

# Better Homes and Gardens®

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Tried and True  
Turkey  
Roasting  
Guide *p.122*

## Delicious & Easy

67 FRESH IDEAS FOR GREAT GATHERINGS

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HOMEMADE  
DESSERTS

10

SIMPLE  
SIDES  
...ALL  
WITH A  
TWIST

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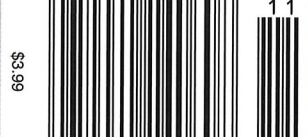
Plus:

SMALL HOUSE,  
10 BIG SOLUTIONS

Mmm...

Maple Pumpkin Pie with Salted Pecan Brittle *p.134*

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### AMP IT UP!

"Most people only brush for about 20 seconds total—not nearly long enough to remove stains," says Michael Apa, a cosmetic dentist in New York City. Electric toothbrushes not only give you a deeper clean than manual, they also keep you brushing for a full two minutes.

**TRY** Philips Sonicare Power Up (\$19.99; [sonicare.com](http://sonicare.com))

### DO IT YOURSELF

DIY strips and trays (skip rinses or pens) can be quite effective for lightening deeper stains caused by aging and certain medications. Look for products that contain the bleaching ingredients hydrogen peroxide or carbamide peroxide.

**TRY** Crest 3D White Vivid Whitestrips (\$27.99; drugstores)

### PICK YOUR POLISH

Kick it up a notch with a whitening toothpaste. They contain super tiny particles that buff away discolorations typically caused by foods, drinks, and smoking even more dramatically than brushing alone. **TRY** Colgate Optic White Dual Action Toothpaste (\$4.29; drugstores); you'll see results in about a week.

# Bright Ideas

Pearly whites are possible—even for the most sensitive types. Whiten up with these pro-approved smile savers.

BY ELLEN MILLER

### GO PRO

Can't get the super bright results you want at home? It's time to call your dentist, who can apply whitening formulas that contain higher concentrations of hydrogen peroxide and carbamide peroxide, Apa says.

**TRY** Boost (\$300–\$500), a new chemically activated (not light-activated) process that isn't as likely to cause post-treatment pain. ■