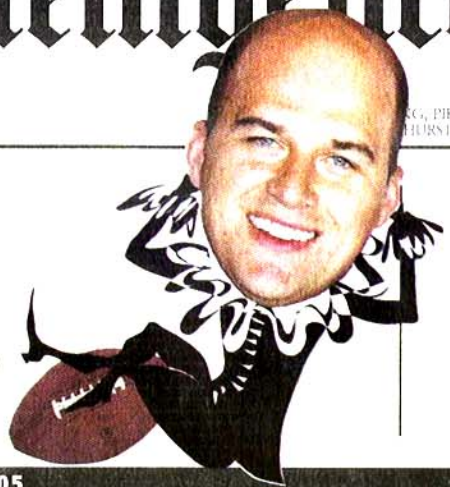


Seattle Post-Intelligencer



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SATURDAY, DECEMBER 31, 2005

Wipe out spots, stains

Even if the thought of raising a child makes your stomach churn and your sweat glands crank into high gear, you still can enjoy one of the greatest rewards of parenthood: baby wipes. Although they're designed to make diaper changes easier, baby wipes also are amazing at getting spots and stains out of everything from a blouse to your carpet or the cushions on your couch. They're also great for quick wipe-downs in the kitchen or bathroom or to freshen up a pair of leather shoes. Keep a pack in the car to clean up any spills or just wipe down a dusty dashboard or clean the dirt off a steering wheel. If you don't have baby wipes around, you'll find that hand wipes do the same jobs.
(Cheryl Reid-Simons)

home & garden tips clippings

The cushy tooshie



Adding a bidet just became a simple afternoon project instead of a major bathroom renovation with the Swash by Brondell. It's a high-tech toilet seat that includes two warm-water wands to provide some very personal cleaning. The pricier model even includes a derriere drier. Both versions feature heated seats. It's designed to be installed in an hour or less. The base model is \$469. You can get more bells and whistles for \$599. Available at Home Depot or www.brondell.com. We're showing you the discreet version with the lid closed. If you want to see the workings - in full spray - check the Web site. And if you watch the video, you'll see married actors Susan Seaforth and Bill Hayes (Julie and Doug on "Days of Our Lives") as they wax poetic about the joys of a Swash-cleaned heinie. (They're the grandparents of Brondell's founder.)
(Cheryl Reid-Simons)

Tracking down healthy food

While you're busy making resolutions to eat better and exercise more in 2006, don't forget the kids. Make it easier on yourself and junior with the Funtastic Food Tracker. It's an interactive board with 24 magnetic discs to help you and your child keep track of food intake and activity level. The tracker was inspired by moms who found themselves daunted at having to explain the government's dietary guidelines to their kids. It's designed to make figuring out nutrition as quick and easy as picking up a kids' meal at a drive-through. The Funtastic Food Tracker is available for \$20 plus \$6 for shipping at www.funtasticfoodtracker.com.
(Cheryl Reid-Simons)

