Fewer Toys — Happier Holiday

Why is it that most children will cajole and beg for a toy seen on television or owned by a friend, and once it is his, will promptly ignore it? Why does a large packing box provide hours of contented play for a child who has a toy chest and shelves chocked full of toys? Why do most parents look about them in dismay a few days after Christmas when they see the toys so eagerly requested strewn about and disregarded as the youngsters resume their play with old favorites?

Some answers may be that toys are often purchased in haste and most children have more toys than they know what to do with.

What is a toy? It is a plaything that should delight a child. It should provide hours upon hours of fun. This fun may be creative, instructive, imaginative, energy expending, or relaxing; but it must be fun. For some children, a game with complicated rules isn't fun. A puzzle with little pieces that go astray isn't fun. A stuffed animal that soon looks shabby and can't be washed isn't fun. But what is a parent to do?

There are several things you can do. Shop carefully and avoid buying poorly-made toys. Resist your children's entreaties for toys that you know will soon bore them. This is perhaps the hardest to do and the Scrooge-like advice may seem out of keeping with the season. Yet in the long run, it will be the most effective means of assuring your children of the pleasures they can derive from the toys they do own.

Children at various ages require different stimulation from toys and most toy departments offer a wide variety of playthings for all ages. It is up to you to choose wisely.

Children enjoy doing the things grown-ups do. Little girls, even boys, love to putter with pots and pans. Regular muffin tins, cookie cutters, and small saucepans are relatively inexpensive and a child will derive a great deal of pleasure from serving food made in the real thing. Boys like to hammer, saw, and nail things together. A sturdy workbench with regular-sized tools will provide hours of contented and creative play. Basic instructions on safety are a must, and some supervision in the beginning is essential. A boy given such tools will assume the responsibility they require. He will consider his play man's work and enjoy it longer.

A few safe, well chosen toys are best for children at Christmas time.

Wrap in Aluminum

Proper wrapping technique for storage cannot be overemphasized for maintenance of maximum moisture, freshness and flavor of all types of foods during freezer storage.

The films and papers used for display packaging are not designed for freezer use. Part of their function is to let the food "breathe" while it is waiting to be purchased and taken home. Foods stored in the freezer must, inessence, hibernate and curtail their "breathing" while they are resting ni freezer storage. Heavy duty aluminum foil is the material that offers the greatest protection in the freezer. This is because aluminum foil is a piece of strong durable aluminum rolled out to a thickness that offers flexibility in combination with protection from moisture-vapor exchange and light pepetration.

In simpler terms, this means that foil protects moist foods from losing their moisture, dry foods from picking up additional moisture, and frigid air and light will not penetrate to damage the food during storage.

A few simple steps are all that are necessary to remember when wrapping foods properly for the freezer and they will receive the best care you can offer them.

For freezer-to-table cookery, make sure foods are oven-ready. Poultry and fish should be cleaned; desserts, breads and other such foods should be ready to be baked.

1. Place food in the center of a large piece of heavy duty foil; pad any sharp protruding bones or edges with extra folds of foil. Bring the two longer ends of foil up over food; fold them together over and over until the foil rests on the food.

2. Press and mold against top, bottom and sides working from the center to the ends of the article being wrapped; molding it so that air pockets are removed.

3. Press ends of wrap together to force out air. At each end, turn corners toward the center to form a point. Fold over and over to seal, then press up and mold against product.

Foil generally needs no further sealing as it clings to the shape of the food so completely, but for very irregularly shaped foods, freezer tape may be banded around the package.

Label package with contents weight and date and store in the freezer.

Once foods have been stored keep an inventory of what foods are added or removed to assist with meal planning and shopping.

The Reynolds Wrap Digest of

Freezer-to-Table Cookery

The Basic Idea (Br-r-r it's beautiful)

Now you'll never have to thaw your roast, poultry or fish again. You'll save hours...and everything you cook this revolutionary new way will be more tender and flavorful, because the natural juices in the foods are never lost...in the freezing or in the cooking.

THE RIGHT START: WRAP IT RIGHT! Food technologists consider heavy duty aluminum foil best for freezing. So place the food on a sheet of Heavy Duty Reynolds Wrap. (First remove from meats and poultry the plastic wrap you bought them in. These see-through wraps are fine for display in the store, but were not meant for freezing.)

Bring foil up over top of food and double-fold down tight, pressing out all air pockets. Air in the package causes food to dry out, lose flavor. (It's virtually impossible to get all the air out of plastic bags, so they shouldn't be used for freezing.)

Next, fold ends up tight against the food. Label package with contents, weight and date. Your food will stay fresh and full-flavored because Heavy Duty Reynolds Wrap is a solid sheet of strong, flexible aluminum that keeps moisture in, keeps air out. And Reynolds Wrap is oven-tempered for flexible strength...a special kind of strength that resists tearing and puncturing.

Freezer-to-Table Meats

1. (4 lb. rolled rib roast) Remove foil-wrapped meat from freezer, and place in foil-lined roasting pan. Pre-heat oven to 400°.

2. Loosen foil across the top and at the ends of meat to allow heat to circulate. Place meat in oven and roast 3 hours.

3. During the final half hour of cooking turn foil back from meat completely so the meat can brown. Gorgeous! Rare and juicy...actually tastier than if you'd taken hours to thaw it.

Neat Gravy Trick: Bundle up the juices in the foil you cooked the meat in, hold close over a saucepan and split the bottom of the foil with a knife. The juices will drain with no spillage.

ROAST BEEF (rolled top sirloin, cross rib or eye round)	Oven Temp.	Approx. Cooking Time* per pound		
		Rare	Medium	Well Done
	400°F	40-45 min.	46-52 min.	54-60 min.

*When you open the foil for the browning period, insert meat thermometer to determine desired degree of doneness.

Freezer-to-Table Poultry

To Freeze: Truss bird and brush with melted shortening. Place bird breast up on length of Heavy Duty Reynolds Wrap. Bring up long ends of foil and double-fold down tightly to bird, pressing out the air between bird and foil. Fold up foil at each end, envelope style, and press close to bird. Label with contents, date and weight and freeze.

To Roast: 1. (3½-4 lb. frozen chicken) Place frozen bird, foil-wrapped, in foil-lined pan.

2. Preheat oven to 450°. Loosen foil across top and at ends to allow heat to circulate.

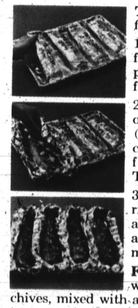
3. Place bird in oven and roast 2 hours. Then turn back foil from the bird and roast uncovered for another 20 minutes to allow bird to brown.

Make your favorite stuffing and bake it separately in a tightly sealed Heavy Duty Reynolds Wrap packet. Stays moist and luscious! No pan to scour!

CHICKEN		
Weight	Oven Temperature	Approx. Cooking Time
3½ to 4 lbs.	450°F	2 hours, 20 minutes
4½ to 5 lbs.	450°F	2 hours, 50 minutes
5½ to 6 lbs.	450°F	3 hours, 45 minutes

Freezer-to-Table Fish

To Freeze: Clean and wash fish. Place, dripping wet, on a sheet of Heavy Duty Reynolds Wrap. Bring up long ends of foil and double-fold tightly, pressing out air between fish and foil. Fold ends, envelope-style, tight against fish. Label with contents, weight and date. (It is important to get fish into the freezer fast!)



To Bake: (8 to 10 oz. whole fish or fillets.)

1. Remove foil wrapped fish from freezer. Place, completely wrapped, on shallow foil-lined baking pan.

2. Bake for 30 minutes in oven pre-heated to 450°. (The foil prevents fishy cooking odors and keeps the flesh flaky and tender.) Then turn back the foil.

3. Dot with butter or margarine, sprinkle with slivered almonds, salt and pepper and bake for 10 more minutes.

For variety: Sprinkle fish with chopped parsley and chives, mixed with a little dry oregano, dill or tarragon. A real gourmet touch!

FISH	Oven Temperature	Approx. Cooking Time
12 oz. fillets or small whole fish, such as trout	450°F	40 minutes
2 to 2½ lb. whole baking fish, fish steak or large fillet	450°F	55 minutes
3 lb. whole baking fish	450°F	1 hour, 15 minutes

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