Carefree COOKING with the FRIGIDAIRE ELECTRIC RANGE
Vegetables occupy such an important place in the family diet that you will want to prepare them as attractively as possible. They are valuable for the vitamins, mineral salts, and bulk which they provide.

Cook all vegetables *only* until tender. Too long cooking is detrimental both to the appearance and the food value. The best results and most economical use of your range will be secured by following the time and temperature charts on the following pages.

Steaming, baking and cooking with the skins on are the methods of cookery which conserve the most food value. Nearly all vegetables can be prepared by these methods.

Steaming is cooking with a very small quantity of water. This method is recommended for most of your vegetable cookery because of its economy, both from the point of view of food value and saving of fuel.

One-half inch of water in the bottom of the utensil is enough for most vegetables if your pan has a tight-fitting lid.

White vegetables such as cauliflower and turnips can be cooked covered without harm to their flavor or appearance. Only a small amount of water should be used and the time charts on the following pages should be followed.
### VEGETABLE

The following suggested amounts and

Use either a two or three quart pan which completely covers the unit.

#### 6 INCH UNIT

<table>
<thead>
<tr>
<th>Vegetable</th>
<th>Amount</th>
<th>Water</th>
<th>Minutes On High</th>
<th>Minutes On Low</th>
<th>Minutes On Off</th>
<th>Total Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Potatoes</td>
<td>2 lbs.</td>
<td>$\frac{1}{2}$ cup</td>
<td>10</td>
<td>10</td>
<td>10</td>
<td>30</td>
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<tr>
<td>Beets (Peeled &amp; Sliced)</td>
<td>2 lbs.</td>
<td>$\frac{1}{2}$ cup</td>
<td>10</td>
<td>10</td>
<td>10</td>
<td>30</td>
</tr>
<tr>
<td>Turnips (1' cubes)</td>
<td>1 lb.</td>
<td>$\frac{1}{2}$ cup</td>
<td>10</td>
<td>10</td>
<td>10</td>
<td>30</td>
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<tr>
<td>Cauliflower (Covered)</td>
<td>1 lb.</td>
<td>$\frac{1}{2}$ cup</td>
<td>6</td>
<td>6</td>
<td>6</td>
<td>18</td>
</tr>
<tr>
<td>Cabbage</td>
<td>1 lb.</td>
<td>$\frac{1}{2}$ cup</td>
<td>6</td>
<td>6</td>
<td>6</td>
<td>18</td>
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<tr>
<td>Green Beans</td>
<td>2 lbs.</td>
<td>$\frac{1}{2}$ cup</td>
<td>10</td>
<td>10</td>
<td>10</td>
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<tr>
<td>Carrots</td>
<td>2 lbs.</td>
<td>$\frac{1}{2}$ cup</td>
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<td>Peas</td>
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<td>10</td>
<td>10</td>
<td>30</td>
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<tr>
<td>Lima Beans</td>
<td>1 lb.</td>
<td>$\frac{1}{2}$ cup 1 tbsp. butter</td>
<td>10</td>
<td>10</td>
<td>10</td>
<td>30</td>
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<tr>
<td>*Apples</td>
<td>1 lb.</td>
<td>$\frac{1}{3}$ cup</td>
<td>5</td>
<td>5</td>
<td>5</td>
<td>15</td>
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- This chart is meant to serve as a guide in giving the best results for the average family. Larger or smaller amounts of food than those given—the age and tenderness of the vegetable—the utensil used—any or all of these factors will influence both the amount of water to be added and the time for cooking.
### STEAMING CHART

Approximate cooking times are given for your convenience.

Use either a four or five-quart utensil which completely covers the unit.

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<tr>
<td>*Apples</td>
<td>2 lbs.</td>
<td>2 3/4 cup</td>
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8 INCH UNIT
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2. For best results, it is important that the skillet be flat on the bottom.

3. For small amounts of food, use a small skillet and cook on your six-inch unit. For the average amount, cook on the eight-inch unit.

4. Where fat is used in the skillet, see that it does not reach the smoking stage.

5. Heat the fat and skillet on HIGH. Brown the food on each side, then turn switch to MEDIUM or LOW.

6. For food which needs to be tenderized, cover the skillet and continue the cooking on reduced heat.

7. For eggs, heat the skillet and fat on HIGH and fry on LOW.
Delightful variations in menus can be achieved on your Frigidaire range by frying foods in deep fat. In doing so, the main thing to remember is the correct temperature. This is too important to permit guessing. If the fat is not hot enough, too much will be absorbed by the food; or if the fat is too hot, it will give the food a disagreeable taste. For French fried potatoes, croquettes and doughnuts, a temperature of 375°F for the fat will give good results.

1. Select a kettle which completely covers either the six or eight-inch "Speed-Heat" unit, depending upon the amount of food you want to fry. A wire frying basket for lifting the cooked food from the hot fat simplifies this method of cooking.

2. Place two or three pounds of fat in the kettle, attach frying thermometer to side and turn switch to HIGH. In approximately 17 minutes, this amount of fat will reach the desired temperature of 375°F.

3. Where a frying thermometer is not available, the fat should be hot enough to brown a one-inch cube of bread in about 50 seconds.

4. Start frying with switch on HIGH, and if fat gets too hot, turn switch to MEDIUM.

5. Drain the food on a paper towel or any unglazed paper.

6. When finished with the frying, turn the switch to OFF and let the fat cool. Place three or four layers of cheesecloth in the wire basket and strain the fat for future use. Store in your refrigerator after it has cooled.
LOW TEMPERATURE COOKING

with the "Thermizer" Cooker

The "Thermizer" cooker is a part of the surface cooking top. If your model Frigidaire range is not equipped with this feature, it may be obtained from your Frigidaire dealer at nominal cost.

CONVENIENCE—Here is a convenience that you will want to use at almost every meal. It requires virtually no attention and really pays for itself over and over again. The "Thermizer" cooker does so many of the things ordinarily done in the oven, only on a smaller scale, and in addition handles many surface cooking operations—better, more conveniently, and economically.

USES—This cooker has a variety of uses and will do well for you, everything that we recommend for it. You can cook an entire meal in it and be sure it will come out wholesome and appetizing. Also, there are no intermingling of flavors with your "Thermizer" cooker as long as foods are cooking. You have in addition the assurance that you can cook to perfection, and at a minimum cost, those foods requiring long hours. This cooker makes an ideal steamer for such foods as plum pudding and Boston Brown bread.

ECONOMY—One of the outstandingly good points about your cooker is its economy of operation. A whole dinner can be prepared for the price of one dish cooked in the ordinary way. Even on HIGH heat, it consumes very little current, and on LOW, which is the heat you use the most, it consumes about the same amount of current as the usual kitchen light bulb.

CONTROLLED TEMPERATURE—A separate switch on the switch panel controls the heat of this cooker. The switch can be turned to HIGH, MEDIUM, or LOW. The HIGH is used to brown meats or to bring foods to the steaming point, but you will want to continue the cooking on LOW.

CONSTRUCTION—The cooker is built to use as little current as possible for the work it has to do. Its walls are insulated to prevent the loss of heat. In the bottom of the well, is a "Speed-Heat" unit. It is entirely enclosed, like your surface cooking units, and gives the heating coils absolute protection from boilovers. A small hole in the bottom of the well carries away any spillage to the drip tray below. The surface of the well is smooth porcelain.
The "TherIllizer" cooker gives you a large five quart kettle with a tight fitting lid and a vent to let the surplus steam escape. There is a wide, smooth rim all around the edge of the kettle as added protection should food boil over or be spilled. On each side of the kettle is a handle, large enough to be easily grasped and which folds down flat when not in use. An aluminum trivet, or rack, fits in the bottom of the kettle. This kettle may be used also as a utensil for surface cookery when a large quantity of food is to be cooked.

USES FOR "THERMIZER" COOKER—As you use your cooker, you will be finding out new uses for it, and many time-saving ideas especially applicable to your own home will suggest themselves to you. Below are some of the uses other women are making of their cooker:

**Cooking of:**
- Whole meals
- Less tender cuts of meat, such as rump roast, chuck roast, round steak
- Slow cooking cereals
- Dried vegetables, such as navy beans
- Dried fruits
- Fresh vegetables

**Making of:**
- Soups
- Stews
- Cocoa

**Steaming such foods as:**
- Plum pudding
- Boston Brown bread

**Sterilization of:**
- Baby's food utensils
- Utensils used in the sick room
YOU USE YOUR "THERMIZER" COOKER

1. Preheat the Cooker for the browning of meat. To do this, first remove trivet rack, then replace cover and turn the switch to HIGH for about ten minutes. Do not cover while browning.

2. Where vegetables are cooked with the meat, place meat on the trivet after browning. Place vegetables on top of meat.

3. For the most economical use of your Cooker space, select a roast that is flat and has little bone.

4. Roasts require longer cooking than vegetables and puddings. After the meat has been cooking about an hour, put in the vegetables and pudding. Turn the switch again to HIGH until steam appears, then back to LOW to complete the cooking. (See directions for Cooker Menus on opposite page.)

5. When cooking whole meals, do not turn switch to OFF until the last moment before removing the meal from the Cooker.

CARE OF YOUR "THERMIZER" COOKER—The Cooker kettle is washed just as any utensil in your kitchen. The cover should not be immersed in water, but can be easily washed with a damp, soapy cloth and rinsed. It is best not to replace the cover until the kettle is thoroughly dry. The Cooker well can be wiped out with a damp cloth when necessary.
METHOD OF PREPARATION—Preheat Cooker by turning switch to HIGH for approximately 10 minutes. Remove cover, heat 2 tbsps. butter, 2 tbsps. vegetable fat. Season and flour chops lightly. Brown on both sides in hot fat for about 15 minutes. Slip trivet under chops, add ¼ cup water. Place buttered baking dish of scalloped sweet potatoes and apples (see page 23 for recipe) on top of chops. Leave on HIGH until steam comes actively from vent—about 30 minutes. Then turn to LOW and cook for 30 minutes. Serve.

METHOD OF PREPARATION—Preheat Cooker by turning switch to HIGH for approximately 10 minutes. Remove cover, heat 1 tbsp. butter and 1 tbsp. vegetable fat. Brown meat on both sides, using HIGH heat, for about 15 minutes. Slip trivet under roast, cover, and leave on HIGH until steam comes from the vent. Then turn switch to LOW and cook 1 hour. Add potatoes, onion and pudding (pudding to be covered with parchment paper or not, as desired). Turn switch back to HIGH until steam comes from vent. Turn to LOW and cook about one hour longer. Serve.

METHOD OF PREPARATION—Clean and cut chicken into frying pieces. Drain. Flour lightly. Melt 2 tbsps. fat and 2 tbsps. butter in skillet on eight-inch unit, using HIGH and MEDIUM. Brown medium sized onion, then remove it. Brown chicken in fat. Combine 2 raw carrots, 1 cup canned tomatoes, seasoning—2 whole cloves, ½ tsp. paprika, ¼ tsp. pepper, 2 tps. salt—and 2 cups boiling water. Place in Cooker that has been preheated for about 10 minutes on HIGH. Add 1 cup rice, washed and drained, and browned chicken. Leave switch turned to HIGH until steam appears from vent. Turn switch to LOW and cook for one hour and 15 minutes. Serve.
**COCOA**

The “Thermizer” Cooker can be used in making a large quantity of hot chocolate for the children’s party, for example:

Following your own recipe, just remember to scald the milk in the Cooker by turning the unit on High. Then add the cocoa which has been combined with sugar and part of the milk and turn switch to Low for approximately 5 minutes. Turn to Off and allow cocoa to remain covered in Cooker until serving time.

**BROWN SOUP STOCK**

4 pounds shin of beef  
2 quarts cold water  
3 pepper corns  
1 bay leaf  
6 cloves  
¼ cup diced carrots  
½ cup diced turnips  
½ cup diced onions  
½ cup diced celery  
1 tablespoon salt  

Wash meat and cut into cubes. Turn Cooker switch on High. Brown one-third of the meat in the Cooker. When browned, add the soup bone and the other two-thirds of the cubed meat. Add 2 quarts cold water, bring to steaming with switch still on High. When steam comes actively from the vent in the cover, turn switch to Low and cook 8 to 10 hours or overnight. Add vegetables and seasonings about 30 minutes before the end of the cooking time. Strain and cool. When cold, remove layer of fat.

**OATMEAL**

4 cups water (hot)  
2 cups oatmeal  
1 teaspoon salt  

Place 4 cups hot water in Cooker with 1 teaspoon salt. Turn Cooker switch to High until steam comes actively from the vent (about 10 minutes). Remove cover, add oatmeal gradually, stirring constantly. Replace cover, turn to Low and cook approximately 25 minutes.

**CREAM OF WHEAT**

¾ cup Cream of Wheat  
4 cups hot water  
½ tsp. salt  

Place water and salt in Cooker, turn switch to High. When steam comes actively from the vent in the cover (about 10 minutes), add the cereal slowly, stirring constantly. Replace cover, turn to Low and cook 15 to 20 minutes longer.
DRIED APRICOTS

1 pound dried apricots
2 cups cold water
(water in which fruit soaked)
1 cup sugar

Place apricots in enough water to cover and soak (about 5 hours or overnight). Place apricots in Cooker together with three cups of the water in which the fruit has soaked. Turn switch to High until steam comes actively from the vent (about 25 minutes). Add 1 cup sugar, turn switch to Low and cook approximately 45 minutes.

FIG BREAD PUDDING

2 cups dry bread crumbs
1 cup milk
3/4 cup sugar
1 cup chopped figs
1/4 cup melted butter
2 eggs, beaten
Salt
1/2 cup chopped nuts

Add bread crumbs to hot milk and set aside to cool, then add all other ingredients and pour into greased baking dish. Bake approximately 1 hour in 350°F. oven or steam about 1 hour in Cooker.

To steam place one cup of water in Cooker. Place the pudding on trivet in Cooker. Turn switch to High until steam comes actively from the vent in the cover. Turn to Low and steam 1 hour.

PLUM PUDDING

1 cup raisins
1 cup currants
1/2 cup citron (diced)
1/2 cup crystallized fruit (pineapple and cherries)
3/4 cup Sherry wine
2 tablespoons lemon juice
2 cups brown sugar
3/4 cup butter
4 eggs
3/4 cup jelly
1/2 teaspoon cinnamon
1/2 teaspoon nutmeg
1/4 pound bread crumbs
3/4 cup flour
1 teaspoon soda

Cut fruit and combine with Sherry and lemon juice. Cream butter and sugar. Add well beaten eggs, jelly, spice and crumbs. Sift together flour and soda several times and add to creamed butter and sugar mixture. Add fruit. Pour into oiled and floured molds. Adjust cover and steam 1 pound mold for 3 hours, and larger ones 4 hours. Turn out of molds when done. Serve with hard sauce. Pudding can be replaced in mold when needed, when it should be reheated for one hour in same manner as before.

To steam place one cup of water in the Cooker. Place the pudding on trivet in Cooker. Turn switch to High until steam comes actively from the vent in the Cooker. Turn to Low and steam 3 or 4 hours according to the size of the pudding.

BAKED BEANS

1 pound navy beans
1 teaspoon salt
2 tablespoons molasses
6 tablespoons sugar (light brown)

1/4 pound bacon (cut in 1 inch cubes)
4 cups cold water

Wash, but do not soak beans. Place beans in Cooker and add all other ingredients, mix well. Turn Cooker switch to Low and cook overnight.
BOSTON BROWN BREAD

1 cup cornmeal
1 cup white flour
1 teaspoon salt
1 teaspoon soda
2 teaspoons baking powder
1 cup graham flour
1/2 cup brown sugar
3/4 cup molasses
2 cups butter milk
1 1/2 cups seeded raisins, washed, dried and dredged in 1 tablespoon flour

Sift together the cornmeal, white flour, salt, soda and baking powder; add graham flour without sifting; add sugar, molasses, buttermilk and raisins and heat thoroughly. Pour into four 1-pound baking powder cans, each being about 1/2 full, and steam 3 hours. Brown in a hot oven (400° F.) for 5 minutes before removing from cans. Each can will be full when baking is completed.

To steam place one cup of water in the Cooker. Place the pudding on rack in Cooker. Turn switch to High until steam comes actively from the vent in the cover. Turn to Low and steam 3 hours.

RUSSIAN GOULASH

2 lbs. veal (cubed)
2 lbs. pork (cubed)
3 lbs. sauerkraut
4 onions (medium size)
3 green peppers
4 fresh tomatoes (medium size)
4 teaspoons paprika
2 pints of sour cream

Chop the onions and green peppers. Peel and cut the tomatoes. Combine the vegetables and add to the meat. Add the sauerkraut, paprika and one pint of the sour cream. Place cover on the Cooker. When steam comes actively from the vent in the cover, turn switch to Low and cook for three and one-half hours. Then add the remaining pint of cream. Replace the cover and when heated through, approximately 10 minutes, it will be ready to serve.

POT-ROAST

(4 1/2 lbs. Rump)

Turn switch to High and preheat Cooker 10 minutes. Cut the meat in cubes and brown it in the Cooker. Brown meat on all sides with the cover off. When well browned, cover and allow the steam to come actively from the vent. Turn switch to Low and cook approximately 3 1/2 hours.

SWEET POTATOES

(Unpeeled)

8 Medium Sweet Potatoes
1 cup cold water

Place 1 cup water in Cooker, turn switch to High. When the water steams, add sweet potatoes. Allow steam to come up actively from the vent again. Turn switch to Low and steam approximately 40 minutes.
MEAT BALLS

1 lb. hamburger
1/2 cup cooked rice
1 medium size onion (chopped fine)
1 small green pepper (chopped fine)
1 egg
1/4 cup milk
Salt

Combine ingredients and shape into balls. Place in the Cooker. Add 2 cups of stewed tomatoes. Turn switch to High. Place cover on Cooker and allow steam to come actively from the vent. Turn switch to Low and cook approximately 2 hours. Add 1/2 can peas 15 minutes before removing from the Cooker. This is optional.

SAUERBRATEN

3 lbs. top round beef
2 cups water
2 cups vinegar
1 small onion, sliced
1 teaspoon salt
3 bay leaves
12 whole cloves
1 tablespoon sugar
1/4 teaspoon pepper

Wipe meat with clean, damp cloth. Combine water, vinegar, sliced onion, salt, bay leaves, cloves, sugar and pepper. Place meat into deep bowl and cover with vinegar mixture. Let stand in refrigerator 48 hours. Drain meat and brown in the Cooker in a little suet, using high heat. Add seasonings which have been drained from liquid. Add 1/2 cup boiling water and 1/2 cup vinegar mixture. Cover and cook on High heat until steam escapes, turn to Low heat; continue cooking about 2 hours or until meat is tender.

VEAL IN SOUR CREAM

2 lbs. veal (cut in cubes)
2 tablespoons butter
2 tablespoons flour
1/2 teaspoon salt
Dash of paprika
1 cup sour cream
1/2 to 3/4 cup canned mushrooms
1 tablespoon of onion juice

Turn switch to High and preheat Cooker 10 minutes. Heat the butter in the bottom of the Cooker. Brown the meat; add the flour and blend well. Add the salt, paprika, onion juice and mushrooms, then slowly add the sour cream, stirring constantly. Turn switch to Low and cook approximately one and one-half hours.

SWEET POTATOES AND APPLES

3 cups cooked sweet potatoes
2 cups thinly sliced tart apples
1 cup brown sugar
1 tablespoon grated orange peel
1/4 cup butter
1 teaspoon salt
1/2 teaspoon cinnamon

Sprinkle each layer of apples with the sugar, cinnamon, salt and orange peel mixture. Dot with butter. When steam comes actively from the vent in the cover (approximately 30 minutes) turn switch to Low and cook 30 minutes.

Sweet potatoes and apples are an attractive addition to oven meals and can be baked in the casserole, 375°F. for 1 hour.
**Custard Sauce**

- 2/3 cup sugar
- 3 tablespoons flour
- 1/4 teaspoon salt
- 2 cups milk
- 2 egg yolks

Scald milk on High 5 minutes. Combine sugar, flour and salt. Add scalded milk to dry ingredients and cook for 25 minutes with switch turned to Low. Beat egg yolks, gradually pour the custard over them stirring constantly. Return to the unit, turn switch to Low and cook approximately 3 minutes.

**White Sauce**

- 2 tablespoons butter
- 2 tablespoons flour
- 1 cup milk
- 1/4 teaspoon salt
- Dash of pepper

Melt butter in a saucepan on High, approximately 2 minutes. Turn switch to Medium. Stir in flour and blend well. Add milk, stirring constantly and cook until smooth.

**Welsh Rarebit**

- 1 cup milk
- 1 egg
- 2 tablespoons butter
- 1/4 teaspoon salt
- 1/2 pound cheese (grated)
- 1/4 teaspoon dry mustard
- 1/4 teaspoon Worcestershire sauce
- Dash of cayenne

Beat egg and combine with milk and butter. Pour into a saucepan. Place on 6-inch unit, turn switch to Medium. After 10 minutes add cheese, turn switch to Low, cook for 20 minutes, stirring until cheese has melted. Continue stirring until thick. Serve hot over toast strips.

**Omelet**

- 3 eggs
- 1/4 teaspoon salt
- Few grains pepper
- 3 tablespoons water
- 1 tablespoon butter or other fat

Whip egg whites. Add salt, pepper and water gradually. Continue beating until egg whites are stiff enough to hold a point. Beat egg yolks until light and fluffy and fold into the beaten whites. Place skillet on 8-inch unit, switch on High, when hot, add egg mixture. Cook 1 minute, then place skillet in slow oven 325°F for 25 minutes.

**German Fried Potatoes**

Peel potatoes and slice. To approximately 1 pound of potatoes, use 3 tablespoons of fat. Place fat in skillet. Turn switch to High. When hot add the sliced potatoes. Brown nicely, stirring often. Then cover. Turn switch to Low a few minutes, then Off and cook until tender.
• FRIED PORK CHOPS
For five or six chops, use approximately 4 tablespoons of fat. Place fat in skillet, turn switch to High, when hot add the chops, brown on both sides, switching to Medium to finish browning. Turn to Low, cover and cook 5 minutes. Switch to Off to finish cooking.

• FRENCH FRIED POTATOES
For 1 1/4 pounds of potatoes, use approximately 2 pounds of fat. Peel and cut potatoes in strips. Heat fat on High to 375° F. or 300° F. in deep fat fryer. Add potatoes. When nicely browned, drain in the wire basket. Sprinkle with salt and serve at once.

• SALMON CROQUETTES
1 1-pound can red salmon
1 egg
1 teaspoon lemon juice
1 teaspoon chopped parsley
1/2 cup cracker crumbs
2 pounds fat
Break salmon into fine pieces with a fork; add the beaten egg, lemon juice, parsley and 1 tablespoon of the cracker crumbs. Shape into small cakes and roll in remaining cracker crumbs. Heat fat to 375° F., add the croquettes and fry 10 minutes or until nicely browned.

• FRIED HAM
For one large slice of ham, approximately 1 1/2 pounds, use about 2 tablespoons of fat. Turn switch on High and heat fat in the skillet. Turn switch to Medium and brown ham on this Medium heat. Then turn switch Off for five or ten minutes according to thickness of ham. Cover the ham for the last five minutes.

• FRIED CHICKEN
1 Frying Chicken (approx. 3 lbs.)
6 tablespoons of fat
Clean chicken and cut into frying pieces. Drain. Roll in flour. Turn switch to High and heat fat in the skillet. Add chicken and brown nicely on both sides, switching from High to Medium. When chicken is browned, turn to Low and cover. Cook for 40 minutes. Turn Off and allow to remain on the unit for 15 or 20 minutes.

• DOUGHNUTS
4 cups sifted flour
1/2 teaspoon nutmeg
1/4 teaspoon cinnamon
1 teaspoon salt
3/4 teaspoon soda
1/2 teaspoon cream of tartar
2 tablespoons shortening
3/4 cup sugar
4 egg yolks, beaten, or 2 eggs and 1 egg yolk
1 cup thick sour milk

Note: If sweet milk is used, reduce amount to 3/4 cup, omit soda and cream of tartar, and use 3 1/2 teaspoons baking powder.
**ROLLED OATS**  
(Quick Oats)  
1 cup rolled oats  
2 cups water  
1/2 teaspoon salt  
Place water in 2-quart covered saucepan. Place utensil on 6-inch unit.  
Turn switch to High until water boils rapidly. Turn switch to Low, add cereal slowly, and cook 5 minutes. Turn switch to Off and cook 5 minutes. Stir occasionally.

**CREAM OF WHEAT**  
3/4 cup Cream of Wheat  
4 cups water  
1/2 teaspoon salt  
Place water in 2-quart covered saucepan. Place utensil on 6-inch unit.  
Turn switch to High until water boils rapidly. Turn switch to Low, add cereal slowly, stirring constantly until thickened. Cover. Continue to cook on Low 10 minutes, stirring occasionally. Turn switch to Off and finish last 10 minutes of cooking.

**DRIED APRICOTS**  
1 pound dried apricots  
2 cups cold water  
1 cup sugar  
Place apricots in water enough to cover and soak about 5 hours or overnight. Place apricots in covered saucepan, together with 2 cups of the water in which the fruit has soaked. Turn switch to Medium until steaming (about 25 minutes). Add 1 cup sugar, turn switch to Low 15 minutes. Turn switch to Off and finish the last 15 minutes.

**DRIED PRUNES**  
2 pounds dried prunes  
3 cups water  
1 cup sugar  
Place prunes in water enough to cover and soak (5 hours or overnight).  
Place prunes in covered saucepan together with 3 cups of water in which the fruit has soaked. Turn switch to Medium until steaming about 30 minutes. Add sugar. Turn to Low for 30 minutes, then to Off for 15 minutes.

**TOP CAKE**  
5 tablespoons shortening  
2/3 cup sugar  
1 egg (beaten)  
1 cup milk  
2 1/4 cups flour  
4 teaspoons baking powder  
1/2 teaspoon salt  
Preheat the 6-inch cooking unit for approximately 5 minutes. Pour the batter into a slightly greased heavy aluminum utensil that exactly fits the unit. Turn switch to Low, place cover on utensil and allow to cook for one hour. Add the following topping before the cake is removed from the unit.

**CHOCOLATE TOPPING**  
Combine 2 ozs. of grated sweet chocolate with 1/4 cup of chopped nuts. Sprinkle over the cake. Replace the cover. Turn switch to Off and allow to remain on the unit for 10 minutes.
Section Two

Oven Cooking
THE "FRIGIDAIRE" Even-Heat oven

IS SCIENTIFICALLY DESIGNED TO HANDLE EVERY KIND OF BAKING AND ROASTING

- The Frigidaire oven has unusually large capacity and is so constructed that heat is evenly distributed, even with large loads. You can bake at one time, six large loaves of bread or four cakes; or roast a twenty-two pound turkey.

A - TWIN HEATING UNITS. Your range has two heating units, one at the top of your oven and one at the bottom. These are interchangeable.

B - "EVENIZER" HEAT DISTRIBUTOR. Made of metal, smoothly finished, readily removed for cleaning.

C - EASY-GLIDE SHELVES. Extra heavy steel rods, rust-resistant, closely spaced to prevent small pans from turning over.

D - SHELF SLIDES. Wide and smooth, making it possible for you to pull out the shelves without spilling food. A stop is provided to keep your shelves from tilting or accidentally being pulled all the way out.

E - SMOOTH PORCELAIN INTERIOR. All corners, front and back, are well rounded. The lining is porcelain finished inside and out, making your oven easy to clean.

F - OVEN SWITCH. Controls the oven heating units. Switch positions are plainly marked—PREHEAT, BAKE, BROIL, OFF. For your convenience, this switch is made to turn to right or left.

G - OVEN HEAT CONTROL. Maintains desired temperature on minimum flow of current. When the desired temperature is reached, the current automatically cuts off.

H - OVEN SIGNAL LIGHT. Glowing of the light tells you when the current in your oven is on.

I - VENT. Allows excess moisture to escape from oven. Opens to the front, preventing soiling of wall.
THE "Cook-Master" ELECTRIC TIME

CONTROL . . . IS YOUR FIRST ASSISTANT

- You will want to use this marvelous convenience many times. If your model range is not equipped with a "Cook-Master," you can obtain one as an accessory from your Frigidaire dealer.

The "Cook-Master" is really a most able "cook's assistant." It carries the responsibility of starting food in your oven to cook . . . at the time you plan . . . and keeping it cooking as long as you want. Then it turns the current off at the exact time you wish. You prepare the food, set the times, and the "Cook-Master" does the rest. (See page 42 regarding Oven Menus.)

The following steps will help you set the "Cook-Master"—

1. **TIME**—This knob is used in setting the hands of the clock to the correct time.

2. **OFF**—Set the pointer on this dial to the time you wish the current to be turned off. You can gauge the "on" and "off" in accordance with the time you wish to serve dinner.

3. **ON**—Set the pointer on this dial to the time you wish the current to come on.

4. **SET**—Turn knob as far as it will go. The word "set" will appear through the oval window.

Next set the Oven Heat Control for desired temperature and turn Oven Switch to BAKE position. (See opposite page for these controls.) Then place your food in the oven.

**NOTE:** After using the "Cook-Master" it is necessary to push in on the setting knob (No. 4) before you can operate your oven manually. This procedure will make a red signal appear in the oval window.
Whether you use a COLD or PREHEATED oven will be a matter of your own convenience for some food, but for most baking we recommend the preheated oven. For oven meals, since you have the convenience of the "Cook-Master," you may want to use a COLD start unless the oven has been previously used and is still hot.

**PREHEAT**—The purpose of this switch position is to bring your oven up to the desired temperature *before* putting your food in.

At no time when the switch is turned to PREHEAT should there be any food in the oven unless your recipe plainly specifies cooking with the PREHEAT on.

At PREHEAT both the upper and lower elements are on at maximum heat.

**BAKE**—The purpose of this switch position is to keep the heat in your oven at a constant temperature. This temperature will be that for which you set your Oven Heat Control.

At BAKE the bottom element is on at maximum and the top element is on at a low heat.

**BROIL**—The purpose of this switch position is to send the heat directly down onto the food below.

At BROIL the upper element is on at maximum heat and the current must *stay on* during the entire broiling period. Leave door partially open while the broiling is being done.

Many of you are familiar with the different oven heats in terms of VERY HOT, HOT, MODERATE, and COOL, and the following chart will help you in using definite temperatures.

<table>
<thead>
<tr>
<th>Temperature</th>
<th>Range</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cool Oven</td>
<td>250—350</td>
</tr>
<tr>
<td>Moderate</td>
<td>350—400</td>
</tr>
<tr>
<td>Hot</td>
<td>400—450</td>
</tr>
<tr>
<td>Very Hot</td>
<td>450—550</td>
</tr>
</tbody>
</table>
BAKING OR ROASTING

Years ago, roasting meant cooking before an open fire. Today, the terms roasting and baking are used interchangeably.

UTENSILS

The utensil used has a great deal to do with the baking or roasting results you get from your oven. If your pan is warped, unevenly darkened, or too deep for the amount of food placed in it, you will get uneven baking and uneven browning. Where possible, it is best to use the size of utensil recommended in the recipe.

PLACING PANS IN THE OVEN

Allow for even heat distribution around the pans. They should not touch each other while in the oven, nor should they touch the back, the sides, nor the door of the oven. Place pans in the oven so no one pan is directly over another. See illustrations.

FOR BISCUITS AND COOKIES

We recommend that you use a baking sheet. There should be at least one and a half inches between the wall of the oven and the baking sheet to allow for even heat distribution. Only one baking sheet should be placed in the oven at a time.
Directions FOR BAKING

1. Adjust oven shelves before turning on the heat. (For shelf positions, see directions under baking of foods in question.)

2. Close door.

3. Set Oven Heat Control for desired temperature.

4. Turn switch to PREHEAT. (Unless using the Cold Start.) The Oven Signal Light comes on and stays on until the oven reaches the desired temperature.

5. When the Oven Signal Light goes off, the oven is ready for use.

6. Turn switch to BAKE.

7. Put food in the oven.

8. Let bake the recommended length of time.

9. Remove food.

10. Turn switch to OFF.

Fill cake pans about two-thirds full.

Lift cookies from the baking sheet immediately after taking from the oven. Let cookies cool before putting away.

Remove butter cakes from their pans immediately after taking from the oven. Cool on a cake rack.

Let sponge cakes cool in their pans. (If the pan has legs, invert, to hasten the cooling.)

Pastry shells baked on the outside of the pan will bake more quickly than a filled pastry baked on the inside of the pan.
**CUSTARD PIE**

- 3 eggs
- ½ cup sugar
- ¼ teaspoon salt
- 2 cups scalding milk
- 1 teaspoon vanilla
- ¼ teaspoon nutmeg

Beat eggs until light and foamy. Add the sugar and salt and blend well. Add scalding milk and vanilla. Roll pie crust and line a 9-inch pie plate. Brush with melted butter. Pour the custard into the pastry shell, sprinkle the nutmeg on top of the custard.

Place rack on third glide from the bottom, bake at 450°F for 10 minutes, then 325°F for approximately 25 minutes.

**BUTTERSCOTCH PIE**

- 2 cups milk
- 1 1/4 cups brown sugar
- ⅛ cup flour
- ¼ teaspoon salt
- 3 eggs
- ½ teaspoon vanilla
- 2 tablespoons butter

Heat milk to scalding. Blend sugar, flour and salt. Add to the milk and stir occasionally until smooth and thick, approximately 15 minutes (on Low). Separate the eggs and beat the egg yolks, add the custard mixture gradually to them and stir until well blended. Pour back into the saucepan and cook 3 minutes. Pour into a baked pie shell. Cover with meringue.

Place rack on fourth glide from the bottom, brown for approximately 10 or 15 minutes at 350°F.

**MERINGUE**

- 3 egg whites
- 3 tablespoons sugar
- ¼ teaspoon salt

Whip egg whites until foamy, then gradually add the sugar and continue whipping until they hold a point. Spread evenly over the custard.
• **APPLE PIE**

- 5 or 6 apples
- ¾ cup sugar or more if apples are tart
- ½ teaspoon cinnamon
- 1 tablespoon butter
- 1 teaspoon flour combined with 1 tablespoon sugar

Roll pie crust and line a 9-inch pie plate. Sprinkle the flour and sugar mixture in bottom of shell, fill with sliced apples. Cover with sugar and cinnamon, dot with butter. Moisten edge of pie with water, fit top crust over apples and seal edge of pie.

Place shelf on third glide from the bottom, bake at 450° F. for approximately 40 minutes.

• **LAYER CAKE**

- 1 cup shortening
- 2 cups sugar
- 4 eggs
- 3 cups sifted flour
- 1 teaspoon salt
- 4 teaspoons baking powder
- ½ cup evaporated milk diluted with ½ cup water
- 1 teaspoon vanilla

Separate the eggs. Cream the shortening, add the egg yolks and cream together. Add the sugar gradually and beat until light and fluffy. Sift the flour, baking powder and salt together three times. Add alternately with the milk to the creamed mixture, blending well after each addition. Whip the egg whites until stiff and fold into the batter.

Place shelf on third glide from the bottom, two layers on one rack. Bake at 375° F. for approximately 40 minutes.

• **ANGEL FOOD CAKE**

- 1½ cups sugar
- 1⅓ cups egg whites
- 1 cup flour
- 1 teaspoon cream of tartar
- ¼ teaspoon salt
- 1 teaspoon vanilla

Sift the flour, measure and sift again three times. Add the salt to the egg whites and whip until foamy. Add the cream of tartar and continue whipping until they hold a point, but not dry. Carefully fold in the sugar, about 2 tablespoons at a time. Add the flour a little at a time through a sifter, folding in after each addition.

Place shelf on fourth glide from the bottom. Bake at 325° F. for 15 minutes, then 350° F. for approximately 55 minutes.

• **SPONGE CAKE**

- 1 cup flour
- ¼ teaspoon salt
- 5 eggs
- 4 teaspoons lemon juice
- ½ teaspoon lemon rind
- 1 cup sugar
SPONGE CAKE—Continued
Sift the flour; measure and sift again with the salt. Separate the eggs. Beat the yolks until thick and lemon colored. Add the lemon juice and rind and continue beating until well blended. In another bowl, whip the egg whites until they hold a point (but not dry) and gradually fold in the sugar. Add the egg yolks and flour and fold in carefully until well blended. Bake in ungreased tube pan.
Place shelf on fourth glide from the bottom, bake at 350°F. for approximately 45 to 50 minutes.

POUND CAKE
1 3/4 cups butter
2 cups sugar
8 eggs
1/8 teaspoon salt
3 3/4 cups flour (sift, then measure)
1 teaspoon baking powder
1 teaspoon mace

Cream butter and sugar. Add eggs one at a time without separating, and beat well after each addition. Sift the flour, baking powder, salt and mace together. Add flour gradually and beat well. Turn into two greased and paper lined bread pans.
Place shelf on fourth glide from the bottom, both cakes on one shelf. Bake at 350°F. for approximately one hour and ten minutes.

GINGERBREAD
1 cup light brown sugar
1 teaspoon salt
2 teaspoons ginger
1 tablespoon soda
3 cups flour
1/2 cup fruit juice
1/2 cup hot water
1 cup New Orleans molasses
1/4 cup lard and 1/2 cup butter
3 eggs or yolks of six

Combine sugar, salt and ginger. Add shortening and molasses. Add the eggs, well beaten. Dissolve the soda in hot water. Alternate the hot water and fruit juice with the flour, which has been sifted. Pour into two layer cake pans 7x11 and 1 1/2 inches deep.
Place shelf on third glide from the bottom, two layers on one shelf. Bake at 375°F. for approximately 35 minutes.

PRUNE NUT FILLING
12 large prunes
2 tablespoons orange juice
2 teaspoons cornstarch
1/2 teaspoon grated orange peel
3 tablespoons chopped pecans

Combine prunes, orange juice and cornstarch. Cook until thickened. Cool and add remaining ingredients. Spread between layers of gingerbread.
BREAD

4 tablespoons sugar
4 teaspoons salt
2 cups evaporated milk diluted with 2 cups water
2 cakes compressed yeast dissolved in 1 cup lukewarm water
4 tablespoons melted shortening
13 1/2 cups sifted flour

Dissolve yeast in lukewarm water. Set aside. Place sugar and salt in large bowl. Combine evaporated milk with the water, which has been heated so that the combination is 80°F or lukewarm. Add to the salt and sugar. Add approximately half of the flour and blend well. Add the melted fat and dissolved yeast. Beat this batter thoroughly and add the remainder of the flour. Remove to a floured board and knead until smooth and elastic, approximately 10 minutes. Let rise in a covered bowl until double in bulk, keep at a lukewarm temperature. Shape into loaves, place in greased bread pans. Let rise again until double in bulk.

For four loaves, two on each shelf placed in opposite positions, place one shelf on the second glide from the bottom, the other shelf on the third glide from the top. Bake at 400°F for approximately one hour.

SWEET YEAST DOUGH

1 cup milk, scalded
1/4 cup butter
1/2 cup sugar
1 teaspoon salt
2 cakes compressed yeast
1/4 cup lukewarm water
2 eggs
4 1/4 cups flour

Pour hot milk over butter, sugar and salt. Crumble yeast into lukewarm water to dissolve. Cool milk to lukewarm and add yeast. Add well beaten eggs. Beat in flour to make a soft dough. Turn out on a floured board and knead until smooth. Form into a ball and place in greased bowl. Cover and let rise until double in bulk. When light, shape into tea rings, rolls or coffee cakes. Place in greased pans, cover and let rise until double.

Place shelf on third glide from the top. Place tea ring on this shelf. Place the other shelf on the second glide from the bottom. Place honey twist on this shelf. Bake at 375°F for approximately 25 or 30 minutes.

SWEDISH TEA RING

When Sweet Yeast Dough is light, roll into a rectangular sheet about one-half inch thick. Brush with melted butter and sprinkle with brown sugar and cinnamon. Roll jelly-roll fashion and shape into a ring. Place on greased baking sheet

WHITE FROSTING

1 cup confectioners' sugar
2 tablespoons butter
2 tablespoons cream
1/4 teaspoon vanilla extract

Blend sugar and butter. Add cream and vanilla, blending until mix is quite smooth. Spread, sprinkle with chopped nuts if desired.
SWEDISH TEA RING
Continued
and cut with scissors at one-inch intervals almost through ring. Turn slices slightly. Cover and let rise until double in bulk. While warm, frost with White Frosting and sprinkle with chopped nuts.

HONEY TWIST
When Sweet Yeast Dough is light, form into a long roll about one inch in diameter. Coil the roll into a greased cake pan, beginning at the outside edge and covering the bottom. Brush with Honey Topping. Let rise until double in bulk.

HONEY TOPPING

1/4 cup butter
2 1/2 cups confectioners’ sugar
1 egg white
2 tablespoons honey, warmed

Cream all ingredients together and brush over Twist before baking.

BROWN BREAD

1 tablespoon butter
2 tablespoons brown sugar
1 cup of cane or dark corn syrup
2 cups buttermilk
2 teaspoons soda
1 1/2 cups white flour
1 cup whole wheat flour
1/2 cup corn meal
1 teaspoon salt
1/2 teaspoon cinnamon
1 cup raisins, washed, dried and dredged in 1 tablespoon flour

Cream butter and sugar. Add syrup. Dissolve soda in buttermilk. Combine dry ingredients and mix alternately with the buttermilk to the sugar and butter mixture. Add raisins. Pour into two ordinary size greased bread pans.

Place shelf on fourth glide from the bottom, both loaves on one shelf. Bake at 375° F. for approximately 50 or 55 minutes.

BUTTERSCOTCH BREAD

2 eggs
2 cups brown sugar
2 tablespoons melted shortening
4 cups flour
1 1/2 teaspoons of soda
1 teaspoon baking powder
1/2 teaspoon salt
2 cups sour milk or buttermilk
1 cup walnut meats (chopped)

Beat eggs, add sugar and shortening. Sift flour, soda, baking powder and salt together. Add to the egg mixture alternately with the milk. Add nuts. Pour into two greased loaf pans.

Place shelf on fourth glide from the bottom, both loaves on one shelf. Bake at 350° F. for approximately one hour.
• QUICK COFFEE CAKE WITH STREUSEL

1½ cups flour
1 ½ cup sugar
2 teaspoons baking powder
1 ½ teaspoon salt
1 egg
1 ½ cup milk
3 tablespoons melted shortening

Sift flour, sugar, baking powder and salt together. Beat egg, add milk and shortening. Stir liquid into dry ingredients, mixing only enough to moisten them. Pour into greased pan, top with Streusel.

Place shelf on fourth glide from the bottom, bake at 400°F. for approximately 35 minutes.

• STREUSEL

2 tablespoons butter
2 tablespoons sugar
1/4 cup flour
1/4 cup dry bread crumbs
1 ½ teaspoon cinnamon

Cream butter and sugar together. Add flour, crumbs and cinnamon. Mix to consistency of coarse crumbs and sprinkle over coffee cake before baking.

• BREAKFAST BISCUITS

2 cups sifted flour
4 teaspoons baking powder
1/4 cup milk
1 teaspoon salt
4 tablespoons shortening

Sift the flour, baking powder and salt together. Cut in the shortening until it is evenly mixed with the flour. Add milk, mixing until a soft dough is formed. Turn onto a floured board, roll to one-half inch thickness and cut with a small biscuit cutter.

Place shelf on fourth glide from the bottom, bake at 450°F. for approximately 12 or 13 minutes.

• SOUTHERN BISCUITS

2 cups soft wheat flour
4 tablespoons shortening
3 teaspoons baking powder
1/4 teaspoon salt
1/2 cup milk

Sift flour, then measure. Sift again into a bowl with the salt and baking powder. Cut in the shortening until it is evenly mixed with the flour. Add the milk. Blend together with 35 strokes. Turn onto lightly floured board and knead, using 30 strokes. Roll very thin, approximately 1/4 inch. Make two or three impressions with a fork on the top of each biscuit.

Place shelf on fourth glide from the bottom, bake at 450°F. for approximately 12 or 13 minutes.

• BLUEBERRY MUFFINS

2 cups sifted flour
3 teaspoons baking powder
1/3 cup sugar
1/2 teaspoon salt
1 egg
1/4 cup milk
4 tablespoons melted shortening
1 cup blueberries

Sift together the flour, baking powder, sugar and salt. Beat the egg without separating. Combine the egg, milk and shortening. Pour the liquid mixture into the dry ingredients and blend together quickly. Add the blueberries.

Place shelf on fourth glide from the bottom, bake at 400°F. for approximately 25 or 30 minutes.
Meat experts today are recommending a constant temperature of from 300° F. to 350° F. for roasting. This method will give a brown exterior and an evenly cooked interior, the degree of doneness depending on the time the meat is left in the oven.

For those who still prefer the searing method, your Frigidaire Oven Heat Control may be set for 500° F. for the first few minutes and then the temperature reduced for the remainder of the roasting period.

The tender cuts of meat may be cooked by dry heat in a shallow uncovered pan. Meats should be roasted with the fat side up. The fat melts and bastes the roasting meat.

Standing roasts such as rib and pork loin, form their own racks. For other roasts, place a rack under the meat.

Roasts will continue to cook for a half hour or more after being taken out of the oven.

Meat may be seasoned before, during or after roasting. It should be remembered that the salt does not penetrate to the interior of the meat, but to the depth of about one inch only.

Do not remove the fell from leg of lamb. This roast will keep its shape better and cook in less time if the fell is not removed.
<table>
<thead>
<tr>
<th>Cut of Meat</th>
<th>Cooking Temperature</th>
<th>Approximate Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>BEEF—Standing Rib</td>
<td>300 to 350°F.</td>
<td>18-20 minutes per pound or to internal temperature 140°F.</td>
</tr>
<tr>
<td>Rare</td>
<td>300 to 350°F.</td>
<td>22-25 minutes per pound or to internal temperature 160°F.</td>
</tr>
<tr>
<td>Medium</td>
<td>300 to 350°F.</td>
<td>27-30 minutes per pound or to internal temperature 170°F.</td>
</tr>
<tr>
<td>Well Done</td>
<td>300 to 350°F.</td>
<td>Add 10-15 minutes per pound</td>
</tr>
<tr>
<td>Boned Roasts</td>
<td>300°F.</td>
<td>20-25 minutes per pound</td>
</tr>
<tr>
<td>Top Round</td>
<td>300°F.</td>
<td>30-35 minutes per pound</td>
</tr>
<tr>
<td>Medium</td>
<td>300°F.</td>
<td>30 minutes per pound</td>
</tr>
<tr>
<td>Well Done</td>
<td>300°F.</td>
<td></td>
</tr>
<tr>
<td>Rump</td>
<td>300°F.</td>
<td></td>
</tr>
<tr>
<td>Chuck</td>
<td>300°F.</td>
<td></td>
</tr>
<tr>
<td>LAMB—Leg</td>
<td>300 to 350°F.</td>
<td>30 minutes per pound</td>
</tr>
<tr>
<td>Stuffed Shoulder</td>
<td>300 to 350°F.</td>
<td>45 minutes per pound</td>
</tr>
<tr>
<td>Stuffed Breast</td>
<td>300 to 350°F.</td>
<td>45-60 minutes per pound</td>
</tr>
<tr>
<td>Crown Roast</td>
<td>300 to 350°F.</td>
<td>30 minutes per pound</td>
</tr>
<tr>
<td>VEAL—Leg</td>
<td>300 to 325°F.</td>
<td>22 minutes per pound</td>
</tr>
<tr>
<td>Shoulder</td>
<td>300 to 325°F.</td>
<td>25 minutes per pound</td>
</tr>
<tr>
<td>Loin or Rack</td>
<td>300 to 325°F.</td>
<td>30-35 minutes per pound</td>
</tr>
<tr>
<td>PORK—Fresh</td>
<td>300 to 350°F.</td>
<td>40-45 minutes per pound</td>
</tr>
<tr>
<td>Ham</td>
<td>300 to 350°F.</td>
<td>30-35 minutes per pound</td>
</tr>
<tr>
<td>Loin</td>
<td>300 to 350°F.</td>
<td>35-40 minutes per pound</td>
</tr>
<tr>
<td>Cushion</td>
<td>300 to 350°F.</td>
<td>40-45 minutes per pound</td>
</tr>
<tr>
<td>Pork Butt</td>
<td>300°F.</td>
<td>1-1½ hours</td>
</tr>
<tr>
<td>Spareribs</td>
<td>300°F.</td>
<td>1 hour</td>
</tr>
<tr>
<td>Tenderloin</td>
<td>300°F.</td>
<td></td>
</tr>
<tr>
<td>PORK—Cured</td>
<td>300°F.</td>
<td>20 minutes per pound</td>
</tr>
<tr>
<td>Large Ham</td>
<td>300°F.</td>
<td>25 minutes per pound</td>
</tr>
<tr>
<td>(14-18 lbs.)</td>
<td>300°F.</td>
<td></td>
</tr>
<tr>
<td>Small Ham</td>
<td>300°F.</td>
<td>30 minutes per pound</td>
</tr>
<tr>
<td>(10-12 lbs.)</td>
<td>300°F.</td>
<td></td>
</tr>
<tr>
<td>Half of Ham</td>
<td>300°F.</td>
<td>40 minutes per pound</td>
</tr>
<tr>
<td>(5-6 lbs.)</td>
<td>300°F.</td>
<td></td>
</tr>
<tr>
<td>Shank End</td>
<td>300°F.</td>
<td>45 minutes per pound</td>
</tr>
<tr>
<td>Butt End</td>
<td>300°F.</td>
<td></td>
</tr>
<tr>
<td>CHICKEN—Large</td>
<td>325°F. to 350°F.</td>
<td>22-25 minutes per pound</td>
</tr>
<tr>
<td>(4-6 lbs.)</td>
<td>325°F. to 350°F.</td>
<td>30 minutes per pound</td>
</tr>
<tr>
<td>Small (3½ lbs.)</td>
<td>325°F. to 350°F.</td>
<td></td>
</tr>
<tr>
<td>TURKEY—Large</td>
<td>250°F. to 300°F.</td>
<td>15-18 minutes per pound</td>
</tr>
<tr>
<td>(18-22 lbs.)</td>
<td>250°F. to 300°F.</td>
<td>18-20 minutes per pound</td>
</tr>
<tr>
<td>Medium (10-16 lbs.)</td>
<td>250°F. to 300°F.</td>
<td>20-25 minutes per pound</td>
</tr>
<tr>
<td>Small (6-10 lbs.)</td>
<td>250°F. to 300°F.</td>
<td></td>
</tr>
<tr>
<td>DUCK—GOOSE</td>
<td>325°F.</td>
<td>30 minutes per pound</td>
</tr>
</tbody>
</table>
The Oven Heat Control on your Frigidaire range makes it possible for you to have the whole meal cooking in your oven while you are away from your kitchen. You can return at serving time, take up the food, and be confident that your meal will be a credit to you.

This new way of cooking is not only time releasing, but it is the thrifty way to cook. You are cooking the entire meal for the low cost of maintaining the oven temperature.

HELPFUL HINTS ON OVEN MEALS

Placement of shelves for oven meals—

Upper Shelf—Place in set of glides third or fourth from the top.
Lower Shelf—Place in set of glides second from the bottom.

Vegetables cooked in the oven should be placed in a covered utensil.

An uncovered utensil should be used for meats and for foods requiring browning on top.

Allow for even heat distribution around the pans. They should not touch each other while in the oven, nor should they touch the back, the sides nor the door of the oven.
Selecting Foods for Oven Meals

In planning your oven meal, you can select from the three types. Your decision will probably depend on how completely you wish to be away from your kitchen while the dinner is cooking. Foods that cook at the same temperature and in approximately the same length of time offer the most complete freedom for the homemaker.

1. Foods which may be put into the oven at the same time and which may be allowed to stand at room temperature for the necessary time before starting to cook. (See Menu No. 1, also NOTE below.)

2. Foods which may be put into the oven at the same time, but which must start cooking at once. (See Menu No. 2 or No. 3.)

3. Foods which require different cooking times and therefore are put into the oven at different times. (See Menu No. 4.)

NOTE—You can change Menu No. 1 to a "Cook-Master" meal, that can be held for a longer period of time before cooking, by making the following substitutions:

Ham Slice: Substitute ½ cup fruit juice; ½ cup water for milk and cream.
Dessert: Substitute any Deep-Dish Pie in place of the two-crust Apple Pie.
**MENU No. 1**

Smoked Ham Slice  
Caramelized Sweet Potatoes  
Spanish Beans  
Apple Pie (See recipe under baking.)

*OVEN ARRANGEMENT—Place ham at front of lower shelf and place sweet potatoes at back of lower shelf. Place pie in front of upper shelf and place beans at back of upper shelf.

**TEMPERATURES—Hot Oven Start:** Set Oven Heat Control at 375° F. Turn switch to Preheat. When signal light goes out, turn switch to Bake. Place food in oven and bake at 375° F. for one and one-half hours.  
**Cold Oven Start:** Set Oven Heat Control at 375° F. Turn switch to Bake. Place food in oven. Bake for approximately one and one-half hours.

**METHOD OF PREPARATION**

1 Ham Slice approximately ¾ inch thick  
Sprinkle with ½ cup brown sugar  
Add ½ cup of cream  
½ cup of milk  
Bake uncovered.  
(See NOTE on page 42.)

**CARAMELIZED SWEET POTATOES**

Approximately 1½ lbs. of peeled sweet potatoes. Place in baking dish, add—  
3 tablespoons of butter  
½ cup of brown sugar  
½ teaspoon salt  
Bake covered.

**SPANISH BEANS**

2½ cups of cooked green beans  
½ teaspoon of salt  
¼ teaspoon of pepper  
1 tablespoon chopped onion  
½ cup tomato puree  
2 slices of bacon  
Cut bacon in very small pieces. Place in skillet with the onion and fry until slightly browned. Add tomato puree. Pour over beans. Bake covered.
OVEN MENU

MENU No. 2

Beef Ring or Beef Loaf
Baked Potatoes
Buttered Beets
Upside-Down Cake

OVEN ARRANGEMENT—Place beef at front of lower shelf and place beets at back of lower shelf.

Place potatoes at back of upper shelf and place cake at front of upper shelf.

TEMPERATURES—Hot Oven Start: Set Oven Heat Control at 375°F. Turn switch to Preheat. When signal light goes out, turn switch to Bake. Place food in oven and bake at 375°F for one hour and 15 minutes. Cold Oven Start: Set Oven Heat Control at 375°F. Turn switch to Bake. Place food in oven. Bake for approximately one hour and 15 minutes.

MEAT LOAF

1 lb. beef, ground
1 lb. veal, ground
\( \frac{1}{4} \) lb. suet, ground
1 cup soft bread crumbs
2 eggs
\( \frac{1}{4} \) cup milk
2 teaspoons salt
\( \frac{1}{2} \) teaspoon pepper

Mix all ingredients and place in loaf baking pan or ring mold. If the ring mold is used it may be lined with bacon so that the meat is easily removed.

BUTTERED BEETS

12 medium sized beets
2 tablespoons butter
1 teaspoon salt
1 cup boiling water

Peel the beets, cut in cubes and place in covered baking dish.

UPSIDE-DOWN CAKE

5 tablespoons shortening
\( \frac{1}{2} \) cup sugar
1 egg (beaten)
1 cup milk
2\( \frac{1}{4} \) cups flour
4 teaspoons baking powder
\( \frac{1}{2} \) teaspoon salt

Cream the shortening and sugar together. Add the egg and beat well. Add milk alternately with the flour, baking powder and salt which has been sifted together. Blend \( \frac{1}{4} \) cup butter and \( \frac{1}{2} \) cup of brown sugar together. Add \( \frac{1}{2} \) teaspoon lemon rind. Spread in a pan 8 inches square and 2 inches deep. Arrange fruit, using pineapple or apricots or any combination you choose. Pour the batter carefully over the fruit in the pan.
O V E N M E N U

M E N U  N o. 3

Baked Fish
Escaloped Potatoes
Peas and Carrots
Lemon Bread Pudding

O V E N A R R A N G E M E N T — Place fish at front of lower shelf and place potatoes at back of lower shelf. Place lemon bread pudding at front of upper shelf.

T E M P E R A T U R E S — Hot Oven Start: Set Oven Heat Control at 375°F. Turn switch to preheat. When signal light goes out, turn switch to bake. Place food in oven and bake at 375°F for one hour and 15 minutes. Cold Oven Start: Set Oven Heat Control at 375°F. Turn switch to bake. Place food in oven. Bake for approximately one hour and 15 minutes.

M E T H O D  O F  P R E P A R A T I O N

F I S H
Trout or white fish approximately 2 lbs.
Place in baking pan, rub lightly with salt
Dot with butter
Add 1/4 cup water
Bake uncovered

1 teaspoon salt
1/2 cup hot water
Place in covered baking dish.

E S C A L L O P E D  P O T A T O E S
Slice approximately 1 1/2 lbs. of potatoes in a buttered baking dish. Season with salt and pepper. Add 1/2 cup of milk and 3 tablespoons of butter. Bake covered.

LEMON BREAD PUDDING
2 eggs
1/2 cup sugar
3 tablespoons lemon juice
Grated rind of one lemon
3 cups milk
2 cups bread crumbs
1/4 cup butter
1/2 teaspoon salt
Beat the eggs. Add the sugar, salt, lemon juice and lemon rind. Pour the scalding milk over the bread crumbs. Add the butter. Stir in the egg mixture. Pour into a buttered uncovered baking dish.

P E A S  A N D  C A R R O T S
2 cups peas
2 cups carrots (cubed)
1 tablespoon butter

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Oven Menu

Roast Beef
Browned Potatoes
Summer Squash
Peach Cobbler

Menu No. 4

Oven Arrangement—Place beef and potatoes at front of lower shelf and place squash at back of lower shelf.

Place peach cobbler in center of upper shelf.

Method of Preparation

Approximately 3 lb. roast. Place in a shallow roasting pan without a cover. Allow to cook for one hour. Turn the roast. Peel approximately 2 lbs. of potatoes, brush with butter and place around the roast.

Baked Summer Squash

Peel and slice thinly, into a covered baking dish 3 cups of squash. Add ¼ cup of milk and 2 tablespoons of butter. Sprinkle ¼ teaspoon of paprika over the top.

Peach Cobbler

2 cups fresh peaches
1 cup brown sugar
1 tablespoon lemon juice
2 tablespoons butter

Place in uncovered baking dish and cover with batter prepared as follows:

1 cup pastry flour
2 tablespoons shortening
¼ teaspoon salt
2 tablespoons sugar
2 teaspoons baking powder
½ cup milk

Sift together the flour, salt, sugar and baking powder. Cut in the shortening. Add the milk and mix well.
Section Three

BROILING
Broiling on the Frigidaire Range is Fast, Easy, Flameless

- Broiling is cooking by the radiant application of heat. When you want an attractive meal that is quickly and easily prepared, try one of the broiling menus we have suggested to you on pages 54 and 55.

In your Frigidaire range, broiling can indeed be smokeless broiling. The rack is so constructed that the fat which drips from the meat is protected from the heat above and doesn’t catch fire, causing smoke. An intense heat is radiated downward from the electric heating element, giving you food that is delightfully browned and cooked to your liking.

The broiling equipment consists of porcelain finished pan (A) with convenient handle and pour-ends, and a plated steel rack (B) with closely spaced flat bars. This is of correct size to fit under the broiler heating unit (C), where it rests on one of the sliding shelves (D). A recessed place at one end of the pan makes it easy for you to lift out the hot rack and to serve vegetables which may be broiled in the pan, under the rack, at the same time as the meat.

In designing your Frigidaire range, special provision was made to take care of the storage of your broiler pan and rack. An extra set of glides (E) just below the drip tray makes it easy to slip your broiler pan away, out of sight, and still have it at the range when you need it again. The switch (F) for controlling the broiler heating unit is located on the back of the cooking top to the right of the Oven Heat Control (G). When the switch is turned to BROIL, the Oven Signal Light (H) comes on.
Getting good broiling results on your Frigidaire Range is very simple. By following the few suggestions listed below, you will be able to turn out broiled meats with a new deliciousness.

1. Set the Oven Heat Control for hottest position.
2. Turn switch to BROIL.
3. Preheat the broiling unit, not the oven, for about 5 minutes. During both the preheating and the broiling periods, only the upper unit is heating.
4. While the broiling unit is heating, arrange the food on broiler pan and rack.
5. Glowing of the Oven Signal Light tells you the current is on. The light will glow during the entire broiling time. To keep the current from cutting off, the oven door must be left partially open. In your Frigidaire range, an automatic stop allows the door to remain open at just the right angle.

**BROILING BACON**
Place broiler from three to five inches below the heating unit. Turn occasionally. Place on hot platter and serve. Bacon should be browned lightly, cooked through and fat should be transparent.

**BROILING LIVER**
Place broiler rack in position so that the top surface of the liver is three inches below the heating element. Brown liver on each side, turning occasionally. Season on each side with salt and pepper. Total broiling time approximately eight to ten minutes. Liver should be nicely browned, tender and not dry.
**BROILING STEAKS**

When broiling MEDIUM-RARE steaks about one inch in thickness, place on the rack with the top surface of the steak three inches below the heating element. Broil for approximately ten minutes on each side and finish off with two minutes additional on the first side.

**BROILING CHICKEN**

Young chickens of about one and a half pounds each are preferable for broiling. Cut chicken in half, brush with melted butter, and season with salt and pepper. Place the chicken on the broiler rack, skin side up. Allow approximately fifteen minutes broiling time for each side.

**BROILING LAMB CHOPS**

Select chops at least ¾-inch thick. Place broiler rack in position so that the top surface of the chops will be three inches from the heating element. Brown chops on one side for approximately eight to nine minutes. Season with salt and pepper just before turning. Turn and brown on other side for approximately eight to nine minutes. Season on second side. Remove to hot platter and serve at once. Broiled chops should have a nicely browned exterior, with the interior faintly pink for medium done, and grayish for well done.

**BROILING FISH**

Whole fish which have been split, may be broiled flesh side up without turning. Brush the flesh side of the fish with melted butter and season with salt and pepper.

A piece of parchment paper cut about the size of the fish, brushed with fat and placed under the fish, will simplify the transfer from the broiler rack to the serving platter.
1. Meats should be taken out of the refrigerator and allowed to reach room temperature before broiling.

2. The fat at the edge of steaks and chops should be cut at close intervals before placing under the heat. If this is not done, the meat will curl and scorch.

3. Arrange the meat on the broiler rack. Place vegetables below on the bottom of the buttered pan. (For specific directions, see directions for broiler meals.)

4. Use wide spatulas for turning the meat. If the meat is pierced with a fork in turning, there is considerable loss of meat juices.

5. The length of time food should be left under the heat depends on the following:
   
   (a) type of food
   (b) thickness of food being broiled
   (c) distance food is placed from heating element
   (d) temperature of broiling compartment
   (e) degree of doneness which suits your taste
We give below a general discussion on meat broiling, quoting Miss Inez S. Willson, Director of Home Economics, of the National Live Stock and Meat Board:

"There is, of course, considerable difference of opinion as to what are the qualifications of a perfectly broiled RARE, MEDIUM, or WELL-DONE steak. The degree of doneness depends upon personal preference, however, a well broiled steak should be evenly browned on the outside; the fat should be a light golden brown and the lean a brownish red, all very even in color. The outside should be 'puffy' in appearance, never shrunken.

"The inside of the steak should be evenly cooked, with no underdone center, but a uniform even pink color throughout, the brightness of the color depending upon the degree of doneness desired.

"A RARE steak is heated just enough to change the color of the interior to a rose red so that the outer brown surface and the gray layer at the edge shall be just as thin as possible. The juice will be bright red.

"In a MEDIUM steak the color of the interior has changed from rose red to light pink and the gray layer has extended a little
farther toward the center. There will be less free juice and this will be lighter in color than with a rare steak.

"A WELL-DONE steak will show none of the red color. It is well browned on the outer surface and the entire inner portion is grayish tan. Here again there will be variations in depth of tan color, since some people want the pink to be just disappeared, while others will want the entire steak as well cooked as the outer portion.

"Since there is no clear point at which a rare steak crosses the line from rareness to medium or from medium to well done, it is difficult to lay down technical specifications. Consequently it seems advisable to accept the descriptions supplied by the meat people who have done tremendous amounts of work in this regard. I think it is important to keep in mind in broiling steaks that the one type of steak which is perhaps never acceptable is one which is highly browned on the exterior but cooked such a short time that the interior or center still remains cold. I think all food specialists will agree on this and certainly real steak connoisseurs."

---

**THE FRIGIDAIRE BROILER IS EASY TO CLEAN**

The broiler pan and rack are washed just as any of your other cooking utensils. Place in water immediately after using and apply steel wool to any food which does not wash off readily.

When not in use, store in the special set of glides under the drip tray.
SUGGESTED FOODS FOR BROILING

MEATS • Lamb chops, beef tenderloin, steaks, bacon, sausage, hamburgers, fish.

FRESH FRUITS • Apple rings, peaches, pears, grapefruit halves.

CANNED FRUITS • Pineapple, peaches, apricots.

FRESH VEGETABLES • Mushrooms, summer squash, tomatoes, onion slices.

CANNED VEGETABLES • Carrots, peas, asparagus, broccoli.
Broiler Meals

1. Menu
Small Sausages
Pineapple Rings
Candied Sweet Potatoes
Salad
Beverage

METHOD OF PREPARATION
● Scrub sweet potatoes and cook until tender. Slice about ½ inch thick, place in broiler pan and season with salt and pepper. Add brown sugar and dot with butter. Place broiler rack over pan and arrange sausage. Broil eight minutes. Turn and place pineapple on rack. Broil eight minutes. Serve.

2. Menu
Corn Beef Hash
Tomatoes
Peach Halves with Honey
Canned Broccoli or Asparagus
Salad
Beverage

METHOD OF PREPARATION
● Place asparagus in the broiler pan. Slice the corn beef hash and place on the broiler rack. Broil eight minutes. Have fresh tomato slices ready to place on slices of hash when turned. Fill the peach centers with honey or brown sugar and place them on the grill when the tomatoes are added. Broil twelve minutes. Serve.

3. Menu
Lamb Chops
Pear Halves
Canned Peas and Carrots

METHOD OF PREPARATION
● Place peas and carrots in the broiler pan. Place chops on broiler rack. Broil eight minutes. Turn the chops and add the pear halves. Broil eight minutes. Arrange servings and add a teaspoon of mint jelly to each pear half. Serve.
ACCURATE MEASUREMENTS MEAN GOOD RESULTS

- With the accurately controlled temperatures which your Frigidaire range gives you, you can be sure of good results today and tomorrow. An important factor in getting consistently good results is being sure that the amounts in the tablespoon or measuring cup which you use is the same as that called for in standard recipes.

  You can buy measuring spoons and cups based on United States standards and these are so labeled.

  Individual cups for measuring a half, a third, and a quarter cup, are also now available. They are a great convenience and if standardized, make for more accurate measurements. Care in measuring pays—not only in better results but in economy.

All measurements are level unless otherwise specified.

Three level teaspoons should fill a tablespoon.

Sixteen level tablespoons should fill a standard cup.

Two standard cups should just fill a pint measure.
SYMBOLS FOR MEASUREMENTS

- tsp = teaspoon
- tbsp = tablespoon
- c = cup

TABLE OF COMMON MEASUREMENTS

<table>
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<td>4 c</td>
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<tr>
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</table>

Flour

- Sift once before measuring. To fill the measuring cup, dip flour with a tablespoon and put into the cup lightly until the cup is heaping full. Then level off with edge of knife or spatula.
- Half spoonsful of dry ingredients are measured by filling the spoon level, cutting in two lengthwise and scraping out half. Quarter spoonsful are measured by cutting the half crosswise and scraping out half.

Liquid

- Place the cup upon a flat surface and fill as full as cup can be filled without overflowing.

Fats

- Hard fats are difficult to measure accurately. They should be removed from the refrigerator long enough before measuring to be easily worked. Press the fat into the cup so that air spaces are filled. Level off with knife or spatula.
Serve hot foods hot. This is one of the most important rules for well served meals. Your Frigidaire warming drawer enables you to keep both food and dishes at the correct temperature until you wish to bring them to the table. The heating element, concealed beneath the drawer, is controlled by the switch located just above the convenience outlet. This drawer is large enough to take care of plates, platters and serving dishes, and is easily accessible from either the cooking top or the oven. It is here that the salt and pepper shakers are stored in the handy rack.

This drawer, when not in use for warming, makes convenient and roomy storage for utensils and lids. On base models, two additional drawers are provided for storage. All of these drawers slide in and out on glides, have a porcelain finished front to match the range surface, and are finished inside and out with lustrous, aluminum baked enamel for easy cleaning.

All drawers are easily and quickly removed by simply lifting the automatic stop in the bottom and pulling the drawer out. In base models, removal of the two bottom drawers and the toe plate makes it easy to clean under the range.
KEEPING YOUR NEW RANGE

- Your Frigidaire range can be kept in good condition with but very little effort on your part. The cleanliness of electricity as the source of heat and the design of the range with its smooth surfaces and well rounded corners, make cleaning a simple matter.

*Turn off ALL switches before starting to clean the range.*

CLEANING THE OUTER SURFACES

The whole outer surface of your Frigidaire range is porcelain. This attractive, clean looking finish can be kept like new by following these few simple suggestions:

- Let porcelain finish surfaces cool before washing.
- Wipe up any spots soon after being spilled.
- Since a porcelain finish is similar to that on your dishes, you can use the same easy method for cleaning.
- Wipe with a damp, soapy cloth. Rinse and dry well.
- Any food particles or residue still remaining can be removed with Frigidaire Porcelain Cleaner.

CLEANING "THE SPEED-HEAT" UNITS

The "Speed-Heat" cooking unit has no exposed wires and can be cleaned in the same way as your cooking top.

- Wipe with a damp, soapy cloth. Rinse and dry well.
- Any food particles remaining can be easily removed with Frigidaire Porcelain Cleaner.

NOTE: Units will maintain their original appearance if the customer will occasionally rub their top surfaces with clean ordinary wax paper. This should be done with the unit warm—*not hot.*
DRIP TRAY UNDER UNITS
A porcelain finished drip tray slides into the range below the cooking units. Should food or water be spilled, it will be caught by the tray beneath. This tray is removable for easy cleaning.

When lifting out the unit, you will notice the compact arrangement of the wires below. All wiring is held in place by a conduit especially provided for this purpose. Such an arrangement protects the wires against food spillage.

TO CLEAN THE EDGES AROUND THE UNIT
Lift the unit, wipe edges, and replace unit.
Be sure the unit has slipped into the locking device at the outer edge. This insures the proper replacement of the unit.

FOR AN OCCASIONAL AND VERY THOROUGH CLEANING
Lift the unit, remove the wing nut and lift off the metal deflector plate.
Wipe the plate with a damp cloth and replace.

DRIP TRAY UNDER UNITS
A porcelain finished drip tray slides into the range below the cooking units. Should food or water be spilled, it will be caught by the tray beneath. This tray is removable for easy cleaning.

When lifting out the unit, you will notice the compact arrangement of the wires below. All wiring is held in place by a conduit especially provided for this purpose. Such an arrangement protects the wires against food spillage.

CLEANING THE OVEN
The oven cleans easier if it is washed before it is entirely cold. It is well to leave the oven door open for a few minutes after each using for ventilation.

ALL PARTS OF THE OVEN ARE REMOVABLE
Remove shelves by simply pulling out as far as shelves will come, then lifting up on them. They can then be pulled on out.
Remove the heating units by pulling straight out. Set them on a dry place on your table.
ROUNDED CORNERS EASY TO CLEAN

The inside of your oven may be wiped out with a cloth wrung from soapy water. Rinse and dry well. For any food particles remaining on the surface, use fine steel wool. The smooth, roomy glides and rounded corners, for easy cleaning, are one of the Frigidaire's special features.

REMOVING THE "EVENIZER"

The "Evenizer" should be wiped with a damp, soapy cloth, rinsed and dried well. Any food particles remaining, will come off with the use of fine steel wool.

For easier cleaning, remove the "Evenizer" from the unit. This can be done merely by removing the wing nut at the rear, and pulling the "Evenizer" straight off.

Should the heating element, itself, need any care, brush the wires with a soft brush. Do not immerse the unit in water.

Wash the shelves as you would a utensil. Rinse, dry, and replace in your oven.

THE FRIGIDAIRE BROILER IS EASY TO CLEAN

The broiler pan and rack are washed just as any of your other cooking utensils. Place in water immediately after using and apply steel wool to any food which does not wash off readily. When not in use, store in the special set of glides under the drip tray.

CARE OF THE "THERMIZER" COOKER

The "Thermizer" is washed just as any utensil in your kitchen. The cover should not be immersed in water, but can be easily washed with a damp, soapy cloth and rinsed. It is best not to replace the cover until the kettle is thoroughly dry. The cooker well can be wiped out with a damp cloth when necessary.
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<td>Apple</td>
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<td>Butterscotch</td>
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<td>Custard</td>
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</tr>
<tr>
<td>SAUCES</td>
<td>Custard Sauce</td>
<td>24</td>
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<tr>
<td></td>
<td>Omelet</td>
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</tr>
<tr>
<td></td>
<td>Welsh Rarebit</td>
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</tr>
<tr>
<td></td>
<td>White Sauce</td>
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</tr>
<tr>
<td>VEGETABLES</td>
<td>Baked Beans</td>
<td>21</td>
</tr>
<tr>
<td></td>
<td>Potatoes (French Fried)</td>
<td>25</td>
</tr>
<tr>
<td></td>
<td>Potatoes (German Fried)</td>
<td>24</td>
</tr>
<tr>
<td></td>
<td>Steamed Vegetables</td>
<td>12, 13</td>
</tr>
<tr>
<td></td>
<td>Sweet Potatoes (unpeeled)</td>
<td>22</td>
</tr>
<tr>
<td></td>
<td>Sweet Potatoes and Apples</td>
<td>23</td>
</tr>
</tbody>
</table>
• For more than 20 years the name Frigidaire has been a familiar household word. It has represented the finest electric refrigerator made. Quality workmanship and materials . . . careful designing and engineering . . . more for the money . . . all these have been factors that have earned outstanding leadership for Frigidaire in the refrigeration industry.

Now, these same principles of sound engineering and construction have found their way into your new Frigidaire electric range. It represents all the experience gained in the making of *four and one-half million* refrigerators. It represents all the resources of the world-wide General Motors organization. It represents the experience of foremost range specialists and engineers. And more than this, it represents the range desires of thousands of American housewives.

You will always be proud of your Frigidaire range . . . secure in the knowledge it will give you the performance you want, the features you like, the dependability you need.

The Frigidaire refrigerator, washing machine, ironer and water heater will give you the same good service as your Frigidaire range. They are all of the same family, and will add further time-saving and convenience to your home.