

Table of Contents:

Chapter.....	Page
Introduction.....	5
1 The Building of the Fire.....	7
2 The Choosing of the Marshmallow Stick.....	12
3 The Preparing of the Graham and the Chocolate.....	17
4 The Roasting of the Marshmallow.....	20
5 The Assembly and Eating of the S'more.....	25
6 The Nutritional Benefits of the S'more.....	28
7 The History of Chocolate.....	31
8 The History of the Graham Cracker.....	34
9 In Search of the Wild Marshmallow.....	36
Recipes.....	41
A Glossary of S'morology.....	57