

stuff we like

Some pearls of wisdom we compiled today — and a bunch of other stuff you could probably live without.

ACCESSORIZE

Stuff We Like knows there's nothing better than unique, eye-catching jewelry.

Except if that jewelry helps support a worthy cause while making you look fabulous.

From the Art of Possibility Studios, Phenominoes pendants feature the work of physically disabled artists on the back of real dominoes. And we have to say, they are whimsical and adorable.

The company was started by blind artists Ketra Oberlander, whose work has been featured on "Extreme Makeover: Home Edition," and George Mendoza, who has been featured on PBS documentaries. Phenominoes retail for \$26.95 and are available at www.aopstudios.com.



FASHION Q&A

Q: The women in my family are not at all full-figured. Flat-as-a-board is more like it. But we still need bras. Why is it that so many bra lines only offer cup sizes starting at B or C? We need A cups, or even AA cups — but in size 36 or 38. If we ever find AA cups, you can bet they'll be in size 32 bras.

A: Perhaps you haven't been shopping in the right places. Bras for small-busted women are available. You simply need to know where to look. Wacoal, for example, which you can find in most department stores, has a "petite" line with small cups. And lingerie Web sites such as figleaves.com and bare necessities.com offer AA cups up to size 36.

You might also check out a new line, Itty Bitty Bra. According to company founder, Jane Hodgdon, the bras are for women who want support, style and comfort — but in a bra designed specifically for their

less-than-C-cup figures. In black, white, nude, pink, leopard print and dots, they come with AA cups in sizes 32 to 38. Prices range from \$50-\$55. Available online at ittybittybra.com

ASK DR. H

Q: Can you explain why whenever I take Advil or Tylenol at bedtime I fall asleep so much faster and sleep so much better? They're not sleeping pills, but to me, they sure act like they are. — B.W., ALLENTOWN, PA.

A: While Advil and Tylenol aren't sleeping pills or tranquilizers, they definitely do help many people sleep better. That's because many of us have aches and pains that annoy us at night — especially as we toss and turn in our sleep. Rolling onto your bad hip or turning into a position that aggravates your chronic low back pain will briefly disrupt sleep to cause awakenings in the night that may or may not be remembered. Sometimes we know of the aches and pains that are caused by arthritis, sore muscles, chronic back pain or an uncomfortable mattress, but many times we just don't make the connection between our pain and the quality of our sleep. It sounds like you're one of those folks who sleeps more comfortably because there's a reduction in your pain. If you don't have any known muscle or joint pains during your waking hours, you might want to evaluate the condition of your mattress.

Narcotics like Lortab, Vicodin or Percocet are a bit different: Not only are they stronger painkillers than Tylenol or Advil, but they have opioid effects that are inherently sedating.

NEWS OF THE WEIRD

BY CHUCK SHEPPARD

CULTURAL DIVERSITY

A member of the Singapore Parliament, Loo Choon Yong, attracted worldwide attention in February when he proposed that his already legendarily hard-working countrymen add Saturdays as a workday, to improve productivity to cover for a declining birthrate. "We should accept that, as a people, our procreation talent is not our forte," he said, and move from a five-day workweek to six.

BIZARRO

BY DAN PIRARO





“Stuff” info compiled from staff and wire services