

Thanksgiving Dinner Simplified

Make this Thanksgiving feast the best and easiest yet. When the pressure is on to make the perfect Thanksgiving turkey, try cooking it in a Reynolds Oven Cooking Bag. There's no worrying about a dry or tough bird. The turkey roasts in the bag to become juicy, tender and flavorful. Thankfully Simple Turkey is just what it says it is — simple. Once it's in the oven, the turkey practically cooks itself.

Easy Microwave Sweet Potatoes is the ideal side dish when your conventional oven is filled with turkey. Versatile oven cooking bags go into the microwave oven as well as the conventional oven. Using both ovens lets you coordinate recipe cooking times with ease. Toss ingredients in an oven cooking bag for the no-mess way to glaze sweet potatoes.

Oven cooking bags help take the stress out of holiday meal preparation. You'll get delicious results while keeping cleanup to a minimum. An added bonus is that foods cook faster in oven cooking bags.

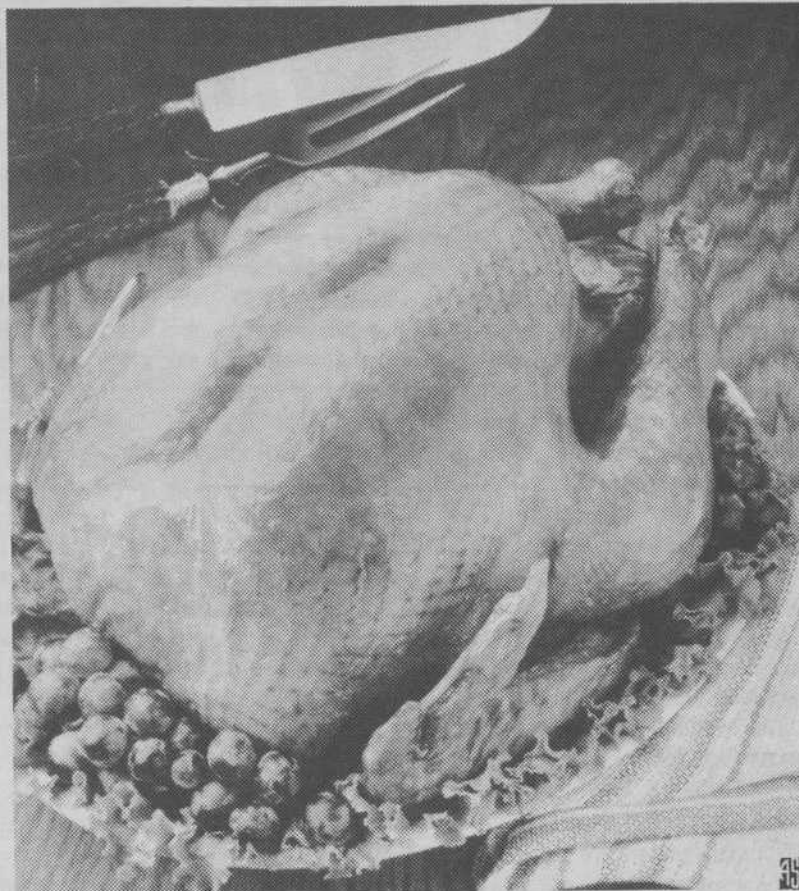
Thankfully Simple Turkey

- 1 turkey size (19 "x23-1/2 ") Reynolds Oven Cooking Bag
- 1 tablespoon flour
- 2 stalks celery, sliced
- 1 medium onion, sliced

16 to 24 pound turkey, thawed

Preheat oven to 350°F. Shake flour in Reynolds Oven Cooking Bag; place in roasting pan at least 2 inches deep. Add vegetables to bag. Remove neck and giblets from turkey. Rinse turkey; pat dry. Lightly stuff with your favorite stuffing recipe, if desired. Place turkey in bag. Close bag with nylon tie; cut 6 half-inch slits in top. Insert meat thermometer through slit in bag into thigh, but not touching bone. Bake until meat thermometer registers 180°F, 2-1/2 to 3-1/2 hours. Add 1/2 hour for stuffed turkey. Let stand 15 minutes before serving.

Makes: 16 to 24 servings.



Easy Microwave Sweet Potatoes

- 1 large size (14 "x20 ") Reynolds Oven Cooking Bag
- 1 tablespoon flour
- 3 pounds medium sweet potatoes, peeled
- 1/2 cup packed brown sugar
- 1/3 cup orange juice
- 1/4 teaspoon ground nutmeg
- 1/2 teaspoon grated orange peel
- 3 tablespoons margarine or butter, diced

Shake flour in Reynolds Oven Cooking Bag; place in 13x9x2-inch microwave-safe baking dish. Slice sweet potatoes 1/4-inch thick; set aside. Add brown sugar, orange juice, nutmeg and orange peel to bag. Squeeze bag to blend ingredients. Add sweet potato slices to bag. Turn bag to coat potatoes with mixture. Arrange potatoes in an even layer. Dot with margarine. Close bag with nylon tie; cut 6 half-inch slits in top. Rotating dish after every 7 minutes, microwave on HIGH until potatoes are tender, 15 to 20 minutes. Let stand 5 minutes. Stir before serving.

Makes: 4 to 6 servings.

FOR THE LADIES

WEIGHT CONTROL PROGRAM GEARED TOWARDS AFRICAN-AMERICAN WOMEN

HOUSTON —Overweight African American women can better achieve weight control with a program tailored to their ethnic needs, according to a DeBakey Heart Center pilot study.

The 10-week project, conducted through the Nutrition Research Clinic of Baylor College of Medicine in Houston, combined twice-daily, over-the-counter, liquid meal replacements with an evening meal and weekly meetings led by a black dietitian.

"We started with a program not specifically designed for minority populations and used feedback from the participants to tailor the program to their needs," said Rebecca S. Reeves, Nutrition Research Clinic chief dietitian.

Menu plans for the daily meal were altered to use foods the women were accustomed to. Lifestyle problems that interfered with following the program were discussed and usually resolved in the group sessions, Reeves said.

Nutrition information and behavioral modification lessons were also provided. Participants were taught to be more health conscious when shopping and cooking, and they were encouraged to exercise regularly.

"Although weight losses were modest, the volunteers liked the program, particularly the group

support and the help they received in making lifestyle changes," Reeve said.

The Baylor study was one of four pilots for a proposed five-year Black American Lifestyle Intervention (BALI) study to look at the long-term outcome of obesity control among minority women.

"Nationally, 44 percent of African-American women age 20 and older are clinically obese. Yet, none of the weight control programs currently available has been tested for their effectiveness in minority populations," Reeve said.

If the BALI Study is funded, it will be one of the first major attempts to work with blacks on long-term weight loss, according to Dr. John Foreyt, Nutrition Research Clinic director.

"The special needs of African-Americans in this area have not been recognized in previous studies," Foreyt said, "They have been neglected for years."

The other BALI Study pilots were conducted at Harvard Medical School, Columbia College of Physicians and Surgeons and the University of California at Los Angeles Medical School.

The DeBakey Heart Center is a joint program of Baylor College of Medicine and the Methodist Hospital supporting cardiovascular research, treatment and education.

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WOMEN IN COMBAT BAN IS SUPPORTED

WASHINGTON - Women in the military should be allowed to serve on some warships but continue to be barred both from ground fighting and combat missions in Air Force and Navy aircraft, presidential commission recommended last week.

The 15-member commission on the assignment of women in the armed forces strongly supported retaining the ban on land combat but defied expectations in its 8-7 vote to keep the current policy on air missions.

The panel voted 8-6 with one abstention to repeal existing laws and modify service policies on women serving on combatant vessels. They recommended retaining the current ban on women aboard submarines and amphibious vessels but allowing them to serve for the first time on fighting ships that seek out the enemy, like destroyers, frigates and aircraft carriers.

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GOLD JEWELRY FOR FALL: A FEMININE TOUCH TO MAN-TAILORED FASHIONS

(NU) - With men's wear as a key fashion trend this season, the "must have" article of clothing is the vest, and the ideal piece of jewelry is the long link necklace in 14- or 18-karat gold. According to the World Gold Council, the link chain is an important direction in gold jewelry, and this season necklaces combine in many exciting variations. Layer two or three gold necklaces at a time to echo the new layered three-piece business suits. Select 20-, 24- and even 30-inch lengths to complement the season's longer silhouettes.



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