Carefree Cooking

with your

Frigidaire Electric Range
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DAYTON 1, OHIO
(1562)
NOW
Carefree Cooking
IS YOURS

• In your new Frigidaire Electric Range, you have one of the finest cooking appliances money can buy. It opens a fresh, inviting road to new cooking delights, new savoriness in meals, new acclaim from family and friends, and new ease and simplicity in cooking. Truly, a New Day of CAREFREE COOKING is here . . . and Frigidaire is proud to bring it to your home.

The days of oven peeking, watchful waiting over a hot stove, and uncertainty about cooking results are over for you. Instead, all you do is snap a switch and place Frigidaire in charge. And automatic controls that measure times and temperatures for you are either standard equipment on your Frigidaire Range or are available as accessories from your Frigidaire Dealer.

Use All Your Favorite Recipes

• To cook on your Frigidaire Electric Range, you don’t require special recipes nor need you learn to cook all over again. The only difference is that everything has been simplified so that you can prepare all your favorite recipes easier, more quickly and with complete assurance of results. We’re proud to welcome you to the family of Frigidaire Range users . . . and we know you’re going to really enjoy “Carefree Cooking” from now on.

IMPORTANT: This recipe book is intended for use with all models of the Frigidaire Electric Range, and therefore may include information about equipment not included in your range. For specific information about the equipment on your range, consult your “Helpful Suggestions Book.”
Now you can enjoy all these ADVANTAGES of Frigidaire Electric Cooking

It’s Easy to Use—You can go right on using the same times and temperatures you always have. You’ll be able to prepare all your favorite recipes with confidence and ease . . . the only difference will be that your Frigidaire Range makes everything so much simpler.

It’s Clean—Your Frigidaire Range with its glistening porcelain is as easy to clean as a china dish. Kitchen decorations and curtains stay fresh and clean because there is no smoke or soot to stain them.

It’s Cool—Exclusive Frigidaire Radiantube cooking units transmit heat directly into your cooking utensils without wasting it into the air. The oven literally “floats” in a thick blanket of insulation that keeps heat where it belongs . . . in the oven and out of the kitchen. There’s no flame to blow out, so you can keep your doors and windows wide open during warm weather.

It’s Healthful—Frigidaire Electric Cooking helps you retain the maximum amount of health-giving minerals and vitamins that are the life of the food you eat. Vegetables and meats retain their natural color and texture better. And there’ll be no oxygen-consuming flame or fumes to cause headaches or distress.

It’s Safe—All hazards from open flames and dangerous gases are removed. Even if a child in playing about should turn a switch, no harm can be done.

It’s Modern—Your new Frigidaire Electric Range sets the style for modern kitchens. As electricity simplified home lighting, so your Frigidaire Range has simplified home cooking. You’re sure to find it delightfully modern and carefree.
Helpful Hints for using your Frigidaire Cooking Units

• Use of the various sizes and heats of your Frigidaire units will vary with the type and quantity of food being cooked and the size of the utensil used, as explained in the pages following. As a general rule, however, you will find it most practical and economical to use your cooking units in line with the following suggestions:

Getting the Maximum Economy from Your Frigidaire Cooking Units

• One of the biggest advantages of your Frigidaire Cooking units is the economy that can be derived by using the correct heat for each cooking operation. For example, when you are cooking an average quantity of a vegetable in a tightly covered container, start the cooking on HIGH until active cooking begins. Then turn the switch to SIMMER which will provide enough heat to maintain active cooking while using only a minimum amount of electricity.

High

To bring foods to steaming point, heat water, preheat fat for frying, deep fat frying for potatoes. (Do not let fat in frying pan become so hot it smokes—Fat for deep fat frying is hot enough when it will brown a one-inch cube of bread in 50 seconds.)

Medium-Low

For baking griddle cakes, making candy, icings. (Use Medium-Low on small unit for coffee and warming small quantities of food.)

Low

For finishing larger quantities of vegetables and other foods.

Medium-High

For frying chicken or browning meats. (Use Medium-High on small unit for baking small quantity of griddle cakes.)

Simmer

For low temperature cooking, finishing smaller quantities of vegetables, cooking custards, sauces, and dried fruits.

Flat-bottomed cooking utensils are best—give complete and uniform contact with cooking unit. Utensils larger than the cooking unit should not be used if they have recessed bottoms, because they will rest on the surrounding porcelain instead of on the unit and will harm the beautiful porcelain finish. For information on the use of Surface Cooking Units, see your Range Instruction Book.
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. Overcooking is detrimental both to the appearance and to the food value. The following suggestions are given to help you get best results and the most economical use of your Frigidaire Range:

1. Use a two or three-quart pan for 6" units; four or five quart for the 8" unit.

2. Measure \( \frac{1}{2} \) to 1 cup of water, or enough to cover bottom of utensil to depth of \( \frac{1}{8} \) to \( \frac{3}{4} \) inch. Rhubarb and tomatoes contain enough moisture to cook in their own juices. Leafy vegetables like spinach retain moisture from washing so no water need be added. In high altitudes or with old vegetables, cooking time should be increased.

3. Start all vegetables on HIGH. Reduce heat when active steaming begins.

4. Keep all utensils tightly covered.
The cooking time for vegetables will vary somewhat, depending upon their freshness and the quantity. This should be taken into account when using the following table, which is simply a guide to help you determine the correct cooking time.

### APPROXIMATE COOKING TIMES

<table>
<thead>
<tr>
<th>VEGETABLE OR FRUIT</th>
<th>METHOD OF PREPARATION</th>
<th>MINUTES ON HIGH FOR STEAMING</th>
<th>MINUTES ON LOW OR SIMMER UNTIL TENDER</th>
<th>TOTAL MINUTES OF COOKING TIME</th>
</tr>
</thead>
<tbody>
<tr>
<td>Apples</td>
<td>Peeled and quartered</td>
<td>3 to 5</td>
<td>*</td>
<td>*</td>
</tr>
<tr>
<td>Asparagus</td>
<td>Tied in serving bundles</td>
<td>4 to 6</td>
<td>10 to 15</td>
<td>14 to 20</td>
</tr>
<tr>
<td>Green Beans</td>
<td>Cut in slivers, lengthwise</td>
<td>5 to 8</td>
<td>10 to 15</td>
<td>15 to 20</td>
</tr>
<tr>
<td>Green Beans</td>
<td>Broken</td>
<td>4 to 7</td>
<td>15 to 20</td>
<td>20 to 30</td>
</tr>
<tr>
<td>Beans, Lima</td>
<td>Shelled</td>
<td>3 to 8</td>
<td>15 to 20</td>
<td>18 to 25</td>
</tr>
<tr>
<td>Beets</td>
<td>Diced or sliced thin</td>
<td>5 to 6</td>
<td>15 to 20</td>
<td>20 to 25</td>
</tr>
<tr>
<td>Beets</td>
<td>Whole unpeeled</td>
<td>5 to 8</td>
<td>15 to 20</td>
<td>25 to 35</td>
</tr>
<tr>
<td>Broccoli</td>
<td>Stalks Split</td>
<td>5 to 8</td>
<td>15 to 20</td>
<td>20 to 30</td>
</tr>
<tr>
<td>Brussel Sprouts</td>
<td>Whole</td>
<td>3 to 5</td>
<td>10 to 15</td>
<td>15 to 20</td>
</tr>
<tr>
<td>Cabbage</td>
<td>Shredded or quartered</td>
<td>4 to 5</td>
<td>6 to 7</td>
<td>10 to 12</td>
</tr>
<tr>
<td>Carrots</td>
<td>Shredded</td>
<td>4 to 6</td>
<td>6</td>
<td>10 to 12</td>
</tr>
<tr>
<td>Carrots</td>
<td>Sliced 1/2 inch thick</td>
<td>5 to 8</td>
<td>15</td>
<td>15 to 20</td>
</tr>
<tr>
<td>Cauliflower</td>
<td>Separated into flowerettes</td>
<td>4 to 6</td>
<td>10 to 12</td>
<td>15 to 18</td>
</tr>
<tr>
<td>Cauliflower</td>
<td>Whole head</td>
<td>5 to 8</td>
<td>15 to 20</td>
<td>20 to 25</td>
</tr>
<tr>
<td>Corn</td>
<td>Cut from the cob</td>
<td>3 to 5</td>
<td>*</td>
<td>*</td>
</tr>
<tr>
<td>Onions</td>
<td>Small, whole</td>
<td>4 to 6</td>
<td>10 to 20</td>
<td>20 to 25</td>
</tr>
<tr>
<td>Parsnips</td>
<td>Quartered lengthwise</td>
<td>5 to 6</td>
<td>15 to 20</td>
<td>20 to 30</td>
</tr>
<tr>
<td>Peas, green</td>
<td>Shelled</td>
<td>5 to 8</td>
<td>10 to 15</td>
<td>18 to 20</td>
</tr>
<tr>
<td>Potatoes</td>
<td>Cut in halves</td>
<td>4 to 8</td>
<td>15 to 20</td>
<td>25 to 30</td>
</tr>
<tr>
<td>Potatoes, sweet</td>
<td>Cut in halves</td>
<td>3 to 8</td>
<td>20 to 25</td>
<td>25 to 30</td>
</tr>
<tr>
<td>Spinach</td>
<td>No water added</td>
<td>5 to 8</td>
<td>*</td>
<td>*</td>
</tr>
<tr>
<td>Squash, Hub.</td>
<td>Sliced</td>
<td>3 to 8</td>
<td>15 to 20</td>
<td>20 to 30</td>
</tr>
<tr>
<td>Squash, Sum.</td>
<td>Cut in slices</td>
<td>3 to 8</td>
<td>5 to 10</td>
<td>10 to 18</td>
</tr>
<tr>
<td>Tomatoes</td>
<td>Quartered—no water</td>
<td>3 to 4</td>
<td>5 to 10</td>
<td>10 to 15</td>
</tr>
<tr>
<td>Turnips</td>
<td>Sliced or cubed</td>
<td>5 to 6</td>
<td>15</td>
<td>20 to 25</td>
</tr>
</tbody>
</table>

*These are usually sufficiently cooked when they reach the boiling point. Any additional cooking time, on lower heats will depend upon the amount and “variety” of the food.*
Suggestions for COFFEE making

- Heat water to boiling in teakettle using HIGH. Pour desired quantity in percolator, place on 6” unit and turn switch to MEDIUM LOW. Let coffee percolate for approximately 10 minutes, then turn switch to OFF.

- Heat water to boiling in teakettle using HIGH. Warm drip pot with some of this water or with hot tap water. Pour desired quantity of water in drip pot. Coffee is ready when water has dripped through.

- Heat water to boiling in teakettle using HIGH. Pour desired quantity in lower glass bowl. Place entire coffee maker on 6” unit using MEDIUM LOW. As soon as water rises to upper bowl, turn switch to OFF and remove coffee maker from unit. Coffee is ready when all water has dripped back to lower bowl.

Frying—Panbroiling—Sauteing

1. Frying, panbroiling and sauteing refer to the cooking of food on top of the range with varying amounts of fat in the skillet.

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. Use MEDIUM HIGH or MEDIUM LOW to brown the food on each side.

6. For food which needs to be tenderized, cover the skillet and continue the cooking on reduced heat.
A few typical
SURFACE COOKING RECIPES

WHITE SAUCE

2 tablespoons butter
2 tablespoons flour
1 cup milk
$\frac{1}{4}$ teaspoon salt
Dash of pepper

Melt butter in a saucepan on High, approximately 2 minutes. Turn switch to Medium High. Stir in flour and blend well. Add milk, stirring constantly and cook until smooth. (Amount—about $\frac{1}{2}$ pint.)

CUSTARD SAUCE

$\frac{3}{4}$ cup sugar
3 tablespoons flour
$\frac{1}{4}$ teaspoon salt
2 cups milk
2 egg yolks
Scald milk on High about 5 minutes.
Combine sugar, flour and salt.

Add scalded milk to dry ingredients. Cover. Cook for 25 minutes on Simmer, stirring at 5 minute intervals. Beat egg yolks, gradually pour the custard over them, stirring constantly. Return to the unit and continue to cook on Simmer for approximately 3 minutes. (Amount—about 1 pint.)

ROLLED OATS
(Quick Oats)

1 cup rolled oats
2 cups water
$\frac{1}{2}$ 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 3 to 7 minutes. Stir occasionally. (About 4 servings.)

RICE

1 cup rice
3 cups water
1 teaspoon salt

Wash and drain rice and pour into covered saucepan. Place on the unit and switch to Low. Allow to steam for one hour.

Note: This same recipe may be used for steamed rice in oven dinners; steamed in covered container in the oven at 375°F, for $1\frac{1}{2}$ hours. (Amount—about 6 servings.)

DRIED PRUNES

2 pounds dried prunes
6 cups water
1 cup sugar

Place prunes in saucepan. Add 6 cups of water and cover. Turn switch to Simmer and cook until prunes are plump and tender, approximately $2\frac{1}{2}$ hours. Add sugar and continue cooking on Simmer for an additional 30 minutes. Total time—3 hours. (Amount—about 8 to 10 servings.) Same method may be used for other dried fruits.

FRENCH FRIED POTATOES

For 1$\frac{1}{2}$ pounds of potatoes, use approximately 2 pounds of fat. Peel and cut potatoes in strips. Heat fat on High to 375° or 380° F. in deep fat fryer. Add potatoes. When nicely browned, drain in the wire basket. Sprinkle with salt and serve at once. (Amount—about 5 servings.)
FRENCH FRIED ONIONS

6 medium Bermuda Onions
Milk Salt
Flour Pepper

Peel onions; cut into ¼-inch slices; separate into rings; cover with milk and let stand 30 minutes. Drain thoroughly; toss in a paper bag with flour, salt and pepper until completely covered with flour. Heat fat to 375°F on High, add the onions. Switch to Medium-High for browning. Drain on absorbent paper and serve immediately. (Amount—about 5 servings.)

DOUGHNUTS

4 cups sifted flour
½ teaspoon nutmeg
¼ teaspoon cinnamon
1 teaspoon salt
¾ teaspoon cream of tartar
2 tablespoons shortening
¾ cup sugar
4 egg yolks, beaten, or 2 eggs and 1 egg yolk
1 cup thick sour milk

Sift dry ingredients. Cream shortening and sugar until well blended. Add egg yolks and beat until light. Add milk. Add sifted dry ingredients. With as little handling as possible, roll dough on floured board to ¼-inch thickness. Let dough stand 20 minutes. Cut with doughnut cutter. Fry in deep fat 375°F on Medium-High until brown, turning when sufficiently browned on one side. Drain on unglazed paper.

Note: If sweet milk is used, reduce amount to ¾ cup, omit soda and cream of tartar, and use 3½ teaspoons baking powder. (Amount—about 4 to 5 servings.)

SALMON CROQUETTES

1 one-pound can red salmon
1 egg
1 teaspoon lemon juice
1 teaspoon chopped parsley
½ 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 on High, add the croquettes. Switch to Medium-High for browning. Nicely brown and tender in approximately ten minutes. (About 6 servings.)

CORN FRITTERS

1 cup corn pulp (either fresh or canned)
½ cup flour
¼ cup milk
1 egg
½ teaspoon salt
¼ teaspoon baking powder

Add well beaten egg and salt to the corn; combine flour and baking powder then add to corn and egg mixture. Add milk. Melt two tablespoons butter in a small skillet. When it is hot, add the batter by the tablespoonful. Permit the bottom of the cakes to brown, reverse them and brown the other side. Serve at once. Use the constant even heat of Medium-Low on the 8-inch unit or Medium-High on the 6-inch unit. (Amount—about 4 to 5 servings.)

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. Switch to Medium-High for browning the chicken on both sides When chicken is browned, cover and turn to Low or Simmer for 40 minutes. (Amount—about 6 to 8 servings.)
**FRIED PORK CHOPS**

For 5 or 6 chops, use about 4 tablespoons of fat. Heat fat in skillet on High approximately 8 minutes. When hot, add chops, switch to Medium-High and complete browning on both sides approximately 15 minutes. If chops are not sufficiently tender, add several drops of water, cover and allow to continue cooking on Low or Simmer until serving time. (Amount—about 5 or 6 servings.)

**FRIED HAM**

For one large slice of ham, approximately 1 1/2 pounds, use about 2 tablespoons of fat. Turn switch to High and heat fat in the skillet. Switch to Medium-High for browning. (Amount—about 5 servings.)

**GERMAN FRIED POTATOES**

Peel potatoes and slice. With approximately one pound of potatoes, use 3 tablespoons of fat. Place fat in skillet. Turn switch to High. When hot, add the sliced potatoes. Stir frequently while potatoes are browning. (Amount—about 3 to 4 servings.)

**CORNMEAL PANCAKES**

1 cup flour  
1/2 cup cornmeal  
2 teaspoons baking powder  
3/4 teaspoon soda  
1 teaspoon salt  
1 egg  
1 1/2 cups buttermilk  
1 tablespoon molasses  
1/4 cup melted butter

Sift dry ingredients. Beat egg and add buttermilk. Mix with dry ingredients and blend well. Add molasses and butter. Bake on hot griddle, using the constant even heat of Medium-Low on the 8-inch unit or Medium-High on the 6-inch unit. (Amount—about 8 servings.)

**PANCAKES DELICIOUS**

1 1/2 cups of flour  
2 1/2 teaspoons of tartrate (calcium phosphate) baking powder or 1 1/2 teaspoons phosphate—S. A. S. baking powder  
1/2 teaspoon salt  
1 egg  
1 1/2 cups milk  
1 1/2 tablespoons sugar  
2 tablespoons melted shortening

Sift the flour, measure, then sift again with the baking powder and salt. Separate the eggs and beat the egg yolks, add to the milk, and stir this mixture into the flour mixture and add the sugar. Add the shortening, melted and cooled, and fold in the egg whites, beaten stiff. Bake on hot griddle, using the constant even heat of Medium-Low on the 8-inch unit or Medium-High on the 6-inch unit.

There is no necessity for adjusting the heat by changing the switch position. (Amount—about 8 servings.)

**TOP CAKE**

5 tablespoons shortening  
3/4 cup sugar  
1 egg (beaten)  
1 cup milk  
2 1/4 cups flour  
4 teaspoons baking powder  
3/2 teaspoon salt

Turn switch to High. Preheat the 6-inch cooking unit for approximately 5 minutes. Pour the batter into a slightly greased 3-qt. aluminum utensil that exactly fits the unit. Turn switch to Simmer, place cover on utensil and allow to bake for one hour. Add the following topping 5 minutes before the cake is removed from the unit. Replace cover. **Chocolate topping:** Combine 2 ozs. of grated sweet chocolate with 3/4 cup of chopped nuts. Sprinkle over the cake.
ICINGS

OMFORT ICING

2½ cups sugar
⅛ cup white corn syrup
⅝ cup water
⅛ teaspoon cream of tartar
2 egg whites
1½ teaspoons vanilla

Combine sugar, syrup and water. Boil on Medium-Low heat without stirring until syrup spins a thread, 240°F. Pour the hot syrup slowly over stiffly beaten egg whites. Continue beating with rotary egg beater while syrup is being added. Add vanilla and continue beating until mixture will hold its shape. (Amount—Frosts top and sides of a two-layer cake, 8-9 inches in diameter.)

LEMON ICING

2½ cups sugar
⅛ cup white corn syrup
⅝ cup water
⅛ teaspoon cream of tartar
2 egg whites
2 teaspoons lemon juice
Several drops of yellow food coloring

Follow same method as used in preparing Comfort Icing. Add lemon juice in place of vanilla. Add yellow food coloring after lemon juice has been added, continue beating until mixture will hold its shape. (Amount—Frosts top and sides of a two-layer cake, 8-9 inches in diameter.)

FUDGE ICING

2 cups granulated sugar
⅛ cup milk
2 teaspoons butter
2 squares chocolate

Heat sugar and milk on Medium-Low, stirring until sugar is thoroughly dissolved. Melt chocolate on Low and add to above mix. Continue cooking on Low to 230°F. or until syrup forms a soft ball in cold water. Add butter. Cool and beat until right consistency for spreading. (Amount—Frosts top and sides of a two-layer cake, 8-9 inches in diameter.)

CARAMEL ICING

2¾ cups brown sugar (1 lb.)
½ cup butter
1 cup cream or rich milk

Cream butter, sugar and stir while cooking over Medium-Low heat until smooth and creamy, add 1 cup cream or rich milk and cook until it will form a soft ball when dropped into cold water. If a candy thermometer is used temperature 238°F. to 240°F. Remove from heat and cool for about 10 minutes. Beat until thick enough to spread. The icing will become quite light in color. Chopped nuts may be sprinkled on icing, if desired. Amount—Frosts top and sides of a two-layer cake 8-9 inches in diameter.)

UNCOOKED COCOA FROSTING

½ cup cocoa
1 cup granulated sugar
1 teaspoon vanilla
1 pint XX cream

Blend ½ cup cocoa with 1 cup granulated sugar and 1 teaspoon vanilla; stir in 1 pint of XX cream, unwhipped and stir this very lightly until well mixed; place in Frigidaire for four hours or overnight and then beat with rotary egg beater until thick enough to spread as frosting. (This is delicious on Angel Food or Sunshine cake.) (Amount—Frosts top of a cake 8-9 inches in diameter.)
SURFACE DINNER

Flank steak, 1 1/2 pounds
1/2 cup water
1 cup carrots (cut in 1/4" rounds)
1 cup celery (diced)
1 cup tomatoes (fresh or canned)
1 cup green peas (fresh)

Season and flour steak. Heat 2 tablespoons fat and 2 tablespoons butter in a skillet on High. Turn switch to Medium-High for browning, approximately 15 minutes. Turn switch to Low and add 1/2 cup water. Cover and allow to cook for approximately 15 minutes. Add the vegetables; cover.

Turn switch to High until steam appears (approximately 10 minutes). Turn switch to Low and allow to cook for at least 15 minutes. (Amount—about 5 servings.)

VEGETABLE MEDLEY

1/4 cup butter
1 cup cooked lima beans
1 cup fresh cucumbers (diced)
1 cup celery, chopped
1 large onion
1 cup corn

Melt butter on High in saucepan or skillet. Combine vegetables. Cook slowly on Simmer, stirring often, until well done and slightly browned. This vegetable combination is surprisingly delicious. (Amount—about 5 servings.)

MUSHROOM SUPREME

1 No. 2 can tomatoes
1 small onion
1 teaspoon salt
1/2 teaspoon pepper
1/2 teaspoon paprika
4 tablespoons butter
1 pound mushrooms
1 can peas (2 cups)
2 tablespoons flour
Toast strips

Combine tomatoes, onion (chopped fine), salt, pepper, paprika and one tablespoon butter in a covered steamer. Cook on High 5 minutes, Simmer 5-7 minutes.

Peel and slice mushrooms. Melt three tablespoons of butter on High. Add mushrooms and saute in covered container on Medium-Low for 20 minutes. Add flour and continue cooking for approximately 2 or 3 minutes.

Combine tomato and onion combination with the mushrooms and peas. Continue cooking on Simmer until properly thickened (several minutes). Serve on toast strips. (Amount—about 6 servings.)

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 heat fat in skillet. Switch to Medium-High for browning 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 Simmer and cook approximately one hour. (Amount—about 4-6 servings.)
You can use the

THERMIZER every day

COOKING IN THERMIZER

- The Thermizer effects a real saving by cooking several foods at one time. You can cook one vegetable on the bottom of the Thermizer, and another in the pudding pan, provided in some models, by placing it on the trivet adjusted at one of the upper levels. Or you can cook a pot roast and a vegetable in the bottom and another vegetable or a pudding in the top. Thus the handy Thermizer gives you the convenience of cooking part, or all of your meal, in one utensil.

BAKING

- Thermizers equipped with baking rack* will prove a great convenience and economy in baking a few potatoes or apples, for the smaller family or for the children's lunch. To arrange Thermizer for baking, remove the entire utensil from the well, lay it aside, and in its place insert the baking rack directly over the Frigidaire unit. Place food on the rack and utensil cover on top of well, and follow specific instructions shown on page 19.

On page 15 is a list, suggesting a few of the many uses for the Double-Duty Thermizer Cooker.

Directions for Operating the Thermizer

- For most Thermizer cooking, you will want to start cooking on HIGH until steam appears and then switch to economical LOW for the balance of the cooking operation. For complete information on how to use the Thermizer switch on your Range, see your Range Instruction Book.

*If your Frigidaire Range is not equipped with a pudding pan or baking rack, you can obtain one at small cost through your Frigidaire Dealer.
Helpful Hints

for using your Thermizer Cooker

1

- To brown meat, preheat the Cooker. To do this, first remove trivet, then replace cover and turn the switch to HIGH for about ten minutes. Do not cover while browning.

2

- When vegetables are cooked with the meat, place vegetables on top of meat after the roast has been browned.

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 direction for Cooker Menus on page 20.)

Many uses for your Thermizer

For Cooking:

Whole meals.
Less tender cuts of meat, such as rump roast, chuck roast, round steak.
Dried vegetables, such as navy beans.
Dried fruits. Fresh vegetables.
Soups. Stews. Cocoa.

For Steaming:


For Sterilizing:

For sterilizing baby bottles, nipples, sickroom dishes and cutlery, and other small articles, place items in the double-duty Thermizer with about 1 cup of water. Use HIGH until steam appears (from 5 to 10 minutes), then use LOW for at least $\frac{1}{2}$ hour. Best results will be obtained by keeping articles to be sterilized out of water by using your adjustable trivet.
IMPORTANT: Before cooking with the Thermizer be sure to read the instructions for the care and use of the Thermizer utensil found in your “Helpful Suggestions” Book.

The Thermizer Cooker provides a simple method of preparing soups, whole meal dishes, vegetables, etc.

Soups, which must simmer for hours—Spaghetti, which must cook slowly, Spinach, cooked without water—one, two, or three vegetables prepared at one time—Hot Chocolate for the children’s party—are all simplified by the Thermizer Cooker.

**VEGETABLE SOUP**

- 2 qt. soup stock
- 1 cup carrots
- 1 cup green beans
- 1 cup tomatoes
- 7/8 cup celery
- 7/8 cup potatoes
- 1 small onion
- 7/8 cup rice or barley

Chop vegetables very fine; add vegetables and rice to soup stock. Pour into Cooker Cover. Turn switch to High until steam comes actively from the vent, about 30 minutes. Allow to simmer on Low for an additional two hours. Total cooking time, approximately 2 1/2 hours.

**SOUP STOCK** can be prepared from a three to four pound soup bone, or shin of beef. Wash meat and cut from bone into cubes. Turn Cooker switch to High and brown meat in the Cooker. When brown, add the soup bone, two quarts of cold water, salt and onion. Cook on High for at least 30 minutes, or until steam comes actively from the vent. Allow to simmer on Low for 1 hour before vegetables are added. (Amount—about 12 servings.)

**POTATOES, GREEN BEANS and RED BEETS**

- 4 medium sized potatoes
- 1 lb. green beans
- 1 lb. red beets

All three vegetables can be combined in the Cooker by placing the green beans in the bottom of the Cooker; add 1/2 cup water. Place the potatoes on top of the green beans; place red beets, peeled and sliced, in the Thermizer Pudding pan. Season with salt, pepper and butter; place on the trivet. Do not add any water to the beets. Cover the Cooker. Cook on High for about 20 minutes; allow to continue cooking on Low for about 40 minutes. Total cooking time, 1 hour.

**SUGGESTION:** Fresh peas, lima beans, diced carrots and any of the small fresh vegetables can be cooked in place of the red beets if desired by following the same method. (About 4 servings each vegetable.)
SPINACH

1 or 2 lb. spinach

One or two pounds of spinach can be placed in the Cooker without water. Cook on High until steam comes actively from the vent, approximately 10 or 15 minutes. Allow to continue steaming on Low for an additional 15 minutes. (Amount—about 3 to 6 servings.)

DRIED APRICOTS

3 lbs. dried apricots
6 cups water
1½ cups sugar

Wash apricots. Place in Thermizer Cooker, add water. Cover. Cook on Low until plump and tender, approximately 3¾ hours. Add sugar and cook for an additional 30 minutes on Low. Total time—approximately 4 hours (Amount—about 24 servings.)

BAKED BEANS

1 pound navy beans
1 teaspoon salt
2 tablespoons molasses
6 tablespoons sugar (light brown)
½ pound bacon (cut into 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, approximately 8-10 hours. (About 10 to 12 servings.)

MEAT BALLS

1 lb. hamburger
½ cup cooked rice
1 medium size onion (chopped fine)
1 small green pepper (chopped fine)
1 egg
½ cup milk
Salt

Combine ingredients and shape into balls. Place in the Cooker. Add 2 cups of stewed tomatoes. Cover. Cook on High for approximately 20 minutes or until steam comes actively from the vent.

Continue cooking on Low for approximately 1 hour. Add ½ can peas 15 minutes before removing from the Cooker. This is optional. (Amount—about 6 servings.)

POT ROAST

(4½ lbs. Rump)

Cook on High for approximately 25 minutes, 10 minutes of the 25 minutes will be required to preheat Cooker and fat. The remaining 15 minutes can then be used to brown meat. Brown meat on all sides with the cover off. When well browned, cover and cook on High for 15 minutes or until steam comes actively from the vent. Continue cooking on Low and cook approximately 3½ hours. (Amount—about 12 to 15 servings.)

RUSSIAN GOUKLASH

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

Cook on High for 30 minutes, 10 minutes of the 30 minutes will be required to preheat Cooker and fat. The remaining 20 minutes can then be used to brown the meat. Cut the meat in cubes and brown it in the Cooker.

Chop onions and green peppers. Peel and cut tomatoes. Combine vegetables and add to meat. Add sauerkraut, paprika and one pint of sour cream. Place cover on Cooker.

Cook for an additional 30 minutes on High or until steam comes actively from the vent in the cover, and continue cooking on Low for three and one-half hours. Then add remaining pint of sour cream. Replace cover and allow to continue steaming for approximately 10 minutes. It will then be ready to serve. (Amount—about 12 to 15 servings.)

FIG BREAD PUDDING

2 cups dry bread crumbs
1 cup milk
½ cup sugar
1 cup chopped figs
¼ cup melted butter
2 eggs, beaten
Salt
½ cup chopped nuts

Add bread crumbs to hot milk and set aside to cool. When cool 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.

(Continued on next page)
To steam place one cup of water in Cooker. Place the pudding on trivet in Cooker. Cook on High for approximately 15 minutes. Continue on Low for about 1 hour. (Amount—about 6 servings.)

BOSTON BROWN BREAD

1 cup cornmeal  
1 cup white flour  
1 teaspoon salt  
1 teaspoon soda  
2 teaspoons baking powder  
1 cup graham flour  
½ cup brown sugar  
¾ cup molasses  
2 cups buttermilk  
1⅛ 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 beat thoroughly. Pour into four one-pound baking powder cans, filling each one-half full.

To steam, place one cup of water in cooker. Place the trivet in lowest position. Steam on High approximately 25 minutes. Turn to Low and steam three hours. Then brown in a hot oven (400° F.) for five minutes before removing bread from cans. Each can will be full when steaming is completed. (Amount—4 small loaves.)

APRICOT PUDDING

1 cup boiling water  
1 cup finely chopped dried apricots  
1 cup grapenut flakes  
¾ cup sweetened condensed milk  
½ cup raisins  
½ teaspoon cinnamon  
½ teaspoon nutmeg  
Few grains salt.

Wash apricots thoroughly; chop; pour one-half cup boiling water over apricots. Cook on Simmer until tender. Pour remaining ½ cup water over grapenut flakes. Combine with apricots. Add remaining ingredients. Mix thoroughly. Pour into greased pudding pan.

To steam, place one cup water in the cooker. Place trivet in highest position. Add pudding. Cover. Steam one hour. (Amount—4-5 servings.)

PLUM PUDDING

1 cup raisins  
1 cup currants  
½ cup citron (diced)  
½ cup crystallized fruit (pineapple and cherries)  
¾ cup Sherry wine  
2 tablespoons lemon juice  
2 cups brown sugar  
¾ cup butter  
4 eggs  
¾ cup jelly  
½ teaspoon cinnamon  
½ teaspoon nutmeg  
¾ pound bread crumbs  
¾ 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 molds which have been lined with oiled paper.

To steam, place one cup of water in the cooker. Place the pudding on trivet in cooker. Steam on High approximately 25 minutes or until steam comes actively from vent in cooker. Turn to Low and steam one pound molds three hours and larger molds four hours. When done, remove from molds immediately. Serve with hard sauce.

To reheat, replace pudding in mold and steam for approximately 1 hour. (Amount—2 one quart melon moulds. Approximately 20-24 servings.)
Baking in the THERMIZER

BAKED CUSTARD

(3 Servings)

1 1/2 cups milk 1/2 teaspoon vanilla
2 eggs Salt
3 tablespoons sugar Nutmeg

Beat eggs; add sugar; beat slightly; add heated milk. Pour into three glass custard cups. Sprinkle lightly with nutmeg. Pour 1 1/2 cups of boiling water into pudding pan, place on rack, cover. Preheat cooker well on High for 10 minutes. Place cups in pudding pan. Place lid on cooker well. Cook on Med. Low for 1 hour.

BAKED POTATOES

2 or 3 medium sized potatoes

Potatoes may be placed on the Baking Rack in the Cooker well. Place the lid on the well. Cook on High for about 30 minutes. Allow to continue baking on Low for 30 minutes. Total baking time, 1 hour. (Amount—about 2 or 3 servings.)

BAKED APPLES

2 or 3 apples

Wash and core baking apples; season with sugar, cinnamon and butter and place in Thermizer Cooker pan or shallow baking dish.

Place on the Baking Rack in the Thermizer well. Place lid on the Cooker well. Cook on High for about 25 minutes. Allow to continue baking on Low for about 30 minutes. Total baking time approximately 55 minutes. (Amount—about 2 or 3 servings.)
SUGGESTED MENUS
for the Thermizer Cooker

Method of Preparation—Place ham in Cooker; add ½ cup cold water; cover Cooker. Cook on HIGH for about 20 minutes, and on LOW for about 1 ½ hours. Remove ham from Cooker, trim, and return to Cooker. Add green beans and potatoes. Cook on HIGH until steam comes actively from the vent, about 20 minutes. Continue cooking on LOW for one hour. Total cooking time, about 3 hours and 10 minutes. (For ham end alone, follow same method, only continue cooking ham on LOW for several hours until tender.)

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. Cover, and leave on HIGH until steam comes from the vent. Then cook on LOW 1 hour. Add potatoes, carrots and onion. Place pudding on trivet in highest position. (Pudding to be covered with parchment paper or not, as desired.) Cook on HIGH until steam comes from vent. Cook on LOW for 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 MEDIUM-HIGH. 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 tbsps. 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. Cook on HIGH until steam appears from vent (about 10 minutes). Then cook on LOW for 1 hour and 15 minutes. Serve.
Section 3

OVEN COOKING
The FRIGIDAIRE OVEN

combines every worthwhile feature for greatest convenience and economy

(Complete instructions on how to operate the oven controls will be found in your Range Instruction Book.)

• If your family likes big, juicy roasts, home-made rolls, delicious cakes and pies . . . it's no work at all to prepare them in the spacious "Even-Heat" Oven. And best of all, you'll find that it eliminates baking uncertainties and ends "oven peeking" and guesswork.

Uniform heat distribution in all parts of the "Even-Heat" Oven combined with positive temperature control makes it possible for you to prepare delicious foods with confidence and ease. You can use the economical "Even-Heat" oven freely—even in summer—because your Frigidaire Range doesn't heat the kitchen. You can use your favorite recipes—the only difference is that everything will be so much simpler and easier. You'll really enjoy using the "Even-Heat" oven . . . and your family will enjoy the foods you'll prepare in it.

A—Heating Units
The ovens of all Frigidaire household Ranges have two heating units.

B—"Evenizer"
Distributes heat evenly throughout the oven—Protects food from radiant heat.

C—Easy-Glide Shelves
Remain rigid when fully extended. Easily removable.

D—Embossed Shelf Guides
Positive stops prevent accidental withdrawal of loaded shelves—First shelf position is in channel between first two guides . . . never place shelf above topmost guide.

E—Porcelain Interior
One-piece oven finished inside and out in porcelain—Rust-proof, easy to clean.

• NOTE: For full details about pastry oven in Model B-70, consult instruction book provided with that range.

• NOTE: Apartment house Model A-6 has the same full size oven as household models. The only difference is that the A-6 oven has a single heating unit.
Throughout the following pages on Oven Cooking, certain terms describing methods of Oven Cooking are used. A knowledge of these terms, which are explained below, will help to make oven cooking easier, and more enjoyable.

(Complete instructions on how to operate the Oven Controls of your Range will be found in your Range Instruction Book.)

**Preheat for a Hot Oven Start.** For most baking or roasting, a hot Oven Start is recommended, in which the oven is brought up to the desired temperature before the food is placed in the oven. During Preheating both upper and lower units are on full. At no time will you want to have food in the Oven during preheating unless your recipe specifies cooking on Preheat.

**Cold Oven Start.** When using the “Cook-Master” a Cold Oven Start is used, in which food is placed in the oven before heat is turned on. With this method, when the heat is turned on the lower unit is on full, and the upper unit is on very low heat.

**Broil.** The upper unit is on full for broiling in order to supply radiant heat to the food on the broiler rack below.
Helpful Hints for BAKING

DIRECTIONS FOR BAKING

See your Range Instruction Book.

1. Adjust oven shelves before turning on heat.
2. Close door.
3. Set controls for preheating (unless using cold start).
4. When "Signal Light" goes off, place food in oven (On Twin Control Ovens, turn switch to Bake.)
5. Bake for recommended time and remove food.
6. Turn heat off.

When You Bake

Fill cake pans about \(\frac{2}{3}\) full.

Lift cookies from baking sheet immediately after removing from oven and let cool before putting them away.

Remove butter cakes from pans immediately after taking from oven. Let cool on cake rack.

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

Pastry shells baked on outside of pan bake more quickly than filled pastries baked on inside of pan.

Utensils

If pans are warped, unevenly darkened or too deep for the amount of food placed in them, you will have uneven baking and browning. If possible, use the type of utensil suggested in the recipe.

Placing Pans in Oven

To assure even heat distribution around pans arrange them so they do not touch each other, the back, sides or door of the oven. Also be certain they are not directly over each other.

Biscuits and Cookies

It is recommended that you use a baking sheet which allows at least 1\(\frac{1}{2}\) inches between it and the wall of the oven. Only one baking sheet should be placed in the oven at one time.

RANGE TEMPERATURE CHART

The following chart will help you select the temperatures for recipes that indicate only approximate oven temperatures:

- Cool Oven: 250 - 350
- Moderate: 350 - 400
- Hot: 400 - 450
- Very Hot: 450 - 550
### Baking Time and Temperature Chart

| BREAD, ROLLS | | | |
|-------------|-------------|----------------|
| Bread       | 4 or 6 loaves | 400°F. | 1 hour |
| Frigidaire Rolls | 2 loaves | 400°F. | 20 to 25 minutes |
| Swedish Tea Ring | 2 loaves | 375°F. | 25 to 30 minutes |
| Honey Twist | 1 pan | 375°F. | 25 to 30 minutes |
| Brown Bread | 2 loaves | 375°F. | 50 to 55 minutes |
| Butterscotch Bread | | 350°F. | 1 hour |
| Quick Coffee Cake | | 400°F. | 35 minutes |
| Corn Bread | | 400°F. | 30 to 35 minutes |

| BISCUITS | | | |
|----------|-------------|----------------|
| Breakfast Biscuits | | 450°F. | 11 minutes |
| Southern Biscuits | | 450°F. | 11 minutes |

| PIES | | | |
|------|-------------|----------------|
| Pie Shell | 1 or 2 pies | 450°F. | 15 minutes |
| Apple Pie | 1 or 2 pies | 450°F. | 40 minutes |
| Blueberry Pie | 1 or 2 pies | 450°F. | 40 minutes |
| Butterscotch Pie | 1 or 2 pies | 350°F. | 15 to 15 minutes |
| Custard Pie | 1 or 2 pies | 450°F./325°F. | 10 minutes |

| MUFFINS | | | |
|---------|-------------|----------------|
| Plain Muffins | | 400°F. | 25 to 30 minutes |
| Blueberry Muffins | | 400°F. | 25 to 30 minutes |

| CAKES | | | |
|-------|-------------|----------------|
| Angel Food | Tube cake pan | 325°F./350°F. | 15 minutes/55 minutes |
| Sponge Cake | Tube cake pan | 350°F. | 45 to 50 minutes |
| Layer Cake | Two layers | 375°F. | 40 minutes |
| Pound Cake | Two loaf pans | 350°F. | 1 hour, 10 minutes |
| Meringue Cake | One layer | 300°F. | 55 minutes |
| Fudge Cake | Two layers | 375°F. | 35 minutes |

| COOKIES | | | |
|---------|-------------|----------------|
| Refrigerator Cookies | One sheet | 400°F. | 9 or 10 minutes |
| Mincemeat Cookies | One sheet | 400°F. | 10 minutes |
| Sugar Cookies | One sheet | 400°F. | 10 minutes |
| Butterscotch Cookies | One sheet | 400°F. | 10 minutes |
| Walnut Cookies | One sheet | 400°F. | 20 minutes |
| Cream Puffs | | 425°F. | 20 minutes |

| ENTREES | | | |
|---------|-------------|----------------|
| Baked Potatoes | | 400°F. | 1 hour |
| Scalloped Potatoes | | 375°F. | 1 hour |
| Candied Sweet Potatoes | | 375°F. | 1 hour |
| Cheese Souffle' | | 325°F. | 40 minutes |
| Salmon Souffle' | | 325°F. | 40 minutes |
| Corn Souffle' | | 350°F. | 40 minutes |
| Baked Macaroni | | 350°F. | 45 minutes |
| Baked Apples | | 375°F. | 30 to 40 minutes |
| Baked Hash | | 350°F. | 1 hour |
| Baked Beans | | 300°F. | 3 hours |
Roasting time and temperatures are approximately the same, whether a cold or preheated oven is used.

Frozen meats may be allowed to thaw before cooking or may be cooked from the frozen state by cooking at slightly lower temperatures for approximately 50% longer periods of time.

Meats will roast in their own juices . . . water need not be added.

You need not cover roasts, but if you prefer, it’s perfectly all right to do so.

Basting is not necessary . . . if roasted long enough, meats will brown nicely.

For delicious gravy, remove roast from pan and mix drippings with flour and water. Place pan on Surface cooking unit turned to HIGH for several minutes. Stir gravy until thickened.

Meat experts recommend a constant temperature of 300° F. to 350° F. for roasting. This method produces a brown exterior and an evenly cooked interior, doneness depending on time.

If you prefer the searing method, set your oven temperature at 500° F. for a few minutes and then reduce it for the remainder of the roasting time.

Meats should be roasted with the fat side up so melting fat bastes the meat. Standing roasts such as rib and pork loin form their own racks . . . for other roasts, place a rack under the meat.

Roasts, especially rare to medium rare, may continue to cook for one-half hour or more after being removed from the oven.

Meats may be seasoned before, during or after roasting. Salt, however, penetrates only to the depth of about 1 inch.

Roast leg of lamb will keep its shape better and cook in less time if the fell, or thin paper-like skin, is not removed.

For instructions on use of Roasting Rack in Models B-60 and B-70, see the Instruction Book provided with those ranges.
# Roasting Chart

... for Meats and Fowl

Courtesy of National Live Stock and Meat Board

<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></td>
<td></td>
</tr>
<tr>
<td>Rare</td>
<td>300° to 350° F.</td>
<td>18-20 minutes per pound or to internal temperature 140° F.</td>
</tr>
<tr>
<td>Medium</td>
<td>300° to 350° F.</td>
<td>22-25 minutes per pound or to internal temperature 160° F.</td>
</tr>
<tr>
<td>Well Done</td>
<td>300° to 350° F.</td>
<td>27-30 minutes per pound or to internal temperature 170° F.</td>
</tr>
<tr>
<td>Boned Roasts</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Top Round</td>
<td>300° to 350° F. and allow full time at 350° F.</td>
<td>Add 10-15 minutes per pound</td>
</tr>
<tr>
<td>Medium</td>
<td>300° F.</td>
<td>20-25 minutes per pound</td>
</tr>
<tr>
<td>Well Done</td>
<td>300° F.</td>
<td>30 minutes per pound</td>
</tr>
<tr>
<td>Rump</td>
<td>300° F.</td>
<td>30 minutes per pound</td>
</tr>
<tr>
<td>Chuck</td>
<td>300° F.</td>
<td>30 minutes per pound</td>
</tr>
<tr>
<td>LAMB—Leg</td>
<td></td>
<td></td>
</tr>
<tr>
<td>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></td>
<td></td>
</tr>
<tr>
<td>Leg</td>
<td>300° F.</td>
<td>22 minutes per pound</td>
</tr>
<tr>
<td>Shoulder</td>
<td>300° F.</td>
<td>25 minutes per pound</td>
</tr>
<tr>
<td>Loin or Rack</td>
<td>300° F.</td>
<td>30-35 minutes per pound</td>
</tr>
<tr>
<td>PORK—Fresh</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Ham</td>
<td>350° F.</td>
<td>40-45 minutes per pound</td>
</tr>
<tr>
<td>Loin</td>
<td>350° F.</td>
<td>30-35 minutes per pound</td>
</tr>
<tr>
<td>Cushion</td>
<td>350° F.</td>
<td>35-40 minutes per pound</td>
</tr>
<tr>
<td>Pork Butt</td>
<td>350° F.</td>
<td>40-45 minutes per pound</td>
</tr>
<tr>
<td>Spareribs</td>
<td>300° F.</td>
<td>1-1½ hours</td>
</tr>
<tr>
<td>Tenderloin</td>
<td>300° F.</td>
<td>1 hour</td>
</tr>
<tr>
<td>PORK—Cured</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Large Ham</td>
<td>300° F.</td>
<td>20 minutes per pound</td>
</tr>
<tr>
<td>(14-18 lbs.)</td>
<td>300° F.</td>
<td>25 minutes per pound</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>40 minutes per pound</td>
</tr>
<tr>
<td>Half of Ham</td>
<td>300° F.</td>
<td>45 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></td>
</tr>
<tr>
<td>Butt End</td>
<td>300° F.</td>
<td></td>
</tr>
<tr>
<td>CHICKEN</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Large (4-6 lbs.)</td>
<td>325° to 350° F.</td>
<td>22-25 minutes per pound</td>
</tr>
<tr>
<td>Small (3½ lbs.)</td>
<td>325° to 350° F.</td>
<td>30 minutes per pound</td>
</tr>
<tr>
<td>TURKEY</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Large (18-22 lbs.)</td>
<td>250° to 300° F.</td>
<td>15-18 minutes per pound</td>
</tr>
<tr>
<td>Medium (10-16 lbs.)</td>
<td>250° to 300° F.</td>
<td>18-20 minutes per pound</td>
</tr>
<tr>
<td>Small (6-10 lbs.)</td>
<td>250° to 300° F.</td>
<td>20-25 minutes per pound</td>
</tr>
<tr>
<td>DUCK—GOOSE</td>
<td>325° F.</td>
<td>30 minutes per pound</td>
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A few typical BAKING Recipes

CUSTARD PIE

3 eggs
\( \frac{3}{2} \) cup sugar
\( \frac{1}{2} \) teaspoon salt
2 cups scalding milk
1 teaspoon vanilla
\( \frac{1}{2} \) 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 guide from the bottom, bake at 450°F for 10 minutes, then 325°F for approximately 25 minutes. (Amount—one 9-inch pie or about 6 servings.)

BUTTERSCOTCH PIE

2 cups milk
1\( \frac{1}{2} \) cups brown sugar
\( \frac{1}{2} \) cup flour
\( \frac{1}{2} \) teaspoon salt
3 eggs
\( \frac{1}{2} \) 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 third guide from the bottom, bake at 450°F for approximately 10 or 15 minutes at 350°F. (Amount—one 9-inch pie or about 6 servings.)

MERINGUE

3 egg whites
3 tablespoons sugar
\( \frac{1}{2} \) 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. (Amount—enough to cover one 9-inch pie.)

PIE SHELL

1\( \frac{1}{2} \) cups pastry flour
\( \frac{3}{2} \) cup shortening
\( \frac{1}{2} \) teaspoon salt
3 tablespoons cold water

Sift flour and salt together. Cut shortening into the flour with dough blender or spatulas. Sprinkle water, 1 tablespoon at a time over mixture. Work lightly with a fork until dough is formed. Roll to desired thickness (about \( \frac{1}{16} \)”). Fit into pie shell. Place on fourth guide from the bottom. Bake at 450°F for 15 minutes. (Amount—one 9-inch pie shell.)

If two shells are baked at one time, twenty minutes total baking time should be allowed.

APPLE PIE

5 or 6 apples
\( \frac{1}{4} \) cup sugar or more if apples are tart
1 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 guide from the bottom, bake at 450°F for approximately 40 minutes. (Amount—one 9-inch pie or about 6 servings.)

SPRING FRUIT PIE
1 cup fresh strawberries
1 cup fresh pineapple
1 cup fresh rhubarb
1 1/2 cups sugar
2 tablespoons minute tapioca
1 teaspoon orange rind (grated)

Mix fruit, sugar and tapioca, and let stand while preparing the pastry. Arrange strips of pastry across top of pie and bake in hot oven 450°F for 45 to 50 minutes, on fourth lowest guide. (Amount—one 9-inch pie or about 6 servings.)

PUMPKIN PIE
1 1/2 cups pumpkin
1/2 cup brown sugar
1/2 cup granulated sugar
1 teaspoon cinnamon
1/4 teaspoon salt
1 tablespoon flour
1/4 teaspoon cloves
1/4 teaspoon ginger
2 eggs (slightly beaten)
1 cup milk

Mix pumpkin and dry ingredients thoroughly. Add eggs and milk. Pour into 9-inch pie shell. Bake in hot oven 425°F for 45 to 50 minutes. (Amount—one 9-inch pie or about six servings).

LAYER CAKE
1 cup shortening
2 cups sugar
4 eggs
3 cups sifted flour
1 teaspoon salt
4 teaspoons baking powder
1/2 cup evaporated milk diluted with 1/2 cup water or 1 cup whole milk
1 teaspoon vanilla

Separate 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 fourth guide from the bottom, two layers on one rack. Bake at 375°F for approximately 40 minutes. (Amount—about 12 to 15 servings.)

ANGEL FOOD CAKE
1 1/2 cups sugar
1 1/4 cups egg whites
1 cup flour
1 teaspoon cream of tartar
1/2 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. Then add vanilla. Add the flour a little at a time through a sifter, folding in after each addition.

Place shelf on fourth guide from the bottom. Bake at 325°F for 15 minutes, then 350°F for approximately 55 minutes. (Amount—about 8 to 10 servings.)

SPONGE CAKE
1 cup flour
1/4 teaspoon salt
5 eggs
4 teaspoons lemon juice
1/2 teaspoon lemon rind
1 cup sugar

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 guide from the bottom, bake at 350°F for approximately 45 to 50 minutes. (About 8 to 10 servings.)
POUND CAKE
1 3/4 cups butter
2 cups sugar
8 eggs
1/2 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 batter well. Turn into two greased and paper lined bread pans.
Place shelf on fourth guide from the bottom, both cakes on one shelf. Bake at 350°F. for approximately one hour and ten minutes. (Amount—about 12 to 15 servings.)

DEVILS FOOD CAKE
1/2 lb. butter
2 cups granulated sugar
1/2 cup cocoa
5 egg yolks
2 1/2 cups cake flour (sifted)
1/2 teaspoon salt
1 cup buttermilk
1 teaspoon soda in 1 tablespoon boiling water
1 tsp. vanilla
5 egg whites
Cream butter and sugar, add cocoa and beaten egg yolks; add flour, salt and buttermilk alternately. Add vanilla and then soda dissolved in the boiling water. Fold in the beaten egg whites. Bake in two layers in 9-inch rounds 1 1/2 inches deep or 7 1/2 inch square pans, 2 inches deep. Bake at 350°F. for approximately 1 hour. (Amount—about 12 to 15 servings.)

DATE and WALNUT CAKE
1 package of dates
1 teaspoon soda
1 cup boiling water
1 tablespoon shortening
1 cup sugar
1 egg
1 cup chopped black walnuts
1 teaspoon vanilla
1 1/2 cups flour
1/4 teaspoon salt
Stone dates and cut them into small pieces. Sprinkle over them 1 tsp. soda, then pour cupful of boiling water over them. Let the mixture cool.
Cream the shortening and sugar together, add eggs, without separating, the walnut meats, vanilla, and beat. Add date mixture and mix well. Then add the flour, sifted with the salt. Bake at 350°F. for 45 minutes.
Cake should be warm for serving. Add one tablespoon of rum or brandy to each serving before adding whipped cream. Whipped cream should be allowed to partly freeze before serving. (Amount—one layer about 11 inches by 7 inches by 1 1/2 inches.)

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 guide from the bottom, the other shelf on the third guide from the top. Bake at 400°F. for approximately one hour. (Amount—4 loaves, 1 1/2 lbs. each.)

BUTTERSCOTCH BREAD
2 eggs
2 cups brown sugar
2 tablespoons melted shortening
4 cups flour
1 1/4 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 guide from the bottom, both loaves on one shelf. Bake at 350°F for approximately one hour. (Amount—2 medium size loaves.)

**BROWN BREAD**

- 1 tablespoon butter
- 2 tablespoons brown sugar
- 1 cup of cane or dark corn syrup
- 2 cups buttermilk
- 2 teaspoons soda
- 1½ cups white flour
- 1 cup whole wheat flour
- ½ cup corn meal
- 1 teaspoon salt
- ½ 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 guide from the bottom, both loaves on one shelf. Bake at 375°F for approximately 50 or 55 minutes. (Amount—2 medium size loaves.)

**SWEET YEAST DOUGH**

- 1 cup milk, scalded
- ¼ cup butter
- ½ cup sugar
- 1 teaspoon salt
- 2 cakes compressed yeast
- ¼ cup lukewarm water
- 2 eggs
- 4¾ 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 a 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 guide from the top. Place tea ring on this shelf. Place the other shelf on the second guide 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 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.

**WHITE FROSTING**

- 1 cup confectioners’ sugar
- 2 tablespoons butter
- 2 tablespoons cream
- ¼ teaspoon vanilla extract

Blend sugar and butter. Add cream and vanilla, blending until mix is quite smooth. Spread, sprinkle with chopped nuts if desired.

**HONEY TWIST and TOPPING**

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**

- ¼ cup butter
- ½ cup confectioners’ sugar
- 1 egg white
- 2 tablespoons honey, warmed

Cream all ingredients together and brush over twist before baking (Amount—one 9-inch cake pan or 6 servings.)

**BREAKFAST BISCUITS**

- 2 cups sifted flour
- 4 teaspoons baking powder
- ¾ 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 guide from the bottom, bake at 450°F for approximately 12 or 13 minutes. (Amount—about 16 or 18 small biscuits.)
BLUEBERRY MUFFINS

2 cups sifted flour
3 teaspoons baking powder
⅔ cup sugar
⅜ teaspoon salt
1 egg
¾ cup milk
4 tablespoons melted shortening
1 cup blueberries

Sift together the flour, baking powder, sugar and salt. Beat the egg without separating. Add the milk to it and then the shortening.

Pour the liquid mixture into the dry ingredients and combine quickly. Add the blueberries. Bake in hot oven 400°F. for 20 or 25 minutes. (Amount—about 12 small muffins.)

PEANUT DROP COOKIES

1 cup shortening
1 cup sugar
2 eggs
3 tablespoons honey or molasses
1½ cups ground shelled peanuts
½ cup milk
3 cups flour
3 teaspoons baking powder
⅛ teaspoon salt (omit if peanuts are salted)
1 cup raisins

Cream the shortening, add the sugar, the beaten eggs, the honey or molasses and the milk and mix well. Add the flour which has been sifted with the baking powder and salt.

Fold in the ground peanuts and the raisins. Drop by small spoonfuls on greased cookie sheet. Bake in a hot oven 400°F. for about 10 minutes. (About 4 dozen cookies.)

CRISP GINGER COOKIES

1 cup molasses
½ cup shortening
½ teaspoon soda
3½ cups flour
2 tablespoons sugar
1 teaspoon ginger
1½ teaspoons salt

Heat molasses to boiling point and pour over shortening. Add the sifted dry ingredients, mix well and shape into a roll three inches in diameter. Wrap in wax paper and store in the refrigerator over night or until very cold.

When you are ready to bake, cut in thin slices with a sharp knife. Bake in a moderate oven 375°F. for ten minutes or until golden brown. (Amount—about 3 dozen cookies.)

HONEY COOKIES

½ cup butter
½ cup sugar
½ cup honey
⅛ teaspoon baking soda
⅛ teaspoon warm water
⅛ teaspoon cinnamon
¼ teaspoon ground cardamon
2 cups sifted flour

Cream butter and sugar. Beat in the honey. Dissolve soda in warm water and add. Sift spices with flour and add to above mixture. Put through Cookie Press or drop by teaspoonfuls on ungreased cookie sheet and press flat with the tines of a fork. Bake 8 to 10 minutes at 400°F. (Amount—About 2 doz. cookies.)

WALNUT DROP COOKIES

¾ cup shortening
2 cups brown sugar
2 eggs (beaten)
1 cup black walnut meats (chopped)
½ cup evaporated milk
3 cups pastry flour
½ teaspoon soda
½ teaspoon salt
1 teaspoon vanilla

Cream shortening and sugar; add eggs, nuts and vanilla. Stir in flour, which has been sifted with salt and soda, alternately with milk. Beat vigorously. Drop by teaspoon on greased pan. Bake at 400°F. approximately 8 minutes or until light brown. May be kept in Frigidaire and quantity baked as desired. (Amount—3 doz. cookies.)

DATE BARS

1 cup brown sugar
½ cup butter
2 eggs
½ cup sour milk
1 teaspoon soda
2 cups flour
1 cup dates (chopped)
1 cup nut meats (chopped)
1 teaspoon lemon juice
1 teaspoon vanilla
½ teaspoon salt

Combine and spread in shallow pan. Bake 40 minutes at 350°F. When partly cool, cut in strips and roll in powdered sugar. (Amount—2 doz. bars.)
There are three types of complete meals which can be prepared entirely in the “Even-Heat” oven. The chief factor in choosing between them is the amount of time you want to stay away from the kitchen. All types require foods which can be cooked at approximately the same temperatures.

**Type 1**  
Using foods which require *different cooking times*.

**Type 2**  
Using foods which require the *same cooking times* but which must *start cooking immediately*. The “Cook-Master” can be used to turn oven heat OFF in your absence.

**Type 3**  
Using foods which require *same cooking times* but which can stand in oven at room temperature for several hours and *start cooking later*. These are ideal meals for using the “Cook-Master” because you can set it to turn oven ON and OFF in your absence. (Most Frigidaire Ranges have the Cook-Master Oven Clock Control, either as standard equipment or as an accessory available at slight extra cost.)

*On the following pages are suggested menus for each of the above three types of oven meals.*

**Helpful Hints on Oven Meals**

Placement of shelves for oven meals—

*Upper Shelf*—Place in set of guides third or fourth from the top.

*Lower Shelf*—Place in set of guides second from the bottom.

Vegetables cooked in the oven should be placed in a covered utensil.  
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.  
An uncovered utensil should be used for meats and foods requiring browning on top.
ROAST CHICKEN MEAL

TOMATO CUPS
STEAMED RICE
BLUEBERRY PIE

Temp: 350° F. Time: 2½ hours.

Recipes and method of preparation

ROAST CHICKEN
Select young chicken (3½-4 lb.). Clean; sprinkle inside with salt. Stuff quite firmly with dressing, but do not pack. Insert skewers across opening and lace twine around them. Fold skin of neck back over bird’s back and hold in place with skewer. Tie ends of legs together with strong cord. Bring cord down around tailpiece and forward over tips of wings; tie across back. Rub fowl lightly with butter.

Dressing:
5 cups bread, cubes
½ cup celery, chopped
¼ cup melted butter
¼ teaspoon salt
¼ teaspoon poultry seasoning
2 tablespoons chopped onion
Combine ingredients and mix well.

TOMATO CUPS
6 medium size tomatoes
1 cup whole kernel corn
¾ cup mushrooms, canned or fresh
¾ cup bread crumbs
1 cup tomato pulp
2 tablespoons butter
½ teaspoon salt
½ teaspoon pepper
Note: If fresh mushrooms are used, sauté them in the butter before bread crumbs are added.
Melt butter, add bread crumbs, stir until slightly browned. Cut thin slices from the stem end of the tomato and remove the pulp. Combine the corn, mushrooms, tomato pulp, and ½ cup of the buttered bread crumbs. Fill tomatoes with this mixture. Sprinkle remaining breath crumbs over the tops of the tomatoes. Place in uncovered baking dish.

STEAMED RICE
Wash one cup unsoaked rice, place in covered baking utensil, add 3 cups water and 1 teaspoon salt. Cover.

BLUEBERRY PIE
Pastry:
2½ cups bread flour (sifted)
¾ cup shortening
1 teaspoon salt
4 or 5 tablespoons cold water
Sift flour and salt together. Cut shortening into the flour with dough blender or spatulas. Sprinkle water, 1 tablespoon at a time, over mixture. Work lightly with a fork until dough is formed. Roll pie crust and line a 9-inch pie plate.

Filling:
3 cups fresh blueberries
1 cup sugar
3 tablespoons flour
1 tablespoon lemon juice
Combine sugar and flour. Place ⅔ of the sugar and flour mixture in bottom of pie shell, add the berries and cover them with the remaining sugar and flour. Add lemon juice. Moisten edge of pie with water, fit top crust over berries and seal edge of pie.

Procedure
1. Preheat oven to 350° F.
2. When Signal Light goes out, place chicken at front of lowest shelf, in second lowest guide and rice at back of same shelf (if your oven has twin dial control be sure to change switch from PREHEAT to BAKE).
3. Bake 1 hour and 15 minutes.
4. Place tomato cups at back of upper shelf in second highest guide and pie at front of same shelf.
5. Bake for 1 hour and 15 minutes to finish.

TYPE 1 OVEN MENUS
Using foods that require different cooking times, and that should start cooking at once when placed in the oven.
ROAST BEEF MEAL

BROWNED POTATOES
PEACH COBBLER
SUMMER SQUASH

Temp: 300°F.—1 hour, 425°F.—1 hour. Total time: 2 hours.

Recipes and method of preparation

ROAST BEEF
Place roast (app. 3 lb.) in shallow roasting pan without cover and without water.

POTATOES
Peel potatoes (4-6 medium size); brush with butter.

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 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
½ 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.

Procedure
1. Preheat oven to 300°F.
2. When Signal Light goes out, place roast on front of lower shelf in second lowest guide. (If your oven has twin dial control be sure to change switch from PREHEAT to BAKE).
3. Roast 1 hour at 300°F.
4. Reset Oven Heat Control at 425°F.
5. Place potatoes around roast.
6. Place squash at back of lower shelf and peach cobbler in center of upper shelf in third highest guide.
7. Bake for 1 hour to finish dinner.
SALMON SOUFFLE MEAL

BUTTERED BEETS

BUTTERED ASPARAGUS

MERINGUE CAKE

TYPE 2 OVEN MENUS

Using foods that require the same cooking times and that should start cooking at once when placed in the oven.

Temp: 325°F.
Time: 1 hour, 15 minutes

Recipes and method of preparation

SALMON SOUFFLE

1 pound can salmon
2 eggs
1 tablespoon onion, chopped fine
1 tablespoon chopped parsley
1 tablespoon lemon juice
White Sauce:
2 tablespoons butter
2 tablespoons flour
1/8 teaspoon pepper
1/4 teaspoon salt
1 cup milk

Melt butter, blend with flour; add milk and stir until thick. Pour gradually over beaten egg yolk. Let cool. Add parsley, onion and lemon juice to the salmon. Then combine with the white sauce and fold in stiffly beaten egg whites. Pour into buttered uncovered baking dish.

BUTTERED BEETS

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

Peel the beets, cut in slices and place in baking dish. Season, add boiling water and cover.

BUTTERED ASPARAGUS

1 can asparagus

Pour off some of the liquid, allowing 1/4 inch

MERINGUE CAKE

8 egg whites
1/2 teaspoon cream of tartar
1/8 teaspoon salt
2 cups sugar
1/4 teaspoon lemon extract

Add salt to egg whites. Beat until foamy. Add cream of tartar and continue beating until they hold a point. Add sugar gradually and mix well. Pour into shallow pan 7x11 inches lined with waxed paper. Lift from pan onto cake rack and cool. Serve with fresh strawberries and chilled or partly frozen whipped cream.

Procedure

1. Preheat oven to 325°F.
2. When Signal Light goes out, place meringue cake at back of lower shelf in second lowest guide, salmon souffle at front of same shelf. (If your oven has twin dial control, be sure to change switch from PREHEAT to BAKE.)
3. Place asparagus in center of upper shelf in third highest guide, buttered beets at back of same shelf.
4. Bake for 1 hour and 15 minutes to finish dinner.
BAKED HASH MEAL

GREEN BEANS AU GRATIN
MERINGUE SPICE CAKE

Temp: 350° F. Time: 45 minutes.

Recipes and method of preparation

BAKED HASH

1 1/2 pints cold meat, chopped fine
1 teaspoon salt
1/2 teaspoon onion juice
1 cup stock or milk
2 tablespoons butter
2 eggs
1/2 cup bread crumbs
1/2 teaspoon pepper
1 tablespoon chopped parsley

Combine seasoning with meat. Heat the butter without browning. Add crumbs, stir well, add milk, and cook until it thickens. Mix this with the meat. Then add the well beaten eggs. Place in buttered baking dish and bake uncovered.

GREEN BEANS AU GRATIN

2 1/2 cups green beans
(cooked or canned)
3 tablespoons butter
4 tablespoons flour
1/2 teaspoon salt
1/2 teaspoon pepper
1 1/2 cups milk
1/2 cup liquid from green beans
1/2 cup grated cheese

Melt butter, blend in flour and seasoning. Add liquids gradually, stirring constantly. Bring to a boil and cook approximately three minutes. Remove from unit and stir in cheese. Place beans in greased casserole and pour cream sauce over all. Sprinkle with paprika. Bake uncovered.

MERINGUE SPICE CAKE

5 tablespoons shortening
1 cup brown sugar
1 egg yolk
1 1/4 cups flour
1/4 teaspoon salt
1/2 teaspoon baking powder
1/2 teaspoon soda
1/2 teaspoon cinnamon
1/2 teaspoon cloves
1/4 cup sour milk
1/2 teaspoon vanilla

Cream shortening and sugar and egg yolk together. Sift dry ingredients and add alternately with the milk and vanilla, beating vigorously after each addition. Pour into greased 8x8x2-inch pan and cover with a meringue as follows:

1 egg white
1/2 cup light brown sugar
1/2 cup chopped nut meats

Slowly add sugar to egg white and continue beating until smooth. Spread meringue over cake batter and sprinkle with nut meats.

Procedure

1. Preheat oven to 350° F.
2. When Signal Light goes out, place meringue cake at back of lower shelf in second lowest guide, hash at front of same shelf. (If your oven has twin dial control, be sure to change switch from PREHEAT to BAKE.)
3. Place green beans au gratin in center of upper shelf in third highest guide.
4. Bake for 45 minutes to finish dinner.
MEAT LOAF MEAL

SPAGHETTI and TOMATOES
WHOLE WHEAT BREAD
COCOANUT APPLE BETTY

Temp: 375°F. Time: 1 hour, 15 minutes.

Recipes
and method of preparation

MEAT LOAF
1/4 lb. ground fresh pork
1/4 lb. ground cured ham
1 lb. ground round steak
1 cup bread crumbs
1 egg
1 cup milk
1 teaspoon salt
1 teaspoon poultry seasoning

Combine ingredients and mix thoroughly. Shape into a loaf and place in uncovered baking dish.

WHOLE WHEAT BREAD
2 cups scalded milk
4 tablespoons brown sugar
1 tablespoon salt
1/4 cup butter
3 cups whole wheat flour
4 cups sifted white flour
1 tablespoon molasses
2 eggs
2 cakes yeast
1/4 cup lukewarm water
1 teaspoon sugar

Scald the milk. Add brown sugar, salt, butter and molasses to the hot milk. Cool to lukewarm (110°F). Soak the yeast cakes in the water to which the teaspoon of sugar has been added. Combine the mixtures and add the beaten eggs. Add the whole wheat flour and beat 10 minutes in the mixer on Low speed. Add half of the white flour and beat five minutes. Add the remaining flour slowly and mix until well blended. Divide into two loaves and place in buttered aluminum loaf pans. Allow to double in size and bake as directed.

SPAGHETTI and TOMATOES
1 No. 2 1/2 can tomatoes
1 1/2 cups spaghetti
1/2 green pepper
1/2 small onion minced
Salt; pepper
1/4 pound cheese

Break spaghetti fine; mince onion and green pepper. Combine all ingredients, except the cheese, in covered baking dish. Sliver cheese over top.

COCOANUT APPLE BETTY
6 apples
3/4 cup brown sugar
1/2 teaspoon cinnamon
2 tablespoons butter
1/2 cup bread crumbs
1 cup shredded cocoanut

Melt the butter; add the bread crumbs. Slice the apples and arrange in a buttered baking dish, in alternate layers with the bread crumbs, sugar, cinnamon and cocoanut. Bake uncovered.

Procedure
1. Place whole wheat bread at back of lower shelf in second lowest guide and meat loaf at front of same shelf.
2. Place cocoanut apple betty in center of upper shelf in third highest guide, spaghetti and tomatoes at front of same shelf.
3. Set “Cook-Master” for 1 hour and 15 minutes cooking time.
4. Set Oven Controls to bake at 375°F.

Note: 1. This food may be stored in the oven at room temperature for 1 hour and 45 minutes before cooking starts. This is the necessary time for the bread to double in size before baking.

Note: 2. If your range does not have a “Cook-Master,” you can enjoy this oven menu by turning oven on and off yourself.
BAKED END OF HAM

Butt end of ham (3½-4 lbs.)
½ cup brown sugar
1 tablespoon cream
12 whole cloves
⅛ cup water

Trim and score ham. Make a paste of the sugar and cream. Spread over fatty side of ham. Dot with cloves. Place in shallow uncovered baking pan. Add ⅛ cup water.

SPICED APRICOTS

½ lb. dried apricots (unsoaked)
⅛ cup granulated sugar
1 cup water
⅛ teaspoon cinnamon
1 or 2 whole cloves

Wash apricots. Place in small baking dish. Add sugar, water and spices. Cover.

SWEET POTATOES

6 or 8 medium size sweet potatoes
½ cup brown sugar
3 tablespoons butter
⅛ teaspoon salt

Place in covered baking dish.

GREEN BEANS

Place green beans (app. 1 lb.) in baking dish. Add ⅛ cup water. Season with salt and pepper to taste. Dot with 2 tablespoons butter. Cover.

DATE-NUT PUDDING

1 cup chopped dates
⅛ cup chopped nuts
⅛ cup minute tapioca
3 tablespoons sugar
2 tablespoons butter
⅛ teaspoon salt
⅛ teaspoon vanilla
2 cups hot water

Combine in order given above. Pour in buttered baking dish. Cover.

Procedure

1. Place ham at front of lower shelf in second lowest guide and green beans and spiced apricots at back of same shelf.
2. Place sweet potatoes at back of upper shelf in third highest guide and pudding in front of same shelf.
3. Set "Cook-Master" for 2 hours cooking time.
4. Set Oven Controls to bake at 300°.

Note: This food may be stored in the oven at room temperature from 3 to 5 hours before cooking starts.

If your range is not equipped with a "Cook-Master," you can enjoy this oven menu by simply turning oven on and off yourself.
Following is a delicious breakfast that can be made entirely in the oven and will prove a welcome change.

**MENU**

**SAUSAGE AND PINEAPPLE**

<table>
<thead>
<tr>
<th>Temperature: 375°F</th>
<th>Time: 1 hour</th>
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</thead>
<tbody>
<tr>
<td></td>
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</table>

**HOMINY GRITS**

<table>
<thead>
<tr>
<th>1 cup hominy grits</th>
<th>3 cups boiling water</th>
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<tbody>
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<td></td>
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</tbody>
</table>

**QUICK COFFEE CAKE**

<table>
<thead>
<tr>
<th>1¼ cups flour</th>
<th>½ cup sugar</th>
<th>2 teaspoons baking powder</th>
<th>½ teaspoon salt</th>
<th>1 egg</th>
<th>½ cup milk</th>
<th>3 tablespoons melted shortening</th>
</tr>
</thead>
<tbody>
<tr>
<td>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 8 inch pan, top with Streusel.</td>
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</tbody>
</table>

**STREUSEL**

<table>
<thead>
<tr>
<th>2 tablespoons butter</th>
<th>2 tablespoons sugar</th>
<th>¼ cup flour</th>
<th>¼ cup dry bread crumbs</th>
<th>½ teaspoon cinnamon</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cream butter and sugar together. Add flour, crumbs and cinnamon. Mix to consistency of coarse crumbs and sprinkle over coffee cake before baking.</td>
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</tbody>
</table>

**Procedure for Meal**

Bake at 375°F for 1 hour in preheated oven. Place sausage and pineapple at front of lower shelf in second lowest guide. Place hominy grits at back of lower shelf. Place coffee cake in center of upper shelf in third highest guide.
Section 4

BROILING
BROILING
in your Frigidaire Range is Fast, Easy, Flameless

(For complete information on operating the Broiler Controls on your Range, see your Range Instruction Book.)

Broiling is cooking by direct exposure to radiant heat. In the Frigidaire Range, many features are provided to give you broiled foods that are delightfully browned and deliciously cooked to your liking.

A
Broiler Heating Unit
Large capacity for high speed broiling. At top of oven in all household models.

B
Storage
Special slides in some models for storing broiler pan out of the way when not in use.

C
Broiler Grid
Closely spaced, bars protect drippings from radiant heat, eliminating unpleasant smoke. Open at ends.

D
Broiler Pan
Porcelain finished with “pour” ends and a convenient handle.

E
Sliding Shelf
Broiler pan used on adjustable sliding shelf to permit placing at different positions.

F
Counterbalanced Door
Oven door has partially open stop to hold it ajar during broiling and airing oven.

Note: Apartment house Model A-6 also has a high speed broiler. The only difference is that the conventional type broiler pan is used at the bottom of the oven.
Helpful Hints for Broiling

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. In preparing broiler meals, arrange the meat on the broiler rack. Place vegetables below on the bottom of the broiler pan. (For specific directions, see instructions 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

6. To clean broiler pan and rack, place in water as soon as cool and wash the same as other utensils. Use steel wool if necessary.

7. Suggested Foods for Broiling.

   Meats ......................... Lamb chops, beef tenderloin, steaks, bacon, sausage, hamburger, 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.

Directions for Broiling

1. Set controls for broiling.
2. Preheat Broiling Unit for about 5 minutes.
3. Arrange food on broiler rack during preheating.
4. Place food and broiler rack on shelf... Leave door ajar.
5. When food has broiled on one side, turn it over and broil the other side.

If your range is equipped with a "Time-Signal," you will find this added convenience very useful for measuring broiling time.

**FAST vs. SLOW BROILING**

Your Frigidaire Range will broil as you like it. By varying the methods you use, you can produce any desired result.

For **High Temperature or Fast Broiling** — Place meat very close to broiling unit.

This will produce results very similar to charcoal broiling.

For **Low Temperature or Slow Broiling** — Place meat 2½ or 3 inches from broiling unit and allow more time for broiling.

**NOTE:** For location of broiler controls, refer to your Range Instruction Book.
Broiling Steaks

- A good 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 shrunk-en. The inside should be evenly cooked, with no underdone center, but a uniform even color throughout, the brightness of the color depending upon the degree of doneness desired.

Rare—Heated just enough to change the color of the steak 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.

Medium—The color of the steak 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.

Well-Done—Steak shows none of the red color, is well browned on the outer surface. Entire inner portion is grayish tan.

Broiling Chicken

Cut chickens of about one and a half pounds each in half, brush with melted butter, and season with salt and pepper. Place the chicken on the Broiler Rack, skin side up. Broil at least three inches from the Unit. Allow approximately fifteen minutes broiling time for each side.

Broiling Lamb Chops

Select chops at least 3/4-inch thick. Place Broiler Rack in position so that the top surface of the chops will be three inches from the Broiling Unit. 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.

Broiling Bacon

Place Broiler from three to five inches below the Broiling 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 Broiling Unit. 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.
1. Menu

- Small Sausages
- Pineapple Rings
- Candied Sweet Potatoes
- Salad
- Beverage

**Method of Preparation**

- Scrub sweet potatoes and cook until tender. Peel. Slice about \(\frac{3}{2}\) 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

- Ham Slices
- Grapefruit Halves
- Hominy or Green Beans

**Method of Preparation**

- Halve grapefruit, remove seeds, loosen sections with paring knife. Core with vegetable scissors. Sprinkle each half with two teaspoons brown sugar. Dot with butter. Place drained hominy or beans in broiler pan. Arrange four servings of ham (\(\frac{3}{2}\)" thick) and grapefruit on broiler rack. Place filled broiler pan on shelf in fourth highest guide. Broil 12 minutes. Turn ham over and broil 10 to 12 minutes to finish.
A few suggestions about Utensils

- Cooking on the Frigidaire Electric Range requires but few utensils. Good utensils will save both time and money regardless of the type range used. Perhaps the ones now in your kitchen will be satisfactory, but to help you in selecting the ones that will give you best results on your Frigidaire Range, following are a few suggestions:

- A flat-bottomed utensil makes good contact with the Cooking unit and uses the heat more efficiently.

- Use pans which completely cover the heating unit. Heat is not being wasted, then, at the sides of the pan.

- Do not use utensils which touch the porcelain surfaces around the cooking unit. Doing this may result not only in inefficient cooking, but also in possible damage to the porcelain cooking top.

- A tight fitting lid holds in the steam and shortens the cooking time.

  - Straight sides conserve the heat in your utensil.
  
  - Special fuel-saving utensils are not necessary. Medium-weight utensils of commonly used materials are satisfactory.
  
  - For oven cooking, shallow open roasting pans, casseroles and baking pans of aluminum, glass, etc., are recommended. Metal pans should be light weight, bright and smooth to give best baking results.

Utensils of these types are recommended for use with your Frigidaire Electric Range.
CANNING Electrically

with your Frigidaire Range

• You can use your Frigidaire Electric Range to take advantage of the low prices of fruits and vegetables during the summer months and can them against the months when they are either expensive or entirely out of season. You'll find that your Frigidaire Range will enable you to do this job without the discomfort that may have previously discouraged you during hot weather.

Since canning conditions differ in various sections of the country complete instructions are not included here. For complete information about methods, time and temperatures, write the Department of Agriculture, Bureau of Home Economics, Washington, D.C., or the manufacturer of the jars you are using. The State Home Demonstration Agent in your locality can also furnish you with complete information suited to the particular requirements of your district.

Surface Canning

• Relishes, jams and jellies may be prepared on the surface of your Frigidaire Electric Range. You will find the five-heat units a real convenience in preparing these foods.

For non-acid vegetables and meats, the Pressure Cooker Method is suggested as most satisfactory. Use your Radiantube Surface Cooking Units and follow the instructions furnished with the pressure cooker.

Caution!

• Your Pressure Cooker or other large utensils may have a recessed bottom which prevents direct contact with the heating unit. The surrounding cooking top is thus subjected to excessively high temperatures that are likely to damage the beautiful porcelain finish.

To enable you to use a recessed-bottom Pressure Cooker without harming the porcelain finish, your Frigidaire dealer can furnish you with a set of special "canning rings." These rings may be temporarily fitted under the Radiantube cooking unit, raising it so that the recessed Cooker rests upon the unit rather than the surrounding porcelain. Ask your Frigidaire dealer.

HIGH ALTITUDE COOKING—Certain recipes and cooking procedures are affected by high altitudes. The amount they are affected will vary according to changes in altitudes. Therefore, if you live in a high altitude area, it is recommended that you determine from your Home Demonstrating Agent, or local electric company, what effect the altitude in your locality will have on your cooking and baking.
Accurate Measurements mean good results

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.

<table>
<thead>
<tr>
<th>TABLE OF COMMON MEASUREMENTS</th>
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<tbody>
<tr>
<td>3 tsp  = 1 Tbsp</td>
</tr>
<tr>
<td>16 tbsp = 1 c</td>
</tr>
<tr>
<td>4 tbsp = ¼ c</td>
</tr>
<tr>
<td>2 tbsp = ½ c</td>
</tr>
<tr>
<td>12 tbsp = ¾ c</td>
</tr>
<tr>
<td>2 c = 1 pint</td>
</tr>
<tr>
<td>4 c = 1 quart</td>
</tr>
<tr>
<td>2 tbsp = 1 liquid ounce or ½ c</td>
</tr>
<tr>
<td>8 ounces = 1 c or ½ pint</td>
</tr>
</tbody>
</table>

All measurements are level unless otherwise specified.

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.

LIQUIDS
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.
FRIGIDAIRE

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Electric Water Heaters

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Frigidaire's beautiful household appliances provide the utmost in convenience, efficiency and economy. These include: Frigidaire—the only refrigerator with the Meter-Miser... Frigidaire—the electric range that combines Low Cost, High Speed and Sure Results... Frigidaire—the dependable, entirely automatic water heater... and Frigidaire—the dependable home freezer—another contribution toward better living.

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