

EXTRA!

FROM THE OLD FARMER'S ALMANAC

NATURAL BEAUTY TREATMENTS

THE STORIES WE TELL IN OUR SLEEP

PRESERVE YOUR HARVEST

SUMMER SALAD RECIPES



AUGUST 2016



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See what we have
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September issue!



THE MONTH OF AUGUST

HOLIDAYS, HISTORY, AND FOLKLORE



MOON VIEW

August's full Moon, the **Full Sturgeon Moon**, occurs on the 18th, at 5:27 A.M. EDT.

 TAP FOR MORE MOON PHASES

 TAP FOR A VIDEO ABOUT THE FULL STURGEON MOON AND OTHER FUN MOON FACTS



AUGUST'S ZODIAC SIGNS

Leo: July 23–August 22

Virgo: August 23–September 2

SAY HAPPY BIRTHDAY!

I leave this rule for others when I'm dead:

Be always sure you're right, then go ahead!

–Davy Crockett
(b. Aug. 17, 1786;
d. March 6, 1836)



FOLKLORE FUN

So many August fogs, so many winter mists.



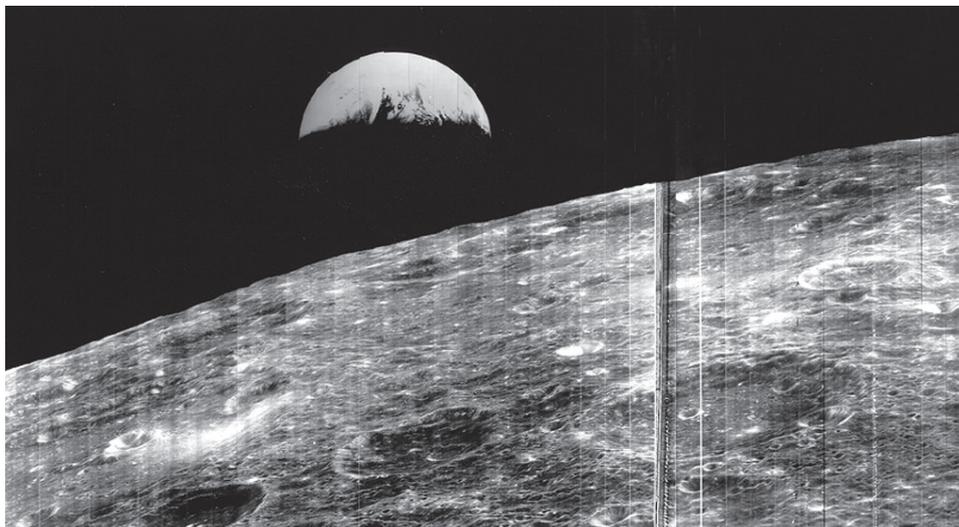
AUGUST'S BIRTH FLOWER:

Gladiolus or Poppy

- The gladiolus means strength and sincerity.
- A red poppy symbolizes pleasure or consolation; scarlet, extravagance; white, sleep.

 TAP FOR MORE ABOUT THE LANGUAGE OF FLOWERS

THIS MONTH IN HISTORY

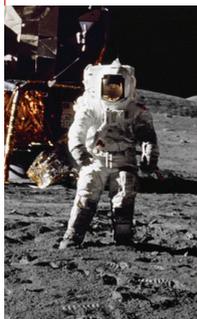


AUGUST 23: SAY "CHEESE"!

On this day in 1966, *Lunar Orbiter 1* took a photo of crescent Earth rising above the Moon's horizon. It was the first view of Earth taken 236,000 miles away, from a spacecraft orbiting the Moon.

As the first mission in the 1966–67 Lunar Orbiter program, *Lunar Orbiter 1* was programmed to photograph certain potential lunar landing sites, in preparation for the upcoming Apollo missions. The craft's camera, loaded with 70mm film, would take a photo, chemically develop it, scan it, and then use radio waves to transmit the image back to Earth, where it was saved on tape.

In 2008, NASA released a digitally restored version of the historic photo, showing greater detail.





THIS MONTH IN HISTORY



AUGUST 25: U.S. NATIONAL PARK SERVICE ESTABLISHED

On this day in 1916, The National Park Service was established. Its mission is to “preserve unimpaired the natural and cultural resources and values of the National Park System for the enjoyment, education, and inspiration of this and future generations.” The National Park Service employs about 20,000 people and is assisted by about 221,000 volunteers.

The National Park System consists of 411 areas covering more than 84 million acres in every state, the District of Columbia, American Samoa, Guam, Puerto Rico, and the Virgin Islands. These areas include national parks, monuments, battlefields, military parks, historical parks and sites, recreation areas, lakeshores, seashores, scenic rivers and trails, and the White House. More than 280 million visitors come to enjoy them each year.

+ TAP FOR FUN
PARK TRIVIA

DID YOU KNOW?

- In 2015, the most visited place in the National Park System was the Blue Ridge Parkway, which travels through Virginia and North Carolina; the most visited National Park was the Great Smoky Mountains National Park, between North Carolina and Tennessee.
- The largest National Park is Wrangell-St. Elias National Park and Preserve in southeast Alaska, which covers 13.2 million acres.
- The smallest national park is Thaddeus Kosciuszko National Memorial, in Philadelphia, Pennsylvania, which covers 0.02 acres.



BEST DAYS

These August dates, deemed to be propitious in astrology, are based on the astrological passage of the Moon. However, consider all indicators before making any major decisions. —*Celeste Longacre*

PERSONAL

Begin diet to lose weight: 19, 23, 28
 Begin diet to gain weight: 5, 10
 Cut hair to encourage growth: 7, 8
 Cut hair to discourage growth: 23, 24
 Have dental care: 5, 6, 31
 Quit smoking: 19, 23, 28
 Wean children: 19, 23, 28

AROUND THE HOUSE

Can, pickle, or make sauerkraut: 19, 20, 27, 28
 End projects: 1, 31
 Start projects: 3

OUTDOORS

Begin logging: 14, 15
 Go camping: 12, 13
 Go fishing: 2–18
 Set posts or pour concrete: 14, 15

IN THE GARDEN

Destroy pests and weeds: 21, 22
 Graft or pollinate: 1, 27, 28
 Prune to encourage growth: 12, 13
 Prune to discourage growth: 21, 22
 Plant aboveground crops: 9–11
 Plant belowground crops: 1, 19, 20, 27, 28
 Harvest aboveground crops: 4–6
 Harvest belowground crops: 23, 24

ON THE FARM

Breed animals: 9–11
 Castrate animals: 17, 18
 Cut hay: 21, 22
 Set eggs: 15–17, 25, 26
 Slaughter livestock: 9–11
 Wean animals: 19, 23, 28

CALENDAR Q&A



Q: What is an olympiad?

A: Olympia was the site where the Olympic games were held in ancient Greece. “Olympiad” was a term used by the ancient Greeks to measure the time between Olympic games, every 4 years. An olympiad was sometimes used as a calendar epoch (the start date of a calendar system, often counted in years). The first recorded olympiad was from the summer of 776 B.C. to the summer of 772 B.C. The ancient Olympic Games were abolished in A.D. 393.

Nowadays, the term “olympiad” refers to a period of four consecutive calendar years, beginning on January 1 of the first year and ending on December 31 of the fourth year. These olympiads are numbered consecutively from the first modern Games of the Olympiad, celebrated in Athens in 1896. The Games of the XXXI Olympiad, aka the 2016 Summer Olympics, will take place in Rio de Janeiro, Brazil, from August 5 to 21.



GARDENING BY THE MOON'S SIGN

Use the August dates shown in the Moon's Astrological Place calendar below to find the best days for the following garden tasks:

PLANT, TRANSPLANT, AND GRAFT: Cancer, Scorpio, or Pisces

HARVEST: Aries, Leo, Sagittarius, Gemini, or Aquarius

BUILD/FIX FENCES OR GARDEN BEDS: Capricorn

CONTROL INSECT PESTS, PLOW, AND WEED: Aries, Gemini, Leo, Sagittarius, or Aquarius

PRUNE: Aries, Leo, or Sagittarius. During a waxing Moon, pruning encourages growth; during a waning Moon, it discourages growth.

THE MOON'S ASTROLOGICAL PLACE IN AUGUST

1 Cancer	9 Scorpio	17 Aquarius	25 Gemini
2 Leo	10 Scorpio	18 Aquarius	26 Gemini
3 Leo	11 Scorpio	19 Pisces	27 Cancer
4 Virgo	12 Sagittarius	20 Pisces	28 Cancer
5 Virgo	13 Sagittarius	21 Aries	29 Leo
6 Virgo	14 Capricorn	22 Aries	30 Leo
7 Libra	15 Capricorn	23 Taurus	31 Virgo
8 Libra	16 Aquarius	24 Taurus	



TAP FOR
MERCURY IN
RETROGRADE
DATES



APP EXTRA!
TAP FOR
AUGUST MOON
PHASES

MERCURY IN RETROGRADE

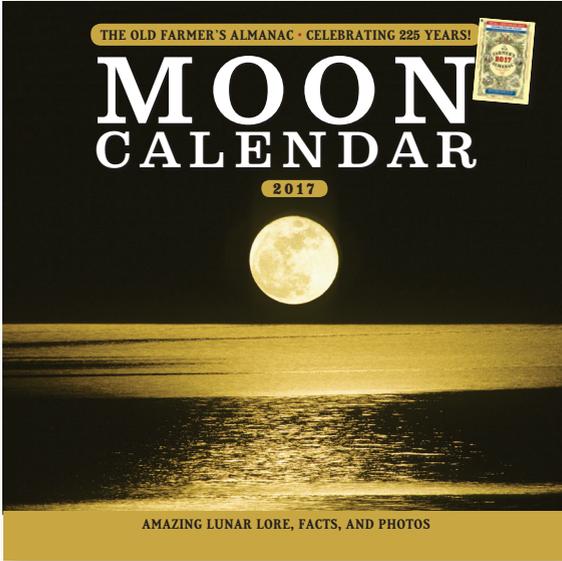
Sometimes the other planets appear to be traveling backward through the zodiac; this is an illusion. We call this illusion retrograde motion.

Mercury's retrograde periods can cause our plans to go awry. However, this is an excellent time to reflect on the past. Intuition is high during these periods, and coincidences can be extraordinary.

When Mercury is retrograde, remain flexible, allow extra time for travel, and avoid signing contracts. Review projects and plans at these times, but wait until Mercury is direct again to make any final decisions. **Mercury will be retrograde from August 30–September 22, and December 19–January 9, 2017.**

—Celeste Longacre

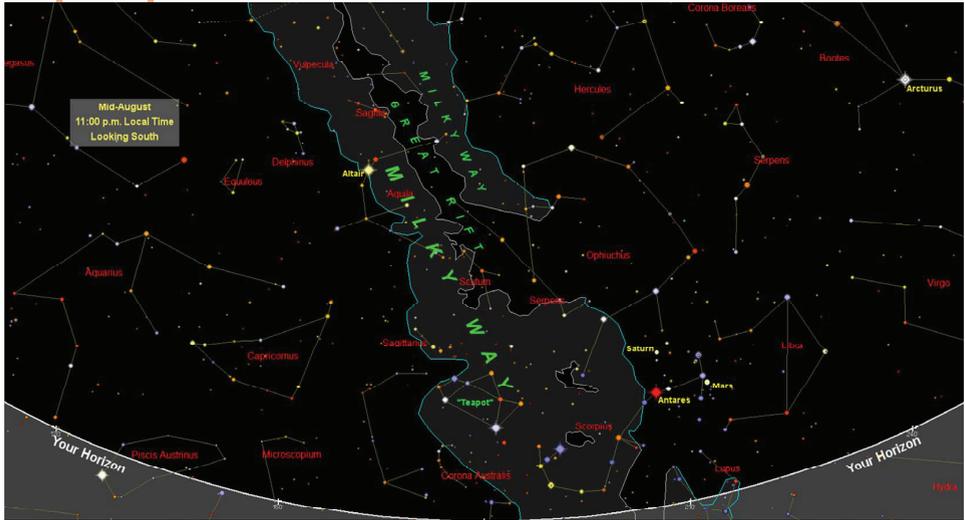
OUR FIRST-EVER MOON CALENDAR!



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METEORS AND THE MILKY WAY

Every year in August, we welcome the Perseid meteor shower to our skies. The Perseids are one of the best meteor showers of the year, and they reach their peak on the night of August 12–13.

Also known as shooting stars, meteors appear as brief streaks of light when small objects called meteoroids plunge into Earth’s atmosphere. Friction with the atmosphere heats the meteoroids to the point where they burn up, each creating a bright flash that we call a meteor.

Nearly all meteoroids are smaller than a pebble, although the majority are no larger than a grain of sand. Occasionally, however, a meteoroid striking the atmosphere is large enough that it does not burn up completely and parts of it reach the ground. These surviving fragments are known as meteorites. Thus, each particle can be described in three ways. When moving through space, it’s a meteoroid. When we see it burn up in Earth’s atmosphere, it’s a meteor. If any

APP EXTRA!

TAP TO GET
A PRINTABLE
AUGUST
SKY MAP

APP EXTRA!

TAP TO
FOLLOW
OHIOAN JEFF
DETRAY’S SKY
ADVENTURES



YOU WILL NEED A DARK LOCATION TO OBSERVE THE MILKY WAY IN ALL ITS GLORY. ARTIFICIAL LIGHT AND EVEN MOONLIGHT WILL SPOIL THE VIEW.

part of the object survives its fiery passage through the atmosphere and reaches the ground, it's a meteorite.

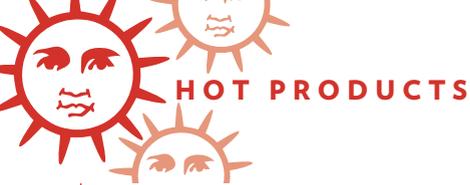
On any clear night, far from city lights, you can expect to see only a few meteors per hour. Several times a year, however, Earth passes through streams of cosmic debris. When this happens, we see it as a meteor shower, and the number of meteors jumps dramatically to anywhere from 10 to 100 meteors per hour. In the case of the Perseid meteor shower, Earth encounters debris left behind by Comet Swift-Tuttle. As Earth plows into the debris, each little particle appears in the sky as a momentary streak of light—a meteor.

The best time to view the Perseids is in the predawn hours of August 13. By then, the Moon is low in the west, and its light will not wash out the meteors. Perseid meteors can appear anywhere in the sky, so your best viewing strategy is to recline or lie on the ground and look toward the darkest and most unobstructed region of the sky.

Any time you are outside on a midsummer night, look southward for the Summer Milky Way. Its position is highlighted on this month's sky map. Our solar system is located in the Milky Way. From our vantage point within the galaxy, it appears as a long, misty cloud of light arching from the southern horizon to high overhead. It glows with the combined light of billions upon billions of faraway stars, each too faint for our eyes to resolve. These myriad stars all together produce the soft glow that we see as the Milky Way.

You will need a dark location to observe the Milky Way in all its glory. Artificial light and even moonlight will spoil the view. From a properly dark viewing site, you can see that a portion of the Milky Way is separated into two bands with a dark area between them. The dark area is the Great Rift, a colossal band of cosmic dust and gas that hides part of the Milky Way and appears to divide it in two.

The best opportunity for enjoying the Summer Milky Way is after 11:00 P.M. in the first week of August and again in early September. *—Jeff DeTray*



SUMMER DEALS!



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LIVING NATURALLY

NATURAL BEAUTY TREATMENTS

Avocado, cornmeal, cabbage, honey, milk, eggs, potatoes, cucumbers, apple cider vinegar, yogurt, lemons, cottage cheese, wine, oils, lard, ground spices, herbs, salt, bananas, tomato pulp, flowers, clay, pigmented minerals, seawater, fish scales, ground insects, and—yes—mule's urine, placenta, and bird poop.



PHOTO: THINKSTOCK

LIVING NATURALLY

Once you start looking into the history of self-adornment, you'll soon find that as far back as the Stone Age, people were trying just about every natural substance at hand—animal, vegetable, and mineral—to improve or alter their appearance.

The anthropological and historical records show that since the emergence of *Homo*

HONEY YOGURT FACE MASK

sapiens, people (not only women) have used all sorts of natural materials to primp and preen, defy the aging process, cover scars, remove blemishes, lighten or darken skin, create unique identities, decorate their bodies for ritual purposes, or mark their social status.

Many of the ancient natural products are still in vogue. For example, nightingale poop (marketed euphemistically as the “geisha facial”) was reportedly favored by Tom Cruise, Victoria Beckham, and other celebrities.

Concerned about the high





LIVING NATURALLY

price and potential toxicity of modern skin care and cosmetic products—and looking for a little creative fun—many Americans have taken to making their own body care products and cosmetics.

Unless you're allergic to it, you probably can't go wrong using just about any in-season fruit or

REFRESHING CUCUMBER FACIAL

vegetable, mashed up and applied as a therapeutic and cleansing face mask, hand softener, or hair-conditioning treatment. (Cook and purée firm vegetables such as potatoes, beets, carrots, and squash first.) Many pigmented fruit and vegetables even lend themselves to making blushers and lip stains.

Each fruit or vegetable contains a unique blend of antioxidant, anti-inflammatory, and antimicrobial compounds that may help to prevent damage and heal damaged tissues, just as they do in the plants from which they came.

You could apply it plain or blend your fruit/vegetable pulp with a little yogurt and honey. Add a tablespoon or two of cider vinegar or lemon juice for oily skin and hair or a dribble of olive oil to treat dry skin or hair.

You could also try one of these recipes:

LIVING NATURALLY



TAP FOR NATURAL CUCUMBER
REMEDIES



TAP FOR MORE NATURAL HAIR AND
SKIN REMEDIES

HONEY YOGURT FACE MASK

1 tablespoon raw honey

2 tablespoons plain yogurt

2 or **3** strawberries, or **5** or **6**
raspberries

1 tablespoon apple cider vinegar or
lemon juice (for oily skin)

Mash ingredients together. Apply evenly over your face, taking care to avoid your eyes and the sensitive under-eye area. Leave on for 15 minutes, then rinse off with warm water.

REFRESHING CUCUMBER FACIAL

1 small cucumber, peeled and seeded

1 tablespoon raw honey

Blend ingredients on high speed in a blender and spread evenly over your face. Lie back and relax for 15 minutes, then rinse well with warm water.

BANANA HAIR MASK

This simplest-possible hair treatment works well for tired, lackluster hair.

1 ripe or overripe banana

Simply mash the banana, leaving no lumps. Using your hands, work the



BANANA HAIR MASK



LIVING NATURALLY

gooey banana purée into your hair. Leave it on for 15 minutes, then rinse well and wash/condition as usual.

CHEEK AND LIP COLOR

For those times when you want a bit of color to your face and lips, think beets!

2 tablespoons beeswax

1 to 2 tablespoons vegetable glycerin or raw coconut oil

1 large beet, peeled

Grate beeswax into a small stainless-steel pot. Add glycerin. Set pot in a larger pan with water, then melt wax over boiling water. Grate beet and add to the waxy oil mixture. Allow to simmer on low heat for about 15 minutes, stirring occasionally.

CHEEK AND LIP COLOR

Strain into a small glass or stainless-steel container to remove beet bits. Allow the now-pigmented liquid to cool. Store in a tightly capped glass container; apply with your fingers.

If you want a more liquid product, reheat and add a bit more oil. If you'd prefer a firmer product, reheat and add a pinch more of grated beeswax. For your second batch, try altering the color by adding a little grated carrot or a few fresh berries along with the beets.

—Margaret Boyles



TAP TO READ MORE OF MARGARET BOYLES'S POSTS IN HER "LIVING NATURALLY" BLOG

FOOD

SUMMER SALAD RECIPES

Summer is a great season to enjoy salads with fresh vegetables from the garden or farmers' market. However, we know that salads can get "boring" after a while—so we've gathered some recipes that will give you a fresh and flavorful take on salads.

FOOD

WATERMELON CUCUMBER SALAD

 TAP FOR
RECIPE

WATERMELON CUCUMBER SALAD

- 1/4 cup rice vinegar
- 2 tablespoons sugar
- 2 tablespoons chopped fresh cilantro or mint
- 1/4 teaspoon crushed red pepper flakes
- 2 cups cubed seedless watermelon
- 2 cups seeded and sliced cucumbers
- 1/4 cup thinly sliced red onion

In a bowl, mix vinegar, sugar, cilantro, and red pepper flakes and set aside.

In another bowl, combine watermelon, cucumbers, and onions. Pour dressing over fruit and vegetables and toss to coat. Chill in the refrigerator for at least 1 hour.

Makes 4 servings.



SHARE
THIS
RECIPE

FOOD

GREEN BEAN SALAD



TAP FOR
RECIPE



PHOTO: ELENA VESELOVA/SHUTTERSTOCK



SHARE
THIS
RECIPE

GREEN BEAN SALAD

- 1 pound green beans
- 1/4 pound bacon
- 1 shallot, minced
- 2 tablespoons white-wine vinegar
- 1 tablespoon chopped fresh tarragon
- 1 teaspoon sugar
- salt and freshly ground black pepper, to taste
- 1 tablespoon chopped fresh chives

In a pot of boiling, salted water, cook beans for 6 to 8 minutes or until crisp-tender. Drain and rinse under cold running water. Put beans on paper towels and pat dry. Place in a shallow serving dish.

Cook bacon until crisp, then remove to paper towels. Reserve 2 tablespoons of bacon drippings.

Add shallots to bacon drippings and stir over medium heat until tender. Add vinegar, tarragon, sugar, salt, and pepper. Remove from heat, stir in chives, and pour over green beans. Crumble bacon over beans and serve at room temperature.

Makes 4 servings.

SUMMER SALSA SALAD

 TAP FOR
RECIPE





SHARE
THIS
RECIPE

SUMMER SALSA SALAD

- 8 ears corn, husked
- 1/2 cup vegetable oil
- 1/4 cup apple cider vinegar
- 1/4 cup minced fresh parsley
- 1 tablespoon chopped fresh basil or 1/2 teaspoon dried basil
- 2 teaspoons sugar
- 1-1/2 teaspoons lemon juice
- 1 teaspoon sea salt (optional)
- 1/4 teaspoon cayenne pepper
- 2 large tomatoes, seeded and coarsely chopped
- 1/2 cup chopped onion
- 1/3 cup chopped green bell pepper
- 1/3 cup chopped red bell pepper

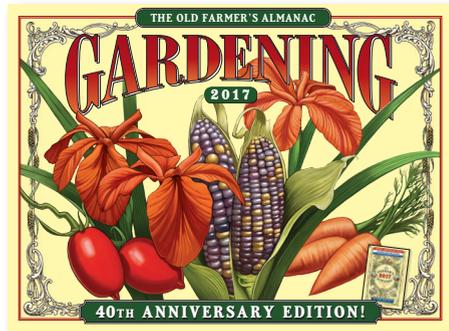
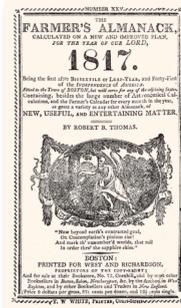
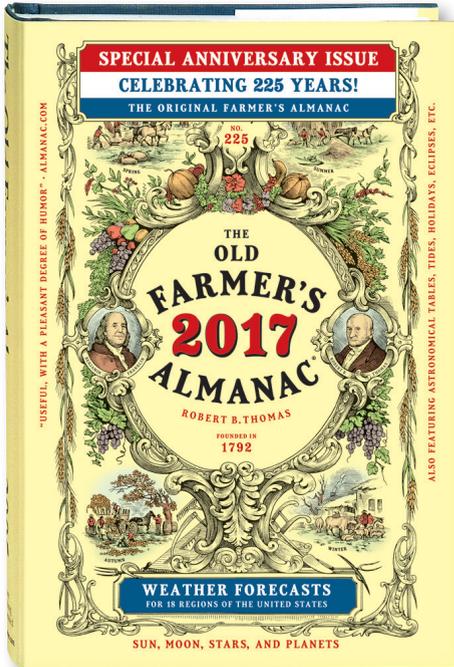
In a pot, boil corn for 5 to 7 minutes, or until tender. Drain and set aside to cool.

In a bowl, whisk together oil, vinegar, parsley, basil, sugar, lemon juice, salt (if using), and cayenne.

Cut cooled corn off cob and add to oil mixture. Add tomatoes, onions, and peppers to corn and oil mixture. Stir to combine. Chill in the refrigerator for several hours or overnight.

Makes 10 servings.

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GARDENING

On a hot day in Virginia, I know nothing more comforting than a fine spiced pickle, brought up trout-like from the sparkling depths of the aromatic jar below the stairs of Aunt Sally's cellar.

—THOMAS JEFFERSON,
3RD U.S. PRESIDENT (1743–1826)



**PRESERVE YOUR
HARVEST!**

GARDENING

What to do with the bounty from your garden? Pickle, freeze, or store it. It's easy and inexpensive, and you'll enjoy healthy, nutritious vegetables and fruit all winter long.

IN A PICKLE?

Not sure whether to go sweet, sour, or dill? Here is one of our favorite pickle recipes, plus some tips.

BE SELECTIVE ABOUT SALT

Use pickling salt, not iodized salt. Pickling salt has no additives. Iodized salt makes the brine cloudy and may change the color and texture of the vegetables. It may also leave a sediment at the bottom of the jars.

TAKE CARE WITH VINEGARS

For best results, use white distilled or cider vinegars with 5 percent acidity. Use white vinegar when light color is desirable, as with fruit and cauliflower.

PHOTO: HANS GEEL/SHUTTERSTOCK



CRUNCHY DILL PICKLES

4 pounds small cucumbers

2 cloves garlic, peeled, for each jar

1 fresh sprig of dill for each jar

4 black peppercorns for each jar

2 quarts white vinegar

1/2 cup pickling salt

- 1.** Soak freshly picked cucumbers in ice water overnight. Remove and dry cucumbers. Pack cucumbers into sterilized jars and add 1 dill sprig, 2 cloves garlic, and 4 black peppercorns to each jar.
- 2.** In a large pot over medium-high heat, bring 2 quarts of water to a boil. Add vinegar and salt. Boil for 5 minutes. Pour hot brine over cucumbers in jars, leaving 1/4 inch headspace. Wipe dry the rims of the jars. Cap with lids and screw band.
- 3.** Prepare a boiling water bath and process jars in it for 10 minutes. Remove jars from bath and set them on a towel on your counter. They will “seal” during the cooling off process. Refrigerate any pickles that do not seal properly and use first. **Makes about 8 pints.**

 TAP FOR MORE PICKLING RECIPES

 TAP TO LEARN HOW TO GROW YOUR OWN PICKLING SPICES

GROW YOUR OWN PICKLING SPICES

- Plant dill seeds directly into your garden in rows 1/4 inch deep as soon as the soil can be worked.
- Plant garlic cloves in the fall or early spring, setting cloves 2 inches deep in moist, sandy soil.
- Sow coriander seeds directly into the garden in the spring, 1 inch deep.

GARDENING

FREEZE, IF YOU PLEASE

Always remember, your freezer is your friend at this time of year. Here's how to preserve the freshness of . . .

BERRIES

Spread unwashed berries in a single layer on a cookie sheet and put the sheet into the freezer. When the berries are frozen, transfer them to a plastic container or freezer bag.

TOMATOES

Core fresh, unblemished tomatoes and place them whole in freezer bags or containers. Seal, label, and freeze. Be prepared: The skins will slip off when they defrost.

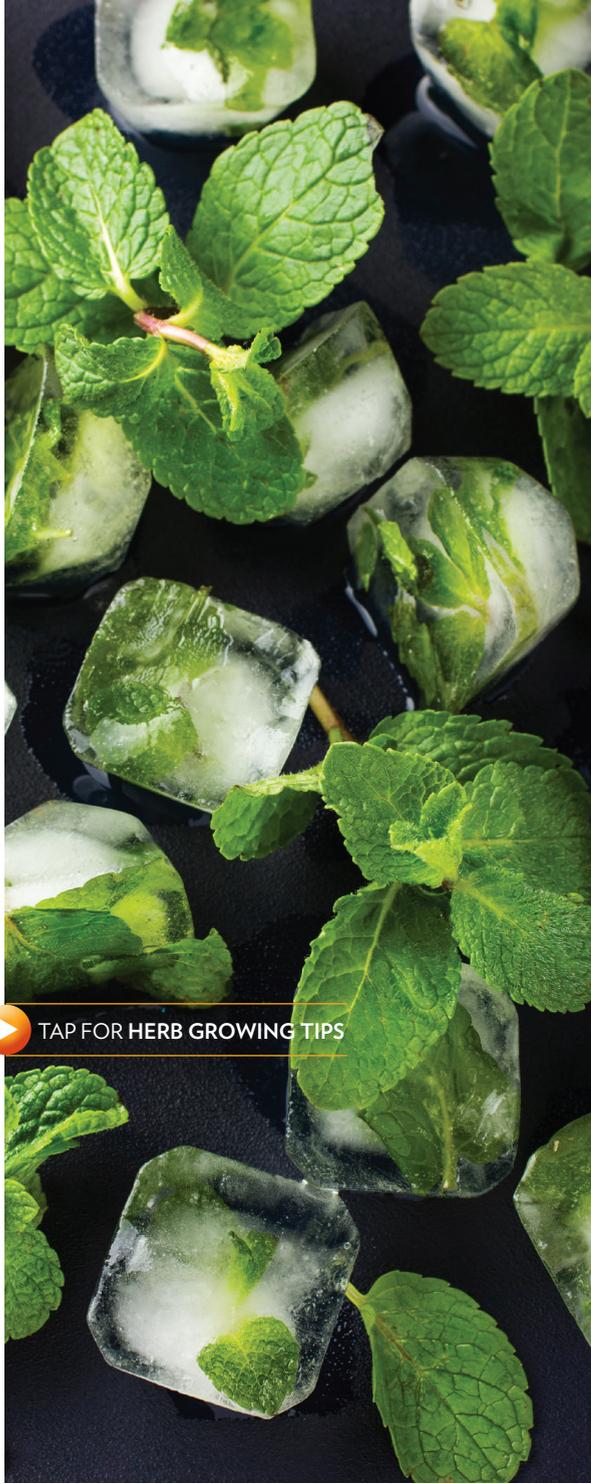
ZUCCHINI

Wash and grate the zucchini. Quickly dip grated zucchini in boiling water, then drain and cool. Pack premeasured amounts into freezer bags or plastic containers, leaving 1/2 inch headspace. Seal, label, and freeze. Use for zucchini bread, soups, and stews in winter.

HERBS

Spoon 1 tablespoon chopped fresh herbs into each compartment of an ice cube tray. Add about 1 inch of water to each compartment and put the tray into the freezer. Remove it when herb cubes are frozen. Lift the cubes from the compartments and put into a plastic freezer bag. Label the bag and put it back into the freezer.

PHOTO: ANNA SHEPULOVA/SHUTTERSTOCK



TAP FOR HERB GROWING TIPS



GARDENING

STORE TO HAVE MORE . . . FOR LATER

Little or no special equipment is required to put these goods away until you want them.

APPLES

Apples keep well for about 6 months at temperatures above freezing but below 45°F. If you don't have a root cellar, a double cardboard box in a cool basement can approximate the conditions.

CARROTS

After harvesting, remove the green tops and brush off any excess dirt. Put the carrots into a cardboard box and pack dry sand around them. Store the box in a cool basement.

ONIONS AND GARLIC

Hang mature, dry-skin onion bulbs in a mesh bag in a cool, dry, airy location. Braided onions and garlic also can be hung.

TOMATOES

Store tomatoes at room temperature, out of direct sunlight. Never refrigerate fresh tomatoes.

ROOT VEGGIES AND MORE

If covered with a thick layer of mulch (hay, dried leaves, straw), carrots, garlic, horseradish, leeks, parsley, parsnips, radishes, and turnips can be left in the ground well into the winter and harvested into the spring.

AMUSEMENT



The Stories We Tell in Our **SLEEP**

PHOTO: THINKSTOCK



A dream often—probably always—represents something about the dreamer’s present life.

I WAS HAVING A conversation with a young woman. Knowing of my interest in dreams, she said, “I had a dream last night which I think has something to do with my pregnancy condition. I dreamed I was skiing with my husband. We skied down to a road where there were large women. One asked us to help her and the child she was holding by the hand into a wagon. I was annoyed because our skiing was interrupted. What do you make of it?”

“Well, one thing is obvious. Your

pregnancy is interfering with your husband’s and your pleasure together.”

She agreed it was.

We went on talking.

It turned out that the woman was an only child: Her mother had given birth to twins years ago, and both children died very young.

“Then my hunch could be correct. The big woman in your dream could be your pregnant mother and the child she was holding was you.”

The conversation illustrates two

Editor’s note: Contributor Calvin Hall (1909–85) was a behavioral psychologist who believed that dreams were part of a cognitive process, a conceptualization of our experiences—all long before REM (rapid eye movement) sleep became known. This article appeared in the 1963 Almanac, when Hall was at the height of his fame.



Often, a dream is an attempt to find a solution for a bothersome problem.

points about dreams.

- First, a dream often—probably always—represents something about the dreamer’s present life. In this case, it was the dreamer’s pregnancy and its effect upon her relationship with her husband. She was portraying in a dream what was on her mind during the day.

- But there is good reason to believe that a dream also represents an early experience associated emotionally with the present problems and preoccupations of the dreamer.

In fact, it is more than likely that our

current anxieties and conflicts bother us as much as they do because they are related to the much more terrifying anxieties of infancy and early childhood. We see this often in dreams.

My definition of a dream is a moving picture that is projected on the sleep screen. It gets its plot largely from events, experiences, and feelings of the present, but it gets its emotional impact from childhood. It is a representation of something that is on the person’s mind. Often it is an attempt to find a solution for a bothersome problem.

Dreams sometimes appear to be prophetic because what we are thinking about during the day and put into a dream

 TAP TO LEARN MORE ABOUT **WHAT WE DREAM ABOUT**

WHAT WE DREAM ABOUT

We dream mostly about unpleasant things—being chased and attacked, quarreling, misfortunes, adversities, failures, and frustrations. One study found that dreamers suffered misfortunes at least five times more often than they experienced good fortune. Fighting and quarreling are five times more frequent than friendly acts. These are the dreams we remember when we wake up.



Why do the eyes move while we are dreaming? Because we are watching what we are dreaming.

at night comes true. How often does one have a prophetic dream that doesn't come true? Conveniently, we forget them.

In fact, we dream much more than we think we do.

Several University of Chicago investigators who were studying sleep observed that the eyes of the sleeping person often moved. They had a hunch that these eye movements meant that the person was dreaming. So they awakened the person while his eyes were moving and, sure enough, he reported a dream. Of course, they also awakened him when

his eyes were not moving, and at such times he could hardly ever report a dream. Thus, eye movements can be used as an objective indicator of dreaming. So can brain waves and perhaps other changes and movements of the body.

Why do the eyes move while we are dreaming? Because we are watching what we are dreaming. The eyes move just as they do when we are awake and watching something.

What we need is a method for putting dreams on a television screen. Science being what it is, the day of television dreams will surely come. Then we can see for ourselves what we dream about.

—Calvin Hall, Director, Institute of Dream Research

+ TAP TO LEARN HOW OFTEN, AND HOW LONG, WE DREAM EACH NIGHT

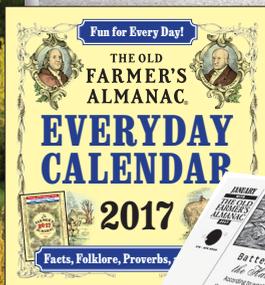
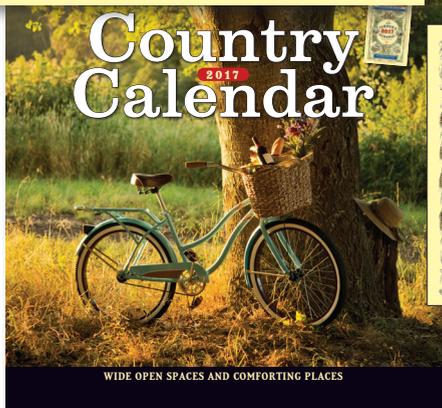
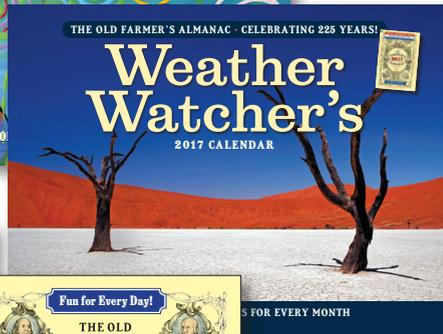
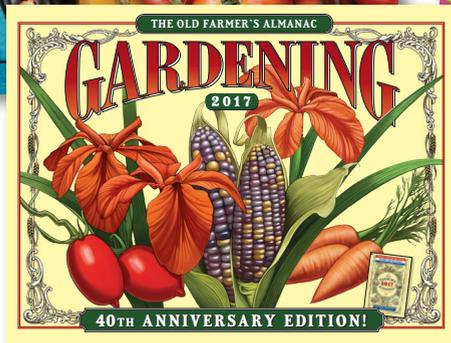
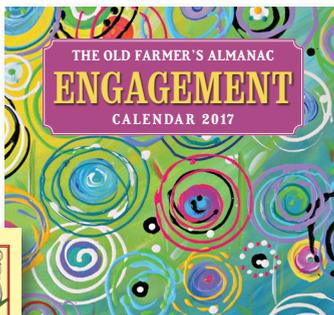
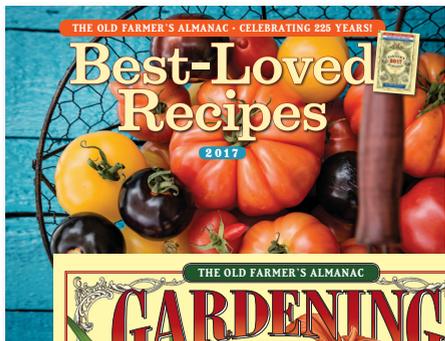
HOW OFTEN, AND LONG, WE DREAM

Those Chicago scientists learned from their investigations that every person they tested dreams every night, that each of us has four or five dreams a night. The first one takes place about an hour after we go to sleep, and the others are spaced out through the night and vary progressively from about 10 minutes in length up to an hour—yet are seldom less than 30 minutes. All in all, we dream about 1 to 2 hours every night.

2017 Almanac Calendars

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HOW WE MAKE OUR PREDICTIONS

We derive our weather forecasts from a secret formula that was devised by the founder of this Almanac, Robert B. Thomas, in 1792. Thomas believed that weather on Earth was influenced by sunspots, which are magnetic storms on the surface of the Sun.

Over the years, we have refined and enhanced this formula with state-of-the-art technology and modern scientific calculations. We employ three scientific disciplines to make our long-range predictions: solar science, the study of sunspots and other solar activity; climatology, the study of prevailing weather patterns; and meteorology, the study of the atmosphere. We predict weather trends and events by comparing solar patterns and historical weather conditions with current solar activity.

Our forecasts emphasize temperature and precipitation deviations from averages, or normals. These are based on 30-year statistical averages prepared by government meteorological agencies and updated every 10 years. Most-recent tabulations span the period 1981 through 2010.

We believe that nothing in the universe happens haphazardly, that there is a cause-and-effect pattern to all phenomena. However, although neither we nor any other forecasters have as yet gained sufficient insight into the mysteries of the universe to predict the weather with total accuracy, our results are almost always very close to our traditional claim of 80 percent.

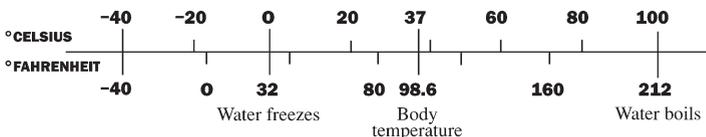


TAP TO FIND OUT THE WEATHER HISTORY OF THE DAY



LOVE ALL THINGS WEATHER? TAP FOR THE WEATHER FOLKLORE OF THE DAY

CELSIUS-FAHRENHEIT TABLE

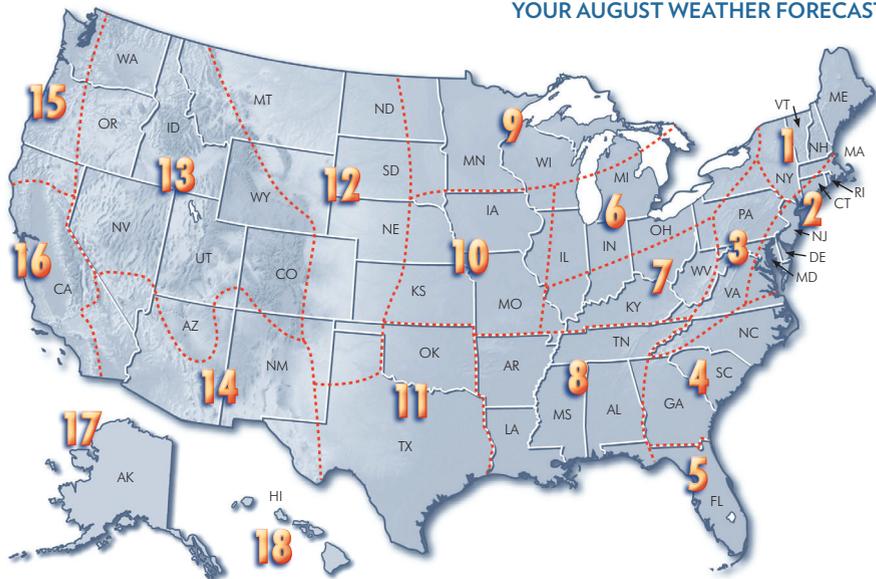




WEATHER FORECASTS

MAP OF U.S. WEATHER REGIONS

CHECK YOUR REGION TO SEE YOUR AUGUST WEATHER FORECAST.



MAP OF CANADIAN WEATHER REGIONS





AUGUST SUNSHINE AND BRIGHT
NIGHTS RIPEN THE GRAPES.

U.S. FORECASTS AUGUST 2016

REGION 1: NORTHEAST

Temp. 67° (1° above avg.); precip. 4.5" (0.5" above avg.). 1–4 A couple of t-storms, hot. 5–12 Sunny; cool, then hot. 13–19 T-storms, then sunny, cool. 20–22 Tropical storm threat. 23–28 Sunny, cool, then hot. 29–31 Showers, warm.

REGION 2: ATLANTIC CORRIDOR

Temp. 74° (1° above avg. north, 1° below south); precip. 5.5" (1.5" above avg.). 1–3 Sunny, hot. 4–10 Sunny, cool. 11–14 Tropical storm threat. 15–18 Sunny, cool. 19–21 Hurricane threat. 22–31 Sunny, turning hot.

REGION 3: APPALACHIANS

Temp. 71° (avg.); precip. 2.5" (1" below avg.). 1–4 Sunny, hot. 5–9 T-storms, then sunny, cool. 10–16 Scattered t-storms, warm. 17–19 Sunny, cool. 20–26 T-storms, then sunny, cool. 27–31 Sunny, very warm.

REGION 4: SOUTHEAST

Temp. 79° (1° below avg.); precip. 7" (2" above avg.). 1–7 Sunny, cool. 8–11 Tropical storm threat. 12–14 Sunny, hot. 15–17 T-storms. 18–20 Tropical storm threat. 21–31 Isolated t-storms, warm.

REGION 5: FLORIDA

Temp. 83° (1° above avg.); precip. 10.5" (3" above avg.). 1–5 T-storms, humid. 6–11 Hurricane threat. 12–14 Sunny, hot. 15–18 A few t-storms, hot. 19–25 Daily t-storms; hot north and central, cool south. 26–31 A few t-storms, sultry.

REGION 6: LOWER LAKES

Temp. 71° (2° above avg.); precip. 3" (1" below avg.). 1–7 Scattered t-storms, warm. 8–12 Sunny; cool, then hot. 13–23 Daily t-storms east, isolated t-storms west; hot, then cool. 24–31 Sunny east, a few t-storms west; turning hot.



WEATHER FORECASTS

REGION 7: OHIO VALLEY

Temp. 74° (1° above avg.); precip. 4" (2" below avg. east, 2" above west). 1–2 Sunny, warm. 3–7 T-storms, then sunny, cool. 8–14 A few t-storms, warm. 15–23 Scattered t-storms, then sunny, cool. 24–31 Scattered t-storms, very warm.

REGION 8: DEEP SOUTH

Temp. 79° (1° below avg.); precip. 5.5" (1" below avg. north, 3" above south). 1–4 T-storms, warm. 5–9 Sunny north, t-storms south. 10–13 Hurricane threat. 14–19 Scattered t-storms, warm. 20–27 T-storms. 28–31 Hurricane threat, sunny elsewhere.

REGION 9: UPPER MIDWEST

Temp. 69° (3° above avg.); precip. 3" (0.5" below avg.). 1–7 Scattered t-storms; hot, then cool. 8–10 Sunny, hot. 11–18 A few t-storms, turning cool. 19–22 Sunny, nice. 23–31 A few t-storms, turning hot.

REGION 10: HEARTLAND

Temp. 78° (3° above avg.); precip. 2" (1.5" below avg.). 1–3 Sunny, hot. 4–10 T-storms, then sunny, cool. 11–19 T-storms, then sunny, hot. 20–27 Sunny; cool, then hot. 28–31 T-storms, hot.

REGION 11: TEXAS-OKLAHOMA

Temp. 81° (avg.); precip. 2.5" (avg.). 1–9 Scattered t-storms, cool. 10–13 Sunny, coastal t-storms, warm. 14–21 Sunny north, isolated t-storms south; warm. 22–31 Scattered t-storms, turning hot.

REGION 12: HIGH PLAINS

Temp. 73° (2° above avg.); precip. 2" (avg.). 1–10 Sunny, hot north; a few t-storms, cool south. 11–20 Isolated t-storms; hot north, warm south. 21–31 Scattered t-storms, hot, then cool north; sunny, warm south.



WEATHER FORECASTS

REGION 13: INTERMOUNTAIN

Temp. 73° (1° above avg.); precip. 1.5" (0.5" above avg.). 1–4 Sunny, hot. 5–13 Sunny north, a few t-storms south; warm. 14–17 Scattered t-storms, cool. 18–26 A few t-storms; warm, then cool. 27–31 Sunny, cool.

REGION 14: DESERT SOUTHWEST

Temp. 84° (1° below avg.); precip. 1.5" (avg.). 1–8 Scattered t-storms, warm and humid. 9–16 Isolated t-storms, not as warm. 17–26 Scattered t-storms, hot. 27–31 Sunny, warm.

REGION 15: PACIFIC NORTHWEST

Temp. 67° (1° above avg.); precip. 2" (1" above avg.). 1–4 Sunny, hot. 5–12 Showers, then sunny, nice. 13–19 T-storms, then sunny, nice. 20–31 Rainy periods, cool.

REGION 16: PACIFIC SOUTHWEST

Temp. 73° (2° above avg.); precip. 0.1" (avg.). 1–5 Sunny, hot. 6–11 Sunny; cool north, warm south. 12–17 Sunny inland; A.M. clouds and sprinkles, P.M. sun coast. 18–28 Sunny; cool inland, turning hot coast. 29–31 Isolated showers, warm.

REGION 17: ALASKA

Temp. 38° N, 54° EW (2° below avg.); precip. 1.2" N, 5" S (avg.). 1–5 Rain, then sunny, warm. 6–9 Sunny N, rain S. 10–19 Showers, cool. 20–31 Flurries N, showers S; cool.

KEY: Panhandle (P), Aleutians (A), north (N), central (C), south (S), west-central (WC), east-central (EC), south-central (SC), elsewhere (EW)

REGION 18: HAWAII

Temp. 81° (0.5° below avg.); precip. 0.6" (avg.). 1–4 Sunny; cool C+W, hot E. 5–15 Daily showers; cool C, warm E+W. 16–31 Scattered showers, warm.

KEY: east (E), central (C), west (W)



CANADIAN WEATHER FORECASTS

THUNDERSTORMS AFTER ST. BARTHOLOMEW'S DAY
[AUGUST 24] ARE MORE VIOLENT.

CANADIAN FORECASTS AUGUST 2016

REGION 1: ATLANTIC CANADA

Temp. 18.5°C (0.5°C above avg.); precip. 55mm (40mm below avg.). 1–5 Sunny, hot. 6–12 Showers, some heavy, turning cool. 13–16 Tropical storm threat. 17–20 Sunny, cool. 21–23 Tropical storm threat. 24–31 Scattered showers, cool.

REGION 2: SOUTHERN QUEBEC

Temp. 19°C (avg.); precip. 50mm (50mm below avg.). 1–8 A few t-storms; hot, then warm. 9–13 Showers, cool east; sunny, hot west. 14–24 A few t-storms, cool. 25–29 Sunny, very warm. 30–31 T-storms, warm.

RÉGION 2: QUÉBEC DU SUD

Temp. 19°C (moy.); précip. 50mm (50mm en-dessous de la moy.). 1–8 Quelques orages; très chaud, puis chaud. 9–13 Averses, froid à l'est; ensoleillé, très chaud à l'ouest. 14–24 Quelques orages, froid. 25–29 Ensoleillé, très chaud. 30–31 Orages, chaud.

REGION 3: SOUTHERN ONTARIO

Temp. 20.5°C (1°C above avg.); precip. 75mm (10mm below avg.). 1–3 Sunny, hot. 4–7 T-storms, then sunny, nice. 8–12 T-storms, then sunny, cool. 13–21 Showers, turning cool. 22–28 Sunny, warm. 29–31 T-storms, hot.

REGION 4: THE PRAIRIES

Temp. 19.5°C (3°C above avg.); precip. 35mm (20mm below avg.). 1–5 Sunny, hot. 6–13 Scattered t-storms; cool, then hot. 14–21 Sunny; warm, then hot. 22–31 Scattered t-storms, turning cooler.



CANADIAN WEATHER FORECASTS

REGION 5: SOUTHERN BRITISH COLUMBIA

Temp. 18.5°C (2°C above avg.); precip. 80mm (40mm above avg.). 1–7 Sunny, hot. 8–15 Scattered showers, cooler. 16–23 Sunny coast, a few showers inland; turning warm. 24–31 Showers, cool.

REGION 6: YUKON

Temp. 13°C (1°C above avg.); precip. 35mm (10mm below avg.). 1–5 Scattered showers, warm. 6–16 A few showers, turning cool. 17–23 Sunny, seasonable. 24–31 A few showers; warm, then cool.

REGION 7: NORTHWEST TERRITORIES

Temp. 14°C (1°C above avg.); precip. 30mm (10mm below avg.). 1–9 Periods of rain and snow north, showers south; cool. 10–16 Sunny north, rainy periods south; cool, then warm. 17–22 Showers, mild. 23–31 Snow, then flurries, cold north; sunny, then showers, warm south.



HISTORIC TRENDS: ONE COLD, ONE WARM

As I write these words for you, there are no sunspots on the visible portion of the Sun, and solar activity is very quiet. As you may know, we at The Old Farmer's Almanac use solar activity as the driver of our long-range weather forecasts. We believe that changes in the Sun's output, although relatively small, are sufficiently amplified in Earth's upper atmosphere to strongly influence Earth's weather patterns.

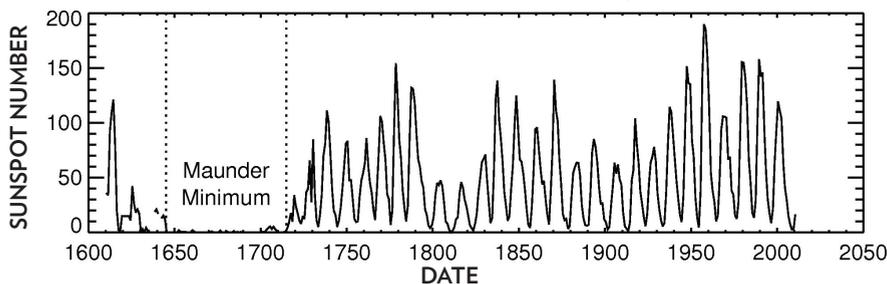
One of the most significant relationships we have found is that periods of low activity are associated with colder temperatures, averaged across Earth. Our viewpoint is a controversial one, as most scientists believe that the magnitude of changes in solar activity are insufficient to have

a significant effect on Earth's weather, and they view as coincidence that past periods of exceptionally low solar activity have historically coincided with cold periods.

THREE MINIMA

As you can observe in the accompanying graph below (from the NASA Marshall Spaceflight Center), recent solar activity has been at its lowest levels in at least a century. The lowest recorded activity occurred over 300 years ago in the so-called Maunder Minimum (named for English astronomer Edward Walter Maunder, 1851–1928). This was also an exceptionally cold period in many parts of the globe.

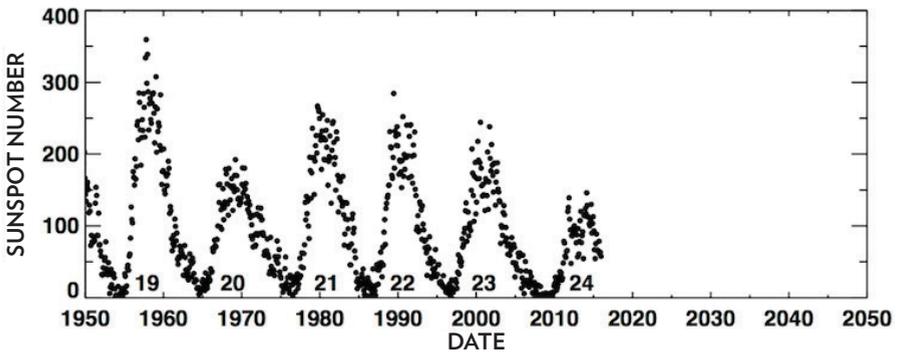
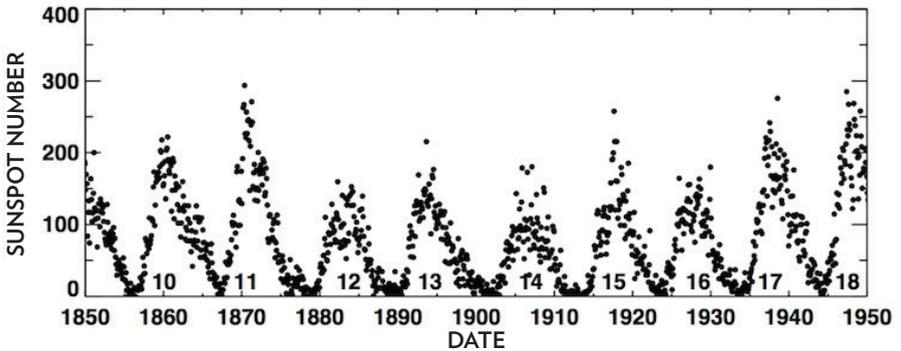
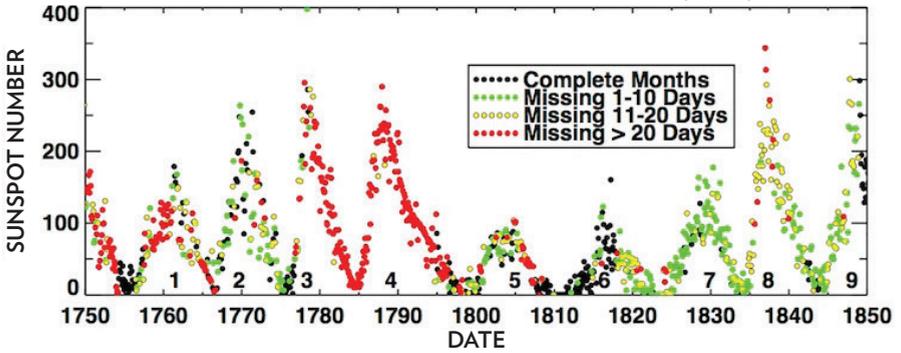
YEARLY AVERAGED SUNSPOT NUMBERS, 1610–2010





WEATHER UPDATE

MONTHLY AVERAGED SUNSPOT NUMBERS (V2.0)





(also from the NASA Marshall Spaceflight Center) shows the data for the officially numbered sunspot cycles, from Cycle 1 in the mid-1700s to our current Cycle 24. As you can see, the current cycle is comparable to the very low levels of solar activity that occurred in the early 1800s (the “Dalton Minimum,” named for English meteorologist John Dalton, 1766–1844, which coincided with the “Little Ice Age”) and early 1900s. These three periods have brought the lowest solar activity levels since the Maunder Minimum.

Historically, all of the periods in the known sunspot record that have had low activity have also had relatively cool temperatures, averaged across the globe. We believe that with low solar activity continuing for at least the next 10 to 30 years, global temperatures will be cooler than they would otherwise be.

NOT THE ONLY FACTOR

So why, you might ask, was this past winter so mild in most of the continent, with solar activity so low? The answer is that solar activity is not the only factor in Earth’s weather.

For example, one factor that all atmospheric scientists believe can

make Earth colder for as much as a few years is a volcanic eruption that spews ash into the middle and upper portions of the atmosphere. While this has not been a major factor in recent years, it could be in the future.

The most significant factor, in addition to solar activity, that has been affecting our weather in recent years has been the increase in “greenhouse gases,” most notably carbon dioxide and methane, which most (but not all) atmospheric scientists believe has been making Earth progressively warmer. As the effects of this climate change have continued to grow, we have been incorporating it into our forecasts, as a factor that will offset much of the cooling from our current period of low solar activity.

In fact, despite our low solar activity, May 2016 marked the 13th consecutive time that this month was the warmest that it had ever been, averaged across the globe, since we have been keeping records. Amazingly, the last month in which the global average temperature was below its average for the 20th century was back in February 1985, more than 30 years ago (this is all according to NOAA, the U.S. National Oceanic and Atmospheric Administration, the parent agency of



the U.S. National Weather Service).

Although the fact that Earth, on average, has been warming for decades does not mean that every place will be warmer than normal each season. The strong El Niño of this past winter, which anchored the pattern in place that made this past winter so much warmer than normal in much of the United States and Canada, has been replaced with a strengthening La Niña, which will help to make next winter much colder than this past one.

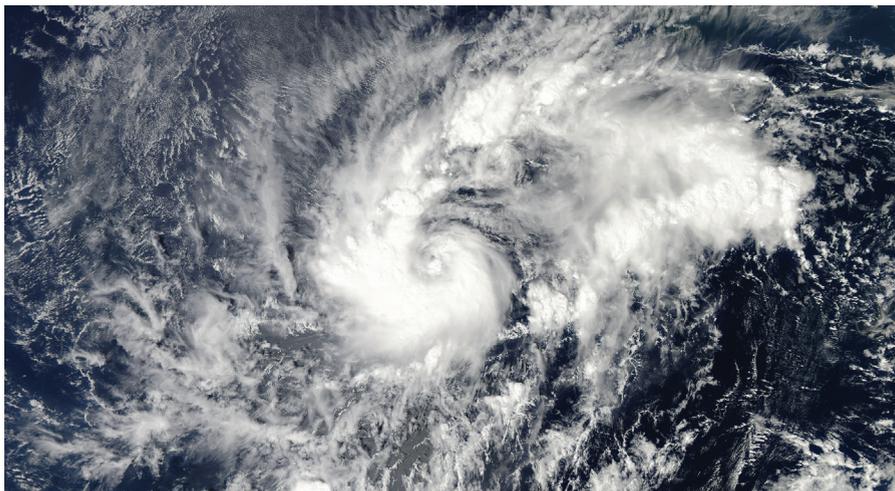
Another difference between the two patterns relates to hurricane and tropical storm activity: During an El Niño event, Atlantic/Gulf action is minimized, but it is generally

above average in La Niña conditions. This will be a factor in the current hurricane season, especially as the La Niña strengthens. So, do not be surprised if hurricane activity continues into November.

However, the reverse is the case for Pacific hurricane and tropical storm activity, with a less active season during La Niña conditions. So, we expect minimal tropical moisture in California this summer and early fall, with dry weather this winter adding to the severity of that state's drought.

Stay tuned, as next month we will bring you the detailed outlook for the coming winter of 2016–17.

—Michael Steinberg, *Old Farmer's Almanac* meteorologist





HUMOR ME

GRINS AND GROANS FROM THE ALMANAC

Your Research Dollars at Work

Here are the recipients of five of the most memorable so-called Ig Nobel awards of recent times.

- 1.** A study describing a method for collecting whale snot by using a remote-control helicopter. (Won by a team of British and Mexican scientists.)
- 2.** The discovery that roller-coaster riding can be a treatment for symptoms of asthma. (Won by two psychologists from The Netherlands.)
- 3.** A study demonstrating that



- people slip and fall less often on ice when they wear their socks on the outside of their shoes. (Won by three researchers from New Zealand.)
- 4.** A study showing that cows with names give more milk than nameless bovines. (Won by two British

- researchers.)
- 5.** The invention of a brassiere that in an emergency can be quickly converted into two protective face masks—one for the wearer and one for a bystander. (Won by three American public health scientists, who were also granted a patent for the device.)

PUNDEMONIUM

- A hole has been found in the wall of a nudist camp. The police are looking into it.
- Two silkworms had a race. They ended up in a tie.



19TH-CENTURY NONSENSE: DEATH BY PUN

Back in Old England, two gentlemen were walking down the street when one stumbled over a mop bucket that had been left out.

“My dear friend,” exclaimed the other, “I lament your death exceedingly.”

“My death?!”

“Why, yes—you have just kicked the bucket.”

“Not so,” rejoined the first. “I have only turned a little pail.”

19TH-CENTURY NONSENSE: HORN TOOTING

A cavalry colonel, having raised and organized a complete regiment by himself, was complaining to a peer about the amount of work he had to do.

“I am obliged to be my own major, my own captain, my own adjutant, and everything,” he whined.

Replied his friend: “And, I presume, your own trumpeter.”

Four Reasons to Marry Four Times

On the occasion of her fourth wedding, a reporter asked an elderly Indiana woman about her spouses. She explained that her first husband had been a banker; her second, a circus performer; her third, an attorney. This latest marriage was to a funeral director.

The reporter then asked why the woman had been attracted to men with such diverse interests. She replied, “Well, I chose number one for the money, two for the show, three to get ready, and four to go.”

Just Wondering ...

How is it that we put a man on the Moon before we figured out that it would be a good idea to put wheels on luggage?

“Curtains of white
and green light draped
over us. It seemed
like we could reach up
and touch the folds.”

—Nancy V., Ventura, CA,
about a Bob Berman trip

See the Northern Lights with *The Old Farmer's Almanac!*

Join us in Alaska to see the aurora borealis from February 26–March 3, 2017.
Led by the Almanac's astronomy editor, Bob Berman,
this 6-day, 5-night adventure promises to be the trip of a lifetime.

By night, behold the blazing and magical curtains of light. By day, tour Alaska!

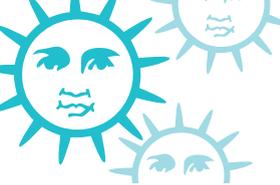
Highlights include:

- accommodations, most meals
- luxury bus transport in Alaska
- Museum of the North,
University of Alaska Fairbanks
- World Ice Art Championships
- dog sledding
- hot springs pool
- astronomy lectures
- photography tutorial
- optional train tour
- and much, much more!



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visit Almanac.com/Tours or call 845-901-7049.**

Ice Sculpture photo: FairbanksMike



WHAT'S NEXT



GARDENING

Choosing and growing the easiest perennials



CALENDAR

Full Harvest Moon, *Star Trek*, first U.S. lighthouse, Gregorian calendar



LIVING NATURALLY

Salt for Preventive Health



ASTRONOMY

Explore With Our Sky Map



FOOD

It's time for more amazing apple recipes!



FOLKLORE

Cocks, cockrows, and weathercocks

PLUS: Weather Update • U.S. and Canadian weather forecasts • Best Days to Do Things • Gardening by the Moon's Sign • Humor • and much more in the September *EXTRA!*