

The Braces Cookbooks

TRIVIA

Matteus Gottfried Purmann (1649-1711) was a Polish surgeon who recorded many details about his daily work. He is considered the first person to take wax impressions of teeth.

The Braces Cookbook Newsletter
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NEWS

Join the new Braces-Friendly Advisory Board

The Braces Cookbook resource project is expanding! Would you like to be a part of it? We are looking for three volunteers to test, evaluate and give the thumbs-up or -down on all things braces-friendly.

In fact, this is the first step toward putting all of our resources together under our new brand, metal mouth media (an imprint of The Discovery Box Publishing). Our new tag-line is "taking the bite out of braces" and the first major project is putting together a Braces-Friendly Advisory Board.

The vision is to sort through relevant food items, books, oral-hygiene products, handy inventions, websites, etc. that could help braces-wearers and their families have the best experience possible. Five Board members - braces-wearers across the country and a range of ages - will each try them out and turn in a vote; a minimum of three "yes" votes will secure the "Braces-Friendly" Seal of Approval. This seal, shown below, will simplify living with braces by guiding consumers to what works and what's worth the money.



We are looking for the following Board candidates:
1 male, age 20-35

1 female, age 13-19

1 male, age 8-12

We already have a female in the age 35-50 bracket, and I (Pam Waterman) am the tie-breaker. We will provide you with a short list of guidelines, but the general concept is similar to that of the Good Housekeeping Seal of Approval by Good Housekeeping magazine. Products will be shipped to you (so you'll have to share your address), and you will be allowed to keep any materials you evaluate at no cost.

If you'd like to be an active part of the braces-wearers community, please email me at thediscoverybox@earthlink.net, listing gender and age, and including a few sentences about why you'd like to be considered. We will soon be launching our "Braces-Friendly" concept, so we'd like to get the Board finalized as soon as possible.

RECIPE



Fudge Toppers

A simple swirl of semi-sweet fudgy topping perfectly balances the brown sugar in these soft, feather-light mounds.

Cookie

½ cup margarine, softened
¾ cup brown sugar, packed
1 egg
1 teaspoon vanilla
1 ¾ cups all-purpose flour
1 teaspoon baking powder
¼ teaspoon baking soda
¼ teaspoon salt
½ cup milk

Topping

12 oz. chocolate chips
3 Tablespoons milk

Preheat oven to 350 degrees. Baking time 11 minutes.

In a large bowl, combine the margarine and sugar, using an electric mixer and blending well. Add egg and vanilla, mixing well. Add flour, baking powder, baking soda, salt and milk, beating until soft; batter will be slightly stiff. Drop by teaspoon onto ungreased cookie sheets. Bake 11 minutes at 350 degrees.

In a small saucepan, melt the chocolate bits and the milk, stirring together over low heat until smooth. Use a small spoon or knife to spread about a teaspoon of the chocolate topping on each cookie while topping is still warm. Makes about four dozen. Store in a covered container.

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