



Tooth Chatter
by
ALEX TRENTON,
Denture therapist

NEW!
LAVEDENT DENTURE CLEANSER

Cleansing with "LAVEDENT"

As LAVEDENT concentrate is added to water, special agents within the cleaner automatically adjust water hardness and soften the water being used. As soon as enough concentrate has been added (1 to 2 capfuls per 8 ozs. of water), the solution is active. As the denture is immersed, the solution immediately begins to dissolve plaque (tartar), and removes debris and odor. Other special agents allow LAVEDENT to penetrate and clean even the smallest cracks and crevices. While LAVEDENT works within the pH range necessary to remove plaque, it is not a strong oxidant or bleach and, therefore, can safely be used on any dentures with soft linings or metal attachments.

LAVEDENT has so many distinct advantages over other denture cleansers. Its regular use makes sense because you will always be assured of having a completely clean, odor-free, fresh denture.

LAVEDENT is not available in stores, but it can be purchased at our office.

WE CARE ABOUT YOUR SMILE!

A.W. Trenton D.T.,
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From the kitchens of Weight Watchers

CINNAMON MERINGUES

3 egg whites (at room temperature)

Dash cream of tartar

1/2 cup (125 ml) plus 1 tablespoon (15 ml)
confectioners' sugar, sifted

1/8 teaspoon (0.5 ml) ground cinnamon

1. Preheat oven to 200°F (100°C). Line baking sheet with parchment paper; set aside.
2. Using mixer on high speed, in medium mixing bowl beat egg whites until foamy, about 1 minute. Add cream of tartar and beat until combined, about 1 minute. Gradually beat in sugar and cinnamon; continue beating until peaks are stiff but not dry, about 3 minutes.
3. Spoon mixture onto baking sheet, forming 8 equal mounds. Bake in middle of centre oven rack until golden crisp, about 55 minutes. Turn oven off and open oven door slightly; let meringues stand in oven for 4 to 6 hours to dry.

Each serving provides: 60 Optional Calories

Recipe from "Healthy Life-Style Cookbook",
©1992 Weight Watchers International, Inc.

Return to basics. For information on a meeting
location near you, call 1-800-387-8227.



Dave, Patty and Jackie
wish all their friends
and neighbours
a Very Merry Christmas
and a Happy and Safe
New Year.

It has been a pleasure
serving you this season.

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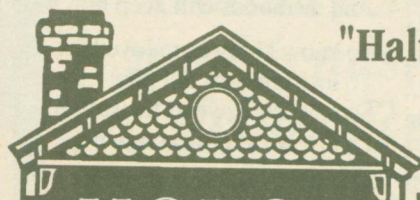
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