

# PARADE Magazine

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## **Bazaar For Better Living**

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### **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.

### **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](http://www.bobsredmill.com) or call 1-800-349-2173.

### **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](http://www.vocationvacations.com) on the Web.

### **Get Hopping, Get Fit**

Kids get a workout doing the Chingy, the Ponytail, the Uprock and other moves with Hip Hop Master Roger G on Hip Hop for Kids: Pop! Lock! & Break! Bonus features include a segment on kid-friendly nutrition. For ages 7-16. The DVD/CD set is \$24.95 and the VHS is \$19.95 from 1-800-454-5489 or visit [www.hiphop4kids.net](http://www.hiphop4kids.net) 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](http://www.3m.com) on the Web.

### **Smart Socks**

The ultra-thin natural fibers in SmartWool are soft and breathable, so socks made from the fabric keep feet cool in summer and warm in the winter—and they don't itch or shrink. A wide range of styles and colors for men, women and children start at \$9.95. For information on SmartWool products, including other kinds of apparel, or to find a retailer, visit [www.smartwool.com](http://www.smartwool.com) or call 1-800-550-9665.

### **Think First, Then Reverse**

To prevent accidents, Troy-Bilt's Bronco Riding Lawn Mower requires two steps (turn a key, then press a button) before you can mow in reverse. Other features: an 18.5-hp engine, automatic transmission and a 42-inch, twin-blade cutting deck; \$1299. For a retailer or to order, visit [www.troybilt.com](http://www.troybilt.com) on the Web.