



# Toothless Charu



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**Yuwak Shrestha**

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This book was made possible through the compassion and hard work of students at San Francisco Day School and Australian International School, who participated in read-a-thons to expand their minds and raise money that will allow children in Nepal to do the same through the wonderful world of books.

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Room to Read partners with local communities throughout the developing world to establish schools, libraries, and other educational infrastructure. We seek to intervene early in the lives of children in the belief that education is a lifelong gift that empowers people to ultimately improve socioeconomic conditions for their families, communities, countries, and future generations. Through the opportunities that only an education can provide, we strive to break the cycle of poverty, one child at a time.

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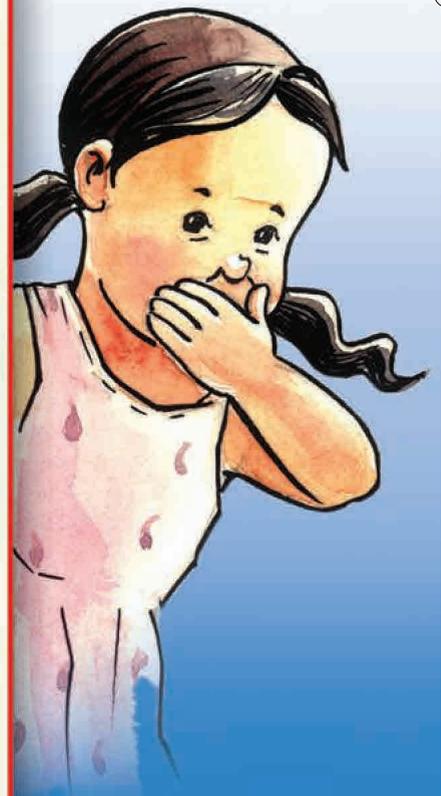




## Publisher's statement

This book has been prepared for primary level students. This story is about a girl with loose baby teeth. All the brothers and sisters know very well that the loose teeth should be pulled out, but the younger brothers and sisters are afraid to pull out the teeth. In the story, the story of Charu, who went to the dentist to have her teeth pulled out, but was scared at the sight of the doctor's room and came home without having her loose teeth pulled, is the story of many siblings. We feel that this story is effective in conveying the knowledge that it is not a good idea to keep a loose tooth and that it does not hurt at all to remove it. So hopefully, our child readers as well as other readers will enjoy reading it.

Dear readers, Room to Read believes that education makes people self-reliant and protects them from poverty. Since the year 2000, this organization has been engaged in many kinds of work to provide educational opportunities to the children of Nepal by realizing that positive change in the world starts with educated children.





When Charu woke up today, one of her teeth felt a little funny.  
“Mother, mother!” Charu shouted. “My tooth feels funny and I don’t understand why.”



Charu’s mother looked and said, “Oh, Charu, everything is okay. You just have a loose tooth.”





Charu was shocked. "A loose tooth! But I take good care of my teeth. I brush them every day. Why would it be loose?"



"My dear Charu," Mother explained. "It's not loose because you did not take care of it. Everybody loses teeth when they're about your age. They're called 'milk teeth.' A stronger, permanent tooth will grow in its place once your 'milk tooth' is pulled out."





“Pulled out!”

Now Charu was worried.

“Won’t that hurt? And it is such nice tooth. Can’t I just keep my milk tooth?”





"I know it sounds a little scary," Mother said to Charu. "But I promise it's going to be okay. I had to pull out my milk teeth and so did your father and your brother."



"We'll go to the dentist and you'll see it's not so scary. Your dentist helps lots of kids just like you."





"Okay," Charu said quietly.

She tried to be brave, but she still felt a little frightened.





Charu's father went to Barun, Charu's brother, and explained everything.



"We are taking Charu to the dentist now. Would you like to come?"

"Sorry," Barun said. "I already invited my friends over to come hang out. They'll be here any minute."





Soon all of Barun's friends came over.

Roshni brought a skipping rope!  
Sonam had a chessboard!







Barun asked, "What sort of storybook is that?"

"No, it's not a storybook," Narayan said, "My aunt left it at my house yesterday. It's a cookbook!"



"Wow!" said Barun excitedly, as he flipped the pages. "It can teach us how to cook."





Puja asked if she could take a look. "This has recipes to bake cakes, biscuits and cookies," Puja said.



"Do you think we can really bake something?" Barun asked.

"Why not?" Narayan said. "We just have to follow the instructions and put the right amount of the ingredients in the right order."





“Let’s bake some biscuits!” Barun suggested.

“What ingredients do we need?” asked Narayan.

Flour- 250 gms  
Sugar- 3 tbsp  
Milk Powder- 50 gms  
Butter- 50 gms  
Baking Powder- 1tsp



Puja held the cookbook in her hand and read aloud, “To make biscuits, we need flour, sugar, milk, ghee or butter and baking powder. Then we mix it all with water and put the mixture in the oven to bake.”





“Oh no!” Barun said. “But we don’t have an oven at our home.”

“We don’t really need an oven,” said Narayan.

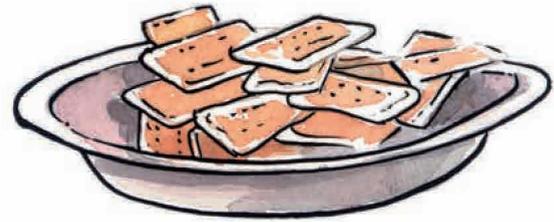
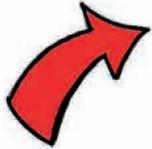
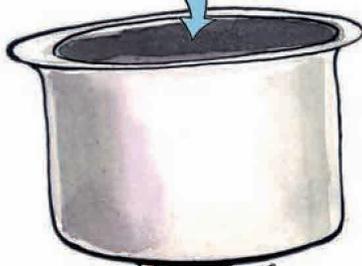
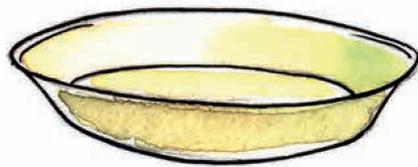
“The other day my aunt baked some biscuits right on the stove, and they were delicious!”





“But how do we do that?” Roshni asked.  
“First, you put some sand on the base of a thick metal cooking pot and place the pot over the fire.





Then spread the batter (flour mixed with sugar, milk, ghee and baking powder) on a little tray and place the tray in the cooking pot. Cover the pot with a plate and after 10-15 minutes, the biscuits will be ready," Narayan explained.



They got all the ingredients ready, but Barun couldn't find any baking powder in the kitchen.



He asked his friends, "What does baking powder look like?"

"It is a white-colored powder," Roshni said.



“Baking powder must be another name for salt,” thought Barun.

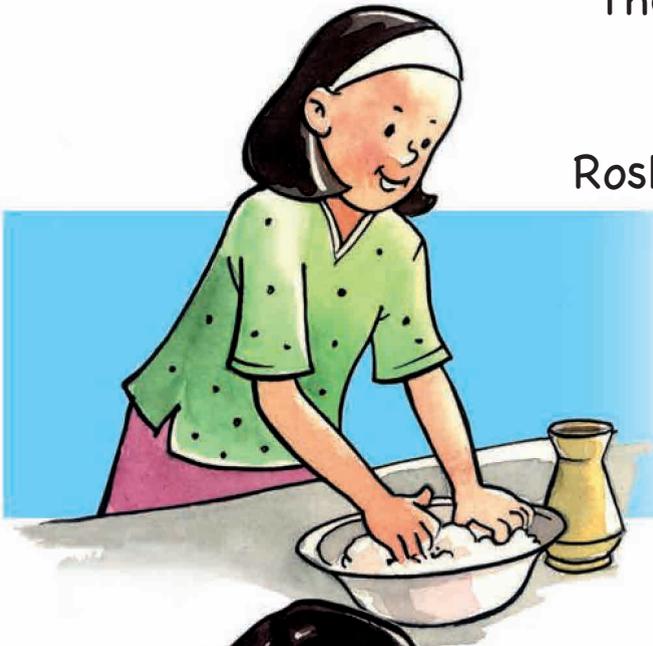
Barun added a spoonful of salt to the flour mix.





They all worked together to make the biscuits.

Roshni kneaded the flour into a smooth batter.



Puja rolled out the batter, cut it into pieces and placed them on the tray.



Finally, Narayan placed the tray carefully inside the cooking pot and covered it with a plate.





Everyone was so excited to taste the biscuits!

Sonam thought, "Won't the biscuits bake faster if we make the pot a little hotter? Then we won't have to wait as long."



So he turned up the flame and returned to his friends.





Ten minutes later, the wonderful smell of biscuits wafted through the kitchen.

Narayan, Puja, Roshni and Sonam each took a bite.





“What’s wrong? Don’t you like them?” Barun asked.

“Taste for yourself,” his friends replied.

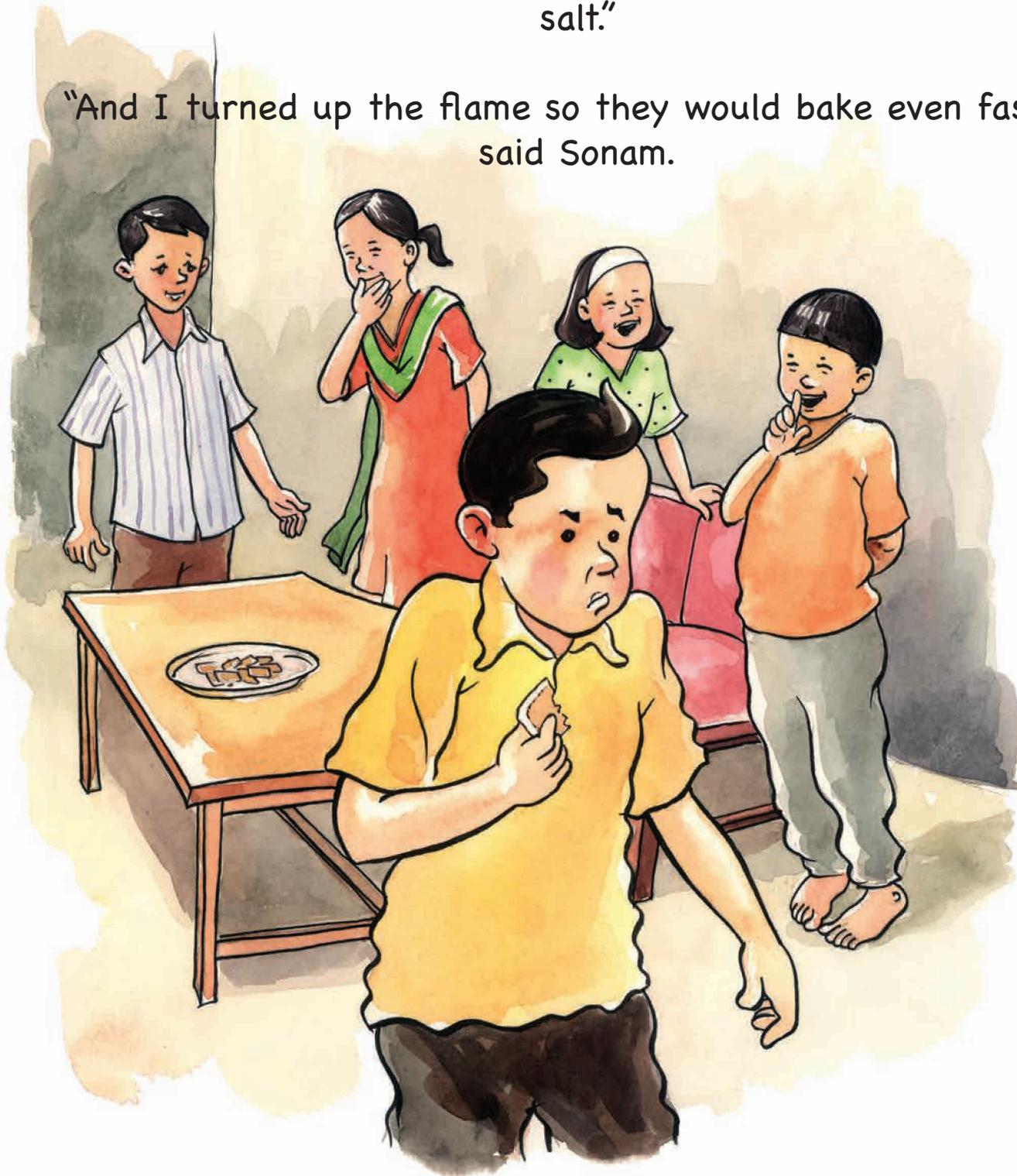




He could hardly swallow it!

“I don’t understand,” said Barun. “I added the right amount of salt.”

“And I turned up the flame so they would bake even faster,” said Sonam.



“That’s why the biscuits taste sour and burnt,” Puja said as she began to giggle.





Just then, Barun's mother arrived with Charu.

Things did not go well at the dentist. Charu was too scared to let the dentist pull out her tooth and she felt embarrassed.



“So, what are you all up to?” Mother asked. It smells really good in here.”



Barun started to tell her the whole story. “Narayan brought a cookbook over and we tried to make biscuits, but...”

Just then they heard a loud CRUNCH!



Charu couldn't help herself when she saw the biscuits on the table and took a big bite before her brother finished his story.



"Mother, my tooth!" she yelled.

Charu was shocked to see her little milk tooth right in the palm of her hand.





Barun and his friends started to laugh as they explained.



“We didn’t make the biscuits quite like the cookbook said. That’s why they turned out a little hard.”





“What fun!” Mother happily said,  
“The dentist couldn’t even open my daughter’s mouth after  
hours of trying, but these biscuits helped in seconds!”





“We were worried that the biscuits were going to be a waste, but thanks to Charu, they were sort of perfect for today,” Barun said as he smiled at his sister.





Just then Charu smiled back with a wide, toothless, grin.

