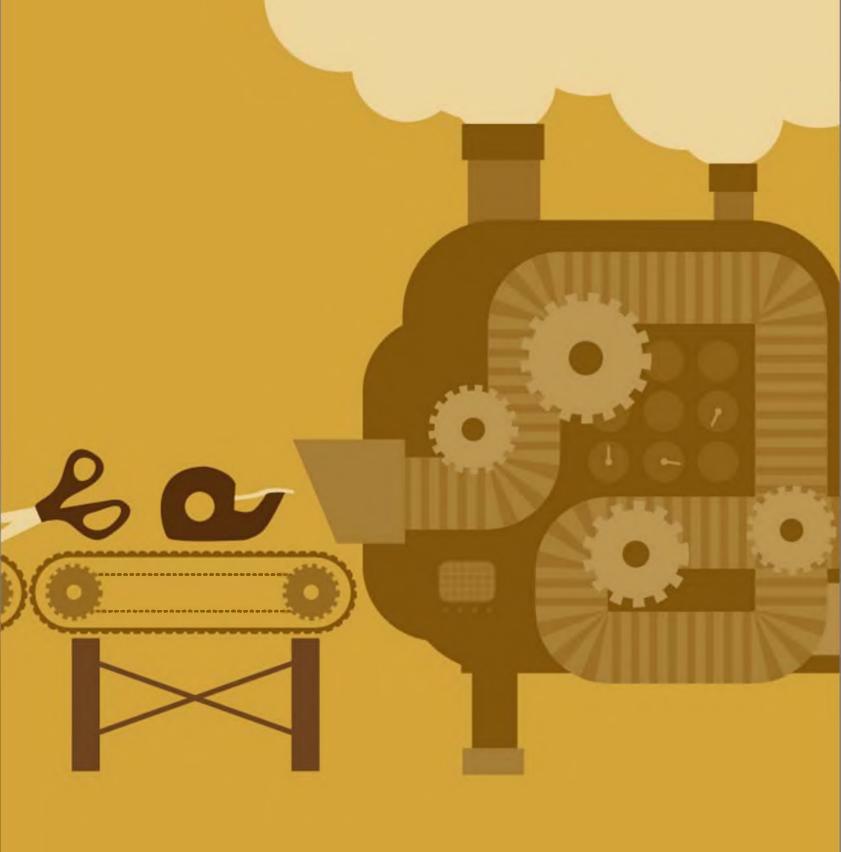


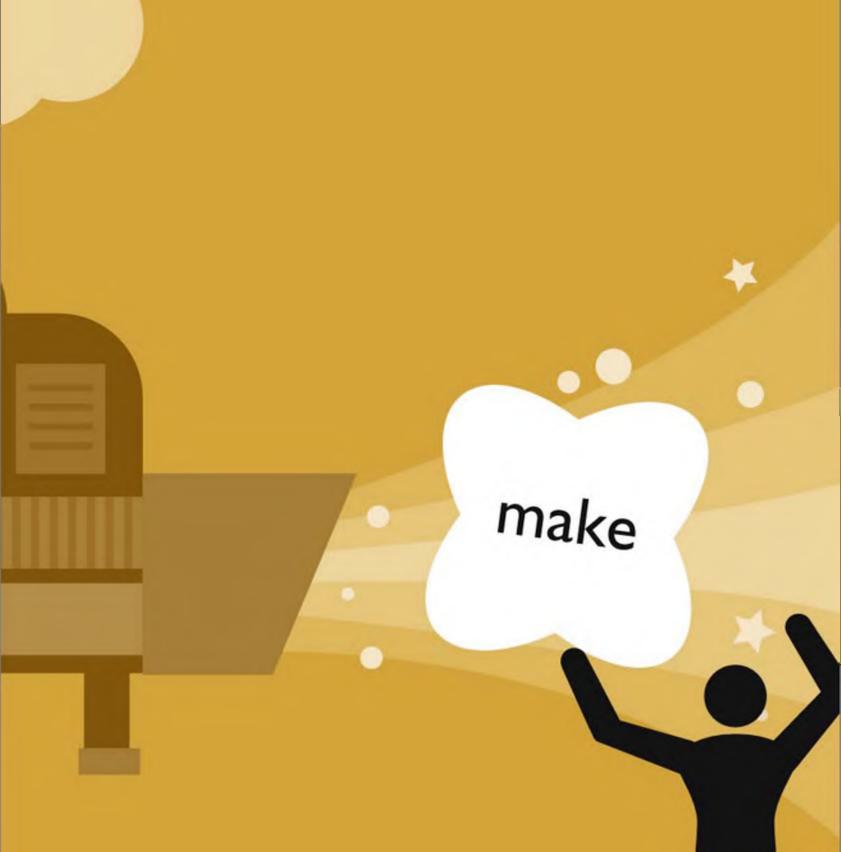
A NOTE TO READERS The depictions in Show Me How are presented for entertainment value only. Please keep the following in mind if attempting any of these activities:

- RISKY ACTIVITIES Certain activities in the book are not just nsky but downright nutty. Before
  attempting any new activity, make sure you are aware of your own imitations and have adequately
  researched all applicable risks. (And just don't do #493. Realy.)
- PROFESSIONAL ADVICE While every item has been carefully researched, Show Me How is not intended to replace professional advice or training of a medical, culmary, santonal, veterinary, motological, athletic, automotive, or romantic nature---or any other professional advice, for that matter.
- PHYSICAL AND HEALTH-RELATED ACTIVITIES Be sure to consult a physican 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 fast-checked. However, the publisher makes no warranty, express or implied, that the information is appropriate for every individual stuated, or purpose, and assumes no responsible/for errors or privations. You assume the risk and full responsibility for all your actions, and the publisher will not be beld 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 take making the guatamote (#65).

\_\_\_\_\_





hang a tire swing



Rick a sturdy, high branch,





Drill three holes for dramage



Tubing keeps the rope from fraying.



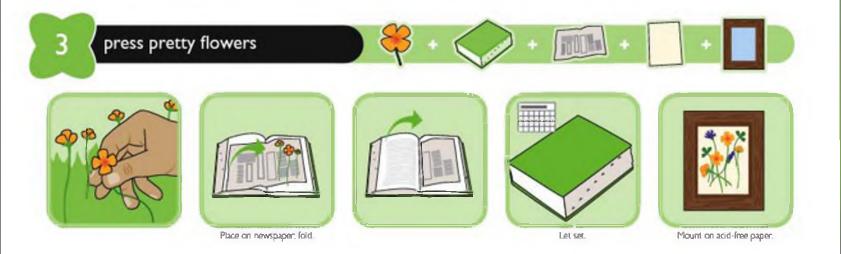


Secure with a square knot.

Hang with the holes at the bottom



Mulch makes for softer landings.









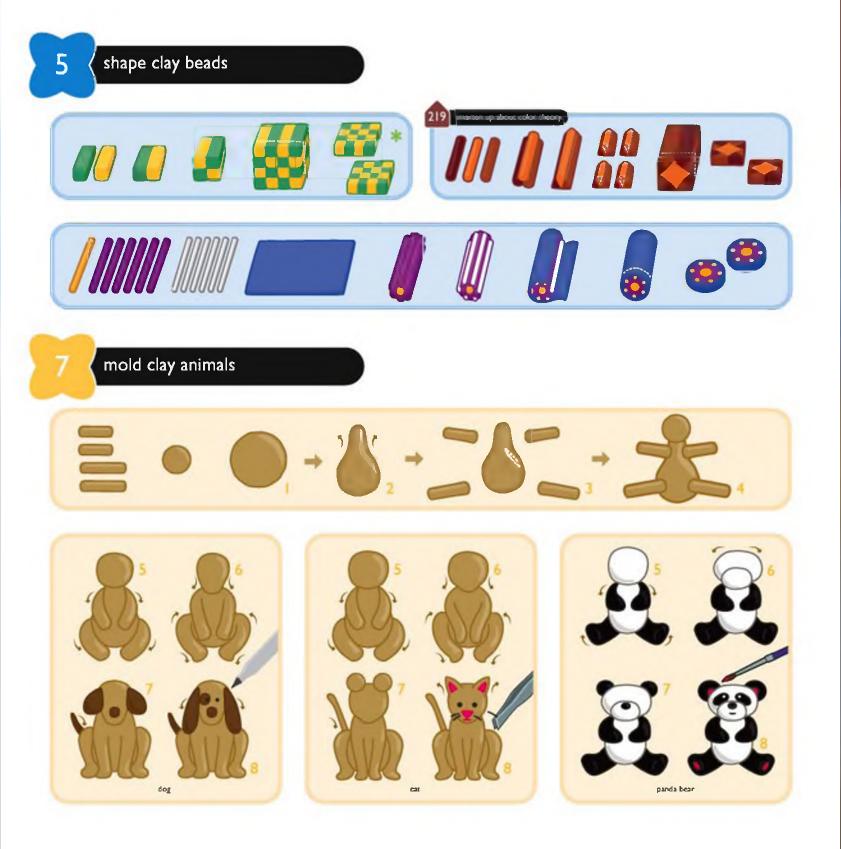














#### sew a spooky voodoo doll





Collect personal effects.



Copy, but out the doll puttern.



**\_\_\_+/+** 📖 +/+ 📃 + *[*[]

race onto tabric.



Eut out a frent and back



Partially says the pieces together



all with incriminating dems.



Adom with your enemy's harr,

To make your own voodoo dat anny trace the pattern of photocopy if at whatever stat you wish (Waming illie-sized dolls, tillingia elliectiva, are offeen didixatit to concest)

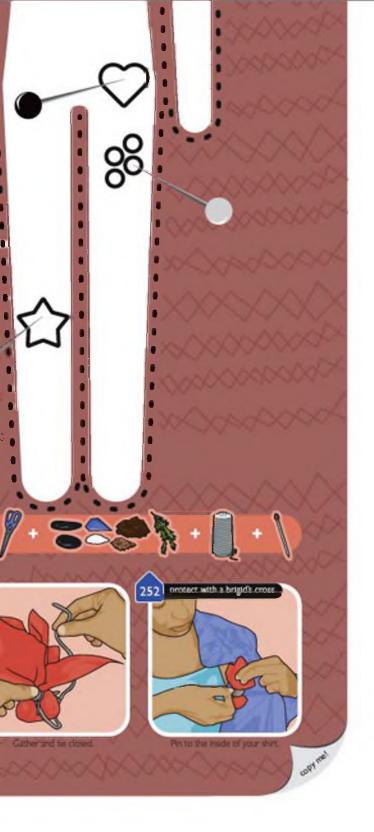
#### use my voodoo doll

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 charit as you cast your spell—just remember to use your powers wisely. Hex away!

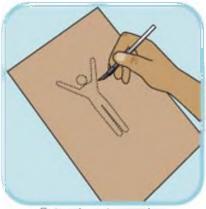


9





#### stencil stealthily



Design and cut out a personal tag.







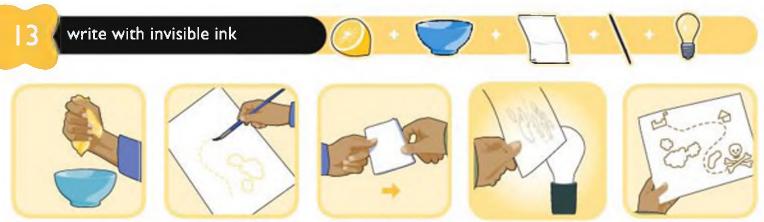
Sneak to your destination in dark clothes.

Remove the bag's bottom.





Ext nonchalantly.



Pant with the juice.

Pass to a worthy confidant.

#### carve a hollow book



Apply give to the edges of the pages.



Insert a cardboard separator; let dry.



Cut and remove the pages.



Coat the interior pages with glue.





Fill with secret items.







Cut open the rubber bands.

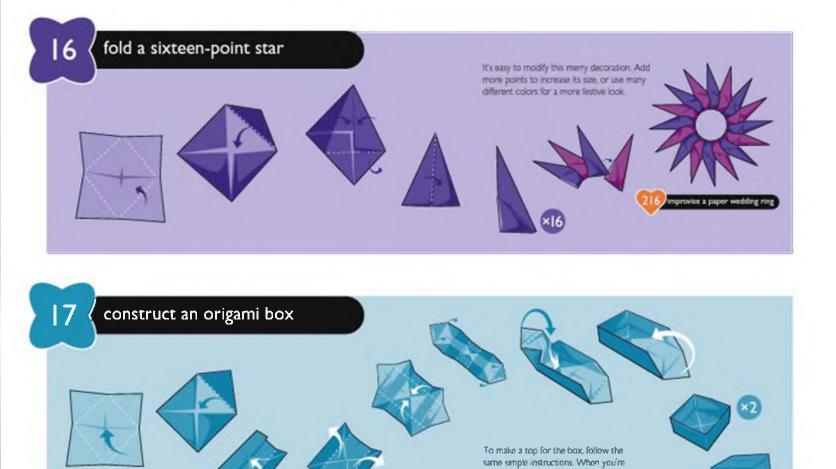


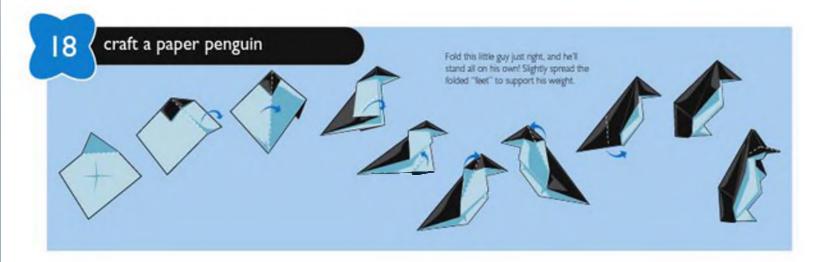
Tie each to the doth





Find a stone-and a target





done folding, give the bottom a slight squeeze to fit it nicely inside the fid.

#### silk-screen an awesome design



Copy onto a transparency.



Expose under a 250-watt bub.

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 sik-screening process.



>+ 🚺 + 📂 + 📼 + 🖾 + 🌄 + 🚺

Squeegee with emulsion.



Rinse thoroughly.



-)+0

Repeat on the back Let dry.



Lay the frame on paper.



Secure the transparency.



Squeegee with paint.



19

Add the glass.



Lift the frame.









Trace a cover to see pages

Fold the pages in half.







Overlap and glue the pages.

Glue inside the covers.

make a compact disc-o ball



2



Wrap twice knot.



Gue to the craft ball

Continue around the ball



S

Hang, and get busy dancing.









Gently mold the record over the bowl





Overturn and use as a decorative bowl

Press with a slightly larger bowl.

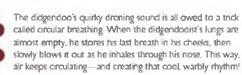
Let set.

#### build a pvc-pipe didgeridoo



Heat until pliant.

Mold a "snake."





Wrap around the opening.





Seal your lips to it and blow.

Craft a playing-card wallet 24



Tape the cards into a solid panel



Fold the four cards; tupe the sides



"Laminate" the back,



Tape the two-card "pocket."

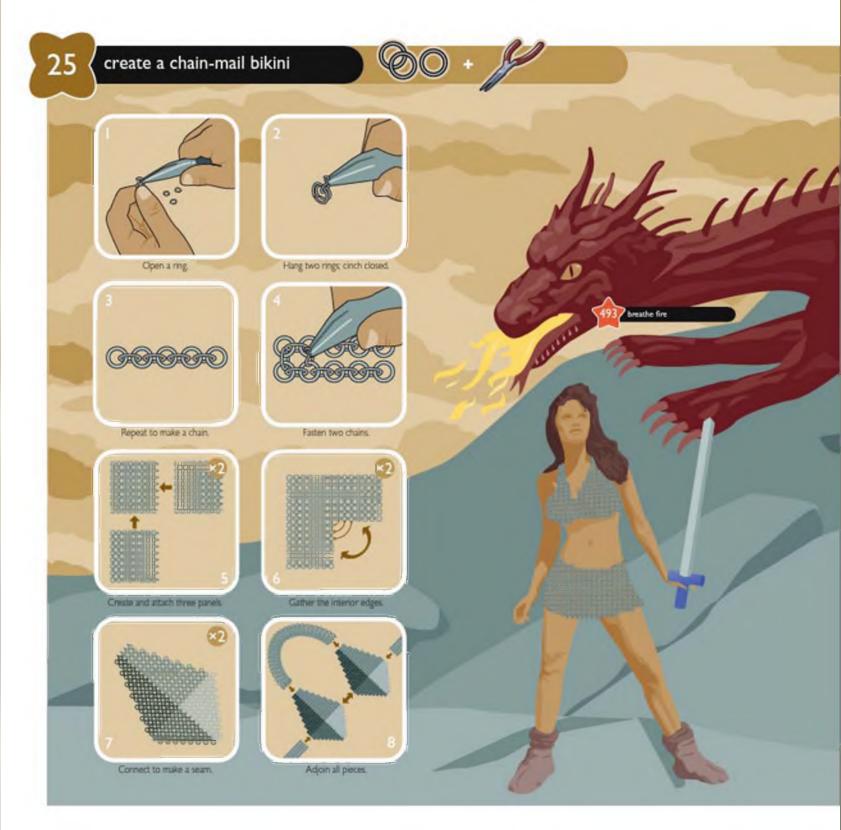






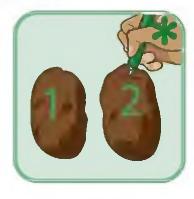


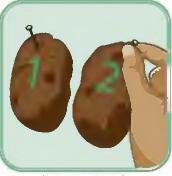
Tape the bottom.





tell time with a potato clock





Add the galvanized nails.



🗩 🌑 + /+ /// + 🧾 +

Stick in the copper wires



Remove the battery-compartment ld.



27

Taters may make surprising batteries, but they aren't the only unlikely items that can power a small digital dock--practically anything will conduct enough electricity. Try otrus, 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.



### power a spinning machine



Wrap the electrical wre.



Attach the battery.



Trim remove the battery.



Add the safety pins.



Loop through the coil



Add the coil; tape together.



Strip the plastic coating.



Give it a spin.



Coat the ends in nail poist.



Watch n go!



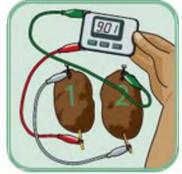
Connect the copper wire to the dock.



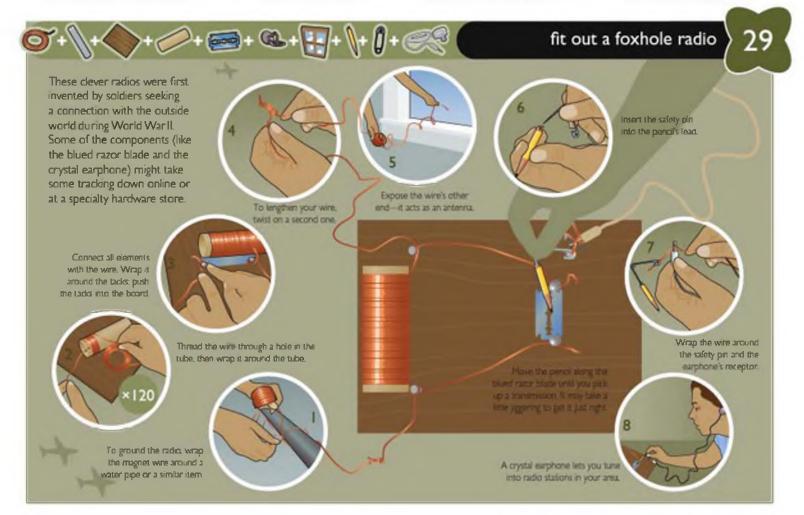
Link the nail to the dock,



Connect the nail to the copper wire



Set the dock to the proper time.



rig an eclipse-viewing apparatus



Tape paper made the box

Cut a hole opposite it.

A solar edipse 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 mage.



Cover with fail. Prick



0

Cut a space for your head.



Adjust so you can see the eclipse,

### build an erupting volcano

### 1





Tape a newspaper cone to the can





Mix flour and water to make a paste.



Fill the can halfway with baking soda.



Paste the paper strips to the cone.



Add vinegar and food coloring.



Alter the volcano dnes, paint it.





6

spritz of water

philodendron

ipstick plant

maidenhair fem

miniature african violet

creeping fig

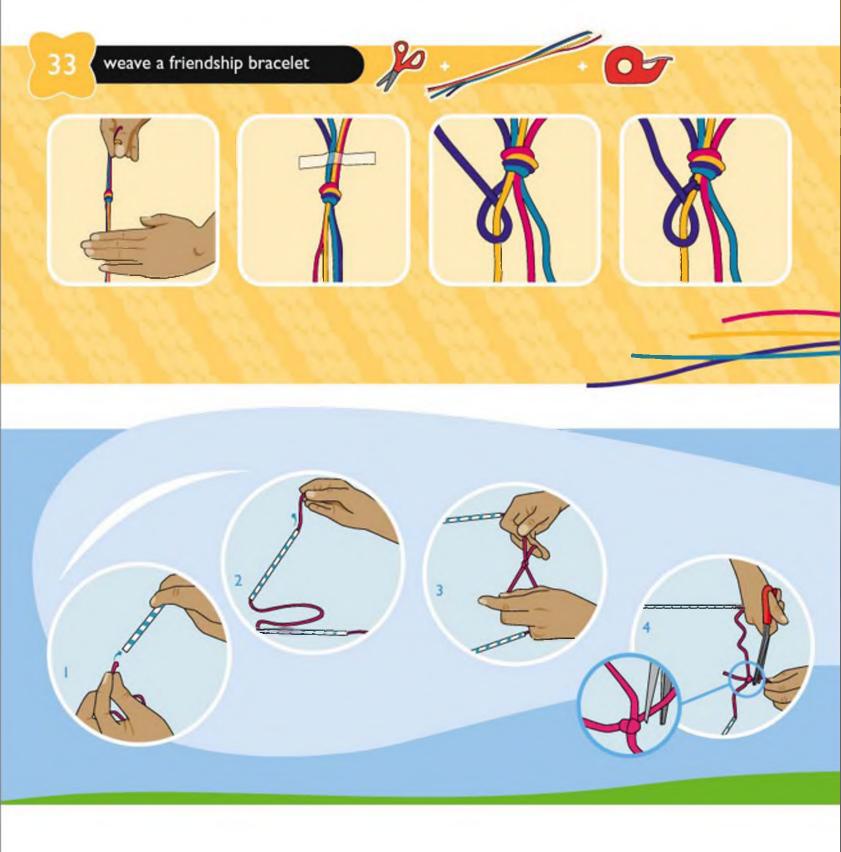
sphagnum moss charcoal powder

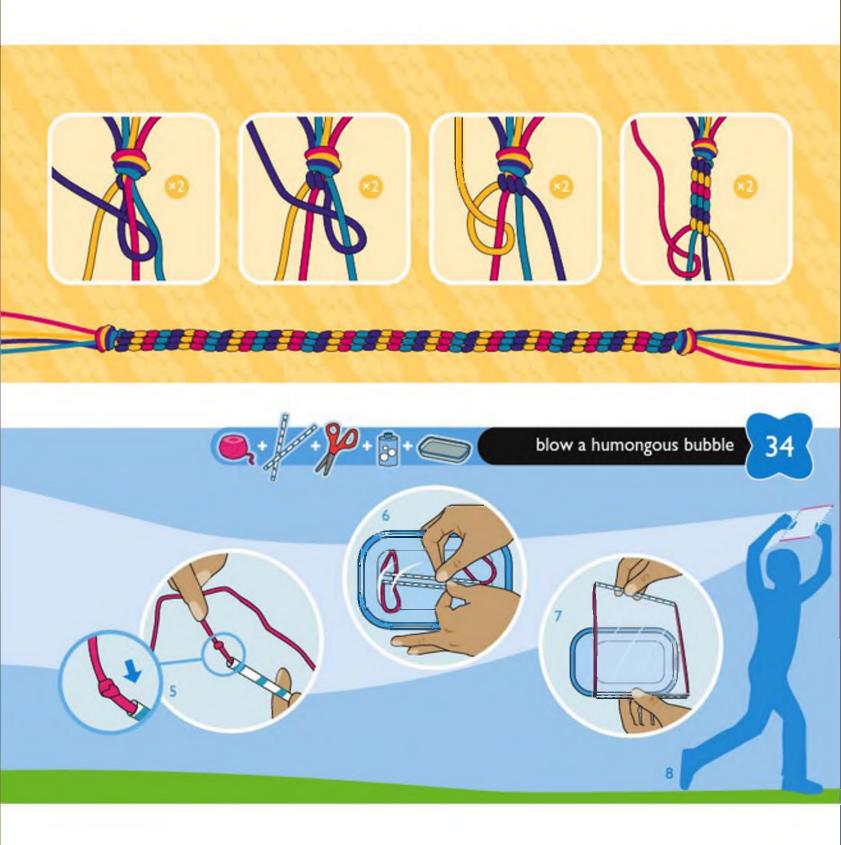
pebbles

soil

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.)

eraneplane seedings / 269





## twist a balloon dog



35

Don't infate the bottom tip.



Twist three sections.



Bend back two sections.



Lock the first and third loops.









-





grow rock candy



36

-











Cut out the study, if needed

### Wei the stick coat in sugar,

Cover, insert the stick





Mix the four and water.



Add paper cones and strips.



Let dry. Pap the balloon.



Make a small hole.





Hang, and have a swing at it



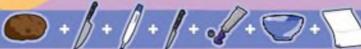
Thread string through the holes.











carve a potato stamp

38







Carve away the background.







### wrap a merry wreath



Stretch the hanger into a circle.

graft a cloves occ



Layer the greenery.

· \* · j · 🕇 · 오

+ / + /



Secure with floral wire.



40

craft a scented pomander 41







Hot water melts the ce.



Rol in seasonal spices.

der Ger







make a tin-can luminary









Add a small candle, Light.



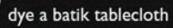






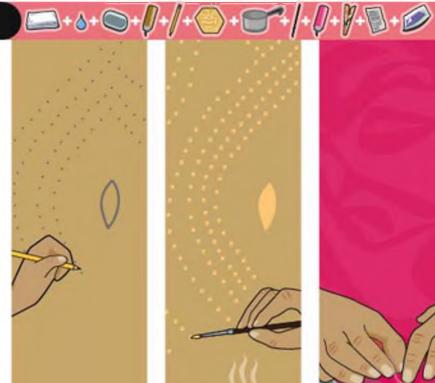
Freeze so the can stays firm.

Nail holes along the design.













Immerse in the pattern color.

Draw your pattern.

Melt the wax: paint your design.

Dye with the background color.







Hang to dry.

Iron to remove the wax.













### read batik patterns



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



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

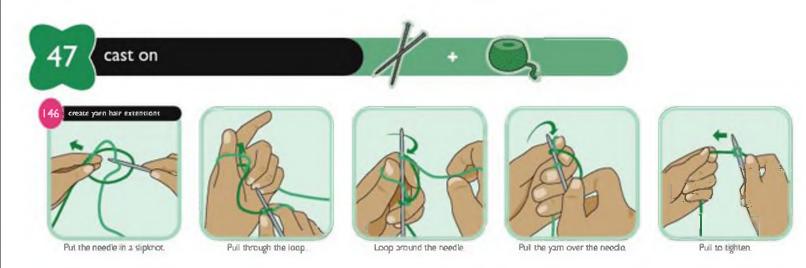


Only the most dignified wear the satno whowo. which is charactenzed by its al-over damond print.



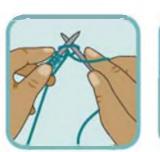
The pursing russik print was at one time a favorite of the sultan's family. Its wavy lines are considered ludy.











Put the right needle in back



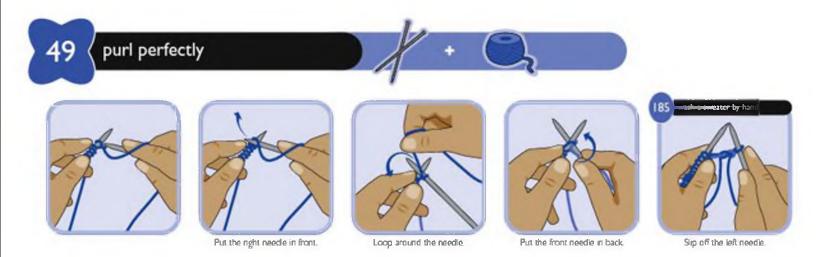
Loop around the needle.



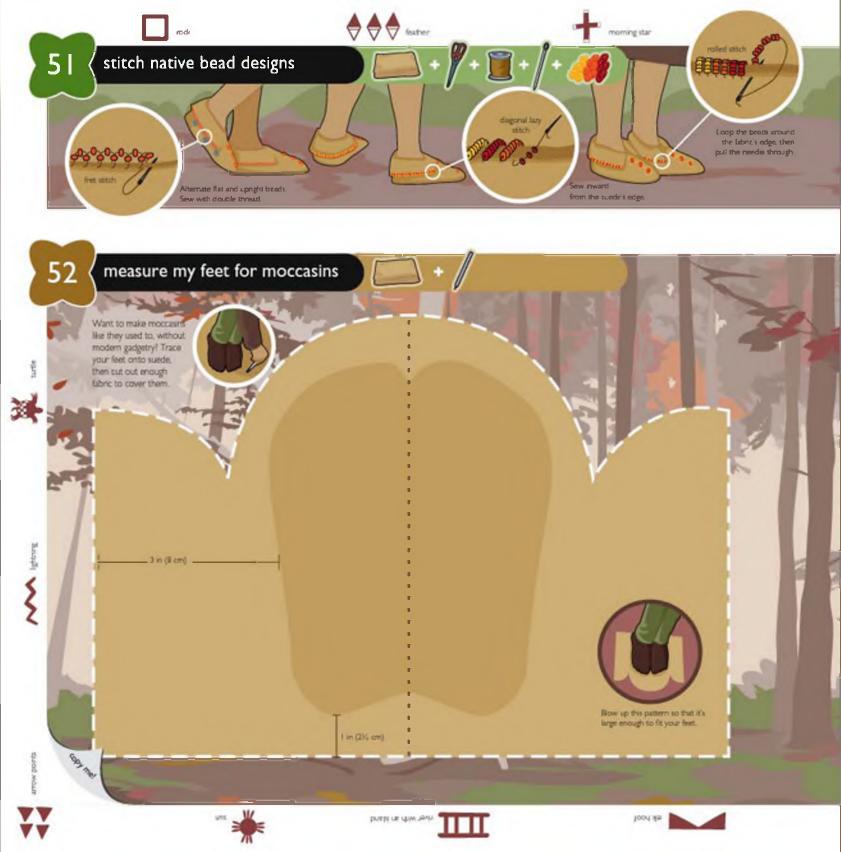
Put the back needle in front.



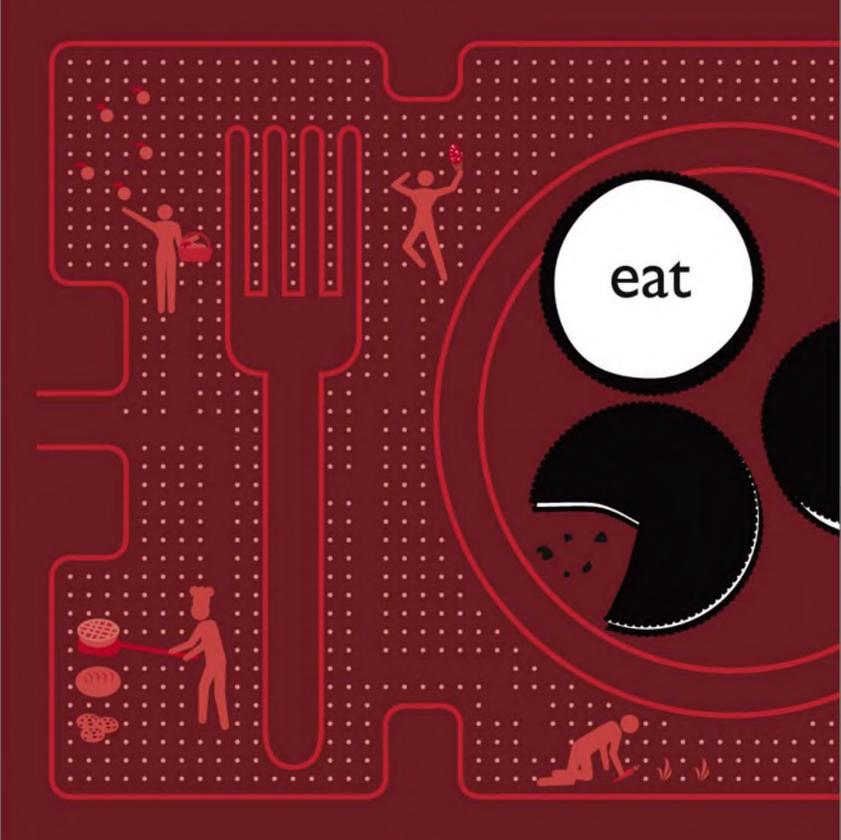
Sip off the left needle.

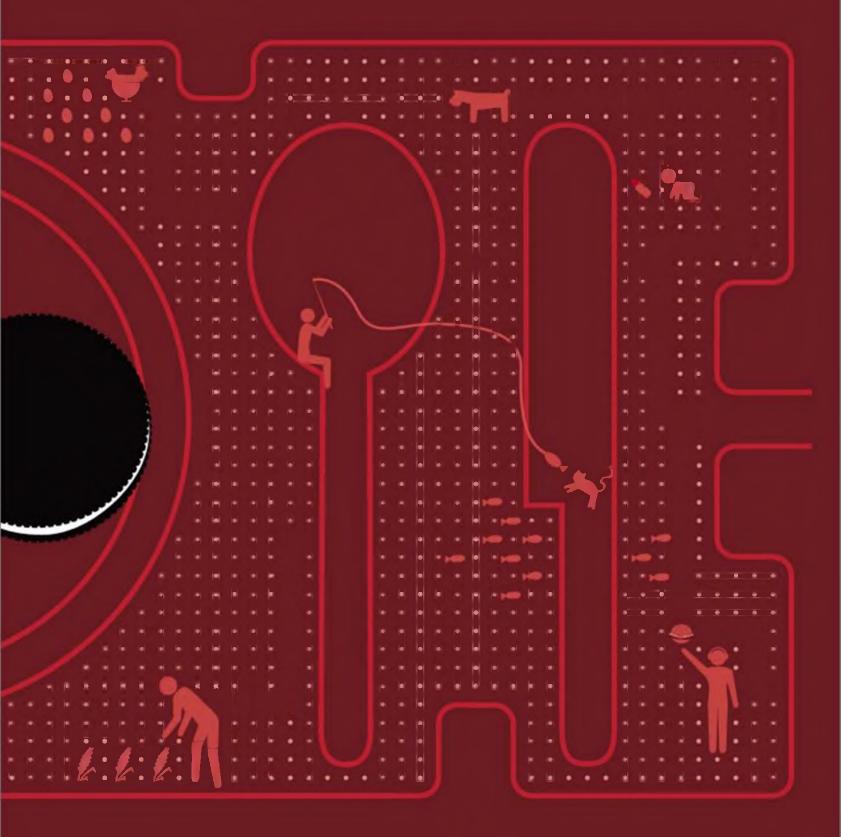




















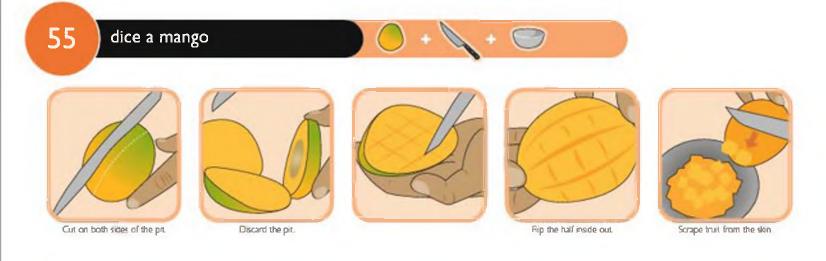


Cut along the rind sections.



Open; remove the pith.





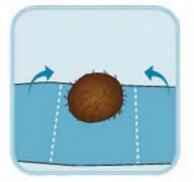


Tap nto the prt twist it out.

Scoop out the meat



Make holes in two of the soft spots





Deepen the holes. Remove the nais.

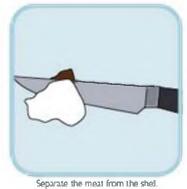




Let dram,

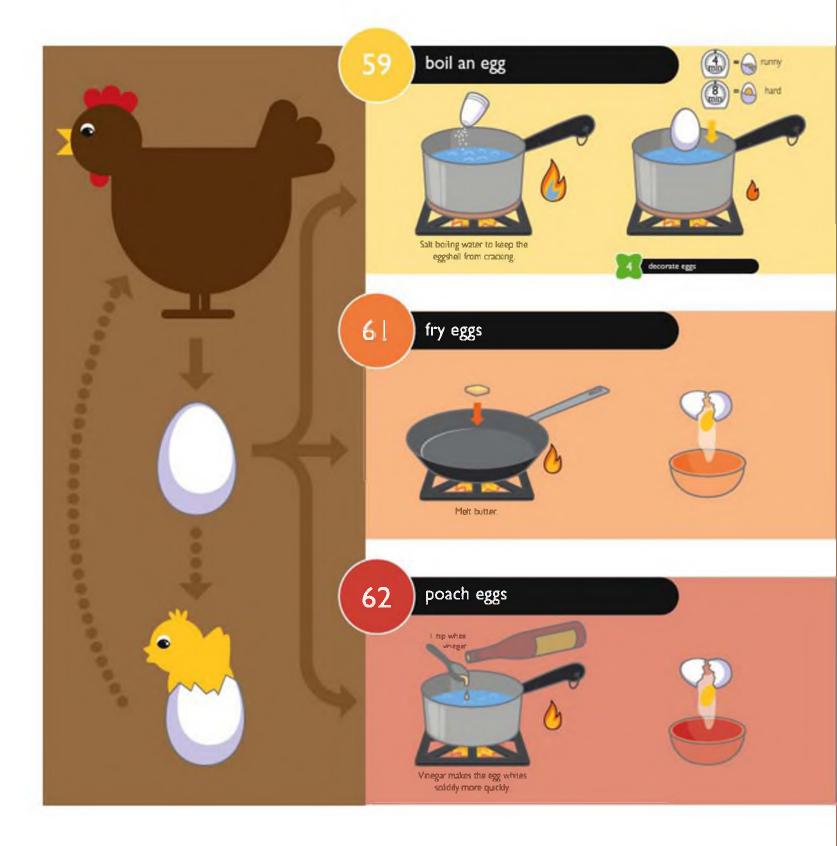






cut a pineapple 58 Cut off the top and bottom.

57



# Crack Pinch. Crack Pinch. Pinch.





roll a taqueria-style burrito





63

64



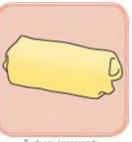
Gather the tortila's sides.



Fold the top and bottom.



Roll, wrapping the top flap.



Tuck any loose ends







Cut the tortillas into sochs.



Pour plenty of com oil



Fry, turning occasionally.



Let cool Blot with towels.



Sprinkle with sait.



Mace the caion

Combine; mash together.

### make pico de gallo

### dice a chile pepper

66

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.

67



5

Cut into quarters.



Remove the ribs and seeds.





I onion

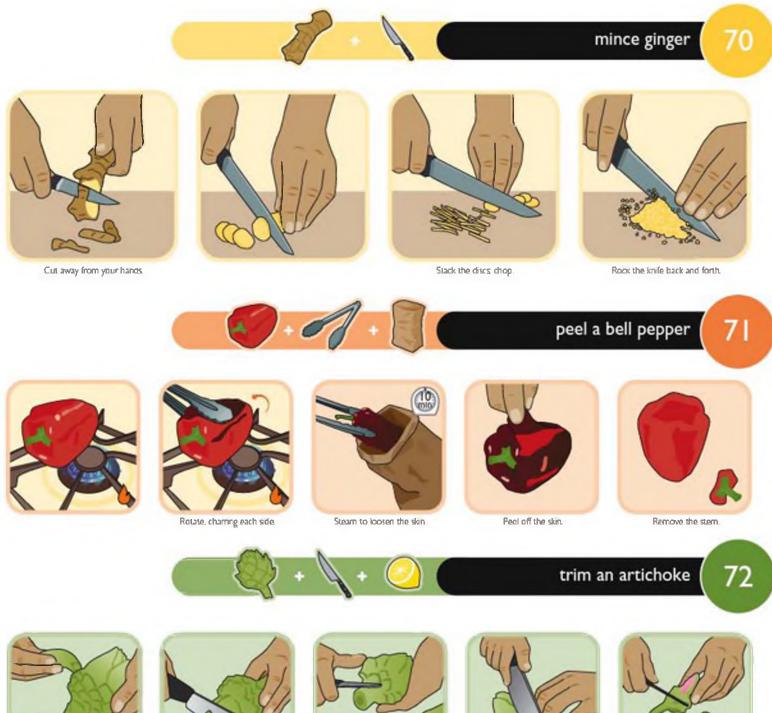


3 chie pepper

12 sprigs cilureto

attale and some sales more 200





Peel off the outer leaves

Sice off the top one-third.

000

Peel the sterry rub with lemon.

m

Cut into quarters.



Discard the fibrous choke

### derust a cast-iron pan



73



Rub vgorously with fine steel wool.

Coal the pan with oil



Add salt to create a paste



Scrub with paper towels, then rinse.









Stretch out a nylon stocking.

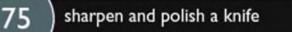
insert a rolling pm.







Use on a floured surface.













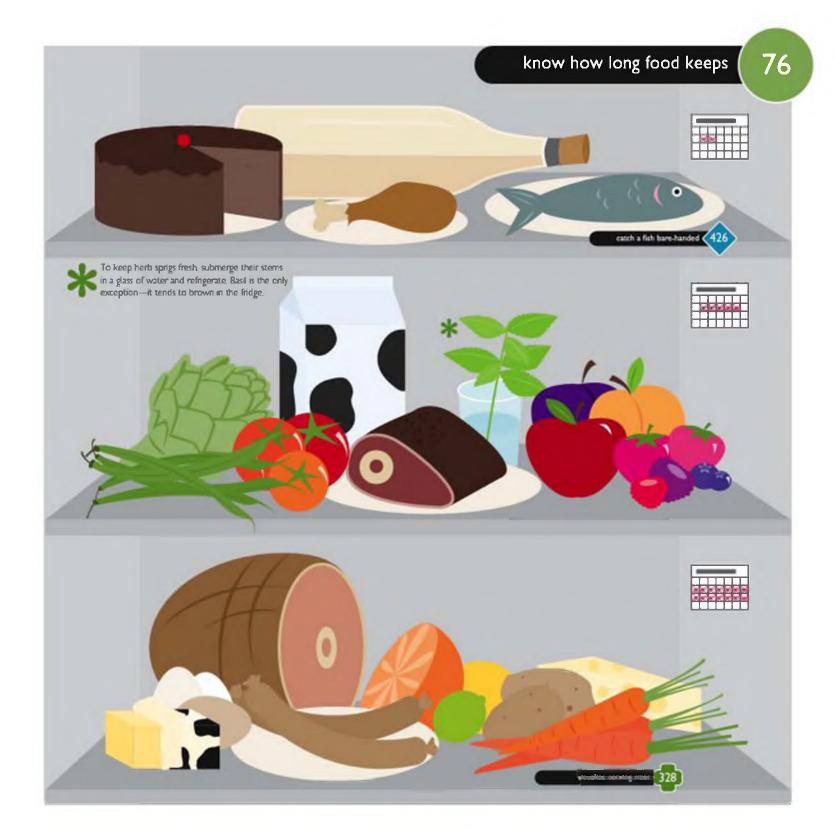


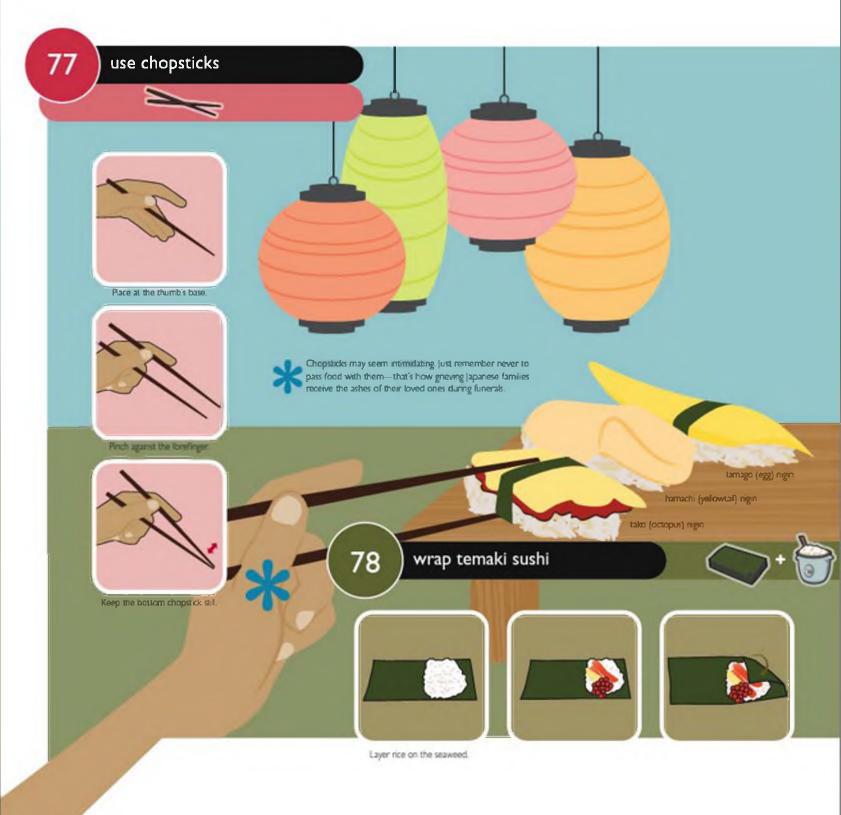
Push the

forward.

Flip the knife; pull it back.

Switch stones and repeat.





### roll maki sushi



Tuck the loose end.

gan (pidded ginger)

clean a lobster



Twist the tail off of the body.



Cut the cartibge; remove the meat.



Remove the intestinal vein.



Pull the body from the chest shell.



Halve the chest shell. Extract the meat.



Grack the claws; remove the meat.



### peel and devein a shrimp





Pull the shell loose.







Cut along the vein.

Pull out the intestine.

80

# crack a dungeness crab



Cut or pull away the apron.



Lift off the top shel.

Twist off the claws and legs.



Pull out the intesting

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



Reserve fat from the shell



Cut into quarters.



Remove the gils.

Extract the meat



82

Pull off the jaws.



Crack the claws.

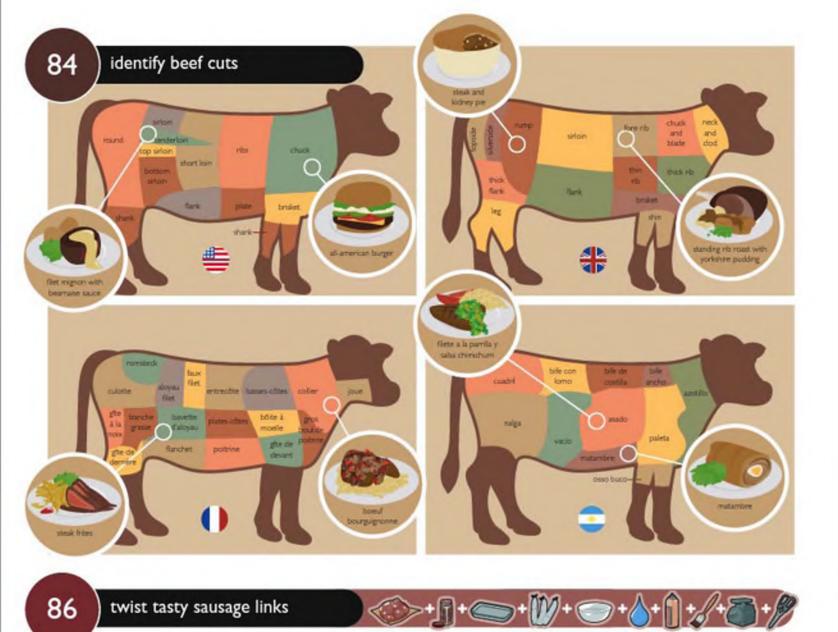


Break the shell's hirge.

Detach the muscle from the top shell

Discard the top shell

Loosen the oyster.



### twist tasty sausage links



86



Lubricate the stuffer.

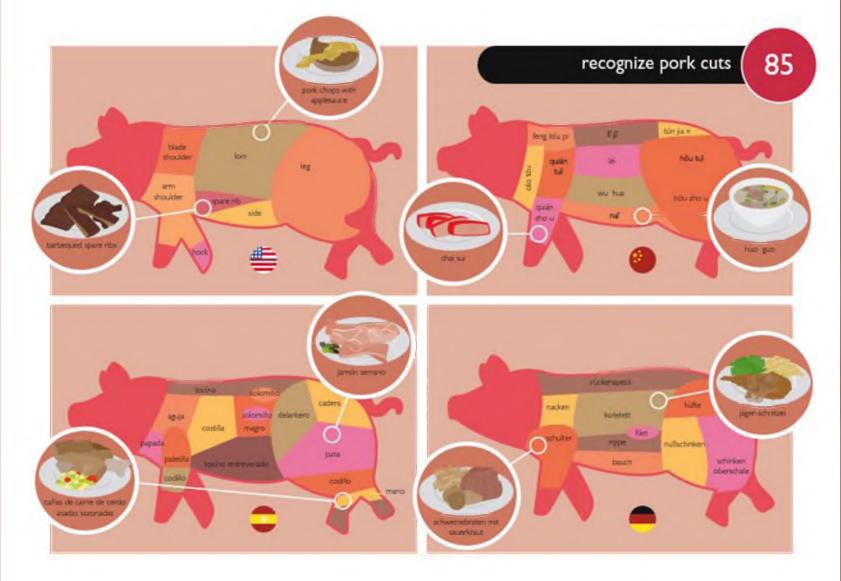


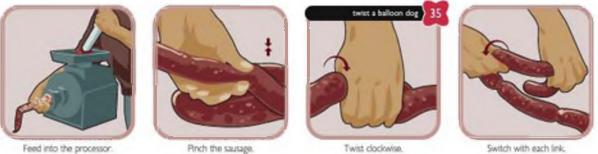
Ease on the casing.



Tie of the end

**Rinse the casings** 



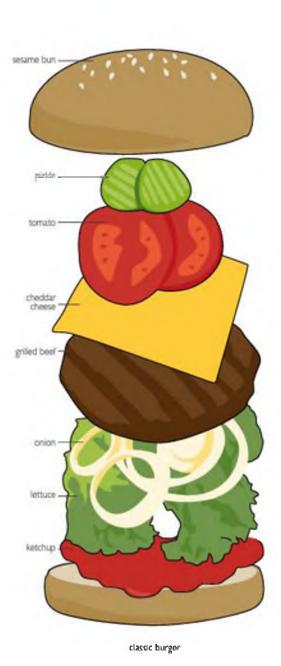


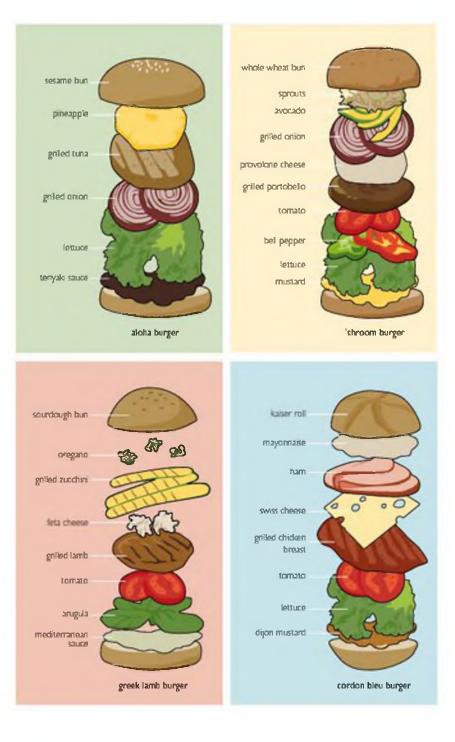


Separate before cooking.

Pinch the sausage.

Twist clockwise.



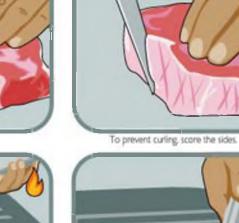


### cook a sizzling steak

88



Trm the excess tat





Pour marinade, then refrigerate.



Place on a preheated grill.



Fip. Rotate to make a crosshatch design.



Test for doneness.













Rub with butter and spices.

Add your tavonte spices.

Ease onto the can.

### roast a turkey



90

Remove the gblets.



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

K

Lincover 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 pinkes around the wishbone (which is the collarbone) and try to break off the longest piece—and gain some good fortune.

91

### carve a turkey











Sice off the wings.

Remove the legs

Sever the drumstick

Carve parallel to the bone.

Carve the breast in slices.

## $\boxed{3} + (1) + (2) + (1) + (2)$

### make classic fried chicken



Whisk the buttermik and sait.



Submerge the chicken pieces refrgerate.



Coat each piece in flour and spices.



Heat plenty of oil



Fry each side until golden brown.



Bake, then check for domeness.







Pour the juices from the fat.





Add juces and stock whisk



Check for desired thidmess.

9<u>2</u>



roll pasta dough





Make a well in the flour.



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Divide into fourths.





96

Flatten each into a disc.



Draw in the flour.



Rip and roll again

1+ +



Knead on a floured surface.



Check for translucence.

97

fold tortellini









Spread let dry.



Roll the dough into a ball.

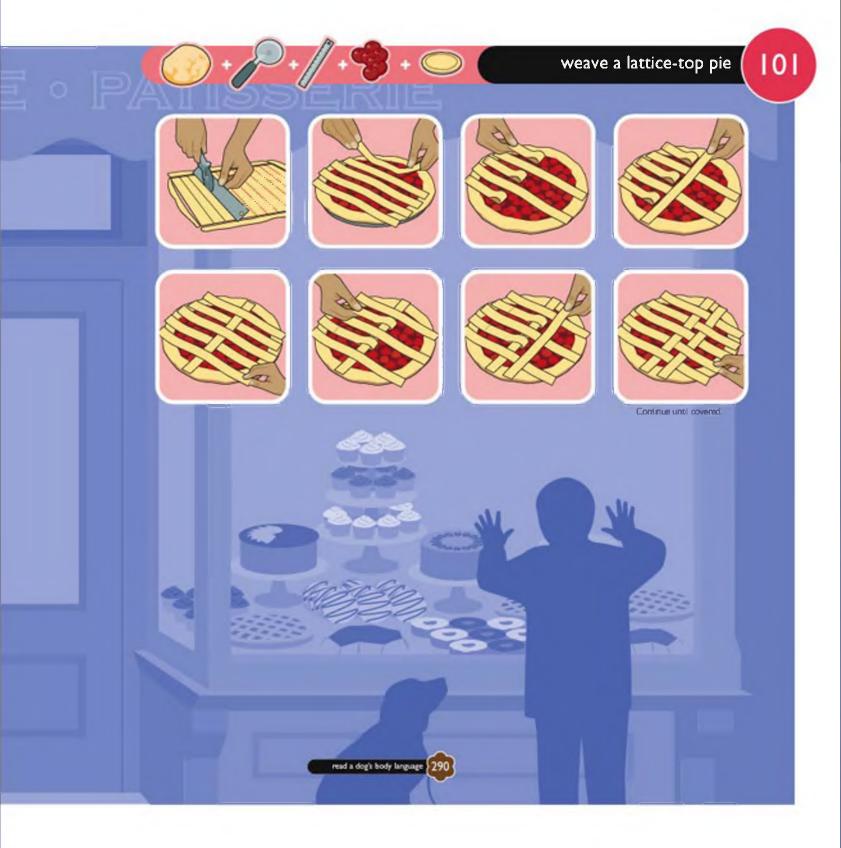




Add filing wet the edges



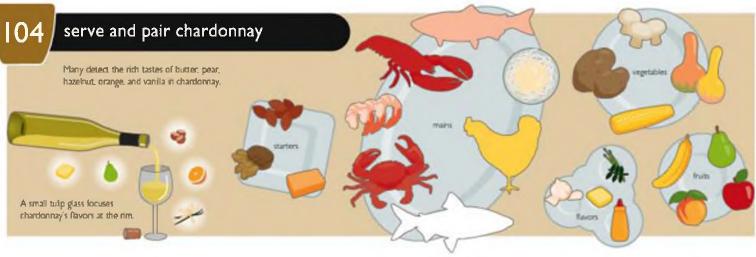


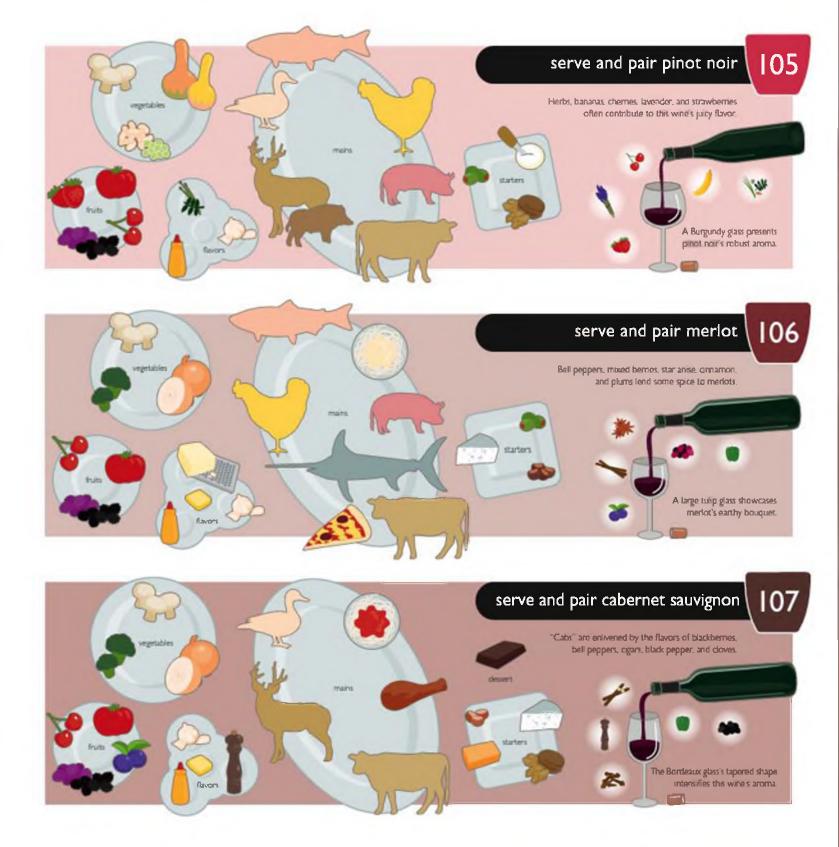












### 108 open a bottle of wine



To cut the foil, turn against the blade.



Twist the worm halfway into the cork.



Place the lever on the rim; pull



Twat sightly to prevent drips.

#### remove cork bits from wine 109



Inspect for loose cark bits.



Place a fitter over the glass



Push the cork back pour.













Inhole its aroma.



Fill one-third of your mouth.



Swish the wine thoroughly.

Swirt observe the legs.

### dazzle with sabrage





+ 🗐 + 🕻





Uniwist the wire: remove the cage.



Locate where the seam meets the Ip.



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.



Swipe forward in one fast motion.



The spray washes away any shards.



### ||3 ritually prepare absinthe



Put sugar on an absinitive spoon.



liute to taxe

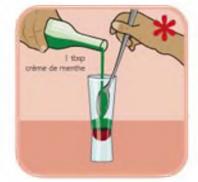


Identify men's facial hair styles

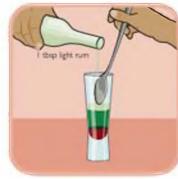
In this Czech variation on a French theme, the sugar cube is dipped in absinible and set abbaze {Don't get too carned away- abanthe's high alcohol content makes it very flammable.) After the sugar melts, cliute the dnnk, then serve if promptly to the nearest. wild-eyed bohemon. Na zdravit

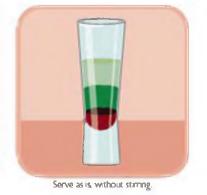
### layer a pousse-café | | 4





+/





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.



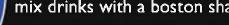


Rolngerate or serve immediately.

16 rim a glass with sugar or salt



🔍 + 🔘 + 💓







Yap to create a seal.









Secure the strainer, pour

### concoct delicious cocktails 188

#### singapore sing 2 fi oz (60 mi) gn 1 thip Benedictine

I thep cherry brandy I fi ez (30 ml) lemon jurce I thep simple symp 2 fi ez (60 ml) club sodu I lemon wedge gamsh

tequils survise 2½, fl oz (75 ml) tiver tequis 4 fl oz (120 ml) orange juce ا% top grenaóne ا presppie wedge garieri

cut a pineappie

cuba litre 214 fl or (75 ml) light rum 1 fl or (30 ml) irre juice 6 fl or (180 ml) cola 1 firms wedge gamsh

white russion 2 fl or (60 m<sup>2</sup>) vodice

I fliaz (30 m) colles iqueur

piña colada 2 fl oz (60 m) tytit rum 6 fl oz (190 m) preupple jura 2 fl oz (60 m) cocorut cream I preupple wodę pamin i mazaschimo cherry gamer

### use a muddler

E

19







tie a cherry stem in my mouch 🗐 93

Grind until smooth

long island iced tea

I thep rever tequia

I thip simple syrup

S II oz (150 ml) cola

I lemon wedge gamme

1 fl oz (30 ml) iemon juke

I tesp whi rum

I thep topic sec.

I thep vodica

l thip gri

com collins 2 fi or (40 ml) gin 1 thisp temori puce 1 thisp temori puce 5 fi or (150 ml) dub toda 1 lemon wedge gamah 1 maratahan creany gamah

#### 

mana 6 mmt leaves, muddled 17, thip simple syngp 1 faip (me juice 2 fl az (60 ml) light nam 2 fl az (60 ml) club tacts 2 me wedge gamistics

cape cod

27, Il az (75 ml) vodia

I ime werge gamish

4 fl oz (120 ml) cracherry juce



#### Ω

calpininha 2 lime wedges mudded 1 thip simple symp 2 flicz (60 ml) camaca



### shake up martini variations







23 make russian tea in a samovar





Lit priecones boil the water.



Acd black indian tea leaves



Steep on top of the samovar.



Diute to Laste



Add boiling water



Pour into the podstakonnik.



serve thai iced tea

125



Add spiced Thai tea leaves







Pour through the cloth straner.











124





Chill to the desired cootness.



2flar (60 m) mik







prepare tibetan yak-butter tea

🗢 + 合 + 🧼 + 🗋 + 🚼 + 🕇 + 🥣

Add tea to the boiling water.



Pour one-third into the churn.



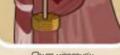
Transfer half back to the pot.





2 thip yok butter

K top salt





Repeat until all is churned.





### use a french press



1 oz (240 m)



128

29





Press evenly on the plunger.













1-2 thisp arse ground coffee

Fill with fresh grounds



Add boiling water.

Smooth off the excess.



Tamp until tight.

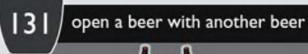


Align the basket and cup.



Pull the shot.









Hook the ids together.



Thrust downward





**33** serve beer in the right glass

Pair a topic gass with a Belgan ale or barley weak its bulbous body and flared lip make the most of hearty aromas

> The Wezenbior glass was evented just for wheat beer, its shape showcases furly foam and golden blies. Step the other, though

Swirl up a strong ale in a siniter its big bow! captures aromas and concentrates them at the glass's ip

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



The flute's elegant form boosts carbonation. It complements faulty and tambic peers The gobiet's generous bowl traps mult flavors

it's llegal to serve one containing less than 20 fl oz (600 ml). The slight bulge enhances grip and allows for more head.

The Brits take their pints seriously:

Meaning is at 15 B oz (475 ml), the "poor mes's pint" is just shy of a real pint. It serves up ales and lagers, and is most popular in the Linited States



000

.... rotate to avoid spillage.



A

135

pour a proper pint 134

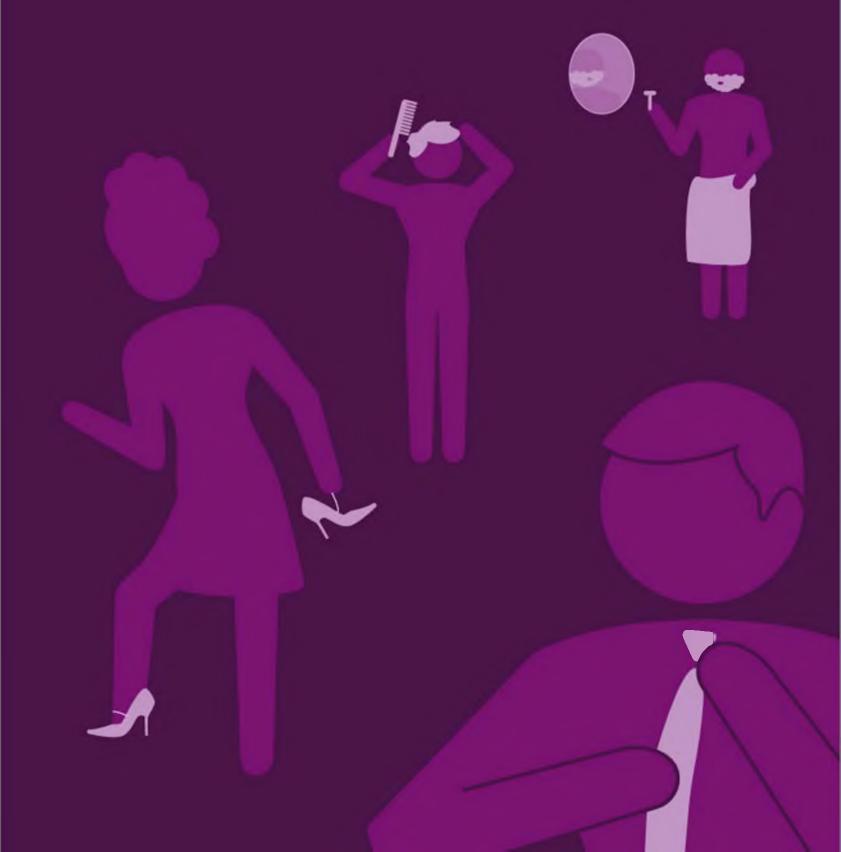
chug from a boot

0000

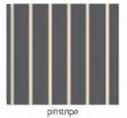
When a bubble forms ...

vanquish a case of hiscups





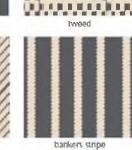
### understand men's fabric patterns



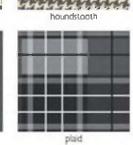
herringbone

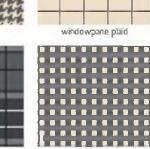
137

136



1





block check

shirts



dotted

paisley diagonal sinpe

neckties

suits

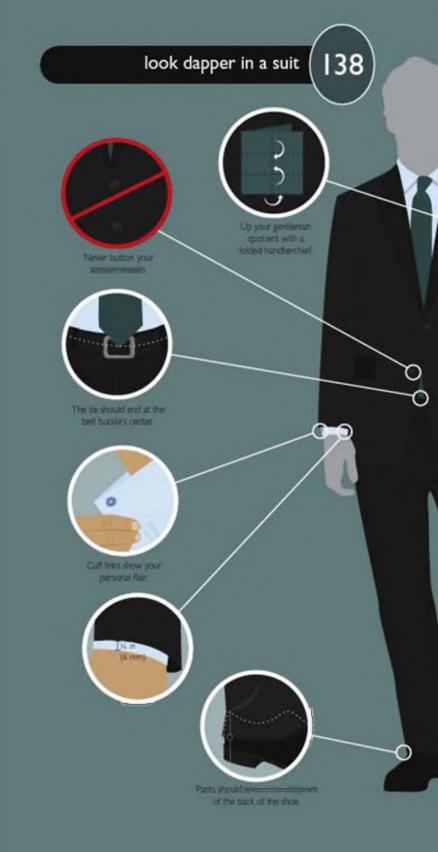
pick a suit for each season

Keep # light with a crisp. mediumweight navy. A suble bankers stripe shows an eye for detai.

Stay cool in gray, lightweight tropical wool.



Suit up against the chill with a warm wool herringbone.



### give my shoes a shine



4+ 🔼

139

Remove det with a brush



Apply polish Lat dry.



No polish handyf The mide of a banaria peel works in a pinch



Buff to a high shine.

### identify men's facial hair styles

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



141

140

### get a clean shave





CALE WILLI'D WORTH STOWNED



THEN SHOW DROAMS IN FRANC



Op in create index in water



presid in a creater motion



STATE WITH THE PERSON





Rome every lew strokes.



Shave with the gran.



Such as shave observe the ligs



Anne pat dry.



Sop with a little strestave

### weave a french braid



142





Gather three sections.



Begin brading.



Add hair to the section



Continue gathering as you go.







Start with a low ponytail.

Twist it into a loop

Pull

Pull any excess through.

Secure with pins.

Spray lightly.

# tease up a beehive





Create four sections.



Tease from bottom to top.

Put setting lotion in wet har.



Spray with setting lotion



Pn the sections; continue.



Clip the sections not in use.



Smooth with a paddle brush.



Curl each section.



Craft a swid in the front.



Spray heavily with hairspray



Finish with more hairspray.



Continue until complete.

Wiggle to make waves

To set, pinch the waves.

Secure with clips as you go.

create yarn hair extensions



146

Cut two lengths of yarn





Tie the short yarn to the center.



Knot the end.



Tie the long yarn to a strand.



Tie on a charm, if desired.



Align one string with the strand; braid.





Shave except for the top.

Backcomb the hair.

Apply glue generously.

Blow-dry against a surface

Spray to hold.

# braid cornrows

### 148



Spray with setting lotion



Continue, picking up hair as you go.



Make a path for the cornrow.



If the hair is long, extend the braid.



Braid close to the scalp.



Finish with beads and a clear elastic.



Add hair to the middle strand.

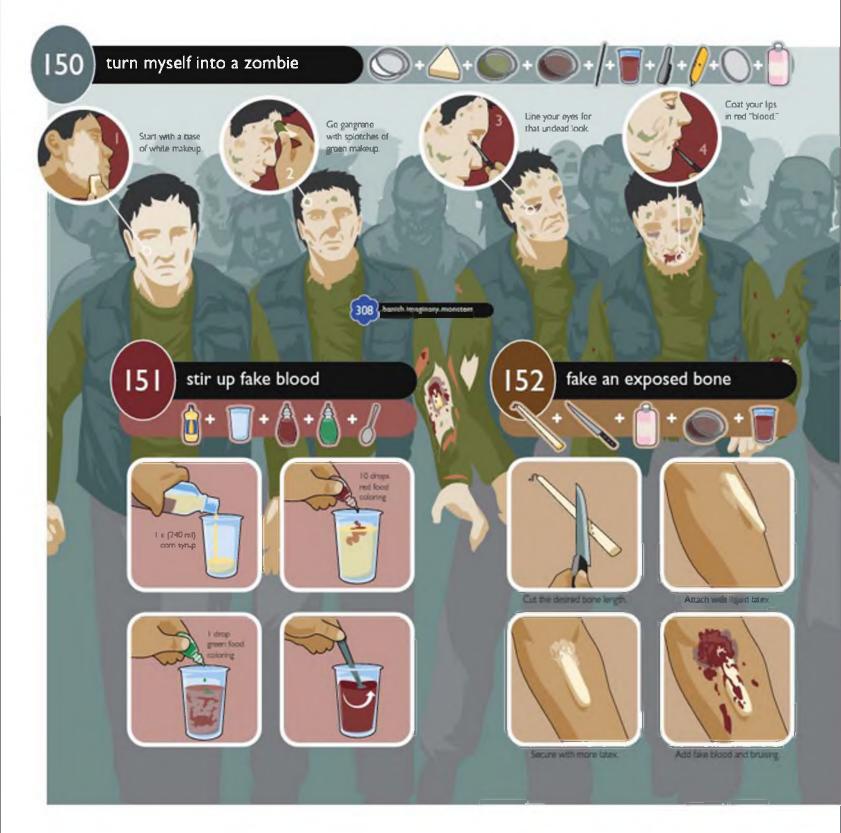




Comb each section.

Backcomb each section.

Twist each; secure the ends





Apply a patch of liquid latex.



Let dry, prich holes,

#### thread my eyebrows







Twist.



157

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!



Place to the right of the har.



Widen one side of the loop.



Swab with toner.

# 158 apply and remove false eyelashes 📚 🎢 🛔 🖊 🛣 🖊 🌈 🛅



Trim the eyelish to match your eye.



Curl the take and real lashes together.



Apply give to the back.



Apply mascara.



Place along the lash line.



Petroleum jelly loosens the glue.



Hold in place while it does.



To remove, gently pull loose.

### shade sexy, smoky eyes



Line the top Id.







Apply the medium shadow,



Blend the darkest shade.



159

Line the lower lashes.





Apply Ip liner as a base.



Define the lips' outline.



Apply lipstick with a brush.



Suck your finger to blot.



Dab gloss in the center.







Tap off the excess.



Smile; apply to the cheeks.



Brush around the pwine.

#### wear a kimono



162

Fold the left over the right.

Tie the two ends together.



Tie on the koshi himo.



Fold across the waist.



🖗 + //\*\*/// + 🔘 + 🖊

Tie on the dateime



Grich at the center.



Position the oblimakura.





Wrap the obi.



Side the ob to the back.

## 163

## decode kimono styles

This semformal kimono, caled a komon featurer a dainty, all-over print, it's worn by both married and unmarned women.

This highly formal kmono is known as a funsode. and is worn by unmarried women. its graceful flowing sleeves are rumored to attract suitors.

The cotion yukata kimono is a casual summertime favorite among the japanese it's also a staple in young sumo wrestlers' wardrobes



Worn by marned women at formal events (like weddings), the kuratamesode kimono is always. black, and patierned only beneath the wast.



The with the excess.



Cover your hair.



Apply a white foundation.

Red face paint is typically worm by make, or geisha in training. These young women who are customarily under the age of 21, vigorously train in the gel (dancing, singling, and the art of polite conveniation) before they are allowed to entertain at events as full-fieldged geisha.



Create an erotic "W" shape.







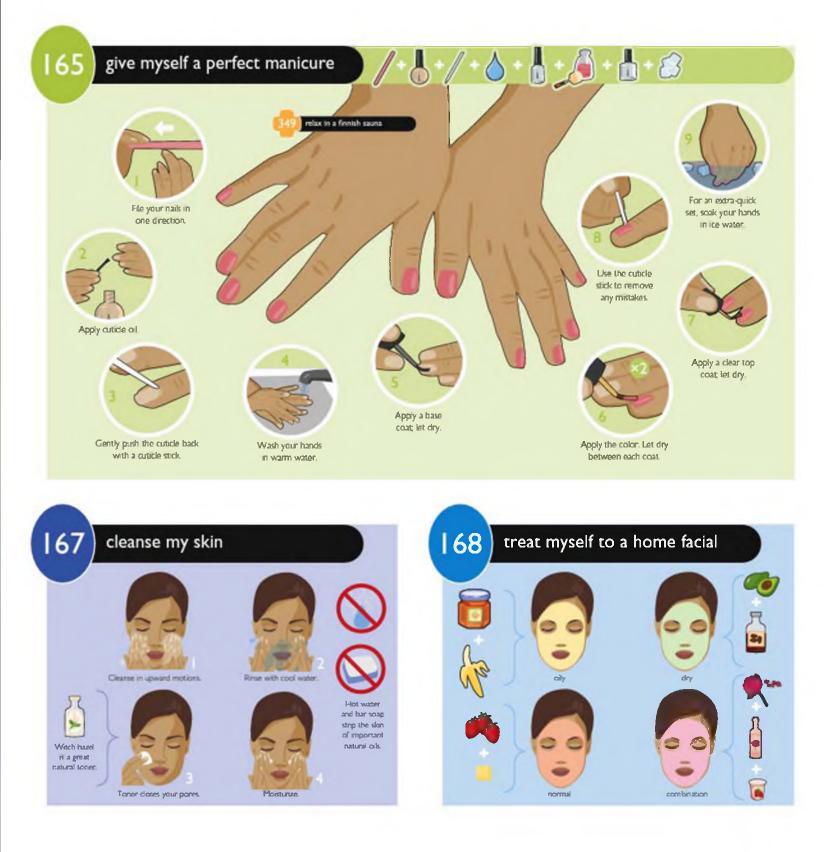
Rim the eyes and brows in red.

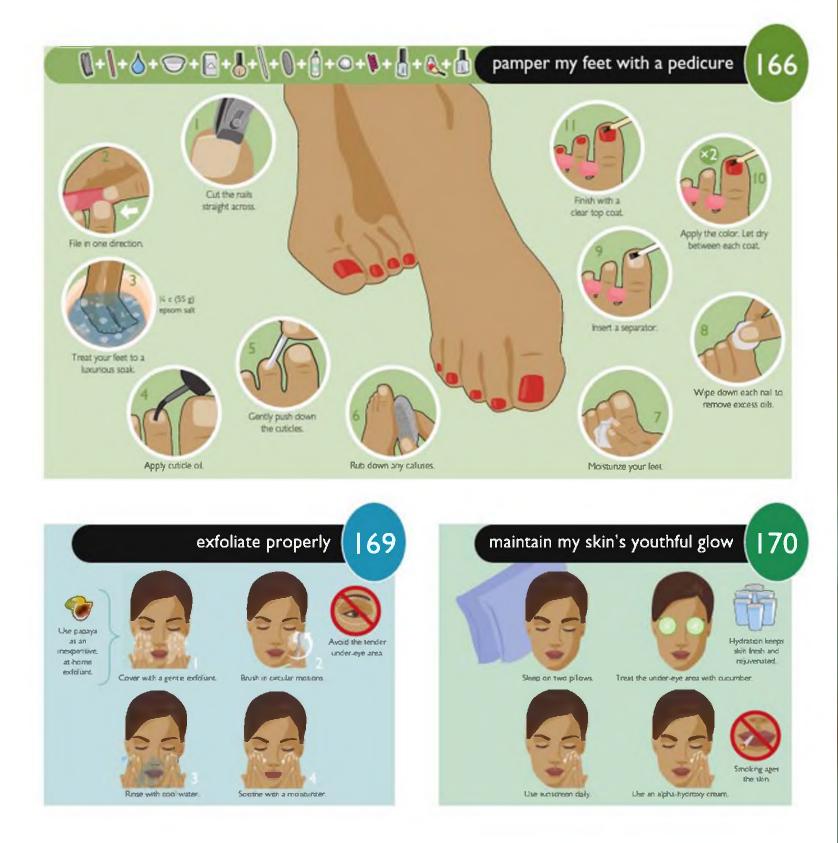
Don the wig and hair ornaments.



Paint bow-shaped lips.

Emphasize with black eyeliner.









#### 175 rock the chelsea knot



Fold the scarf in half.





Bring through the loop.



176 tie a bowtie

tie a traditional windsor knot

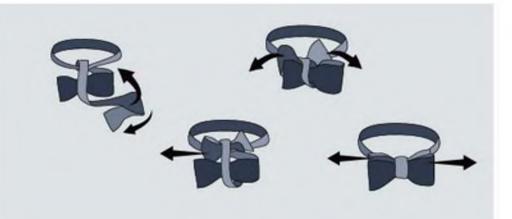


178 lace my shoes with flair

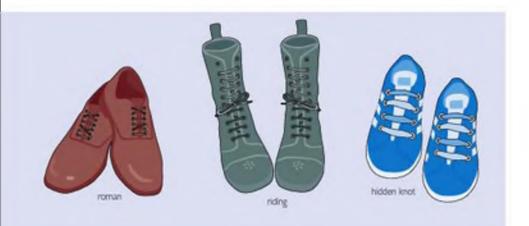
amy













#### 180 repair ripped jeans



Place onto the desired fabric.









Sew onto the jeans' extenor.

N-1-17- D-1111- 📼 -1-1



Cut out a paper pattern.



High-lock without apprehension.



Figure the amount to hem.

Fold half under, pri.

Sew along the old hem.

Turn inside out; press.

### sew on a new button





Thread the needle, knot.

Repeat on the other holes.



Anchor the stitch.



Bring the needle through.



+ 📔 + 🕝 + 🎢





Push through the stitches.



Attach the button.



Knot against the fabric.



Sew, but not too tightly.







Cut off the legs.





atch. Trim both sides' excess.

Glue the back

Glue the front, let dry.



#### wash a sweater by hand



Add detergent to water



Get the sweater sudsy.



Rinse out the soap.



Roll in a towet squeeze.



185

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 bu





Dampen as you go.



Iron the back of the collar.



Iron the inside of the color.



Open the cuffs iron inside.



Iron the other front panel.







Iron between the buttons.



iron the shoulders.



Iron a front panel



Move to the back iron.





#### read my date's body language

Got an overenthusastic admired Avent your eyes and shrug off unwanted advances.

> Keep an eys out for "proceeding when a guy stands conf with his chest puffed out touching her hair, she's line

Cast chatty -- but let your body do the ma bland Lesn in and place your hands to that they're vable and parn side up

110

**FUER** 

4

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

Scoot in closer and present your mining gourn ceen; slouch down and cross your arms if you re com

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 be to draw her eye down into erotic territory. mix a classic martini 120 Initiation is the sincerest form of flattery: Let her know you like her by copying hir (hopefully Einty') moves

	flirt the night away 🔵 188
hours : minutes	activity
00:00	Make a grand entrance.
00:02	Greet your host
00:05	Pay a visit to the bartender.
00:06	Scope out the scene.
00:10	
00:30	Focus in on a hotbe.
00:31	Chat up that good-locking stronger.
00:45	Hit the dance floor.
01:00	Get another round
01:40	Reture to a private поок.
01:45	Exchange phone numbers.
04:00	Calebrata " <u>Kr.</u>





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

#### find my chinese zodiac match

90



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

earth generous and cooperative: sees to grow and expand

fire animated and restless; loves to laugh

e d restless; disc Laugh feet

wood disciplined and tenacious; fee's duty-bound to serve metal unyseiding and reserved, needs personal space water secretive and creative; Inusts intuition get out of a car in a miniskirt





|9|



Swivel; place a foot down

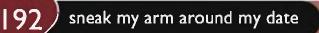


Bring the second foot down.



Brace yourself and stand.







Wart until she's at ease.



Begin the classic yawn.



#### Stretch, raising your arm.













Bite one side into a corner.





### intrigue with a game of footsie











Shed your shoe



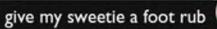
Switch legs; hook knees.

Finish with a soothing caress.

194

195

196





Stroke the top of the foot.



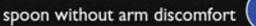
Rub and wiggle each toe.



Glide up the central groove.



Apply analiar pressure







Pull your arm out from under her.



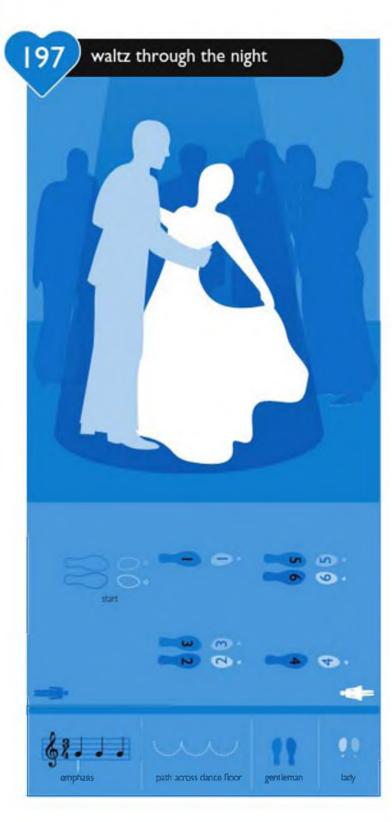
Place your arm above her.



Wrap your arms around your lover.

make the perfect bed 233

Gently roll her onto her stomach.



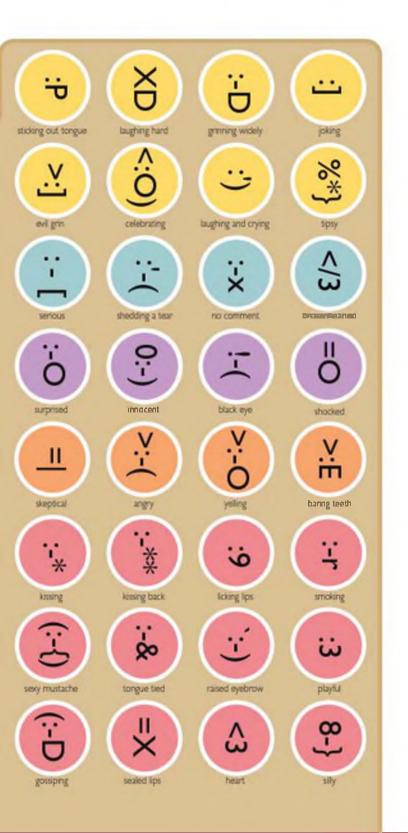


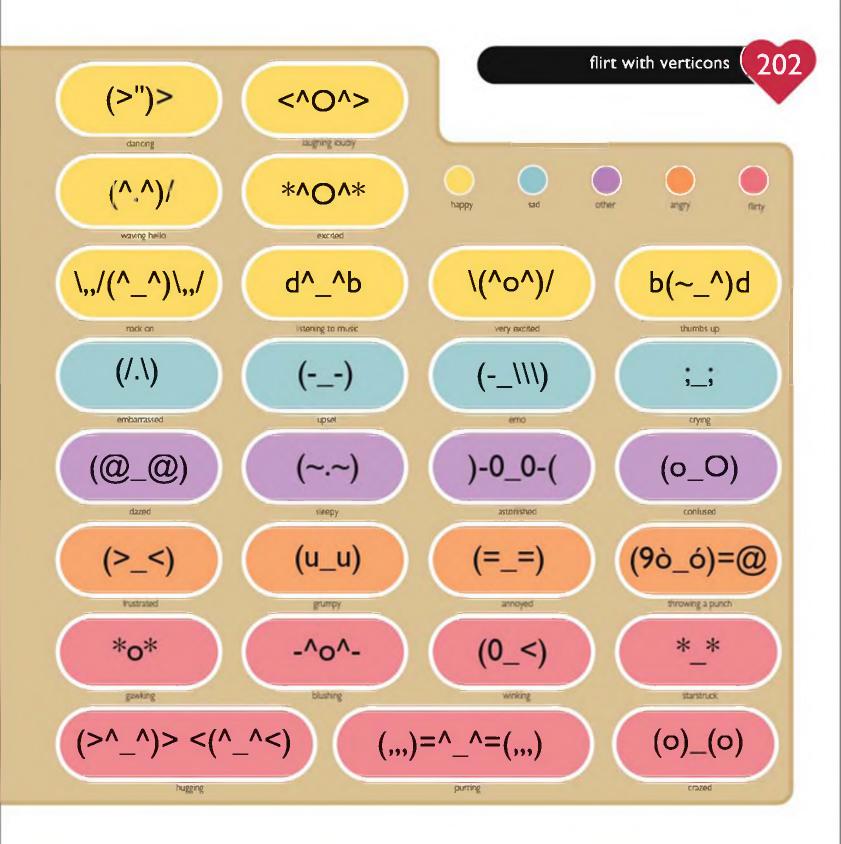




## 20 ) flirt with emoticons







#### 203 lace a sexy corset



Lay the corset flat; lace the top.



Create a second pull loop.



Cross. Bring down through the eyelets.



Tie off at the bottom.

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.



0

Cross Bring up through the eyelets.



Put it on; tighten with the pull loops,



Stop midway. Create a pull loop.



Tie the pull loops

### tie the texas rope handcuff



204)

Create a ligure eight.



Repeat



Repeat once agam.





Wrap the ends.



Tie off in the center,

### have a memorable first kiss



Make your lips moist and kissable,



6

Keep your breath fresh!



Tame any unruly hair;



205

Make eye contact and lean in.



Tilt your head and close your eyes.



Let your lips meet.

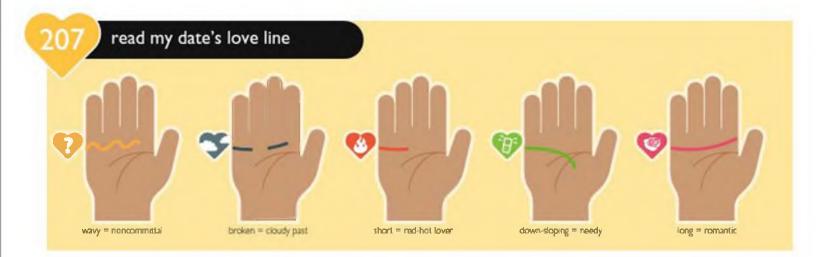


Get your hands involved.



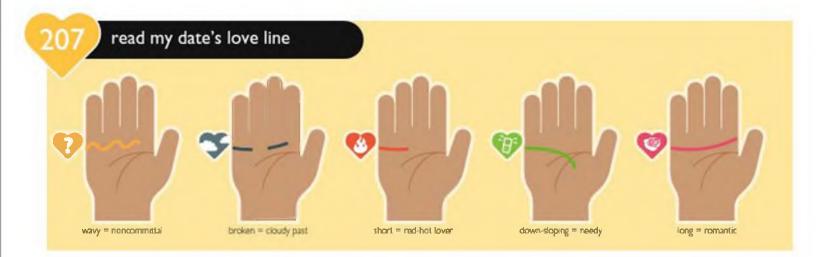
Explore new territory.



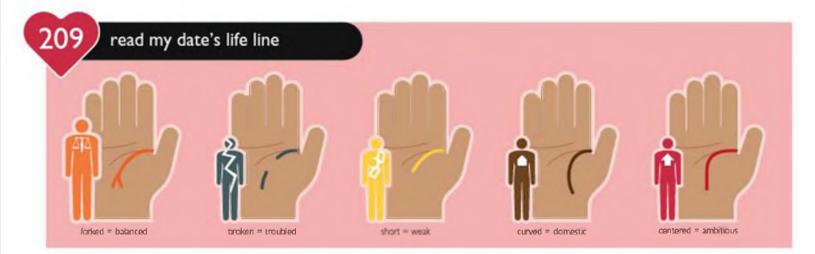














## ð+ €+ ●+ =+ ?+ □+ ®+ V+ 👌+ =+ 🗊+ ₩+ [



212



200



Cover until the top browns signally.

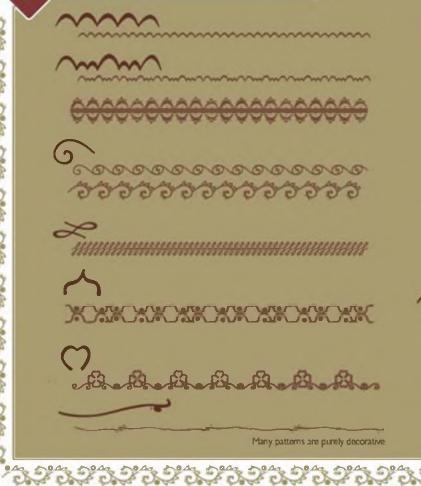


2 m

23

Spoon into a pastry bag. Cut the up.

#### make a henna pattern



Ch

C/0

とわ・ごわ・ごわ・ごわ・ごわ・ごわ・ごわ・ ごわ・ This design, called the scorpion's mark, suggests love's sting- and joys.







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

A agaig mimics the pattern of rain, it represents fertitity and abundance.

Ripples suggest water's kle-gving and puniying powers.

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





# Q + P + / +

#### improvise a paper wedding ring



Stip from any paper source.



Write an inscription-or an apology!



Fold in half lengthwise



Secure with a floral pin.



Fold in half again.



Bend the pin in half to close



216

Fold the end into a point.





Put an usher on drunk duty.

Help her sit down.

Remove hazardous shoes.

Bring her water.

Confiscate those car keys!









H



219 smarten up about color theory

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

entiven 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.

\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*

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

÷

1

#### choose a palette for my home

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

2

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

220



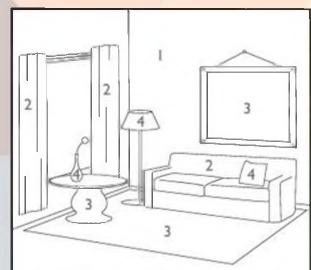


The rainforest's

1

Ine rainotest's verdure makes it a peacetul haven. Small bright flashes suggest gimpses of exotoc inhabitants like fuchsia orchids.

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



2

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

- 0

Capture the only's sophistication and gnt with various grays, punched up with bold, trafficstopping color.

Ensconce yourself

in woodland

colors, like a mossy

green or the soft

brown of a doe.

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

4

#### hang wallpaper seamlessly



22

Turn off the power.



Paste: smooth out bubbles or wrinides.



Draw a line from floor to ceiling.



Add a second piece; smooth and wipe.



Activate the wallpaper with water.



Trim along the ceiling and baseboards.



Align the paper with the line.



Cut around outlets, replace the plates.



#### remove old wallpaper



Score the walpaper.









Keep damp; scrape off small bits.

#### strip peeling paint 223















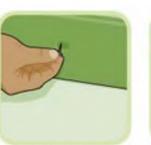


Scrape the paint's edges.

L (



#### fix a dented baseboard



Prick the dent with a tack.



Apply a touch of water. Cover; press on a bottle cap.



iron to expand the wood.



Repaint, if desired









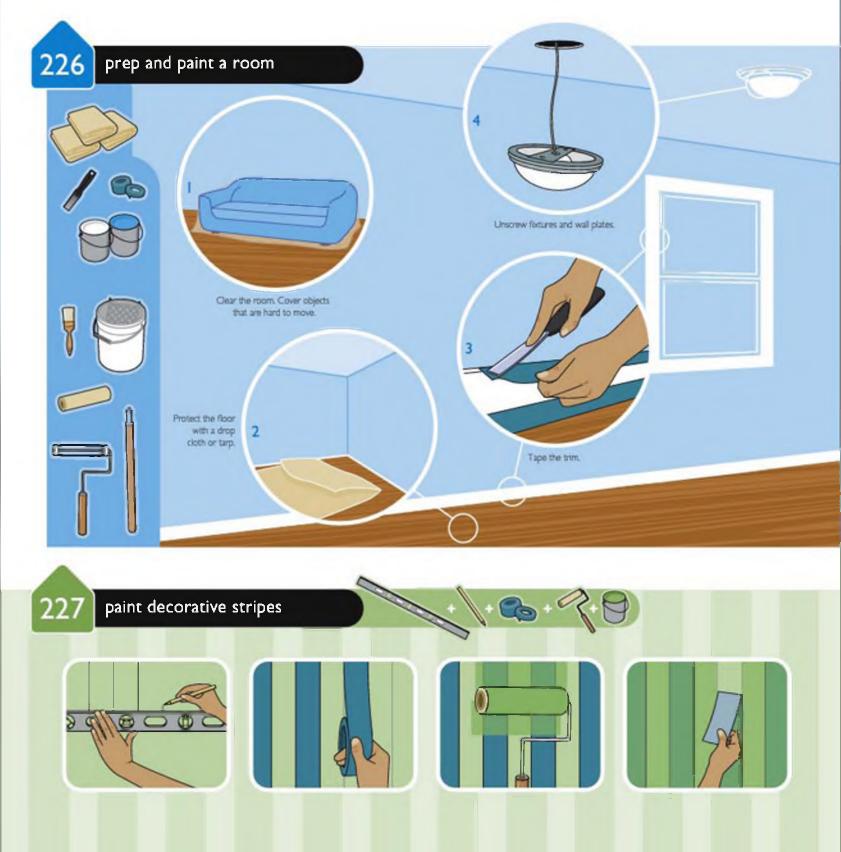


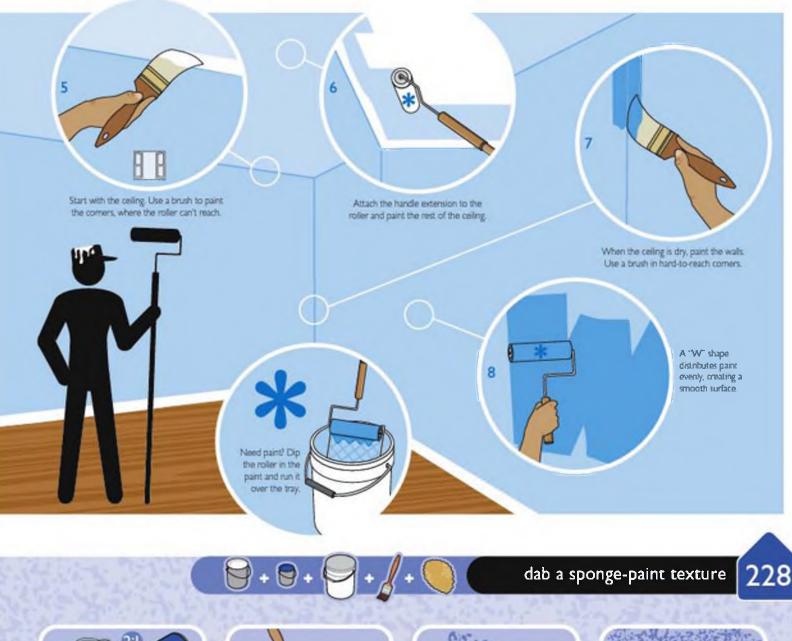
Apply spackle; smooth.

Let dry, then sand.



Wipe with a damp sponge.







Mix the giaze and paint.

Brush on the paint to prevent globbing.

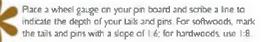
Layer colors for more texture.

#### fit together a dovetail joint



Mark the pin board.

Cut the edges.





Chisel away the waster file.



Transfer to the tail board



Cut the tai board join.

### 230 hang a basic shelf





Mark the desired shelf height.



Screw m anchors, if there are no studs.



Measure the length of the shelf.



Place the screws in the anchors.



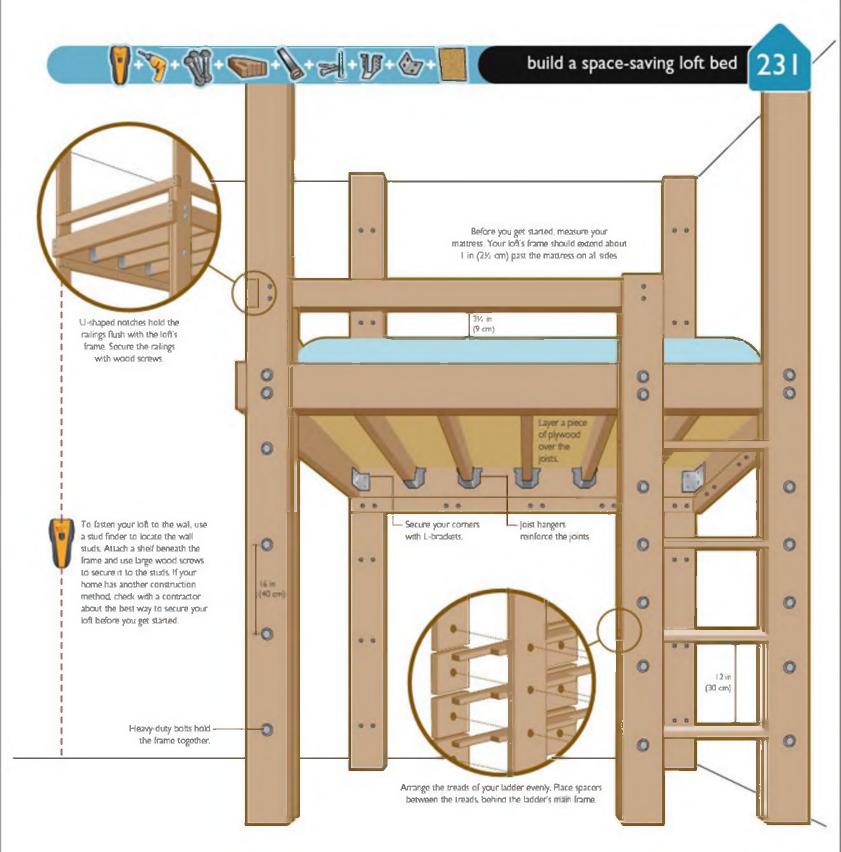


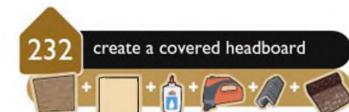
Measure for brackets.



Fit the bracket onto the screws











Cut plywood to fit.







Staple at the top center.



Repeat on the bottom.



Alternate left and right stapling,



### 233 make the perfect bed



Fold the top sheet under the blanket's edge.

Tidy up winkles with a quick run of the iron.

#### fold flawless hospital corners



Pull the top sheet taut.





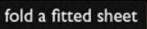
Straighten the crease.



Repeat on the other side.

235







Pat down the corners.







Fold into thrds, lengthwae.

Fold in half, widthwise

Insert one corner into another.

house fish in my old computer





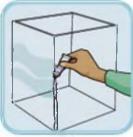
236

Remove all metal,





Cut acrylic to fit the shell



Seal



Test: reseal any leaks







#### Add water and conditioning.

Close inside the shell.

weave an inner-tube chair seat





237

Cut out the tubes' valves

Stretch around the frame; knot,





### craft a plastic-bag throw rug

### 238





Cut trash bags; tie in strips,



Wind around the loom.



Knot at the back



Cut through the handles



Tie the bags' handles.



Tie in the front, weave,



Tie off.

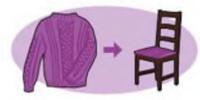


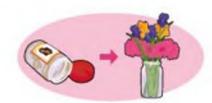
Cut off two at a time; knot.

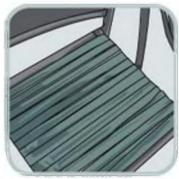


Trum the tringer fluff.









Continue until covered



Weave the other way.



Knot on the underside as you go.

#### install a dimmer switch



Turn off the power to the light.



Algn the wres.







insert the wires into wire nuts.



Fold the wires back into the box.



Unhook all three wires



Reatlach 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.

Twist matching wires together

\*

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

#### boost my wi-fi with a strainer







Put the adapter in the hole.



Tape to a long dowel.



Connect with a USB cable

+00+

Adjust for the best signal

#### install a dimmer switch



Turn off the power to the light.



Algn the wres.







insert the wires into wire nuts.



Fold the wires back into the box.



Unhook all three wires



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#### boost my wi-fi with a strainer



Cut a hole in the strainer.



Put the adapter in the hole.







Connect with a USB cable.



+00+

Adjust for the best signal

#### unclog a toilet

242



Remove most of the water.



S.F

Plunge.



~ ~

Unbend a hanger, twist into the clog.



Remove the hanger, insert a drain snake.



Rotate; pull to loosen the dog.



Flush when the water begins to drain.









Loosen the nuts on the trap.



Remove the trap; search.



Reattach the trap.

### repair a leaky showerhead 244



Cover the wrench with pipe tape.



Seal with the pipe Lape.



Loosen the showerhead from the pipe.



Place a new O-nng.



7.0

Remove the O-ring, d damaged



Reattach the showerhead.



Soak in white vinegar to remove dogs.



Gently tighten





Move the arm away from the sides.



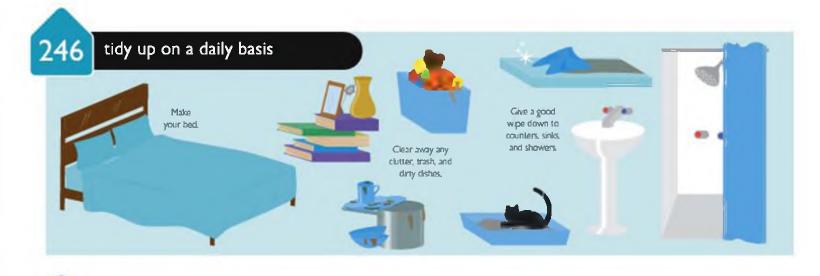
Aquist the chain and flush arm.



Clean the flush valve seat.



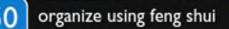
Check the flush ball for leaks











wealth and prospenty Custer cons here. Wealth begets wealth'

fame and reputation Adom this space with sparking crystals.

> love and romance. Arrange objects in pairs here.

a fill and the

creativity and children

Metal objects here

enhance your fertility.

family and loved ones Place wooden objects in this area.

> skills and knowledge Light a candle in this corner.

travel and exploration Place a photo of a travel destination here.

career Put a fountain or a picture of water here.



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

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



and energy

from room

to room.



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

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





A metal bed conducts electroty, which can interfere with positive chi-

### cleanse my home by smudging



Open the door to let spints leave.





25

Grind to extinguish

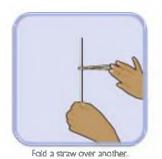


Place in an abailone shell



Wave while thinking good thoughts.





Rotate; fold another.



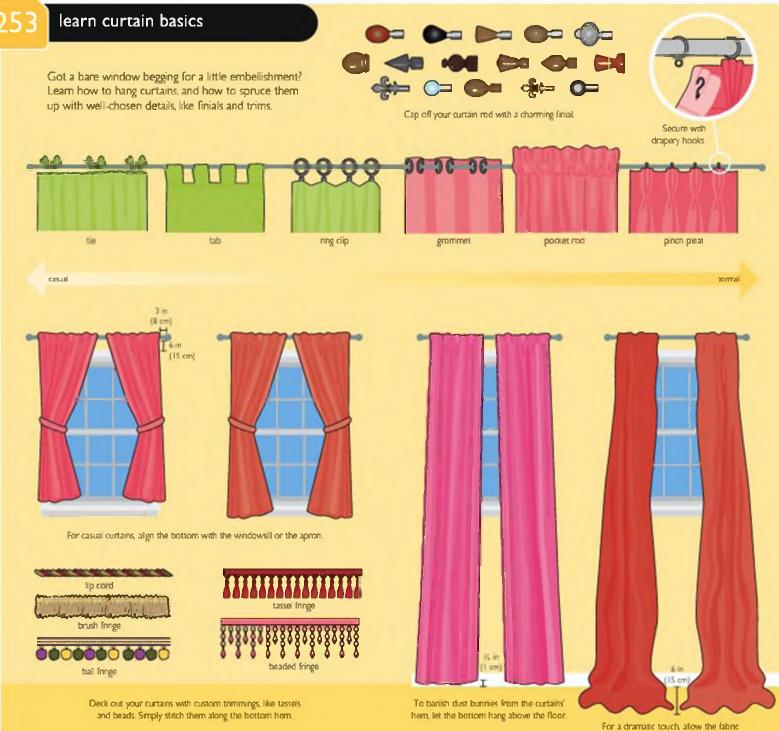
Repeat.



Tie off when complete.



Hang over a doorway.



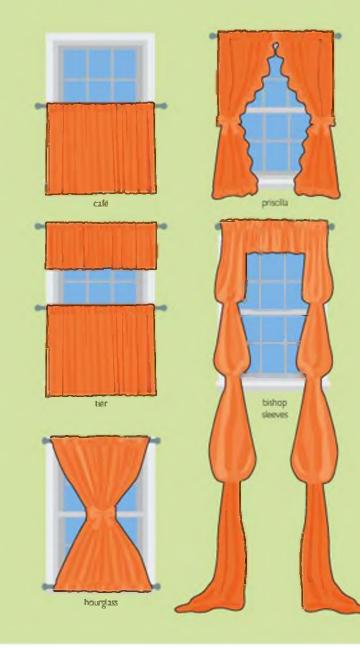
or a dramatic touch, allow the fabric to puddle gracefully on the floor.

#### sew simple curtains 255



#### explore curtain variations

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?









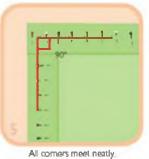
Trim the labric







Fold the hem; press



Knot the thread in back. Trim.



Sew along the edges.



Attach the clips, then hang.

#### bake adobe bricks 256

## Q+<>+<>+<>+</>>+</>>+</>>+



Mix soil and water; shake,



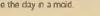
Stomp until well moved



l et set; check the results.



Place the day ri a mold.









14 m.

(35 cm)

10 m (25 cm)

traditional adobe brick



Determine the wall size.



Lay the bricks flat.



Make a workspace



Stand them on their sides.

Before you start stiming up your adobe modure, test a soil sample to see what crucial ingredients your soil tacks. Typically, ideal adobe contains 70 percent sand and 30 percent clay. Add water and a few ample handluls of straw to make the moture 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.

📁 + 🗢 + 🧮 +



Create the needed motivine.



Kick to test its strength

#### build an adobe wall

4 m

(10 cm)



Start with a solid foundation.



Mix a mud-straw mortar.





**∠\_**+∠]+

Spread the mortar.

Place bricks on the mortar.

Seal with a lime wash

## construct a bamboo fence

#### 258



Dig holes for the fence posts



Screw to the post

Weave around the joint.



Place the posts make level



Cut and place the poles.



Fil the holes: Lamp down.



Drive them into the ground.

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



Cut the crosspieces.



Tie each juncture

Cross over the left end

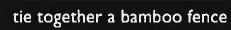


Dril nto the crosspeces



Finish with preservative.







Knot behind the joint trim.



Bring around to the front.





## 260

#### create the ultimate tree house



Use bots that are i in (2½ cm) thick and at least ii in (20 cm) in length





Brace the frame with L-brackets.

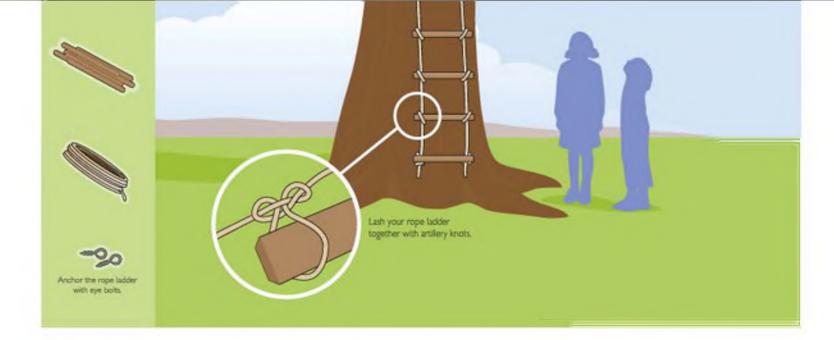
hang a tire swing

Look for a sturdy, hardwood tree with V-shaped branches. Nestle the Y-supports into the tree's crook. Cut the Y-supports on the diagonal so that they meet the beams in tight corners.

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

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

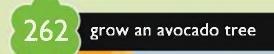
Use rope to secure the frame to the tree.















### repot a houseplant





Loosen the plant from the pot



📑 + 🚫 + 🌰 + 🏷







Tamp down the soil.





Water settles the roots.







Tease the outer roots on the lides.



Tease the coiled roots at the bottom.



#### plant a bare-root tree



265

Spread the roots





Y



insert a stake into a mound.



0



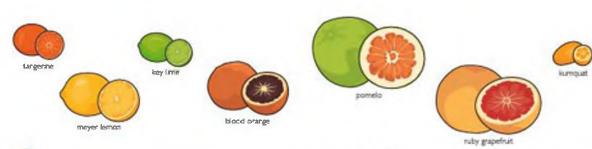


The crown should be level





Make a barner with mulch





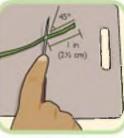


8-12 in (20-30 cm)











Select and cut a bud

Place in a plastic bag.

Store in the refogerator.

Trim the bud

Make an incluion.

### prune a rosebush



Cut brown or strated cares



Remove horizontal canes.



- + / + /

Remove pencil-thin canes.



Cut of intenor canes.



267

Remove crossed canes.



Pull out any suckers.

Cut above outward buds.



Prune to healthy basile



Coat with sealant.



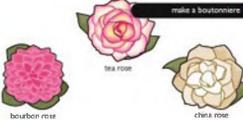
Create a vase shape.



damaik rose









Cut a T-shape.



Peel back the flips







Remove the tape.



#### transplant seedlings





Check for rootbalk.





Place in cappied light.





+ 💧 + 🕐

Place in more direct light.



Space appropriately



Plant on an overcast day.

Cover with soil



Overturn the planting bed.



Water daily at first



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



Cut below the bud.

Make a notch; bend

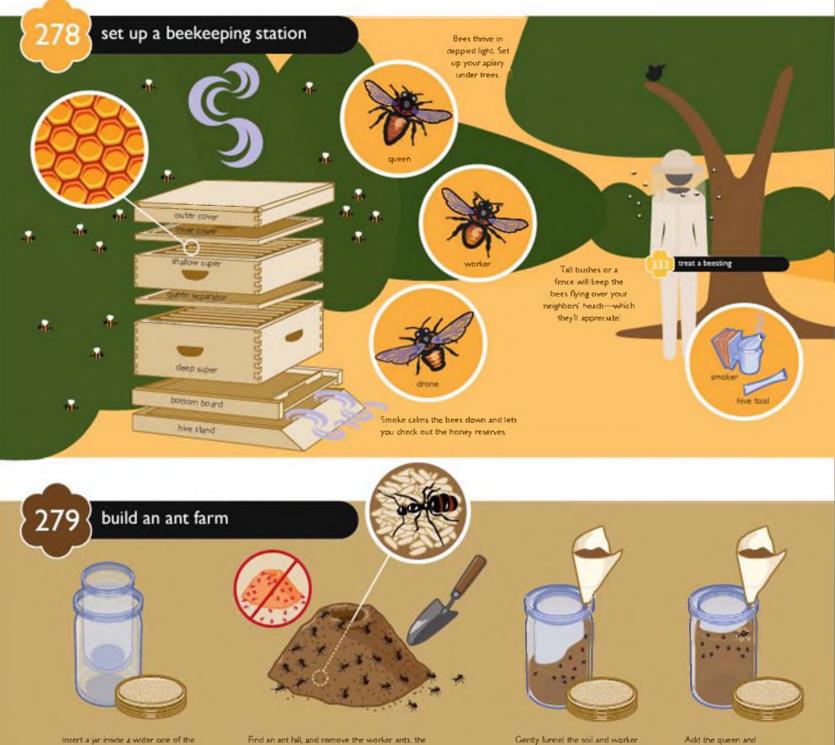
Dip in rooting hormone.

Plant in sand and peat moss.



#### repel backyard pests





insert a jar mude a wider one of the same height, Prick the wider jar's lid. Find an ant hil, and remove the worker ants, the queen, and some eggs. Avoid fire ants, though

ity funnel the soil and worker ants around the inner jar

her eggs last.



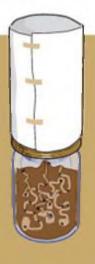


Soak a cotton bal in water, and drench some bread crumbs in honey.



Place made the pr

To encourage bunneling cover the jar so the ants think they're underground.



Remove the paper periodically to check on their progress

## 280 { milk a goat



Coax mto a milking stat.



Tighten in one motion



Wash with warm water.



Direct the first spray away.



- 🛃 + 🍐 + 🔊 + 🇎





Stop when the tests shrink.



# groom a horse

282

Continue with the dandy bash down the legs a data have to

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

Repeat with the dandy brash sweeping in short, ficking motions.



Curry the horse's body in a circular motion Begin with the neck, and then move. down the body. Don't use the curry bruch on the legs. Bring out the coat's sheen with a polishing cloth.

Stand to the side and

gently finger-comb the tail Repeat with the mane.



Clean the dock with a wet rag.

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

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

mount a horse

Apply oil to the hooves.

feed a chilean-rose tarantula



283

Feed grubs to the crickets.



Check the spider's location



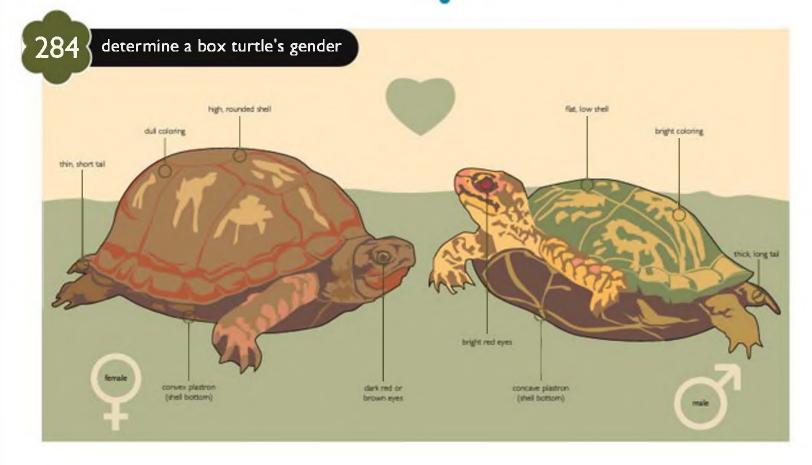
Offer one cricket at a brie



Remove all uncaten crickets

\*

Has your tarantula flipped over on his back and spun a web<sup>1</sup> 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!



#### give a parrot a bath



Choose a warm, bright time.



Spray mint above the parrot.



If he flaps his wings, he tikes it,



285

286

Let him air dry and preen himself.





Add a tarp. Fill with water



Edge with rocks. Add fith



6 + 8

Line with sand and paper.



Stake out the desired shape.



Pick up by the bottom.



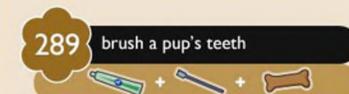




Scoop from behind

Cup in your hands.

build a koi pond





Approach when relaxed



Let him taste it



Brush the upper back teeth,



Check for signs of illness



Use special dog toothpaste



Lift the mouth open.



Brush the lower back teeth.



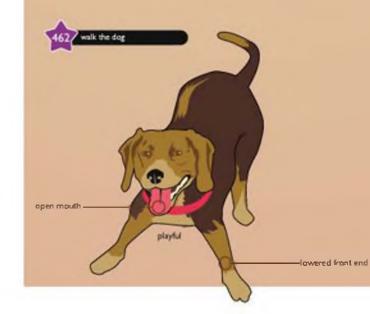
Reward with treats and prase.

## 290 { read a dog's body language





1/2



#### feed a pooch a pill

#### greet a new dog **29**







Let the dog smell your fist.



Stroke under the chin first







Hold the mutzle.





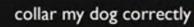
Pry open the mouth



Gose the jaw, rub the throat.

Don't forget the reward

293

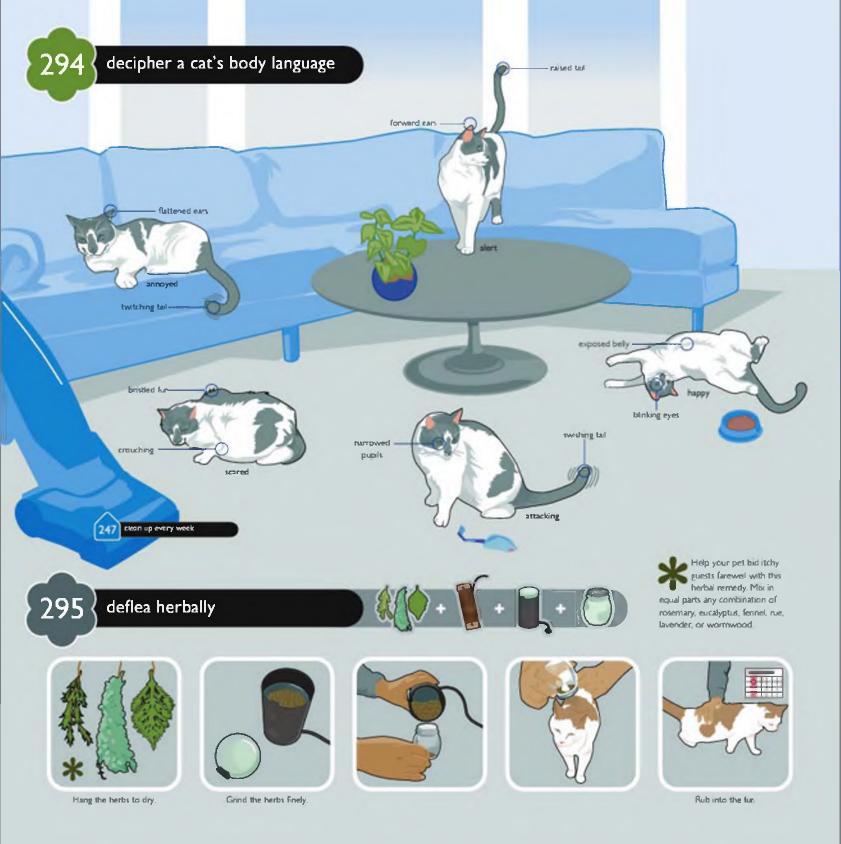


Fit two fingers between the dog's collar and skin.

A breaktway clasp prevents strangulation.

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



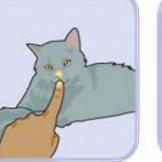


### befriend a scared kitty



Place baby food on your finger.







Let him get a good taste.



Once he's wan over, pet him.





A towel prevents scratches.





Press the jaw insert the pill



Rub until she swallows it.



Don't forget a treat!



Start with a relaxed cal.

Press to extend the claws.

Hold the clippers vertically.

Cut away from the quick.

**Reward a patient kitty** 

#### 299 bathe a baby





Be sure to support the baby's head.



Wash the back, top to bottom.



+ 💬 + 🚺 + 🛞 + 📼 + 🐣 + 📼

Prevent chills with warm water



Gently suits the scalp.



Wash the face with a cotton ball



Pat dry. Wrap in a towel

+ 💧 + 🍼 + 🎖 + 🥻



Wash the baby's front, top to bottom



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







Add the apples and water, simmer,



Mash until smooth; let cool

#### hang a high-contrast mobile



Remove the horizontal bar



Tape together.





10

Thim any excess



Gue to card; be to cables.



Hang out of reach



301

Arrange the three hangers.



Update with bright shapes



Mobiles are so tascinating-babies can't help reaching up for them! To prevent the decorations from becoming choking hazards, use cable ties or other sturdy fasteners under 11/3 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.





#### burp a baby 304









.... until the burp is achieved





Stroke the baby s abdomen



Move the legs side to side.



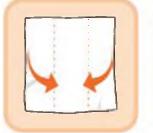
Cycle those legs



















Place the baby, fold.

#### teach a kid to ride a bike



307

Suit her up in protective gear.



find an open, sloping grassy area.



Raise the training wheels each week.



Walk while balancing on the saddle.



💎 🕈 💎 🗸 🖓 🗸 🖓

Remove them when she's ready.



Support her shoulders.



Adapt until her feet touch the ground





# remove gum from a child's hair



isolate the gum.



Apply ice until the gum breaks.



Comb out the pieces







Select vegetables together.



Prepare them as a team.



Serve vegges first.



Let han see you eat them.



Make a goofy design.







Cut eight "tentacles"





Make slits for eyes



insert raisins into the skip.









The most common grip is the Vardon Overlap, It's formed by interlocking the pinke of your traiting hand with your leading hand's index linger.

> Dan't squeeze too hard imagne the club is a fragle baby bed.

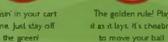
Wait your turni Don't start until others have finished. and excled the green.

teeing zone

> Don t take any practice sweigs white someone ehe is sweiging.



#### 🔪 + 🛲 + 💐 + 🚺 ( navigate a golf course Escape a sand trap by striking the Goll balls are often printed with area behind the ball, sending it up identifying numbers, but it helps to mark on a flying cushion of sand yours to that you don't late it-or get stuck with someone else's bad lie sand trap rough get out of quickmand **beway** putting green Crunin' in your cart The golden rule! Pby its the ball that scan. is fine, just stay off it as it lays. It's cheating





not your club! Keep your driving rage off the driving range.

To put: 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 hos focut on the ball



Make impact. Turn your hips and foot.



Follow through End facing the target

3|5 throw a four-seam fastball



Index and middle fingers go on the seam.



0+

Conceal your pitch grip



Shift to your right foot angle your left.





Release with your fingers over the ball.















Stand at the free-throw line.

Focus on the backboard

Straightery flick your write.

Swish

#### deliver a killer tennis serve



Stand behind the baseine.



Shift your weight backward; release.



Grasp in a continental gop



Backscratch the racquet.



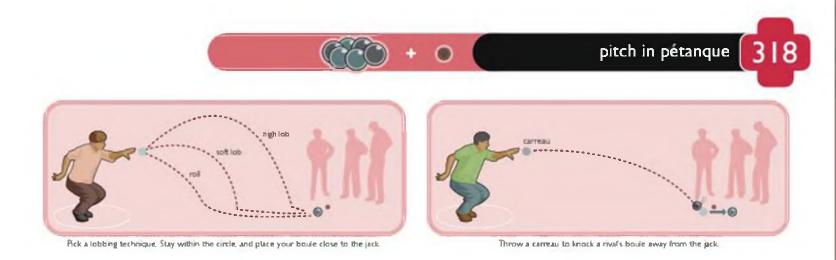
Point your racquet at the target.



Straighten. Hit at the highest point.

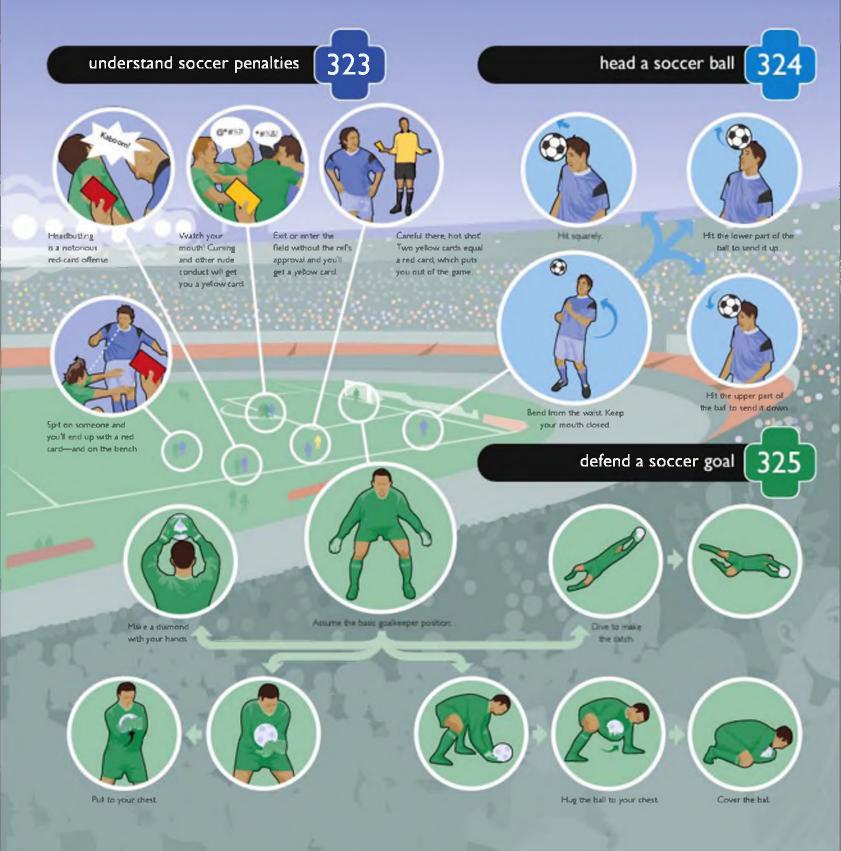


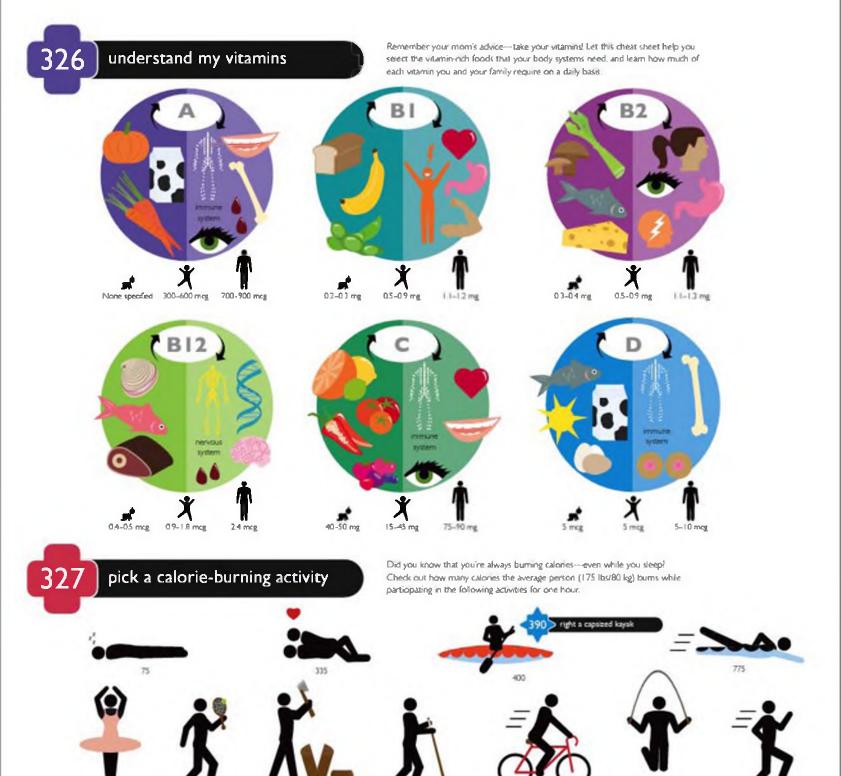














#### heal with acupressure points

8

S

8

8

0

8

8

6

6

sole

2

Q

palm

329

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.

CP

back

headache

insomna

general well being

front

allergies and smus

indgestion

6

back.

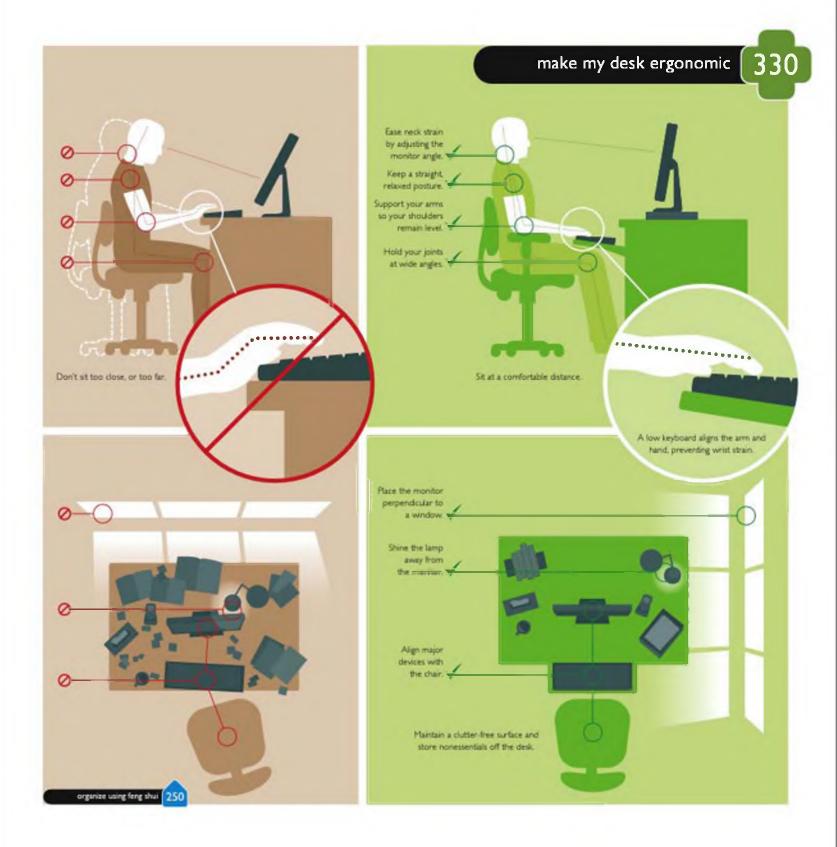
0

8

6

top

195) give my sweetie a foot rub



soothe a first-degree burn



33 I

I

Remove from the burn source



Soak cloths in sce water, apply,



If it turns white, it's a first-degree turn



Apply antibiotic ontiment.



Cover with a bandage.



Monitor for discoloration

### stop a nosebleed



332









Apply intermittent pressure.

Lean forward

A cloth catches blood

Moisturate the nostril

If bleeding persons, get help.





Quickly remove the stinger.



Clean with rubbing alcohol



Add baking soda and water





Monitor for hives

334





Squeeze around the spinter,



Santize with rubbing alcohol.

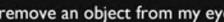


Enarge the hole.











Wash your hands first.



Swab; remove the object.



Lie down; flugh with same



Turn your head to drain the excess



### stop bleeding 337



Elevate Apply pressure.

Remove constructing dems.



Layer additional gauze

Find a pressure point

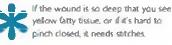


Pressure slows the bleeding.

bandage a nasty wound

338

339







Bevate. Wash the rite.



Check if it needs stitches.

duif it needs stitches.



Apply antibiotic contrnent



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.





Te a knot above the injury.



insert a stick.



Twist lighten until the bleeding stops.



### 340 perform cpr







Listen for breathing.



Bnefly feel for a pulse.



Tilt back the chin



Clear items from the mouth

**Finch the nostnis**.

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.



Breathe for the victim



Pump on the breastbone



Repeat unbil help arrives



Strike the back

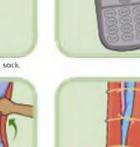
Place the fist below the ribs.

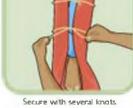
# splint a lower-leg injury



Remove the shoe and sock.

Gather around the leg





9-1-1



Postion a folded mat.



Pull rope through the fold



Pad behind the knee.



Roll up the excess.



42 3



Cosseress; be off

343



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



Place folded fabric under the arm



Loop the table around the neck.



wrap a sling

Knot; tuck the excess into the sling

Secure to prevent movement.

### deliver a baby in a taxi



344



Crouch Let gravity do its work



Gently catch the baby



Wipe the baby's face.

As the baby's head crests, check that the umblical 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.

perform a breast self-exam



000

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



Vary pressure as you feel



Raise your arms and repeat



Cover the entire breast.



Bend over and repeat



Inspect the nipple.



Lie down Raise your arm



Feel the lymph nodes



Use the pads of three fingers.



Repeat on the other breast.



The off the umbacal cord.



To keep warm, hold the baby close.



Begin breast-feeding, if possible.



Hurry to the hospital.

breast-feed an infant

save a choking baby



Hold the baby, belly to belly.



Slightly pinch the breast



Place the nople on the Ips.



Side the lower jaw down.



346

Tit the baby's head forward.

347







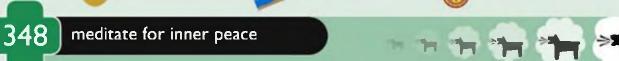




Press the sternum.



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.

enging bowl and stick

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

and return to the breath . .

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

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



photo of a loved one



pisto 👗







meanly to carvana

mandata

## 

### 349



Shower before entering the saura



Take an exhibition dip.

Add water to the hot coals.



Stay hydrated



Bask, lucurating in the heat.



Repeat the cycle until satisfied.



Brush your skin with the wet whisk



Shower when finished

True Fins go au naturel in the sauna, including 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 birth whisk, called a vihita. The whisk's leaves invigorate your slon, while its fresh smell revitalizes.







Musiage your limbi.





Rest a stone in each paim.

### heal with reiki



351

Ask your ego to step aside.

Scan the chakra for needs











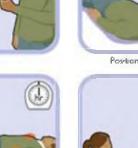


Trace the correct symbol.



Soothed spots tingle with warmth.







**Postian yourselves** 



Relax Discuss the effects.

352

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



cho ku ray This symbol increases and focuses energy



Treat all needy spots

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

### do a simple tai chi move



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





Shift. Open your right hand.

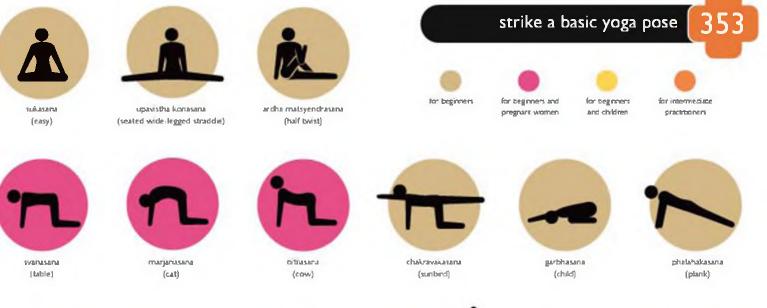








Step together.





astang pranam (caterpilar)



bhupangasana (modified cobra)



adho mukha svanasana (downward dog)



archa acho mukha shvanatana (hall downward dog)



uttanasana (standing forward bend)



utilista ashwa sanchalanasana (high lunge)



ardha virabhadrasana (low warnor)

purvottanasana

(included plane)



vrabhadrasana 📗 (warrier III)



verabhadrasana II (warnor II)



partvakonasana (modified side angle)



(half shoulder stand)



trikonasaria (triangle)

halasana

(plough)



vrksasana (tree)



thevesana (modified corpse)

dhanurasana (bow)

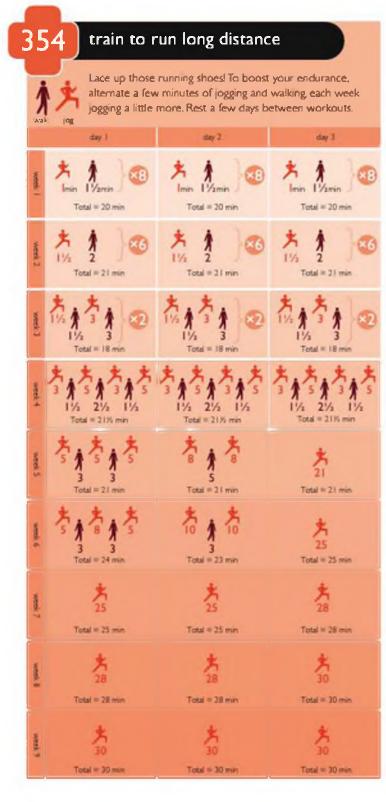
ustrasana (camel)













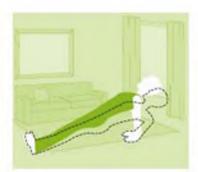




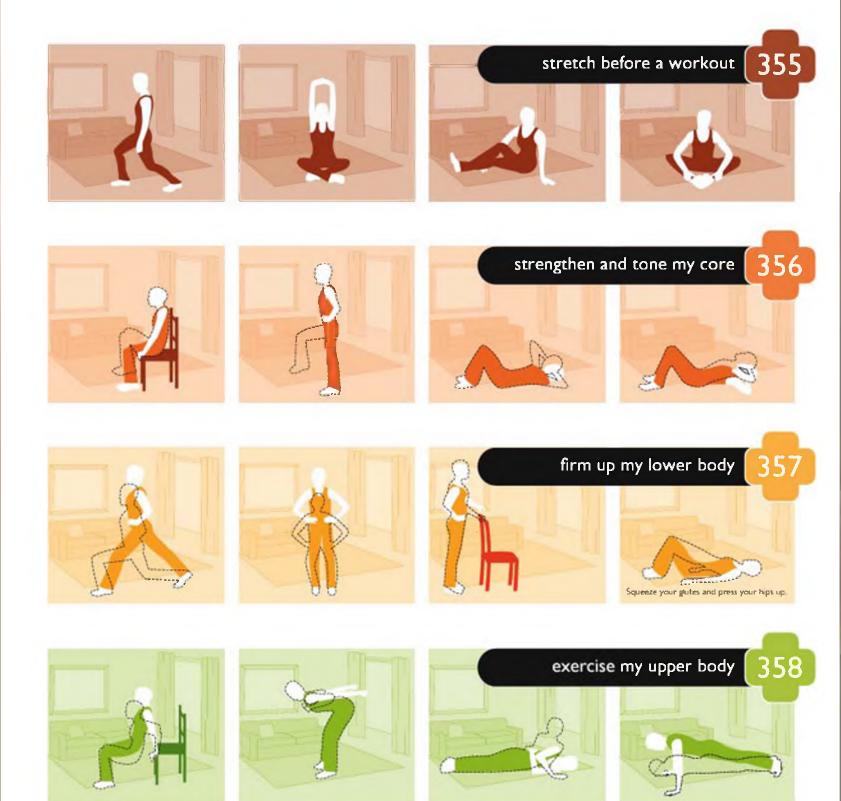


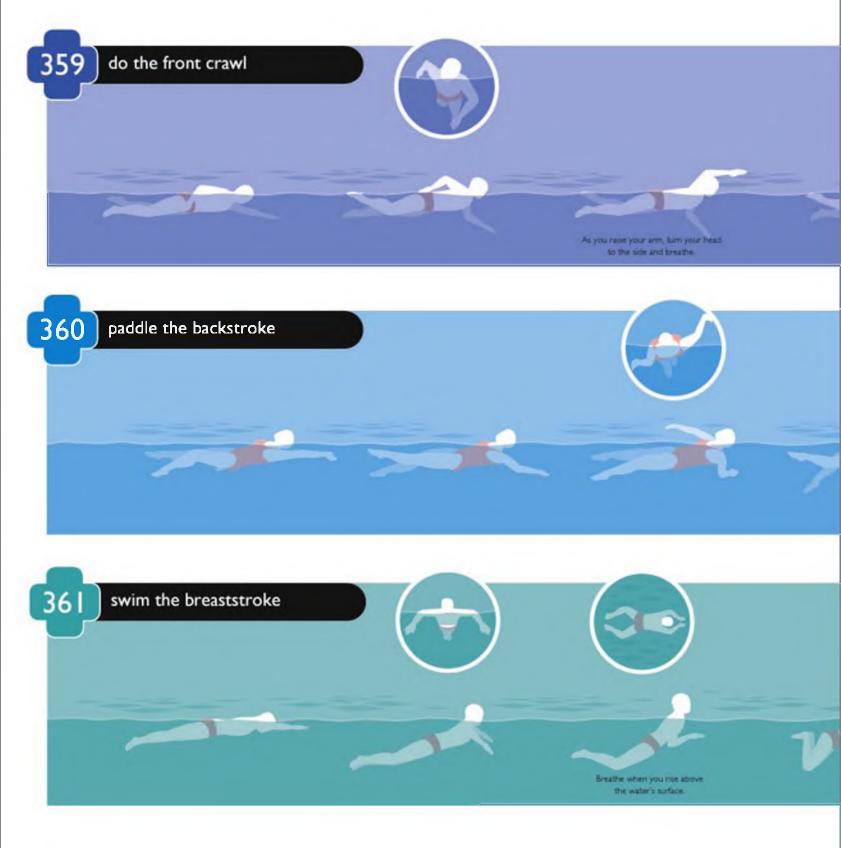


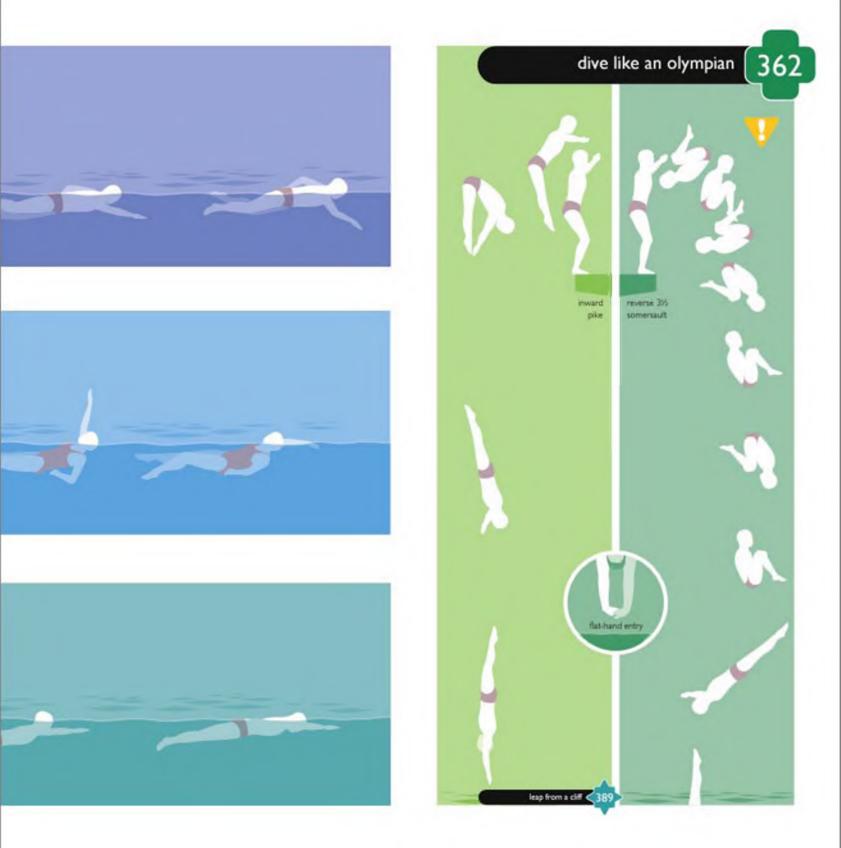


















Get your bearings



Tuck your back knee.



Hold your legs parallel.



Push up on the poles to stand

Remove the poles, set asde



Bring your top leg around



Gather the poles.



Resume skang!

364 ski down a slope

> linking turns I Shift your weight forward and arm your skis downhill

> > complete your turn.

#### traversing

Spot a cozy chalet on the other side of the slope? Traverse by stanting your skis so that they note on ther upper edges. Shift your weight to your downhill slo.

#### nowplow

Beginners can coast by spreading they feet shoulders width apart, slightly bending ther knees, and turning ther toes inward

2 Veer your skis uphil to



#### failing leaf

I To begin sliding, press forward on your lead foot. To stop, pull back on the same foot. It's like a gas pedal!

### shred downhill on a snowboard

sideslip

Slope too sleep? 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.

> garbad I To slow down, shift your weight back.

> > 2 Gradually angle the top of the board



Spils happent Lean into the fall and don't put any weight on your wrists

365

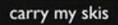
3 Turn your board uphil to come to a complete stop

Long boards are for advanced on mountaineering mowboarders

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

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











366

Swing over your shoulder.



Grab the slot and poles. Stand

TITLE

a delite day of



Carry the slos over your shoulder.

367

March March 1999

climb a ski slope with my gear

herningbone

sidestep

walk

111



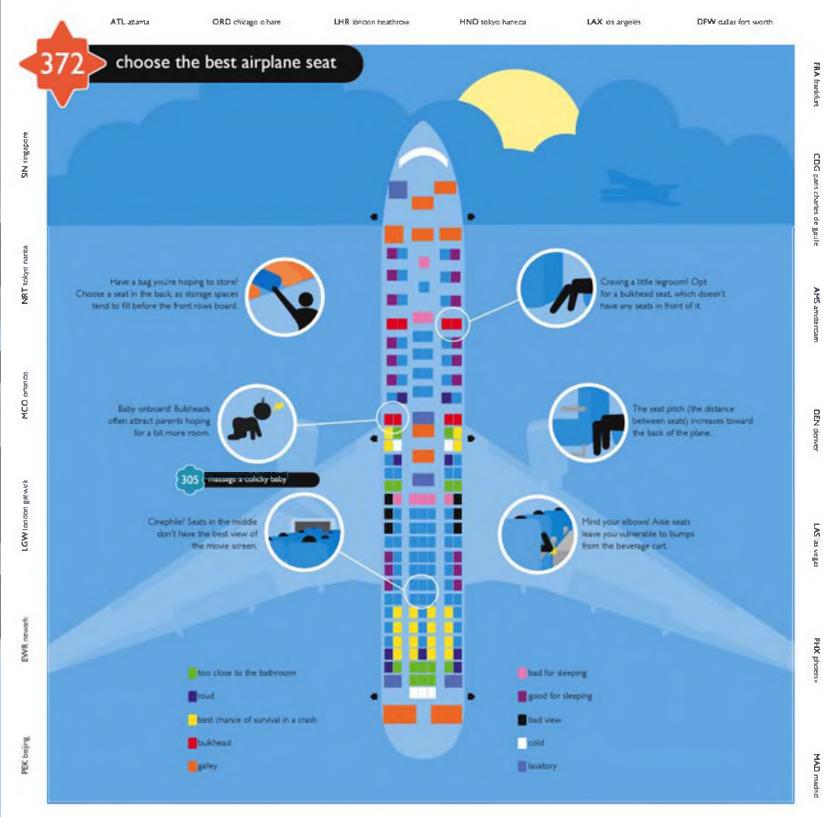












NOTION PAR

HKC HOLE FOUR

and shinequarter 92H

Apound your learnedy

BKK paralyon

FRA frankfurt

AMS strate ream

DEN derver

MAD mudne

### stay limber on an airplane 🤇



Stretch your sides





Apply pressure to the legs.



Draw the alphabet



373

Roll a list down your thigh



combat jet lag 🤇



Switch to your destination's time.



Once you've arrived, stay in daylight.



Stay hydrated.

Eat at the local mealtimes.



Stretch to keep the blood flowing



Go to sleep at the local bedtime.



Sleep, if on an overnight fäght.



Go easy on the sleeping aids.







### 380> play korean gonggi





00 0





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!



### > indulge in a hookah ritual



Fil with ice water

Cover with Soi; prick



Seal the argie to the vale.













Place over the bowl



*F+*∂+8+1++++

Attach the hose.



Bruch off ash as it gathers







### hang out in a hammock <



Spread the netting



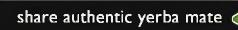




382

<383

Sleep on a diagonal





Heat the water.



Splash cold water on the low side.



+

Fill the gourd three fourths full.



insert the bombda.



Cover with your hand shake well



Fil to the brim with hot water



Tit to slant the leaves



Drink from the bombilla; share.

384 patch a blown-out bike tire





Remove the object.

Apply gue



Let out a little air.



Apply the patch; press



Prop with the levers



Tuck the tube back made



Pull out the damaged tube.



Remove the lire levers.



Sand the punctured area.



Renflate the bre.



Find the hole; pull the tire off the run.

flatten out a bil.

Lay between the hole and the rim.

Ride home quickly to patch properly.

use bike hand signals for safety <386























left turn

right turn

right turn (alternate) vehicle on the left

vehicle on the right

rainoad crossing slowing or stopping.

pothole on the left

pothole on the right



Bend the right leg under you



Bend the left leg under you



Place a foot up; brace yourself



Chalk up



Continue. Use handholds.

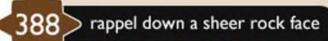


Place above the right leg.





Climb into the chimney.







Anchors distribute the weight



Hook on the rappel device.



Grasp the rope.



Wrap sightly around your hip



Attach rope to the anchors.



Thread two rope bights, close.



Grab the excess.



Walk down the diff lace

Feel for handholds

387 shimmy up a rock chimney

### leap from a cliff <389



Scout for a safe jumping site.







Check for obstacles



Stand up straight as a pencil.







Bend larward over the bow.



Stick up the paddle



Sweep from bow to stem.

/+ 🕢 +



Snap your hip as you roll

clear water from a scuba mask



390

Straighten: steady yourself







Tet your head back.





Resecure your mask.







Take antriausea medicine.



Find fresh air



Look toward the bow





394

Settle your stomach

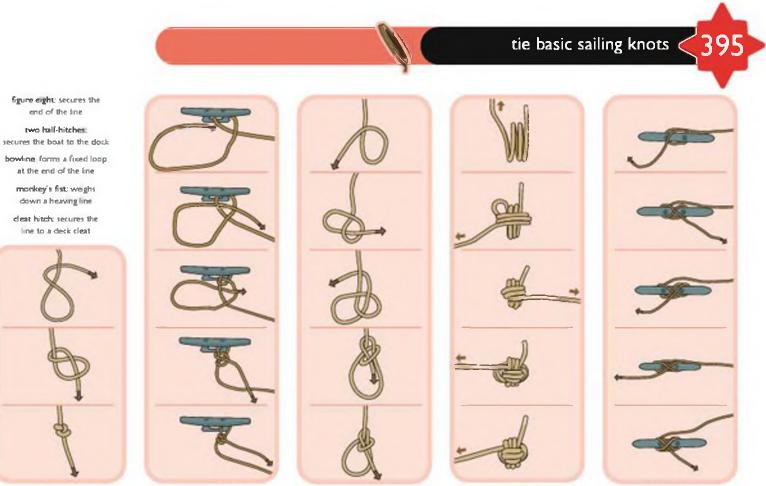


figure eight

two half-hitches

bowlane

monkey's fist

cleat hitch



Greg push down the nose.



Lean; push your linee down.



Go under the wave.



Angle the board upward

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

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

398

#### rip some gnarly surf maneuvers



#### jump-start my car's battery







399





Put on both cars breaks.





Link to the booster battery.







Put on the break.



Remove the hubcap.



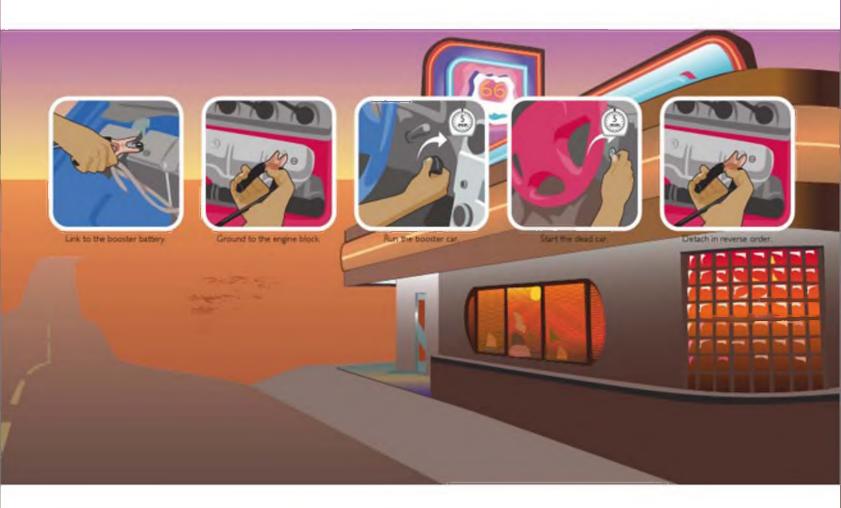
Loosen the lugs.



Rane the car off the ground.



Remove the lugs and tre.





Put a spare over the study.



Screw on the lugs



Lower; remove the jack.



Tighten the lugs



Drive to a service station.

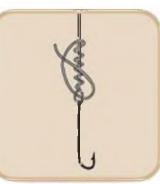
401 bait and cast my fishing hook



Create a slack col.



Bait the hook.



Thread through the loop.



Cast the line; wait for a bite.



.+ 🔳 + 🌒 + 🔪

Pull the clinch knot tight.



Jerk up to hook the fish.



Attach the bobber.



Pull and reel.













Place under in a life pit.

Stand twigs around it

Add a layer of larger wood.

Encrede with logs

Light the tinder inside.

toast grilled cheese on a stick 🤇



Peel bark from the stock.



Butter the bread



Add sheese; hold over fire.



Remove from the flame, flip



403

Gnil the other side.

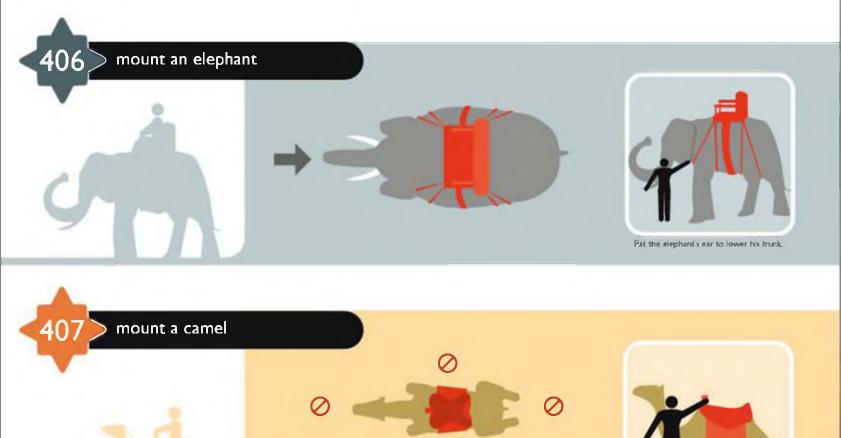
When cark emerges, pull it out.

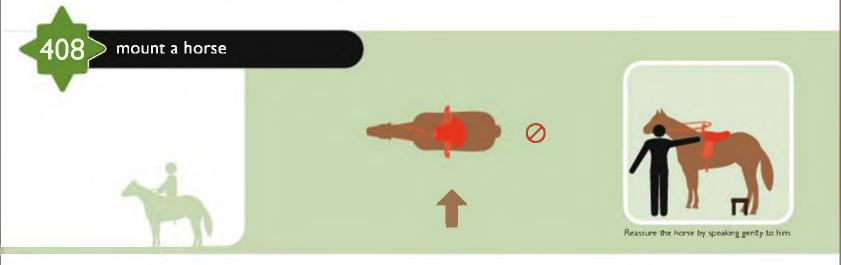






Remove the foil



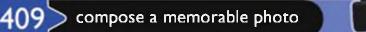


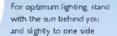
Approach the camel carefully, he may be testy!











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

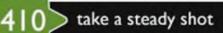


The eye is drawn to bright areas—look for high constrast of light and dark.

find lines that lead your evetoward your subject matter.



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







Brace against your face.



Tuck in your elbows



Lean to keep steady.



Cick white exhaling,



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 subjects eye level (Always be respectful-and safe)





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



The best shots are of people interacting with an environment, not just point of all



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





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



To show vorant, burred motion, set your shutter speed to 1/1 Sth of a second



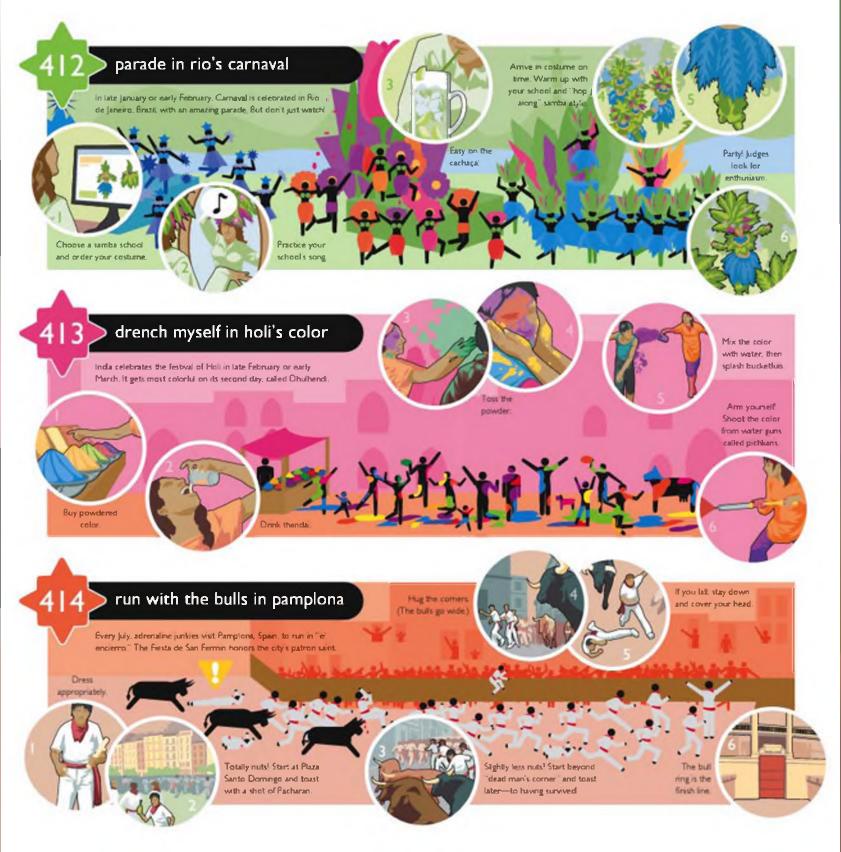
Use 128 to take a portrait with a soft, unfocused background



To get a greater depth of field for landscapes use fil-



To capture true colors at tweight set up a topod and use a budy setting to keep the shutter open as long as you like.



In early November, Mexicans celebrate B Dia de Los Muertos the time when departed spints return to be honored by loved oner----and to have a good time!

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

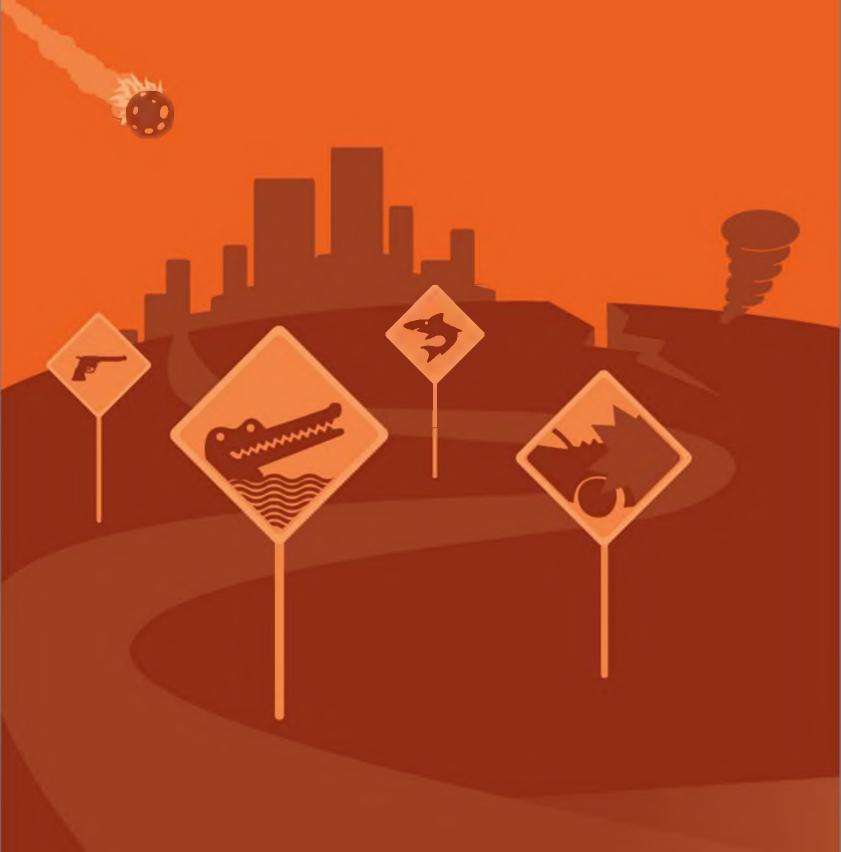
Decorated sugar skulls and skeletoms make phytul offerings to the dead and the iving

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



foster a succulent garden

Volves are lit in memory of the dead



## survive

1,1

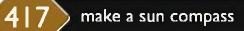
다



find the formulater. Potentine the famous pattern of the complete the pattern of the potential of the potential of the complete the source at the potential of the source of the source of the potential of t

3

tag dpper (plough)



°+ 🕗 🕤





Mark the shadow's end wast.

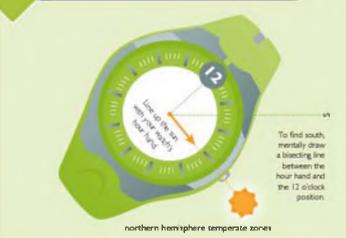




Mark the shadow's end again.

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

4 8 navigate using my watch



the left of **S** A Da 7

#### (419) improvise a magnetic compass



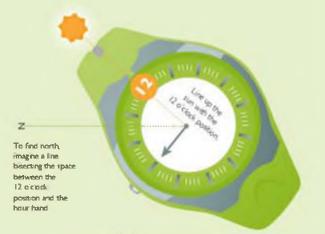
Make a wind-proof puddle.



Place on a leaf in the puddle.

Let the leaf align itself.

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



southern hemisphere temperate zones.

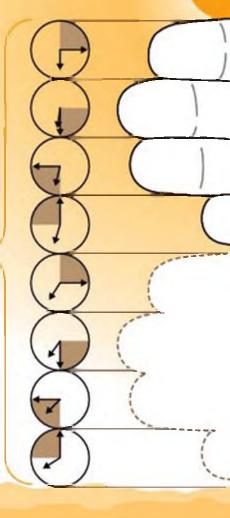
# orient with the southern cross

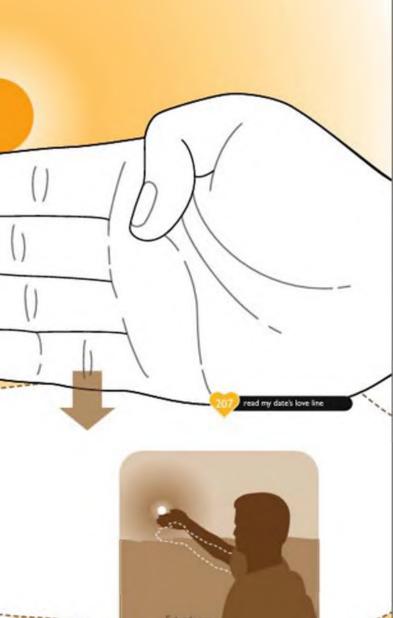
42



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 lifteen matures, with each hand totaing an hour. When the sun dos low enough that only two hands fit, it's time to search for a suitable campaite and assemble a shelter. (A caveat 4 you're near the poles, the sun will haver over the honzon for a longer penod of time, giving you an inaccurate reading.)





Extend your arm fully in front of you to ensure an accurate measurement.



426 catch a fish bare-handed



Le with your arm in the water.



Wiggle your fingers.





Ring to shore.





Cut two bottles.





Cov

Cut notes in the bottles



Statch together



Bat; anchor and submerge.













Flip the spider, press down.

Gather the legs.

Secure the legs.

Wrap in a leaf.

Nettle in hot coals.

#### snare a hare 429



Find a path made by hares.



1+

Trim two sticks to equal length; sharpen.



Secure your wire to a steady branch.



Make a noose with the other end.



Stake on either side of the trail.



Drape the noose over the forked sticks.

prepare tasty snake meat 430





Sice along the bely.





Remove the guts.

Cut the meat.



#### evade a panther attack

#### navigate the jungle $\langle 433 \rangle$

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



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

Mantan eye contact.



434

Think you can outdimb a jungle cat! Think again



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

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

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



#### throw an effective punch



Make a fist, hold your thumb outside.



Punch; bring back your other arm.



Connect with the first two knuckles.



436

Pull back into a delensive position.



Let your arm.



Twist, bend your elbow.



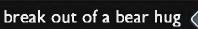
Break the hold,



join your hands



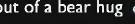
Pish your ebow.





437

escape from a choke hold







Bend your knees.



Raise your arms.



Spin; hit the attacker



Run away

clamber out of an ice hole 2





439

Stay calm; locus



Drop any heavy items



Turn back to strong ice.



Kick to get honzontal



Lift with your elbows



Kick to "swim" out





Crawl to firm land





Get warm and dry,



Chisel a hole in thick ice.

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 crawing out.



Tie the line to a branch



Bait; place in the hole.



A stick supports the line.



Pack to prevent freezing

#### save a hypothermia victim 441



Monitor body temperature.





Remove any wet clothing.



insulate the victim.





9.1-1

Serve a warm beverage





Share beat intermittently



Handle the victim gently.



Keep flat until help arrives.



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



Look for waxy or white skin.

Remove constructing items.

Separate the digits wrap.



#### wrestle an alligator (

Contraction of the second

447



Run in a zigzag pattern



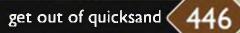
Can't flee! Press the neck.



Cover the eyes.



If bit, punch the should



Maneuver

onto your back.

Got a walking stick handy! Place it under your hips

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

To escape, gently paddle to shore.

Grop heavy items that might weigh you down

Don't fait

#### use my pants to stay afloat





Remove your pants.

(2

Knot the bottom of the leg.



Pull down to fill with air.



Cinch the belt to trap air.



Hug wait for rescue

Hold your head and shoulders slightly

above the water



450

Ь

с. d 🔹 e ( 1. E. h e

k х.

448

#### 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.

#### understand morse code

When you need to take a breath, treadwater by pumping your arms up and down and lightly kicking your left.

> Let your arms and legs dange freely.

		6
	° — — —	2 •• 7•••
	P • •	
- • •	9	4 • • • • • • • 9 •
I	· · - ·	s ••••• a — — — — — — = = = = = =
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•	t —	
	· · · · —	understoad e e e 🗕 e
	· · · · -	eintr • • • • • • • •
		invite to transmit — e —
- •	* - • • -	waite — see
	y — • — —	end of work • • • • •
		starting signal — e — e —

#### survive a shipwreck 45 |



Get warm and dry.



Shield yourself from the sun.



Suck a button to ease thirst.



Collect ranwater in a tarp.



See land? Swim to it.





Defend your back from the shart.



Shove your hand in the gilt.



Hit on the ude.



ab the shark in the eye.



Hit the end of the nose.



Escape; treat any wounds immediately

#### create water in the desert



453

Any waterproof container will do



The tubing should be at least 1 h



The plastic tarp must be clear.



Mentum-aced rocks work bert



Dig with a showed tor a large flat thore.

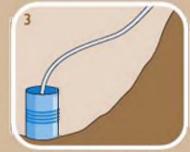
The hole should be deep enough to reach the damper subsoil. You can add more monture to the soil by placing vegetation inside the hole, or by unnating near—but not inside—the container.



Make sure the hole is no wider than the tarp.



Add a container to collect water.



insert the tubing to use as a straw.

signal an airplane 🤇

### 454

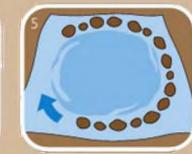




Place a rock in the center to draw drips



Seal the airholes with sand



Add rocks to anchor the tarp in place.

Need help! Don't need help. Don't need help. Make symbols on the ground large enough to be seen from above.

serious injury

Yes!

al is well

No.



and map

believe safe to land here

am going

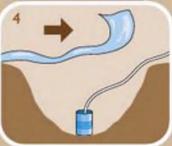
this way.



to proceed



Make symbols using branches, footprints or any other readly available material



During daylight hours, water vapor will naturally

condense beneath the tarp

and dop 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 mosture content of the soil. Three holes are recommended to meet daily water requirements.

9

Cover the hole with the tarp.







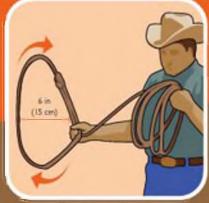
# lasso a calf

456

457



Hold above the knot coil the excess



Rotate the lasso clockwise.



The lasso should flatten out and expand.

Step forward and toss.

Cinch closed

Lift over your head.

do the texas skip

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

> Move your arm across your chest when the knot reaches the 12 o cloca position.

# rip a phone book in half



458

Grasp the end brace against your body.



carve a hollow book



Keep pinched pull at the edges



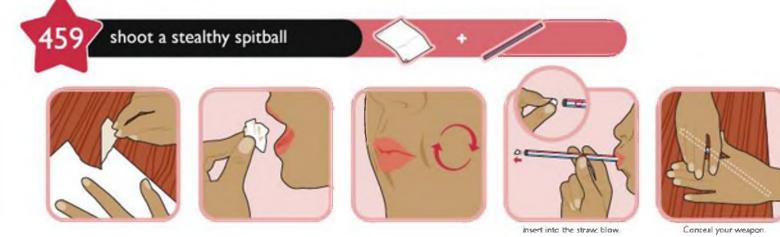
Begin the tear.



Tear more!



Pull in half with great might



# spin a basketball on my finger





Transfer, lightly brush to keep spinning.

460

461

462



Spin anto one lingertip







Balance on your fingertips

Pick a flat, smooth rock.



Curi a linger around it.



Crouch; bring in your arm.



Release, ficking your wrist,







Loop the string.







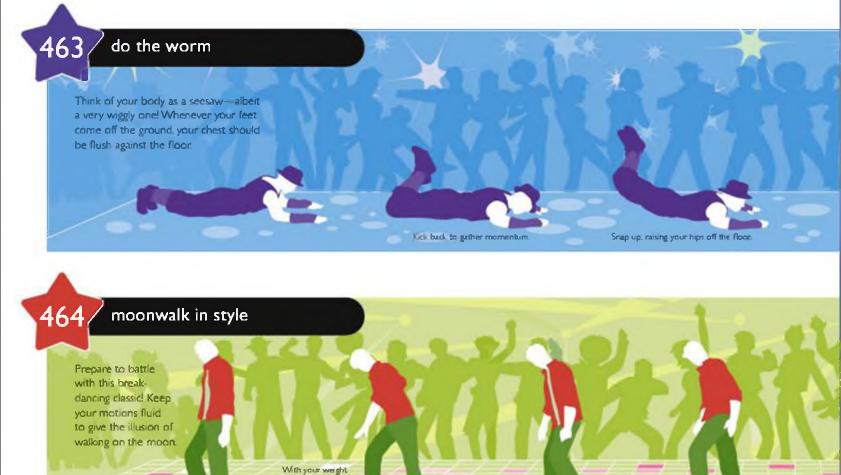




Gently lower to the floor.

Let the yo-yo "walk."

Jerk back to your hand



on your right foot, side your

left loot back

Pap your nght heer up

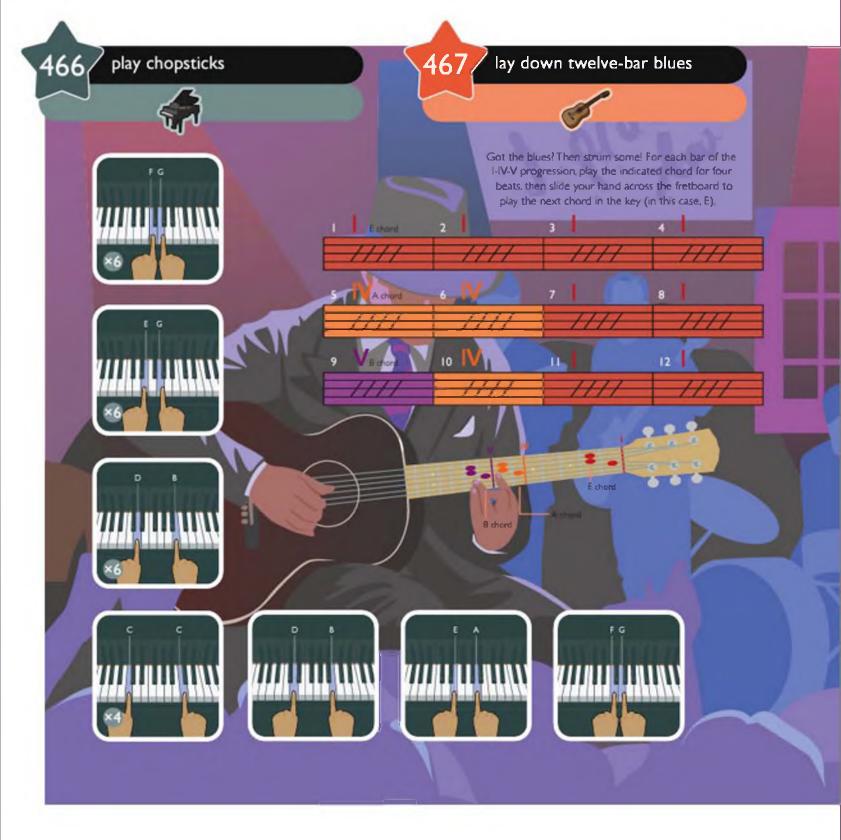
# / dance like a robot

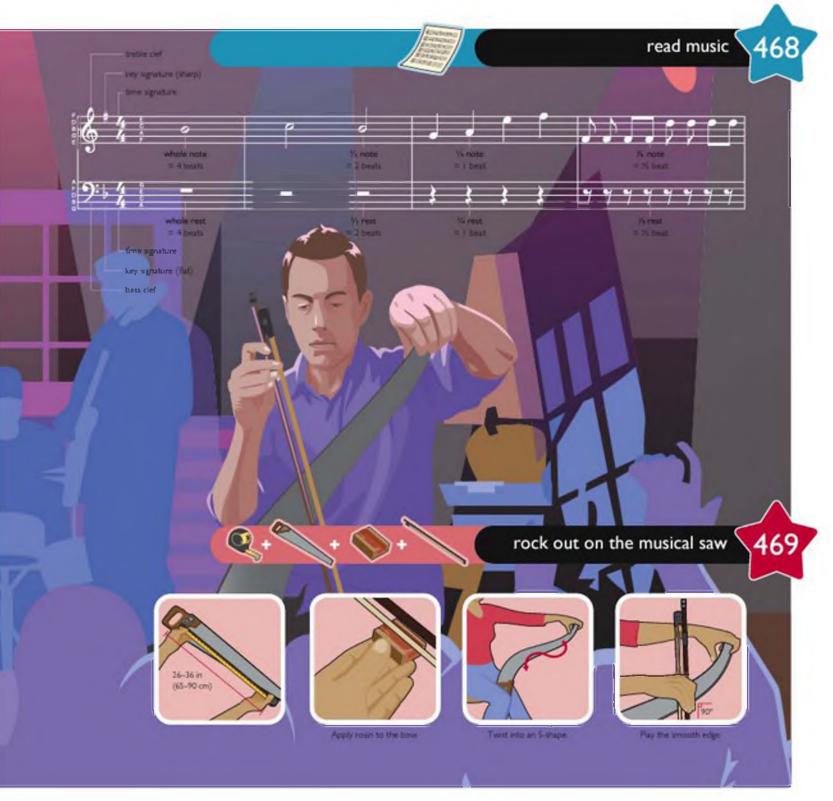
The trick to "popping and locking"? Make erratic, jerky motions and hold each for a moment, turning slightly in every pose.











tie a cigarette in a knot









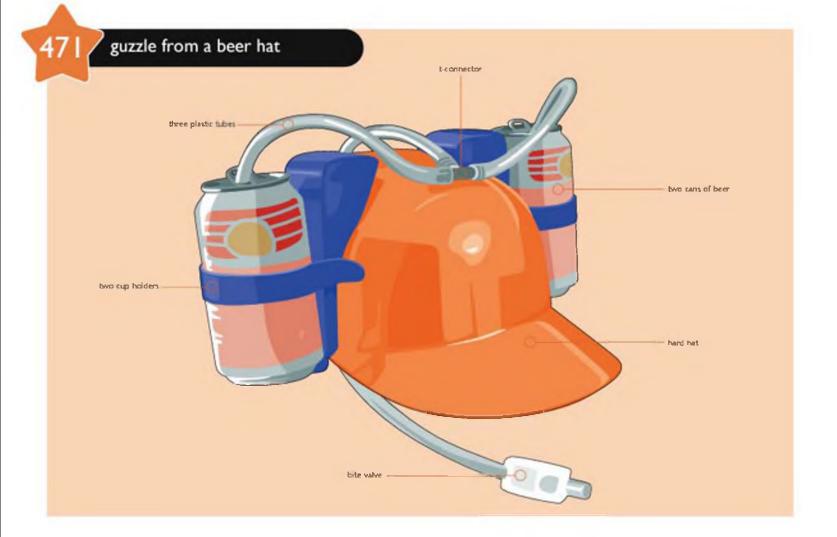
Roll in the wrapper,



Knot the wrapper,



Unite unveil the organitte.



win bar bets with the coin drop



Bet your mark.



Blow on the glass





Collect your winnings







Plug your ears

4

Squeeze your nostrils shut.



Pro-



Sip more water

Guip down a glass of water

Chew and swallow sugar

harness the cloudbuster's power



475,



insert the crystal into the copper pipe





Use foil to hold in place.



Fill the cup with rean.



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—on to make it pourt.

# trick radar with a fake ufo





476



Crumple aluminum foil







Fill a trash bag

Close; set aloft



# prepare a tea-leaf reading



478



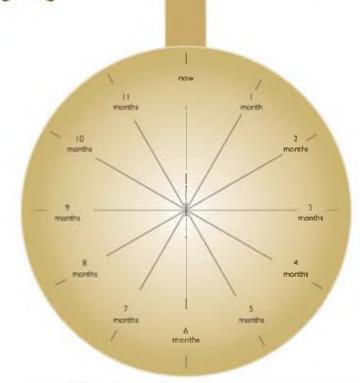


P



Inhale; contemplate a question.

predict the timing of life events 479



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.



**Labe fnend** 

advancement

legal matter



fertility

hard work

.....

domestic stration



long life

message



new romance



distraction



duappontment



psychic ability









help from friends



Sweh the cup clockwise.



Dran the excess lost retain the less leaves.









reconsider plans



good friend

challenge

correct path



pay attention

woman

unbustworthy friend



trouble coming

secrecy



good luck

enlanglement

starting event



uncertain path

protection

possible theft

future reward

marnage



money

enemy nearby

big change

gift



days, months, years

nght direction



insight

lave



very good luck



natural cycle





enbehtenment



beware































visitor

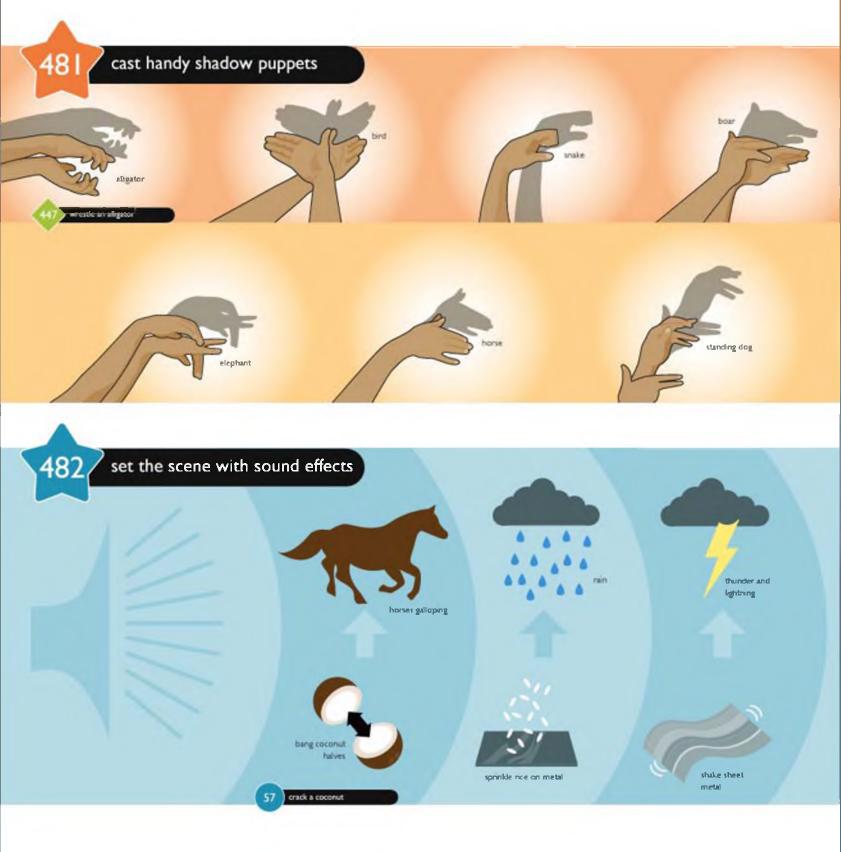














amaze all with the french drop



483

Present the com theatncally





Slide your thumb under



Close the hand over



Drop into your right hand.



Place between your fingers.

Pull your right hand down.





Focus on your left hand.



give the illusion of levitation





Assemble a small audience







**Ontract your audience**.

Rise on your right tae.



# escape from a straitjacket





Cross your strong arm; inhale,

Uncross and raise your arms.



Edule, making wiggle more.



Bite to undo the sizeve belt.



Hung upude down



Undo the back belts.



Wigge your elbows



Hook the seeve belt pull,



Push up your elbow.



Pull off the jacket with flair.



Want to pull a Houdin ! When you're first wrangled into the stranjacket, place your strong (or dominant) arm under your opposite abow and breathe deeply, expanding your chest and loosening the strafilacket. 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!



Place the cloth at the edge.



Smooth away winkles

Add heavy items

Grasp at the midpoint.

Put down rapidly

mold a false fingerprint



487

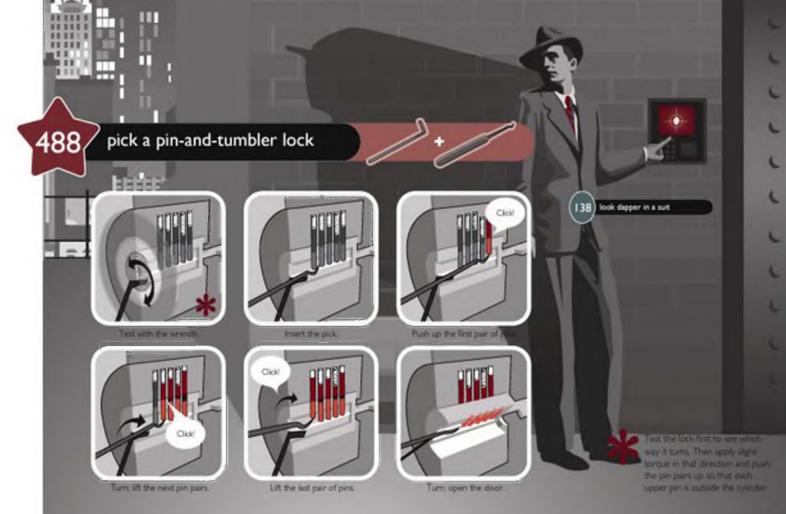




Ratingerate



Peak press to your linger



# unmask a liar

489

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 daiting to the nghi? The nght tide of her brain is cool up a lie.

Section exits beinay discomfort.

uning but the rent of her face is frowring, then she's lixing something

If her tips are

n it hot in here!

Excessive fidgeting-

especially touching the

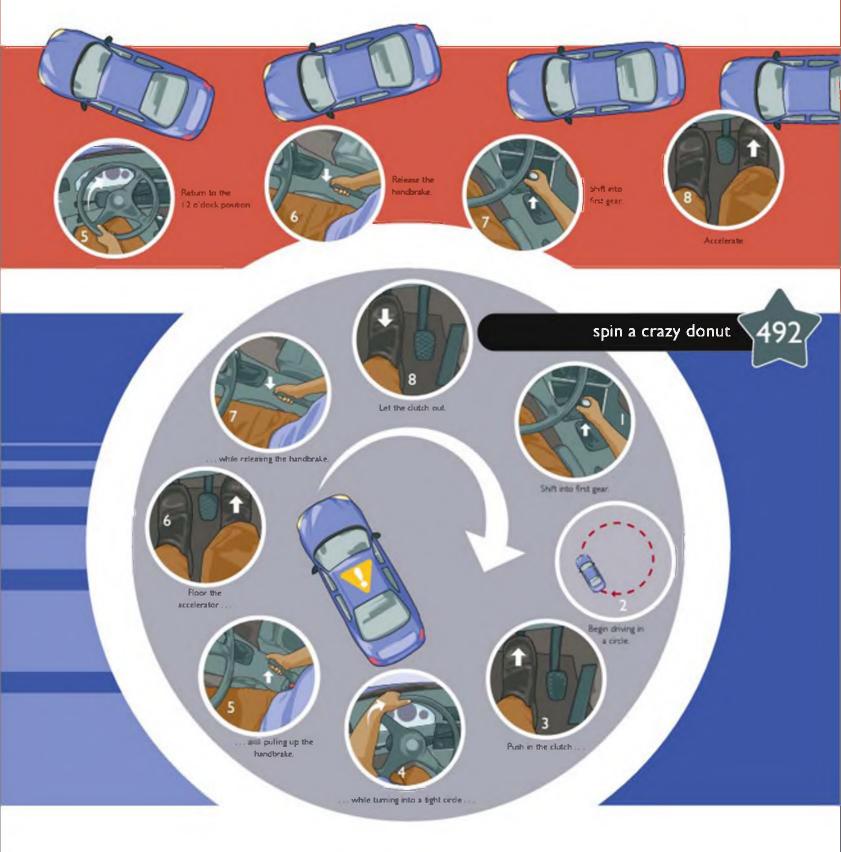
mighty unprious

Sweating gives away the codiest of cutumbers.

A graceful come of the ast of a stiff and word bears good are something a sense of the state of the sense of

is she tapping like Fred Astare<sup>1</sup> Then you'd better beware





493 breathe fire



Always have a friend nearby.

6 in (15 cm)



Practice spraying mist.

750

Spray a mist of kerosene





Move the torch down.



Milk neutralizes kerosene.

Wipe with a damp rag



Hold in your mouth



Bread soaks up the fuel.





Lower the seat



Place your lead foot on top.



Lean forward add the other foot.



Switch feet as the wheel rolls.

# master simple juggling



Practice with one bal.

Add a thrd bal.



Keep your eye on the ball



Tors at the first bal's peak.



Add a second bal.



Toss at the second's peak



Toss at the first balls peak.



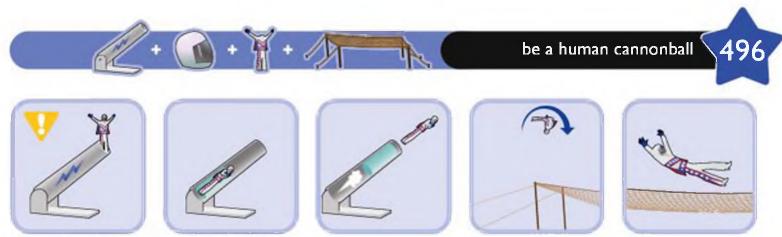


495

Repeat—a lot



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



Cimb made the cannon.

Lie down in the canister.



# 498/ bust a feeble grind



# land an old-school kickflip



# tools



gardening clippers	spple walpaper	Peter balcons	/ gioss	yearbook	Била	grocery bags	Surkey	OWERIES
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mobile phone	CON P327		C Lig wrench	BBB sk boos	lock pick		Computer	Ø	Take eyelashes	<b>*</b>
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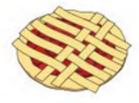
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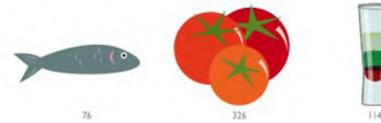
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Show Me How: 500 Things You Should Know

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Street, New York, NY 10022.



Kelly Booth Samba-Dancing Art Orector



First published in the United States and Canada in 2008 by: Collins Design

An Imprint of HarperCollinsPublishers

10 East S3rd Street New York, NY 10022 Tel: (212) 207-7000 Fac (212) 207-7654 colinsdesgn@harpercolins.com www.harpercolins.com

**Dstributed throughout the** United States and Canada by: HarperCollinsPublishers 10 East S3rd Street New York, NY 10022 Fax: (212) 207-7654

Library of Congress Control Number: 2008930025

ISBN: 978-0-06-219355-1

A Weldon Owen Production 415 Jackson Street San Francisco CA 94111

Ponted in Singapore by Tien Wah First Printed in 2008



A Show Me Now Book. Show Ma Now is a tracement of Weidon Owen Inc. WAW, STOREDOW COTT









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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.

Research, verification, and fact-checking was performed by a host of experts and passionate practitioners. We are especially grateful to Jennifer Newens and Hannah Rahill for cooking expertise, Lou Bustamante for mixological advice, Elizabeth Dougherty for parenting input, Jay Wiseman for first-aid pointers, Ronda Slota for yoga instruction, Renee Myers for knitting demos, Khan "Samurai" Hasegawa at Café Abir for his mastery of the coffee arts, Jan Egan for midwifery know-how, Richard Trory for structural savoir faire, and Karen Perez for nautical notations. Many other experts, in everything from motorcycles to miniskirts, gave advice and input, to the great improvement of this book.

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<sup>\*</sup> and, if we use them, you'll be credited as an official member of this exoting group of experts and enthusiasts.

