

The Homemaker's Mentor presents



The Boy's Guide



to Home Skills



THE YOUNG MAN'S HANDYBOOK:
PREPARING YOUR SON ON THE HOMEFRONT



BY MARTHA GREENE & GAIL KAPPENMAN

The Boy's Guide



to Home Skills

aka
THE YOUNG MAN'S HANDYBOOK:
Preparing Your Son on the Homefront
by Martha Greene & Gail Kappenman

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This is a boy's handybook - designed to help teach boys basic, fundamental home skills while they grow into young men. Lots of boys have a desire to learn how to cook, fix a few things around the house, sew on their own buttons, plant a garden, make woodcrafts, etc. But in our busy, computer-driven age, these important skills are often set aside.

The goal of this book is to come alongside the parent and help build an interest in basic skills—cooking, home repair, camping, woodworking, sewing, first aid, knot tying, tools, gardening, hunting, and finances. We are parents ourselves – we want our own boys to be proficient in all areas by the time they are grown. It is our hope and desire that the explanations in this book will inspire those who read it to try their hand at something new. Perhaps many will develop a new interest and pursue it further through their local library.

Maybe you have a chef, a carpenter, a plumber, an electrician, a car mechanic, a woodcarver, a handyman, a tailor, or a landscaper growing up in your family – and you don't even know it yet! Discover something new with your child – together we hope you will enjoy preparing your son for his future homefront.

(credits)

For their line drawings, instructions, and inspiration for this publication.

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To our sons ~
Curtis James Kappenman, Jr.
Isaiah Eugene Kappenman
&
Adam Davis Greene
Benjamin Eugene Greene
Zachary Alan Reid Greene
Seth Ivan Greene
Micah Perry Greene
Ezra Sayre Greene
Luke Simeon Greene
Samuel Asher Greene

**“As long as we’re living . . .
We’ll love you for always . . .
Forever our little boys you will be.”**

The old nursery rhyme may say, "Snips and snails and puppy dog tails, that's what little boys are made of..." but we know little boys are made up of greater things than that, and they do grow up. Fast! They become strong, taller than Momma, and just like their Poppa. Mommas might say they want to keep their boys "little," but in their hearts they are blessed to see their sons growing strong and tall as they enter manhood.

As a boy grows into a young man, it is a tremendous blessing to have them be a help on the homefront. Momma can't always do everything! Some boys don't have big sisters to fix snacks, sew on a button, or clean up the house. Someday, those boys will need to know how to do these things for themselves, and to be a blessing to their families. It is very important to learn skills that will help you on the homefront.

This book offers instructions on many things any boy of eight or more can begin learning. Our boys are a great blessing to us in our homes — they fix things, build things, make breakfast or lunch for younger siblings, do laundry, and much more! It's never too early to learn the skills you will need as a man. Now is the time to get prepared. One day, you'll be the man of your own homefront!



Table of Contents

In the Kitchen

Like to Eat ~ Learn to Cook

- Kitchen Rules-3
- How to Measure Ingredients-4
- Reading a Recipe-5
- Dirty Dishes in the Sink-6
- Setting the Table-7
- Kitchen Tools-8
- Kitchen Dictionary-10
- Recipes for Good Eatin'-11

The Young Gentleman

Putting Your Best Foot Forward

- Mealtime Manners-65
- Manners at Home-66
- A Gentleman's Way in Public-67
- All Dressed Up-68

First Aid and Safety

You Might Just Be a Hero

- Emergency Situations-73
- Bangs, Bumps, Bites, & Bees-75
- Fire & Ice-80
- Be Safe—Not Sorry-81

The Young Handyman

Helping Hands Around the Home

- Low Down on Laundry-91
- Brooms 'n' Mops-95
- Simple Home Maintenance-96
- Plumber's Helper-98
- Let There Be Light-100
- Wash the Wheels-102
- Keeping It Tidy-104

Let's Go to the Woodshed

Working With Wood

- Whittling-109
- Build Your Own Toolbox-111
- Backyard Birdhouse-117
- Ezra's Speedy Paddle Boat-120
- Cabin in the Wild Acre Wood-122

Along the Garden Fence

Worms, Tools, & Digging in the Dirt

Garden Tools-133

Planning & Planting a Garden-135

Worms, Bugs, & Creepy Crawlies-138

Growing for \$\$\$-140

Seth's Split-Rail Fence-141

The Country Boy

Outdoor Adventures

Sleeping Under the Stars-149

Hooking the Big Un'-152

Take a Hike-156

Tied in Knots-161

Bull's Eye-165

Outgrowing the Piggybank

Learning to Manage Your Money

Small Fortunes-173

Bookkeeping 101 -175

Money Wasters-177



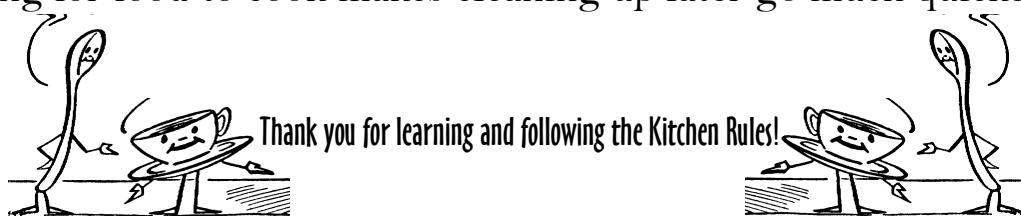
In the Kitchen

If you like to eat—why not learn to cook?
In this chapter you will find some basic kitchen rules.
You will learn how to measure ingredients, how to
read a recipe, and how to prepare food.
After stirring up all those goodies there is usually a mess!
You'll learn how to wash dirty dishes and get them squeaky clean.
You'll learn a proper way to set the table to serve that good food!
We've included a handy chart of kitchen tools —any job to be done needs
the right tools. The kitchen dictionary will help you learn the terms
used in cooking. Of course, there are a lot of great recipes
here for you to experiment with and enjoy!



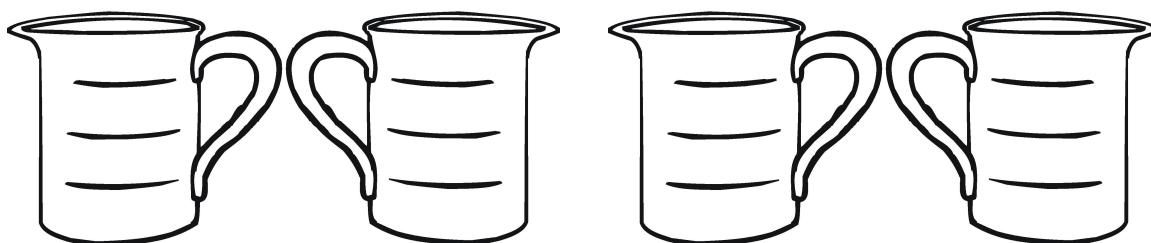
Kitchen Rules

- Always wash your hands thoroughly with warm water and soap before beginning to prepare any food.
- Aprons aren't just for girls — chef's wear them, and they protect your clothing from greasy spills which will ruin your clothes!
- Make sure to have all the ingredients needed for whatever you will be making in the kitchen. If you don't have all the ingredients, and you get started, you will be wasting what you've used because you can't finish it.
- You might need your momma's permission or supervision when cooking at home. If you are at a friend's or relative's house, make sure you ask before you start cooking!
- Use a cutting board to slice or chop. Cutting on the countertop will scratch or mar it. Wash the board you use with hot, soapy water, then dry it well and put it away.
- Setting a timer will keep you from forgetting and burning the foods you are preparing.
- Don't put an empty pot on a hot burner—it will ruin the pot!
- Don't leave oil in a hot pan— you could start a fire!
- Always double check that you have turned off all the burners when you are finished with the stove or oven.
- Always clean up after yourself. Washing some dishes while you are waiting for food to cook makes cleaning up later go much quicker.



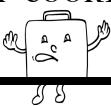
How to Measure Ingredients for a Recipe

- **FLOUR:** Spoon more than you need into your appropriate measuring cup. Level off with a knife or spatula. Don't pack flour into a measuring cup.
- **SUGARS:** For sugars other than brown sugar, spoon it lightly into the measuring cup. Level off with a butter knife. Don't shake or pack it down into the cup. For brown sugar, fill the correct size measuring cup and then use the next smaller size measuring cup to pack down the brown sugar into the cup. Pack it tight enough so it holds the shape of the cup when you turn it out.
- **SHORTENING:** Using a rubber spatula, scoop amounts of shortening into the appropriate measuring cup. Level off with the spatula and put excess back into the shortening container. Shortening is a white, creamy substance made from vegetable oils. It is used in baking.
- **BUTTER:** There are 8 tablespoons (or $\frac{1}{2}$ cup) in each stick of butter. Butter regularly comes packaged 4 sticks to a 1 pound box. One-half stick of butter would measure $\frac{1}{4}$ cup. If your butter is not formed into sticks; measure as you would for shortening, having the butter at room temperature.
- **LIQUIDS:** Using a glass measuring cup, pour liquid to proper mark for the measurement called for in your recipe. (Set the measuring cup on a firm, steady surface like the table or counter top.)
- **FLAVORINGS:** Pour into measuring utensil over another bowl. Do not pour over your mixture as you may spill and pour in too much.



- **BAKING SODA & POWDER:** Using a kitchen sifter or fine sieve, sift an appropriate amount into a bowl. Dip your measuring spoon into the bowl and lift up a rounded spoonful. Using a butter knife, level off the excess back into the bowl. Do not measure over your bowl of ingredients as any excess may drop into your mixture. The powders are sifted to prevent any large lumps. It is very unpleasant to bite into a muffin or cookie with a large lump of soda or powder.

Bleeeekkk!



Reading a Recipe

- Always read a recipe through to the end before you begin to cook.
- Recipes can have abbreviations for words that you will need to know. Some you will see frequently are:

Tbsp. = a tablespoon measure

tsp. = a teaspoon measure

c. = a cup measure

lbs. = pounds

oz. = ounces

° = degrees (occurs beside a temperature setting)

- Your kitchen needs a set of measuring cups in increments of $1/4$ -1 cup and a set of measuring spoons in increments of $1/8$ teaspoon -1 tablespoon.
- It is important when following a recipe to use a proper measuring cup or spoon. Be accurate with your measurements.
- Follow the recipe, step by step. Use high quality ingredients. Using quality ingredients and good kitchen tools will make the job easier.
- Following these simple rules will help you to prepare a tasty dish from a recipe. You may even be inspired to create some of your own original recipes.

Dirty Dishes in the Sink?

- Scrape all the uneaten food and other debris off the plates and into the garbage (or compost can). Make SURE you scrape off as much grease as possible – it will build up and clog the drain and pipes.
- Fill the sink with water as hot as you can tolerate it. Pour your dish-soap in the running water in order to get bubbles. (Using the more expensive dishsoap is better – you end up using less than if you use the watered-down cheap stuff.)
- Begin by washing the glasses. Then wash the plates. Then the silverware. (Make sure to carefully wash the sharp knives separately – don't dump them in the bottom of the sink, where you might accidentally get cut by one.) Finally, wash the pots and pans. You may need to use scouring pads and scouring powder.
- NEVER place electric appliances under the water or in the dishwasher. This includes electric skillets, griddles, sandwich makers, waffle makers, potato slicers, etc.
- Always rinse with very hot water. Using hot water to wash and rinse dishes helps to kill germs. If someone in your family is ill, you can add a few drops of bleach to the water – that will make sure you kill all the germs in the dishwater.
- If you have a dish rack, place the glasses in there upside down. If you just have a towel to lay on the counter, it is still better to place them upside down, to allow the water to drain out. If you prefer to dry them all with a clean dish towel and put them away, that is fine, too!
- Put all the dishes, glasses, pots, pans, and utensils back where they belong once they are dry.

- Clean the sink. Rinse all the bubbles down the drain, wipe the sink clean, rinse again. Clean out the sink strainer and put the debris in the trash – nothing looks worse than to get a glass of water and look into the sink and see debris in the strainer! Also, wipe down the area around and behind the faucets, spigot, and sprayer. Don’t leave ANY crumbs of food, spots, or grease around the sink or on the adjoining countertops.
- Wiping down the countertops with antibacterial soap or spray will keep the kitchen clean and germ-free.
- Placed soiled dish clothes and drying towels in the laundry. Replace with clean ones.

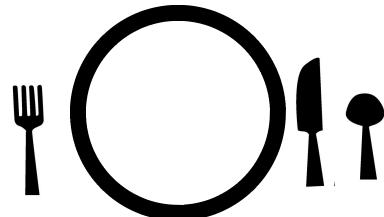


Setting the Table

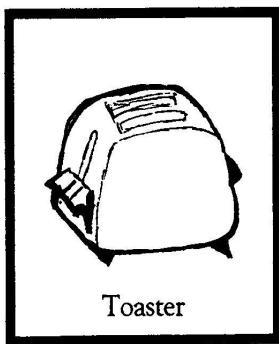
If you choose to use a tablecloth, make sure it is clean and wrinkle-free.

Basic table setting is easy: Place the plate, then place the knife to the right of the plate, the spoon to the right of the knife, and the fork to the left of the plate. Having a napkin is a nice touch, and the napkin goes to the left of the fork. Some people prefer to have the fork laying on top of the napkin. The glass sits above the tip of the knife. If you have a separate plate or bowl for soup or salad, they can either be placed above the fork, or on top of the plate. The dinner plate is on the bottom, the salad plate on top, and the soup bowl on top of that.

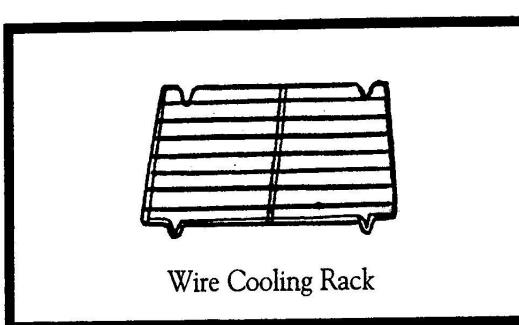
Many people like to keep things on the table like salt, pepper, sugar, and butter. Make sure to place a butter knife with the butter.



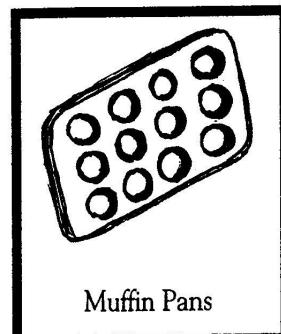
Kitchen Tools



Toaster



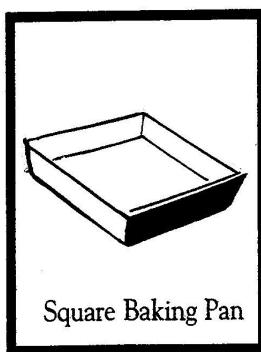
Wire Cooling Rack



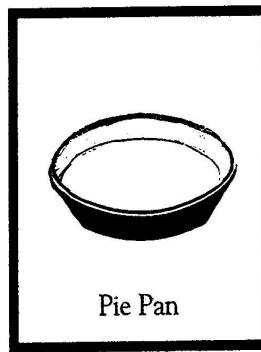
Muffin Pans



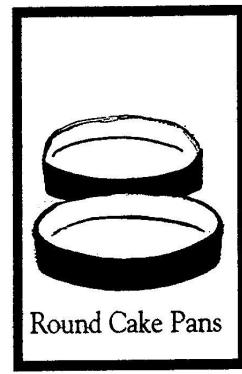
Hand Grater



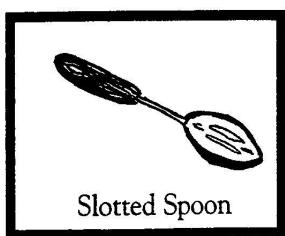
Square Baking Pan



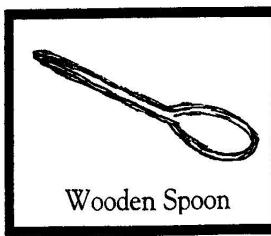
Pie Pan



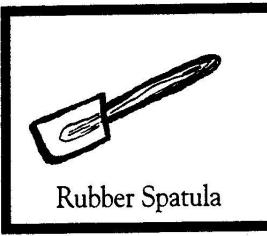
Round Cake Pans



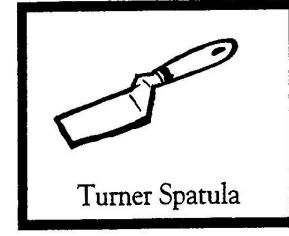
Slotted Spoon



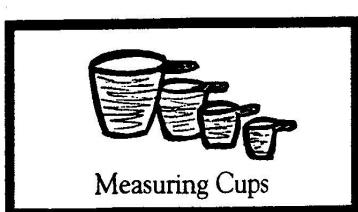
Wooden Spoon



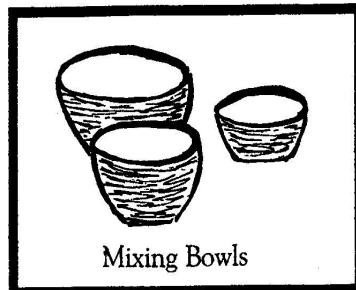
Rubber Spatula



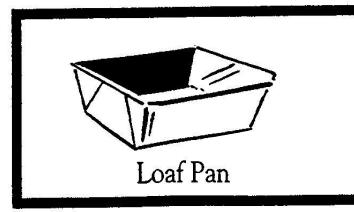
Turner Spatula



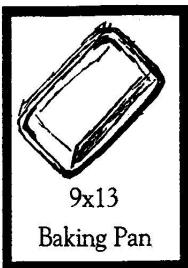
Measuring Cups



Mixing Bowls



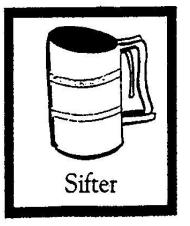
Loaf Pan



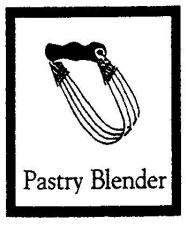
9x13
Baking Pan



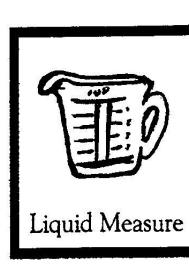
Carrot Peeler



Sifter



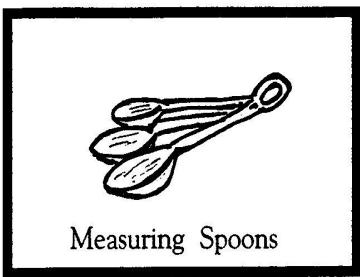
Pastry Blender



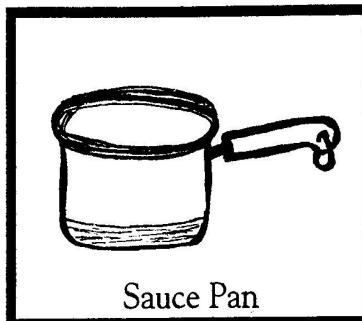
Liquid Measure



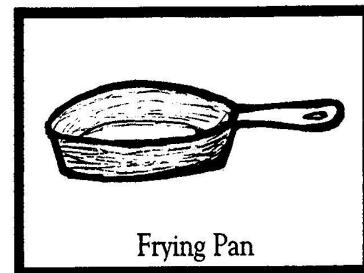
Cutting Board



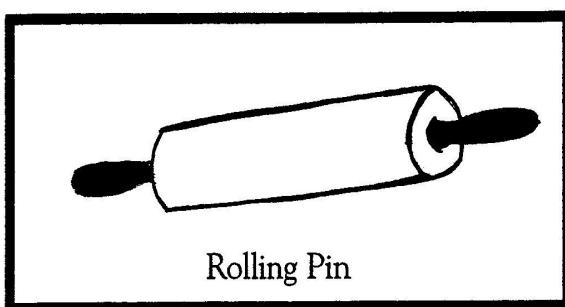
Measuring Spoons



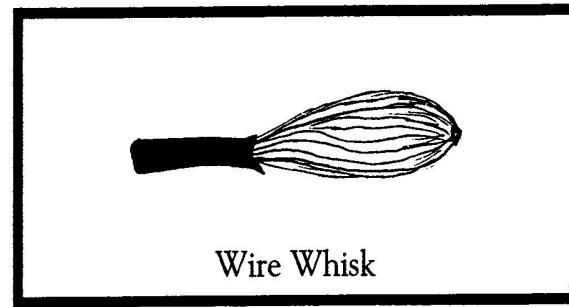
Sauce Pan



Frying Pan



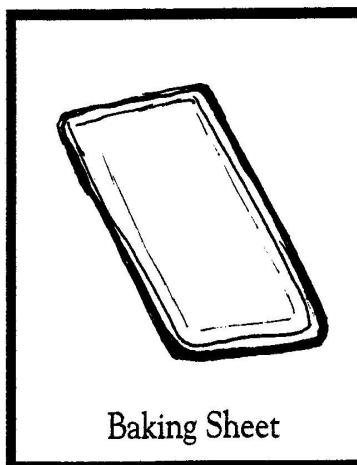
Rolling Pin



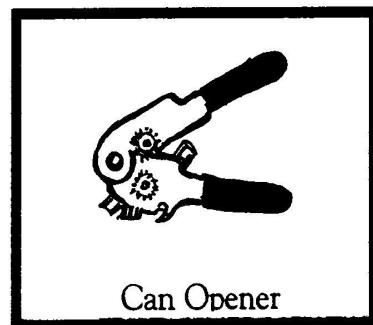
Wire Whisk



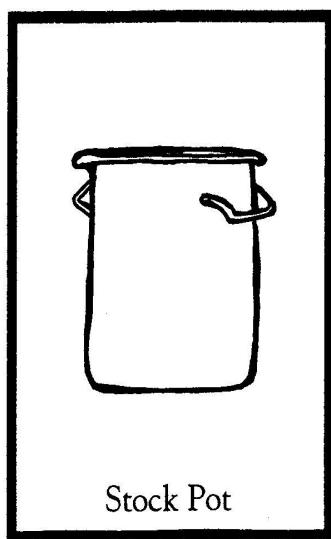
Kitchen Scissors



Baking Sheet

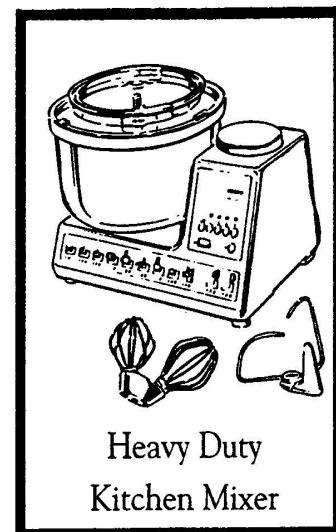


Can Opener



Stock Pot

Get in the kitchen
with these tools
and
whip up some good
stuff to eat!



Heavy Duty
Kitchen Mixer

Kitchen Dictionary

BAKE = To cook in the oven at a set temperature.

BEAT = To make a mixture smooth by beating vigorously by hand or with an electric beater. This vigorous beating is meant to incorporate air into your mixture.

BLEND = To combine ingredients thoroughly with a spoon or electric beater.

BROIL = To heat food using a high temperature (the “Broil” setting) on the top rack of the oven.

CHILL = To place in refrigerator until food is cold throughout.

COMBINE = To mix ingredients together so they are evenly distributed.

COOL = To remove food from the heat source and let it stand at room temperature.

CREAM = To mix shortening or butter with sugar using a spoon or electric beaters until creamy and smooth.

CUBE or DICE = To cut in small square-like pieces with a sharp knife.

CUT IN = To combine vegetable shortening or butter into flour until mixture has particles the size of small peas. This can be achieved by using a fork in a cutting motion or by using a pastry blender.

DRAIN = To pour off liquid.

FLOUR = To dust greased pans with flour so they are lightly coated on the bottom and the sides. Tap the pan and discard excess flour.

FOLD = To combine ingredients gently by turning over and over with a rubber spatula.

GREASE = To rub a thin coat on the bottom and sides of the baking pan with vegetable shortening or pan spray.

MELT = To heat until a solid substance is liquefied.

MINCE = To chop in tiny pieces.

PEEL = To remove the outer skin of a fruit or vegetable like potatoes, bananas, apples, etc.

SAUTE = To fry quickly in a little oil or butter in a frying pan.

SIFT = To put an ingredient through a flour sifter or fine sieve strainer.

SIMMER = To cook over heat until near boiling but not a rolling boil.

Keep heat at a medium/low temperature.

TOSS = To mix lightly.

Recipes for Good Eatin'

BREAKFAST RECIPES

- Boy Blue's Breakfast Cake -12
- Hot Chocolate Mix -13
- Wild Blackberry Fritters -14
- Toastee Breakfast Ideas -15
- Fruit Freezies -16
- Easy Pancakes -17
- Eggs—Anyway you like 'em -18
- Nut Butter Granola -19

LUNCH RECIPES

- Bumsteads -20
- Super Sandwiches -21
- Taco Nachos -22
- Ham Bites -23
- Crockpot Cheesy Macaroni -24
- Jiffy Pizza -25
- Grilled Cheese Sandwiches -26

MAIN DISH RECIPES

- Oven-Fried Chicken -27
- Easy Salisbury Steak & Gravy -28
- Mini Meatloaves -29
- Frankie's Pennies -30
- Sloppy Johns -31
- Chicken Enchiladas -32



VEGETABLES, POTATOES, & SIDE DISHES

- Potato Strips -33
- Baked Mashed Potatoes -34
- Corn on the Cob -35
- Yellow Rice -36
- Mexican Salsa w/ Homemade Tortilla Chips -37
- Seasoned Green Beans -38

CAMP VITTLES

- Campfire Spuds 'n' Spam® -40
- Flannel Flapjacks -41
- Cowboy Chili -42
- Baked Taters & Go-For Gravy -43
- S'mores -44
- Banana Boats -45

COOKIES & BREADS

- Country Cheese Muffins -46
- Drop Biscuits -47
- Cornbread -48
- Fancy Dinner Rolls -49
- Marmee's Chocolate Chippers -50
- P-Nutty Cookies -51
- Easy Brownies -52
- Sugar Snakes -53

SWEET STUFF & SNACK RECIPES

- Polka-Dot Snack Mix -54
- Yogurt Pops -55
- Josh's Jerky -56
- Blender Milkshakes -57
- Homemade Cracker Jack -58
- Chocolate Birthday Cake -59
- Oatmeal Snackin' Bars -60

Boy Blue's Breakfast Cake

Utensils you will use:

- Electric mixer
- Mixing bowl
- Measuring cups & spoons
- 9 x 13 baking pan
- Rubber spatula

Ingredients you will need:

- All-purpose flour
- Sugar
- Baking powder
- Salt
- Butter
- Milk
- Eggs
- Blueberries
- Cinnamon

Heat your oven by setting the dial to 350 degrees.

Combine these in a mixing bowl:

- 2 cups flour
- 1 1/2 cups sugar
- 2 tsp. baking powder
- 1 tsp. salt
- 2/3 cup butter
- 1 cup milk
- 2 eggs

Blend at low speed until dry ingredients are moist.

Beat batter at medium speed for 3 minutes.

Scrape with a rubber spatula into a greased baking pan.

Arrange on top of batter:

- 1 cup blueberries, (frozen & thawed or fresh)

Mix together and sprinkle on top:

- 1/4 cup sugar
- 1/2 tsp. cinnamon

Bake for 40-50 minutes in the pre-heated oven.

Serve warm.

Hot Chocolate Mix

Utensils you will use:

- Mixing bowl
- Mixing whisk or large slotted spoon
- Measuring cups & spoons

Ingredients you will need:

- Dry milk powder
- Sugar
- Chocolate milk mix powder
- Powdered coffee creamer

Combine these in a large mixing bowl:

- 3 cups dry milk powder
- 3/4 cup sugar
- 3/4 cup powdered coffee creamer
- 1/2 cup chocolate milk mix powder (like Nestle's Quik®)

Make sure it is well mixed with no lumps and then put it into a tightly covered container, like a large glass jar with a screw lid or a plastic snap-lid container.

-To Make Hot Chocolate -

Place in each mug or cup:

- 4 heaping Tbsp. mix



Carefully fill your mug with very hot water. Stir around until all the powdered mix is dissolved. Float some mini-marshmallows on top or stir it with a peppermint stick for a minty flavor. Yummmm! Warms a fella on a blustery day.

Great mix to take camping!
For easy packing put your mix
in a zipper-seal bag
instead of a container.

Wild Blackberry Fritters

Utensils you will use:

- Paper towels
- Mixing bowl
- Stirring spoon
- Frying pan
- Slotted spoon

Ingredients you will need:

- All-purpose flour
- Sugar
- Baking powder
- Salt
- Cooking oil
- Milk
- Eggs
- Blackberries
- Confectioner's sugar

Combine these in a mixing bowl:

- 1/4 cup sugar
- 1/4 tsp. salt
- 1 cup milk
- 2 eggs

Add in to the mixture:

- 2 cups all-purpose flour
- 1 Tbsp. baking powder

Stir just until the ingredients are combined completely. All flour should be incorporated and mixed in well.

Fold in gently with a stirring spoon:

- 3 cups blackberries

Heat about 1 inch of cooking oil in a frying pan on medium high heat. Drop tablespoonful-size blobs of fritter batter into the hot oil. Do not place too many in the oil at one time. Fry the fritters until they hold their shape and are lightly browned, turning only once. Remove carefully from the hot oil with a slotted spoon. Drain on paper towels to remove excess grease. Transfer to a serving plate and sprinkle them lightly with confectioner's sugar. Serve while warm.

We have wild blackberries all over our acres. This is a recipe our family concocted to use up all the buckets of blackberries they pick each season. After a few tries of making them with me, they can make them all by themselves. We love making this summertime treat! If you have never been blackberry picking, try to go at least once in your life.

Toastee Breakfast Ideas

- Cheese Toast -

Lay slices of whole wheat bread on a baking pan. Sprinkle tops of bread slices with grated cheddar cheese or top with one slice of American cheese. Put under oven broiler on the rack near the top. Turn oven to "BROIL" setting. Watch closely. Remove when cheese is bubbly and has light golden spots on it.

- Cinnamon Toast -

Spread soft butter or margarine on slices of bread. Sprinkle with cinnamon-sugar mixture.

Cinnamon-Sugar Mix:

- 1/2 cup sugar
- 1/2 tsp. ground cinnamon

We use this every week at our house so we make up a bunch of it and keep it in a special shaker in the cupboard.



- French Toast -

Beat these ingredients together in a shallow dish with a whisk or fork until smooth and blended:

- 2 eggs
- 2 Tbsp. milk
- 1/2 tsp. vanilla flavoring
- 1/4 tsp. cinnamon

In a large frying pan, melt:

- 2 Tbsp. butter
- 1 Tbsp. cooking oil

Use medium-high heat. Dip thick slices of French bread into the egg mixture, coating each side well. Lay the egg-soaked bread slices into the hot grease in the frying pan. Fry until lightly browned on one side and then turn and cook on the other side. Remove from frying pan and serve with syrup or honey.

- Honey~Butter Toast Spread -

Mix with a spoon until creamy:

- 1/2 cup very soft butter
- 1/4 cup light clover honey

Spread thickly on slices of lightly toasted bread.

Fruit Freezies

Utensils you will use:

- Electric blender
- Small paper cups
- Plastic spoons
- Tinfoil

Ingredients you will need:

- Frozen lemonade concentrate
- Frozen orange juice concentrate
- Canned pineapple
- Bananas
- Water
- Sugar
- Frozen strawberries

Let these stand at room temperature until slightly softened:

- frozen lemonade concentrate
- frozen orange juice concentrate
- frozen strawberries

Place in blender and blend on high speed until smooth:

- 1 small can lemonade concentrate, softened
- 1 small can orange juice concentrate, softened
- 2 small boxes frozen strawberries, partially thawed
- 1 large can pineapple pieces
- 3 bananas
- 2 cups water
- 1/8 cup sugar

Pour mixture into small paper cups. Place a plastic spoon in each cup with a handle sticking out of the top of the cup. Place tin foil over each cup, pushing down over spoon handle (this will hold the spoon handle in the center). The spoon will freeze firm in the middle and be your popsicle handle.

Freeze firm and then serve. Tear away paper cups to serve. To make the cups come off easily, dip the outer cup into hot water. The cups will slide right off.

Easy Pancakes

Utensils you will use:

- Electric griddle
- Pitcher or mixing bowl
- Measuring cups & spoons
- Wire stirring whisk
- Pancake turner

Ingredients you will need:

- All-purpose flour
- Baking powder
- Salt
- Cooking oil
- Milk
- Eggs

Mix together in a large pitcher:

- 2 eggs
- 4 Tbsp. cooking oil or melted butter
- 2 tsp. salt
- 1 1/2 Tbsp. baking powder
- 2 cups milk
- 2 cups all-purpose flour

Stir until smooth and pour out from pitcher onto a hot griddle.

Pour small 4-inch circles with space between them. Wait until the surface appears all bubbly and then turn once using a spatula. Let this side cook briefly until lightly browned and then remove from griddle. Serve hot with butter, syrup, or honey.

Note: Browned breakfast sausage links make a nice treat with pancakes.

Tip: Using a good griddle makes a big difference in cooking pancakes. A large, heavy, cast iron skillet works well; an electric flat griddle is the best. A good griddle makes a big difference in how the pancakes come out.

Eggs—Anyway You Like 'Em

-Boiled Breakfast Eggs-

Place as many eggs as you will need in a saucepan. Cover them with water. Heat the pan of eggs and water until the water is boiling rapidly. Take off from the heat and cover the pan with a tight lid. Let stand for 10 minutes for soft-cooked eggs and 15 minutes for hard-cooked eggs. Place the eggs in a dish and rinse with cold water. If eggs are too hot to handle, hold them with a paper napkin to crack them. Rap the egg on the edge of the counter to crack it or hit it sharply with a table knife. Discard the shells and season with salt, pepper, and butter.

-Egg Omelets-

Make as for scrambled eggs but do not stir or turn over until one side is completely set. Carefully lift over and flip with a spatula. If you like, sprinkle with cheese, ham cubes, or green olives and then fold over. Remove from pan and sprinkle with bacon bits. Season with salt and pepper to taste.

-Scrambled Eggs-

For each serving, break 2 eggs into a bowl. Add in a pinch of salt and 1 Tbsp. milk. Beat with a whisk until smooth and a uniform yellow color. Heat a thin layer of bacon fat grease in a frying pan on medium-high heat. (Use the right size pan for however many eggs you are cooking—small for a few eggs; large for a lot.) Pour in egg mixture and turn stove to medium heat. Cook and turn gently with a wooden spatula until eggs are firm. Eggs should be cooked only until they are cooked through but still moist. Sprinkle with cheese and serve with hot toast.

-Fried Eggs-

Heat a frying pan with a thin layer of grease (cooking oil or bacon fat). When frying pan is moderately hot, break an egg and slip it into the hot grease. Reduce the heat to medium and cook until white is done. If you prefer a set yolk, you may flip the egg over and cook until the yolk is firm. Always break the egg in a separate dish and slide into the frying pan—just in case you have a bad egg.



Nut-Butter Granola

Utensils you will use:

- Mixing spoon
- Large mixing bowl
- Measuring cups & spoons
- Large baking pan
- Small saucepan

Ingredients you will need:

- Rolled oats
- Coconut
- Wheat germ
- Cinnamon
- Sunflower seeds
- Almonds
- Honey
- Peanut butter
- Vanilla flavoring
- Cooking oil

Heat your oven by setting the dial to 350 degrees.

Heat in a saucepan, stirring until smooth: (do not boil)

- 1/4 cup honey
- 2/3 cup cooking oil
- 3/4 cup peanut butter
- 1 tsp. vanilla flavoring

Place in a large mixing bowl and combine with a mixing spoon:

- 4 cups rolled oats
- 1/2 cup coconut
- 1 cup wheat germ
- 1/2 tsp. salt
- 1 tsp. cinnamon
- 1/4 cup sunflower seeds (use the kind that are shelled and roasted)
- 1/4 cup sliced almonds

Combine honey mixture with the oat mixture until well mixed. Put on a baking pan (one that has sides to it) and bake for 20 minutes.

Remove from pan as soon as you take from the oven and put in a container. Cover tightly only after granola has cooled completely. Keeps for weeks in the pantry without refrigeration.

Eat as a breakfast cereal with milk or plain as a snack food.

Bumsteads

Utensils you will use:

- Aluminum foil
- Mixing bowl
- Mixing spoon
- Kitchen knife
- Can opener
- Saucepan

Ingredients you will need:

- Canned tuna
- Hot dog or sandwich buns
- Green olives
- Sweet pickle relish
- Eggs
- Cheese
- Onion
- Mayonnaise

Heat your oven by setting the dial to 325 degrees.

Place these in a saucepan covered with water:

- 3 eggs

Bring to a heavy boil. Cover the saucepan and turn off heat source and let stand undisturbed for 15 minutes. Drain off water and rinse under cold water until cooled. Peel eggs and chop in small pieces. Set aside.

Dice into small cubes:

- 1/4 pound of cheddar cheese
- Small piece of onion (equal to 2 Tbsp.)

Mix together in a mixing bowl:

- cheese pieces
- egg pieces
- 1—6 oz. can of tuna
- onion pieces
- 2 Tbsp. sweet pickle relish
- 2 Tbsp. olives, chopped

Place a portion of this mixture inside of 12 hot dog buns and wrap each individually in aluminum foil. Bake in the heated oven for 20-25 minutes. Serve sandwiches in foil wrappers. They will stay warm for a short while after removing them from the oven. Tastes best warm.

Note: Pieces of turkey or ham can be substituted for the tuna.

Super Sandwiches

Utensils you will use:

- Kitchen knife
- Spreader spatula
- Cutting board
- Saucepan

Ingredients you will need:

- Mayonnaise
- Dijon mustard
- Ham or Turkey slices
- Tomato
- Lettuce
- Cheese slices
- Eggs
- Sandwich buns
- Pickle slices
- Black or green olives

Add to a full saucepan of water and keep on high heat until water comes to a full boil:

- 4 eggs

Then cover saucepan and turn off heat source and let stand for 15 minutes. Split sandwich buns through the middle with a long, serrated knife. After 15 minute, rinse eggs in cold water to cool down and then peel. Rinse again.

Spread inside of sandwich bun with this mixture:

- 1/4 cup mayonnaise
- 1 Tbsp. Dijon mustard

Layer bottom half of sandwich buns with:

- leaf lettuce, rinsed and patted dry
- tomato slices
- boiled egg, sliced
- cheese slices
- ham or turkey slices

Place sandwich bun half on top of layers and secure with a toothpick. Push 2 pickle slices on top of toothpick and then a green or black olive on top of the pickles. This is a super sandwich!

Taco Nachos

Utensils you will use:

- Skillet
- Stirring spoon
- Measuring cup
- Baking sheet

Ingredients you will need:

- Tortilla chips
- Ground beef or turkey
- Grated cheese
- Ketchup
- Taco seasoning
- Salsa
- Ranch salad dressing

Brown until no longer pink in a skillet:

- 1 lb. ground beef or turkey

Add in:

- 1 packet of taco seasoning mix (about 2 Tbsp.)
- 1 cup ketchup

Stir until combined and meat is heated through and simmering. Remove from heat.

Spread tortilla chips in a thick layer over a large baking sheet. With a large spoon, cover the top of the chips with the meat mixture.

Sprinkle with:

- 3 cups grated cheese

Place the baking sheet on the top rack of the oven. Turn on the "BROIL" setting. Set a timer for 3 minutes and watch the nachos carefully. You only want the cheese to melt and not to burn! It will melt quickly on that top rack under a hot broiler. So peek often to check your nachos. Remove from oven as soon as cheese has melted.

Serve immediately with salsa and ranch dressing or sour cream as dips for your nachos.

Ham Bites

Utensils you will use:

- Kitchen knife
- Table knife

Ingredients you will need:

- Thin deli ham slices
- Cucumber
- Round butter-style crackers
- Soft butter

Peel cucumber and slice thinly.

Place round butter-style crackers on a plate. Spread lightly with soft butter. Layer each cracker with a thin slice of ham, then a cucumber slice, and then place another cracker on top.

Variation:

Turkey Bites:

Do everything the same as above, but substitute thin deli turkey for the ham, and substitute spreadable cream cheese for the soft butter.

Crockpot Cheesy Macaroni

Utensils you will use:

- Measuring cups
- Stirring spoon
- Electric crockpot
- Saucepan

Ingredients you will need:

- Macaroni elbows
- Margarine or butter
- Milk
- Evaporated canned milk
- Cheddar cheese
- Salt & pepper
- Eggs
- Vegetable shortening

Add to a saucepan full of boiling water:

- 1- 8 oz. box of elbow macaroni

Cook for 8 minutes, stirring occasionally. Drain well in a colander.

Grease the crockpot bowl with:

- 2 Tbsp. of shortening.

Beat well in a small mixing bowl and set aside:

- 2 eggs

Add these ingredients to the greased crockpot and mix lightly with a stirring spoon.

- 8 oz. of cooked elbow macaroni
- 3 cups grated cheddar cheese
- 1 1/2 cups milk
- 2 eggs, beaten
- 1/4 cup of melted butter or margarine
- 1 tsp. salt
- Pinch of pepper
- 1-12 oz. can of evaporated milk

Cook on LOW for 3 1/2 to 4 hours.

Sprinkle top of mixture with some extra grated cheese.

Let stand for 10 minutes off the base heat, while covered, and serve hot.

Jiffy Pizza

Utensils you will use:

- Baking sheet or large pizza pan
- Mixing bowl
- Stirring spoon
- Frying pan

Ingredients you will need:

- All-purpose flour
- Baking powder
- Salt
- Milk
- Cooking oil
- Pizza or spaghetti sauce
- Sausage or ground beef
- Pepperoni
- Grated mozzarella cheese

Heat your oven by setting the dial to 425 degrees.

Brown in a frying pan until well cooked:

- 1 lb. sausage or ground beef.

Mix in a bowl:

- 2 cups flour
- 1 tsp. salt
- 1 Tbsp. baking powder

Add in and mix the dough until all ingredients are combined:

- 2/3 cup milk
- 1/3 cup cooking oil

Pat down on a greased pizza or baking sheet.

Spread over top of dough:

- 1 cup pizza or spaghetti sauce

Sprinkle browned beef or sausage over sauce.

Layer your choice of these ingredients over the meat layers. All these are optional for those who like extra toppings on pizza.

Pepperoni	Black Olives	Chopped Onion
Mushrooms	Sweet Green Pepper, Diced	

Sprinkle on top of all toppings a thick layer of grated mozzarella cheese. Bake in heated oven for 25 to 30 minutes. Let cool slightly before cutting to serve.

Grilled Cheese Sandwiches

Utensils you will use:

- Spreader spatula
- Frying pan or griddle
- Turner spatula

Ingredients you will need:

- Butter
- Sliced bread
- Cheese slices

For each sandwich you will make, spread generously with butter:

- 2 slices of bread

Place inside the buttered bread slices with the buttered sides on the outside:

- 1 slice of cheese (or more...cover entire surface of bread)

Place sandwich into a frying pan or on a griddle and brown each side lightly on medium high heat until cheese is melted and bread is toasted. Serve hot.

Variations:

Into the sandwich, you can try adding the following before cooking:

- A couple rings of freshly sliced sweet onion
- A slice of tomato
- A slice of turkey breast, or turkey lunchmeat
- A slice of ham, or ham lunchmeat
- A slice of bologna
- Some pieces of fried, crispy bacon
- Some pieces of pepperoni
- Thin slices of cooked sausage

Oven Fried Chicken

Utensils you will use:

- Mixing bowl
- Baking sheet
- Large fork
- Measuring cups

Ingredients you will need:

- Chicken pieces
- Eggs
- Flour
- Milk
- Garlic powder
- Parmesan cheese
- Parsley flakes
- Salt & pepper
- Cooking oil
- Potato flakes

Heat your oven by setting the dial to 400 degrees.

Mix together in a mixing bowl:

- 1 egg
- 1/4 cup milk

Mix together in a separate mixing bowl:

- 2 cups flour
- 1/2 cup potato flakes
- 1/4 tsp. garlic powder
- 1 Tbsp. parmesan cheese
- 1 tsp. parsley flakes
- 1 tsp. salt
- 1/2 tsp. black pepper

Coat the bottom of a baking sheet with a small amount of cooking oil.

Dip chicken pieces in egg mixture and coat evenly. Lift up chicken pieces out of egg mixture and drop each piece into the flour mixture one at a time, heavily coating each piece with flour mixture. Place each flour-coated piece onto the prepared baking sheet. Bake for 1 hour, turning chicken over half way between baking time. Chicken is done when golden brown and lightly crispy on the outside. Delicious served hot or cold.

Easy Salisbury Steak & Gravy

Utensils you will use:

- Mixing bowls
- Mixing spoon
- Large baking pan
- Spatula turner
- Frying pan

Ingredients you will need:

- Ground beef or turkey
- Saltine crackers
- Salt & pepper
- Ketchup
- Onion
- Garlic powder
- Eggs
- Cream of mushroom soup
- Worcestershire® sauce
- Plain flour

Heat your oven by setting the dial to 375 degrees.

Place in a mixing bowl and mix with clean hands until combined:

- 2 lbs. ground beef or turkey
- 2 Tbsp. water
- 4 Tbsp. ketchup
- 1 small onion, chopped
- 1/4 tsp. garlic powder
- 2 eggs
- 1 cup crushed crackers

Shape meat mixture into patties. Coat patties on both sides by dipping into a small bowl of flour. Place flour-coated patties in a frying pan with a small amount of oil covering the bottom of the frying pan. Cook until patties are browned on both sides, turning once. Use a medium high heat. Sprinkle patties with salt and pepper as you remove them from the frying pan and place them in a baking dish. When all patties are cooked, discard all but 3 Tbsp. grease from frying pan. To make the gravy, add to the frying pan:

- 2 cans cream of mushroom soup
- 1/8 tsp. garlic powder
- 2 Tbsp. Worcestershire® sauce

Let gravy simmer and stir for a few minutes until heated through. Pour the gravy over the prepared patties in the baking dish. Cover baking dish with foil and place in the heated oven. Bake for 40 minutes. Serve hot.

Mini Meatloaves

Utensils you will use:

- Mixing bowl
- Mixing spoon
- Large baking pan
- Small saucepan
- Toothpicks (optional for garnish)

Ingredients you will need:

- Ground beef or turkey
- Oatmeal flakes
- Salt
- Italian seasoning
- Dry onion flakes
- Garlic powder
- Eggs
- Tomato sauce or puree
- Mozzarella cheese
- Black and green olives

Heat your oven by setting the dial to 400 degrees.

Place in a mixing bowl and mix with clean hands until combined:

- 2 lbs. ground beef or turkey
- 1 1/2 cups oatmeal flakes
- 1 tsp. salt
- 1 tsp. Italian seasoning
- 1/4 tsp. garlic powder
- 2 eggs

Shape meat mixture into small rectangles about 4 inches long and 2 inches wide. Place on a baking pan with space between each mini-loaf. Place in heated oven and bake for 30 minutes.

While mini-loaves are baking, prepare sauce. In a small saucepan mix:

- 1 cup tomato puree or sauce
- 1/4 tsp. garlic powder
- 1 Tbsp. dry onion flakes

Heat sauce until simmering hot. Remove from stove and set aside.

When baked, remove loaves from oven. Spoon sauce over loaves.

Sprinkle tops of loaves with shredded mozzarella. (Optional garnish: Using toothpicks, top each loaf with 2 black olives and a green olive in between them.) Put mini-loaves back into oven and bake until cheese is melted and bubbly— about 10 minutes. Serve hot.

Frankie's Pennies

Utensils you will use:

- Large frying pan
- Kitchen knife
- Measuring cups and spoons
- Stirring spoon

Ingredients you will need:

- Onion
- Ketchup
- Water
- Sugar
- Worcestershire® sauce
- Vinegar
- Mustard
- Frankfurters (hot dogs)
- Butter or cooking oil

Cut into 1/2 inch slices:

- 1 package frankfurters

Place into a heavy frying pan and simmer until onion is limp:

- Sliced frankfurters
- 1 Tbsp. butter or oil
- 1/4 cup chopped onion

Add in to frying pan and simmer for 15 minutes:

- 1/2 cup ketchup
- 1/2 cup water
- 1 Tbsp. sugar
- 1 Tbsp. Worcestershire® sauce
- 2 Tbsp. vinegar
- 1 Tbsp. mustard

Serve hot over mashed potatoes or toasted sandwich buns.

For a complimentary side dish, serve cole slaw.

Sloppy Johns

Utensils you will use:

- Paring knife
- Frying pan or electric skillet
- Wooden spoon

Ingredients you will need:

- Ground beef
- Chili powder
- Paprika
- Ketchup
- Green bell pepper
- Onion
- Vinegar
- Salt & pepper
- Worcestershire® sauce
- Tomato sauce
- Garlic powder or fresh minced garlic
- Grated cheddar cheese (garnish)

Brown in a frying pan:

- 1 1/2 lbs. high quality ground beef

Drain grease from meat. Add:

- 1 tsp. salt
- 1/2 tsp. black pepper
- 1/2 tsp. garlic powder or 1 tsp. fresh
- 1 tsp. paprika
- 2 Tbsp. chili powder
- 2 Tbsp. vinegar
- 1 dash Worcestershire® sauce
- 2 cups ketchup
- 1 small can tomato sauce

Cook over medium low heat and let simmer for 15 minutes. While the mixture is simmering, chop onion and bell pepper.

Add and simmer 5 minutes longer:

- 1 small green bell pepper, diced
- 1 small yellow onion, diced

Spoon piping hot Sloppy Johns mix over potato strips or large split sandwich buns. Garnish with grated cheese.

Chicken Enchiladas

Utensils you will use:

- 9 x 13 baking dish
- Saucepan
- Kitchen knife
- Stirring spoon
- Can opener
- Mixing bowl

Ingredients you will need:

- Boneless, skinless chicken breasts
- Cream of chicken soup, canned
- Sour cream
- Mild chili peppers, canned
- Flour tortillas
- Shredded cheddar cheese
- Fresh tomatoes
- Black olives

Heat your oven by setting the dial to 350 degrees.

Place in a saucepan:

- 4 boneless, skinless chicken breasts

Cover meat with water and simmer on medium high heat 30 minutes or until fork-tender and juices run clear. Drain off liquid and discard. Cool chicken slightly, then shred into medium-sized pieces.

Mix the following together in a large bowl, setting aside one cup of mixture into a separate bowl:

- 2 cans cream of chicken soup
- 1 - 12 oz. tub sour cream
- 1 small can mild chili peppers, chopped

Add to the larger portion of above mixture:

- Cooked & shredded chicken
- 1 cup grated cheddar cheese

Spread one half of the set aside one cup mixture on the bottom of the baking dish. Spoon the chicken and sour cream mixture into 10 large flour tortillas, rolling up and placing into baking dish (setting them on top of other mixture) as each is filled.

Spread on top of the filled tortillas:

- 1/2 cup of sour cream mixture

Sprinkle with:

- 1 cup grated cheddar cheese

Bake in the heated oven 45 minutes. Garnish with fresh sliced tomato and black olives.

Potato Strips

Utensils you will use:

- Kitchen knife
- 9 x 13 baking dish
- Aluminum foil

Ingredients you will need:

- Light olive oil
- Potatoes
- Salt & pepper
- Dried chives or parsley
- Minced garlic
- Chili powder

Heat your oven by setting the dial to 400 degrees.

Peel and wash

- 2 medium-size potatoes per serving.

(So, for 6 people, use 12 potatoes). Cut into large, thick strips by cutting lengthwise. Place in a bowl of cold water.

Place in a heavy duty, large zipper bag. Zip bag closed and shake well.

- 4 Tbsp. light olive oil
- 1/2 tsp. chili powder
- 1 tsp. minced garlic
- 2 tsp. dried chives or parsley
- 1/2 tsp. black pepper
- 1 tsp. salt

Add cut potatoes to the zipper bag and oil mixture. Zip up bag and shake to coat potatoes. Transfer potatoes to a baking dish. Repeat if you have more potatoes.

Sprinkle over potatoes:

- 4 Tbsp. of water

Cover with foil and bake for 45 minutes to 1 hour in hot oven. Test with a fork for tender potatoes.

Remove foil and turn oven to “BROIL” setting. Watch carefully and let potatoes brown lightly under broiler—this only takes a few minutes. Serve hot.

Baked Mashed Potatoes

Utensils you will use:

- Saucepan
- Electric beaters
- Measuring cups
- Spatula
- 9 x 13 baking dish

Ingredients you will need:

- Butter
- Milk
- Mashed potato flakes
- Cream cheese
- Salt & pepper
- Dried chives or parsley
- Dried onion flakes
- Eggs

Heat your oven by setting the dial to 350 degrees.

Make masked potatoes according to package instructions. Have 8 cups of hot mashed potatoes ready for use in this recipe.

Place in a mixing bowl and beat on low speed only until combined. Do not overbeat.

- 8 cups mashed potatoes
- 2 eggs
- 1 Tbsp. dried onion flakes
- 1 1/2 tsp. salt
- Pinch of black pepper
- 1 Tbsp. dried chopped chives or parsley
- 1- 8 oz. pkg. softened cream cheese

Lightly grease the baking dish. Spoon mashed potato mixture into baking dish and spread around evenly. If desired, dot top of potatoes with butter. Bake in heated oven for 40 minutes or until lightly browned on top. Serve hot.

Corn on the Cob

Utensils you will use:

- Large stock pot
- Tongs

Ingredients you will need:

- Butter
- Water
- Corn on cob, husked and silked
- Salt

In a large stock pot, put enough water to make half full. Bring to a boil.

Place into boiling water:

- 1 tsp. salt
- Corn

Cover pot. Cook just until water comes back to a boil. Set aside from heat source and let stand covered for 10 minutes. Remove corn from hot water with tongs and place into an oblong pan. Dot each cob with butter and spread around until melted. Serve hot!

Yellow Rice

Utensils you will use:

- Saucepan
- Measuring cups

Ingredients you will need:

- Butter
- White rice
- Salt
- Chicken broth powder or cubes
- Turmeric

Place in a medium saucepan and bring to boil:

- 1 cup white rice
- 1/4 cup butter
- 1 tsp. turmeric
- 1/2 tsp. salt
- 2 cups water
- 1 tsp. chicken broth powder or 1 cube

When ingredients are boiling, cover pan and turn heat to low setting. Cook for 12 minutes. Remove from heat. Let stand covered for 10 minutes. Serve hot as a side dish.

Note: Turmeric is an Indian spice that will give the rice a bright yellow color. It doesn't have a strong taste. This yellow rice goes very well with many main meat dishes or as a base for dried pinto or black beans.

Mexican Salsa w/ Homemade Tortilla Chips

Utensils you will use:

- Heavy frying pan
- Tongs or slotted spoon
- Measuring cups & spoons
- Mixing bowl
- Mixing spoon

Ingredients you will need:

- Corn tortillas
- Diced tomatoes
- Garlic
- Lemon
- Salt
- Jalapenos
- Cilantro
- Onion
- Sweet bell pepper

Salsa ~

Place in a medium size bowl:

- 4 cups diced tomatoes (may use canned or fresh)
- 1/4 cup chopped cilantro (this is sometimes referred to as Mexican Parsley—you will find it near the parsley in the grocer's produce section)
- 1 Tbsp. garlic, minced fine
- juice from 1 lemon or lime
- 1 small sweet bell pepper, diced
- 1 small onion, diced fine
- 1 jalapeno, diced (Wear rubber gloves to prevent getting volatile pepper oils on your hands or wash thoroughly with soap and water after cutting. Do not touch your eyes until your hands are rinsed.)
- 1 tsp. salt

Stir and refrigerate until serving time.

Chips ~

Heat cooking oil in a heavy frying pan. Have at least 1" of cooking oil in the bottom of the pan. Heat it on a medium/high setting but watch carefully—unattended hot oil can ignite!

Cut with kitchen scissors:

- 10 corn tortillas (6" diameter tortillas) into 4 sections (cut in half and then in half again).

Drop sections of tortillas into hot oil. Fry only until very lightly browned. Turn only once with tongs. Lift from hot oil with a slotted spoon or tongs, letting excess oil drip off. Place on a platter lined with paper towels to soak up any excess oils. Sprinkle with salt and serve warm with salsa.

Seasoned Green Beans

Utensils you will use:

- Saucepan
- Slotted spoon

Ingredients you will need:

- Green beans
- Chicken broth cube or powder
- Seasoning salt
- Butter

If using fresh green beans, wash thoroughly in clean water and trim off ends. Break in smaller pieces or leave whole. Place in saucepan and cover with water. Add:

- 1 tsp. of chicken broth powder or 1 cube
- Cook until tender, or about 40 minutes

If using frozen green beans, place in saucepan and cover with water.

Add:

- 1 tsp. of chicken broth powder or 1 cube

Cook for about 20 minutes.

If using canned green beans, pour beans and liquid into saucepan.

Add:

- 1 tsp. of chicken broth powder or 1 cube

Regardless of which method above you use, once the beans are cooked, drain off the liquid before serving. Dot the beans with butter and sprinkle with seasoning salt.

Camping Food

Whenever our family goes camping, we take along canned goods, potatoes, onions, carrots, and a large cooler for eggs, hot dogs, pickles, mayonnaise (extremely perishable-keep very cold!), and assortments.

One easy meal idea is to cut up hot dogs into a pot of canned pork and beans. In another pot, make instant mashed potatoes. To serve, put a pile of potatoes in the center of the plate, making a "crater" in the center. Scoop some beans and weenies into the crater and serve - the combination is quite good!

A good breakfast dish is made quickly by frying up some canned corned beef hash. When it is close to being done, break several eggs over the hash and mix and cook until the eggs are done. Bring along some canned fruit to serve with your hash and eggs.

To make a quick and tasty campfire meal, try using canned meat, potatoes, onions, and whatever else you like in homemade hash.

To conserve space in the cooler, you can pack needed items in small serving containers or plastic zip lock baggies. Some things can be done before you go on an overnight camping trip. For example, if you know you will be needing diced onions for a recipe, you can dice them up before you leave and put them in a zip lock baggie in your cooler. (Potatoes tend to discolor if you cut them up too long before cooking.) Carrots can be cut in advance, and so can bell peppers. Instead of taking a large bottle of vegetable oil, you can fill a small container with oil. You don't have to take a whole block of butter - you can just pack one stick in a zip lock bag. Don't worry about broken eggs - crack them at home and put them into small serving containers. Then they are ready for using right away! Make sure they stay in the bottom of the cooler so they stay nice and cold. Keep meats on the bottom as well. Containers of vegetables and baggies of cheese can be placed near the top. Taking only what you are going to use makes carrying the cooler considerably lighter!

When backpacking to a campsite, taking only non-perishable items like canned goods, potatoes, and onions is best - perishable items might get too hot in the backpack before you can cook them.

Spam™ 'n' Spuds

Utensils you will use:

- Large frying pan
- Knife and cutting board
- Spatula

Ingredients you will need:

- SPAM™
- Potatoes
- Onion
- Eggs
- Salt
- Pepper

Using a frying pan, heat:

- 2-4 Tbsp. oil.



Add:

- 1 medium onion, diced
- 4 potatoes, diced

Cook and stir over medium heat until potatoes soften, then add:

- 1 can SPAM™, diced

Once the SPAM™ is hot, add:

- 4 eggs, slightly beaten
- Dash of salt and pepper, (or other favorite spice)

Cook and stir until eggs are cooked. Serve immediately while hot!
Serves 4 hungry campers.

Variations:

Add diced green peppers and/or diced tomatoes when you add the egg.

If you have a cooler to keep meats cold, you can use diced ham or sausage in place of the SPAM™.

Flannel Flapjacks

Utensils you will use:

- Cast iron
- Pitcher or mixing bowl
- Measuring cups & spoons
- Stirring spoon
- Pancake turner

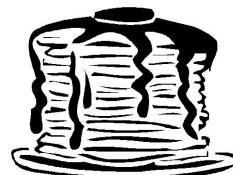
Ingredients you will need:

- Whole wheat flour
- Baking powder
- Salt
- Milk powder
- Eggs
- Water
- Butter
- Syrup or honey

Mix together in a pitcher or bowl:

- 1 egg
- 1 tsp. salt
- 2 tsp. baking powder
- 3 Tbsp. sugar
- 1 1/2 cups whole wheat flour
- 1/2 cup dry milk powder
- 1 1/4 cups water

Stir until smooth and pour out from pitcher onto a hot griddle that has been rubbed with butter. Pour small 4-inch circles with space between them. Wait until the surface appears all bubbly and then turn once using a spatula. Let this side cook briefly until lightly browned and then remove from griddle. Serve hot with syrup or honey.



These are called "flannel" flapjacks because when you wake up and crawl out of your sleeping bag on a frosty morning, you'll feel like you've been wrapped up in a warm flannel shirt after filling up on these flapjacks.

Cowboy Chili

Utensils you will use:

- Large frying pan
- Knife and cutting board
- Spatula
- Can opener

Ingredients you will need:

- Chili with beans
- Hot dogs
- Onion
- Corn
- Tomatoes
- Salt, pepper

This is a great chili to make if you are camping.

Using a frying pan, heat:

- 2-4 Tbsp. oil.

Add:

- 1 medium onion, diced

Cook and stir over medium heat until onions soften, then add:

- 2-6 hot dogs, sliced

(Figure either one hot dog per person, or two if you like your chili meaty.)

Cook until hot dog pieces are hot. Add:

- 1-2 tomatoes, diced
- 2 cans chili with beans
- 1 can whole kernel corn, drained
- Salt and pepper to taste

(optional: garlic powder and/or chili powder to taste)

Stir around until all is hot and bubbly. Serve with bread or crackers.

- Tip for the Camp Cook -

Rub the bottom of your cooking pots with a bar of soap. This will prevent the smoke from covering the bottom of the pan and will wash right off without a lot of scrubbing and scouring.

Baked Taters w/ Go-For Gravy

Utensils you will use:

- Heavy skillet
- Long tongs
- Whisk
- Measuring cup
- Tin foil

Ingredients you will need:

- All-purpose flour
- Dried beef
- Butter
- Milk
- Black pepper
- Large potatoes

Wash off large potatoes as needed. One large one per person should be sufficient. Wrap securely (if not very secure the coals will seep into the package and ruin the potato) in tin foil. Double wrapping is best! When your campfire has turned into hot coals, bury your potatoes in the hot coals. Leave to bake in the coals for 45 minutes to an hour. Remove from coals carefully with long tongs. Open carefully so as not to get ashes from the coals on the potato.

Now prepare your gravy. It is very tasty - you will really “go-for-it” !

Melt in a heavy skillet:

- 1/4 cup butter

Add in:

- 1 cup dried beef, shredded

Blend in with a whisk:

- 1/4 cup flour

Quickly add in 2 cups milk (on a campout, you can use dry milk powder mixed with water- use 1/4 cup powder to 1 cup water).

Heat the mixture to boiling, while stirring constantly. Serve hot over split baked potatoes.

S'mores

Utensils you will use:

- Long, sturdy stick or metal skewer

Ingredients you will need:

- Large bar of chocolate
- Large marshmallows
- Graham crackers

No camping trip is complete without toasting marshmallows over the fire and making S'mores. If you have never made a S'more, you are missing out! You don't have to have a campfire to make them, but it helps! They got their name from saying, "I'll have some more, please," really fast.

Before you begin toasting your marshmallow, have a plate prepared with two piles of:

- Graham crackers, broken into sections
- Chocolate bar, broken into pieces that will fit between two graham cracker sections, sandwich-style

Place a large marshmallow on the end of your stick and hold it over the fire. Turn it around until all sides are a nice golden brown. If you let it get too close to the flames, it will start on fire. Some people like burnt marshmallows, but the un-burnt ones are better in S'mores.

Once it's brown, take a graham cracker and place a piece of chocolate on top. Then, very carefully place the toasted marshmallow on top of the chocolate. Place another graham cracker on top, and press together. The hot marshmallow will melt the chocolate slightly. This is very gooey and sweet—eat and enjoy!

You can make these at home using your microwave. Simply place the chocolate piece and the marshmallow between two graham crackers and microwave for just a few seconds—as soon as the marshmallow starts expanding, you can take it out. Allow to cool 10-15 seconds—the marshmallow will be HOT!

Banana Boats

Utensils you will use:

- Long skewers
- Tin foil
- Kitchen knife

Ingredients you will need:

- Bananas
- Mini marshmallows
- Mini chocolate pieces

Use as many bananas as needed. One per person. Take a 12"x12" piece of tin foil and shaping a boat around your banana by crimping up the edges. Take a sharp knife and cut the banana peel lengthwise, about 1/2 inch down into the banana. Leave some uncut on each end of the banana (about 1/2" from each end).

Open peel slightly to stuff in:

- 8-10 mini chocolate pieces
- 4-6 mini marshmallows

Stick a skewer securely into the banana—going in sideways and not lengthwise. Hold over your campfires glowing embers until chocolate and marshmallows melt, about 10 minutes. Open your banana boat and enjoy eating out the middle.

Country Cheese Muffins

Utensils you will use:

- Measuring cups & spoons
- Stirring spoon
- Mixing bowl
- Muffin pan
- Muffin paper liners (optional)
- Ice cream scoop (optional)

Ingredients you will need:

- All-purpose flour
- Sour cream
- Eggs
- Salt
- Sugar
- Baking powder
- Baking soda
- Vegetable oil
- Grated cheese

Heat your oven by setting the dial to 400 degrees.

Line a muffin pan with muffin paper liners, or grease pan with shortening or spray.

Place in a mixing bowl and mix with spoon until combined:

- 1 1/3 cup flour
- 1/2 tsp. baking soda
- 2 Tbsp. sugar
- 1/2 tsp. salt
- 1 tsp. baking powder

Add to flour mixture, stirring just until all ingredients are moistened and blended:

- 1 egg, slightly beaten
- 1 cup sour cream
- 1 Tbsp. vegetable oil

Stir in:

- 1 cup of grated Cheddar cheese.

Divide batter evenly between muffin liners, using a 12 count muffin pan. Using an ice-cream scoop to place the batter into the liners works very well.

Bake in heated oven for 20-25 minutes or until lightly browned. Serve hot or cold.

Drop Biscuits

Utensils you will use:

- Muffin pan
- Mixing bowl
- Stirring spoon

Ingredients you will need:

- Self-rising flour
- Mayonnaise
- Milk
- Pan spray or vegetable shortening

Heat your oven by setting the dial to 400 degrees.

Combine in a mixing bowl, and mix with a wooden spoon until well blended:

- 2 cups self-rising flour
- 6 Tbsp. mayonnaise
- 1 cup milk

Grease each muffin hole in the pan with pan spray or shortening. Spoon batter into each hole, dividing it evenly between the 12 holes.

Bake in heated oven for 20-25 minutes or until golden brown.

Remove from pan and serve.

Cornbread

Utensils you will use:

- Measuring cups & spoons
- Stirring spoon
- Mixing bowl
- Round 8" baking pan

Ingredients you will need:

- White coarsely-ground cornmeal
- All-purpose flour
- Buttermilk
- Egg
- Salt
- Baking powder
- Baking soda
- Bacon drippings or butter

Place in an 8-inch round pan:

- 2 Tbsp. bacon drippings or butter

Heat your oven by setting the dial to 425 degrees, while pan with drippings is inside the oven. This will heat up your pan and get the butter melted or the drippings hot and ready for the cornbread batter.

Place in mixing bowl and stir until ingredients are combined (no lumps):

- 1 cup white coarse cornmeal
- 1/2 cup all-purpose flour
- 1/4 tsp. baking soda
- 1/2 tsp. salt
- 3/4 tsp. baking powder
- 1 egg
- 1 cup buttermilk

Remove round pan with drippings from heated oven and pour cornbread batter into the hot pan. Bake in hot oven for 15 minutes.

Cut into wedges and serve hot with butter.

Can be served with chili.

For breakfast, serve hot with butter and honey or maple syrup.

Fancy Dinner Rolls

Utensils you will use:

- Large mixing bowls
- Measuring cups & spoons
- Electric beater
- 9 x 13 baking pan
- 9 x 9 baking pan
- Round cutter
- Pastry brush (optional)

Ingredients you will need:

- Unbleached all-purpose flour
- Sugar
- Salt
- Yeast
- Eggs
- Vegetable oil
- Whole wheat flour
- Pan spray
- Butter (optional)

Stir together in a mixing bowl:

- 2 cups very warm water
- 2 eggs
- 3/4 cup vegetable oil

Combine in another large mixing bowl:

- 1/3 cup sugar
- 2 tsp. salt
- 3 cups all-purpose unbleached flour
- 2 Tbsp. dry yeast

Add the egg mixture to the flour mixture and beat with electric beater on LOW speed 30 seconds, then HIGH speed for 3 minutes.

Using a large stirring spoon, stir in:

- 2 cups whole wheat flour
- 1 1/2 cups unbleached all-purpose flour

Pour 2 Tbsp. of vegetable oil in a very large mixing bowl and cover inside of bowl with oil. Transfer dough to greased mixing bowl. Turn over once; cover with plastic wrap; refrigerate 2 hours.

Remove from fridge and punch down dough. Let rest 10 minutes. Spray 9x13 and 9x9 pans with pan spray (or rub with shortening). On a well-floured, clean counter, roll out dough to 1" thickness. Cut out rolls with a 2 1/2" round cutter (or the rim of a drinking glass).

Heat oven to 375 degrees. Transfer rolls to baking pans and let rise 45 minutes or until puffy and double in size. Bake in heated oven 25 minutes or until golden brown. As soon as rolls are removed, you may brush tops with butter or cool the rolls and use for sandwich buns.

Marmee's Chocolate Chippers

Utensils you will use:

- Large mixing bowl
- Measuring cups & spoons
- Stirring spoon
- Baking sheet
- Cookie spatula
- Ice cream scoop

Ingredients you will need:

- All-purpose flour
- Brown sugar
- Baking powder
- Baking soda
- Salt
- Vegetable shortening
- Eggs
- Oatmeal
- Chocolate chips

Heat your oven by setting the dial to 375 degrees.

Combine these in a mixing bowl:

- 1 1/2 cups brown sugar
- 1 cup vegetable shortening (like CriscoTM)
- 2 eggs

Stir vigorously until combined and smooth.

Add in:

- 1 1/2 cups flour
- 2 cups oatmeal
- 1 tsp. baking powder
- 1/2 tsp. baking soda
- 1/2 tsp. salt

Stir with a heavy mixing spoon until all the ingredients are combined. If the dough is too stiff to mix you can use clean hands and mix it with your hands. Add in:

- 2 cups of chocolate chips

Lightly grease a baking sheet. Using a small ice cream scoop, scoop out cookie dough onto the baking sheet leaving at least 2 inches between cookies. They will spread as they bake. Bake in your heated oven for 10-12 minutes. Let stand on the baking sheet for 10 minutes after removing from the oven. Carefully lift off with a spatula and let cool on a plate. Store in the family cookie jar—if there are any leftover!

Note: The ice cream scoop makes all evenly sized and shaped cookies.

P-Nutty Cookies

Utensils you will use:

- Mixing bowl
- Wooden spoon
- Baking sheet
- Fork
- Metal spatula
- Wire cooling rack

Ingredients you will need:

- Peanut butter
- Sugar
- Egg
- Vanilla flavoring

Heat your oven by setting the dial to 350 degrees.

Put into a mixing bowl:

- 1 cup peanut butter
- 1 cup sugar
- 1 egg
- 1 tsp. vanilla flavoring

Mix well until all ingredients are combined.

Roll into 1" balls. Place on an ungreased baking sheet. Press down with a fork dipped in flour.

Bake in heated oven for 10 minutes.

Cool before taking from baking sheet. Remove from baking sheet with a metal spatula and cool on a wire cooling rack. When completely cooled, store in a covered container.

Easy Brownies

Utensils you will use:

- Measuring cups & spoons
- Stirring spoon
- Mixing bowl
- 9 x 13 baking pan

Ingredients you will need:

- Sugar
- Eggs
- Vegetable oil
- Baking cocoa
- All-purpose flour
- Salt
- Vanilla flavoring
- Chocolate chips
- Chopped nuts (optional)

Heat your oven by setting the dial to 350 degrees.

Lightly grease a 9 x 13 baking pan.

Place in a mixing bowl and stir until well combined:

- 2 cups sugar
- 1/2 cup baking cocoa
- 3/4 cup vegetable oil
- 4 eggs
- 1 3/4 cup flour
- 1/2 tsp. salt
- 2 tsp. vanilla flavoring

Spoon batter into the greased baking pan.

Sprinkle over batter: 2 cups chocolate chips
2 cups chopped nuts (optional)

Bake in heated oven for 20-30 minutes. Do not overbake or brownies will be dry.

Sugar Snakes

Utensils you will use:

- Mixing bowl
- Measuring cups & spoons
- Kitchen knife
- Wooden spoon
- Wire cooling rack
- Electric beaters
- Baking sheets
- Wax paper

Ingredients you will need:

- Butter
- Sugar
- Eggs
- Vanilla flavoring
- All-purpose flour
- Baking powder
- Confectioner's sugar
- Food coloring

Heat your oven by setting the dial to 350 degrees.

In a mixing bowl, beat with electric beaters until fluffy:

- 1/2 cup butter, room temperature
- 1/2 cup sugar
- 1 1/2 tsp. vanilla flavoring
- 3 eggs

Add in and stir with a wooden spoon until all ingredients are combined:

- 2 1/2 cups all-purpose flour
- 1 Tbsp. baking powder

Use clean hands to mix dough if it is too stiff to stir with the spoon.

Lightly flour hands and shape dough into 3 equal parts. Pat onto wax paper in 3 rectangular shapes, 9" x 3". Place wax paper over the rectangles and refrigerate for 1 hour. Take dough from refrigerator and slice each rectangle into 12 strips about 1/2" wide. Roll each strip into 6" long ropes. Twist each rope into a snake shape. Place onto ungreased baking sheet about 1" apart. Bake in heated oven for 10 minutes or until lightly browned on the bottom. Let cookies cool for 5 minutes on baking sheet, then transfer to cool further on wire racks.

ICING: 1 cup confectioner's sugar & 2 Tbsp. water, mix until smooth. Dip entire snake into icing and let drip-dry on wire racks. Once dry, make more icing, adding 2-3 drops green food coloring. Make a green stripe down the snake's back with a little brush, and two eyes.

Polka-Dot Snack Mix

Utensils you will use:

- Measuring cups
- Stirring spoon
- Mixing bowl

Ingredients you will need:

- Chocolate buttons (like M&M's™)
- Roasted & salted sunflower seeds
- Cashew pieces
- Jumbo raisins
- Oatmeal flakes
- Date pieces

Combine these ingredients in a large mixing bowl, stirring until combined:

- 2 cups chocolate buttons
- 1/2 cup sunflower seeds
- 1/2 cup cashew pieces
- 1 cup oatmeal flakes, uncooked
- 1 cup date pieces
- 1 cup jumbo raisins

Use right away for snacking, or save in a plastic container for your next party.

To give as a gift, place the mixture in a plastic zipper baggie and make a homemade label. Tie with a ribbon.

To use for a "Hobo" party favor, place a handful of mixture into a zipper baggie. Place baggie in center of a bandana. Tie opposing corners of the bandana together. Place a long stick through the knot. Make as many as needed per number of guests invited.

Yogurt Pops

Utensils you will use:

- Small paper cups
- Plastic spoons
- Tin foil
- Mixing bowl
- Mixing spoon

Ingredients you will need:

- Vanilla yogurt
- Frozen orange juice concentrate

Set out frozen orange juice concentrate to thaw.

Put into mixing bowl: 2 cups vanilla yogurt

 1 cup thawed orange juice concentrate

Mix well and pour into small paper cups, filling to 1" from the top of the cup.

Place plastic spoons down into cups with handles sticking out the tops of the cups.

Place a square of tin foil over the top of each cup, pushing down over the spoon handle, holding the spoon handle in the center of the cup. The spoon will freeze in the popsicle and can be used for a handle.

Freeze for at least 6 hours and then set each cup into a small bowl of warm water to loosen the pop. Slide gently from the cup and enjoy your pops!

For fruity yogurt pops, you can add slices of bananas or pieces of strawberries to your mixture before filling your cups.

Another idea: Use colored markers and draw pictures, designs, labels, or names on the paper cups before filling and freezing them.

Josh's Jerky

Utensils you will use:

- Kitchen knife
- Tin foil
- Zipper type bag

Ingredients you will need:

- Seasoning salt
- Liquid smoke flavoring
- Garlic powder
- Onion powder
- Chili powder
- Worcestershire™ sauce
- Soy sauce
- Deer backstrap (or beef strips)

Prepare Jerky Mix. In a zip lock bag, combine:

- 1 tsp. seasoning salt
- 1 tsp. liquid smoke flavoring
- 1 tsp. garlic powder
- 1 tsp. onion powder
- 1 tsp. chili powder
- 1/4 cup Worcestershire™ sauce
- 1/4 cup soy sauce

Cut backstrap of deer into very thin strips (1" long x 3" wide x 1/8" thick). Place strips in bag with jerky mix. Marinate strips in jerky mix for at least 12 hours. Shake around in bag at least once.

Remove strips from marinade and lay on foil-lined oven rack. Discard marinade. Bake at 200 degrees for 4-6 hours. Check hourly. Jerky should be dry, but not hard and brittle.

Tips: Line the bottom rack of the oven with foil. Then line the top rack of the oven with foil and pierce with a fork for drainage. Set the jerky strips on the top foil-lined rack. The bottom foil-lined rack will catch drips, keeping them from the oven floor and smoking or burning. Jerky may also be dried in a food dehydrator. Follow dehydrator instruction manual.

This jerky doesn't have preservatives or nitrates in it, so we recommend keeping it refrigerated in small baggies. The boys take it on short hikes, but I am not sure of the safety in keeping it at room temperature for longer periods of time.

Blender Milkshakes

Utensils you will use:

- Measuring cups & spoons
- Heavy duty electric blender

Ingredients you will need:

- Dry milk powder
- Whipped topping powdered mix
- Coffee creamer powder
- Sugar
- Ice
- Vanilla flavoring

Place these ingredients in the blender:

- 1 2/3 cups dry milk powder
- 1/3 cup whipped topping powder
- 1/4 cup coffee creamer powder
- 1 1/2 cups water
- 1/8 cup sugar
- 2 Tbsp. vanilla flavoring

Place 10 ice cubes in blender and blend on HIGH speed until ice is smooth...continue adding ice cubes until blender reaches capacity. Run on HIGH speed for 2 minutes. Serve immediately in tall glasses with a straw.

To make other flavors, try these additions:

Pineapple: Add in a small can of crushed pineapple and use pineapple flavoring in place of vanilla.

Strawberry: Add in a 10 oz. box of partially thawed frozen strawberries and use strawberry flavoring in place of vanilla.

Chocolate: Add in 1/2 to 3/4 cup chocolate syrup. Chocolate milk mix can also be used.

Peanut Butter Chipper: Add in 1/4 cup peanut butter, 1/3 cup chocolate syrup, and 1 cup chocolate chips.

Malted Milkshake: Add into the chocolate or the vanilla variety, 2-3 Tbsp. of malted milk powder.

Note: Whipped topping powder is a dry powder available to make whipped topping, generally under the name DREAM WHIP™. If this is not available, use coffee creamer in 1/2 cup amounts instead of 1/4 cup. Also, increase sugar to 1/4 cup. Look for Malted Milk Powder in the dry milk or canned milk section of your grocery store.

Homemade Cracker Jack

Utensils you will use:

- Measuring cups & spoons
- Stirring spoon
- Small saucepan
- Large baking sheet

Ingredients you will need:

- Popped corn
- Brown sugar
- Butter
- Salt
- Dark corn syrup
- Baking soda

Heat your oven by setting the dial to 250 degrees.

Have prepared 20 cups of popcorn (5 quarts).

Place in a small saucepan and bring to a boil, boiling for 5 minutes while stirring:

- 1/4 tsp. salt
- 2 cups brown sugar
- 1 cup butter
- 1/2 cup dark corn syrup

Remove saucepan from heat and stir in 1/2 tsp. baking soda.

Spread popped corn over a large baking sheet with sides and pour syrup mixture over all.

Bake in heated oven for 1 hour, stirring every 15 minutes.

Let cool and store in zipper-lock baggies.

To use the cracker jack for a party: Store single serving size portions in small baggies and add in a toy surprise!

Chocolate Birthday Cake

Utensils you will use:

- Mixing bowls
- Rubber spatula
- Electric beater
- Cake pans (round, square, or oblong)
- Measuring cups

Ingredients you will need:

- Chocolate cake mix
- Cream cheese
- Whipped topping
- Milk
- Eggs
- Vegetable oil
- Instant vanilla pudding
- Chocolate chips
- Marshmallows
- Birthday cake candles

Bake cake according to package directions. Round or square pans can be used for a layer cake. Use a 9x13 pan for a single layer cake. Once baked, let stand 10 minutes, remove from pan(s). Cool cake completely and place in freezer until ready to frost. Handle carefully as cake is delicate and will break up easily. The baked cake can stay in the freezer from 2 hours to 1 month (if covered). Cakes frost easier when very cold or partially or fully frozen.

To frost the cake:

Mix the following ingredients in a mixing bowl on medium high speed with an electric beater until smooth and creamy. Then, spread between cake layers and on top.

- 1- 8 oz. package cream cheese
- 1 cup milk
- 1 small package instant vanilla pudding

Using a spatula, cover entire cake with 8 oz of thawed whipped topping.

Decorate top of cake with chocolate chips, using them to spell the birthday person's name.

Use marshmallows as candle holders for the birthday candles.

Oatmeal Snackin' Bars

Utensils you will use:

- Measuring cups
- Stirring spoon
- Mixing bowl
- Saucepan
- 9 x 13 baking pan

Ingredients you will need:

- Mini-marshmallows
- Margarine or butter
- Graham cracker crumbs
- Crispy rice cereal
- Flax or sesame seeds
- Oatmeal flakes, uncooked
- Raisins
- Coconut flakes
- Sunflower nut meats

Crush 1 pkg graham crackers into crumbs. (Either put the crackers in a ziplock bag, seal, and roll over with a rolling pin, or, place a few crackers at a time in a blender or food processor until crushed into crumbs).

Mix the following ingredients together into a large mixing bowl:

- 1 1/2 cups oatmeal flakes
- 1 1/2 cups raisins
- 1/4 cup flax or sesame seeds
- 1 cup crispy rice cereal
- 1/2 cup sunflower nut meats
- 1/2 cup coconut flakes
- 1 1/2 cups graham cracker crumbs

In a medium saucepan melt together while stirring constantly:

- 1/2 cup butter or margarine
- 8 cups mini-marshmallows

When this is smooth and melted, pour over dry mixture in large bowl until all ingredients are evenly coated. Butter your hands and pat and press mixture firmly into a lightly buttered 9x13 pan. Allow to cool completely, then cut into oblong bars. Wrap each bar in plastic wrap—it makes the perfect take-along snack...not too crumbly, not too messy.

Note: Other flavors can be made—combine or substitute dried fruits such as dried apples, craisins, dates, etc. Use pecans or walnuts instead of sunflower seeds. Add chocolate chips or peanut butter chips. When adding other dried fruits, nuts, or chips, keep measurement proportions the same as in the original recipe.

- Favorite Recipes from Momma -

The Young Gentleman

Put your best foot forward!

The manners here are a daily guide that all boys should learn to practice.

Politeness and courtesy show that a young man cares about others.

It shows character and virtue when you know what is and isn't
acceptable at the table or in front of guests.

It shows that you are concerned for the feelings of those around you.

Practicing the manners and courtesies listed in this section
will help you be a man among men.



Mealtime Manners



- Gentlemen make sure their hands and face are clean before appearing at the table.
- Gentlemen sit politely in their seats – no pushing or arguing about their seating assignments. No elbows on the table.
- Gentlemen use their napkins, not their sleeves. The napkin is placed across one leg; convenient for you to use during a meal.
- Gentlemen do not reach and lean across the table or in front of the person next to them. Gentlemen ask someone to please pass them the dish they need.
- Gentlemen eat a small amount of everything put on their plate, even if they don't care for it. (Exception: Food allergies!) If second helpings are offered, a gentleman may politely say, "No, thank you."
- A gentleman NEVER tells the hostess or others seated at the table that he doesn't like something being served.
- Gentlemen do not talk with their mouths full.
- Gentlemen chew with their mouths closed. It is disgusting and very bad-mannered to chew with your mouth open.
- Gentlemen do not slurp or burp out loud at the table.
- A gentleman always offers the last of something to others at the table before taking it for himself.
- A gentleman always remembers to thank the one who prepared the meal.
- A gentleman may offer to carry his dishes to the sink.
- Gentlemen carry on pleasant table conversation. They are not loud or coarse and they do not discuss unappetizing topics.
- A gentleman does not leave the table until the host does. If you are at the family table, you may ask your father's or mother's permission to leave the table. This is called "being excused." The proper way to do this is to ask, "May I please be excused?"
- It is a good idea to wash your hands after eating. It is also a good idea to brush your teeth immediately after eating, in order to prevent cavities.

Manners at Home

- Gentlemen remember to say those important words, “Please” and “Thank you.”
- Gentlemen respond to questions with “Yes, Sir,” and, “No, Sir,” to men and, “Yes, Ma’am,” and “No, Ma’am,” to ladies.
- Gentlemen remember to respond with “You’re welcome” after someone tells them “Thank you.”
- Gentlemen allow guests to go first when playing games or eating at the table.
- Gentlemen pay attention to whomever is speaking with them.
- Gentlemen say, “Pardon me,” or, “I beg your pardon. I could not hear you,” instead of, “Huh?” if they did not hear someone clearly.
- Gentlemen guard their tongues from angry and loud words that may hurt someone. Kindness is not weakness.
- Gentlemen always offer ladies (including mothers and sisters) a seat, if other seats are filled.
- Gentlemen watch over and protect those younger than themselves.



I had a little selfish thought to think and think about.
I did not know it would be caught or ever be found out.
But it was like a little seed and it began to sprout!
It grew into a little weed and blossomed in a pout!

I hid another little thought, ‘twas pleasant, sweet & kind;
So, if this time it should be caught, I knew I shouldn’t mind.
I thought about it, hour by hour, ‘twas growing all the while.
It blossomed into a lovely flower, a handsome, great big smile!

—Author Unknown

A Gentleman's Way in Public

- A gentleman removes his hat or cap upon entering a building.
- A gentleman offers to open a door for a lady, whether entering or exiting a building or getting in or out of an automobile.
- A gentleman does not spit in public.
- A gentleman does not laugh at or repeat rude jokes. He walks away.
- A gentleman offers to carry packages for a lady of any age.
- A gentleman will tip his hat to a lady in a greeting.
- A gentleman uses polite language and refrains from cursing at all times.
- A gentleman does not bite his fingernails or pick his teeth in public.
- A gentleman covers his mouth if he sneezes or coughs in public.
- A gentleman says, "Pardon me," or, "Excuse me," if he needs to pass in front of someone.
- A gentleman will say, "I'm sorry," if he accidentally bumps into someone.



All Dressed Up

- for weddings, church, or other special occasions -

- Always make sure your shirt is freshly cleaned and pressed.
- Choose a shirt color that looks good with your suit.
- Make sure your suit is clean and pressed. Wrinkly clothing looks tacky.
- Choose a nice tie to offset the outfit - again, no wrinkles!
- A silk handkerchief is classy if folded and placed in your breast pocket - just a tad showing. False kerchiefs can be purchased to tuck easily in a pocket.
- If you have a tie tack, you may wish to use it. They can make your tie look very dressy.
- Comb your hair nicely - suitcoat events are not the time to wear the latest wild haircut. It's always best to err on the side of conservative. Presenting a clean and neat appearance is very important.
- Wear dress shoes and socks to match your trousers. Do NOT wear white socks with dark pants and dark dress shoes!
- When dressing formally, do not slouch - either when standing or sitting.
- Don't hunch your shoulders over and stuff your hands in your pockets, looking bored. This is very bad manners. You may well be bored - but it shows character if you do not show boredom to others.
- Be sure to wear your very best smile. An honest, sincere smile can make the ugliest of ducklings into the handsomest of princes!

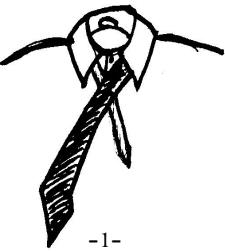
-Tying a Man's Tie-

In order to be a well-dressed gentleman, you must know how to tie a tie. Not everyone knows how, so we are including these helpful illustrations. You will learn here to tie a common knot called the Four-in-Hand Knot. A properly tied tie has a dimple, or crease, in the center of the tie, just below the knot. This is correctly formed by pinching the dimple in place as you tighten up the knot. The dimple is the key to making the tie stick out slightly and hang properly. Other common knots, are the Windsor, (or Double Windsor), the Half-Windsor, and the Pratt (or Shelby) Knot. The different knot types produce differences in the final appearance of the knot – some are wider, some more triangular, etc.

-Tying the Four-in-Hand Knot-

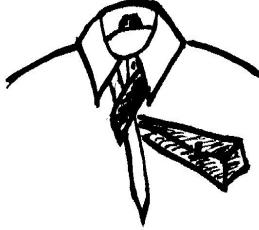
This knot is used for standard dress shirts.

"The fox chases the rabbit around the tree and down the hole."



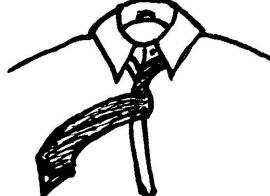
-1-

The wide end should extend about 12" below the narrow end (tail). Cross wide end over the tail.



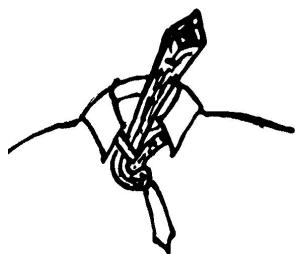
-2-

Cross the wide end back underneath the tail.



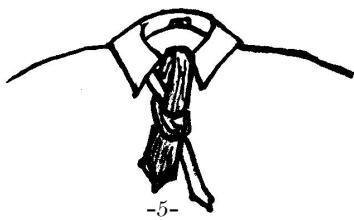
-3-

Cross back over the tail (you have now gone "around the tree").



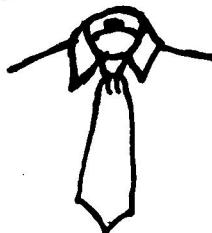
-4-

Take the wide end and pull it up through the loop around your neck. (Notice you are leaving a loop where you just were).



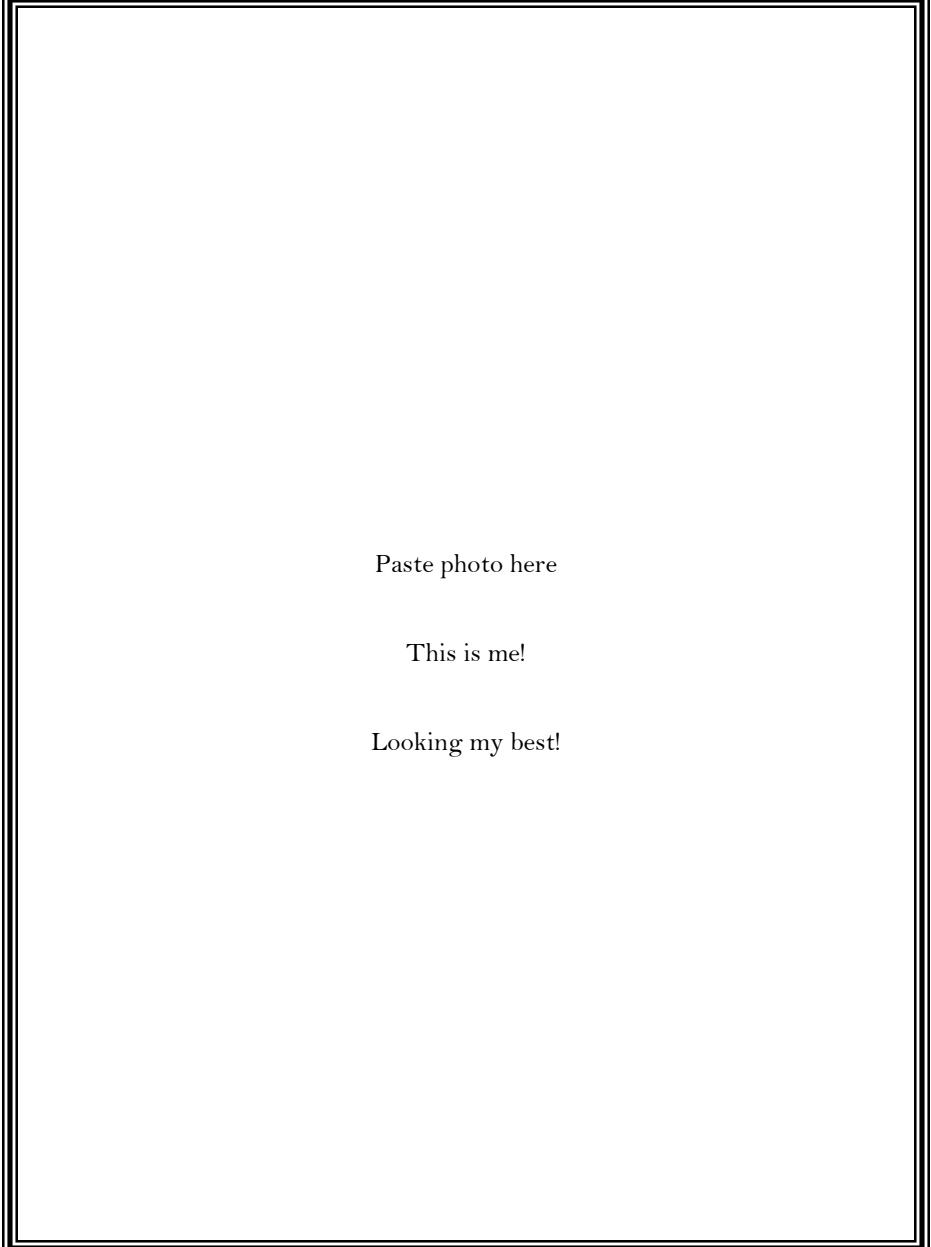
-5-

Hold the loop (knot) that was just formed in (4) loosely with your fingers of one hand while threading the wide end thru the loop (knot) with the other "down the hole."



-6-

Remove your fingers from the loop (knot) and pull gently on the tail while sliding the knot upward into place on the collar.



Paste photo here

This is me!

Looking my best!

First Aid and Safety

Be smart. Be safe. You just might save a life!
Here you will find guidelines to follow in case of severe storms.
Know where to seek shelter, what to avoid, and how to respond in an
emergency. The section on swimming will help you have a fun and
safe summer. Be sure to check out the care and treatment of minor
injuries and how to recognize serious injuries. Suggestions are given
regarding various bites and stings. One page covers burns,
and another section gives a list of household safety tips.

Look, learn, and be safe!



Emergency Situations

In this section, some of the rules you may not have to be responsible for on a continuous basis because an adult will be with you, and will be able to handle the situation. However, many times a young person or teenager is left home to babysit siblings. It is important for you to know the best safety procedures in various situations in order to preserve the safety and lives of others. A bit of knowledge could be the difference between life and death.

"The lips of the righteous feed many: but fools die for want of wisdom." Proverbs 10:21

-Bleeding-

For minor bleeding, apply direct pressure for one minute. When bleeding has stopped, take care not to disturb the area or the bleeding may begin again. In the event of heavy bleeding, apply direct pressure by holding a clean cloth over the wound and pressing firmly for a full 10 minutes and have someone telephone emergency services (911) as quickly as possible.

-Blocked Airway-

If someone stops breathing and you are the only one available to help, run a finger down the side of his/her mouth, then across, so as not to jam any possible object blocking their airway, down any farther. If it is a child, turn them over your lap and slap sharply between the shoulder blades two or three times. If there is no obstruction, as in a chunk of food or a small object, blowing in a baby's face may cause them to inhale and start breathing again. Learn the "Heimlech" procedure to use with teens and adults. If **anyone** in your care stops breathing, for even a few seconds, call emergency services (911) immediately.

Disclaimer:

The safety recommendations provided here are purely informational, based upon research. Individual family members may have medical conditions which require different treatment from that provided here. Each person is responsible to know as much as they can about their family members and the people they are responsible for in order to ensure maximum safety. The authors of this book cannot be held accountable if someone misuses any information herein. Please contact a health professional if you have any questions about how to treat a specific ailment.

-Head Injury-

A severe blow to the head needs immediate medical professional attention. A minor injury to the head requires the one caring for the injured to be alert. Keep the head of the injured elevated on pillows. Check with a flashlight to see if their pupils react to light. The pupils should close to a small circle when the light shines in their eyes and open up to a wider circle when the light goes off. Both eyes should react in a similar manner. If the pupils do not react to the light properly, or the injured is nauseous or vomiting, this indicates a concussion. Seek medical help.

-Broken Bones-

An obviously broken bone needs medical attention by a health care professional. Do not give any pain medication until the patient has been evaluated. Elevate the affected arm or leg if it is not obviously broken and take care not to use it. Wait overnight. If the pain is severe enough to keep the patient awake much of the night, it needs to be checked as soon as possible by medical personnel. The ability to move an injured arm or leg or the color that the injured area may become is NOT an indication of whether or not the bone has been broken. So, if in doubt, seek medical attention and have an x-ray performed and proper care given to set the bone if it truly has been broken.

-Anaphylactic Shock-

This can be caused by insect stings or severe food allergies. Peanuts are a common food that can cause severe allergic reactions. The affected person feels faint, vomits, passes out, and can die from this reaction. Difficulty breathing is the primary symptom of anaphylactic shock. Hives may appear, the throat may swell, and wheezing may occur. If the affected person has an Epi-Pen, use it immediately and call emergency services (911) without delay!

Cardiopulmonary resuscitation is the term for what you probably have heard referred to as **CPR**. If you have any opportunity to take a class in **CPR**-take it! You will never regret knowing how to perform **CPR** if you are in a situation to need it one day! You could save a life!

Bangs, Bumps, Bites, & Bees

-Goose Egg Bumps-

If someone you are with falls and hits their head, you can sometimes determine whether or not immediate medical help is necessary. On the forehead, a lump should extend out from the head – this is called a “goose egg,” or large “knot.” A hard bump on the head that does not result in a goose egg is dangerous, because that means swelling is occurring on the inside of the head, not the outside. Those injuries should be seen by a professional right away. While a goose egg will look scary, it really is a good sign. When you call the doctor’s office, and describe the injury, they may ask if it is “goose egging.” If it is, they may give you directions for treatment at home, and not require you to come in to the office. Of course, head injuries which result in profuse bleeding, nausea, unconsciousness, etc., regardless of whether or not a goose egg is present, should be seen by a doctor immediately.

-Cleaning & Bandaging-

If you receive a deep puncture wound or cut, you may need stitches. Seek out an adult immediately and let them determine how best to handle the situation. If you need stitches, be sure to keep the area clean and try not to stretch the skin a lot while it is healing. If you allow dirt or liquids to get in under the bandage, you can slow healing, or even allow an infection to begin. Keep your bandage clean and follow all the doctor’s directions about caring for the stitches while you are healing.

Disclaimer: The following is NOT for eye injuries or ear injuries or any injury which involves internal parts or organs of your body. Injuries of that nature must be attended to immediately by an adult, probably a doctor. The following recommendations are solely for exterior purposes.

If you receive a minor cut or scrape, there are several ways to clean it and dress it. It is always most important to clean the cut completely. You must remove all dirt, sand, or other foreign material. Leaving any behind can cause an infection. One method of cleaning is to use antibacterial

wipes, which come packaged kind of like band-aids. Another method is to run water over the wound, encouraging it to bleed out a little, which helps remove impurities in the wound. Pouring hydrogen peroxide over the wound can also help. (Only if you have no allergies to this—if you are not sure of the one in your care and their allergies—use only plain water.) You may need to use a clean wash rag to gently rub the affected area to encourage dirt and debris to be removed. If you have triple-antibiotic ointment that your parents have used on you before, you may put some on the wound before applying a bandage.

Note: Some people have allergies to antibiotic ointments. If you are uncertain and are babysitting, simply clean the wound as best as possible, don't put on any ointment, and apply the bandage. Notify the parents immediately upon their return of how you dressed it, and they can take care of it from there.

After the bandage has been applied, it is important to keep it clean and free from foreign matter. Do not allow it to be soaked off by playing in muddy water. Do not allow sand and dirt to get into the cut. Infections could set in, making the healing time longer and the scarring much worse.

-Animal Bites-

Probably the most serious result of being bitten by an animal is rabies, a very deadly disease to humans. It is always wise to leave stray animals alone. If you are bitten by a rabid animal, you must receive a series of shots, or vaccines, in order to combat the disease. If you do not receive these shots in time, you will die. I cannot stress the importance of notifying parents, other adults, or guardians, if you are bitten by a stray animal. If someone you know is bitten by an animal, and they are afraid to tell anyone, you may save their life by telling an adult about it.

Many animals can carry rabies, including cats, dogs, raccoons, skunks, possums, bats, birds, wolves, and rats. If you are bitten by any animal, no matter if it barely scratches you, you must tell an adult so they can take you to a doctor. If the animal is a pet and belongs to someone you know, you can verify whether or not the animal is current on their rabies vaccinations. If the animal is a stray, and can be captured, you will want an adult to help capture it for testing. Most towns have animal safety divisions which can send professionals out to contain the animal. In any

event, animal bites must be properly cleaned and cared for, in order to prevent infection. Depending upon the severity of the bite, stitches may be required. Once a doctor or other adult has dressed the wound, you need to make sure it stays clean and free of foreign matter, just like any other bandaged wound.

-Tick Bites-

If you are bitten by a tick, it is most important that you remove ALL of the tick, not just his back end. Effective tick removal is done using a tweezers. Grasp the tick firmly as close to the head as possible, including as much of the body as possible. Slowly twist counter-clockwise, while gently pulling it out. Check the tweezers to make sure the head is still attached to the tick. Very often, a small piece of skin will be sticking to the head of the tick. If you see this, you can be sure you got all of the tick, including the head. If any swelling or marks occur around the area within a few days or a week of being bitten by the tick, make sure you tell an adult – you may have to see a doctor. Breaking out in spots shortly after being bitten by a tick, and/or running a fever, also requires medical attention. Lyme's Disease and Rocky Mountain Spotted Fever are best treated as quickly as possible.



-Spider Bites-

Regular spider bites can be slightly painful and/or annoying. However, unless you are highly allergic, they should not be especially dangerous.

If you think you have been bitten by a Black Widow spider or a Brown Recluse spider, you MUST go to a doctor. Insect books available at the library have excellent pictures of Black Widows which will help you recognize them. You may be bitten by a Brown Recluse and not be aware of it. If you notice a sore developing on your hand (or wherever) that doesn't seem to heal, but gets worse, and eventually develops into a "volcano" type of sore, with an oozing center and swollen sides, it probably is a Brown Recluse bite and you must see a doctor. If you remember

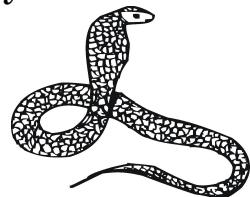
being bitten by a spider, and you develop a fever within a day or two, please tell a parent or guardian – it may be nothing, but it may be serious.

Let the adult decide what medical action needs to be taken.

-Snake Bites-

It is ALWAYS best to leave snakes in the wild alone. If you live in an area where poisonous snakes are present, you need to go to the library and get books with clear pictures so you can learn to identify them.

STAY AWAY from poisonous snakes. If you are ever bitten by one, you MUST get medical help immediately. This is a serious matter. Non-poisonous snake bites are less serious, but you still need to tell your parent or guardian you were bitten, and describe the snake as best as you can. Many snakes, like green snakes and black snakes, will run from you, and they are not poisonous. However, others, like copperheads, water moccasins, and rattlesnakes will hold their ground, and many will attack. You must receive an anti-venom for bites from these snakes.



-Dangerous Stings-

If you are highly allergic to ANY kind of sting, you MUST seek immediate help upon being stung. Anaphylaxis is the term for a severe allergic reaction, usually resulting in swelling of the throat or tongue, and difficulty breathing. Hives may also be present.

If you have ever experienced an allergic reaction like that, you must tell your parents so they can notify the doctor. You may be required to carry something called an EpiPen – an auto-injector which gives you a shot of epinephrine – a drug which can help stop the allergic reaction and give you time to get to a doctor or hospital.

If you are ever with someone who is highly allergic, and you are going to be doing an outdoor activity like hiking, make sure you both know EXACTLY where the injector is so that no time is lost in getting the drug into their system after being stung. For a person who is highly allergic, every second counts.

-Stinging Pests-

For all stings which are not life-threatening, the following first aid recommendations are provided. If you are bitten by a mosquito or tick or other insect and you have no allergy problems, the suggestions on the following page may be helpful.

- Mosquitoes & Insects -

There are sprays, ointments, and allergy creams which greatly reduce the itching associated with mosquito bites and bites from other annoying insects. Follow the package directions. Making a paste of baking soda and water and applying to the bite may reduce itching.

- Ants, Bees, Wasps, Yellow Jackets -

Over-the-counter products are specially made for relieving the sting of these insects. Make sure to flick the stinger off in case it's still in your skin. Wash the area with soap and water, or hydrogen peroxide if not allergic. To reduce pain and swelling, try one of these remedies:

- Make a paste of meat tenderizer and water. Leave on for 30 minutes.
- Apply a slice of raw onion or a slice of raw potato.
- Make a paste of apple cider vinegar and baking soda. Leave on for 10 minutes then rinse the area with cold water.
- Pour straight lemon juice on the sting or ant bite.
- Applying a slice of cucumber helps ant bites.
- A cold compress may relieve the swelling.
- People who are not allergic to bleach can pour a small amount over the sting or ant bite. After a couple minutes, rinse well with water. Do not use this remedy near your eyes, nose, or mouth.

Fire & Ice

-Burns-

Minor 1st degree burns will hurt and turn red. They will heal within a few days. Treat these with aloe-vera or tea-tree oil immediately. Re-apply when burn becomes uncomfortable.

A more serious 2nd degree burn will hurt badly and blister. Do not “pop” a blister! It is nature’s best bandage and will keep infection out as long as it stays intact.

A serious burn will pop and blister immediately. When placed under cold, running water the top layers of skin will slough off. It may or may not hurt at the time of the burning. These burns need to be treated by a trained health care professional.

-Frostbite--

Frostbite, like burns, is categorized by degrees. First degree symptoms include numbed skin, white in color. It may feel stiff to touch it, but underneath, the tissue is still warm and soft. Slowly warming the affected areas is the best way to treat this. Warming too quickly can actually cause more damage.

Second degree frostbite is serious and needs medical attention in order to prevent permanent, or at least severe, damage. The skin will be white or blue and feel hard and frozen, but the tissue underneath is still okay. Blistering will likely occur.

Third degree symptoms: white, blotchy and/or blue skin. The underlying tissue is hard and cold. Immediate medical attention is necessary as this is a life-threatening situation.

If you think you or someone you are with may have symptoms of frostbite, get to a safe, warm place as quickly as possible. Do NOT run hot or very warm water over the affected parts – this will cause damage to the area. You will need to slowly warm the area. If you suspect 2nd or 3rd degree frostbite, you need immediate medical help.

Be Safe — Not Sorry!

- Never play with matches! Do not allow anyone you are babysitting to play with matches.
- Cleaners, cleansers, and bug sprays are often stored under kitchen sinks or bathroom sinks, where they are handy to reach, but not safe! If you are watching a child, make sure they cannot get into those areas. Substances of that nature are **VERY POISONOUS** and can be **FATAL** if swallowed. If your home has dangerous chemicals stored in a location within easy reach of a child, ask your mom or dad if you can help them move those items to a higher location. They'll probably be glad you thought of it!
- Never play with a gun, slingshot, bow, or bee-bee gun without adult permission!!! This is a serious matter if you have not been trained in firearm safety. If you are in someone else's home, you should not handle any weapons you see on a rack or in a case.
- If a fire starts inside the oven, you can throw large amounts of salt or baking soda on the fire to put out the flames. Turn the oven off. Do not use it again until an adult has checked it and cleaned out the oven. The food in the oven will probably be inedible at that point.
- Never keep any electrical appliances near a bathtub. If they fall in while you are in the tub, you could be electrocuted.
- Never leave a toddler or baby unattended. If you are helping to watch a younger brother or sister, never leave them in a car seat on the table. If they are playing in your room, don't leave them on the bed alone — especially the top bunk bed!

-Safety Rules at Our House-



- Flash Floods -

- Flash flooding can be quite dangerous, even if you are not camping near a river. Drainage ditches which run in front of homes and subdivisions, etc., can also become deadly in heavy rains. NEVER play near a ditch during heavy rains, even if the weather is warm otherwise and you are allowed to play outside in the rain. The ditch could suddenly fill with water and sweep you or another child away, causing drowning. A child could also die from being struck by other objects which are also being swept away. If a child falls into a drainage ditch during heavy rains, or while there is fast-moving water, they could get lodged in a pipe and drown. Best to just stay away from ditches in heavy rains!

- Hail -

- Some storm systems produce damaging hail. It might look fun to go run outside during a hailstorm, and collect the falling hailballs, but don't do it! You could be hit in the head with a large hailstone and be seriously injured, or even killed. If you are outside playing with friends, or if you are babysitting and your siblings are outside and it starts hailing, bring everyone inside. Stay away from windows and glass doors. Large hail balls can break through glass, shattering it everywhere and cutting people close by.

- Downed Power Lines -

- Stay as far away from downed power lines as possible. It may seem to be laying perfectly still and not sparking or jumping around, but it could still be carrying a huge load of power – enough to kill you if it touches you. Downed lines can suddenly “jump” several feet, and they will be attracted to you, so stay away! Don't think you can run over one with your bike and your rubber tires will protect you – that is a LIE! It can whip up and strike you. It may not – but who wants to take that kind of chance? You could be killed or permanently disabled by a downed power line.

- Lightning -

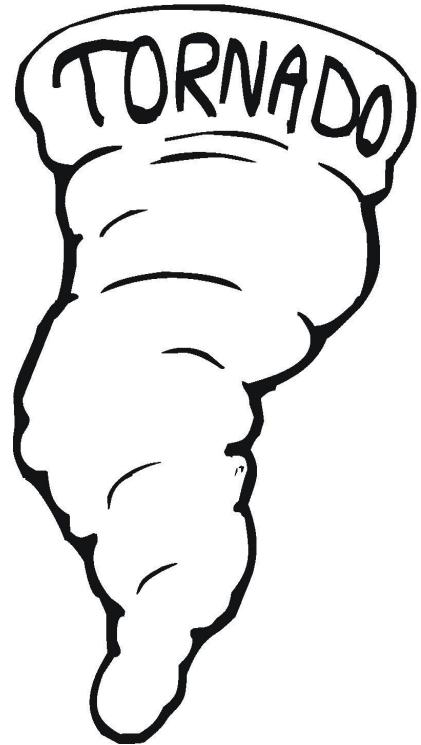
- If you are outside, you should go inside. Do not stand under tall objects like trees, and do not stay near metal objects like fences, etc.

- Avoid talking on the phone. Lightning has been known to travel through the wire and shock the person closest to the storm.
- Avoid direct contact with water. Never swim in a pool or lake during a lightning storm. Don't take a shower or wash the dishes during a storm. Some people say those are just "tales" – and you probably wouldn't be severely injured, possibly just shocked, but getting shocked isn't pleasant.
- It's best to avoid sitting near an open window during a storm. Lightning can be attracted to it for various reasons, and you could be shocked.
- If you can safely unplug things like microwaves, televisions, computers, modems, sewing machines, etc., during a bad electrical storm, you may save your equipment from damage. Each year, appliances are damaged due to nearby lightning strikes during a storm.
- Lightning can do very unusual things – it is a very serious matter. Because it tends to "jump" and can "travel" along the ground, it can be attracted to hose connections, water heaters, people standing by an open door or window, a television set, phone connections – the list is pretty long. Fortunately, electrical storms tend to pass over quickly. It's best to just grab a book or magazine or play a game with a family member until the storm passes over.
- If during or after an electrical storm, you hear lightning crack very close by, and later notice rust in your water or in the commode – check your water heater! It may be that electricity has traveled your pipes and blown the electrical components in the water tank, possibly tripping the circuit. If you restart the water heater without checking it first, you may start a fire.



- Tornados -

- If you hear about a tornado warning for your area, you need to find immediate shelter. If you live in a home with a basement, get all your family together and head to the basement. If you live on a farm with a storm cellar, head for it immediately. Wait for the all clear signal or for the storm to pass over. (Some towns have emergency signals they use to notify citizens of a tornado.)
- If you live in a mobile home, and there is time to get to a safe building, like a community center with a basement, or a storm shelter, do so. Perhaps a neighbor has a basement or storm cellar – if you have time, call to see if you can come stay there until the warning is past. If you live in a mobile home and do not have time to leave before the storm hits, here are some suggestions from government websites: Leave the mobile home. You are safer outside in a ditch. Mobile homes can be picked up by high winds and thrown around. Tying them down does not guarantee they will not be picked up and thrown. Head for a ditch or low-lying area as far away from cars or other mobile homes as possible. Crouch down on your knees, tuck your head down, and put your arms over your head to protect yourself from flying debris.
- If you live in a house with no basement, head to an interior room, like a closet, bathroom, or interior hallway with no windows. If you have time, grab a mattress to lay over top of you to protect you in case of a falling ceiling. Kneel down and crouch over as low to the floor as possible – try to tuck your head close to your knees and place your hands over your head. If seeking shelter in a bathroom, climb in the tub, place the mattress over top of you, and crouch down as described.



-Swimming Pool Safety-

Ah! Summer!!! Loads of time to enjoy jumping, diving, and swimming in the pool. Yes, this is a very pleasant way to spend your summer, but be sure to follow safety precautions:

- Keep a life ring close to the pool. It's best to have a rope attached to the life ring. If someone is in the deep end or in the middle of the pool and has a cramp or other problem, you can toss them the ring and pull them to safety.
- Make sure any guests who cannot swim wear a life preserver. It may not look "cool," but looking "dead" is much worse.
- Never swim alone.
- Do not run around the edges of a pool. You can slip and hit your head on the concrete, knocking yourself unconscious on the way into the water. It's hard for you to tread water, swim, float on your back, or call for help if you are knocked out – you will likely drown.
- Never participate in horseplay that involves holding someone under the water – regardless of how "short" a time period it may be. Some people panic easily; it is not something they can control. Some people cannot hold their breath for very long. Some people are on medications which adversely affects their breathing. Any of these possibilities pose a life-threatening situation for the person being held under the water. Having "fun" which ends in an accidental drowning is a terribly, terribly sad way to learn these lessons. Lots of fun can be had without holding someone under water.
- Keep all glassware away from the edges of the pool. It is best to use plastic around a pool. In the first place, it floats, so if it accidentally falls in, it's easy to retrieve. In the second place, glassware can get knocked over and broken, which can cause serious cuts. If the broken glass ends up in the bottom of the pool, someone could step on it and be seriously cut. It is also extremely difficult to locate underwater, and

someone could cut their hands trying to retrieve it.

- If you learn all the pool safety rules, and follow them, and encourage others around you to follow them, you will be making sure that everyone has fun and stays safe from drowning accidents.
- Obey all the pool owner's rules – even if you think they are silly. Respecting the pool owner is polite and right – after all, he or she is being gracious enough to allow you to use the pool, the least you can do is to obey their rules. Make sure you say “thank you” when you are ready to leave. Pick up any towels or toys you may have left. Offer to help with cleaning. A pool is a very expensive thing to own and upkeep, so when someone else allows you to use a pool for free, you should be appropriately thankful.



- Wire Fires -

Never put water on an electrical fire. If an appliance catches on fire, go to the breaker box and flip the breaker off that controls that appliance. If you don't know which one, flip them all off. You need to make sure power to that appliance is off. Once the electricity is off, you can use a fire extinguisher if needed to put out the fire. Call 911 so the fire department can come out and verify the home's safety before turning the breakers back on. Your parents may need to call a qualified electrician to come and check the wiring. (If after turning off the breaker and using the extinguisher, the fire spreads or gets worse, just get everyone out of the house and call 911 immediately.)

The Young Handyman

Learn to sort the laundry,
Sweep and mop the floor,
Mend a broken cabinet
Fix the squeaky door.
Unclog a stubborn sink!
A little light, now, if you please.
New lamp, old lamp -
Wattage, voltage . . . what are these?
Now it's time to clean the car
We need to do it right.
Whatever we are asked to clean
We do with all our might!



Low Down on Laundry

- Sorting Laundry -

This is a very simple matter, but one which many people tend to ignore, so they end up with red undergarments, blotchy shirts, and unintentionally tie-dyed pants. EEEWWWW!

Don't be like that – learn to sort the laundry!

- Sort out all solid whites. Dress shirts, socks, underwear, handkerchiefs – anything white. They get washed together, with NO colors. Some white garments may be bleached – check the label first! If you bleach something that isn't supposed to be bleached, you can ruin the garment. Also, your household may not use bleach for allergy reasons, so just wash according to the detergent your family uses. White items can usually be washed in hot water.
- Towels of similar color and type should be washed together in warm water. It is not a good idea to combine dish towels with washcloths used to clean the body – for hygiene reasons, keep them in separate loads. Warm to hot water is fine for towels.
- Sort out all the blue jeans. They will “bleed” blue dye into the wash-water, so make sure anything else you throw in the wash with them is blue – or else it soon will be! Jeans can be washed in warm water.
- Colored shirts and pants - sort red apart from the rest of the clothes, as they will sometimes “bleed” red into the other garments. Cold water is usually used for colors, although some stains may require hotter water.
- For heavy garments, like rugs, coats, blankets, etc., wash just one or two of the same item in a load. Do not mix things like rugs and blankets together unless you want gritty blankets!
- Always read the labels of clothing to see how they are supposed to be washed. This will help them last much longer and look new for a longer time.

- Eeeww! Mildew! -

It is very important not to leave laundry sitting in a pile for days at a time – especially if it is wet! You will cause mold and mildew to form on your clothes. This creates little black dots that cannot be washed out completely. Even using bleach on whites will not remove some molds and mildew stains. So be sure to wash the laundry often – you don't want gross things growing on your clothes!

- Seeing Spots? -

Another point to remember in caring for laundry is NOT to place cleaning rags with the other laundry. Some cleaning solutions, and especially bleach, will soak from the cleaning rag onto other garments in the laundry box, ruining them. If they accidentally get tossed into the wash load with other garments, they will cause discoloring on the other garments in the wash load.



In the olden days boys used to have to haul water for their mommas to do the laundry! There was a day of the week chosen just for getting the laundry done. Large kettles were set up over an open fire, usually built by the bigger boys in the family, and the water hauled in and the pots filled up. Then the clothes were boiled, stirred, scrubbed, and laid out to dry on the grass and fences and backyard clotheslines.

- How to Sew on a Button -

Buttons have a way of becoming loose and falling off. This is easily repaired. Find the button, or a matching button, some matching thread, and a needle. Make sure the needle will pass easily through the holes of the button. Thread the needle using a piece of thread about 20 inches long. Place a knot at the end, holding both ends of the thread together. You will have a double thread, about 10 inches long.



Making a knot in the end of the thread. Simply wrap the two ends together around your index finger, then using your thumb, “roll” the thread up and over the tip of your finger. Holding the thread with your thumb and index finger, slide your fingers down, pulling gently against the “knot” you just created. It should catch and make a nice knot quite close to the end of the thread.

Determine where the button will go. If it is a recent loss, it should be easy to see where the button belongs. If it is not obvious, simply lay the garment out in the manner in which it would be worn. If it is a shirt, button up the buttons on either side of the missing button. You may take a pencil and make a mark through the buttonhole of the missing button onto the space where you will be sewing on a new button. Then, unbutton the buttons, and place the new button on the mark.

Sewing it on. Beginning from the wrong side of the fabric, poke the needle up through the material where you marked it. Slide the button down over the needle, and draw the thread through. Choose the hole opposite the one you just went through and go back down. Come up through one of the holes you haven’t used yet, and go back down through the opposite hole. You should have an “X” going between the four holes of the button. Repeat, going in and out of the holes, making “X’s”, 3-4 times. On the last time going down, you will make a knot on the back side. (This is called “tying off” a knot.)

Making the knot. Run the needle and thread thru some of the loops of thread holding the button in place, and pass the needle through the loop before tightening it. Do this twice. You should have a knot close to the fabric. Snip the thread – you’re done!

If you have never done any of the above before, you may wish to get a piece of scrap fabric and some buttons and practice before you actually work on a shirt. This is all quite fast – once you have mastered sewing on a button, the whole procedure shouldn’t take more than a few minutes!

- How to Patch Your Jeans -

RRRRRIIIPPPPPP! Oh no – not again!



Caught your jeans on a nail, and now you have an L-shaped tear in the material. Not a problem – you can fix this yourself!

Get a needle and some matching thread. Thread and knot the needle as described before.

Method # 1: Beginning at one end of the tear, and starting from the wrong side, poke the needle up through the material, making sure the knot is secure. Push the needle back down directly across from where you came up, so the thread is crossing over the tear. Come back up the other side, very close to where the needle came up the first time, and go back down very close to where you went down the first time. Continue doing this until the tear is completely covered. Tie off.

Method # 2: If you have a patch, and you wish to have only the L-shaped tear be noticeable, you may place the patch behind the tear, sewing as in Method # 1, except you would be sewing through the patch as well. When you are finished, you can cut away any excess patching material. Patching adds strength to a repair, helping it to last longer.

Method # 3: Using a patch, place it on the outside of the tear. Cut the patch so it is only about $\frac{3}{4}$ inch bigger all around than the tear. Cut it in a nice, clean square or rectangle shape. Sew the tear together as in method # 1, if possible. If a chunk of material is missing, then you will not be able to sew the hole together. Place the patch over the tear, and pin it in place where it will look the nicest – you don't want a crooked patch. Carefully folding under about $\frac{1}{4}$ inch of the edge of the patch, bring the needle up through the jeans from the wrong side and through the folded edge of the patch. (You are folding the edge of the patch under all the way around so it won't fray and look tattered after the first washing.) Place the needle back down just outside the folded edge. Come back up very close to where you came up the first time, through the folded edge, and go back down close to where you went back down before, just outside the folded edge. Continue doing this all the way around the patch. You will probably have to stop and tie off the thread and re-thread your needle at least once, because patching uses a lot more thread than sewing on a button. Keep the stitches small so it will look neat when you are finished. Once it's done, it's ready to wash and wear again!

Brooms 'n' Mops

- Sweep It Up! -

Begin in one corner. Always sweep toward the same place, whether that is the center of the room, a doorway, or the opposing wall, make sure all your sweeping motions are in the same direction, pointing to the same place. Do not use fast, heavy sweeping motions as this will simply scatter debris everywhere and will not make a nice, neat pile. Be careful to sweep along the baseboards and in the corners. Once you have made sure that you have swept up every crumb into a nice pile, use the dustpan and carefully sweep up the debris and carefully dump it into the trash.

- Mop it Up -

First, sweep the floor. Then, fill a bucket with hot, sudsy water. Dunk the mop in the water a few times, then squeeze out the excess water. Starting against one wall, use a back and forth motion to scrub the floor. If there are gooey things stuck to the floor, use a PLASTIC spatula to gently scrape them off. Then continue mopping over the area. You must return the mop to the bucket frequently to rinse it, squeeze it out, and use it again. It is a good idea to keep a rag handy that you can use to wash the baseboards while you are mopping the floor. Work a small section at a time. When that section is clean, go to the next one. Try to work ahead of you, backing toward a door, so that when you are finished, you are in a different room, allowing the floor to dry without being walked on.

- Cleaning a Carpet Stain -

Use carpet cleaner to scrub up stains on the carpet. (Check with your mom or dad first to make sure the product you are using is safe for the carpet that needs cleaning, AND that you are not allergic to it.) Using a clean, white or light-colored cloth, spray the cleaner on the carpet per the product's directions, then "blot" the spot with the cloth. Blotting is done by folding the cloth several times, then gently but firmly pressing it onto the wet spot on the carpet. Pick the cloth up, refold it so a different, clean portion of the cloth is showing, and press again. Repeat this process of spraying the carpet and blotting it up until the stain is gone. Some tough stains may need gentle scrubbing. Do this very carefully so you don't ruin the thread twists of the carpet.

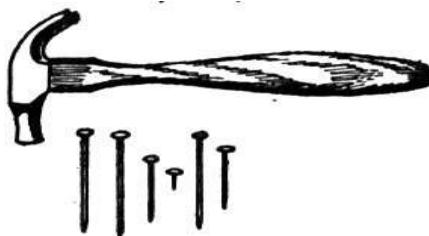
Simple Home Maintenance

Even young boys can be a big help around the home.

Here are some suggestions:

- Tighten screws on door hinges. Make sure you use the right screwdriver – some are flat heads and some have a crossed head, called Phillips head screwdrivers. Also, make sure the screwdriver fits the screw nicely. Too big and it won't turn, too small and you'll bend up the head of the screw.
- Spray WD-40™ on squeaking hinges. (Make sure to wipe up any drips!)
- Put in extra nails or screws on loose outdoor decking boards. (Nails will require a nice, heavy weight hammer. Screws will require an electric drill.)
- Tighten knobs on kitchen and bathroom cabinets. Open the drawer, hold the knob in one hand on the outside of the draw and turn the screwdriver holding the knob in place from inside the drawer. Do not over tighten – you will strip the threads on the screw!
- Make sure the exit vent for the dryer is free from lint. Go outside and locate the place where the dryer vent exits the house. Check it once a week or so to make sure no large lint balls have escaped and clogged the exit vent.
- Keep the lawn mower clean and ready to use. When the mower is off, you can lift it up and scrape off any grass or mud that is stuck on the inside of the cutting base. Check the air filter for clogs or grass clippings. Try to keep the top of the mower free of grass clippings – they can break down and get inside, causing the bolts to rust. Keep the oil level filled properly. Make sure to check the gas before each use. Never store a mower where it can get rained on.

- Keep the weedeater clean. Check the air filter. Keep the gas can full. Don't let it get rained on, either!
- Under sinks and cabinets, you can fill in holes around the pipes by spraying insulating foam around the pipes. This helps keep out bugs and mice.
- You can use your caulk gun to caulk around bathtubs and sinks, to keep from getting water underneath the cabinet or behind the walls. After you spread a thin bead of caulk, use your finger and very gently spread the caulk evenly along the area you are caulking. Don't press too hard – you don't want to wipe it off, just spread it out evenly. Experiment a couple times – you'll get it!
- Use a stud finder to locate a stud before you hang a picture on the wall. Once you have located the stud, ask an adult to help you center the picture. A painting should be about eye-level or just slightly higher. You can find the center of the room or the area in which you wish to hang the painting, by using your tape measure. Measure the total distance, then divide by two. That point will be your center. Try and locate a stud near the center.
- Keep the outside of the windows looking nice. Use whatever cleaners your parents use – whether it's vinegar, or vinegar and water, or soap and water, or ammonia and water – and wash off the outside of the windows. Then, use your squeegee to scrape off the excess water. With a little practice, you will quickly have beautiful, clean windows!



"Building boys is better than mending men."

Plumber's Helper

- Unclogging Kitchen Sinks, Bathroom Sinks, and Bathtubs -

To unclog a bathroom sink:

Buy a very useful plastic tool which is great at getting the hairballs out of the drain. It is very inexpensive (\$2-\$3) and can be purchased in many stores. It is a long, skinny, flat piece of plastic which has "thorns" sticking out on each side. It is easy to thread this device down the bathroom drain as far as you can, then pull it back up. It will bring all kinds of debris with it, which you discard in the trash can.

This device also works well on unclogging bathtubs, which are usually clogged because of hair.



Sometimes, mostly due to people rinsing grease down the kitchen sink, the sink will clog. Often, simply plunging the sink will fix it. You will need one rubber plunger for the job. Most households have them on hand.

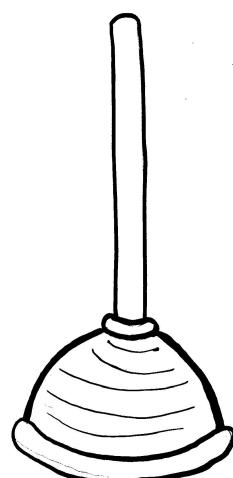
Directions for correctly plunging a SINGLE sink:

- Remove the strainer, and place the plunger over the drain.
- Make sure you have a complete seal and press down evenly on the plunger.
- Release it. Do this several times.
- See if any water will go down the drain.
- If plunging does not work, an adult will have to try and work with it.
- If plunging is making a difference, continue to work the plunger until either the sink flows properly, or it flows as much as you can get it to flow – further improvement will have to be done by an adult.

Directions for correctly plunging a DOUBLE sink:
[most kitchens have a double sink]

- First, look under the sink at the pipes.
- Determine which sink actually drains into the main pipe. (One of the pipes will simply run horizontally or parallel to the cabinets and will connect into the next pipe which will be connected to either a P-shaped or S-shaped pipe. The shaped pipe is the main drain pipe.) You will be using the plunger on the drain which goes straight into the main drain pipe.
- You can leave the strainer in the other sink, but you **MUST KEEP YOUR HAND OVER THE STRAINER**, keeping it tightly down in the sink. If you do not hold this strainer down, when you begin plunging the other side, it will force the clogged water to come out of the side you are not plunging, and it will spray all over, making a mess!
- Using one hand to hold the strainer in one sink in place, you will be using the other hand to work the plunger on the other drain. You may want to get an assistant to hold the strainer in place while you work the plunger. (If you do not have strainers for the drains, that's okay. You can make a very effective seal with the palm of your hand. Or, if you are using an assistant, they can place their hands over the drain of the sink you are not plunging.)
- Repeat the process of plunging and releasing as for a single sink.

The Plunger :
The Popular Plumber's Helper



Let There Be Light!

- Changing Lightbulbs -

Changing a Bulb That Just Went Out: Make sure the bulb is cool before taking it out – hot bulbs can burn you! The round glass end should have printing on it, telling the voltage and wattage. The replacement bulb should be the same or a lower number in wattage.

Putting New Bulbs in New Lamps: Read the wattage suggested by the manufacturer. It is located on the outside of the lightbulb base. If it is a small lamp, removing the glass shade might make it easier to read the base. If it says 100 watts, then you may use a bulb 100 watts or lower. Do not use 120 watts or higher in a 100 watt fixture.

Changing Bulbs in Older Fixtures: If you find a fixture in a yard sale, and have no idea what the suggested wattage is, begin with a 60 or 75 watt bulb. If that works well, but you really want something brighter, you may try a 100 watt bulb, but don't go any higher than that. If it goes out right away, or sooner than expected, you may assume 100 watts is too much for the old lamp, so stick with a lower wattage.

The Right Fit: Make sure the shape of the bulb you are using fits the lamp correctly. Using a bulb that may fit into the base but is too large for the shade is not good. The bulb could melt a hole in the lampshade and possibly cause a fire.

Replacing Bulbs in Ceiling Fan Fixtures: Make sure all the bulbs match. It looks weird to mix flame-tipped bulbs with round-topped bulbs. Also, don't mix plain bulbs and iridescent bulbs.

Note: On the bottom of a bulb, another set of numbers listed will be voltage. Voltage is important if you move to another country and take your lamps with you. Then, you would have to match voltage instead of wattage.



Removing Glass Lampshades from Ceiling Fixtures: When you change a bulb, it's a nice time to dust the lamp. If it has glass lampshades, it's also a good idea to take them down and give them a bath. Here's how to remove them and replace them without breaking them!

- Hold the glass piece with one hand.
- With the other hand, slowly go around the base of the glass shade partially unscrewing the screws holding it in the base. You do not need to remove the screws completely, just unscrew them enough to remove the shade. If you do this correctly, all the screws should remain in the base, while the shade slides out.
- Take the shade(s) to the sink and wash them in warm, soapy water.
- Dry completely before replacing.
- To replace them, hold the shade in the base with one hand; with the other hand, tighten all the screws in place around the shade.
IMPORTANT: Tighten down each screw three or four turns and then go around again. This ensures each screw is helping to hold the shade in place. Make sure each screw is contacting the shade and pressing against it.
- In some fixtures, it is easy to be accidentally holding the shade catty-cornered, and miss catching the shade with a screw – this will cause the shade to fall and break. You must make sure that each screw is helping to hold the shade in place.
- Once you have gently tightened each screw against the shade, slowly remove your hand to see if the shade will stay in place. If it does, try to wiggle it very slightly. If you detect any movement, try tightening the screws just a little. **DO NOT OVERTIGHTEN THE SCREWS** – you don't want to crack the glass shade. If there's no wiggle, and all the screws are contacting the shade, you are done.

Wash the Wheels

- Everyday dish soap works well on cars, but some car owners prefer specific commercial products to be used on their cars. Make sure you check with the owner before you wash their car.
- Get a clean rag, a sponge, and a soft-bristle scrub brush.
- Start by rinsing off the whole car with the hose.
- Check the car carefully to make sure there are no blobs of mud or tar stuck to the car. If there are, use the hose and rag or your fingers and gently work the gunk off, so it will not get caught in the sponge later and scratch the paint.
- Fill a bucket with very soapy water.
- Start at one end and thoroughly wash down the car, except the wheels. You can use the soft-bristle brush on the wheels to help scrub off debris. Do NOT use the brush on the car – you might scratch the paint.
- Rinse off the soap as you work. When you have gone all around the car, check it over to see if you've missed any spots.
- Do the outside of the windows last. You can use toweling or a squeegee. There are products on the market which reduce window fogging and help raindrops to bead, making visibility easier. If the car owner would like you to apply that product to the windows, now is a good time.
- You can use a chamois or a towel to dry off the car, or you can let it air dry. Check with the owner as to which method they prefer.

Seems like a simple thing to do, but make sure you check all these areas before reporting that you've cleaned the car or van!

- Look under all the seats. Pick up any items you find there. Sort the trash from the treasure, and put it all in the right place. If something has spilled under the seats, clean it up.
- Look in any “pockets” the car may have – some are part of the back of the front seat, some are under the windows, some may be on the sides of the vehicle or seats. Wherever there are pockets, make sure they are containing ONLY what they are supposed to contain. Remove other stuff and put it away or throw it out if it is trash.
- Check the top of the dash board and the back ledge of the back window. Papers, toys, pens, gum wrappers, CD’s – a lot of stuff gets left in these two areas.
- You can use vinegar and water or Windex™ or something similar to clean the windows all around. Use clean toweling for each window to reduce streaking. Spray enough to get off the gunk and scum, but not so much that it runs all over the interior.
- Several cleaners are on the market for cleaning the plastic and vinyl interiors of autos. Use clean toweling and follow the directions on the can. The inside of your family vehicle will be bright and shiny!



Keeping It Tidy

- Straighten up books on the bookshelves. Books should not be shoved in helter-skelter or laid on top of each other. They should be lined up neatly. Many people like having all the bindings even to one another on the shelf. This is easily done by pulling all the books in a section part-way out, then taking a book and laying it against the bindings of a group of books, and slowly pushing them back onto the shelf until one of the books stops the progress. That section should be nice and even. Some people organize according to subject, or alphabetically by the author's last name. Regardless of the method, a boy should be able to straighten the bookshelves and keep them looking sharp!
- Dusting. This can be as simple as using a rag to remove the dust from objects. Sometimes it's good to use a damp rag, but don't use a damp rag on wood - use a wood cleaning product on your rag. Make sure to dust ceiling fans, the tops of cabinets, and the corners of shelves. Pick up objects on a shelf and dust underneath them before replacing them.
- Hang up clothes. Always hang your shirts neatly on a hanger. Fold your pants over a hanger to keep the crease. This is done by holding the pants upside down, center seams together. From this angle, you should be able to see the front and back seams. Move your fingers to hold the pants so they will lie flat against the hanger, keeping the crease in place. Place all the clothes on the hangers right side out. Button the top button of shirts to keep them from sagging off the hangers.
- Pick up pieces of trash, scraps of paper, gum wrappers, etc., and throw them away.
- Always make sure to either vacuum, sweep, or mop your floor. Don't forget the corners and under the furniture and beds, too! Things have a very sneaky way of finding themselves under these areas!

- Making Your Bed -

- Check to make sure all toys, shoes, frogs, marbles, cookies, and other miscellaneous stuff are removed from the bed before making it.
- Make sure the bottom (fitted) sheet is snugly over all four corners of the bed. If not, tug firmly and tuck under the mattress.
- Take the top sheet and pull it up to within 3-4 inches of the top of the mattress. Smooth it out so there are no wrinkles, then tuck the bottom of the sheet under the mattress. Some people like it tucked all the way up to the top, but most folks just tuck in the first foot or two from the end of the bed.
- Make sure both sheets are securely and neatly tucked in at the foot of the bed.
- Take your blanket and do just like you did for the top sheet. Repeat for multiple blankets.
- Take your top blanket, comforter, or whatever your top-most covering is, and lay it on top of the last layer of blankets. You have two choices:
 - 1) You can pull it up even to the top of the mattress and neatly lay your pillow(s) on top; or,
 - 2) You can pull it up past the top of the mattress by however wide your pillow is, plus a few inches. Lay the top edge over your pillow, even with the top of the mattress, and neatly tuck the extra under the pillow.
- Smooth out any bumps and lumps. If a lump moves, you forgot the frog!



Let's Go to the Woodshed

Learn some basic whittling – make great homemade gifts for family and friends! Use our simple instructions to make 4 wood projects – from the small and simple to the large and more complex.

Every boy (and man) needs a toolbox!

You will find a list of tools (and how to use them) to place in your toolbox. The birdhouse is easy to make, fun, and a great gift idea for Momma. Have races with your friends with the little paddleboats! Make your own get-a-way with the cabin instructions.



Whittling

This can be a fun hobby! You can learn to make animals, fish, birds, people – whatever you can imagine. The more you practice, the better you will get. But first, there are some rules to remember:

- A knife is a tool; a knife is not a toy.
- You must be careful and think when you whittle. You don't want to cut yourself or ruin your carving.
- Learn how to handle your knife. If you have never had a knife before, your father can show you how to safely open and close the knife so you won't get cut.
- Learn how to sharpen your knife. A sharp knife is less likely to slip while carving.
- Take care of your knife. Keep it clean. Keep it dry.
- Close the knife with the palm of your hand.
- Never carry an open knife in your hand – close it, and put it away.
- Don't leave an open knife laying around – close it, and put it away.
- Do not "goof off" with your friends with a knife. Someone could get seriously hurt.
- Do not use a knife to damage someone else's property.
- Stay safe and have fun!



To get a "feel" for whittling, many woodworkers suggest practicing on objects other than wood – soap, apples, carrots, or potatoes. Start with a simple object, like a fish shape or an arrowhead shape. If you make these shapes out of vegetables, you can serve your creation for dinner! You can make boat shapes out of Ivory™ soap because the soap floats. Carve out some of the inside of the boat, make a mast out of a twig and a sail from paper or a plastic cup. Then set it adrift and watch it sail!

Let's start on a bar of soap. These directions will be for right-handed people – if you are left-handed, please adjust the directions for your comfort. Hold the dry bar of soap in your left hand, pointing down and away from you. Holding the knife in your right hand, carefully carve off a shaving by starting at the top and cutting down and away from your body and away from the soap. Do not “dig” into the bar! Whittling is a process of taking off tiny amounts of the object, not large chunks. Turn the bar of soap as you shave off small pieces. Continue the cut all the way to the end – don't stop short and break off your shaving. Broken off shavings make sloppy wood carvings. One woodcarver compared this to using a spoon to scoop out melon balls – you must finish the cut.

Back to the soap. Let's say you're holding the fish by its tail, so you will want to taper your shavings so that it's wider in the middle and narrowing to a rounded point at the end of the bar. When you think you have the general shape right, turn it around and start on the tail. Scoop shavings out of the middle to make a “V” shape, then form the tail. When you have the general shape of the tail, you can start shaving off more pieces, slowly and carefully, making the narrow definition between body and tail. Keep working at it until it looks like a fish. Then, you can carve two eyes. You're done!

Try carving more things out of vegetables or another bar of soap. When you are comfortable with how the knife works, how to hold your objects, and how to take off small shavings, you are ready to try a piece of wood.

When carving wood, you must first determine which direction the grain is running. You must cut with the grain. You must cut until the wood chip drops off by itself. If it doesn't, you haven't finished the cut. Do not pull off your chips – it will tear the wood and ruin your project. Remember the soap bar fish? Follow the same procedure to make a wooden fish. When you are finished, you can sand your fish smooth. If it requires too much sanding, shave off more wood. When you are finished sanding, wipe off the dust with a damp rag, and your fish is done. Eventually, you will be able to whittle and carve until the object is smooth, without having to sand it.

Go to your local library and check out books on whittling and/or carving. There are books available on twig carving; they give you ideas and designs for carving small birds from twigs. Once you get good at carving and whittling, you can make keychains, bookends, necklaces, toys, and more. Your friends and family will love getting gifts handmade by you!

Build Your Own Toolbox

Note: This project may require adult supervision depending on your age. Ask your father or an older brother to cut the wood for you using a table saw if you are not old enough. You can measure and draw the lines for the pieces that need to be cut.

Tools used in this project:

- Table saw
- Hammer
- Framing square
- Drill
- Tape measure
- Pencil

Materials used in this project:

- 1/2 inch plywood
- 1 1/2" finish nails

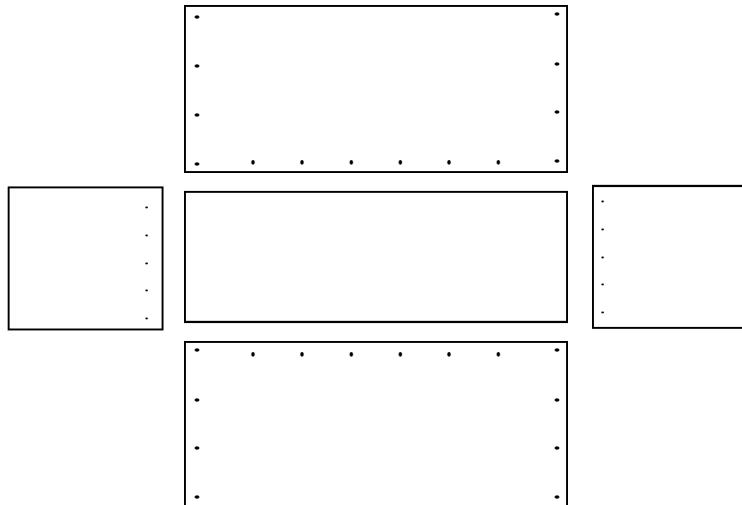
You are going to draw a rectangle, 14 inches long by 8 inches wide. Using your tape measure (or square if it is longer than 14 inches) and starting at one edge, draw a line 14 inches long. Using the square, and placing it along the line you just drew, draw a line 8 inches wide. Using the square, begin the bottom line of 14 inches. (If the square isn't long enough, finish with the tape measure.) Using the square, draw the final side 8 inches wide. Now, using the square, check all the corners to make sure they are 90 degree angles. Using the tape measure, make sure two sides are exactly 14 inches long, and two sides are exactly 8 inches wide. If it all checks out, it's ready to be cut.

Following the same directions as above, draw out two squares with 8 inch sides.

Following the same directions as above, draw out two rectangles whose sides are 15 inches long and 8 inches wide.

Once all the pieces have been cut, you are ready to begin drilling. You can use either a hand drill, or an electric drill, depending upon your age and parental supervision.

Lay the pieces out like this:



Take one of the squares and along one edge, about $\frac{1}{4}$ " in, drill a hole through the plywood about $\frac{1}{2}$ inch from each corner. Use a drill bit the same size as the nails you will be using. Move in 2" from each hole and drill two more holes. Measure the distance between those two holes, and drill one more hole in the center between them. You should have 5 holes. Do the same thing on the other square.

Take the bottom piece (14" x 8") and one of the squares. Set the square piece up against the bottom piece, making sure the edges of the square are lined up with the edge of the bottom. Carefully tap nails into the holes you drilled, until they catch the bottom piece – then you will have to hammer a little harder. Once all five nails are in, you do the same on the other end with the other square. You should now have a bottom and two short sides of the box.

Now, take one of the 15" long pieces of wood, and about $\frac{1}{2}$ " from the edge, begin drilling holes every two inches or so. Make sure the first hole on each end starts 1" from the corner. Do the same on the other 15" piece of wood. Now, on both pieces of wood, you will need to drill four holes going up the sides, about $\frac{1}{2}$ " from the edge. Space the four holes evenly along the edge.

Take one of the pieces and lay it against the three already nailed together. You are going to make the 3rd side. Beginning at the bottom, put the nails in the same way you did before. Then do the sides. Make sure all your nails catch the wood and don't end up on the inside or outside of the box. Do the same thing with the 4th side. Now you have a box.

If you wish to carry it with you, instead of using it to store your tools, you may add a handle. To do this, you will need a hole-cutting bit for your drill. The hole needs to be 1" in diameter. Drill the hole in the short side, in the center, 1" from the top of the box. Do this for both short sides. Get a 1" dowel rod, and cut it 15" long. Slide it into both holes, forming a handle. Using the drill, drill a hole through the top edge, going into the dowel rod. Tap a 2" nail into the hole. Do the same on the other end. This will keep the dowel rod from falling out. Now you can carry your tool box with you.

Tools you can place in your new tool box!
They will be helpful for you as you help fix things around your home!

Chalk reel: This is a handy tool. It has string packed in a case to which you add blue powder. The string is pulled out and held taut slightly above the area on which you wish to create a straight line. The string is gently pulled up and released. It snaps onto the surface, leaving behind a perfectly straight blue chalk line. Great for making a straight line on a long piece of wood before you use your handsaw.

Caulk gun and caulk: First, you follow the guide marks and cut the tip off the caulk tube, load it in the gun, and you are ready to seal around windows, sinks, tubs, or doors.

Electric drill or hand drill with a variety of bits: These tools allow you to make holes in wood or metal, into which you plan to place a nail or screw. The end of the tool allows you to change from using a drilling bit to a screwdriver head.

Goof-Off®: This is a general purpose remover. Make sure you read the label. It's great for removing sticky stuff from surfaces, scuff marks from floors, etc.

Hammer: You need one of a good weight with a decent claw for pulling out nails. Try out some hammers when you are buying one – weigh it in your hand, test the grip, etc. Make sure it is comfortable and something you can handle well.

Hand sander: Usually, this is a hand-sized device to which you attach a piece of sandpaper. It makes sanding flat surfaces much easier.

Handsaw: A hand-held saw. Better in many situations than electric, because you can stop immediately and see exactly where you are cutting.

Hole punch: This tool has metal handles and a moveable “wheel of spokes” at one end for different sized holes. This is good for making new holes in your belt or other similar thickness items.

Level: You should have a small one for your toolbox. It is used by laying across an object or objects to see if they are level. There is a bubble in the middle of a glass bar. The bar has two lines either side of center. When the bubble is exactly between the two lines, you are level!

Mallet: Similar to a hammer, but the head is much larger and made of rubber. It is used for tapping things into place without damaging them.

Pliers: Hand-held tool used for grasping, clamping, and twisting.

Pocketknife and/or multi-tool: The pocketknife alone is great for any cutting or whittling needs. The multi-tool can have other attachments, like screwdriver heads, nail files, scissors, etc.

Retractable tape measure: A small squarish plastic or metal box, only about an inch thick, out of which you can pull a length of measuring tape. Being automatically retractable allows you to press a button and the tape zings back into the box.

Sawhorses: These won’t fit in the tool box, but they are handy! They are made from two by four’s and are used to make quick workbenches, hold doors while drilling or painting, support while sawing, etc.

Screwdriver set: Should contain several kinds of Phillips head screwdrivers (they are the kind with a cross at the tip), and several sizes of flat head screwdrivers.

Silver duct tape: This is used for holding things together, fixing the handles on some items, etc.

Square: This is an L-shaped, flat piece of metal, with ruler measurements on it. It is used for making straight lines and 90 degree angles.

Squeegee: A skinny piece of rubber attached to an equally long piece of metal with a handle in the center. This tool is wonderful for washing windows and cleaning up water messes on a floor.

Stud finder: A little handheld device that you run across a wall (makes no marks!) and beeps when you have located a stud. Much better than punching a bunch of holes in the wall, hoping to find a stud!

Utility knife: A retractable razor blade, set on an angle, in a metal case.

Wrenches: Long, handheld metal tools with different size ends, used for tightening down nuts and bolts.

Wire cutter: Small scissors-like tool with a hard sharp blade, used for cutting wire.

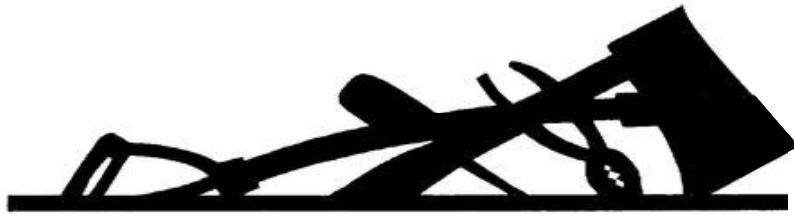
- Tool Tip -

To loosen a screw, turn to the left (counter-clockwise).

To tighten a screw, turn to the right (clockwise).

A neat way to remember this rule is:

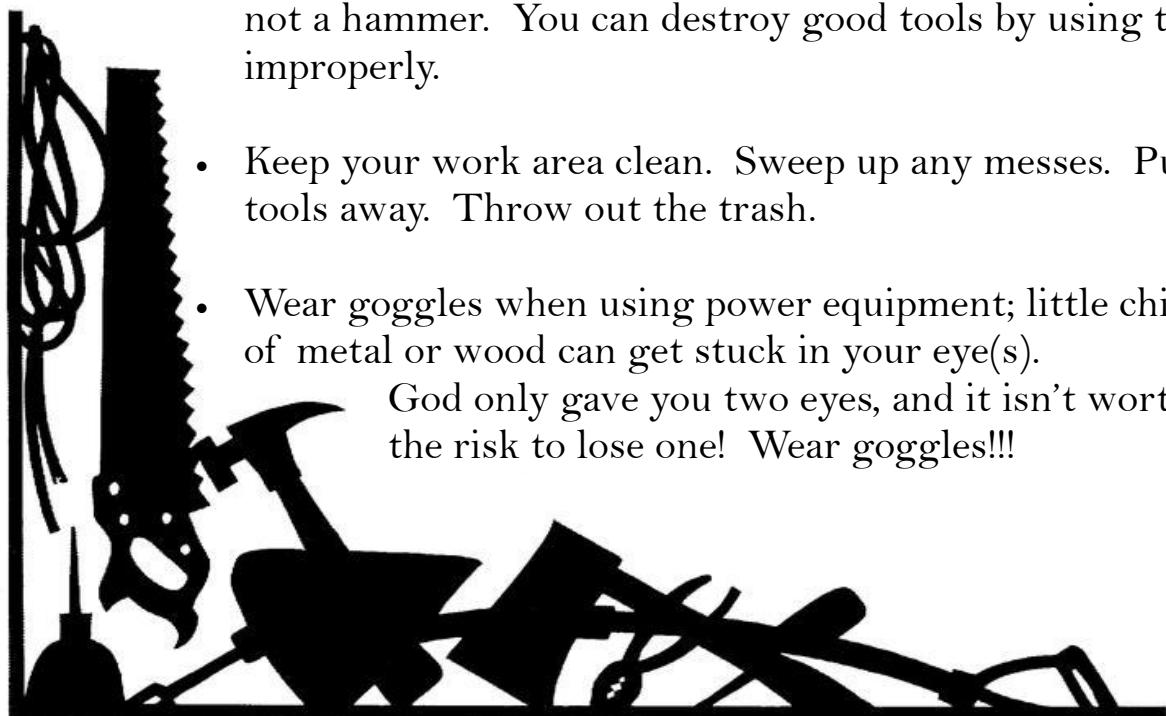
"Lefty Loosey, Righty Tighty."



- Caring for your tools (and yourself!) -

- Being a good steward of your tools and your home means keeping all in good repair. Don't waste your money or your parent's money to buy new tools because you didn't properly care for the old ones!
- Always put tools where they belong. You may need to clean them before putting them away. Keeping them in a specific place makes them easy to find the next time.
- Always use the right tool for the right job. A wrench is not a hammer. You can destroy good tools by using them improperly.
- Keep your work area clean. Sweep up any messes. Put tools away. Throw out the trash.
- Wear goggles when using power equipment; little chips of metal or wood can get stuck in your eye(s).

God only gave you two eyes, and it isn't worth the risk to lose one! Wear goggles!!!



Backyard Birdhouse

This is a great little birdhouse.
Perfect to give your momma for Mother's Day!

You will need:

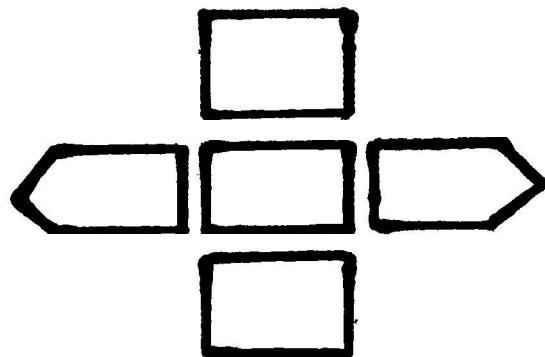
- Paint
- 1" to 1 1/2" nails
- Glue
- Tin flashing about 8" long and 1" wide
- 1/2" plywood
- Twigs
- 2" long twig or dowel rod, 1/4" diameter
- Drill
- Drill bit for cutting a 1 1/4" circular hole and a 1/4" circular hole
- Scrap piece of tin flashing, about 8" long and 1" wide

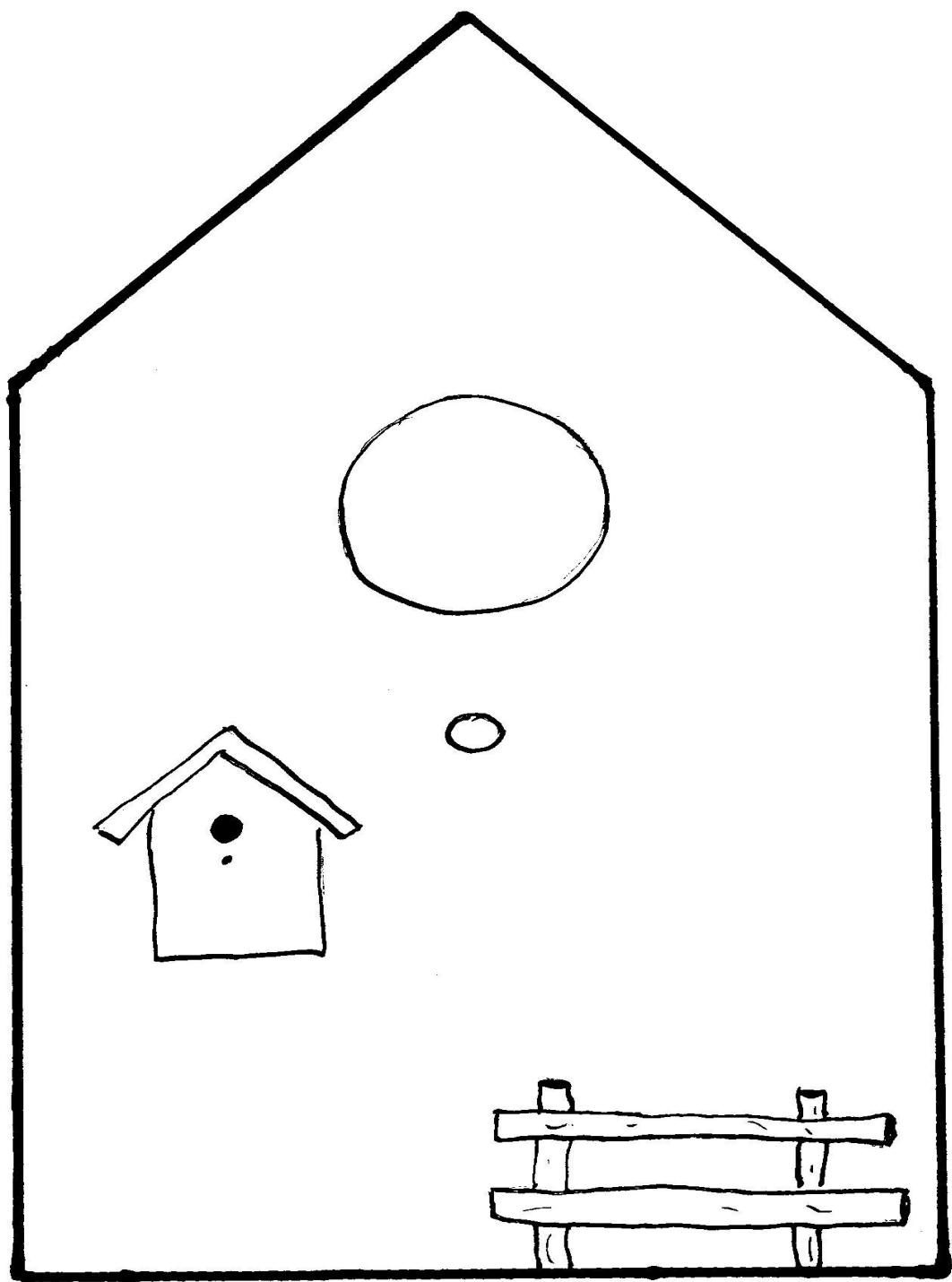


Cut out the following pieces from plywood:

- 1 piece 5 1/2" x 6" (floor piece)
- 2 pieces 7" x 5 1/4" (side wall pieces)
- 1 piece 4" x 8" (right-hand roof piece)
- 1 piece 4 1/2" x 8" (left-hand roof piece)
- 2 pieces per template A (front & back) (5 1/2"W, 5 1/4"H before roof)
- 1 piece per template B

Lay out the pieces so you can see how to nail together. Follow directions for nailing as for tool box. (Page 112-113). Begin by nailing floor to template A pieces first, then side walls.





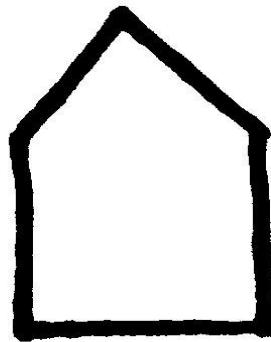
Template A

Heavy outside line is for Template A.
The rest of this illustration is the diagram for placing the hole,
the tiny birdhouse, and the fence.

Lay the 4" x 8" piece lengthwise on the right hand slope of the roof. There should be about a 1 inch overhang on each end. Nail in place. Lay the 4 $\frac{1}{2}$ " x 8" piece on the left hand side of the roof, making sure it covers the edge of the previous piece (see diagram). Nail in place. The piece of tin flashing is folded over the ridgeline and nailed in place to keep water from leaking inside.



Cut a 1 $\frac{1}{4}$ " hole according to placement on template A. Cut a $\frac{1}{4}$ " hole about 1" below it, according to same template A. The dowel or twig goes into the smaller hole as a perch.



Template B

Nail the tiny birdhouse (template B) to the left side of the hole. (See placement on template A.) Using either small piece of plywood or twigs, put a "roof" on the tiny birdhouse. Paint the hole black and the fence white.

Using twigs or little strips of wood, make a "fence" for the front of the birdhouse and nail or glue in place. (See placement on template A.)

This birdhouse is especially cute when painted in contrasting colors. For example, if you painted the main birdhouse a dark green with a white roof, you would then paint the tiny birdhouse red.

Attach wire to the roof by using cup screws or eye screws and flexible, rust-resistant wire. Hang in a tree near your window so you can watch who moves in!

Ezra's Speedy Paddle Boat

This makes a great toy for boys to give to other children, or to play with themselves. It also gives them an opportunity to conduct some science experiments, which will be discussed after the directions.

You will need:

- A popsicle stick, cut about 1 1/2" long
- A piece of milk carton, heavy paper, freezer paper or stiff material
- A rubber band between 2" and 2 1/2" long
- A twig or small stick about 2" long
- A piece of 1/2" thick wood, cut to the pattern provided in this section
- A handsaw
- A hand drill

Directions:

1 - Using a handsaw, cut the main part of the boat, following the pattern. You can also use the saw to make nicks in the wood, points A and B.

2 - Drill out the hole in the center of the boat.

3 - Put the twig in the hole and glue in place.

4 - Cut out the sail. The exact size and shape can be changed somewhat—feel free to experiment a little. Put holes in the sail, points C and D.

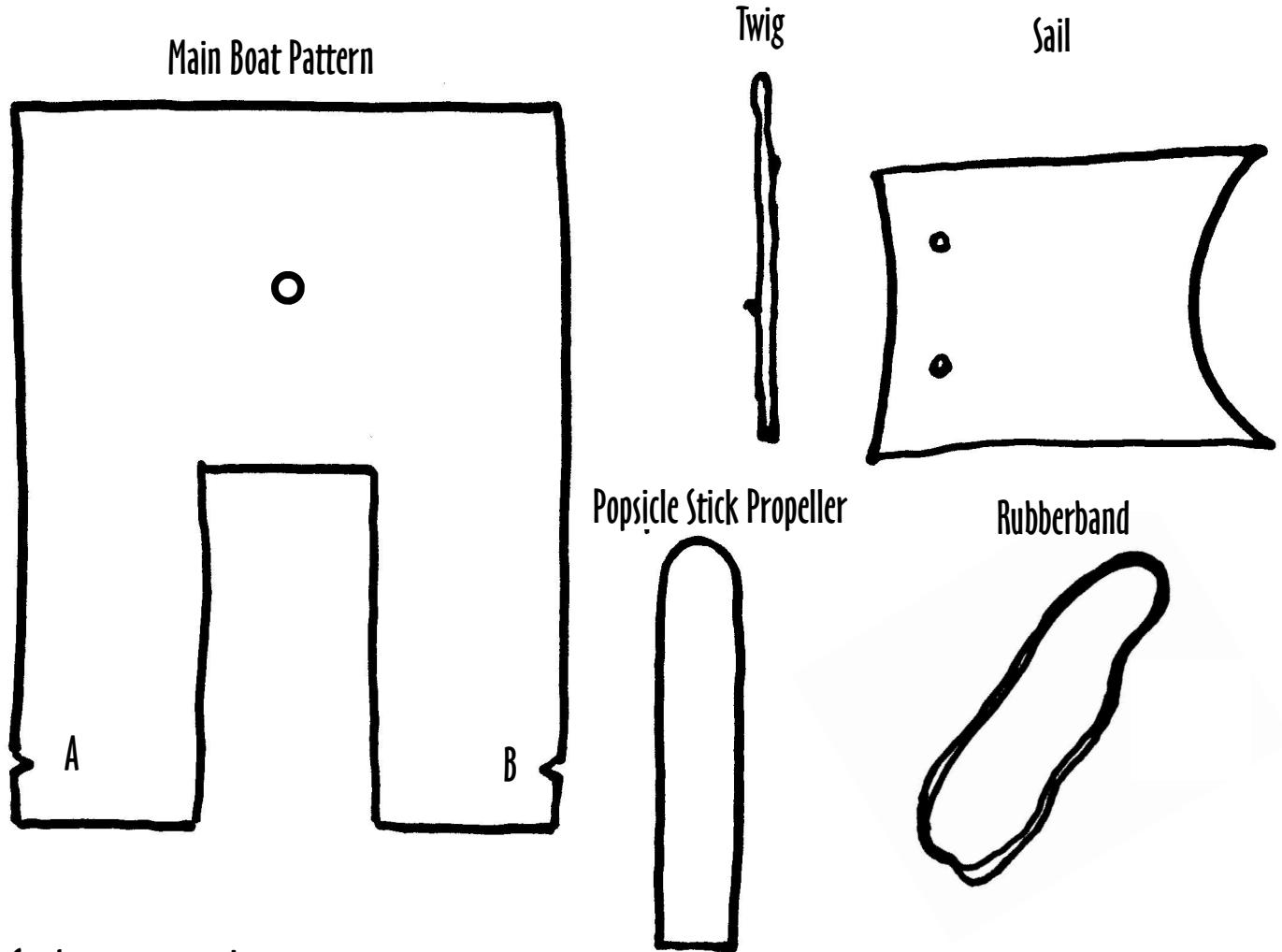
5 - Place the sail on the twig.

6 - Holding the rubber band open, slide over the sides of the boat, making sure the rubber band is in the notches, A and B.

7- Place the propeller (popsicle stick) perpendicular between the rubber band sides and begin twisting. Twist as much as you want, without breaking the rubber band.

8 - Holding the boat in one hand and keeping the propeller wound with the other, place the boat in the water. Let go! The propeller will begin unwinding and the boat will move forward.

- Speedy Boat Pattern -



Conduct some experiments:

Try using some different size propellers, made from different objects. For instance, instead of a popsicle stick, try a toothpick. Try cutting a propeller from a larger piece of wood, maybe $1/4"$ thick and $3/4"$ wide by $1\frac{1}{2}"$ long. See what happens! A wide propeller makes the boat go farther, but slower. A skinny propeller makes the boat go faster, but for a shorter distance.

You can experiment making creative sails. Cut them from freezer paper and color them or put racing numbers on them, and then have a boat race with your friends or brothers and sisters.

Cabin in the Wild Acre Wood

Ever dreamed of having a place all to yourself?
Ever thought how neat it would be to build your own place?
How about building a log cabin?

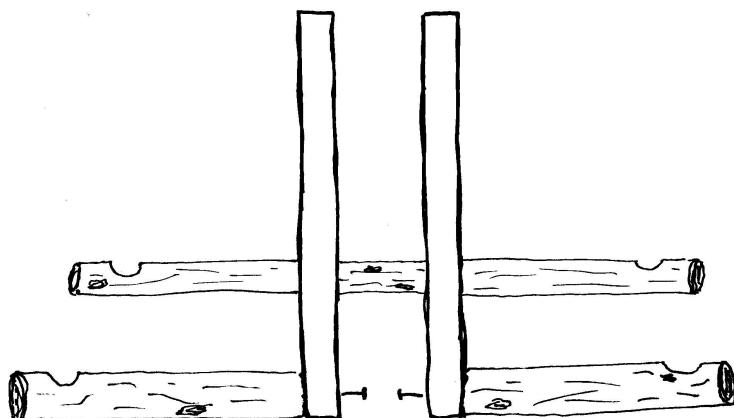
Here are the directions to build one similar to the one the Greene boys
built on their wild acres.

Note: We strongly advise adult supervision on this project. Much of it will need two people or more in order to cut down the logs, or put them in place, etc. At least one person on this project should be an adult, for safety purposes.

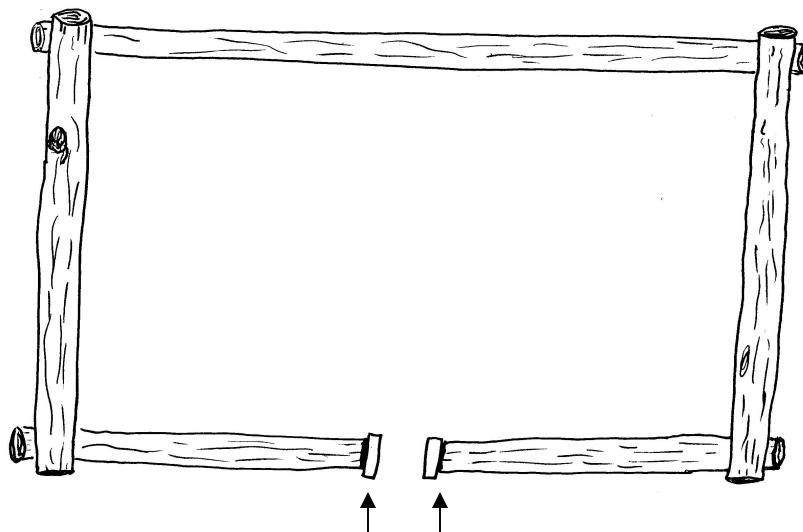
If you've ever played with building logs to make little log cabins, this is going to be a little like that, only on a bigger scale. We recommend you read all the directions before starting this project.

- **First things first! Decide where to build your cabin.** Not too close to a stream or creek – you don't want the danger of flooding. Pick a nice, level piece of ground. If it is not already very level, you will have to level it. One way to do this is to break up the soil, or even till it, and then rake it out smooth. Lay down a couple 2 x 4's across the area you have smoothed. Lay a level on a 2 x 4 and see where the bubble is. Adjust your ground so the bubble stays in the middle. Keep doing that until your 2 x 4's are all level.
- **Pick your wood.** You will want to use something like pine or poplar. You want straight trees with not a lot of knots. The finished logs need to be 6 - 8 inches in diameter, so pick out your trees accordingly. No need to break your back cutting down a 12" diameter monster when you only need a 6". If an adult has a chainsaw, and they would like to help you cut down some trees, that would be nice. Otherwise, you can use a handsaw and a bit of elbow grease, and cut down your own trees, since they won't be large in diameter. Keep an adult around while you are cutting down trees. Make sure you are not cutting trees near ANY power lines!

- **How many logs will you need?** Cut your logs 12 feet long. Assuming 8" diameter, you will need 11 for the back of the cabin, 12 for the front, and 12 for each side. Total: 47. (The back gets one less because you want a slight slant to the roof so the rain will roll off, not puddle on the roof.)
- **Preparing the doorway.** You will need to purchase 4 treated 2x10's, about 12 feet long. Decide where you want the door to be— that is the front of the cabin. Dig a hole big enough to partially bury two treated 2x10's on the left side of the doorway and two on the right side. These will be used as support for the logs near the door and also for finishing the doorway. If you live in a dry part of the country like Texas or Arizona, burying the 2x10's two feet will be sufficient. If you live in a wet area, like Louisiana, you will need to bury your 2x10's three-four feet or more, depending on your ground conditions. The less stable your ground, the deeper the doorposts get buried. (These instructions use 2x10's assuming your logs are 8" in diameter. If they are closer to 6" in diameter, you could use 2x8's. The point is to use a board which is slightly wider than the diameter of the logs you use.)
- **Laying the first three logs.** Once you have your holes dug, put one treated 2x10 in each hole, facing each other, 32 inches apart. Cut two logs 4' 8" long. Lay them on each side of the doorway. Using timber spikes, nail each 2x10 to the center of each log. Next, lay a 12 foot log parallel to the ones you just laid, 10 feet away, to start the back wall of the cabin. (In order to keep these first three logs from rolling while you are nailing and notching and setting them in place, you will want to dig a shallow trench—about 2 inches or so—in which to lay the logs.)



- **Cutting the Notches.** Notice the illustration on the previous page of the first 3 logs in place. At the ends of these logs you see the notches that are necessary to assemble the cabin. To notch your logs start about 4 inches from the end and chop out a notch at least 3 inches deep, and about 8 inches long by 8 inches wide - big enough to lay a log into the notch. You may need to measure the log you will be laying in the notch to make sure the notch is big enough. If not, cut it bigger where needed. The deeper the notches, the closer together the logs will be, and the less chinking will be needed later.
- **Laying the first two side logs.** Lay the logs in place in the notches to form the side foundation logs of the cabin.



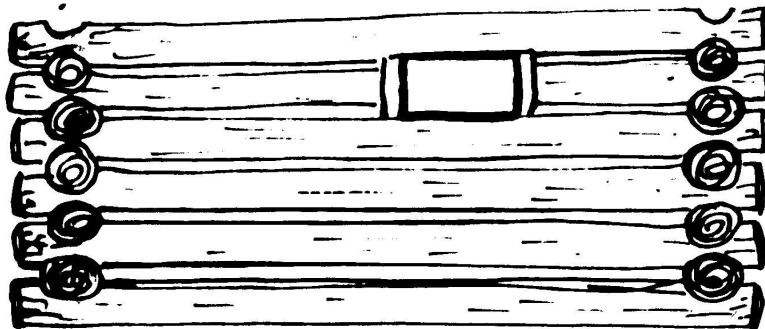
(2x10 or 2x8) door supports are here.

Looking down on the cabin from a top view,
5 base logs in place, side logs laid in the notched front and back logs.

- **2nd layer, back & front.** Notch logs for the next front and back layer at both ends. Lay a 12 foot log along the back. Lay two 4' 8" logs, one on either side of the doorway. Using timber spikes, nail the doorpost supports to the center of the front two logs as you did on the first layer. There should be a space (gap) between the first and second logs you have laid. You may need to put a chunk of wood in between or have someone hold the log in place while you nail it to the doorpost.
- **2nd layer, sides.** Notch the next 2 logs for the sides and put them in place on the sides. You are now two logs high all the way around.

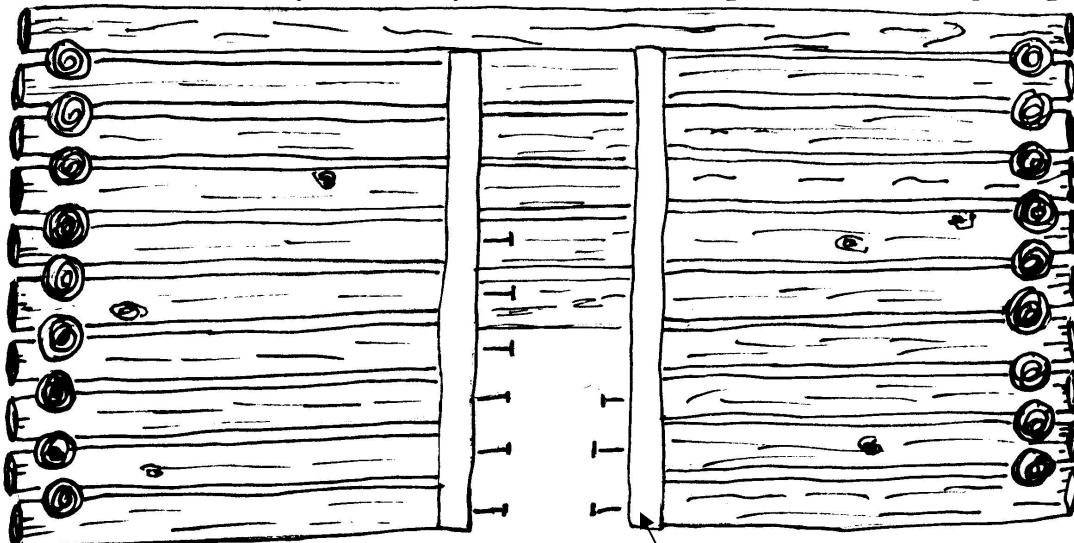
- **Continue in this manner until you are about 4 feet high.** At this point, on either the left side or the right side, or both, decide where you want a small window. Chop out of a side log a rectangular notch about 4 inches deep and 10 inches long. Before you lay the next side log on, you will have to cut out a corresponding notch so the two will line up for the window. Later, you can frame it with pieces of 2x10.

Note: It is recommended to use screening to cover your window – no glass or wood. This is a very small cabin. Proper air flow is very necessary to ensure your safety. The screening is easily tacked down to the wood to keep out bugs and allow air to flow inside the cabin.



- **Continue adding logs until you are about 6 feet high.** After 6 feet, you will no longer need to cut the front logs into 4' 8" sections. They will go straight across the front, resting on top of the door supports.

Cabin front view—you can see your back wall through the front door opening.



Door supports—
should be in place
with timber spikes
nailed into each log

- **Finish placing remaining logs.** Remember back wall should be one log shorter than front wall.
- **Leveling the top logs.** Nail a 12 foot long 2x4 along the front and one along the back top logs of the cabin. This will give you a more level surface to nail the cross pieces to. You may have to use shims (small, thin wedge-shaped pieces of wood used for leveling) here and there depending on the log.
- **Laying the cross pieces for the roof.** Nail 12 foot 2x4's from front to back, spaced 16" apart, nailing directly onto the 2x4's just nailed to the logs in the previous step. You should have a slope to the 2x4's, the front being higher than the back. (If you live in a heavy snow area, you may have to add some more 2x6's to the front top log, instead of one 2x4, to give added height to the front. Your roof will need a higher angle to it than areas with little or no snow accumulation.)

Note: If you live in an area which can receive more than 5 or 6 inches of snow at a time, 2x4's will not be sufficient to hold the weight of the snow. You will need to use either 2x6's every 12" or 2x8's every 16". Also it is recommended to clean heavy snows from the roof to help prevent the weight of the snow from collapsing the cabin.

- **Laying the plywood on the roof.** Nail 4x8 sheets of plywood on top of the 2x4's, making sure they overhang the cabin walls by about one foot. You can now nail tin roofing on top of the plywood. We recommend you get the brochure that comes with tin roofing, explaining proper installation. It tells you how to use the nails with rubber washers, and how to nail on the peaks and not the valleys to ensure against leakage. In some areas, roll roofing or actual shingles may be a better choice. It would be a good idea to ask the local home supply center which roofing material is best for your area. Remember, if you choose particle board instead of plywood, you MUST choose a roofing that will keep out moisture.

Note: Particle board is cheaper than plywood and can be used in areas which receive very little rain or have low humidity. However, rainy and humid regions should stick with plywood. Particle board will fall apart if it gets wet.

- **Chinking.** Traditional method: Use a thick mixture of mud and straw to pack in the holes between the logs. Another method would be to use a type of mortar. The better you cut the notches, the closer together the logs are, and the less chinking you need.

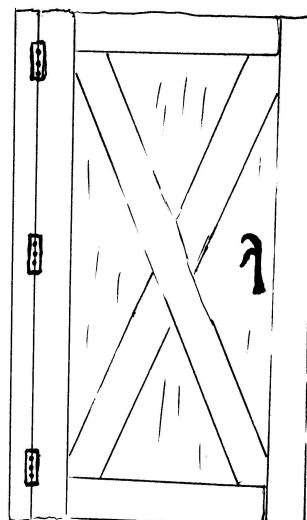
Along the top edge, you may have to cut long pieces of plywood and/or put in shims (little pieces of wedge-shaped wood) along with the chinking to close up larger holes.

- **The front doorway.**

- In each of the holes that has a buried 2x10, place another one flush against it.
- Nail the two together.
- Fill in the dirt.
- Cut a treated 2x10 to fit the top of the doorway, and nail in place.
- Cut another to fit in the bottom of the doorway – the thresh hold.
- Nail it to the side posts.

Door option #1: Hang a piece of strong canvas and/or a piece of material screening for keeping out bugs.

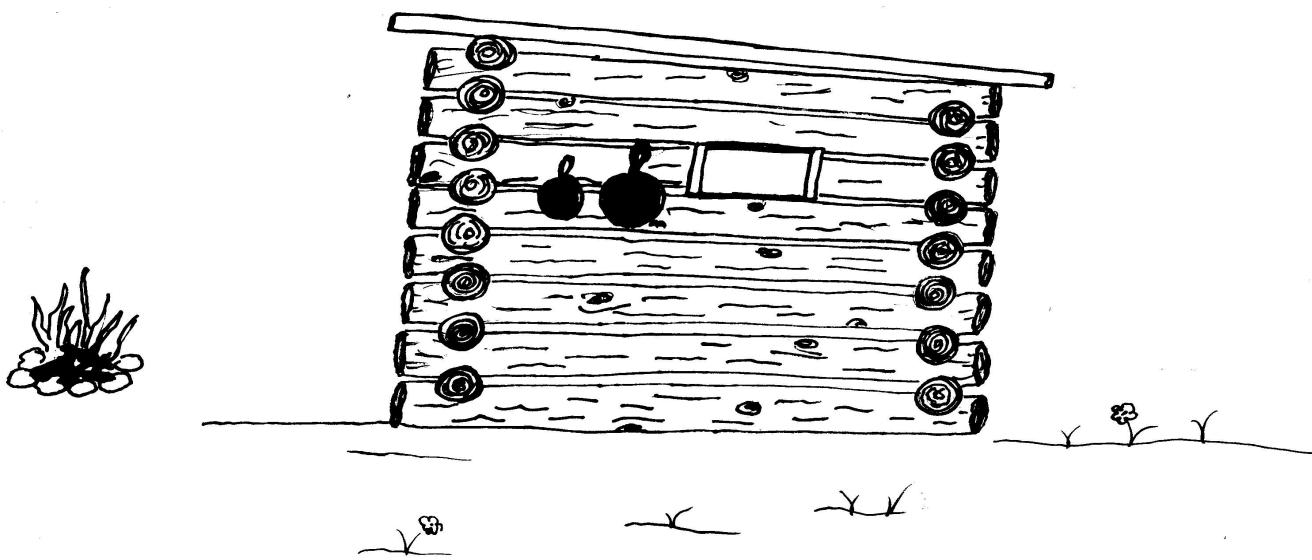
Door option #2: Measure the doorway and cut a solid door piece from $\frac{1}{2}$ inch or $\frac{3}{4}$ inch treated plywood. For added support, use 2 x 4's, and nail in place around the edges, as in the following illustration:



Note: For a door handle, the boys used an antler from a large buck shot during hunting season. You can attach your own handle on the inside and outside if you like, or you can use something as simple as a hook for keeping it closed.

- **Attaching the door.** Attach three hinges to the door – one near the top, one near the bottom, and one near the middle. Attach the door and hinges to the side posts of your doorway.

You're finished! You may add as much as you want from here. You can put in shelves. You can lay a treated plywood floor on the ground or keep it a dirt floor. You can build a set of bunk beds by using the walls as supports on three sides and putting a supporting piece of 2 x 4 for the fourth side. This 2 x 4 would run from the floor to the ceiling. Be creative – decorate and build to make this cabin special in your own way.



My Building Plans



Along the Garden Fence



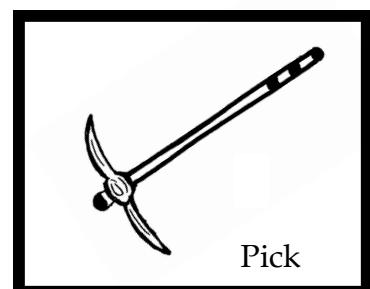
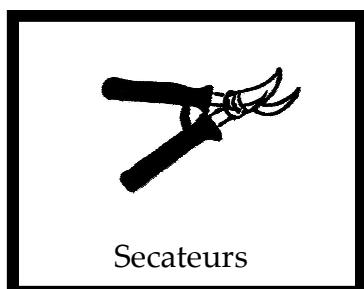
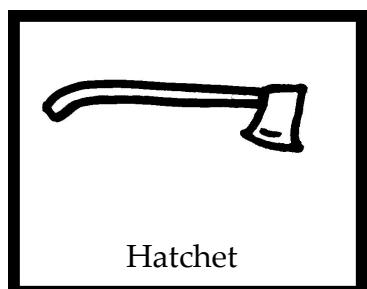
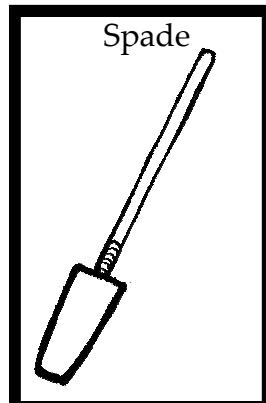
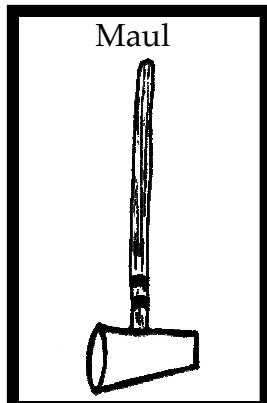
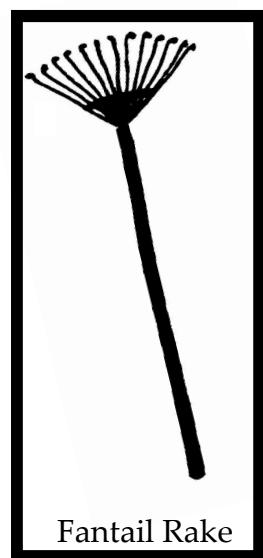
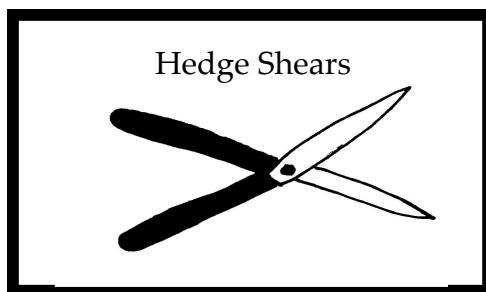
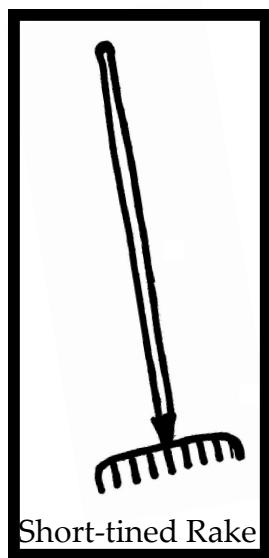
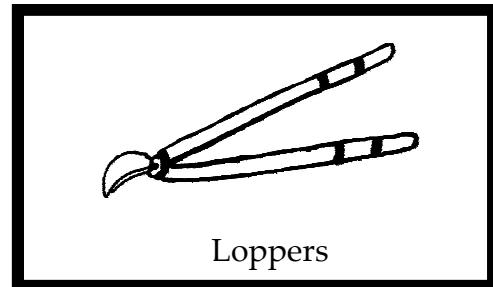
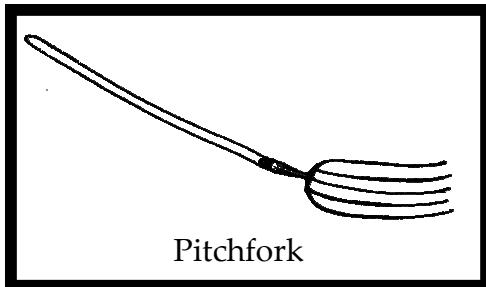
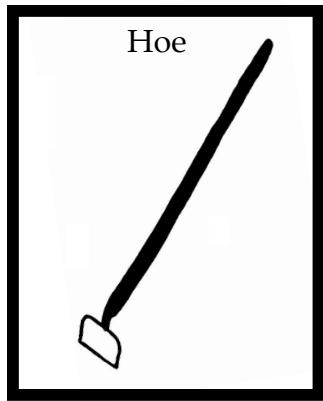
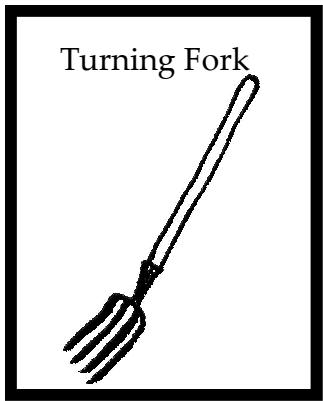
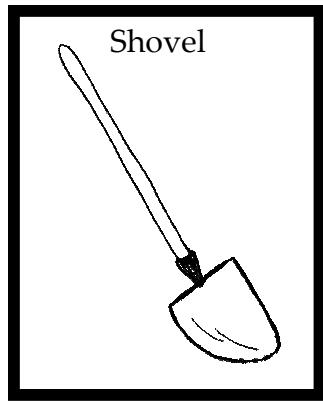
Find a list of garden tools, an illustrated chart, and definitions for each tool. Learn how to plan and plant your very own garden! Discover how to keep pests off your plants without pesticides. Included is a planting scheme for making money with your garden. Dress it all up with your very own split-rail fence!



Garden Tools

Here are some basic garden tools, and how they are used. Later, we're going to learn how to plant a garden that is easy to take care of and might make you some money!

- **Fantail Rake:** Used for raking leaves and grass.
- **Hatchet:** Small, axe-like tool, used for chopping small pieces of wood.
- **Hedge Shears:** These have very long handles and blades, and are used for trimming hedges or bushes.
- **Hoe:** Has a long handle, and a flat blade. Used in gardening for weeding.
- **Loppers:** These have a long handle and a short, curved set of blades, used for cutting branches and limbs, up to about 1" in diameter.
- **Maul:** This tool is like a large axe, with a thicker and blunter wedge and is usually used to split logs, or drive large spikes into logs, or for pounding large stakes into the ground.
- **Pick:** This tool has a medium long handle with a head like a large hammer, except it comes to a sharp point. It is used for breaking up ground.
- **Pitch Fork:** A long-handled tool with 3-5 long, skinny curved tines, or prongs. It is used for spreading hay or mulch.
- **Pruning Clippers:** These are used for cutting flower stems, snipping small branches of bushes or trees, cutting back tomato plants, etc. (Impress your friends and the people at the garden center – ask for a pair of “secateurs” – that’s their proper name!)
- **Short-tined Rake:** This is used for smoothing gravel, dirt, or de-thatching the grass.
- **Shovel:** Used for digging, or for scooping things like gravel.
- **Spade:** This tool is like a shovel, but it is narrow with a flat bottom and sharp edge and is used for edging and creating straight lines or outlines of gardens.
- **Turning Fork or Garden Fork or Spading Fork.** This tool is similar in design to a pitch fork, but shorter and the tines are shorter and thicker so it can turn over dirt.



Planning & Planting a Garden

Do you think gardens are just for flowers?

Do you think gardens can't be fun because people have to weed them?

Do you think they take too much work for not enough fun?

Well, hopefully, this section will change your mind about growing things!



- Planning Your Garden -

You must decide where you will be planting your garden. Best to ask your parents where they would like it to be. If your parents own a tiller, you might want to ask your father if he can either till a space for you, or if he could help you do it. If not, directions follow for doing it by hand. Wait until there is no danger of frost. Frost will kill most little sprouting plants!

- Getting Started -

Mark off an area about 10 feet wide and 15 feet long. Along one edge, you will need to use a spade and take the grass off the top of a path about 1 foot wide. This is done by placing the spade into the dirt, stepping on it with your foot, and wiggling it back and forth to create a "V" shape in the dirt. Continue doing this until you have a 1 foot long "ditch" in front of you. Now, go back to where you started digging, and place the spade in the ditch, about 3-4 inches deep, and bend down low so the spade is almost level with the ground, then shove it under the grass. This will loosen a section of grass from the dirt. Continue doing this and you will remove a top layer of grass. Toss it into a compost pile—you won't be needing it.

- Planting Your Garden -

Once your 1 foot wide by 15 foot long section is cleared of grass, you are ready to start breaking up the soil for planting. If the ground is very hard, you may need a shovel; otherwise, a hoe should do. You want to break the ground up with steady "up, down, drag a little toward you, up, down, drag a little toward you," motions. Once the ground is broken up well, you can plant your rows. A good suggestion for a beginner garden is bush-style green beans. Plant your bean seeds about 1 1/2 inches deep,

eight inches apart, straight down the center of your row. Just press the seed into the ground with your finger tip until you get to just past the first knuckle. Cover and pat down the dirt. Water every day just as the sun is going down. In about 5-8 days you will see bean plants sprouting along your row!

- Keeping down the weeds -

You will need to cover the area, except the beans, with grass clippings, hay, or mulch. This will keep down the weeds. Beans grow quickly and require little care. Before you know it, you'll be picking beans!

- Now for the rest of your garden -

Spread newspaper (black & white pages only-no colored ink pages) over the rest of the garden area. Cover with six inches of grass clippings, hay, or mulch. In a corner opposite the beans you have planted, move your mulch aside and cut a hole in the newspaper twelve inches in diameter (diameter is the measurement across the circle). Using a trowel, dig up the grass and toss it out of the garden. Loosen up the dirt; spread your hand out with your fingers as far apart as possible. Curve them and pat your hand into the circle. Wherever your five fingers made a hole, place a pumpkin seed about 1-2 inches deep. Cover and pat the dirt down. Water every day. In about ten days, the pumpkins will sprout.

About five feet from the pumpkins, make another hole as you just did. Spread your hand again and make 5 little holes. Plant either watermelon or cantaloupe seeds about one inch deep. Cover and pat the dirt down. Water every day. In less than two weeks, they will sprout.

Five feet from the watermelons (or cantaloupes) make another hole. Make five more seed holes. Plant Swan or Goose Gourds in this circle. Follow the package directions—sometimes you have to soak the gourd seeds overnight and make a tiny nick in the seed with scissors before planting. Cover and pat the dirt down. Water every day. Gourd seeds take a long time to sprout, so don't give up. If 3 weeks pass and you

Weeds, Weeds, Go Away! Don't Come Back Any Day!

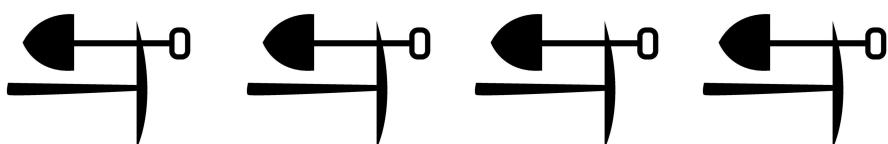
The reason for burying the garden in newspaper and mulch (or hay or grass clippings) is that it kills the grass without you having to dig it all up. It also prevents weeds from coming up in the garden. You should have a very low maintenance garden with little weeding needed. Remember to water at least 3 times a week! Watch that your plants are growing and staying in their own sections.

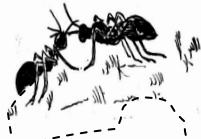
Pull any stubborn weeds and add more paper and mulch as needed.

don't see anything, plant some more.

Five feet from the gourds will be the last corner for planting. Create one more hole in the newspaper as you have done before, spread your hand and make five more little holes in which to plant seeds. Cucumbers are very tasty in summer salads and homemade pickles are a wonderful treat. If you prefer, choose a variety of melon to plant in this section instead of cucumbers. You pick-it's your garden!

- My Planting Record -





Worms, Bugs & Creepy Crawlies

Regular pesticides can be harmful to people and pets. There are a number of natural insecticide recipes available. You can go to the library and obtain recipes from natural books. They are fairly easy to mix up and one benefit is that you don't have to be afraid of them. Some may use ingredients which your parents may oppose for reasons such as allergies – find recipes that will be acceptable to your family.

Another way to deter bugs from eating your veggies before you do, is to do what is called "companion-planting." This is where one variety of plant protects another variety.

Here are some examples:

- Marigolds look so bright and sunny in a garden. Plant them next to tomatoes, eggplants, pumpkins, squash, or potatoes.
- Cucumbers can be planted next to beans, corn, or radishes.
- Parsley can go with tomatoes and asparagus.
- Cabbage can go next to most herbs (except dill), beets, and spinach.
- Corn can be planted with pumpkins, cucumbers, and squash.

There is a long list of companion plants. Libraries will have books on this subject, along with suggested layouts for vegetable gardens, using companion-planting. It's a natural way to keep bugs off your dinner!



-Worms-

Make sure you leave as many worms in your garden as possible – that means, if you’re going fishing, dig for worms somewhere else! They are incredibly good for your garden, as they help aerate the soil by digging tunnels. This makes it easier for plant roots to grow big and strong. Check out library books to find out which other bugs are good to have in your garden, and which to keep out.

-Slugs-

Using mulch or straw in between your rows helps to keep out slimy slugs – they don’t like getting poked by sharp sticks. Slugs are bad for your garden and they eat small plants.

-Vine-Borers-

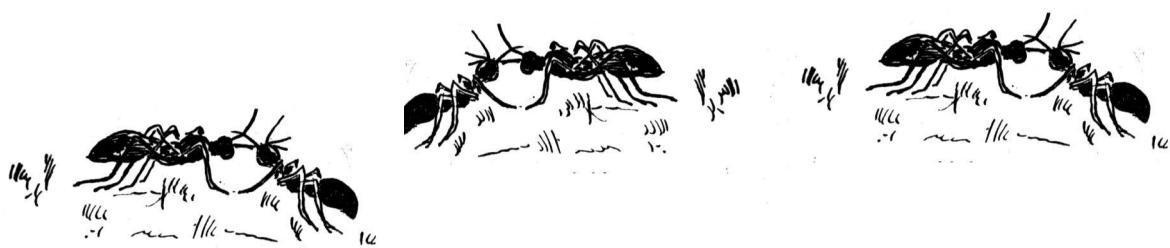
Once vine plants like pumpkins, squash and cantaloupes sprout, take a clear plastic disposable drinking cup and cut the bottom out of it. Place it wide-mouth down over the plant, pressing the rim of the cup into the soil about 1 inch. The plant will grow up and out through the cut-out bottom of the cup. The plastic keeps many stem-eating bugs, like vine-borers, from being able to reach the stem at the soil level.

-Beetles-

Keep most varieties of beetles out of your garden. They usually hang out on the underside of the leaves; you might not see the adults, but you’ll see their eggs! The eggs stick to the underside of the leaves, and when they mature, they’ll eat the leaves, making the plant unhealthy and unable to produce top-quality fruits. Beanhoppers lay eggs on the underside of bean leaves, and they propagate quickly! You don’t want these pests in your garden.

-(caterpillars-

Tomatoes are prone to getting big, fat, green caterpillars which will destroy your tomato plants. Pick them off the plants and feed them to your chickens or drop them in a jar of water and drown them.



Growing for \$\$\$

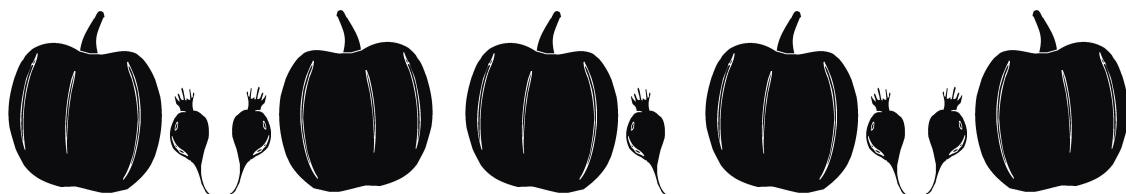
You are dreaming and planning your garden and just waiting for spring to come and the ground to thaw. If your piggybank could use some spare change—try growing for \$\$\$!

You may not like green beans; you may love them! But planting them is wise because so many people buy fresh green beans in the summer. Even if your family doesn't eat them, you will likely find people who would like to buy them from you. Beans are easy to grow and require little care. Before you know it, you'll be picking beans to sell your neighbors!

Pumpkins sell well in the fall for harvest time decorations. They are easy to grow and keep well for weeks after you have harvested them. Set them up in your yard with a FOR SALE sign and you'll probably get your seed money back many times over.

Cucumbers, melons, and gourds are easy to grow in a beginner garden and bring in a good price during the hot summer months. Water them daily if the rains don't come to prevent them from being bitter. You'll have juicy, tasty produce to sell to your neighbors. You may be surprised that gourds can sell for up to \$5.00 or more each. Dried gourds are used for crafting projects. One gourd plant will make several gourds. Swan gourds are a choice pick of many crafters.

So, you see, gardening can be fun, and it doesn't have to involve a lot of weeding if you take care to fix your garden with a covering of newspaper and mulch. You can grow things you like to eat and make some money besides! If you've never grown a backyard garden—try it this year—there is great pleasure and profit in growing produce.



Seth's Split-Rail Fence

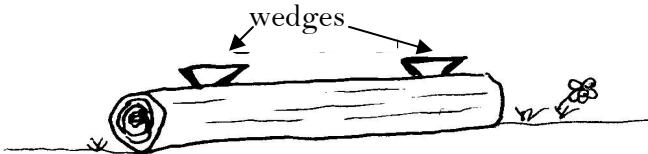
This fence makes a great border for any yard. It is highly decorative and lends itself well to adding small trees, such as flowering trees or fruit trees, along with flower beds or herbs. Any boy can set to work and make a nice fence for his mom's garden – or for his own!

You will need:

- Two wedges
- A maul or sledgehammer
- A pencil or other marking instrument
- A yardstick or measuring tape
- A chainsaw
- A hammer

-Making the Rails-

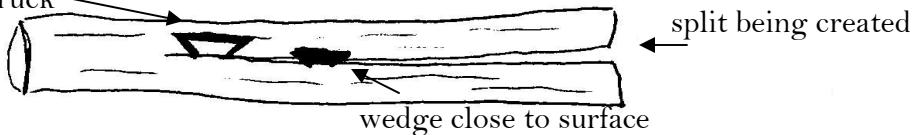
If you have dried cedar logs, that is the best. If they are not dry, an explanation will be provided for “walking the wedge,” which is used for green (or freshly cut) wood. Cut logs of 6-8” diameters into 6 foot sections. A chainsaw is best for this. Ask your father or an older brother to help with cutting the logs if you are not old enough to use a chainsaw. You will need a lot of logs. Read through all the directions before you begin to make the fence. It should help you judge how many 6-foot logs you will need. Take a log and lay it on the ground. Using a hammer, drive one wedge into the center top at one end, and the second wedge at the other end.



Using the sledgehammer (or maul, flat side down, sharp, pointy side up), strike the top of the wedge, driving it into the wood and causing the wood to split. Go to the other end and do the same thing. Do not be discouraged if this doesn't split the whole log immediately. Splitting quickly takes much practice. But don't worry – by the end of this project, you'll have had plenty!

If the wedges do not immediately split the wood, which will be the case with green wood, you will have to “walk the wedge.” This is done by starting at one end with the wedge. Tap it into the end of the log as above. Strike it with the sledgehammer or a maul. When the wedge is still above the surface of the log, take the second wedge and place it as far as possible up the crack line. Strike that wedge. The first wedge should fall free. Continue striking the first wedge until it is just above the surface of the log, then place the free wedge as far up the crack as you can, and strike it. Continue in this manner all along the log, until it is split.

Next wedge to be struck



Once the log is split in half, it will be easier to split the rest of the way. Place the log cut side down on the ground. Tap a wedge into one end as before. Split as before. You should end up with 4 quarters out of one log.



If you want your fence to be six rails high, you will need $1 \frac{1}{2}$ logs for every 6 foot section of fence. Depending on how deep you want the V's to be in the fence, you will need anywhere from $1 \frac{1}{4}$ to $1 \frac{2}{3}$ times the length for total usage. For instance, you have a 30 linear foot line of fence you wish to make. You want a fairly shallow V shape. First, figure total tree usage length at $30 \text{ feet} \times 1 \frac{1}{4} = 37.5 \text{ feet}$. 37.5 divided by 6 foot lengths, is a little over 6 logs. Now, you need $1 \frac{1}{2}$ logs for each 6 foot section, so you will need 9 logs to make a 30 foot section of fence, 6 rails high.

-Lay the Fence-

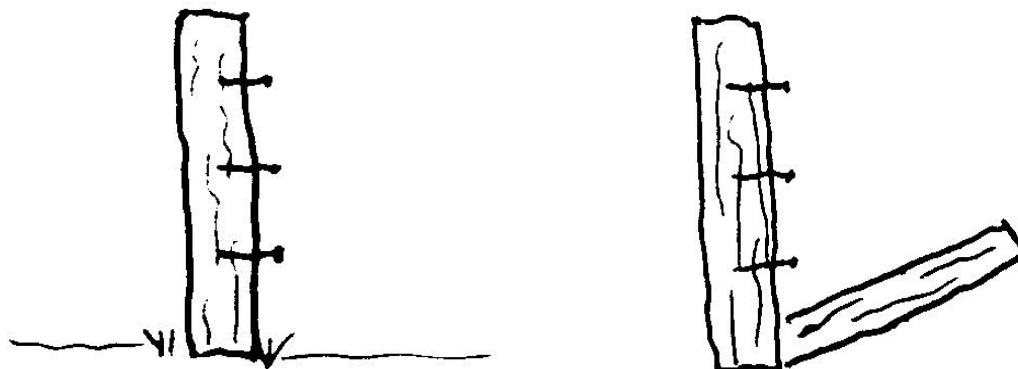
Begin by clearing the border along which you intend to place the fence. Remember it will be in a W pattern, so clear about a 4 ft path, using the lawn mower or weedeater.

Choose an end post (either one of the rails already split, or a nice round log, about 6-8 inches in diameter) and dig an 18" hole where you want the fence to start. Place the post in the hole, and mark clearly where the ground will come to on the pole when the hole is filled in. This is your base mark. Lay a fence rail on the ground, next to the pole

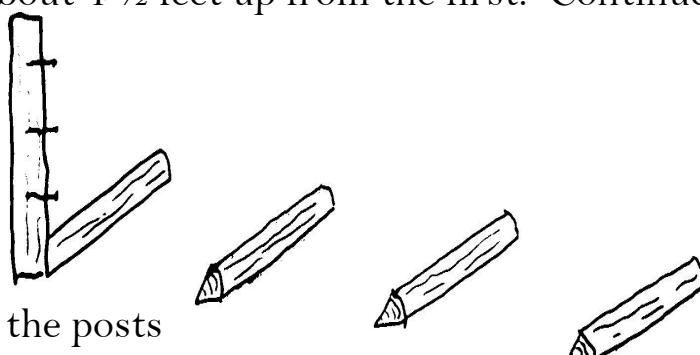
in the hole, and mark where it will come to on the post. Assuming the arc on your rail end is about 5" tall, make a pea-sized circular mark about 5" from the last mark – this should be about 10" from the base mark. Move up another 10" or so, and make another large circular mark. Depending on how high you want your fence, continue marking in this manner, every 10 inches or so. If the arcs average closer to 4 inches, then you would be making a circular mark at 8" from base, 16" from base, and so on. If the arcs average closer to 6 inches, make your circular marks at 12", 24", 36", and so on. Take the pole out of the hole and lay it on the ground, with the circular marks facing up. Have someone hold the pole while you nail in the 12" gutter nails. Drive the nails about 2-3" into the post, leaving 9-10 inches for the fence rails to lay on.

At the beginning point of your fence line, bury the end post. When you place the pole in the hole, make sure the nails are laying in the direction in which they will be holding the rails. (If you are not certain, do the first couple steps in laying the rails, and you will quickly see how the nails are to hold the rails. You will then be able to line the post up to the hole correctly.) To bury the post, have someone hold it while you fill in dirt and sand, tamping as you go. First, put in about 4" of dirt. Tamp it down tight with the end of the shovel. Next, put in about 4" of sand. Tamp down tight. Put in 4 more inches of dirt, tamp it down, then four inches of sand, tamp it down. Finish with 2" of dirt, tamp down so it's even with the surrounding ground. You should not be able to wiggle the post very much if you tamped the dirt and sand correctly as you filled in the hole.

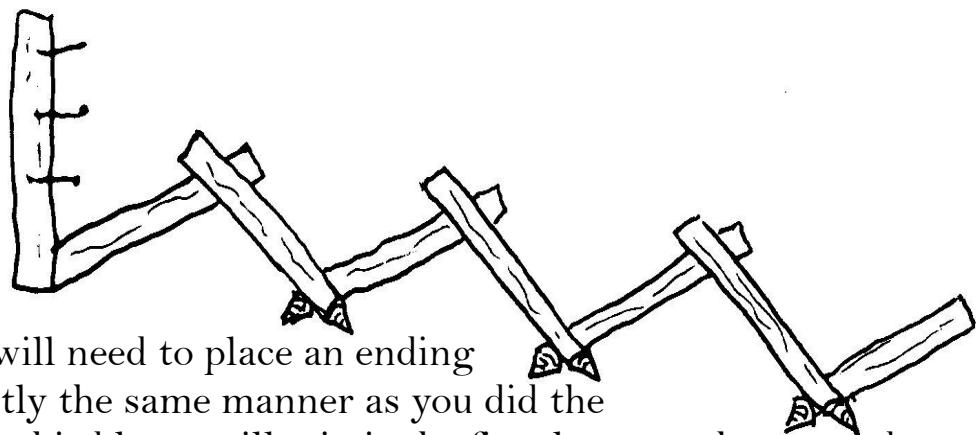
Lay a piece of fence rail on the ground, starting at the far end of the post, at a 45 degree angle or so from the post, heading in the general direction of the fence path.



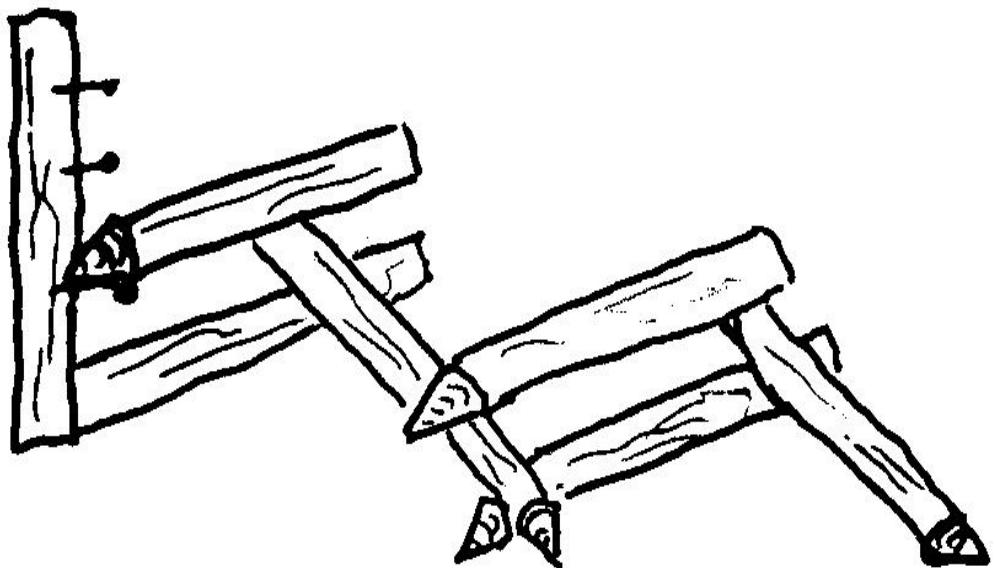
Walking in a straight line from the end post, lay the next post on the ground, parallel to the first, about $4 \frac{1}{2}$ feet up from the first. Continue laying posts on the ground in this manner.



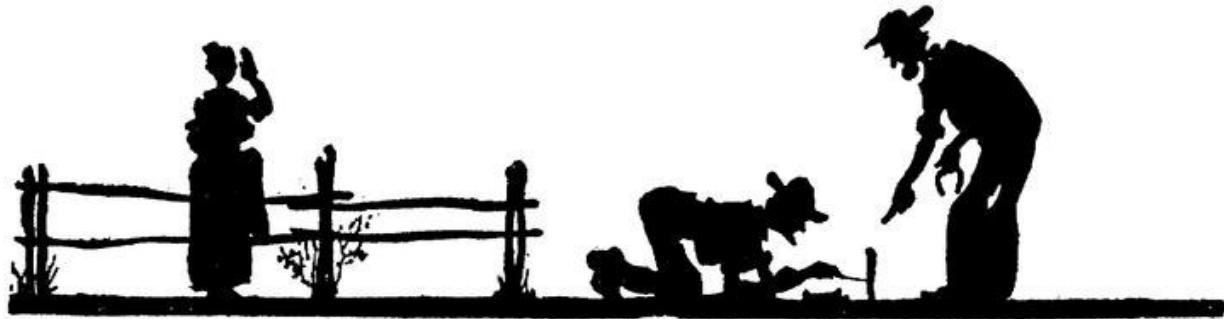
To make the next layer, lay the posts on top of the ends already on the ground.



At this point, you will need to place an ending post. Do this in exactly the same manner as you did the beginning post. The third layer will mimic the first layer on the ground, but at the end post, it will be supported by the nail sticking out at the 10" marker.



Continue building layers until the desired height is reached. Remember, this fence style is purely decorative in nature – it would be quite simple for a horse or cow to knock it over. Plant flowers, shrubs, or trees as desired to dress up your fence line.



Nail in the Fence

"There once was a little boy who had a bad temper. His father gave him a bag of nails and told him that every time he lost his temper, he must hammer a nail into the back of the fence.

The first day the boy had driven 37 nails into the fence. Over the next few weeks, as he learned to control his anger, the number of nails hammered daily gradually dwindled down.

He discovered it was easier to hold his temper than to drive those nails into the fence.

Finally the day came when the boy didn't lose his temper at all. He told his father about it and the father suggested that the boy now pull out one nail for each day that he was able to hold his temper.

The days passed and the young boy was finally able to tell his father that all the nails were gone. The father took his son by the hand and led him to the fence. He said, "You have done well, my son, but look at the holes in the fence. The fence will never be the same. When you say things in anger, they leave a scar just like this one. You can put a knife in a man and draw it out. It won't matter how many times you say I'm sorry, the wound is still there."



— Author Unknown

The Country Boy



Ahhh . . . smell the fresh air!

Nothing like camping, hiking, and eatin' camp food.
Don't know how? You will now! Want to go fishing?
We tell you all about some reels, bobbers, and sinkers.
You may need to know how to tie some knots while you're
camping, so we've included some illustrated
instructions on 5 basic knots. Oh, and if you want to
go hunting, there's a section giving you some basic
gun safety rules, directions for use, and tips
from a pro on hunting deer and turkey.



Sleeping Under the Stars

Every boy and/or young man should have the privilege of camping – at least once in his life. It is quite enjoyable and in this computer/electronic-driven age, camping is one thing that doesn't require electricity or a toggle switch.

- Choose a campsite -

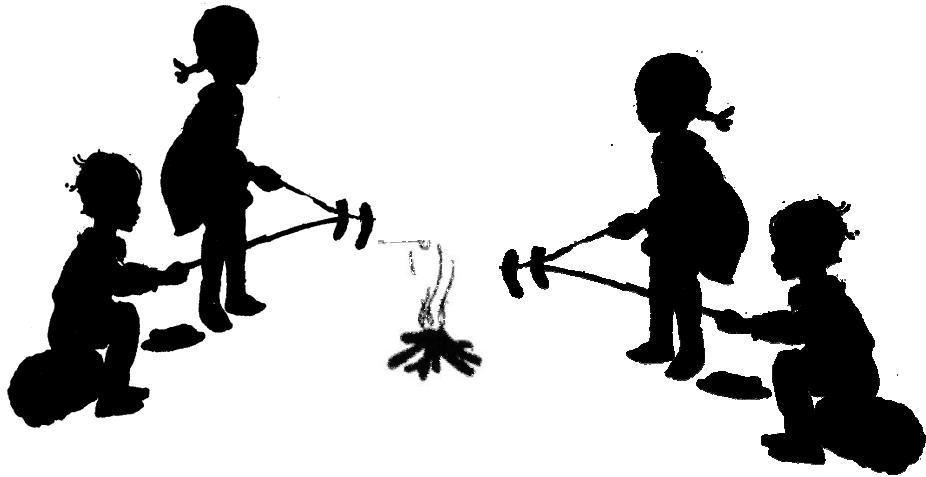
It is preferable to pick a level area of ground. Try to find a spot where the tent stakes will go easily into the ground, with minimal pounding. If you are camping in a place where many other people are camping, you have several choices: A spot far away from the restrooms, providing you more peace and quiet; a spot very close to the restrooms, which is very handy in the middle of the night; or, a spot in the middle, which lends itself to much neighborliness amongst the campers. If camping in a more primitive (no electricity, no restrooms) area, choose to set your tent where limbs are not likely to fall on you from nearby trees. If setting your tent under a tree is unavoidable, make sure you check the trees for dead or dying branches. It is not unheard of for a tent to have a dead limb come crashing into it in the middle of the night. You do not want a campsite in a river bed or very low-lying area where flooding may be a problem. You do not want to be the tallest object in case of lightning, so setting up a tent in the middle of a prairie may not be wise. Look at the ground around the area you are planning for your tent. If you see a lot of hoof marks (such as deer or elk), it would be wise to choose another location. Placing your tent in the path of a well-used animal trail increases your chances of being trampled in your sleep. Better to camp out of their way.

- Set up your tent according to manufacturer's directions -

Make it cozy and tidy inside – lay out your sleeping area, table, chairs, etc. It is much more pleasant to make the inside homey and then relax in it after hiking or cooking, than to just throw all your gear in and have to sort it out later.

- Building a campfire -

Take some small, dried pieces of grass or moss, pine cones, paper, and/or small twigs and place it all in a small pile, about 6-8 inches in diameter. Light the fire. As soon as those items begin burning well, keep adding on more twigs, creating a type of “teepee” effect, working your way up in size to small branches, then small pieces of wood, and finally larger pieces of wood. If you start off trying to light large pieces of wood, it simply will not work. Enough heat must be generated to burn larger pieces of wood, and that is only accomplished by burning the small stuff first and working your way up.



- Cooking over an open fire -

This is somewhat different than the microwave method, so pay attention. Use pots and pans that won't be damaged by direct heat. Choose foods that are easy to cook over an open fire – at least until you have camped often enough to be comfortable cooking more complex menu items. Hopefully, you will be camping for your first time in a camp site that has a fire pit with a metal grid which folds down over the fire, giving you a surface on top of which you may place your pots and pans. If not, you will need to move the fire around a little, until you have a flat area with slowly burning logs placed close enough together that you can place your pans on them.

You should bring canned foods, bottled water, and meats that are slow to spoil – like hot dogs or canned meats. Place the items in the pan and place it over the fire. You will need to stir often to make sure things like pork and beans are not sticking to the bottom of the pan. See pp. 37-43 for some good camping food recipes.

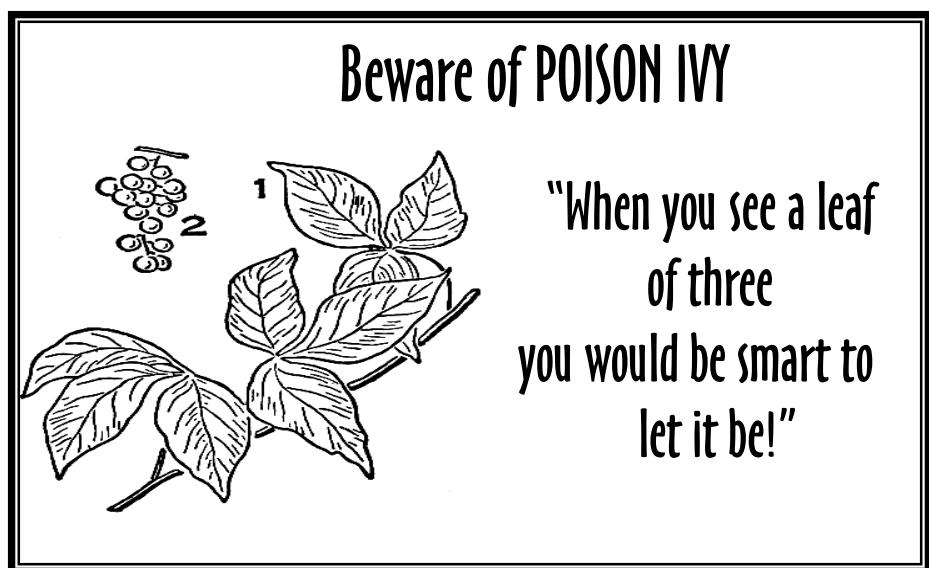
If you bring a camp stove, it will set up quickly and easily on the table usually adjacent to the camp site, and the bottles of propane are quickly attached. Manufacturer directions are easy to follow as to lighting, proper care and cleaning, and storing the stove. Always disconnect the propane bottle(s) from the stove when not in use. The stove is used just like a stovetop at home.

When dinner is over, it's time to stick marshmallows on the ends of sticks and toast them. Then sit around singing and telling stories, swatting skeeters, and having a great time.

Make sure you thoroughly extinguish the fire before going to sleep – it's up to us to prevent forest fires as much as possible!

- How to Properly Extinguish a Campfire -

When you are done burning, or the fire has burned down, pour water over all the logs and ash. You can also toss sand and dirt over any embers. You must make sure that nothing is left smoking *at all* before leaving the campsite. Hot embers can re-ignite, so douse them with plenty of water. If you don't have water, spread out all the embers inside the fire ring, and bury them in a minimum of 3 inches of dirt.



Hooking the Big Un'

These are very basic, beginning fishing directions. There is a lot of information available to the avid fisherman at your local library. Sporting goods stores have probably several men who could give you all kinds of secret tips and fishing spots. This is just a basic outline for those who have never held a rod and reel before.

(Most reels are right-handed. If you want a left-handed reel, you'll have to look for one. Directions are for right-handed reels.)

You can go to any store that sells sporting supplies and purchase a fishing combination kit. We recommend a spincasting kit for beginners. It usually contains a pole, a reel, a tackle box, some sinkers, some hooks, and some bobbers. Other items to put in the tackle box include a fingernail clipper to clip the line, a small pair of needlenose pliers, and a small first-aid kit.

- Casting -

This is best practiced in the backyard before you go fishing. Spincasting reels have a little button you push on the back of the reel to release the line. Pull the line out of the reel and thread it through all the eyes. Then attach a couple sinkers. (See Sinkers-next page). Do not attach a hook for "practice" casting.

- You want to have a foot or two of string hanging from the tip of the rod with your sinkers at the end.
- Hold the rod in your left hand with your thumb on the button.
- Hold the button in while bringing the tip of the rod back over your left shoulder. Swing the tip of the rod back out in front of you, releasing the button in the front half of the arc of swing. This should cause the sinkers to pull the line out of the rod and out in front of you. You may need to practice this quite a while to get comfortable with casting. You will need to learn where to let go of the button in order to get the line to go where you want it to go.
- Do casting practice in an open area AWAY from ANY power lines, fences, trees, bushes – anything you could tangle your line in.

- Preparing to Fish -

Push the button in to release the line if needed. Make sure the line is threaded through all the eyes. Tie a hook on the end of the line. Be careful – hooks are extremely SHARP. Clip the line fairly close to the knot, but leave a little “tail” to keep the knot from coming untied.

- Sinkers -

There are two kinds of sinkers which usually come in a combo kit.

- The first is a splitshot sinker. This is a small, round, divided sinker. When you squeeze on the tails, it splits open to go over your line. Then squeeze it back shut with a small pair of pliers. It is placed between the bobber and the hook. Don’t place it too close to either end. Somewhere in the middle is best, but you may have to move it up or down depending on where the fish are biting.
- The second kind looks like a torpedo with rubber ends. Place the line in the split in the metal, and then twist the rubber ends in opposite directions. This secures the sinker to the line.

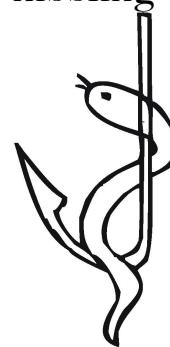
- Bobbers -

Two kinds of bobbers may show up in your kit.

- A **round bobber** has a push button, which should be on top when in the water. In order to attach it to the line, press the button, and a wire hook will pop out the bottom. Hook it to the line, wrapping the line around the hook once. The other method is to hook it to the bottom wire hook first, then hold the bottom hook in place and press down the edges of the button and a wire hook will pop out the center of the button. Place the line through it and release the button.
- A **stick bobber** is used for smaller fish or smarter fish – it doesn’t give as much resistance to the fish, so you can trick them into taking the bait easier ... sometimes! Putting a stick bobber on the line is very easy. It has a spring like a ball-point pen. When you compress the spring toward the center of the bobber, it reveals an L-shaped slot into which you put the line. Releasing the spring secures the line. At this point, the bobber can move along the line a little. Once you find the depth you want to fish at, you can anchor the bobber to the line by compressing the spring, wrapping the line around the bobber once, placing it back into the slot, and releasing the spring. This prevents the bobber from sliding up or down the line.

Placing the bobber on the line. The purpose of a bobber is two-fold: it tells you when something is taking your bait, and it holds your bait a certain depth under the water. That depth is the space between bobber and hook. Factors which determine where you want your bobber include depth of water, presence or absence of weeds, and where you think the fish are biting. You don't want the hook in the weeds, so it has to be shallower than the tops of the weeds. You don't want it on the bottom, even if there are no weeds, so it must be shallower than the depth of the water. You can adjust it in between casts to try and attract fish.

Attaching the worm! Dig up some nice, juicy worms. Fish go best for fresh bait. You don't have to use the whole worm if it is longer than three inches. You can cut it into pieces, about $1 \frac{1}{2}$ inches long. To attach the big, juicy worm (or worm piece) to the hook, thread it onto the hook. You may need to wrap it around the hook and skewer it in several places to keep it firmly attached. You don't want the fish nibbling at the worm and not taking the hook in its mouth!



Deciding where to cast. Look around you - make sure you don't have any low-hanging branches or bushes that will catch your line. You want to cast into calm, still water. Choose a secluded, slow moving area of a river, or a pond, or a lake. Now, look at the water for obstacles that could catch your hook, like tree limbs, stumps, or tall weeds. Cast away from those areas. Assuming you have practiced beforehand, **you are ready to cast!** Once you have cast the line, reel in a little bit of line to remove the slack. Let it sit for several minutes. If your bobber hasn't moved, reel it in and cast it somewhere else.

The bobber is MOVING!!! You have a fish!! Give a firm, upward pull on the tip of the rod. This is called "setting the hook." You don't want to pull too hard – you'll pull the hook out of the fish's mouth. Doing it right secures the hook in its mouth. Start reeling in the fish.

Reach out and grab the line above the fish and pull it out of the water. Grab the fish, watching out for the dorsal fin – its points are very sharp and hurt if you stuff them into your hand. This fin runs along the top of the fish's back. Holding the fish securely, remove the hook from the fish's mouth. Place the fish in your bucket, or on a stringer, or in a cooler – it's best to keep them in a container of water until you get them home.

For storage, place the hook over one of the eyes along the pole, and reel the line taut. This keeps the hook from swinging free and possibly hurting someone.



I caught my first fish!!

Where: _____

When: _____

Size : _____

Fish Type: _____

Bait Used: _____

Take a Hike

- Hiking Rules -

When hiking away from the campground, always stay with another person. If you are a young person, you should stay with an adult. If you are an adult, you should have someone else with you – if for no other purpose than to run and get help in case you are injured.

Stay on the trail! The temptation to leave the trail and blaze new paths is incredible – especially for boys. However, it is also incredibly unwise. Every year, children, teens, and adults, get lost by leaving the trail. Sadly, some of them die before they are found. Staying on the trail = staying alive.

If for some reason you have left the trail, i.e., you fell, another person in your group got lost and you are helping to look, you were trying to outrun a wild animal, etc., the best thing you can do is to **STAY PUT**. Blow the whistle which should be around your neck. Make noise. If you have a reflective mirror, step into some sunlight and bounce sunlight all around you. Someone will find you, but if you continue to wander around, the chances are strong you will wander farther and farther away from the trail, making it much more difficult for anyone else to locate you.

Do not leave trails of garbage or food scraps along your hiking route – you will encourage bears to follow you. When they catch up to you, it will not be pleasant. Falling down, curling up in a ball, and playing dead may not work. Banging pots and pans and yelling at the top of your lungs may not work, either. It's much better to make sure the bears aren't interested in you or your campsite, than to hope some method of scaring them off will work. Keep your camp site clean – no food scraps! If you have no vehicle close by, hang food, pots, pans, cooking utensils, and any trash, in tightly closed plastic bags, in a tree, at least 200 yards from your campsite. Make sure you take it with you in the morning and dispose of the trash properly. Do not keep ANY foodstuffs in your tent. Many campsites where bears are close by even recommend keeping medications and water in vehicles, not in the tent.

- Items to have on hand when hiking -

The following list can be added to or subtracted from in some measure according to the type of hike, duration, and area in which you are hiking.

- A water bottle is key to any hiking trip. Dehydration can be serious – even fatal. Experts say it is not safe to drink water from streams, lakes, ponds, etc., in North America or Canada due to bacteria and organisms in the water, so you must bring either a water filtration system or purification tablets, or your own bottled water.
- A walking stick can be helpful in keeping your balance along tree-rooted trails. (Besides, it's fun to pretend you're a famous explorer!)
- Children should keep a whistle about their necks. The whistle is to be used if lost or injured – the child is to remain in one spot and whistle until someone finds him. The noise of the whistle can also help in keeping wild animals away.
- A flashlight with fresh batteries can be carried in a backpack. A pocket-size flashlight is also recommended – it can be taken on shorter hikes where a backpack might not be necessary. LED flashlights are great – they can burn from two weeks to a month on a set of batteries.
- A first-aid kit in a waterproof container (such as a large ziplock bag) should be kept in a backpack. At the minimum, include band-aids, triple-antibiotic cream (make sure you are not allergic to it!), antiseptic wipes, bee-sting cream, sunscreen, sunburn spray, Chapstick®, scissors, tweezers, large gauze bandages, an ace-bandage, Q-tips, and any medication you or your hiking partner(s) may need.
- A ziplock bag with dried fruits, nuts, or jerky is a good idea, in case you get lost and spend several hours waiting for help to arrive.
- A compass is helpful, but only if you know how to use it. Do a little research and make sure you are confident in using a compass – *before* your life may depend upon it!

- A pocketknife can be invaluable, especially if one is lost and must spend the night in the woods.
- A long length of parachute string is useful – it's strong, and can be used in a variety of emergencies.
- Waterproof matches. It's also good to keep a small amount of firestarting materials in a ziplock bag.
- A small mirror – this comes in handy for reflective signaling purposes if you get lost.
- A cell phone and/or walkie-talkies are also recommended for hiking. If, while hiking, you will be within range of a NOAA Weather Radio transmitter, it is advisable to carry a battery-powered NOAA Weather Radio with you on the hike. They are lightweight and inexpensive – a very good safety investment. To see if you are going to be in an area within range of a transmitter, check with your local office of the National Weather Service for coverage areas.

- Hiking & Camping Weather Safety -

Lightning

It is recommended to establish your tent in a lightning-safe camping area. That is, the tent should not be the highest point in the area, nor should it be under a lone tree, nor on the top of a rock slab on a mountain. Lightning strikes a few hundred people a year, killing about 100, and permanently injuring most of the rest. It is not something to be ignored! Watch for signs of thunderstorms, and head for safety if a storm is approaching. If you are caught outside and there is no shelter available, the following suggestions are recommended. Do not seek shelter under a lone tree or near any object that is metal or which conducts electricity, including fences. Lightning can hit a fence and travel along it for some distance. Densely populated forests can provide protection, but do NOT pick the tallest trees under which to take cover. Lower growing, densely-packed trees provide better shelter. Remove your backpack and place it several yards from you. Squat down as close

to the ground as possible, keeping your feet as close together as possible, or kneel, but DO NOT lie on the ground. Lightning can travel along the ground, and if you are lying down, it can go through you, either entering at your head and exiting your feet or vice-versa. By squatting and making yourself compact, you reduce potential physical damage from a lightning strike. Shallow caves and small outcroppings of rock do not provide adequate safety from lightning strikes. If you are on a mountain side and can see a storm approaching, abandon the hike and get to lower ground.

Counting the distance—From the time you see the flash, begin counting seconds. Five seconds to the boom equals one mile. However, lightning has been known to strike several miles from the actual storm clouds – do not think you are safe from being struck simply because you counted to 10 or 20. The safety rule is 30-30: Take cover if the flash to boom time is 30 seconds or less, and don't resume hiking until the flash to boom time is over 30 seconds.

If there is a vehicle near your campsite or hiking area, get in the vehicle. Lightning might hit the vehicle, but the electricity tends to go through the metal frame to ground without harming the occupants. (By the way, it is not the rubber tires that protect you – it is the Faraday Cage Effect – a good report topic to research!)

Tornados

Seek shelter from flying debris – the debris is what causes most deaths from tornados. You must find a ditch, cave, etc., to lie flat in. Cover your head with your hands (or better protection if available). If you cannot completely hide from the tornado, hang onto something so you won't be carried away. Do not seek cover in a vehicle – cars can be picked up, tossed, and rolled over many times before coming to a stop. Anyone in the car will be killed.

Flash floods

Always set up camp on high ground – never at creek level, especially if storms are predicted. Flash floods can happen without warning, and the water can rise several feet in a matter of seconds, sweeping away a campsite. If heavy rains are falling upstream of where you are hiking or camping, stay away from even the smallest creeks—they can turn into

gushing torrents of water that will wash out trees and sweep everything in their path downstream – including hikers! Avoid flood waters – do not attempt to cross a flooded creek. The current will be too swift. If you are hiking in a valley or canyon, and you notice the water level rising, abandon your gear and climb as quickly as you can. If you are camped by a stream, and notice the water rising, abandon the campsite and climb. All backpacks and gear can be replaced – no material possessions are worth risking a human life!

The Tale of My First Hiking or Camping Trip

by:

Tied in Knots

Knots, knots – who wants to learn knots? Knots are very helpful for a variety of situations, so we’re going to teach you a few basic knots. If you don’t tie your brain in knots learning them, you may want to go to the library and check out books on knot-tying. There are knots for sailing, working with horses, fishing, tying cargo, and much more.

- Knot Talk -

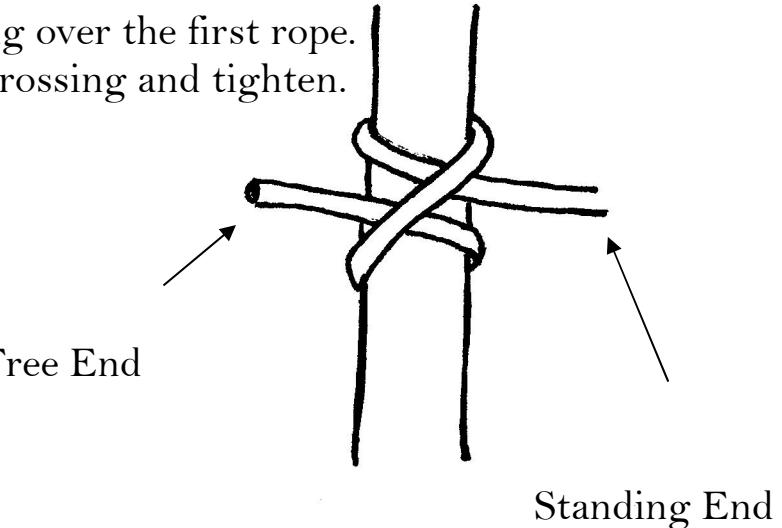
- **Bend:** This knot is used to join two ends together.
- **Bight:** This term has two uses. 1) An open loop of rope (or semi-circle) in which the rope does not cross itself. 2) The part of the rope which lies between the standing part and the end that could be used to tie the knot.
- **Dress:** This means to make sure the knot has been finished properly, it’s tied correctly, etc. It can also refer to removing the slack in a knot by drawing the knot up so it’s neat and finished.
- **Free end (Bitter end):** The short end of the line; it is used for tying the knot.
- **Hitch:** This knot attaches a rope directly to another object.
- **Loop (Eye):** A circle of rope in which the rope crosses itself.
- **Overhand loop:** A loop which passes OVER the standing part.
- **Setting the knot:** To completely tighten a knot by pulling on all its parts.
- **Slip:** This can be used to make untying a knot easier. It’s done by using a bight instead of an end when you’ve finished tying a knot.
- **Standing part:** This refers to the part of the rope not used in the knot.
- **Stopper knot (Stop knot):** A bulky knot used to keep the rope from pulling through.
- **Twist:** Just what it says – the line or rope is twisted around another piece of line or rope.
- **Underhand loop:** A loop which passes UNDER the standing part.

Between the free end and the standing part is where you will have a knot.

Clove Hitch Knot

This knot is for securing a line around a post.

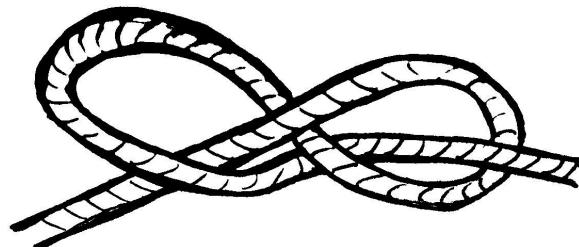
1. Pass the rope around the post once.
2. Do it again, this time going over the first rope.
3. Tuck the rope under the crossing and tighten.



Tying a Figure 8 knot on the free end of a clove hitch makes it less likely to untie.

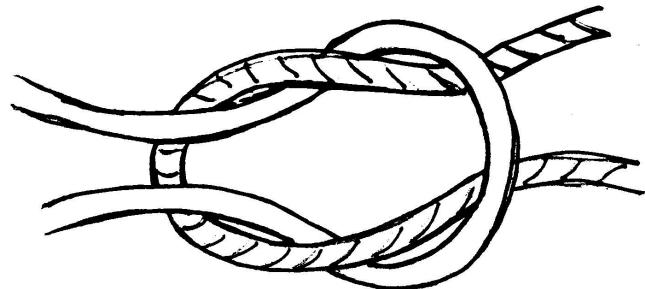


Figure 8 Knot or Stop Knot



Reef Knot

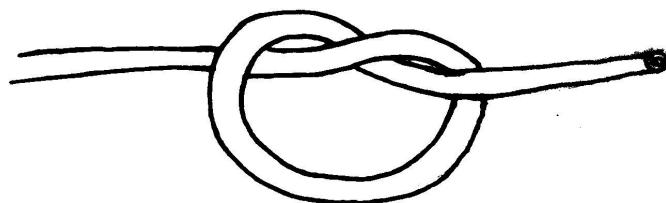
This knot is used for tying two ropes together, equal in thickness, where there is a two-way strain.



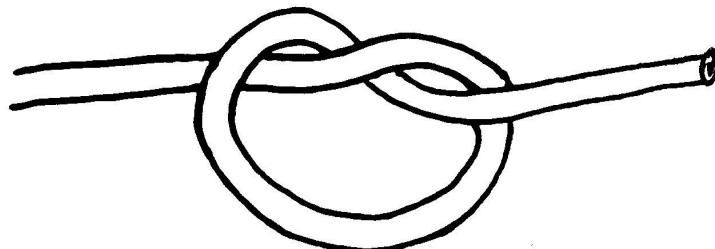
Remember this key:
Left over Right — Right over Left



Overhand Knot

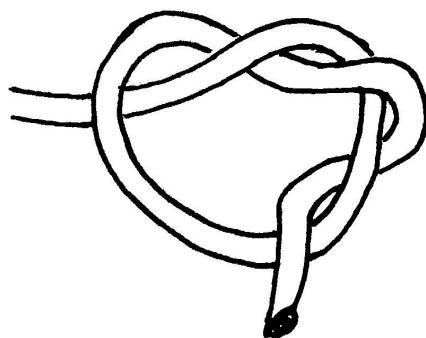


Double Overhand Knot



Free End

1. Make an overhand knot (see page 163).



2. Put the free end back through the loop.



3. Pull tight on both ends to make it tight.



Bull's Eye

Some boys and teenagers (and their dads!) may enjoy the sport of hunting. Some may not – that's okay! Everyone has different likes and dislikes. For those of you who may wish to go hunting, here's some useful information on the topic. Since we are primarily looking at this section for hunting purposes, we are going to discuss rifles.

- Gun Safety -

- NEVER pick up a gun or handle it in any way unless an adult is present. Know how to safely handle the gun before you touch it. (Exception: If you own a gun, have your parent's permission, and have been trained in how to handle the gun safely.)
- ALWAYS point the muzzle in a safe direction – away from people! Always point it upward not downward—you could accidentally shoot your toe off!
- ALWAYS keep your finger OFF the trigger until ready to shoot.
- ALWAYS make sure you have a safe, clear, and unobstructed view of the target before you fire. You might think you are aiming at a deer, but if you can't see it clearly, it could be your neighbor's cow!
- KNOW WHAT'S BEYOND YOUR TARGET. Bullets travel an incredible distance – even shotgun slugs can go almost 1,000 yards! You must KNOW that there is nothing beyond your target, in case you miss. People blocks and blocks away have been accidentally shot because a careless hunter didn't think his bullet would travel that far.
- Be sure the gun is safe to operate.
- Whenever you handle a gun, make sure it is unloaded as safely as possible. If it is loaded, remove the cartridge or magazine carefully. If you are not sure how to do this – leave it alone and get an adult to do it— one who understands how to handle a gun.
- Use only the correct ammunition for your gun.
- Wear eye and ear protection as appropriate.

Disclaimer : Authors and or printers of this publication are not responsible for any accidents due to improper use of a firearm. Parents are fully responsible for their own children in every circumstance mentioned in this publication.

- Never discharge a weapon inside a building (like shooting a possum from inside the garage) because you can cause permanent hearing damage or loss. The exception is if you are shooting at a gun training or practice site and the building is designed for indoor target practice, AND you are wearing hearing protection.
- Never use prescription drugs before or while shooting.
- NEVER aim a gun at someone in “fun” – it’s not “fun” if it accidentally goes off and kills someone.
- Store guns so they are not accessible to unauthorized persons.

- Parts of the Gun -

Stock = The handle of the rifle.

- **Butt** – The rear part of the stock. The part that goes against your shoulder.
- **Comb** – The top part of the stock, where you rest your cheek.
- **Grip** – The part where your hand holds the gun in getting ready to fire.
- **Fore-end** – The part that goes under the barrel; your second hand holds the fore-end to keep the gun steady.

Barrel = The metal tube the bullet exits through.

- **Bore** – The hole the bullet goes through.
- **Muzzle** – The part where the bullet leaves the gun.
- **Breech** – The rear part of the barrel.
- **Chamber** – The part where the bullet goes.

Action – This refers to the part of the rifle that contains the moving parts that allow you to load, fire, and unload the rifle.

- Six Types of Actions -

Bolt: Probably the most common, this action works on a lift up, pull back, and push forward motion.

Pump (or slide): The forearm of the stock is pumped back and forth to open and close the action.

Lever: To open, pull the cocking lever downward and forward (away from the stock). To close, bring the cocking lever to its original place.

Semi-automatic: Contains a cartridge which allows for continued action.

Hinge: The action opens similar to a door hinge. The release lever allows the barrel to swing downward, away from the breech block.

Falling block: In this type, the breech block “falls” down and away from the barrel.

- More Gun Parts -

Projectile = The bullet.

Cartridge = Another name for ammunition (bullets). There are four parts to a cartridge: the case, the primer, the powder, and the bullet. Cartridges can be rimfire or centerfire – these terms designate where the primer is located.

Magazine = A container which attaches to the gun and holds extra bullets (cartridges).

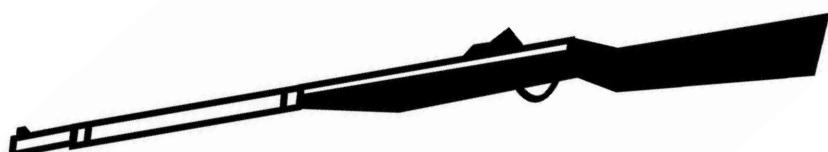
Firing = This is what happens when you pull the trigger.

Safety = An important device which, when activated, is supposed to keep the gun from being fired. However, it can malfunction, so it is not to be depended upon. Gun safety is always the best way to ensure against accidents.

Sights = There are many types of sights, but for beginners, we recommend optical sights, which are little telescopes which mount to the top of the barrel. Their purpose is to help you aim accurately.

- Caliber -

One subject people can find confusing is caliber. It is the measurement of the bore (how big or small the diameter is). The bore is measured in hundredths of an inch (or in millimeters). The wider the diameter, the larger the caliber. The larger the caliber, the larger the size of the bullet which can be used. You can see a brief listing of caliber sizes on the next page and what they are most commonly used to shoot.



.22

Rimfire caliber is the most common cartridge. It is used for recreational shooting, competition target shooting, and small game hunting (squirrel, possum, etc.).

.243 -.250

Deer hunting (or similar-sized game). Varmint hunting. Also used for benchrest competition shooting.

.30

Most big game hunting. Competitive target shooting. The most common is the 30-06.

.323 -.358

For hunting very large game in North America.

.375 -.458

For hunting the largest African game.



- Shotguns -

These can be effective up to 75 yards. You will need to know which ammunition works best in your shotgun. As always, you must read and know your gun owner's manual.

A slug is a single shotgun projectile. A shotgun, 20 gauge or larger, can be used for hunting. The 12 gauge is most common for big game.

Shotguns are used for skeet shooting and clay pigeon competitions. Shotguns are also used for fowl hunting, like duck, pigeon, dove, turkey, goose, etc. They can also be used for rabbit and squirrel.

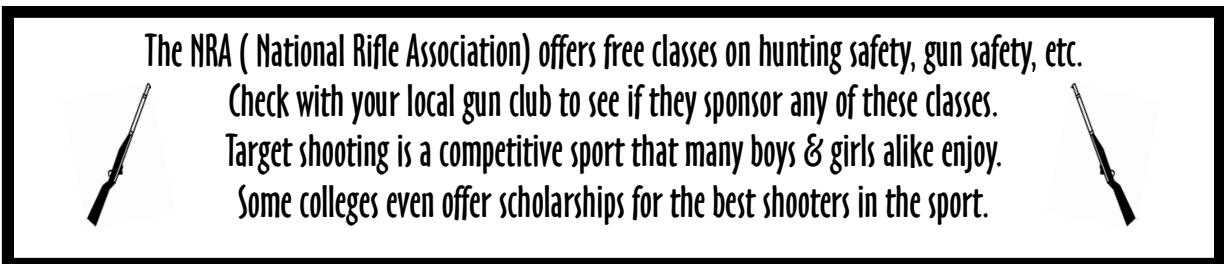
Shot usually has a picture on the box of the animals it can be used to shoot. You can also ask the person behind the counter at the sporting goods store which to buy; just tell him what you are going to be hunting.

The NRA (National Rifle Association) offers free classes on hunting safety, gun safety, etc.

Check with your local gun club to see if they sponsor any of these classes.

Target shooting is a competitive sport that many boys & girls alike enjoy.

Some colleges even offer scholarships for the best shooters in the sport.



- Tips for Hunting Deer -

Poppee and sons are proficient deer & turkey hunters.

Here are some of their secrets:

1. Locate an area with fresh deer droppings. No droppings? Find another area.
2. Hunt downwind from a known deer trail. If they smell you, they won't come.
3. Hunt from a tree stand – minimum height: 15-25 feet.
4. Make **NO** noise, and as little movement as is possible.
5. Hunt until DARK. If the sun sets at 6:00 don't leave at 5:45. Deer can move at sunset. Just make sure you can still see well enough to know it's a deer you're aiming at!

- Deer Call -

The **tube call** is simple to use – just blow in it. This call can last for years!

The **can call** is very easy – just turn it back and forth.

Rattling **antlers** together can be effective. It's supposed to sound like a couple of bucks fighting.

There are also a number of scented lures for deer hunting.

- Turkey Calls -

Hunting turkey is usually done from the ground. Some hunters bring along some turkey feathers for rustling.

The **box call** is basically a hollow box with a sliding lid. When it moves across the top walls of the box, it makes turkey noises. Some boxes have chalk in them, and the chalk aids in making the proper noise. Very easy to use.

The **slate call** has a round piece of coated plastic, across which you rub a special pencil-shaped stick. Very easy to use.

The **mouth call** requires a lot of practice, and you must be fitted for the call, since people have different-size mouths. If you'd like to learn mouth calls, find an older man who has been using mouth calls for years – he'll be glad to teach you!

Outgrowing the Piggybank



What to do when you have
too much money for the piggybank.

Learn how to budget and save.
Learn how to keep a simple ledger.
Discover ways NOT to waste
Your money!

You will learn a lot about keeping your
Finances under control!



Small Fortunes

As you get older, the piggybank simply won't hold your fortunes.

You will need to change the way you save money. This is also preparation for the future - one day, you will be earning a weekly paycheck. If you do not begin now, learning how to budget, it will be very difficult to learn later, when you will have a lot of money in your pocket, waiting to be spent!

One very effective way to begin budgeting is to have a box of envelopes. Each envelope has a title, such as My Savings, New Bike, Pens and Pencils for School, Birthday Gifts, Christmas Gifts, My Spending Money. If you attend church, you may wish to include an envelope for Tithes. Scripture teaches that tithes are usually 10% of earnings, but what you choose to give to your church is up to you.

Each time you earn money, you can do one of three things:

1- You can divide the money evenly between all envelopes. So, if you earned \$20.00 in a week, and you have 5 envelopes, each envelope gets \$4.00.

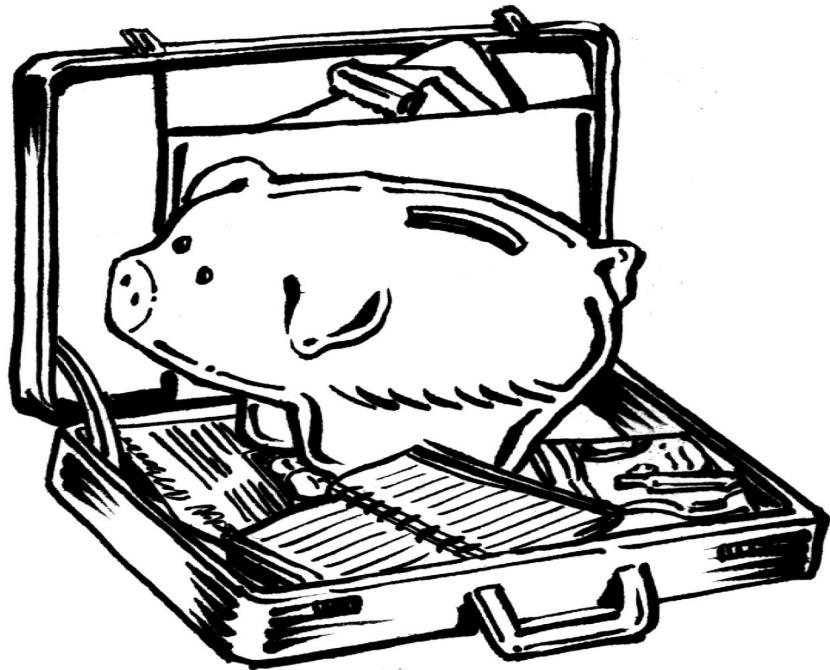
2- You can decide to save more in some envelopes than others. So, the \$20.00 could be divided like this: \$10.00 in My Savings, \$2.00 in Tithe, \$5.00 in New Bike, and \$3.00 in Gifts for Others.

3- You can decide on a percentage to deposit in each envelope. Let's say you have five envelopes, and you decide you're going to put 10% in My Tithe, 20% in My Spending Money, 20% in My Savings, 25% in Gifts for Others, and 25% in New Bike Fund.

The names on the envelopes are entirely up to you. Maybe you want to save for a big item – like a car when you turn 18. You could be saving money in that envelope for a long time, but think how much fun it will be to pay cash for the car!

For short term planning, the envelopes are quite useful and flexible – you can rename them as needed. For instance: My Pens and Pencils for School - once you have purchased all you need, you could rename that saving envelope New Books or New Games.

You need to be disciplined and not spend money from an envelope on something it isn't intended for. That means, don't spend your Gifts for Others money on ice cream sundaes for yourself. Saving money and budgeting requires discipline and self-control – these are two very important character traits you will need as an adult, so you might as well start practicing now!



"Moreover it is required in stewards, that a man be found faithful."
I Corinthians 4:2

"For unto whomsoever much is given, of him shall much be required."
Luke 12:48

Bookkeeping 101

You may be thinking: What if I have a paper route and earn \$20.00 every week?

That's a lot of money to be keeping in the house in envelopes, isn't it? Yes, it is.

You may want to open a savings account. If you do that, make sure you keep track of your savings in a ledger at home.

Here's a one month example:

-My Savings Ledger-

Jan 2 – 8

I earned \$20.00.

I spent \$2.00 on mini-golf.

I put \$2.00 in the church offering.

I deposited \$16.00 into my savings account for the following funds:

New Bike	Gifts for Others	Pens/Pencils	My Spending \$
\$5.00	\$5.00	\$1.00	\$5.00

Jan 9 – 15

I earned \$20.00.

I spent \$1.00 on ice-cream.

I put \$2.00 in the church offering.

I deposited \$17.00 into my savings account for the following funds:

New Bike	Gifts for Others	Pens/Pencils	My Spending \$
\$4.00	\$6.00	\$2.00	\$5.00
<u>New totals</u>			
\$9.00	\$11.00	\$3.00	\$10.00

Jan 16 – 22

I earned \$20.00.

I received \$5.00 for extra chores.

I spent \$2.40 on snacks and a library fine.

I put \$2.50 in tithes.

I bought new gym shoes for \$11.30.

I kept 80 cents change I had leftover.

I deposited \$8.00 into my savings account for the following funds:

New Bike	Gifts for Others	Pens/Pencils	My Spending \$
\$3.00	\$2.00	\$1.00	\$2.00
<u>New totals</u>			
\$12.00	\$13.00	\$4.00	\$12.00

Jan 23 – 28

I earned \$20.00.

I spent \$3.00 on bowling and chips.

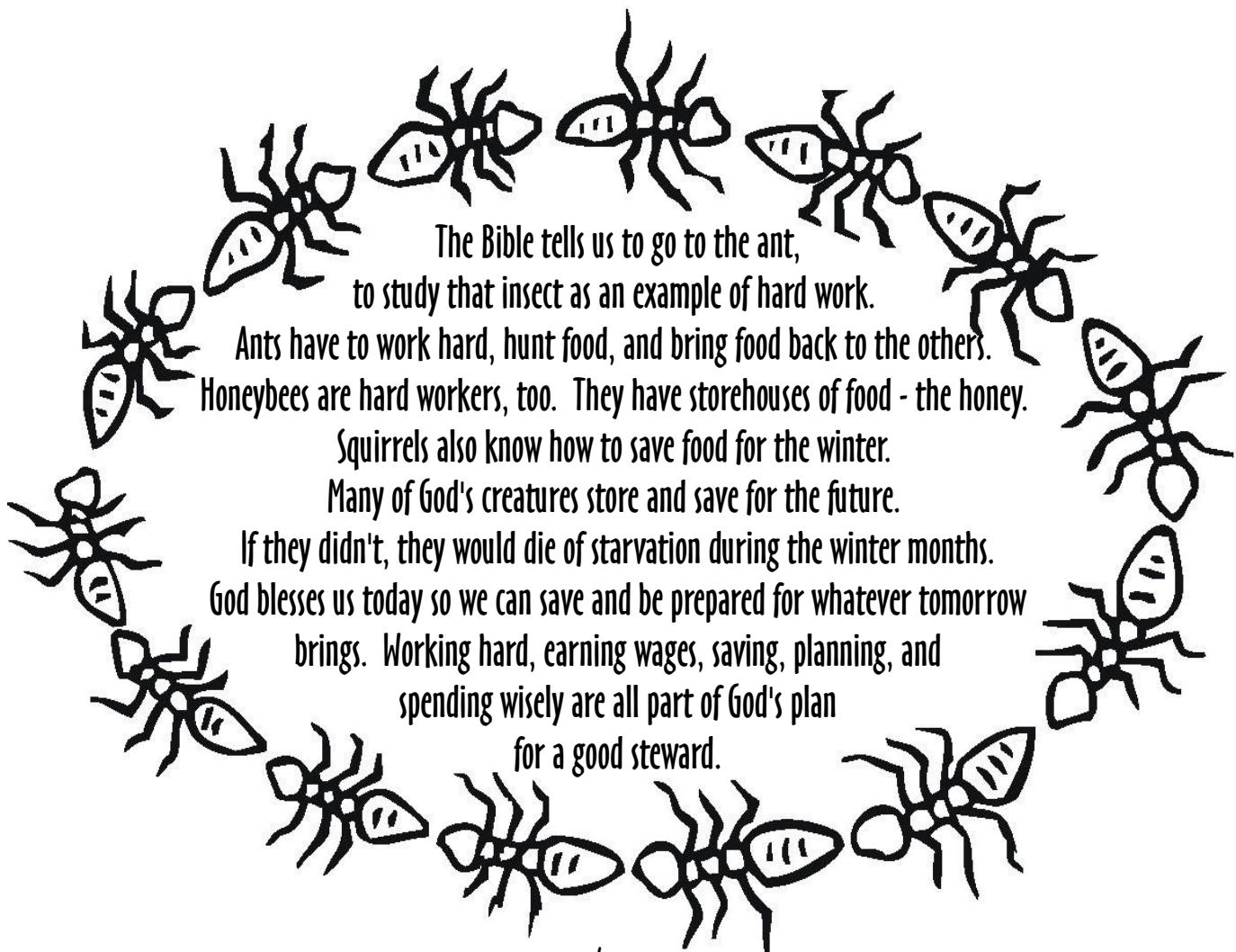
I put \$2.00 in tithes.

I deposited \$15.00 into my savings account for the following funds:

New Bike	Gifts for Others	Pens/Pencils	My Spending \$
\$5.00	\$3.00	\$3.00	\$4.00
<u>New totals</u>			
\$17.00	\$16.00	\$7.00	\$16.00

Do you see how it works? At some point in the year, you will have enough in a fund to go buy what you are saving for. Imagine how fun it would be to buy a new bike with your own money! It will make you feel very good to be able to use your own hard-earned money to buy birthday and Christmas gifts for others. You will be learning good stewardship of the money you are earning, and you will be responsibly paying for your own things. This is a wise way to save and spend your money.

Without a plan, without budgeting, without saving – you will wonder every week where all your money has gone! Many adults do not know how to save money. They buy whatever looks good at the moment because they have the money in their pocket. If they would put money aside for bills and savings, they would not be in financial messes. You can learn now, while you are young, and it will be a habit. Then, when you are older, you will be wise, and you will not fall into financial temptation because you will know how to spend your money wisely.



Money Wasters

When you are older, many people will try and tempt you into thinking some things are “basic necessities” which are not – they are “wants” or “luxuries.” Let’s look at some things people waste money on, thinking they are “necessities.”

Note: If a family has the finances to pay all their bills, buy food, have a savings account, etc., and they wish to spend money on extra items, they are not being foolish. They have the means to use their money in that way. But for families who struggle to pay their light bill or mortgage, and cannot afford to buy groceries, there are areas that could be cut from their budgets, giving them the money they need to pay their bills.

Examples of Non-Necessary Expenses

- **Cable Television:** Turn off the cable and go to the park, play family board games, visit friends or relatives, take up a sport, find a hobby – there are a thousand ways to spend your time, instead of in front of the TV.
- **Cell phones:** These are nice to have, but not a necessity. In some families, every person has a phone, which usually runs a total of \$80-\$200/month, depending on family members, plan packages, etc.
- **Pets:** One dog or one cat or one bird doesn’t take a lot out of the family budget for food. But 3, 4, 5 pets – suddenly pet food, heart worm pills, vet visits, shots, etc., is taking \$75 or more from the monthly budget.
- **Name-brand clothes:** This is a big waste of money unless you can find them on sale. You can find nice quality gym shoes for less than \$20. Spending \$80 or more just for a “name” is a waste of money. Same for jackets, shirts, slacks, belts – whose clothes you wear doesn’t change who you are. You can be a person of character and wear second-hand clothes. Plenty of people shop in second-hand consignment stores and buy really nice clothes (often name-brands!) and they buy them for far less than they would spend at the mall.

- **Videos:** New videos can cost anywhere from \$15 - \$30. If you buy 2 a month, you could be spending \$60 on videos. You can rent videos from the library for free. You can buy videos through on-line “garage sales” very inexpensively.
- **Video game places:** Video games can be very addictive – people spend hundreds of dollars a year standing in front of arcade video games. This is a sad waste of money. Really, even owning video games should have some controls – like not playing for more than a half hour a day. Old-fashioned board games can require much more logical thinking and challenges, and provide you with spending time with the people in your family. Plus, you can laugh and tell stories and talk about your day while you are playing a board game.
- **Gym memberships:** This can be a wonderful way to keep in shape. If your family can afford it – great! But at \$100 or more a month, if finances are tight, it’s better to take a family walk around the block for free.
- **Bowling leagues, etc:** This is another great way to get out, get some exercise – it’s fun, you’re with other people....all great points. But if you struggle to pay the bills, the bowling league can be crossed off the list until you can afford it.
- **Brand new cars.** Okay, boys, here’s where you are going to be REALLY tempted. Remember you read it here – new cars can be a huge waste of money! When you start saving for a car, seriously consider buying one that is at least a year old, even if you buy it from a dealer. You will get a much better deal than on a new one. New autos devalue the moment you drive it off the lot. You older teens - make sure you do some research before you make an offer on a car. Find out what it’s true resale value is so you don’t pay way more for it than it’s worth. And get opinions from your dad, your uncle, your pastor – don’t just believe what the car salesman is telling you. They are out to make a sale – you are out to make an investment in transportation.



The list could go on! Think! Spend your hard-earned money wisely!



Notes

Suggested Readings

- for Boys Seeking Adventure and Excitement -

- The Swiss Family Robinson by Johann Wyss
- Robinson Crusoe by Daniel DeFoe
- The Sugar Creek Gang Series by Paul Hutchens
- Kidnapped by Robert Louis Stevenson
- Treasure Island by Robert Louis Stevenson
- The Bears of Blue River by Charles Major
- Uncle Tom Andy Bill by Charles Major
- The Yearling by Marjorie Rawlings
- Summer of the Monkeys by Woodrow Wilson Rawls
- My Side of the Mountain by Jean Craighead George
- The Red Badge of Courage by Stephen Crane
- The Hawk That Dare Not Hunt by Day by Scott O'Dell
- The Adventures of Sherlock Holmes by Sir Arthur Conan Doyle
- Johnny Tremain by Esther Forbes
- Historical fiction and adventure books by G. A. Henty
- The Merry Adventures of Robin Hood by Howard Pyle
- The Story of King Arthur and His Knights by Howard Pyle

“My son, forget not my law; but let thine heart keep my commandments: For length of days, and long life, and peace, shall they add to thee. Let not mercy and truth forsake thee: bind them about thy neck; write them upon the tables of thine heart. So shalt thy find favour and good understanding in the sight of God and man. Trust in the LORD with all thine heart; and lean not unto thine own understanding. In all thy ways acknowledge him and he shall direct thy paths. Be not wise in thine own eyes; fear the LORD, and depart from evil. It shall be health to thy navel and marrow to thy bones. Honour the LORD with thy substance, and with the firstfruits of all thine increase: So shall thy barns be filled with plenty, and thy presses shall burst out with new wine. My son, despise not the chastening of the LORD; neither be weary of his correction: For whom the LORD loveth he correcteth; even as a father the son in whom he delighteth. Happy is the man that findeth wisdom, and the man that getteth understanding.”



The HOLY BIBLE
Proverbs 3:1-13
King James Version

About the Authors

Mrs. Martha Greene has been the helpmeet to Roger for 28 years. Roger is able to fix, repair, or build just about anything. He's been passing this information on to his sons since they were old enough to follow him around. They make their home in rural South Carolina on 130 wild acres, loving the country life. The Lord has blessed them with 3 girls and 8 boys. Homeschooling has been their way of life since the mid 80's. At this writing, the children range in age from 27 to 7 years. Martha loves having a houseful of boys as it makes for a convenient, instant work crew. A little about her sons: Adam, age 25, is a firefighter, EMT, and in pre-med. Benjamin, age 21, is their next-door neighbor and installs closet systems in homes. Zack, age 19, is in Bible College preparing for his call to preach the Gospel. Seth is 17 and the main farm hand and handyman for his momma. Micah is 15 and a quiet, studious fellow. Ezra is a thinker and budding inventor at age 11. Luke, age 9, is their miracle baby and continues to grow like a weed. Samuel is 7, the youngest of the 11, and has great aspirations to grow up to be as big as his brothers.



Mrs. Gail Kappenman has been the helpmeet to Curt for 17 years. The daughter of a carpenter/printer, she grew up to marry a handyman. Curt fixes anything he gets his hands on, including houses, cars, and computers. They live in a cozy country setting in SC, where they have been raising their 6 children. CJ, age 15, is following in Curt's footsteps, learning how to build and repair. He's interested in car mechanics and gunsmithing. Isaiah, age 9, is proving to be good at academics and creative in building projects. Both boys show signs of being the third generation of "fix-it" guys!