

BAZAAR FOR BETTER LIVING

A Guide To Goods & Services



Hungry for Whole Grains?

You've more choices than oatmeal and whole wheat—and no excuse not to eat three servings a day. Bob's Red Mill Natural Foods offers a wide range of products made from healthful whole grains, including buckwheat groats, kamut, quinoa, rye berries and more. Prices start at \$2 for a 1-pound bag of 5 Grain Rolled Hot Cereal. Available in natural-food stores, at www.bobsredmill.com or call 1-800-349-2173.

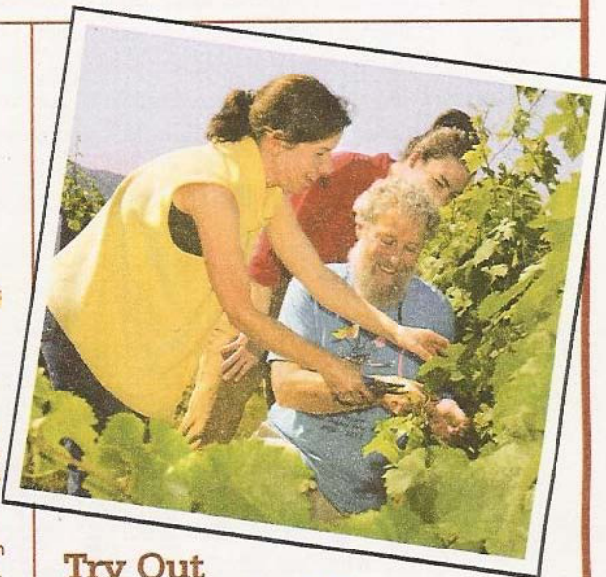
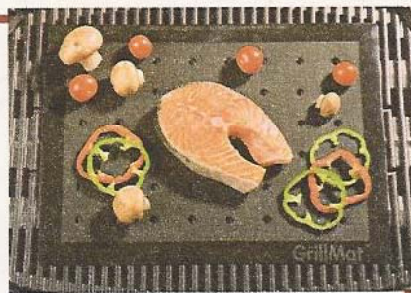


Just 15 Minutes to Fitness

T-Tapp—an aerobic, body-sculpting workout developed by rehabilitative fitness expert Teresa Tapp—uses no weights or jumping yet claims to burn away inches two to three times faster than other workouts, regardless of age or fitness level, by focusing on spinal alignment and lymphatic function. For sample exercises, information on T-Tapp's skin-firming system or to order VHS tapes or DVDs (starting at \$19.95), call 1-877-827-7348 or visit www.t-tapp.com on the Web.

Don't Burn—Or Lose—The Fish!

GrillMat keeps fish, veggies and other delicate foods from sticking to—or falling through—the grates. Designed for use over indirect heat (not an open flame) on charcoal or gas grills, the 11x15-inch silicone cooking sheet withstands temperatures up to 500°F and is grill/oven/microwave/dishwasher-safe. From Grill Friends, it's \$20 at housewares stores or call 1-800-530-4546.



Try Out Your Dream Job

VocationVacations offers one- to three-day work "adventures" with an expert. Try to be an architect, baker and/or chocolatier, cattle rancher, caterer, cheesemaker, dog daycare owner, golf instructor, TV producer, vintner—and so much more. Packages include sessions with a career coach. Prices start at \$349, not including travel and accommodations. To learn more, call 1-866-888-6329 or visit www.vocationvacations.com on the Web.



Get A Grip On Your Game

The 3M Premium Golf Glove, made from 100% cabretta leather, is enhanced with a urethane Greptile Grip to give you a stronger hold on the club—wet or dry—and better control of your swing. (That translates into faster clubhead speed and more distance with less effort.) Available in golf stores and pro shops. Sizes M-XL for men, S-L for women, and M-XL Men's Cadet (for men with shorter fingers) for \$20. To learn more, visit www.3m.com on the Web.



For links to the products and services mentioned in the "Bazaar for Better Living," visit www.parade.com on the Web.

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1. Grapevine Grilling Skewers can be used just like bamboo and make an attractive alternative for entertaining. The vines are trimmed to 12-inch lengths by a winery in British Columbia. Suggested retail: \$12.95 for 12 vines. From **Mum's Creations**, 866/833-1193; www.mumscreations.com or **Circle No. 237**

2. Clean your grill and prevent food from sticking to it with Grate Chef Grill Wipes. The specially made cloths contain vegetable oil and can be wiped on a warm grate using a grill brush. The wipes also enhance the user's ability to make grill marks on food. Suggested retail: \$2.99. From **Grate Chef**, 877/900-8415; www.gratechef.com or **Circle No. 238**

3. This BBQ Grilling Cart is made of a stainless steel frame and solid hardwood. It requires no assembly and folds easily for storage. The cart comes with a utility bar to hold accessories, eight stainless hooks and a three-bottle wine caddy. It measures 36 inches tall. Suggested retail: \$219.95. From **Oasis Concepts**, 800/231-1330; www.oasisconcepts.com or **Circle No. 239**

4. Colorful Silicone Brushes are versatile tools for brushing pastries or for grilling. They are heat resistant up to 500 degrees Fahrenheit and dishwasher safe. Eight-inch and 10-inch sizes are available. Suggested retail: \$8-\$10. From **Swissmar**, 905/764-1121; www.swissmar.com or **Circle No. 240**

5. The PigTail Food Flipper can replace spatulas, tongs and forks and is guaranteed not to bleed meats. A quick flip of the wrist is all that's required to turn food on the grill or stove. Suggested retail: \$9.95-\$29.95. From **K-2 Development**, 518/398-6617; www.pigtailff.com or **Circle No. 241**

6. This porcelain enameled stir fry pan is perfect for stir frying vegetables on the grill. Meals can be made healthier because no oil is needed for cooking. The holes in the pan allow heat to pass through while keeping vegetables from falling into the grill. Suggested retail: \$18.99. From **Fox Run Craftsmen**, 800/372-0700; www.foxruncraftsmen.com or **Circle No. 242**

7. Make your mark with Charcoal Companion Cast-Iron Grill Presses that hold food onto the grate and give them appetizing

This Is The Way A Steak Should Taste!

With a unique blend of herbs and spices along with great taste and smell of coffee, Steak Dance™ & Steak Dance™ Extra Spicy offers your favorite cut of meat, chicken, pork, seafood, french fries, baked potatoes, creek fries, veggies or even a salad a truly great taste your palate has been missing. So prepare yourself and your taste buds for an exciting NEW experience in cooking as well as tasting. Steak Dance™ Extra Spicy is the 1st place winner in the seasoning and rubs category in the 2005 Scovio Awards.

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For More Information Circle No. 127

Creole Sauce Blends Caribbean Spices WEST INDIES CREOLE HOT PEPPER SAUCE

A masterful blend of habañero pepper, papaya, and select herbs and spices native to Dominica, the Nature Island of the Caribbean. Quickly becoming a favorite of hot and spicy food lovers.

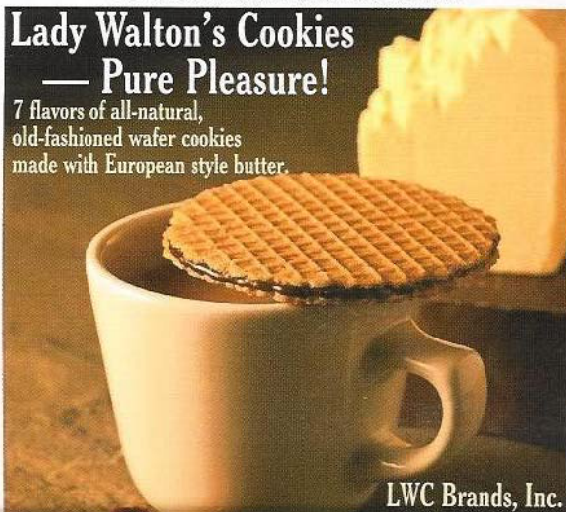


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For More Information Circle No. 110

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