

Tried-and-true cough remedy



Kids coughing? A new study from Penn State College of Medicine shows a simple, over-the-counter remedy that has been used for generations really works. Vapor rub (menthol, camphor and eucalyptus oils) applied to children's chests at bedtime reduced kids' cough frequency, cough severity and congestion and helped them sleep better.

Quick tip

Your dishwasher can be used to clean lots of surprising things, according to *Real Simple*: 869 New Uses for Old Things. Use the top rack, for instance, to clean action figures (put them in a mesh laundry bag), flip-flops, kneepads, shinguards and mouthguards.

Toys that can inspire careers

"WHAT DO YOU WANT to be when you grow up?" More than one professional chef got his start with an Easy Bake Oven. Here are some ideas for children 8 and up that just may inspire your child to be a scientist, engineer or designer.

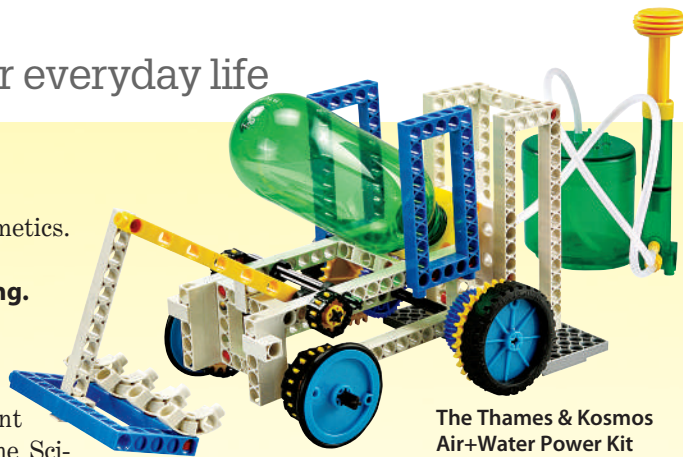
Science. Thames & Kosmos produces serious science kits that teach concepts and skills through hands-on modeling of real-world devices and processes. The manuals make for a rich learning experience. Students can learn how to build fuel cells, discover the science behind climate change, and learn the chem-

istry of cosmetics. (Ages 10+)

Engineering.

If your children can't get enough of amusement park rides, the Science of Disney Imagineering DVD series will open their eyes to the power of the attractions. The educational series uses physical and visual examples that demonstrate how science (magnetism, friction, trajectory) puts the magic in the rides. (Ages 8+, Disney Educational Productions \$29.99)

Design. Each Design Dossier in this innovative book series intro-



The Thames & Kosmos Air+Water Power Kit

duces youngsters to what it's like to be a designer, using the basic elements of visual communication that are the building blocks of many different types of design. (Ages 8+, \$24, Paintbox Press) — **Claire S. Green**

CLAIRE S. GREEN is president of Parents' Choice Foundation, a non-profit guide to quality children's media and toys. For more information, visit parents-choice.org.

How does your indoor 'micro' garden grow?

IF YOU LOVE homegrown foods but lack the time, space or effort required to keep an outdoor garden, look no further than houseplants — microgreens, to be exact. Harvested when they're larger than sprouts but smaller than "baby"

greens, microgreens have many benefits:

Full of flavor. Don't let their tiny leaves fool you; microgreens can provide intense flavor. "Pea shoots taste just like freshly picked garden peas," says Fionna Hill, the author of

Microgreens. Other flavorful microgreens are basil, broccoli, radish and chives.

Cheap, trouble-free. Microgreens are easy to grow indoors year-round, are ready to pick after about a week and take up very little space.

A delight to the diet. Microgreens are loaded with vitamins, minerals and enzymes. Seed that has been produced specifically for microgreen growing is ideal. Buy small quantities at first to find your favorites. **W** — **Christine J. Kim**



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