

EXTRA!

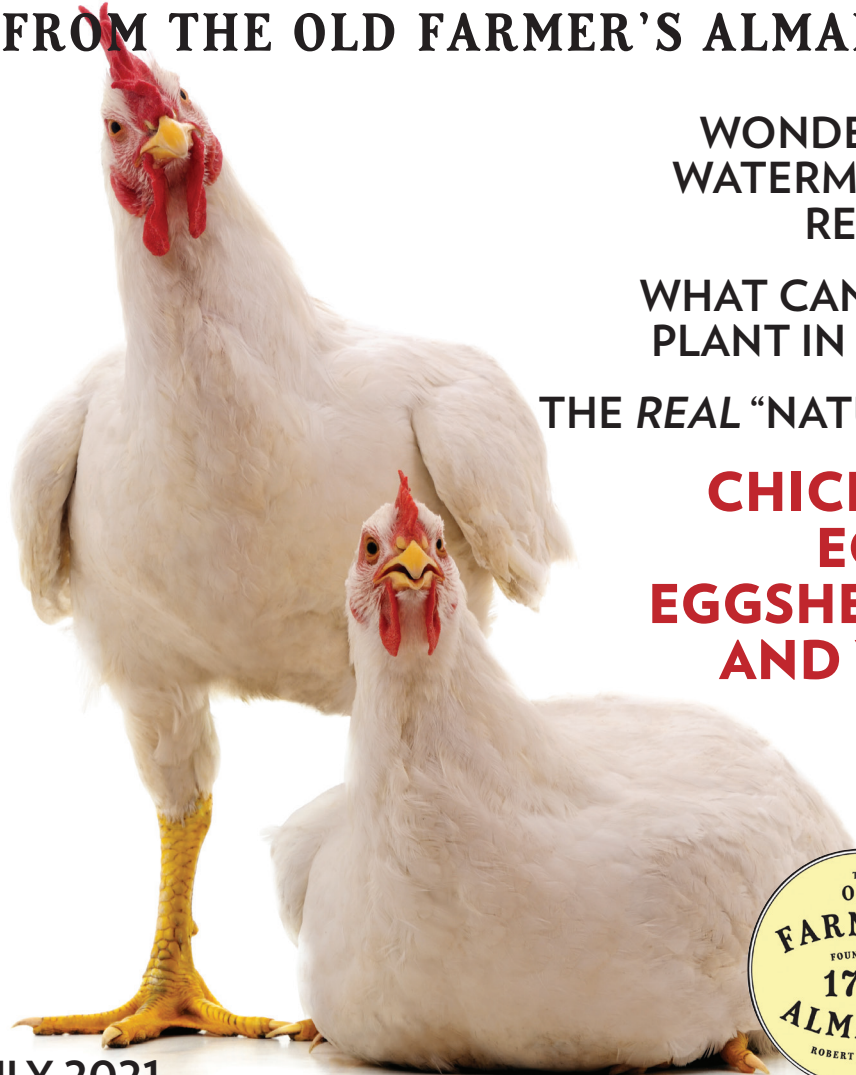
FROM THE OLD FARMER'S ALMANAC

WONDERFUL
WATERMELON
RECIPES

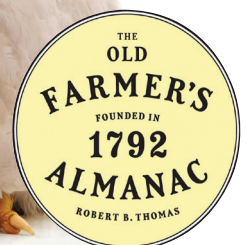
WHAT CAN YOU
PLANT IN JULY?

THE REAL "NATURAL"

**CHICKEN,
EGGS,
EGGSHELLS,
AND YOU**



JULY 2021



FEATURES

FOOD

Wonderful
Watermelon
Recipes

GARDENING

What Can You
Plant in July?

LIVING NATURALLY

Chickens, Eggs,
Eggshells, and You

SPORTS

The *Real* "Natural"



WEATHER FORECASTS

How We Make
Our Predictions

July U.S.
and Canadian
Weather Forecasts

Weather Update

DEPARTMENTS

CALENDAR

July Holidays,
Full Moon Names,
and More

ASTROLOGY

Best Days to
Do Things

Gardening by the
Moon's Sign

ASTRONOMY

Sky Map for July

WIT

Humor Me
*Grins and groans
from the Almanac*

WHAT'S NEXT

See what we have
in store for our
August issue!



FOLLOW US:



JULY

Holidays, Full Moon Names, and More



EYE ON THE SKY

JULY'S FULL MOON NAMES

Buck Moon, Raspberry Moon, Salmon Moon, Thunder Moon

MOON PHASES

Last Quarter: July 1, 5:11 P.M. EDT

New Moon: July 9, 9:17 P.M. EDT

First Quarter: July 17, 6:11 A.M. EDT

Full Moon: July 23, 10:37 P.M. EDT

Last Quarter: July 31, 9:16 A.M. EDT

SPECIAL EVENTS

July 5 is the time of **aphelion**, when Earth is farthest from the Sun for the year: 94,510,886 miles.

 TAP FOR MORE ABOUT MOON PHASES

 TAP FOR MORE ABOUT JULY'S FULL MOON

*Sweet is the breath of morn,
her rising sweet,
With charm of earliest birds;
pleasant the Sun
When first on this delightful
land he spreads
His orient beams, on herb, tree,
fruit, and flower.*

—John Milton, English poet (1608–74)

A MONTH TO REMEMBER

July is named after Roman dictator Julius Caesar (100–44 B.C.), developer—along with Sosigenes—of the Julian calendar.

HOLIDAY HAPPENINGS

July 1: Canada Day

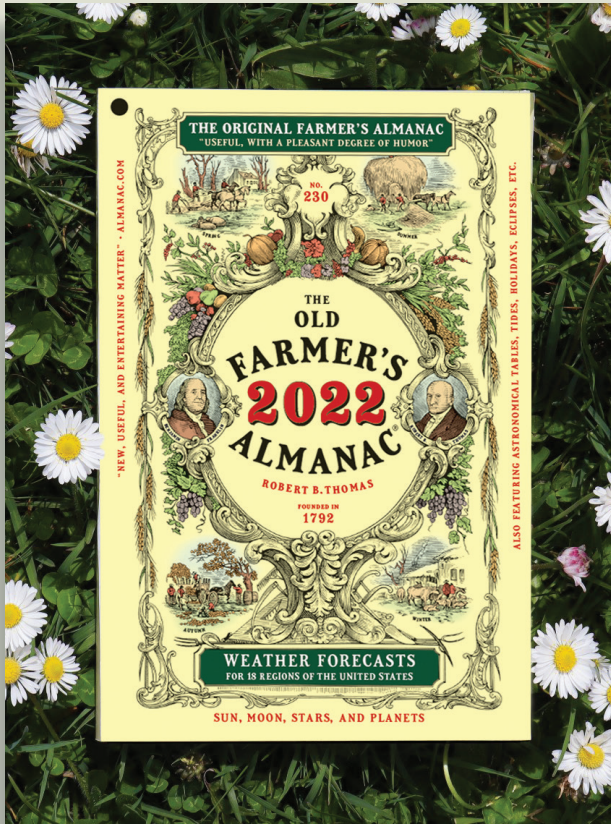
July 4: Independence Day

July 14: Bastille Day

July 24: National Day of the Cowboy



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BEST DAYS TO DO THINGS

These July 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

Advertise to sell: 18, 19

Ask for a loan: 3–5

Begin diet to lose weight: 5, 27, 31

Begin diet to gain weight: 14, 19

Buy a home: 18, 19

Color hair: 3–5, 31

Cut hair to discourage growth: 3–5

Cut hair to encourage growth:
15–17

Entertain: 11, 12

Get married: 15–17

Have dental care: 13, 14

Move (house/household): 6, 7

Perm hair: 24, 25



Quit smoking: 5, 27, 31
Straighten hair: 20, 21
Travel for pleasure: 11, 12
Wean children: 5, 27, 31

AROUND THE HOUSE

Bake: 8–10
Brew: 18, 19
Can, pickle, or make sauerkraut: 8, 9, 26, 27
Demolish: 18, 19
Dry fruit, vegetables, or meat: 1, 2, 28–30
End projects: 8
Lay shingles: 11, 12
Make jams or jellies: 26, 27
Paint: 15–17
Start projects: 10
Wash floors: 26, 27
Wash windows: 1, 2, 28–30

IN THE GARDEN

Destroy pests and weeds: 1, 2, 28–30
Graft or pollinate: 8–10
Harvest aboveground crops: 13, 14

Harvest belowground crops: 3–5, 31
Mow to slow growth: 1, 2, 28–30
Mow to promote growth: 18, 19
Pick fruit: 13, 14
Plant aboveground crops: 18, 19
Plant belowground crops: 8, 26, 27
Prune to discourage growth: 1, 2, 28–30
Prune to encourage growth: 11, 12

OUTDOORS

Begin logging: 22, 23
Go camping: 20, 21
Go fishing: 9–23
Set posts or pour concrete: 22, 23

ON THE FARM

Breed animals: 18, 19
Castrate animals: 24, 25
Cut hay: 1, 2, 28–30
Purchase animals: 8–10
Set eggs: 24, 25
Slaughter livestock: 18, 19
Wean animals: 5, 27, 31



GARDENING BY THE MOON'S SIGN

Use the July 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, Pisces, or Taurus

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 JULY

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

+ TAP FOR
MERCURY IN
RETROGRADE
DATES

▶ TAP FOR
JULY MOON
PHASES

MERCURY IN RETROGRADE

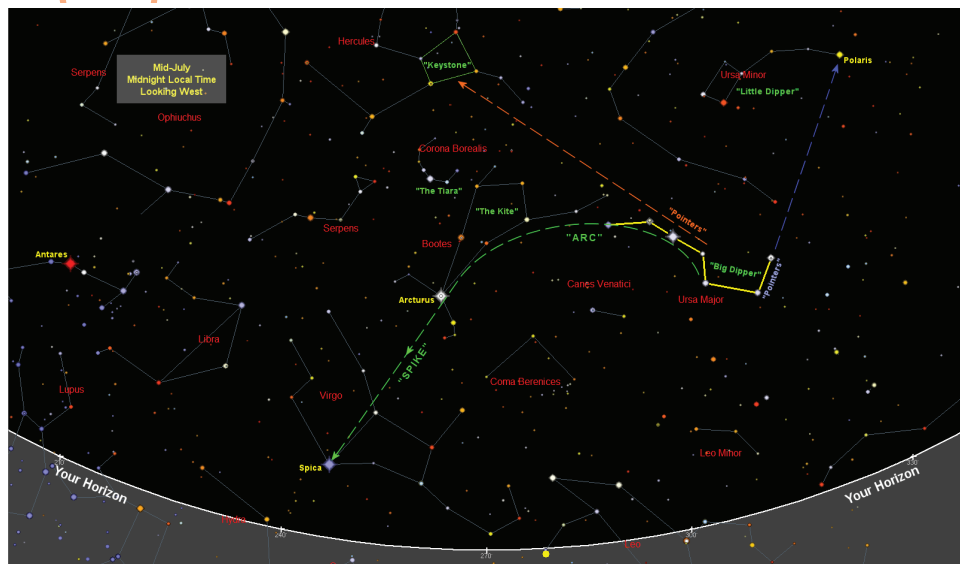
Sometimes the other planets appear to be traveling backward through the zodiac; this is an illusion. We call this illusion *retrograde motion*.

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's remaining 2021 retrograde period will be from **September 27–October 17**.

—Celeste Longacre



THE BIG DIPPER POINTS THE WAY

The Big Dipper, in the constellation Ursa Major, the Greater Bear, is one of the brightest and most easily recognized asterisms (unofficial star patterns) in the night sky. Depending on the time of year and time of night, the Big Dipper will often appear upside down or sideways. Late at night in mid-July, however, the Big Dipper is very easy to spot. It's almost right-side up, with its handle curving to the upper left and its bowl on the right, as shown on this month's sky map. This makes July an ideal time to learn how the Big Dipper can help you to navigate the sky.

Various parts of the Big Dipper's bowl and handle can serve you as "pointers" to other stars and constellations.

The first set of pointers that every budding stargazer should learn is the two stars forming the outermost side of the Big Dipper's bowl. These are labeled in purple on the Sky Map. If you mentally extend the line of these two stars up

TAP TO GET
A PRINTABLE
JULY SKY MAP

TAP TO
FOLLOW
OHIOAN JEFF
DETRAY'S SKY
ADVENTURES



and away from the bowl, you'll find Polaris, the North Star. Polaris, in turn, marks the end of the handle of the Little Dipper. Most of the stars of the Little Dipper are rather dim. You may not see them unless you are far from city lights, but Polaris should be visible from the suburbs, and the pointers of the Big Dipper's bowl will help you to find it.

There is another set of pointers in the Big Dipper. The first three stars of the Big Dipper's handle point directly to the four-sided Keystone asterism in the constellation Hercules, the Hero. The Keystone pointers are labeled in orange on this month's map. Once you have located the Keystone, look directly below it for Corona Borealis, the Northern Crown, or "Tiara."

The final example of Big Dipper's helpfulness is a bit more complicated, but once learned, it's easy to remember. A simple phrase summarizes this bit of celestial navigation: "Arc to Arcturus, then drive a Spike to Spica." Look for the green dashed lines on the sky map.

If you extend the arc of the Big Dipper's handle, you'll see that it points directly to the bright star Arcturus in the constellation Boötes, the Herdsman. The body of Boötes is often described as "kite-shape," and the extended arc of the Big Dipper's handle follows the curved edge of the Kite on its way to Arcturus.

Once you arrive at Arcturus, straighten out the arc and drive a spike directly to the star Spica (pronounced SPY-kuh) in Virgo, the Virgin. And there you have it: "Arc to Arcturus, then drive a Spike to Spica." Like the Big Dipper's other pointers, it's an easy way to remember the arrangement of the stars and constellations in the northern sky.

Bear in mind that at other times of year, the Big Dipper may appear at a different angle or even upside down. However, it is a very distinctive asterism, and with practice you'll learn to recognize it no matter how it's oriented.

For those of us who live in the 48 contiguous states, southern Canada, and most of Europe, it is visible every night of the year. Being able to find the Big Dipper is an essential part of your stargazing education, so look for it every time you are under the stars.

-Jeff DeTray



Wonderful Watermelon Recipes

Watermelon is one of summer's greatest gifts. And while watermelon tastes great when chilled, on a day when you're sitting on the front porch or anyplace outside where you can spit the seeds without anyone caring, it tastes even better in these recipes.

FOOD

A close-up photograph of a white rectangular plate. On the plate, several ribs are stacked, coated in a thick, glossy, reddish-brown barbecue sauce. The ribs are garnished with finely chopped green herbs. In the upper left corner of the plate, there are several chunks of fresh, pink watermelon. The background is a dark, textured surface, possibly a countertop. The lighting is bright, highlighting the texture of the ribs and the freshness of the watermelon.

Watermelon Barbecue Marinade

WATERMELON BARBECUE MARINADE

- 1/2 cup watermelon juice*
- 1/2 cup balsamic vinegar
- 1/4 cup brown sugar
- 1/4 cup soy sauce
- 2 tablespoons vegetable oil
- 2 tablespoons Dijon-style mustard
- 2 cloves garlic, minced
- 2 teaspoons crushed red pepper flakes

**To make watermelon juice: Process small chunks of watermelon flesh in a blender or food processor until they turn to liquid.*

In a glass, stainless steel, or ceramic bowl, mix together all ingredients. Whisk vigorously to blend. Pour to cover meat or fish, seal with plastic or foil, and refrigerate for several hours or overnight.

Makes 1-1/2 cups.

Watermelon Cucumber Salad

WATERMELON CUCUMBER SALAD

DRESSING:

- 1/4 cup olive oil
- 1/8 cup red wine or balsamic vinegar
- 2 tablespoons chopped fresh mint
- 1/4 teaspoon crushed red pepper flakes

SALAD:

- 5 cups cubed watermelon
- 2 cups seeded and sliced cucumbers
- 1/4 cup thinly sliced red onion
- 1/3 cup crumbled feta cheese, optional salt and freshly ground pepper, to taste

For dressing: In a bowl, mix together all ingredients.

For salad: In a bowl, combine watermelon, cucumbers, and onions. Toss with feta, if using.

Pour dressing over salad and toss to coat. Taste and add more seasonings if needed.

Chill in refrigerator for at least 1 hour.

Makes 4 servings.

FOOD



**Watermelon Basket
With Honey Lime
Dressing**

PHOTO: SAMANTHA JONES

WATERMELON BASKET WITH HONEY LIME DRESSING

SALAD:

- 1 large watermelon
- 1 cantaloupe
- 1 honeydew melon
- 1 pineapple
- 2 peaches or nectarines
- 2 cups blueberries, strawberries, or raspberries

DRESSING:

- 2 tablespoons fresh lime juice
- 3 tablespoons honey
- 1/2 cup white wine or ginger ale

For salad: Use a very sharp knife to carve out the shape of a basket handle in the watermelon, then carve the body of the basket. Use a melon ball cutter to remove the pink flesh of the watermelon, then put the balls into a large bowl. Drain the resulting watermelon basket.

Halve the cantaloupe and honeydew melons, cut balls from them, and put their fruit into the bowl. Remove the rind and core from the pineapple and cut its flesh into bite-size pieces. Add pineapple to the bowl. Cover bowl and chill both it and the basket. Just before serving, peel and slice the peaches and prepare the berries (hull the strawberries). Drain the melon balls and the pineapple chunks. Combine all of the fruit in a large bowl.

For dressing: In a small bowl, mix together all ingredients. Stir until thoroughly combined.

Pour dressing over the fruit and stir to coat. Spoon or pour the fruit and dressing into the watermelon basket.

Makes 10 to 12 servings.

GARDENING



What Can You Plant in July?

More than you realize!

PHOTO: BRYTTA/GETTY IMAGES

The long, hot days of summer are not the most favorable for setting out seedlings or starting a garden, yet every minute of the growing season is precious—and there can be some significant benefits to late-season planting.

For a start, you can radically enhance and extend your garden's blooming season. Every gardener is familiar with the sudden slump that occurs in the border toward midsummer. The peonies and irises have long since gone by; the first flush of roses has come and gone, and a second flush is still several weeks away; and only the stakes remain where so recently delphiniums stood to attention, proud and tall.

All at once, color is scarce—or at least any color other than yellow. Of course, the unstoppable coreopsis

and black-eyed Susans will march happily through until fall, but the wave of yellow looks so much better when broken up by drifts of blue, purple, and silver.

Now is the perfect time for a minor border makeover, and annuals and perennials both have their part to play.

BEST BETS FOR BORDERS

Blues and deep reds or purples make excellent foils for the massed yellows of midsummer. If you can find them, plant the lavender-blue spikes of *Salvia farinacea* 'Victoria', deep carmine *Cosmos bipinnatus* 'Versailles' (it's much shorter than the usual Sensation Series and doesn't need staking), and *Cynoglossum amabile*, aka Chinese forget-me-not, whose delightful, intense-blue flowers pick up where the all-too-short-lived

bachelor's buttons (*Centaurea cyanus*) leave off.

For near the front of the border, dark- or light-blue petunias are a good bet. Often, these will be available as hanging baskets. Simply discard the basket and plant the whole clump for instant effect.

Perennials for late planting are much easier to come by. They tend to appear in nurseries at intervals throughout the summer as their bloom season approaches, and because they are almost universally container-grown, they are easy to slip right into the border with a minimum of fuss.

Look for plants with interesting form and texture, as well as bloom, to balance the predominantly hot colors of summer. The choice is enormous, but no late-summer border should be without the pretty, powder-blue subshrub

Caryopteris clandonensis ‘Longwood Blue’, which, with copper-red ‘Autumn Joy’ sedum, practically guarantees that hummingbirds and monarch butterflies will visit your garden right through early fall.

For sheer drama, any of the ornamental grasses make wonderful additions to the border, their elegant, shifting summer foliage fading to a beautiful ghostly beige that gives form and interest to the garden even in winter. And although it is not reliably hardy above Zone 7, the purple fountain grass (*Pennisetum*) is a marvelous companion for any of the yellows in the border. It also looks stunning when grown on its own in a planter.

CONTAINERS TO THE RESCUE

If you love the gentle, steady presence of tall

and graceful ‘Silver King’ artemisia in the garden but dislike its rampant invasiveness, set a generous clump of it in a container. A 10- or 12-inch black-plastic nursery container will do; only the silver foliage, not its pot, will be visible once you have set it out among mature plants. Move it around throughout the summer if you think that a need for silver has arisen elsewhere. Best of all, you won’t face the tedious chore of chasing artemisia runners from one end of the border to the other in the following spring.

RULES FOR LATE-SUMMER PLANTING

Plants that go into hot, dry soil will not survive, let alone thrive, unless special care is taken to ensure that they have enough water, particularly for the first

few crucial days. Follow these important steps to avoid wilted, dead transplants:

- Plant late in the day, when the Sun has gone down and the long, cool evening stretches ahead.
- Before you begin, water the ground thoroughly; water evaporates quickly from soil that has been baking under a hot Sun all day.
- Carefully loosen the roots of potbound container-grown plants and fill the hole with water before setting the plant in place.
- Water again the following morning and, if necessary, rig up some burlap supported by bamboo stakes to provide temporary shade for the new arrivals.
- Continue careful, thorough watering twice daily for at least the first week after transplanting.

—Louise Kehoe

The Old Farmer's Almanac 2022 Calendars are Now on Pre-Sale!



Whether you're a weather watcher, a green thumb, a budding astronomer, or a country lover, check out our stunning new calendars!

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to get your calendar in August!

LIVING NATURALLY



Chickens, Eggs, Eggshells, and You

PHOTO: GEORGE CLERK/GETTY IMAGES

After years of warning consumers not to eat eggs (or at least the yolks) because of their high cholesterol content, research has prompted the medical/nutrition establishment to bring the “incredible edible” back to the menu.

One physician wrote, “Egg reduction or elimination [with a few possible exceptions, including allergies] must now join the list of urban myths from 20th-century medical care.”

Yay! I’ve always eaten eggs liberally. It seems as though half of the households in my town raise at least a few eggs for sale; the corner store carries fresh eggs from a small farmer up the road, and most years I have eggs from my own small laying flock.

Relatively cheap and high in easily digested protein and other vital nutrients, eggs offer the family cook unparalleled versatility. Fried, boiled, poached, baked,

scrambled, souffléed, pickled, deviled, meringued—there’s an egg dish for every meal and any special occasion.

Eggs also star as leavening, binding, and moisture-holding agents in baked goods, pancakes, custards, quiches, batters, hashes, and meat loaves. Various kinds of egg wash add shine, color, and/or crispness to the surface of pastries and other baked products.

Extra eggs also freeze well, either separated or whole (whites and yolks mixed together). Some people freeze them in lightly oiled ice cube trays and then store the frozen cubes in containers. Thawed, they cook and taste like fresh eggs.

BACKYARD CHICKENS

You may have noticed that backyard chicken-keeping has become very popular, even in urban vacant lots and on rooftops, a trend that has forced cities and towns across the nation

to rework building codes and zoning ordinances to allow the practice under strict guidelines.

Home and community gardeners emphasize the dual value of chickens in their food-production systems, since they provide valuable manure as well as fresh eggs (or meat). Properly aged hen manure and bedding (straw, hay, sawdust) provide plant nutrients and boost the organic matter content of the soil.

Laying hens are the easiest livestock to keep. Once you set them up with suitable living and nesting quarters, they cost very little, especially if allowed to free-range during the warmer months, when their preferred foods are bugs and weeds. I’ve gotten deeply attached to my “working girls.” I find them whimsical and charismatic, with distinct individual personalities.

BACTERIAL CONTAMINATION

The primary warning on

LIVING NATURALLY

egg consumption these days involves contamination from bacteria, primarily salmonella. Even though the risk is very low—affecting primarily the very young, the very old, and the very sick—you probably want to take it seriously.

Salmonella can survive for weeks outside a living body, and they are not destroyed by freezing. Ultraviolet radiation and heat accelerate their demise; they perish after being heated to 131°F (55°C) for 90 minutes or 140°F (60°C) for 12 minutes. To protect against Salmonella infection, heating food for at least 10 minutes at 167°F (75°C) is recommended, such that the center of the food reaches this temperature.

Food safety experts advise to wash your hands after handling raw eggs, never serve raw or lightly cooked unpasteurized eggs, and forgo the sunny-side-up and over-easy styles, cooking all egg products until both whites

and yolks turn firm.

These warnings extend to organic eggs, eggs from your local farmer or farmers' market, and eggs from your own hens.

Unless you can find commercially pasteurized eggs, don't use raw eggs for homemade mayonnaise, ice cream, raw-egg dressings, or egg-nogs. No undercooked, runny eggs for breakfast. No raw-egg-white drinks for muscle-building. And don't sample the raw cookie dough.

You can find instructions online for do-it-yourself pasteurization. As an experienced and ardent do-it-yourselfer, I wouldn't trust raw eggs that I'd pasteurized myself. I've had two bouts of food poisoning in my lifetime, and I don't ever want another one.

But you can prepare cooked-egg bases for most raw-egg favorites.

EGGS FOR MEDICINAL AND COSMETIC USE

You'll find innumerable

Web pages advocating raw egg yolks, whites, whole eggs, or the thin, inner membrane of a raw egg for treating/curing burns, acne, oily skin, and/or large pores, as well as for removing wrinkles, old scars, and more. There are also many do-it-yourself beauty sites that suggest using raw, unpasteurized egg whites or yolks as facial masks and hair/scalp treatments.

In the past, I've both tried and recommended many of these practices. After all, eggs, egg membranes, and eggshells have been used for various medicinal and cosmetic purposes for thousands of years.

But I no longer use any part of the raw egg for healing or hair or skin care. There are so many other ingredients available in my home (aloe leaf, oatmeal, olive oil, cider vinegar, baking soda, herb tinctures and salves) that it doesn't seem worth the risk.

Would pasteurized

LIVING NATURALLY

eggs work as well as raw eggs for medicinal or cosmetic purposes? I can't find any information about whether the pasteurization process would destroy the active compounds that make raw eggs useful for these purposes.

USING EGGSHELLS

If you eat eggs, you'll have eggshells. I generally toss mine in with the rest of the kitchen scraps, which end up in the compost pile at one edge of my big garden.

Lately, I've begun saving the shells to grind into powder. I plan to treat each of my tomato transplants and summer-squash hills to a handful of eggshell powder to add calcium to the soil to prevent blossom end rot, which can be a real challenge during summers of erratic rainfall.

Powdered eggshells can serve as a digestible calcium supplement in the diets of people and

companion animals. One teaspoon of eggshell powder makes about 800 milligrams of calcium. It also contains small amounts of other essential minerals present in the shell.

You can add the powdered eggshells to baked goods or sprinkle them into soups and casseroles.

I've read that old-time sauerkraut makers sometimes added crushed or powdered eggshells between the layers of cabbage, where it gradually dissolved in the mild acid environment of the fermenting kraut. Today, some people dissolve the eggshell powder in cider vinegar and add the vinegar to salad dressings.

Before powdering eggshells for various uses, experts recommend sterilizing them first (unless the shells come from hard-boiled eggs). Just cover the empty shells with water and boil for 5 minutes. Remove

them from the water and set them individually on a cookie sheet to dry. When the shells are completely dry, grind them to a fine powder in a blender and store them in a closed glass container.

Some people feed eggshells back to their chickens, who need an abundant supply of calcium to provide both for their own needs and for making new eggshell material.

Egg allergies: Two to 3 percent of the population, most of them children, have an egg allergy that calls for avoiding products containing eggs. You may find eggs in unexpected places—marshmallows, candies, crackers, egg substitutes, salad dressings, and the shiny egg wash on hard pretzels—so be careful!

—Margaret Boyles



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

SPORTS



The *Real* “Natural”

*Enjoy the story of one of the best all-round athletes
you've probably never heard of.*

Unlike the fictional protagonist played by Robert Redford in the 1984 film *The Natural*, Lionel Pretoria Conacher was the real deal.

Born in 1901, he was one of 10 children in a close and loving but struggling, working-class family in Toronto. Like most Canadian kids of the day, Conacher played road hockey, but it wasn't until the age of 13 that he took an interest in the other neighborhood games. That year, he joined a rugby team; the next year, he began playing baseball, lacrosse, and football; the year after that, he took up wrestling and boxing.

Conacher loved all sports when multisport athletes were common: Everybody, including his five sisters, played everything, but, unlike the other kids, Conacher was good at every sport he tried.

He and his teams won often. In 1919, the two ice hockey teams he played

on won titles, as did his football team. In 1920, he won the Canadian light heavyweight boxing championship. In 1921, he led the Toronto Argonauts to the Grey Cup (the Canadian Football League championship trophy). In 1922, he played on a lacrosse all-star team. He played for so many teams that he'd often have to leave one match halfway through and run across town to play in a different one!

Within 10 years, Lionel Conacher was dominating every sport he played. Once he even fought Jack Dempsey, the American heavyweight boxing champion, in an exhibition match.

Despite his fame and increasing fortune (he earned little or no money from sports but often received jobs and expensive gifts from fans), at age 23, Conacher still had one unfulfilled dream: He wanted to go to a university. This seemed an unlikely possibility, though, as

he had quit school after the 8th grade to help to support his family.

One day, he received a letter from Roy Schooley, manager of the Duquesne Gardens rink in Pittsburgh, Pennsylvania, with a proposition: If Conacher would play for the Pittsburgh Yellow Jackets (later to become the Pittsburgh Pirates) hockey team, Schooley would arrange for him to finish his high school degree at a local prep school. After that, Conacher hoped, he could go on to become a star college athlete.

In 1 year, he completed enough high school courses to be admitted to college, and in 1924, he enrolled at Duquesne University. Although he continued to excel in football and hockey, Conacher began to think that education was a luxury that he couldn't afford. He had gotten married the year before, and there just wasn't enough money in amateur athletics to support his new wife.

However, in the 1920s, paid sports were on the rise. The National Hockey League was expanding into the United States, and lucrative jobs were available. When the new Pittsburgh Pirates NHL franchise offered him a job, Conacher took it, despite the fact that hockey wasn't his best sport and knowing that he was leaving his education behind. He focused on defense and quickly gained a reputation as "a traveling netminder" for his determination to prevent goals.

He was, as always, hugely popular with the fans; however, this proved to be a problem, especially after he was traded to the New York Americans, the NHL's party team and chronic losers on the ice. For the first time, Conacher let his success go to his head. He stopped training and started drinking. As a result, in 1930, the Americans traded him to the Montreal Maroons, who put him on waivers.

Being abandoned by

his team was the wake-up call that Conacher needed. The experience frightened him into turning his life around. Impressed by his dedication and his successful recovery, in 1931, the Maroons took him back onto the roster. Following the 1931–32 season, his teammates voted him their most valuable player.

Ironically, the Great Depression would be the most successful period of Conacher's life. People were desperate for entertainment, so he returned to playing several sports. In the summer, he played professional lacrosse. In 1932, he entered professional wrestling and toured Ontario. In 1933, he started Toronto's first professional football team and then played on it for 2 years. For a brief period in the mid-'30s, he was thrilling fans in four different sports. But the peak of his career was in 1934 and '35, when he played for two different hockey teams that won the Stanley Cup in those

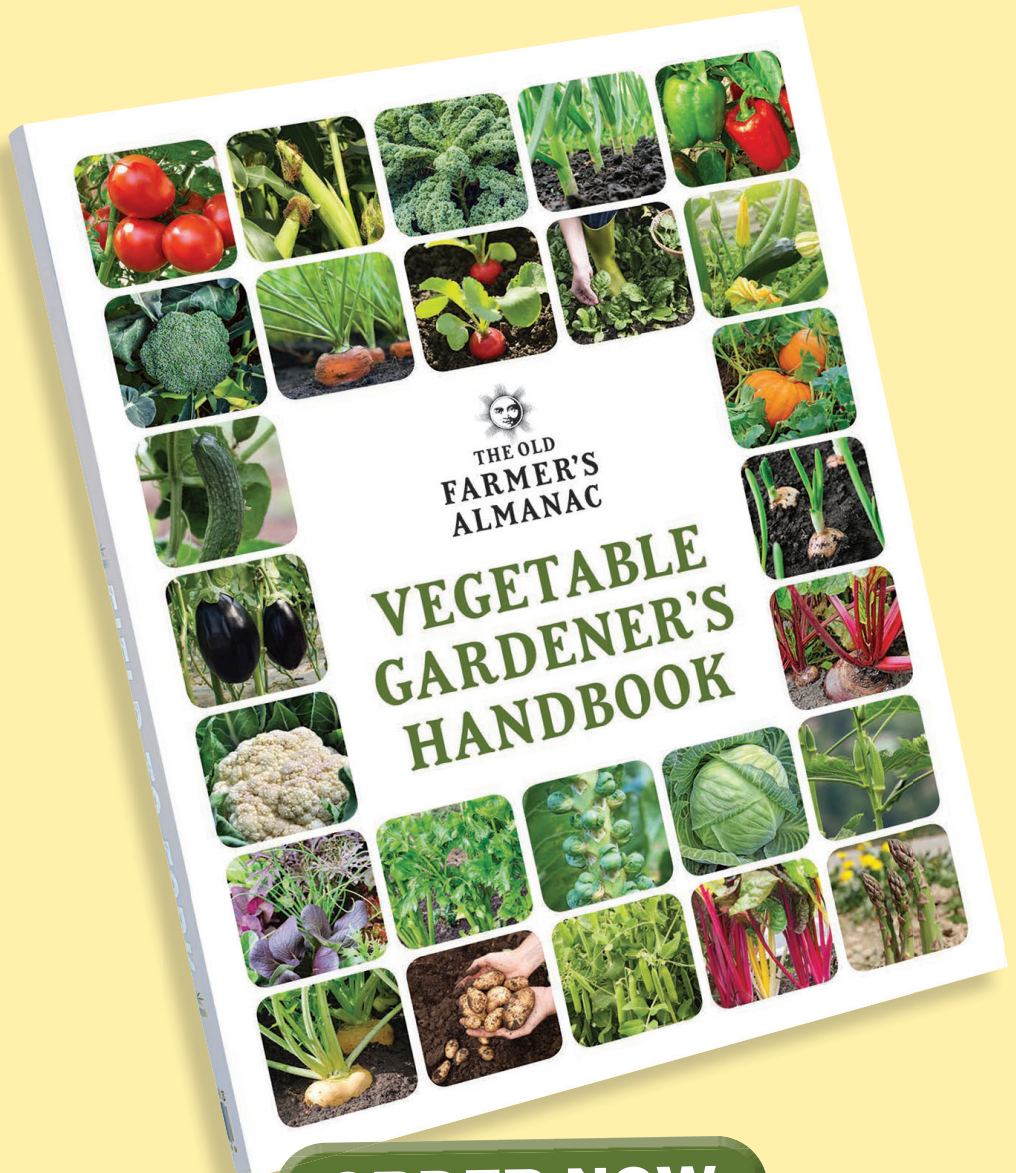
back-to-back years.

In 1937, having played on teams that had won championships in football, baseball, lacrosse, and hockey and having won individual titles in wrestling and boxing, Conacher announced that he was retiring from sports and becoming a politician. But he never really gave up the games: He used his position as a member of Parliament to increase funding for public parks in poor neighborhoods, thus ensuring that kids would continue to have places to play. He organized fund-raising benefit hockey games featuring retired NHL stars and founded the National Hockey League Oldtimers Association, a charity that survives to this day.

In 1954, arriving at third base after tripling in a Parliament softball game, Conacher suffered a fatal heart attack. It was a sudden, tragic end to an amazing life, yet he died as he had lived: at full speed, naturally.

–Ellen Etchingham

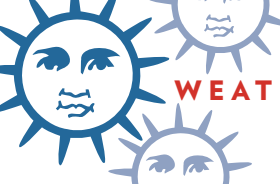
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WHATEVER JULY AND AUGUST DO NOT BOIL, SEPTEMBER CAN NOT FRY.

HOW WE MAKE OUR PREDICTIONS

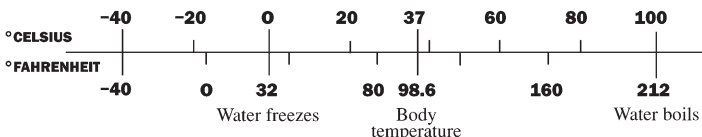
We derive our weather forecasts from a secret formula that was devised by the founder of this Almanac, Robert B. Thomas, in 1792. Thomas believed that weather on Earth was influenced by sunspots, which are magnetic storms on the surface of the Sun.

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.

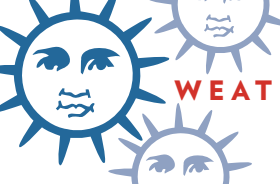
CELSIUS-FAHRENHEIT TABLE



TAP TO FIND OUT THE WEATHER HISTORY OF THE DAY

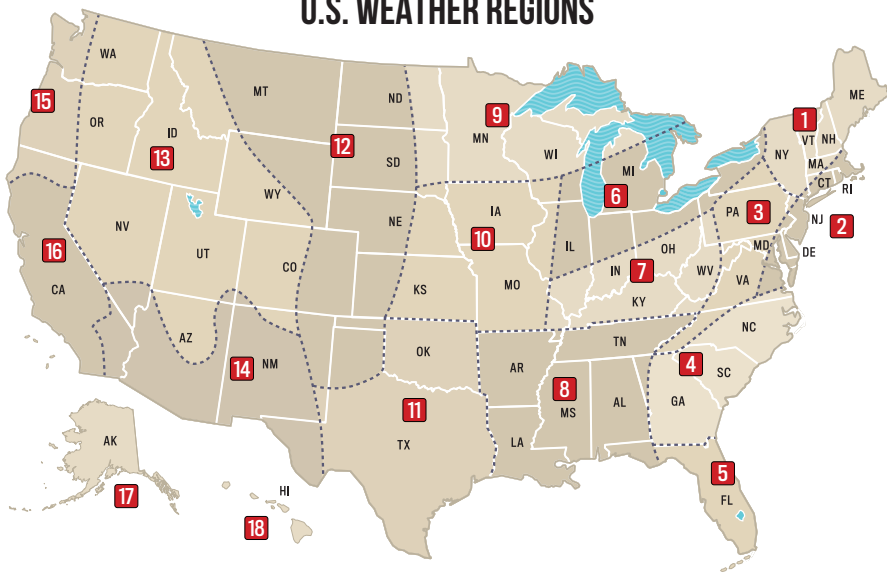


LOVE ALL THINGS WEATHER? TAP FOR THE WEATHER FOLKLORE OF THE DAY

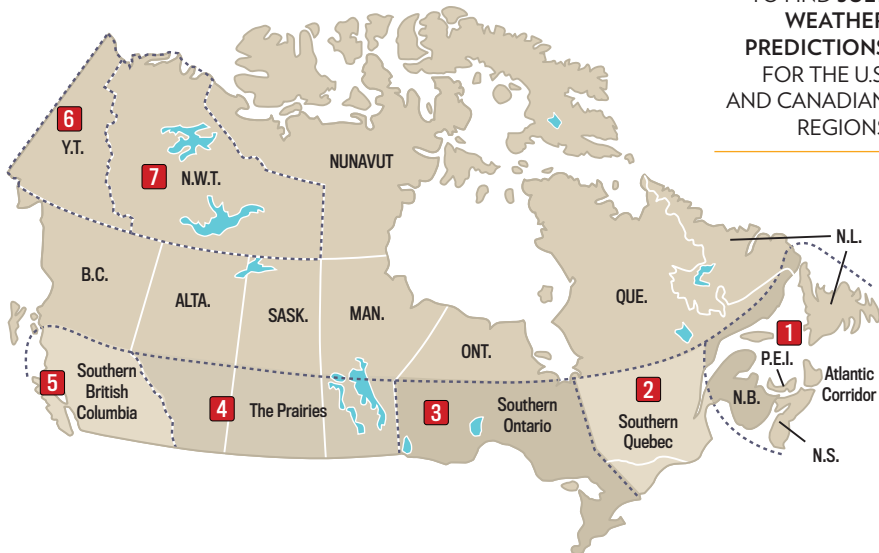


WEATHER FORECASTS

U.S. WEATHER REGIONS



CANADIAN WEATHER REGIONS



CLICK HERE
TO FIND JULY
WEATHER
PREDICTIONS
FOR THE U.S.
AND CANADIAN
REGIONS





SUMMER VACATION: IT'S A GO!

On July 1, Canada Day, showers will be scattered across all of the nation except for the Northwest Territories. Temperatures will be on the warm side in most areas, although cooler temps will prevail from Prairies eastward through Ontario.

Three days later comes U.S. Independence Day on July 4, when natural fireworks will light up the skies in many areas as scattered thunderstorms pop up everywhere except in the Southeast, Heartland, High Plains, California, and Alaska.



Many regions will also see thunderstorms on July 24, the National Day of the Cowboy in the U.S., but that weekend won't be a total washout, as National Parents' Day on July 25 will find most places dry with moderate temperatures and only the occasional threat of a thunder-boomer.

July temperatures will be cooler than normal, on average, in most of the U.S. and Canada, although Florida, the Upper Midwest, the High Plains, the Pacific Northwest, Alaska, the Canadian Maritimes and Prairies, and Yukon and the Northwest Territories will be hotter than normal. Rainfall will be below normal in most areas, although above normal in Maine, from the Gulf coast westward to California, from the Rockies to the Pacific, and in Kauai, the Canadian Maritimes, and British Columbia.

And now the big news: Although beach temperatures across the continent may be slightly on the cool side, the weather for summer vacations will be generally favorable!

Across the United States, summer temperatures will be hotter than normal along the Atlantic Corridor, in the eastern Great Lakes, from the Upper Midwest southwestward to the southern Intermountain region, in the Pacific Northwest, along coastal California, and in Alaska and near or below normal elsewhere. Rainfall will be greater than normal in the Northeast and eastern Great Lakes, from the western Ohio Valley south- and westward to the Gulf of Mexico, from Washington southward through California, in northern Alaska, and in western Hawaii and near or below normal elsewhere.

In Canada, summer temperatures will be cooler than normal in Quebec and British Columbia and hotter than normal elsewhere across the country. Rainfall will be above normal across nearly all of Canada.

Hurricane season officially starts on June 1. While we expect near or above-normal activity, 2021's tally of storms and storm damage will fall far short of that of 2020's hurricane season. The best chance for a major hurricane strike will be from South Carolina to New England in early to mid-August, with a tropical storm threat from Florida to southern New England in early to mid-September.

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



HUMOR ME

GRINS AND GROANS FROM THE ALMANAC



SUM-MARY EXECUTION

A little boy bustled into a grocery store one day with a long list in his hand.

“Hello, Mr. Smith,” he said. “I want 13 pounds of coffee at 32 cents a pound.”

“Very good,” said

the grocer, as he set his clerk to work in packing up the coffee. “Anything else?”

“Yes, please. Twenty-seven pounds of sugar at 9 cents a pound.”

“Ah, the big block. Anything else?”

“Seven and a half

pounds of bacon at 20 cents.”

“Very good. That will be the top brand. Go on.”

“Five pounds of tea at 90 cents; 11 quarts of molasses at 8 cents a pint; two 8-pound hams at 21 cents a



pound; and five dozen jars of pickled walnuts at 24 cents a jar.”

The grocer made out the bill.

“It’s a big order,” he said. “Did your mother tell you to pay for it?”

“My mother,” replied the boy as he pocketed the bill, “had nothing to do with it. It’s my arithmetic lesson and I had to get it done somehow.”

STIRRING RECIPE

Mrs. Newbride came hurriedly into her husband’s study one morning.

“Herbert, dear,” she said, “look at this recipe for lemon pie. It says to sit on a hot stove and stir constantly.”

“Well, Alice,” replied the doting husband, “if you sit on a hot stove, I think that you’ll find that you do stir constantly.”

TWO ORDERS

“Well, how many orders did you get yesterday?” asked the salesman’s supervisor.

“I got two orders in one place.”

“Way to go! What were they?”

“One was to get out and one was to stay out.”

GULP!

Teacher: “Which little boy can tell me where the home of the swallow is?”

Small boy: “In the stomach?”

PERFECTION PERSONIFIED

At a religious revival meeting outside Dallas, the preacher once said: “There’s no such thing as a perfect man. Anybody here who has ever known a perfect man, please stand up!”

Nobody stood up.

“Those who have ever known a perfect woman, please stand up!”

One demure little woman stood up.

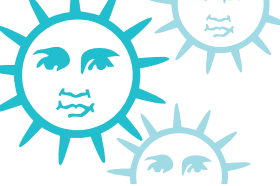
“You have actually known an absolutely perfect woman?” the minister asked.

“Well, I didn’t know her personally,” replied the little old lady, “but I have heard a great deal about her. She was my husband’s first wife.”

WELL-SUITED ANSWER

“Now, children,” said the Sunday school teacher as he finished his lesson on the earthly limits of power, “our lesson today has taught us about the power possessed by kings and queens. Can any of you say the name of a greater power?”

“Aces,” said Willie.



WHAT'S NEXT



GARDENING

Beautiful But Deadly—flowering plants that literally will take your breath away



CALENDAR

Moon phases; August name origins, holidays, and full Moon names; Poem of the Month



ASTRONOMY

Explore with our Sky Map



HISTORY

The Strange Case of Bobby Dunbar



FOOD

Tasty Tomato Recipes



LIVING NATURALLY

How to Make Your Own Herbal Vinegars

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

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