Getting to know your new CYCLA-MATIC FRIGIDAIRE FOOD FREEZER REFRIGERATOR COMBINATION
This book has been prepared to help you get the most benefit from your new Cyclo-matic Frigidaire. It contains instructions on the use and care of your combination Food Freezer and Refrigerator with the big new storage door, foodkeeping suggestions and tested recipes. Be sure to read it carefully and keep it handy for ready reference.

WHERE TO FIND INFORMATION

About your old refrigerator (or ice box) ... If it is not being used as a food keeper, won't you remove the latches or door so that it won't become a hazard or trap for curious children? It will only take a few minutes—and it may save a life.

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We suggest for your convenience in using this book, that you identify your Cycla-matic model by finding on this page the picture of the one you have. The following pages contain many suggestions to help you get the fullest enjoyment from your new Cycla-matic Frigidaire. Although the model shown in this book may differ from yours in some details, the same food-keeping suggestions and operating instructions will apply to the model you have.
Be prepared to enjoy an exciting new experience in food-keeping... for your Cycla-matic Frigidaire is actually two appliances—a spacious Refrigerator and a low-temperature Food Freezer—combined in one compact cabinet. The Refrigerator with its super-safe cold, its roomy interior and its large storage door, offers you every convenience for storing fresh and cooked foods. The Food Freezer, with refrigerating coils wrapped around the entire compartment and sealed in extra-thick insulation, provides zero zone temperatures. It will keep your favorite foods safely frozen for as long as six months to one year.

The Cycla-matic Frigidaire gives you an entirely new and different method of refrigeration—designed to provide constant, safe cold temperatures regardless of season changes or changes in room temperatures. It will perform efficiently all year around, adjusting itself automatically to room temperature changes and variations in food loads and usage. It is operated by one powerful Meter-Miser mechanism for greater economy and dependability. Your Cycla-matic provides exactly the right kind of food-keeping conditions in—

1. The Refrigerator
2. The Storage Door
3. The Food Freezer
To remove Roll-to-You shelves for cleaning, push shelf all the way back into the Refrigerator then tip-up back of shelf and pull it forward and out.

To replace shelf, the roller arms should be pushed back into the Refrigerator as far as they will go. Replace shelf by lowering back edge and then allow front of shelf to drop into place.

**Note:** If you have one or more fixed shelves in your Refrigerator, they may be removed for cleaning by tipping back of shelf up, then pulling forward and out.

**Roll-to-You Shelves**

For complete finger-tip food storage convenience, one or more of the shelves in your Cycla-matic Frigidaire is a Roll-to-You shelf which pulls forward, bringing stored food right out front where you can select the foods you want quickly and easily. The shelves and roller arms are extra strong to hold the heaviest loads of food. Automatic safety stops limit shelf travel so they cannot be removed accidentally. Protective guard rails on both sides and at the back of each shelf keep containers from sliding or tipping. Some models have attractive handles on the front of shelves for greater convenience.
The Hydrator

The Hydrator is especially designed to provide the higher humidity and low temperature needed to keep perishable vegetables and fruits at the peak of freshness.

Storing vegetables and fruits:
Before storing vegetables, trim and discard all undesirable portions, wash thoroughly in cold water and drain. Lettuce, celery and similar vegetables keep better if stalks and heads are not cut up or portioned. Carrots, radishes, beets, etc., should be washed and drained before storing. Tomatoes, peppers and cucumbers should be washed and wiped dry. Asparagus and Brussels Sprouts need not be washed until prepared for cooking. They keep well when stored on any Refrigerator shelf. Oranges, apples, grapefruit, grapes and lemons should be washed and wiped with a dry cloth before storing. If Hydrator space is needed for salad greens and other more perishable foods, fruits may be kept on any convenient shelf in the Refrigerator.

Every Hydrator slides in and out like a drawer for easy handling and convenient loading after marketing. Hydrators may be removed by pulling each one toward you as far as it will come, then tilting it up and out. Hydrator covers can then be lifted out. To replace, fit left side cover and stand in place first, then right side cover. In all Imperial models the lowest shelf in the Refrigerator must be removed before Hydrator covers can be lifted out. Twin Hydrators, in models equipped, are not interchangeable. They must be replaced so that notched corner fits under outside edge of shelf above.

Meat Tender

This Meat Tender, provided in most models, affords handy, refrigerated storage space for relatively short time storage of fresh meats, fish and cheese. The Meat Tender slides out easily and conveniently, and can be removed easily for cleaning. For freshly cut meats such as roasts, steaks and chops, remove store wrappings for best storage conditions. Waxed paper, cellophane or aluminum foil may be used to separate the various cuts of meat. Fish and smoked meats should be closely wrapped and sealed in a moisture-proof material (type used in freezing) to prevent transfer of odors. Periodically, remove any moisture that may have collected in the Meat Tender. Note: Fresh meats that are to be stored for more than a few days should be properly wrapped and placed in the food freezer compartment.
IMPORTANT:

Warm foods keep best when cooled quickly. The proper way to do this is to place warm foods directly in the Refrigerator or Food Freezer without pre-cooling. This in no way will harm either the Refrigerator or the Food Freezer.

Your Cycla-matic Frigidaire, providing the advantages of truly modern refrigeration, has the right kind of cold for every kind of food. And a convenient and separate storage space for almost every food item.

To retain natural flavor, color and nutritive value, foods should be refrigerated as soon as possible. Remove foods from store wrappings and place in suitable containers.

**Fish, Poultry, Meats**

Fish, poultry and meats, in general, may be stored in the Refrigerator for varying periods of time ranging from one to three days for such perishable items as fish, liver, hearts, kidneys, hamburger and fresh sausage, to 30 days or more for stable cured meats such as picnic hams, dried beef and smoked beef tongue. The kind and cut of the food item, and most important, its original condition, affect the length of storage time. Large cuts of meat such as roasts can be kept longer than thin steaks and chops. Grinding and tenderizing shorten storage life. For best quality, if meats and poultry are to be kept for more than a few days, freezing is recommended.

See “Section 3—The Food Freezer” pages 9-18. When ground meats and the highly perishable variety meats are not to be used within two days after purchase, they should be frozen.

Fish, poultry and meat may be stored on any shelf in the food compartment. Prepackaged cold cuts keep best when stored in the original semi-moisture-proof wrappings. Fish and smoked meats should have the store wrappings replaced with a moisture-vapor-proof wrapping material to prevent transfer of odors. Removal and replacement of store wrappings on other meats and poultry is optional.

**Milk**

Keeps best in the bottle or carton in which it is delivered. Wipe container with clean, damp cloth and place on top shelf in the Refrigerator. Do not let stand in light, sunshine or at room temperature. Take the same precautions in storing cream and opened cans of condensed or evaporated milk.

**Milk Mixtures**

Such as custards, puddings and sauces, should be chilled immediately and kept in the Refrigerator until used. Never let them stand at room temperatures.

**Left-overs**

Left-over cooked meats and vegetables may be stored in suitable containers for several days in the Refrigerator. Left-over containers are provided in all Cycla-matic models except the CDV-84. For longer storage, left-overs should be properly wrapped or put in containers and frozen in the Food Freezer. (See Freezing Extra Portions, Page 13.)
The storage door has been designed for the convenient storage of bottled beverages and condiments. It has compartments for storing such important food items as eggs, butter and cheese. In addition, all shelves are removable—they lift up and out for cleaning. See how easy it is to use this big new storage door.

**Butter Conditioner**

All Cycla-Matic models have a section in the Door for storing up to one pound of butter. In all Cycla-matic Imperial models this section is an automatic Butter Conditioner. It has a temperature control which can be set to keep butter at just the right temperature for easy spreading. The temperature control knob has a gold mark between the words “Warmer” and “Colder.” For suggested average setting, turn control so that gold mark on knob is directly opposite red mark on wall of Butter Conditioner. For warmer setting, turn Control toward “Warmer.” For colder setting, turn it toward “Colder.”

**Cheese Compartment**

The Cheese Compartment (in all models except CDV-84) will hold up to one or two pounds of cheese. It is located either below or alongside the Butter Compartment, yet it is completely separate. (In the Imperial Cycla-matic models, temperature in the Cheese Compartment is not affected by setting the temperature control in the automatic Butter Conditioner.)
Storing Cheese

To keep natural cheese (Cheddar and Foreign types) and processed cheeses from drying, molding, and loss of flavor after original wrapping has been opened, wrap tightly with foil or other material of the type and weight designed for use in food freezing. Press wrapping close to surface of cheese to prevent air pockets. See directions for wrapping meats, steps 1 and 2 on page 14.

Egg Server

With this unique egg server, you simply press the latch release at the top, and swing it down for convenient loading or unloading. It will accommodate nearly two dozen eggs.

Storing Eggs: When storing eggs in your refrigerator, do not wash them before placing them in the shelves. Washing removes their protective coating and reduces the quality and flavor.

Egg Shelves (Model CIV-150)

This Fifteen Cu. Ft. Cycla-matic model has 4 egg shelves—as shown in illustration at left—providing a safe, convenient storage area at the top of each door for more than two dozen eggs.

Containers for Left-overs

Most Cycla-matic models are equipped with two or more plastic containers with tight-fitting covers. These are ideal for storing cooked or canned vegetables, fruits, and left-over portions of food.

Condiment and Beverage Shelves

The shelf across the top of the storage door is a convenient size for storing a variety of canned, packaged and bottled foods. It's just the place to keep all those smaller items so they will be easy to see and handy to reach. The shelves in the lower section of the storage door are convenient for storing canned or bottled beverages, fruit juices, pickles, olives and the like.
The number 1 position on the Cold-Control provides zero zone cold in the Food Freezer and super-safe cold in the Refrigerator. There is no need to reset the Cold-Control for unusually large loads of food, periods of heavy usage, or changes in room temperatures. However, to suit individual preferences, the Cold-Control is adjustable. It is marked with the numerals 1, 2, and 3, and the letters A and B. Number 1 position is the usual setting for average use. For a colder setting, turn Cold-Control to number 2 or 3 position. (#3 is coldest setting.) For warmer setting, turn Cold-Control to A or B. (B is warmest setting.)

To turn Cycla-matic Frigidaire "off," turn Cold-Control to "OFF." When the entire cabinet is to be left empty for an extended period, pull electric plug from wall outlet, remove ice trays, and leave door open to allow air circulation.

The Interior Light just above Cold-Control comes "On" when door is open and goes "OFF" automatically when door is closed. To replace light bulb, first remove glass light-shield by grasping it at the base and pushing it up, then pull out at the bottom. Unscrew light bulb and replace it with a standard 40-watt appliance light bulb, then replace light shield.

How the Refrig-o-plate Operates

The Refrig-o-plate, located on the inner rear wall of the Refrigerator compartment provides safe, cold temperatures for the fresh foods stored there.

Moisture Control. Moisture is always present in room air, and especially so during the summer months. Each time door is opened, moisture enters the Refrigerator. This often results in excess moisture which collects on the walls and shelves of some refrigerators. In the Cycla-matic Frigidaire, this moisture on the Refrig-o-plate collects as frost.

Cycla-matic Defrosting

The Refrig-o-plate defrosts automatically before frost has had a chance to build up. Unlike ordinary automatic defrosting refrigerators, there is no clock, button, counter, or complicated mechanism. No heat is applied to the Refrig-o-plate or any part of the cooling system.

Defrosting occurs when the Refrigerator mechanism shuts off after each regular cooling cycle. When the cooling system is "off," the Refrig-o-plate temperature rises to just above freezing and the thin veil of frost quickly melts. This defrosting takes place so quickly that the temperatures of the food in either the Refrigerator or the Food Freezer does not change. Thus foods are always kept safe.

In all Cycla-matic models, the melting frost is carried away through the Moist-Minder in the bottom of the Refrigerator and into a tray where it is evaporated automatically. It is normal if a small amount of water remains in the tray at all times, with more water in the tray during high humidity periods.
How to use your Food Freezer

Your new Food Freezer does for long-time storage exactly the same thing your new Refrigerator does for short-time storage. It keeps all your food in tip-top condition, preserving flavor, appearance and quality even after months of storage. Your Food Freezer enables you to keep on hand a larger variety and a greater quantity of your family’s favorite foods. For example, you can buy steaks, poultry or a roast when price and quality are right and freeze for a delicious meal at a later date. A supply of commercially packaged frozen foods can be kept in the Freezer to add taste-tempting variety menus. Many cooked foods such as chili, meat loaf, chicken a la king and the like, can be prepared when you have the time, then frozen to be used on busier days when meals must be prepared with a minimum of time and effort.

Food Freezer Compartment
(Model CIV-112)

Here is the roomy Food Freezer Compartment of the two-door Cycla-matic model. This model gives you the added convenience of two separate exterior doors—one for the refrigerator and one for the freezer.

Food Freezer Compartment

Here is a typical food freezer in your Cycla-matic model. Quickube Trays and Juice Can Dispenser are conveniently placed to give you a large roomy storage space.
Food Freezer Features

Frozen Juice Can Dispenser
Here is the Juice Can Dispenser on Cycla-matic models CIV-150, CIV-84, and CDV-103. It has three sliding wire racks which can be pulled forward easily as shown to select the can of fruit juice desired. Each rack will accommodate three 6-ounce standard size cans.

Quickube Trays
To use Frigidaire Quickube trays, fill trays about three fourths full of water to allow room for expansion. To remove a tray, pull tray handle forward and down. To remove ice cubes, place one hand on top of tray and lift cube release lever with other hand. Remove grid and leave ice cubes in the tray where they can be easily removed as needed.

In addition to the Quickube Tray, in Model CDV-84, there is an extra tray with a plastic grid. To remove this ice cube grid, grasp tray at each end and twist slightly. To remove a small number of cubes, flex either end of grid.

Quick-Cubelet Tray
(models CIV-84, CIV-112, CIV-150)
This handy new cubelet tray provides you with miniature cubes, which are ideal for faster chilling of cold drinks and for use in small beverage glasses. Directions for cube and tray release on this tray are the same as those given above for the regular Quickube tray.

Food Freezer Door (Model CIV-112)
The two handy storage shelves on the door provide ideal frozen storage space for many types of frozen food packages and for juice cans. Both shelves lift out as a unit for easy cleaning.
Foods of good quality that have been properly prepared and packaged for freezing may be stored for as long as a year. However, it should be remembered that to obtain the best use of your freezer space, it is desirable to have a complete turnover of foods at least 3 or 4 times a year. Also keep in mind that length of storage time will vary according to the type of food. Briefly, suggested storage time for various types of foods is as follows:

**Up to 1 year**—Beef, lamb, venison, rabbit, game birds, and most fruits and vegetables.

**4 to 6 months**—Poultry, veal, lean fish.

**6 weeks to 3 months**—Most cooked foods such as chili, chicken a la king, etc., ground beef, fatty fish, smoked ham.

**4 to 6 weeks**—Left-over cooked foods, sliced bacon, ground fresh pork, variety meats, sausage (seasoned, not smoked), ice cream.

The freezer door shelves (Model CIV-112) are most convenient for storing frequently used items. Store small packages and frozen food jars on the shelves, allowing sufficient space between for air circulation, which is necessary for proper refrigeration. For best quality store fowl, fish, ice cream and any food with high sugar content in the main freezer.

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**Food Freezing Suggestions**

1. Select food of good quality—Freezing does not improve, but will retain quality. Fruits and vegetables of good quality, picked at the proper stage of maturity, are at their best for freezing.

2. Do not delay preparation for freezing—Speed is important in getting foods to the freezer so that maximum quality will be retained. Organize your procedure and you'll find the preparation remarkably easy.

3. Prepare foods in small quantities—Quality is retained better when smaller quantities of food are handled. Foods which discolor readily from exposure to air can be prepared through speed in handling and by preparing small quantities at a time.

4. Proper packaging is essential—Unless properly wrapped, foods will lose moisture during freezing and storing. Always wrap or package foods in moisture-vapor-proof materials made especially for freezing.

5. How to freeze and store foods—After foods have been packaged, place in direct contact with the walls or bottom of the freezer and leave in this position overnight. After foods have frozen, they may be stored in any location in the freezer.
Cooked meat and poultry for stews, meat pies and creamed meat dishes, etc., will keep for months in the Frigidaire Food Freezer. Cook meat until tender. Remove meat from bones, carefully discarding all undesirable portions and cut into 1 to 11/2 inch pieces. Cool thoroughly and package in quart or pint glass freezer jars or in moisture-vapor-proof packages.

All meats, with the exception of pork and pork products, freeze well already cooked as roasts. The meat from a roast chicken, duck or turkey may be frozen for several weeks if properly wrapped. Remove greater portion of fat, slice the meat, arrange in layers separated by double thickness of cellophane, package or wrap well.

With your Frigidaire Food Freezer, there is no need to eat turkey for days and days after Thanksgiving. Simply freeze the remaining turkey, and store in the freezer until you are hungry for it again; or remove the meat from the bones, package with or without the dressing; pour gravy into a jar or carton, and freeze. The latter method takes less space in the freezer and the advance preparation is done for several meals at one time without additional work.

Smoked and cold meats. Smoked meats and cold cuts may be frozen. Wrap in moisture-vapor-proof material, seal and freeze. The storage period should be limited to several weeks because cured meats especially hams, tend to lose flavor and fats quickly become rancid.

Pies: Fruit pies freeze well. Bake pies (wrapping removed) without thawing, in a preheated oven at the same temperature given for fresh made pies and allow 10 to 15 minutes additional baking time to compensate for thawing time in oven.
The unbaked frozen pie is given preference over the pie which has been baked before freezing for two reasons: slightly higher retention of quality plus the fact that it takes about as long to thaw a frozen baked pie as it does to bake one.

Thaw and warm pre-baked pies (wrapping removed) in moderate oven (375°F.) for about 45 minutes.

**Fresh fruit filling.** To keep fresh peaches, apples, etc., from turning brown in the pie, sprinkle with lemon juice after peeling. For apple pies use a solution of ascorbic acid as follows: Dissolve 1/4 teaspoon of pure ascorbic acid in 2 cups of water. Slice the fruit directly into the solution, then drain quickly and place in the pie shell. Ascorbic acid must be used the same day it is mixed. Prepared ascorbic acid may also be used; follow manufacturer's instructions carefully.

**Cakes.** Butter, chocolate, spice, fruit, and angel cakes can be frozen successfully. Bake cakes before freezing. Cakes may be either iced or un-iced. Cool cakes completely before packaging. Iced cakes should be on a flat plate or cardboard covered with cellophane. Wrap closely with cellophane to exclude air, then freeze. Thaw without removing the wrapping, otherwise beads of moisture will collect during thawing and icing will lose quality.

**TO SERVE:** Thaw cakes and other baked products (except pies) in their original wrappings to retain moisture. If only part of the frozen cake is to be served at one time, wrap accordingly—in half or quarter portions, then only the necessary portion need be disturbed.

**Yeast Bread and Rolls:** All breads, including breakfast and dinner rolls, taste as though freshly made if they are baked, cooled to room temperature, wrapped in moisture-vapor-proof material, sealed and frozen.

**TO SERVE:** Thaw in wrappings at room temperature, or place in warm oven (175°F.) for 30 to 45 minutes.

**Cookies**—All cookies freeze well, either baked or unbaked. **Unbaked:** Shape refrigerator cookies dough in rolls, wrap in moisture-vapor proof material. Seal. To bake, slice without thawing; bake as usual. **Baked:** Cool thoroughly, stack in freezer cartons. Seal. To serve, thaw in cartons at room temperature.

**Freezing Extra Portions:** Freezing will maintain the quality in food—either fresh or cooked food—better than will normal refrigerator temperatures. If therefore, you have an extra portion of food (either fresh food that has been cooked or frozen food that has been cooked) the best and easiest way to save it is to freeze it. Glass jars, especially designed for freezing, are ideal for freezing these extra portions. Simply put the food in the jar, screw the lid on, and store in freezer. Length of storage time varies with different foods.
Select Good Meat: It should always be remembered that freezing will not make good meat (or any other food) out of bad. If you want to make sure that the frozen meats you cook and place on the table two or three months from now will be tasty and tender, you must select and freeze meats of good quality.

Carefully wrap and seal the meat to prevent drying. With the proper materials, meat can be wrapped and sealed easily and quickly. Improperly wrapped meat will dry out rapidly and the fat will turn rancid rapidly.

1. Select a wrapping material that is made especially for protecting meat during frozen storage. Ordinary kraft or waxed papers and many so-called locker papers, are not satisfactory.

2. Always use plenty of material for wrapping each cut of meat. The material should be of sufficient size so that the ends can be folded over several times to provide a tight seal that will prevent drying of the meat. Material should adhere to the surface of the meat. Eliminate as much air from package as possible.

3. Fold the material so that the open ends are tightly sealed — then wrap the package with string or low temperature tape to hold the folded ends in place. (Many gummed tapes are not satisfactory for holding the folded ends in place, either because they lose their adhesive qualities when cold or will not adhere to the moisture-proof coating on the paper.) With some materials, such as cellophane, the ends may be sealed with a hot curling iron or flat iron.

4. A “stockinette,” or cheese-cloth bag, is handy for holding the wrapping material in close contact with the meat — and also helps protect the material against damage. With some of the stronger wrapping materials, a “stockinette” or cheese-cloth is unnecessary. Paper overwrap may also be used.

5. Steaks, chops and ground meat patties may be wrapped in the same way as roasts, except that double pieces of wrapping material should be placed between the individual steaks, etc., to prevent them from freezing together. Pack only the number of pieces in each package for one serving for your family.
Meats may be thawed before cooking—or cooked from the frozen state

Some people thaw meat before cooking, whereas others cook meat from the frozen state. If meats are cooked from the frozen state, they should be cooked for a longer time than usual at a slightly lower temperature. For example, an average size beef roast should be cooked about $\frac{1}{3}$ to $\frac{1}{2}$ again as long as a defrosted roast. The length of time you cook meat will depend, of course, on whether you want it rare, medium, or well done.

If meat is to be thawed, remove from freezer 24 to 48 hours before it is to be cooked. It may be thawed slowly by placing in the refrigerator, or more rapidly by placing it in the open room. Do not use water to hasten thawing of meats or poultry.

Note the difference between the roasts pictured above. The properly wrapped roast (upper left) retained full moisture, flavor and quality (upper right). The improperly wrapped roast (lower left) has a dry surface resulting in loss of moisture, flavor and quality (lower right).
### Meat cooking guide for approximate cooking time*

<table>
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<tr>
<th>CUT</th>
<th>METHOD OF COOKING</th>
<th>THAWED BEFORE COOKING</th>
<th>COOKED FROM FROZEN STATE</th>
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<td>Roasting at 300° F.</td>
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<td>Panbroiling</td>
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<td>Pork Loin</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Center Cut</td>
<td>Roasting</td>
<td>30 - 35</td>
<td>* *</td>
</tr>
<tr>
<td>Shoulder or Loin End</td>
<td>50 - 55</td>
<td>* *</td>
<td>70 - 75</td>
</tr>
<tr>
<td>Sausage Patties</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>½ Inch</td>
<td>Frying</td>
<td>* *</td>
<td>10</td>
</tr>
<tr>
<td>1 Inch</td>
<td></td>
<td></td>
<td>15</td>
</tr>
</tbody>
</table>

*Courtesy of National Live Stock and Meat Board*
How to freeze and store Poultry

Poultry of one kind or another is usually available at all seasons of the year, and when properly prepared provides a highly desirable frozen food product.

Like beef, pork and other meats, poultry for freezing should be of good quality. In order to be sure of the best possible taste and appearance, the bird should be carefully cleaned, thoroughly drawn and properly dressed.

Different types of poultry should be packaged in different ways. For greatest convenience in cooking, broilers, fryers and roasters should be cut and packaged in different ways, as shown in the pictures. While chickens are used to illustrate the different ways of cutting and wrapping poultry, the same methods apply to ducks, turkeys, and other fowl.

Be sure to use wrapping materials that will prevent the poultry from drying out. Materials that are satisfactory for meats are also recommended for poultry.

**Roasters:** Wrap giblets separately and place on the outside of the cleaned chicken. Wrap and seal chicken in suitable materials (like those used for wrapping meats).

**Broilers:** Cut in half and place a double piece of suitable wrapping material between halves to prevent them from freezing together. Completely enclose and seal both halves in proper type of wrapping material.

**Fryers:** Cut or disjoint into desired pieces. Pack choice pieces in glass freezer jars or use moisture-vapor-proof cartons or wrapping materials. Pack bony pieces separately for stewing, soup stock, stew, etc.
Preparing and freezing Vegetables

Vegetables selected for freezing should be fully ripe, just as you would like to have them if you were going to cook them for your table. Likewise, they are prepared for freezing the same as you would prepare them for cooking. They should be carefully washed to remove all sand and dirt—and unripe, damaged or discolored portions should be sorted out. Vegetables which are ordinarily eaten raw, and which should be crisp and firm—such as lettuce, cabbage, celery, tomatoes, cucumbers, onions and radishes—do not give good results.

**Blanching is Essential:** Blanching (lightly cooking, or scalding) is absolutely essential for best results in preparing vegetables for freezing. Blanching retards the natural growing process (enzymatic action) in vegetables. When these processes have been effectively checked, vegetables retain natural color, flavor and texture. Vegetables may be blanched by either the boiling water or the steam method.

**Freezing:** After blanching is completed, cool, drain and pack vegetables in glass freezer jars or cartons. Seal. Place jars or cartons in Food Freezer immediately to retain original freshness and quality.

**Packaging:** Vegetables may be wrapped in materials similar to those used for meats but cartons are more convenient. When using cartons, press as much air as possible from the package before closing, for air causes food to discolor. Seal bag, or other containers, according to manufacturer’s directions.

The size container you wish to use will be determined by the number of servings you need at one time. A pint or pound package or jar will serve from three to four persons.

**How to Blanch**

For the home preparation of most vegetables, the boiling water method of blanching is more commonly used than the steam method, although steam blanching is preferable for most vegetables. All that is required for blanching with boiling water is a large covered utensil for holding the water, a source of heat for boiling the water, a wire basket or strainer, and a large pan of cold water for cooling the vegetables after they are blanched.

1. Heat an ample quantity of water until it is boiling vigorously. In general, about 4 to 6 quarts of boiling water should be in the kettle when "blanching" one pound of vegetables.

2. Place vegetables in suitable wire basket or strainer and completely immerse in boiling water. Cover utensil.
3. After the vegetables are placed in the water, do not start counting “blanching” time until the water again begins to boil vigorously. Small vegetables should be agitated with a wooden spoon to make sure that the boiling water comes in contact with those in the center of the basket.

4. As soon as “blanching” is completed, cool the vegetables as rapidly as possible by immersing them in pan of cold running tap or ice water. Package and freeze immediately.

**The Steam Method**

As indicated in the “Handy Table for Preparing Vegetables” on page 20, the steam method is considered preferable for asparagus, corn, and turnips—and may be used for beans, mushrooms and other foods. When using steam blanch, a longer blanching time is required than for water blanch.

1. Fill utensil about one-third full of water and bring to an active boil. (You don't need as much water with the steam method as for the boiling method because in the steam method the vegetables should never touch the water.)

2. Place vegetables in wire basket and place in kettle. Suspend basket on trivet above boiling water, cover the utensil with tight fitting lid.

3. Count the “blanching” time from the moment steam begins to escape from under the lid of the kettle. Consult chart for approximate blanching time.

4. Most vegetables can be cooled faster by immersing them in ice water, or in cold running tap water. However, to prevent corn on the cob from becoming soggy, it is best to use ice water and plenty of chipped ice.

**Remember...**

**PROPER PACKAGING IS IMPORTANT!**
<table>
<thead>
<tr>
<th>Vegetables</th>
<th>Maturity Desired</th>
<th>How Prepared</th>
<th>Blanching</th>
</tr>
</thead>
<tbody>
<tr>
<td>Asparagus</td>
<td>Tender tips best</td>
<td>Cut to 6' length</td>
<td>Steam* small stalks—3½ min. Steam* large stalks—4½ min.</td>
</tr>
<tr>
<td>Beans, green shell</td>
<td>Before pods dry</td>
<td>Shell</td>
<td>Boiling water—1 min. Steam*—1½ min.</td>
</tr>
<tr>
<td>Beans, lima</td>
<td>Green beans best</td>
<td>Shell</td>
<td>WATER STEAM Small beans—1 min. 1½ min. Med. beans—1½ min. 2 min. Large beans—2 min. 2½ min.</td>
</tr>
<tr>
<td>Beans, snap</td>
<td>Small beans best</td>
<td>Snip, cut into ¾&quot; lengths</td>
<td>Boiling water—2 min.</td>
</tr>
<tr>
<td>Beets</td>
<td>Young and tender</td>
<td>Cut off tops, peel, slice. Mature beets should be cooked, peeled and sliced.</td>
<td>Boiling water—1½ in. diam. —2½ min. —Over 2 in. diam. —cook until tender</td>
</tr>
<tr>
<td>Beet greens</td>
<td>Young and tender</td>
<td>Eliminate all coarse leaves</td>
<td>Boiling water—2 min.</td>
</tr>
<tr>
<td>Broccoli</td>
<td>Compact heads</td>
<td>Cut into pieces no thicker than 1&quot;</td>
<td>Boiling water—3 min.</td>
</tr>
<tr>
<td>Brussels Sprouts</td>
<td>Dark green, compact heads</td>
<td>Cut sprouts from main stem</td>
<td>Boiling water—4 min.</td>
</tr>
<tr>
<td>Carrots, sliced</td>
<td>Young and tender</td>
<td>Top, scrape, cut into ¾&quot; slices</td>
<td>Boiling water—3 min.</td>
</tr>
<tr>
<td>Cauliflower</td>
<td>Solid heads</td>
<td>Cut into pieces no thicker than 1&quot;</td>
<td>Boiling water—3 min. Small pieces—3 min. Medium pieces—4 min.</td>
</tr>
<tr>
<td>Corn, on cob**</td>
<td>Before starchiness develops</td>
<td>Husk, eliminate under-and-over-mature ears</td>
<td>WATER STEAM Small—1½ min. 2 min. Medium—2½ min. 3 min. Large—3–4 min. 4 min.</td>
</tr>
<tr>
<td>Corn, cut</td>
<td>Before starchiness develops</td>
<td>Blanch on cob, cool and cut off whole kernels</td>
<td>Boiling water—Small—45 sec.—Large—1 min.</td>
</tr>
<tr>
<td>Peas</td>
<td>Sweet, not starchy</td>
<td>Shell, discard starchy peas</td>
<td>Boiling water—70 sec. Steam—2 min.</td>
</tr>
<tr>
<td>Spinach and Kale</td>
<td>Young</td>
<td>Cut and discard thick stems</td>
<td>Steam*—70 sec.</td>
</tr>
<tr>
<td>Squash, summer</td>
<td>While tender, before rind hardens</td>
<td>Slice in ½&quot; slices</td>
<td>Boiling water—1 min.</td>
</tr>
<tr>
<td>Turnips, diced</td>
<td>Young and tender</td>
<td>Cut off tops; peel, dice in ½&quot; cubes</td>
<td>Boiling water—1 min.</td>
</tr>
<tr>
<td>Turnip, greens</td>
<td>Young and tender</td>
<td>Eliminate all coarse large leaves</td>
<td>Boiling water—1 min.</td>
</tr>
</tbody>
</table>

*Times refer to the ordinary kettle method of steam blanching. They do not refer to steam blanching times in a pressure cooker. **It is difficult to secure a good frozen product with corn on the cob. However, by steam-blanching, then thawing and heating by steaming for serving, a fairly good flavor is retained.
Preparing and freezing Fruits

Most fruits commonly grown in the United States will freeze satisfactorily when properly handled. Blueberries, blackberries, cherries, cranberries, currants, peaches, pears, raspberries and strawberries are especially desirable.

Fruits are prepared in the same manner as for the table or other use. Briefly—sort, wash, drain, pack with sugar, syrup or dry seal—and freeze. Prepare only a sufficient quantity for several cartons at one time, because rapid handling is essential.

When sugar is used, alternate layers of fruit and sugar. When syrup is used, fill the carton allowing one-half inch for expansion during freezing.

4. Seal. Before sealing try to exclude as much air as possible. Seal the cellophane bag with a moderately heated flat iron or curling iron. Seal the carton according to manufacturer’s directions.

1. Sort: Any selection of fruits should be sorted for uniform ripeness and size. Portions that are bruised or too ripe for freezing may be used immediately for desserts, pies, or preserves.

2. Wash: After washing in cold water, fruits should be spread on trays lined with paper toweling or a clean, dry cloth. If possible, place the tray in the refrigerator while fruit is draining. It is unnecessary to blanch most fruits. However, apples may be blanched to Prevent discoloration. Peaches are blanched only for convenience in removing the skins.

3. Pack: Most fruits can be cut or sliced directly into the carton. Larger fruits should be sliced before freezing. Smaller fruits may be frozen whole.

5. Freeze: Place on the floor of the Food Freezer, preferably next to one of the walls. Leave in this position overnight, then stack or rearrange packages for greatest storage convenience.

Serving—Fruits for table use are best when only partially thawed. Place the unopened cartons in the Refrigerator for thawing.
## Handy table for preparing fruits

<table>
<thead>
<tr>
<th>Fruits</th>
<th>Method of Preparation</th>
<th>How to Pack</th>
</tr>
</thead>
<tbody>
<tr>
<td>Apples</td>
<td>Wash, peel, slice in 12ths, blanch in steam for 1½ minutes</td>
<td>Dry, (no sugar or syrup)</td>
</tr>
<tr>
<td>Blackberries</td>
<td>Clean, wash, discard red and green berries</td>
<td>Dry, or with sugar</td>
</tr>
<tr>
<td>Blueberries</td>
<td>Stem, wash, drain</td>
<td>Dry, or with sugar</td>
</tr>
<tr>
<td>Cherries, sour</td>
<td>Wash, chill, pit</td>
<td>Dry, or with sugar</td>
</tr>
<tr>
<td>Cherries, sweet</td>
<td>Stem, wash, pit</td>
<td>Dry, or with sugar</td>
</tr>
<tr>
<td>Cranberries</td>
<td>Stem, wash, discard poor berries</td>
<td>Dry, (no sugar or syrup)</td>
</tr>
<tr>
<td>Currants</td>
<td>Wash, stem</td>
<td>Dry, or with sugar</td>
</tr>
<tr>
<td>Dewberries</td>
<td>Clean, wash, discard red and green berries</td>
<td>Dry, sugar or 40% syrup</td>
</tr>
<tr>
<td>Gooseberries</td>
<td>Stem, wash</td>
<td>Dry, or with sugar</td>
</tr>
<tr>
<td>Grapes</td>
<td>Stem and wash</td>
<td>Crushed with sugar or 40% to 50% syrup</td>
</tr>
<tr>
<td>Peaches</td>
<td>Wash, peel, pit, slice</td>
<td>Sugar or 40% to 50% syrup</td>
</tr>
<tr>
<td>Pears</td>
<td>Wash peel, core, quarter</td>
<td>40% to 50% syrup</td>
</tr>
<tr>
<td>Plums and Prunes</td>
<td>Wash, pit, quarter</td>
<td>With sugar or 40% to 50% syrup</td>
</tr>
<tr>
<td>Raspberries, crushed</td>
<td>Clean, wash in ice water, discard unripe berries, crush with sugar</td>
<td>With sugar</td>
</tr>
<tr>
<td>Raspberries, whole</td>
<td>Clean, wash in ice water, discard unripe berries</td>
<td>Dry or with sugar or 40% syrup</td>
</tr>
<tr>
<td>Strawberries</td>
<td>Wash in ice water, cap, cut in halves or slices</td>
<td>Sugar</td>
</tr>
<tr>
<td>Strawberries, whole</td>
<td>Wash in ice water, cap</td>
<td>Dry, sugar or 40% to 50% syrup</td>
</tr>
</tbody>
</table>

**Dry pack:** Without the addition of sugar or syrup.

**Sugar pack:** Alternate fruit and sugar. Usually ¼ cup to pint or pound package.

**Syrup pack:** Add syrup to cover fruit, allowing head space for expansion during freezing. Choose density of syrup desired unless preference is indicated on chart below

<table>
<thead>
<tr>
<th>SUGAR SYRUPS</th>
<th>2 cups sugar—4 cups water</th>
</tr>
</thead>
<tbody>
<tr>
<td>30%</td>
<td>2 cups sugar—4 cups water</td>
</tr>
<tr>
<td>40%</td>
<td>3 cups sugar—4 cups water</td>
</tr>
<tr>
<td>50%</td>
<td>4 cups sugar—4 cups water</td>
</tr>
</tbody>
</table>

Dissolve sugar in boiling water and cool thoroughly before adding to fruit. Syrup can be made a day or so in advance and stored in the Refrigerator for convenient use.
The spaciousness and very cold temperature in the Freezer of your Cycla-matic Frigidaire provide excellent storage conditions for ice creams, sherbets and ices. With a variety of your family's favorite commercial ice creams on hand, dessert planning need never be a problem. Or you can make your own frozen creams and keep them on hand in the Freezer. The recipes given in this book are old favorites with us. You will find all of them simple and easy to make. Many are made without cooking and with just one whipping during freezing.

To Freeze Desserts: Pour mixture into tray and place on bottom of the freezing compartment. Freeze until firm. Remove frozen mixture to a chilled bowl. Break up with a wooden spoon. Beat with an electric mixer or rotary beater until mix becomes light and creamy. Return mixture at once to the tray and replace in the Freezer, to finish freezing. (Moistening bottom of tray with water insures good contact and hastens freezing.) When frozen, cover surface of dessert or salad with waxed paper or cellophane to prevent a layer of frost from collecting on the surface.

Packaged Ice Cream and Sherbet Mixes: Prepare as directed on the package and freeze as directed above.

Using Commercial Ice Cream: For best holding, remove ice cream or sherbet from carton and pack lightly into a freezing tray. Place tray on bottom of freezing compartment. The following suggestions work equally well with commercial or homemade ice creams.

1. Remove center of sponge or angel food cake to make one inch thick wall. Fill with peach ice cream. Serve with fresh or frozen peach slices and garnish with whipped cream.

2. Cover square slices of cake with slices of brick ice cream. Serve with chocolate or butterscotch sauce and garnish with whipped cream and chopped nuts.

3. Hollow out cup cakes. Line with jam, wine jelly or marmalade. Fill with ice cream.
Vanilla Cream

1 cup milk
1 can (1-1/2 cups) sweetened condensed milk
2 cups coffee cream
1 tablespoon lemon juice
1 tablespoon vanilla

Heat milk. Blend with condensed milk and add cream and lemon juice. Pour into freezing tray. Freeze until firm. Remove frozen mixture to chilled bowl, add vanilla and beat with an electric or hand beater until mix becomes light and creamy. Return to freezing tray and finish freezing. Serves 6 to 8.

Strawberry, Raspberry or Peach Cream: Whip 1 package (12 oz.) frozen fruit and add 1 tablespoon lemon juice. Then add the unbeaten vanilla cream and beat all together. Return to freezing tray and finish freezing.

Maple Nut Cream: Substitute 1/2 teaspoon maple nut flavoring for vanilla. Fold in 1/2 cup chopped nuts before returning to freezing tray.

Caramel Crunch: Blend 1/2 cup brown sugar and 2 tablespoons butter in saucepan over low heat. Add 2 cups corn flakes or puffed rice and toss lightly until coated with the syrup. Spread on waxed paper to cool. Fold into the whipped vanilla cream. Return to freezing tray and finish freezing.

Chocolate: Melt 2 to 3 squares semi-sweet chocolate and add to hot milk before adding remaining ingredients.

Pistachio: Substitute 1/2 teaspoon pistachio flavoring for vanilla. Fold in 1/2 cup chopped pistachio nuts before returning to freezing tray.

Lemon Cream

2 eggs
1/2 cup sugar
1/2 cup light corn syrup
1 cup milk
1 cup coffee cream
1/4 cup lemon juice
1 teaspoon grated lemon rind

Beat eggs until lemon colored. Add sugar gradually. Combine with corn syrup, milk, cream, lemon juice and rind. Pour into freezing tray. Freeze until firm. Remove frozen mixture to chilled bowl and beat with an electric or hand beater until mix becomes light and creamy. Return to freezing tray and finish freezing. Serves 6 to 8.

Maple Cream

1 cup maple syrup
1 1/2 tablespoons flour
1/2 cup water
2 egg yolks
1/4 teaspoon salt
1 teaspoon lemon juice
1 pint coffee cream
1 teaspoon vanilla

(Note: If you have an electric range, use saucepan and cook on low or simmer heat, otherwise use double boiler.) Heat syrup. Make a paste of flour and water. Add hot syrup and cook about ten minutes or until thickened. Pour over well-beaten egg yolks. Return to saucepan and cook on simmer heat about 3 minutes. Cool. Add salt, lemon juice and cream. Pour into freezing tray. Freeze until firm. Remove frozen mixture to chilled bowl, add vanilla and beat with an electric or hand beater until mix becomes light and creamy. (Add 1/2 cup chopped nut meats if desired). Return to freezing tray and finish freezing. Serves 8 to 10.

Toasted Almond Cream

2 eggs
1/2 cup brown sugar
1/2 cup dark corn syrup
1 cup milk
1 cup coffee cream
2 teaspoons vanilla
1/2 cup toasted almonds, sliced

Beat eggs until lemon colored. Add sugar gradually. Combine with corn syrup, milk and cream. Pour into freezing tray. Freeze until firm throughout. Remove frozen mixture to chilled bowl. Add vanilla and beat with electric or hand beater until mix becomes light and creamy. Add almonds. Return to freezing tray and finish freezing. Serves 6 to 8.

Banana Cream

1 medium-size banana
1/2 cup confectioners' sugar
1 tablespoon lemon juice
1/4 teaspoon salt
3 cups coffee cream
1 1/2 teaspoons vanilla
Slice banana very thin and mix with sugar. Add lemon juice, salt and coffee cream and pour into freezing tray. Freeze until firm. Remove frozen mixture to chilled bowl; add vanilla and beat with an electric or hand beater until mixture becomes very light. Return to freezing tray and allow to finish freezing. Serves 6.

**Peanut Butter Cream**

- ½ cup sugar
- ¼ teaspoon salt
- ½ cup peanut butter
- ½ cup hot water
- 1 14-oz. can (1 ½ cups) evaporated milk diluted with
- 1 cup cold water

Combine sugar, salt and peanut butter. Add hot water and blend thoroughly. Stir in diluted milk. Pour into freezing tray. Freeze until firm. Remove frozen mixture to chilled bowl and beat with an electric or hand beater until mix becomes light and creamy. Return to freezing tray and finish freezing. Serves 6.

**Caramel Cream**

- ¾ cup sugar
- ½ cup boiling water
- ¼ teaspoon salt
- 1 ½ tablespoons flour
- ½ cup cold water
- 2 egg yolks, beaten
- 1 pint coffee cream

Melt sugar in a heavy skillet over low heat. When light brown in color, remove from heat and add boiling water slowly. Return to heat and cook until sugar is dissolved. Mix salt and flour with cold water. Add gradually to caramel mixture, stirring constantly. Pour onto beaten egg yolks. Return to heat and cook 3 minutes longer. Cool. Add cream. Pour into freezing tray. Freeze until firm. Remove frozen mixture to a chilled bowl. Add just enough red coloring to make a delicate pink. Beat with an electric or hand beater until creamy. Return to freezing tray and finish freezing. Serves 8 to 10.

**Mint Cream with Grated Chocolate**

- 1 cup after-dinner mints
- ½ cup milk
- 1 cup heavy cream
- Green food coloring
- 1 square (1-oz.) semi-sweet chocolate, coarsely grated


**Apple Blossom Cream**

- 2 cups finely sieved applesauce
- ½ cup sugar
- 1 tablespoon lemon juice
- 2 cups heavy cream
- Red coloring

Combine applesauce, sugar, lemon juice and cream. Stir until sugar is dissolved. Pour into freezing tray. Freeze until firm. Remove frozen mixture to a chilled bowl. Add just enough red coloring to make a delicate pink. Beat with an electric or hand beater until creamy. Return to freezing tray and finish freezing. Serves 8 to 10.

**Fresh Coconut Cream**

- 1 can (1 ½ cups) sweetened condensed milk
- 3 cups milk
- 2 teaspoons lemon juice
- 2 teaspoons vanilla
- 2 cups freshly grated coconut

Heat one cup milk. Blend with condensed milk and add remaining milk and lemon juice. Pour into freezing tray. Freeze until firm. Remove frozen mixture to chilled bowl, add vanilla and beat with an electric or hand beater until mix becomes light and creamy. Add coconut. Return to freezing tray and finish freezing. Serves 10 to 12.
Chocolate Cream

- ¾ cup sugar
- 4 tablespoons cocoa
- ½ teaspoon salt
- ½ cup hot water
- 3 cups coffee cream
- 2 teaspoons vanilla

Mix sugar, cocoa and salt. Add hot water and heat, stirring constantly until sugar is dissolved. Continue cooking about 5 minutes. Cool. Add cream. Pour into freezing tray. Freeze until firm. Remove frozen mixture to chilled bowl, add vanilla and beat with an electric or hand beater until mix becomes light and creamy. Return to freezing tray and finish freezing. Serves 6 to 8.

Frozen Lime Pie

Graham cracker crust for 9-inch pie
(see page 36)
- 2 eggs
- ½ cup sugar
- ½ cup light corn syrup
- 1 cup coffee cream
- ½ cup lime juice
- 1 cup milk
- 1 teaspoon grated lime rind
- Green coloring

Beat eggs until lemon colored then beat in sugar gradually. Add remaining ingredients. Tint a pale green and pour into freezing tray. Freeze until firm. Remove to a chilled bowl and beat with electric or hand beater until mix becomes light and creamy. Turn into crumb crust. Freeze until firm. To serve, garnish with whole strawberries. Serves 6 to 8.

Biscuit Tortoni

- 3 egg yolks
- ¾ cup sugar
- 1 cup milk, scalded
- ½ cup macaroons, ground
- 2 teaspoons vanilla
- 3 egg whites
- ½ teaspoon salt
- 1½ cups heavy cream, whipped

Combine egg yolks, sugar and salt. Stir in milk. Strain into top of double boiler. Cook over hot, not boiling water, stirring constantly until mixture thickens and coats a metal spoon—about 5 minutes. Remove pan immediately from hot water and place in pan of cold water to cool quickly. When cool, add macaroons and vanilla. Fold in beaten egg whites to which salt has been added, and whipped cream. Pour into individual paper cups, sprinkle top with additional macaroon crumbs, if desired, and set in freezing trays. Freeze without desired. If desired, flavor with 3 tablespoons sherry or rum. Serves 12.

Frozen Crumb Pie

- 2 cups sponge cake* broken in small portions
- 1 cup whipping cream
- ¼ cup chopped walnuts or pecans

Whip cream and combine with cake and nuts by mixing lightly with a fork. Turn into freezing tray and freeze without stirring. To serve, slice and top with fresh or thawed frozen berries or fruits. Serves 4 to 6.

*Note: Any extra portions of cake such as angel food or chocolate may be used.
A parfait cream is made by combining a syrup with egg whites and whipped cream. Mousses are slightly different in that whipping cream forms the base. Mousses may be plain or fruited, whichever you prefer.

Both parfaits and mousses are frozen without stirring during freezing. They are easily prepared; rich and delicious.

**Angel Parfait**

1/4 cup water
1 cup sugar
2 egg whites
1/4 teaspoon salt
2 teaspoons vanilla
1 pint heavy cream

Cook sugar and water slowly without stirring until it spins a thread (236°F). Pour slowly over stiffly beaten egg whites to which salt has been added. Continue to beat until thick. Cool. Add vanilla and combine with the chilled whipped cream. Pour into freezing tray. Freeze without stirring. Serve in parfait glasses. Top with whipped cream and garnish with preserved cherry or other fruit. Serves 8 to 10.

**Variations:**

*Creme de cocoa parfait:* Place spoonful of creme de cocoa in bottom of parfait glass, add parfait cream, then another spoon of creme de cocoa and more parfait cream. Top with whipped cream and preserved cherry.

*Raspberry parfait:* Place spoonful of crushed sugared fresh or thawed frozen raspberries in bottom of parfait glass, add parfait cream, then another spoon of crushed fruit and more parfait cream. Top with whipped cream and a whole raspberry or a preserved cherry.

*Strawberry parfait:* Prepare same as raspberry parfait.

*Chocolate-Mint parfait:* Prepare same as the creme de cocoa parfait.

**Butterscotch Parfait**

3/4 cup brown sugar
2 tablespoons butter
1/2 cup water
4 egg yolks
1/2 teaspoon salt
2 teaspoons vanilla
1 pint heavy cream

Combine brown sugar and butter. Heat until the sugar is melted. Cook for one minute. And then add water gradually, stirring constantly and continue cooking until the butterscotch
is melted. Add syrup mixture gradually to beaten egg yolks. Cook in double boiler until thick (if you have an electric range, cook in saucepan on low or simmer heat). Chill. Add salt and vanilla and combine with whipped cream. Pour into freezing tray. Freeze without stirring. Serve in parfait glasses. Top with whipped cream and garnish with a preserved cherry or other fruit. Serves 10 to 12.

**Maple Parfait**

- 3/4 cup maple syrup
- 3 eggs, separated
- 1/16 teaspoon salt
- 1 1/2 cups heavy cream
- 1 teaspoon vanilla

Heat maple syrup to boiling in double boiler or if you have an electric range, use saucepan on low or simmer heat. Add syrup slowly to well beaten egg yolks. Return to heat and cook for several minutes until thickened. Add salt and beat egg whites until stiff. Beat custard with rotary beater and pour over stiffly beaten egg whites to which salt has been added. Chill thoroughly. Add whipped cream, salt and vanilla. (If a stronger flavor is desired, add a few drops maple extract). Pour into freezing tray. Freeze without stirring. Serve in parfait glasses. Top with whipped cream and garnish with chopped nuts. Serves 8 to 10.

**Apricot Mousse**

- 1 No. 2% can apricots or
- 2 1/4 cups apricot nectar
- 2 egg whites
- 1 1/2 cups heavy cream
- 1/4 cup sugar

Drain apricots and force through a sieve (there should be 2 1/4 cups puree). Pour into freezing tray and chill in freezing compartment for 45 minutes. Remove chilled puree to a bowl containing the unbeaten egg whites. Beat until light and fluffy. Whip cream, gradually add sugar. Fold the cream into the beaten apricot mixture. Pour into freezing tray. Freeze without stirring. Serves 8 to 10.

**Pistachio Mousse**

- 2 cups heavy cream
- 1/2 cup sugar
- 1/2 teaspoon pistachio flavoring*
- 1/2 cup chopped pistachio nuts
- Green coloring
- 2 egg whites
- 1/4 teaspoon salt

Whip cream. Add sugar, flavoring, nuts and just enough green coloring to give a yellowish green tint. Fold in stiffly beaten egg whites to which salt has been added. Pour into freezing tray. Freeze without stirring. Serves 8 to 10.

*Note: If pistachio flavoring is not available use 1 part almond flavoring combined with 2 parts vanilla.

**Marshmallow Delight**

- 1/2 pound marshmallows
- 1 No. 2 can diced or crushed pineapple
- 2 cups heavy cream
- 2 teaspoons vanilla
- 2 tablespoons sugar

Cut marshmallows in quarters. (Colored marshmallows are most attractive.) Add pineapple. Cover bowl and place in refrigerator overnight. Whip cream, add sugar and vanilla. Fold into fruit and marshmallow mixture. Pour into freezing trays and allow to chill thoroughly or partially freeze before serving. To serve, garnish each serving with a maraschino cherry and chopped nuts. Serves 10 to 12.

**Pineapple Marlow**

- 1 cup milk
- 20 marshmallows
- 1/2 teaspoon salt
- 1 egg, beaten
- 1/2 cup drained crushed pineapple
- 1 tablespoon vanilla
- 1 cup heavy cream, whipped

Heat milk, marshmallows, and salt in saucepan on simmer heat until marshmallows are melted. Pour over well beaten egg and return to heat and cook 3 to 5 minutes stirring constantly. Remove from heat. Cool. When mixture begins to thicken, add the pineapple and vanilla and fold in the whipped cream. Pour into freezing tray. Freeze without stirring. Serves 6.
Milk Sherbets and water ices may be served as desserts or as an accompaniment to the meat course. When served with the meat course, try these combinations for contrast and flavor appeal: Cranberry ice or sherbet with turkey; lemon ice with fried chicken; mint ice with roast lamb. Whether you use commercially made sherbets and ices or make your own, you will find that they hold best if packed lightly in the freezing tray and placed on the bottom of the freezing compartment.

The recipes given here are all easy to make and can be frozen quickly and held for several days in the Freezer of your Cycla-matic Frigidaire.

**Lemon Milk Sherbet**

- 1 1/4 cup sugar
- 1/2 cup lemon juice
- Grated rind of 1 lemon
- 1/4 teaspoon lemon extract
- 2 cups milk

Combine sugar, lemon juice, lemon rind and flavoring. Add milk and stir until sugar is dissolved. Pour into freezing tray. Freeze until firm. Remove frozen mixture to a chilled bowl and beat with an electric or hand beater until mix becomes light and creamy. Return to freezing tray and finish freezing. Serves 6 to 8.

**Pineapple Milk Sherbet**

- 1/2 cup pineapple juice
- 1/2 cup sugar
- 1 tablespoon lemon juice
- 1 teaspoon grated lemon rind
- 2 cups milk

Combine pineapple juice, sugar, lemon juice and lemon rind and flavoring. Add milk and stir until sugar is thoroughly dissolved. Pour into freezing tray. Freeze until firm. Remove frozen mixture to a chilled bowl and beat with an electric or hand beater until mix becomes light and creamy. Return to freezing tray and finish freezing. Serves 6 to 8.

**Buttermilk Sherbet**

- 2 cups buttermilk
- 3/4 cup sugar
- 1/2 teaspoon salt
- 1 cup crushed pineapple
- 1 egg white
- 1 teaspoon vanilla

Combine buttermilk, sugar, salt, pineapple, egg white and vanilla. Pour into freezing tray. Freeze until firm. Remove frozen mixture to a chilled bowl and beat with an electric or hand beater until mix becomes light and creamy. Return to freezing tray and finish freezing. Serves 6 to 8.
Combine buttermilk, all but 2 tablespoons of the sugar, salt and pineapple. Pour into freezing tray. Freeze until firm. Beat egg white stiff, add the 2 tablespoons sugar. Set aside. Remove frozen mixture to a chilled bowl. Add vanilla and beat with an electric or hand beater until fluffy. Combine with the beaten egg white. Return to freezing tray and finish freezing. Serves 6.

Orange Cream Sherbet

\[
\begin{align*}
\frac{3}{4} \text{ cup sugar} \\
\frac{3}{4} \text{ cup water} \\
\text{Grated rind of 1 orange} \\
1 \frac{1}{2} \text{ cups orange juice} \\
1 \text{ tablespoon lemon juice} \\
\frac{1}{2} \text{ cup coffee cream} \\
\frac{1}{16} \text{ teaspoon salt}
\end{align*}
\]

Combine sugar, water and orange rind in saucepan. Bring to boil, stirring constantly until sugar is dissolved. Cook slowly 10 minutes. Cool. Add orange and lemon juice. Strain. Add cream and salt. Pour into freezing tray. Freeze until firm. Remove frozen mixture to a chilled bowl and beat with an electric or hand beater until fluffy. Return to freezing tray and finish freezing. Serves 6 to 8.

Cranberry Ice

\[
\begin{align*}
1 \frac{1}{2} \text{ cups sugar} \\
3 \text{ cups water} \\
1 \text{ quart (1 lb.) cranberries, fresh or frozen} \\
\text{Grated rind and juice of 1 orange}
\end{align*}
\]

Combine sugar and water in saucepan. Bring to boil, stirring until sugar is dissolved and cook 5 minutes. Add cranberries. Bring to boil and cook 5 minutes. Strain and cool. Add orange rind and juice. Pour into freezing tray. Freeze until firm. Remove frozen mixture to a chilled bowl and beat with an electric or hand beater until light and creamy. Return to freezing tray and finish freezing. Serves 6 to 8.

Lemon or Lime Ice

\[
\begin{align*}
\frac{3}{4} \text{ cup sugar} \\
2 \text{ cups water} \\
\frac{1}{2} \text{ cup lemon or lime juice} \\
(\text{fresh or frozen}) \\
\frac{1}{16} \text{ teaspoon salt}
\end{align*}
\]

Place sugar and water in saucepan. Bring to boil, stirring constantly until sugar is dissolved. Cook slowly 10 minutes. Cool. Add strained lemon or lime juice and salt. Pour into freezing tray. Freeze until firm. Remove frozen mixture to a chilled bowl and beat with an electric or hand beater until mix becomes light and creamy. Return to freezing tray and finish freezing. Serves 4 to 6.

Mint Ice

\[
\begin{align*}
2 \text{ cups sugar} \\
4 \text{ cups water} \\
\frac{1}{2} \text{ cup lemon juice} \\
\text{mint flavoring} \\
\text{green coloring} \\
\frac{1}{4} \text{ teaspoon salt} \\
2 \text{ egg whites}
\end{align*}
\]

Combine sugar and water in saucepan. Bring to boil, stirring constantly until sugar is dissolved. Cook slowly 10 minutes. Cool. Add lemon juice, mint flavoring to taste and tint green. Pour into freezing tray. Freeze until firm. Add salt to egg whites and beat until stiff. Remove frozen mixture to a chilled bowl. Beat with an electric or hand beater until fluffy. Fold in egg whites. Return to freezing tray and finish freezing. Serves 6 to 8.

Three Fruit Freeze

\[
\begin{align*}
1 \text{ banana, crushed} \\
\frac{1}{4} \text{ teaspoon salt} \\
\frac{3}{4} \text{ cup sugar} \\
1 \frac{1}{4} \text{ cups orange juice} \\
\frac{1}{4} \text{ cup lemon juice}
\end{align*}
\]

Crush banana with silver fork. Add salt and sugar and blend until sugar is dissolved. Add fruit juices. Pour into freezing tray. Freeze until firm. Remove frozen mixture to a chilled bowl and beat with an electric or hand beater until mix becomes light and creamy. Return to freezing tray and finish freezing. Serves 6 to 8.

Raspberry Freeze

\[
\begin{align*}
1 \text{ cup sugar} \\
2 \text{ cups hot water} \\
1 \text{ quart raspberries, fresh or frozen} \\
\frac{1}{4} \text{ cup lemon juice} \\
\frac{1}{4} \text{ cup orange juice} \\
\frac{1}{8} \text{ teaspoon salt}
\end{align*}
\]

Place sugar and water in saucepan. Bring to boil, stirring until sugar is dissolved. Cook five minutes. Cool. Purée raspberries, add fruit juices, salt and cooled syrup. Pour into freezing tray. Freeze until firm. Remove frozen mixture to a chilled bowl and beat with an electric or hand beater until mix becomes light and creamy. Return to freezing tray and finish freezing. Serves 6.
Salads, Chilled or Frozen

Every salad, regardless of type or kind, has a special appetite appeal when served on crisp, green salad leaves. When stored properly in your Frigidaire Hydrator, salad greens and other vegetables always have a crisp, ready-to-serve freshness. For best results, sort, trim and wash celery, lettuce, carrots, radishes and the like, before storing.

Frozen salads, too, add a refreshing note to the meal. Try serving one for your next luncheon party, or surprise the family with a new frozen salad. You will find any one of the frozen salad recipes given in this section simple and easy to make.

Caesar Salad

2 cups small bread cubes
Olive oil
1 clove garlic
2 heads romaine
¼ teaspoon dry mustard
¼ teaspoon black pepper
½ teaspoon salt
½ cup grated Parmesan cheese
6 tablespoons olive oil
Juice of 2 lemons
2 eggs

Prepare croutons by browning bread cubes over low heat in olive oil with cut clove garlic. Rub salad bowl with garlic and add the romaine, torn into medium-size pieces. Sprinkle with mustard, pepper, salt and Parmesan cheese. Add the olive oil and lemon juice. Break the eggs on the greens and toss lightly until no trace of egg is seen. Just before serving, add the croutons and toss just enough to mix. Serves 8 to 10.

Stuffed Tomatoes with Anchovies

6 medium-size tomatoes
1 bottle anchovies in oil
4 hard-cooked eggs, chopped fine
½ cup mayonnaise
Parsley

Cut anchovies into small pieces. Add eggs and mayonnaise; mix well together. Scald and peel tomatoes. Scoop out centers and fill with anchovy mixture. Cover with the pieces of tomato cut from the top and garnish with quarter of lemon and small sprig of parsley. Place in refrigerator to chill. To serve, arrange on crisp lettuce. Serves 6.

Waldorf Salad

2 cups diced apples
1 tablespoon lemon juice
1 cup diced celery
½ cup broken walnut meats
½ cup mayonnaise
Add lemon juice to diced apples to prevent them from turning dark. Combine all ingredients. Add mayonnaise and mix lightly with a fork. Salads of this sort should always be prepared in a very cold mixing bowl and allowed to chill thoroughly before serving. To serve, arrange on crisp salad greens. Serves 6.

Christmas Eve Salad

1 cup pineapple chunks
1 cup green grapes
1 pint fresh strawberries
1 banana
½ lb. marshmallows
1 cup heavy cream, whipped
1 cup cooked fruit salad dressing
½ cup broken walnuts
Red and green cherries


Chicken Salad

2 cups diced chicken
3 hard-cooked eggs, chopped
1 cup diced celery
½ cup cooked salad dressing
½ teaspoon salt

Place chicken, eggs, celery, salad dressing and salt in cold bowl and mix with a fork. Serve on crisp lettuce or endive, garnishing with several stuffed olives. Serves 4 to 6.

Cole Slaw

1 small head cabbage, shredded
1 green pepper, chopped fine
3 tablespoons sugar
1 cup vinegar
Salt to taste
1 tablespoon celery seed

Combine shredded cabbage and green pepper and chill in refrigerator. When ready to serve, dissolve sugar in vinegar and add to cabbage. Season with salt and add celery seed. Serves 6 to 8.

Creamed Slaw

1 small head cabbage, chopped fine
1 green pepper, chopped fine
3 tablespoons sugar
1 cup sweet cream
½ cup vinegar
Salt to taste

Combine cabbage and green pepper and chill in refrigerator. When ready to serve, dissolve sugar in cream, add vinegar and pour over vegetables. Season to taste. Serves 6 to 8.

Tomato Roses

4 medium-size tomatoes
2 3-oz. cakes cream cheese
1 hard-cooked egg
4 head lettuce leaves
Paprika

Wash tomatoes. Place in the Hydrator until thoroughly chilled. Mix cream cheese with a little thin cream to a creamy paste. Form petals on tomatoes with an ordinary teaspoon. When the rose is formed, add the chopped egg yolk in center. Serve on lettuce leaf. Dip the edges of each of the lettuce leaves in saucer of paprika to add a touch of color. Serves 4.

Bing Cherry Salad

1 No. 2½ can black Bing Cherries
1 tablespoon gelatin
½ teaspoon salt
¼ cup lemon juice
Pecans (optional)

Drain the cherries; there should be 1½ cups of juice (if necessary, add water to make up the amount). Soften gelatin in ¼ cup of the juice; stir over boiling water until dissolved. Add the rest of the cherry juice, salt and lemon juice. Chill until partially set. Add cherries and turn into individual molds or one large mold first rinsed with cold water. Chill until firm. To serve, unmold on crisp salad greens. Serves 6.

Tomato Aspic

3½ cups tomato juice
1 tablespoon chopped onion
1 stalk celery, with leaves
3 cloves
1 teaspoon sugar
1/2 teaspoon salt
2 tablespoons gelatin
1/2 cup cold water
3 tablespoons lemon juice

Combine tomato juice and seasonings. Cook on high heat until steaming then on simmer heat 15 minutes. Soften gelatin in cold water 5 minutes and add to hot mixture, stirring until dissolved. Strain and add enough water to make 3/2 cups. Add lemon juice. Turn into mold and chill until firm.
To serve, unmold on crisp greens. Serves 8.

Beet Salad
2 tablespoons gelatin
1/2 cup cold water
2 cups hot water
2 tablespoons lemon juice or vinegar
1/2 cup sugar
1/2 teaspoon salt
1 1/2 cups chopped cooked beets
2 tablespoons horseradish

Soften gelatin in cold water 5 minutes. Add hot water and stir until dissolved. Add lemon juice or vinegar, sugar and salt. Chill until partially set. Add beets and horseradish. Turn into molds and chill.
To serve, unmold on crisp salad greens and garnish with mayonnaise, cottage cheese balls or pickle slices. Serves 6.

Perfection Salad
2 tablespoons gelatin
1/2 cup cold water
2 cups hot water
1/2 cup sugar
1 teaspoon salt
1/2 cup mild vinegar
2 tablespoons lemon juice
1 cup finely shredded cabbage
2 cups finely diced celery
2 pimientos finely chopped, or 4 tablespoons finely chopped fresh red or green peppers

Soften gelatin in cold water 5 minutes. Add hot water and stir until dissolved. Add sugar, salt, vinegar and lemon juice. Chill until partially set. Add vegetables. Turn into mold and chill until firm. To serve, unmold on crisp greens. Serves 8.

Cranberry Salad
1 package lemon gelatin
1 1/4 cups hot water
1/2 cup sugar
2 cups chopped raw cranberries
1 cup diced celery
1 cup diced apple
1/2 cup chopped nut meats

Dissolve gelatin in hot water; add sugar. Chill until partially set. Add cranberries, celery, apple and nut meats. Turn into mold and chill until firm. To serve, unmold on crisp salad greens. Serves 6 to 8.

Horseradish-Lime Salad
2 packages lime-flavored gelatin
2 cups hot water
4 3-oz. cakes cream cheese
1/2 cup heavy cream
3 tablespoons mayonnaise
1 teaspoon salt
4 tablespoons tarragon wine vinegar
2 tablespoons lemon juice
1 No. 2 can crushed pineapple, drained
3 to 6 tablespoons fresh horseradish, drained

Dissolve lime gelatin in hot water. Chill until slightly thickened. In meantime, blend cream cheese and cream. Add mayonnaise, salt, vinegar, lemon juice, drained pineapple, and horseradish. Combine gelatin and cheese mixtures. Blend well. Turn into individual molds or large mold. Chill until firm.
To serve, unmold on crisp salad greens. Garnish with deviled eggs. Delicious with baked ham. Serves 12.

Fruit and Vegetable Salad
1 package lemon gelatin
1 1/2 cups hot pineapple juice
(if necessary, add water)
2 tablespoons lemon juice
1/4 teaspoon salt
1 cup drained crushed pineapple
1/2 cup finely chopped celery
1/2 cup grated carrot

Dissolve gelatin in hot liquid. Add lemon juice and salt. Chill until slightly thickened. Add remaining ingredients. Turn into individual molds or large mold. Chill until firm. To serve, unmold on crisp salad greens. Serves 6.
Fruit Gingerale Salad

- 2 tablespoons gelatin
- ¼ cup cold water
- ½ cup hot water
- 2 tablespoons sugar
- ¼ cup lemon juice
- 1 cup gingerale
- ½ cup Malaga grapes, halved and seeded
- 2 oranges, sectioned
- 1 banana, sliced
- ½ cup chopped nuts

Soften gelatin in cold water. Add hot water and stir until gelatin is dissolved. Add sugar and lemon juice. Cool. Add gingerale. Chill until mixture begins to thicken, add grapes, oranges, bananas and nuts. Turn into a large or individual mold and chill until firm. To serve, unmold on crisp lettuce. Serves 8.

Frigidaire Fruit Salad (Frozen)

- 1 3-oz. cake cream cheese
- 2 tablespoons cream
- ¼ cup mayonnaise
- 2 tablespoons lemon juice
- ¼ teaspoon salt
- 2 tablespoons sugar
- 1 cup canned pineapple, diced
- 1 cup orange sections, diced
- ½ cup maraschino cherries, chopped
- ½ cup Royal Anne cherries, quartered
- ½ cup pecans, chopped
- 1 cup heavy cream, whipped

Blend cream cheese with cream. Add mayonnaise, lemon juice, salt, and sugar. Combine with prepared fruits and nuts. Fold in whipped cream. Pour into freezing tray. Freeze without stirring. To serve, cut in slices or cubes and arrange on crisp salad greens. May be garnished with whole fresh strawberries or whole nut meats. Serves 6.

Frozen Tomato Salad

- 3 cups tomato puree
- 1¼ teaspoons salt
- 1 tablespoon sugar
- 1½ tablespoons lemon juice
- ¼ teaspoon pepper
- 1 teaspoon onion juice

Combine all ingredients and stir until sugar and salt are dissolved. Pour into freezing tray. Freeze without stirring. To serve, cut in squares or cubes and place on crisp greens. Top with dressing and garnish with chopped chives. Serves 10 to 12.

Strawberry Cheese Salad (Frozen)

- 1 pint strawberries
- 2 tablespoons sugar
- 4 3-oz. cakes cream cheese
- 2 teaspoons lemon juice
- ½ cup heavy cream, whipped

Wash and stem berries. Crush with sugar. Mix a small portion at a time into cream cheese and blend until well mixed. Add lemon juice. Fold in whipped cream. Pour into freezing tray. Freeze without stirring. Serves 6 to 8.

Cooked Salad Dressing

- 2 tablespoons flour
- 1 teaspoon mustard
- 1 teaspoon salt
- 1 tablespoon sugar
- ½ cup vinegar
- 3 egg yolks, beaten
- 2 tablespoons butter

Mix dry ingredients, add vinegar and cook over low heat or in top of double boiler until very stiff. Add beaten egg yolks and return to heat for several minutes. Remove from heat, add butter and cool. Pour into glass jar and place in refrigerator. Makes ¾ cup. This dressing may be mixed with whipped cream, plain cream or sour cream for serving.

Thousand Island Dressing: To ¾ cup cooked salad dressing, add the following: 2 tablespoons finely chopped pimientos, 2 teaspoons minced chives, 2 tablespoons catsup, 2 tablespoons chili sauce, 2 chopped hard-cooked eggs, and ½ cup whipped cream. Chill well.

Celery Seed Dressing

- ½ cup sugar
- 1 teaspoon dry mustard
- 1 teaspoon salt
- ¼ onion, grated
- ½ cup vinegar
- 1 cup salad oil
- 1 tablespoon celery seed

Mix sugar, salt, mustard. Add onion juice and a small amount of vinegar. Add oil gradually; remaining vinegar and celery seed.
Chilled Desserts

Chilled desserts can be most refreshing without actually being frozen. Your Food Freezer may be used for quick chilling. However, when there is time for advance preparation, the cold temperature in the Refrigerator will do the trick for fruit and fruit flavored gelatin combinations, puddings and chilled custards.

Many novel combinations can be made to vary your menus.

**Chocolate Bavarian**

1 tablespoon gelatin
1/4 cup cold water
1/2 cup hot milk
1 1/2 squares unsweetened chocolate, shaved
1/2 cup sugar
1/2 teaspoon salt
2 cups heavy cream, whipped
1 teaspoon vanilla
6 lady fingers


**Strawberry Bavarian**

1 tablespoon gelatin
1/4 cup cold water
1 1/2 cups crushed strawberries
1 tablespoon lemon juice
1/2 cup sugar
1/2 teaspoon salt
2 cups heavy cream, whipped
6 lady fingers

Soften gelatin in cold water. Place over boiling water and stir until dissolved. Add crushed strawberries, lemon juice, sugar and salt. Chill until slightly thickened. Fold in whipped cream. Line a mold with lady fingers and pour in strawberry mixture. Chill until firm. To serve, unmold and garnish with whipped cream. Serves 6.

**Floating Island**

Soft Custard

2 egg yolks
1 whole egg
3 tablespoons sugar
1/2 teaspoon salt
1 1/2 cups milk, scalded
1/2 teaspoon vanilla

Combine eggs, sugar and salt. Stir in scalded milk. Strain into top of double boiler. Cook over hot, not boiling water, stirring constantly until mixture thickens and coats a metal spoon—about 5 minutes. Remove pan immediately from hot water and place in pan of cold water to cool quickly. When cool, add vanilla and pour into one large or individual dessert dishes. Makes about 2 cups.

**Meringue**

Beat 2 egg whites with a dash of salt until stiff but not dry. Gradually beat in 4 tablespoons sugar. Add 1/2 teaspoon vanilla. Drop by spoonfuls onto custard. Top with currant jelly. If desired, drop meringue by spoonfuls onto shallow baking pan with the bottom just covered with water. Bake in slow oven (325° F.) about 15 minutes until brown. Place on top of custard in serving dish.
The level cold temperature in the Refrigerator provides super-safe food storage conditions and thus makes possible many such time-saving conveniences as these: Storing and chilling pastry before baking; storing cookie dough (shaped into rolls and wrapped in waxed paper or cellophane) ready for slicing and baking as desired; keeping soup stock, waffle or pancake batter on hand ready for use at a moment’s notice; saving steps and last-minute rush, by preparing food in advance for guest or family meals.

Lemon Chiffon Pie

Graham cracker crust for 9-inch pie
1 tablespoon gelatin
1/4 cup cold water
4 eggs, separated
1/2 cup lemon juice
1/4 teaspoon salt
3/4 cup sugar
1 teaspoon grated lemon rind

Soften gelatin in cold water. Beat egg yolks, add lemon juice, salt and 1/2 cup of the sugar. Cook over very low heat until thickened. Add gelatin and stir until dissolved. Add lemon rind. Chill until slightly thickened. Beat egg whites until stiff but not dry; gradually beat in remaining 1/4 cup sugar. Fold into gelatin mixture. Turn into crumb crust. Chill until firm.

To serve, garnish with whipped cream. Serves 6 to 8.

Refrigerator Rolls

2 packages yeast
1/2 cup lukewarm water
1 1/2 cups milk
1/2 cup sugar
2 teaspoons salt
1/4 cup shortening
1 egg
5 1/2 cups enriched flour (about)

Soften yeast in lukewarm water. Scald milk and add sugar, salt, and shortening. Cool to lukewarm. Add 2 cups of flour. Mix thoroughly. Add egg and softened yeast. Beat well. Add enough more flour to make a soft dough. Turn out on lightly floured board and knead until smooth and satiny. Place in lightly greased bowl. Cover and put into Refrigerator. If dough rises in refrigerator, punch it down. When wanted, remove
dough from Refrigerator and punch down. Mold at once in any desired shape. Or, if preferred, let dough stand in warm room (80 to 85°F.) an hour before molding. Place in greased pans and let rise until doubled (about 1 hour). Bake in a hot oven (425°F.) 15 to 20 minutes. Makes about 2½ dozen rolls. *For richer rolls use 2 eggs.

**Chocolate Bavarian**

**Butterscotch Cookies**

- 3 cups cake flour, or
- 2¼ cups all-purpose flour
- 1 teaspoon cream of tartar
- 1 teaspoon soda
- ¾ teaspoon salt
- ½ cup shortening
- 2 cups brown sugar
- 2 eggs
- ½ teaspoon vanilla

Sift together flour, cream of tartar, soda and salt. Cream shortening, sugar and eggs. Add vanilla, then flour mixture. Form into rolls about 2 inches in diameter and wrap in waxed paper. Chill in Refrigerator. When ready to bake, slice and place on an ungreased baking sheet. Bake in a moderate oven (375°F.) for about 10 minutes. Amount: about 3 dozen.

**Cheese Cake**

**Crust:**
- 2½ cups Graham cracker crumbs
- ½ teaspoon cinnamon
- ½ cup melted butter
- ½ cup sugar

Combine all ingredients. Line 9-inch spring mold with mixture and bake in 350°F. oven for 5 minutes.

**Filling:**
- 3 8-oz. cakes cream cheese
- 1½ cups sugar
- 4 egg yolks
- 1 teaspoon vanilla
- 1 teaspoon lemon juice
- ½ teaspoon lemon rind
- 4 egg whites, stiffly beaten

Cream the cheese, gradually add sugar. Add egg yolks, beating after each addition. Scrape sides and bottom of bowl, and continue beating until mixture is smooth. Beat egg whites stiff, but not dry. Fold into cheese mixture. Pour into baked crust. Bake in a slow oven (325°F) 55-60 minutes. Allow to cool in mold 1 hour then top with following topping:

**Topping:**
- 2 cups sour cream (thick salad cream)
- 4 tablespoons sugar
- 1 teaspoon vanilla

Combine ingredients and fold into whipping cream. Pour over cooled cake. Place in Refrigerator for at least 1 hour. Remove from Refrigerator 1 hour before serving.

**Hot Fudge Sauce**

- 1 square (1 ounce) unsweetened chocolate
- 1½ cups sugar
- ¼ teaspoon salt
- ½ cup hot water
- 2 tablespoons butter
- ½ cup coffee cream
- 1 teaspoon vanilla

Melt chocolate, add sugar, salt and hot water. Stir until sugar is dissolved. Cook until it thickens, add butter, cream and vanilla. Serve hot. Extra portions may be stored in a covered jar in Refrigerator and reheated for serving.
**Butterscotch Sauce**

2 cups brown sugar  
6 tablespoons butter  
1 1/2 cups hot water

Melt butter in saucepan and add brown sugar. Continue stirring until butter and sugar are well mixed. Add hot water and cook about 10 minutes. Cool. Store in covered container in Refrigerator. Makes 1 1/2 cups.

**Orange Cream Sauce**

2 egg yolks  
1/2 cup sugar  
Juice and grated rind of 1 orange  
1 cup heavy cream

Heat grated orange rind, juice and sugar. Strain. Cook again for approximately 2 minutes. Add well-beaten egg yolks. Cook for 5 minutes or until eggs are thickened, stirring constantly. Cool to room temperature. Chill in Refrigerator. Fold in chilled whipped cream before serving. Delicious chilled or when partly frozen and served on angel food cake.

Makes 1 cup.

**Vichyssoise**

4 leeks, sliced  
1 medium onion, sliced  
2 tablespoons butter  
5 medium-size potatoes, sliced  
1 quart chicken broth  
1 tablespoon salt  
2 cups milk  
2 cups cream  
1 cup heavy cream

Cook leeks and onion in the butter until very lightly browned. Add potatoes, chicken broth and salt and cook 35 to 40 minutes. Rub through a fine sieve. Return to heat and add the milk and light cream. Bring just to a boil. Cool. Add heavy cream and chill thoroughly. Serve in bouillon cups and garnish with chopped chives. Serves 8.

**Cheese Dip**

With Potato Chips or Crackers  
8-oz. cream cheese  
1/4 cup heavy cream  
4-oz. roquefort cheese  
2 tablespoons mayonnaise

2 tablespoons onion juice  
2 tablespoons freshly grated horseradish

Blend all ingredients together in order given, in your electric mixer or by hand. Chill in your Refrigerator until served. Makes 2 cups.

**Cranberry Relish**

1 pound cranberries  
1 to 1 1/2 oranges  
2 cups sugar

Stem, wash and drain cranberries. Put through meat grinder. Pare orange with sharp knife, remove seeds; trim off white membrane (leaving the pulp exposed on the surface). Put the rind and pulp through grinder, mix with sugar and cranberries. Let stand a few hours before serving. Makes 8 to 10 servings.

**Mushroom Sandwich Filling**

4 6-oz. packages mushrooms  
4 tablespoons butter  
2 tablespoons chopped onion  
1 1/2 tablespoons chopped green pepper  
2 1/2 tablespoons flour  
2 tablespoons cream

Chop mushrooms fine. Pan-fry mushrooms in butter with the onion and green pepper. Add just enough flour to take up the butter. When they begin to brown, add cream. Season with salt and pepper. Cool. Makes eight to ten sandwiches.

**Ham Salad Sandwich Filling**

1/2 lb. baked ham or minced ham (luncheon meat) (1 1/2 cups)  
1 cup sweet pickles or pickle relish  
4 hard-cooked eggs  
1 teaspoon lemon juice  
approximately 1/2 cup mayonnaise

Grind meat and sweet pickles, chop hard-cooked eggs (chop whites very fine). Add lemon juice. Mix with mayonnaise. Makes 6 to 8 sandwiches.
Little Rolled Cheese Sandwiches

Slice bread about 1/8 inch thick. Trim off crusts. Spread each slice lightly with butter or margarine then with your favorite cheese spread. Roll finger style and pack in cartons to hold in readiness for toasting on a moment’s notice. To serve, place on cookie sheet with folded side down to prevent unrolling. Brush lightly with melted butter or margarine. Place about three inches from the broiler unit and toast lightly on both sides.

Fruited Ice Cube Punch

1 1/2 cups sugar
1 cup water
1 cup orange juice (fresh or frozen)
1 cup lemon juice (fresh or frozen)
1 cup pineapple juice (canned or frozen)
4 quarts gingerale

Combine sugar and water in saucepan. Bring to boil, stirring constantly until sugar is dissolved and cook about 5 minutes. Cool thoroughly. Add fruit juices and pour into two freezing trays with guides in place. Freeze.

To serve, allow 2 fruited ice cubes per serving and fill glass with gingerale. Serves 14.

Cream Ale

Put 2 tablespoons heavy cream and 1 1/2 teaspoons sugar into a tall glass. Stir until sugar is dissolved. Add ice cube and allow to remain a few minutes. Slowly fill the glass with chilled ginger ale.

Egg-Nog

1 egg
Pinch of salt
3/4 tablespoon sugar
3/4 cup milk
1 1/2 tablespoons wine or brandy

Have eggs and milk very cold. Mix egg, sugar and salt either in mixing bowl with egg beater or in a juice shaker. Add milk and wine or brandy and when well blended, serve immediately.

Plain Egg Nog: Omit wine or brandy and sprinkle top with grated nutmeg.

Chocolate Egg Nog: Add 2 tablespoons chocolate to above recipe.

Plain and Fancy Ice Cubes

With Frigidaire’s convenient Quickube trays it’s easy to make a variety of plain and fancy ice cubes.

Beside the usual cubes made from plain water—lemon juice, lemonade, grape juice, in fact any fruit juice or pure fruit flavoring desired, can be frozen quickly in the Quickube trays. These tasty cubes make nice additions to fruit drinks... and the children will enjoy them just as they do their regular frozen confections.

Garnished and Colored Ice Cubes

Maraschino cherries, one to each cube, are very appropriate for garnishing. They can be frozen in plain or tinted cubes. Lemon juice and lemon slices are also desirable additions. When fruits are to be frozen in the cubes, fill the tray one-fourth full with water, then partially freeze. Add the fruit. Freeze. This will hold the fruit in position. Then add water until the tray is about two-thirds full and finish freezing. Any pure food coloring can be used to color ice cubes by adding to the water before it is poured into the tray. Be sure to use the right amount of coloring, for delicate tints are always more attractive. Garnished cubes should be frozen slowly to prevent expansion and cloudiness.

Ice Shells

Ice shells are attractive for serving fruit cocktails. These can be made in glass custard cups. Fill the cups with water. A little food coloring can be used if desired. Place a thickness of waxed paper in the freezing tray and then place the cups on the paper. This will produce more uniform freezing. Allow the water to freeze approximately 1/4 inch all around. Remove the cups and pour out the water from the center. Return to freezing tray for a short time. Then remove the ice shells from the containers, wrap in cellophane, pliofilm or foil (especially designed for freezing) and place shells in the freezer. A dozen or more of these shells can be frozen and stored for future use. When serving, place the shell on a doily and arrange chilled fruit as desired. Serve immediately.
Cabinet Exterior

Wipe with a damp cloth. For more thorough cleaning use a mild soap or detergent, then rinse and dry well. For stubborn stains on Dulux cabinet finishes, use Frigidaire Dulux Surface Renewer. For porcelain finishes, use Frigidaire Porcelain Speed Cleaner. (See page 43.) Never use strong soaps, scouring powders or acids.

Door seal and inside molding trim.
The Door Seal may be washed with warm water or cleaned with Frigidaire Nu-Coat. The inside molding trim may be washed with a damp cloth and a mild soap or detergent. Rinse and be sure to dry well.

Cleaning the Storage Door

Cleaning the Storage Door
Remove shelf fronts, Egg Server and Cheese Compartment shelf. Then wash door interior with warm water and soda solution. Rinse and dry well.

To Remove Door Shelf Fronts
To remove shelf fronts, pull up at both ends and lift out. To replace, fit slots into position over pegs on door frame as shown below.

To Remove Egg Server
First release catch at top and pull egg server forward to a partially open position. Then lift egg server up and away from door on left side (to disengage retaining pin). At the same time move egg server slightly to left, thus disengaging the pin on the right side. To replace, simply reverse the procedure.

To Remove Door Shelves
(Model CIV-150)
To remove door shelves on this model, simply pull up at both ends and lift shelf off small pegs on door.
Cleaning the Food Freezer

Like any low-temperature cabinet specifically designed for long-time frozen food storage, a layer of dry frost will accumulate on the sponge rubber around the Freezer opening, and on the interior surfaces, of the Cycla-matic Food Freezer Compartment. This is normal and does not affect freezing efficiency. The thin layer of frost which accumulates on the sponge rubber surfaces at the front of the Food Freezer may be removed by wiping with a dry cloth. Frost may be removed from the interior surfaces of the Freezer by occasional scraping with a plastic frost remover. DO NOT USE A SHARP INSTRUMENT TO REMOVE FROST.

Before attempting to scrape frost from the Freezer, remove all frozen food, Quickube trays, frozen juice can rack, and ice tray shelves. (Frozen juice can rack and shelves may be washed with mild soap and warm water, rinsed and dried before replacing.)

To remove Frozen Juice Can Holder—simply lift up on the front edge and pull out as shown. To replace, slip rear of rack into position and push down on front until notched edge fits on metal protrusions on ice tray shelves or freezer wall.

Quickube Trays—Wash with soap and WARM water only. The use of excessively hot water, metal sponges or scouring powders may damage the metal tray surfaces and make ice cubes difficult to remove. Metal tray surfaces may be re-waxed as needed. Use only Quickube Tray Wax to protect the finish of the quickube trays.

To remove ice tray shelves lift up as shown so that each shelf clears metal protrusions on Freezer walls and pull straight out. To replace, slip lower shelf in place first, so that notched edge fits over metal protrusions, then replace upper shelf in same manner.

The Food Freezer may be completely defrosted as follows:

1. Remove food and ice trays from Freezer. (They may be temporarily stored in the Refrigerator food compartment.)
2. Then remove Frozen Juice Can Holder and ice tray shelves. (Wash and dry thoroughly before replacing.)
3. Scrape as much frost as possible from the interior surfaces of the Food Freezer.
4. Turn the Cold-Control to the “off” position.
5. Place a pan of hot water in the Freezer to speed up defrosting. After defrosting is completed, wipe out Freezer with dry cloth or sponge. Then wash inside of Food Freezer with a solution of warm water and soda (one teaspoon of soda to one quart of warm water). Rinse with clear water and dry. Then replace ice tray shelves, Frozen Juice Can Holder, Quickube trays and frozen foods. Reset Cold Control.
Cleaning the Refrigerator

The interior of the Refrigerator should be washed periodically with a solution of warm water and baking soda, then rinsed and dried thoroughly. Before cleaning, remove all interior equipment including the Utility Tray, Roll-to-You shelves, and Hydrators. To remove the baffle located directly under the Food Freezer, raise front edge of baffle and slide out. The baffle, tray, shelves and Hydrators should be washed with mild soap and warm water, rinsed and dried thoroughly before being replaced in the Refrigerator.

How to clean the Moist-Minder

In all Cycla-matic models the Moist-Minder is an exclusive Frigidaire feature. It lets moisture out but will not let anything— even air— into the Refrigerator. It carries away melted frost when Refrig-o-plate is defrosting, and is a great convenience in case of spill-overs or when cleaning Refrigerator. All excess water drops into Moist-Minder tray which is easily removed.

Remove the Moisture-Minder from the drain in the bottom Refrigerator compartment under the Hydrator.
Open Hinged cover, remove plastic float and rinse under running hot water.
Reassemble Moist-Minder as shown above, close cover and replace in Refrigerator.

To clean Moist-Minder Tray

Moisture collected during defrosting is automatically evaporated— but the tray should be washed after spill-overs and after Refrigerator has been cleaned. On all Cycla-matic models the tray is located at the front of the cabinet just above the base plate.
Facts . . . about the Meter-Miser

What the Meter-Miser is—The Meter-Miser is the cold-making mechanism of your Frigidaire. The entire unit is permanently sealed in steel for protection against dirt, moisture and air.

Never Needs Oiling—You never have to oil the Meter-Miser. A lifetime supply is sealed in at the time of manufacture and never needs changing or replenishing.

Location in Room—Your refrigerator will operate more economically if it is located away from any source of extreme heat or cold.

If You Should Move—Check to see if your refrigerator mechanism is mounted with shipping bolts as shown in the illustration above. If so, these bolts must be tightened before moving—then loosened when the refrigerator is in its new location. If there are no shipping bolts, no special precaution is needed. Note: If the refrigerator is moved to a location where the altitude is considerably higher or lower than at the original installation, the Cold-Control switch must be adjusted for proper operation at the new altitude. Contact your Frigidaire Dealer or Authorized Service Station for handling.

. . . about the operation of your Frigidaire

Because your Cycla-matic Frigidaire is a highly efficient appliance, the Meter-Miser mechanism does not need to run all the time to keep your foods safe. When the temperature within the cabinet rises to a certain point, the Meter-Miser operates to lower the temperature as required. When the temperature has been lowered sufficiently, it stops. This alternate starting and stopping is known as cycling.

The refrigerating system in your Cycla-matic Frigidaire is entirely new and completely different in operation. It is designed to “cycle” less often than most ordinary refrigerators. This means the Meter-Miser may run for a longer period, each time it operates, and also remain off for a longer period of time.

There are also certain sounds which are normal and may be expected. For example, a slight bubbling sound may sometimes be heard after the Meter-Miser has shut off. This is due to the normal action of the liquid refrigerant in the system. Another sound that may be heard is a motor hum, occurring as the Meter-Miser starts to run. This too is normal for a correctly operating refrigerator mechanism.
Matchless cooking convenience for wonderful meals and beautiful styling for your kitchen. Choose from full-size Imperial and De Luxe models or smart new 30-inch wide Thrifty-30 ranges. All are finished in Lifetime Porcelain.

Automatic Washer and Electric Dryer


Food Freezers

Enjoy better eating all year around—save shopping time and money too. With Frigidaire you're sure of the finest quality and lasting dependability. Choose from many models—Chest Type or Upright Freezers—all powered by the famous Meter-Miser for extra food freezing protection.

These other FRIGIDAIRE appliances will make each of your days more carefree!

Electric Ironer

Treat yourself to a new experience in washday ironing. Easy sit-down ironing saves time and energy—leaves both hands free to handle clothes.

Electric Dehumidifier

Protects against costly moisture damage in the home. Eliminates rust, damp rot, mold and mildew in closed areas up to 10,000 cubic feet. Compact, portable unit uses no chemicals.

Room Air Conditioners

For refreshing cool comfort all summer long. Completely self-contained units require no plumbing or duct-work. Powered by economical, dependable Meter-Miser.

Electric Water Heaters

Have plenty of clean hot water all day long for the entire family. Round models and compact Table-Top models to suit every home. Completely automatic.
REFRIGERATOR MANUFACTURER’S WARRANTY AND PROTECTION PLAN

The Manufacturer warrants this Frigidaire Refrigerator to be free from defects in material and workmanship under normal use and service, as follows:

One-Year Warranty on Entire Refrigerator—At any time within one year from the date of delivery to the original purchaser, the Manufacturer will, at its election, repair or replace without cost to the owner or user, through an authorized servicing dealer or f.o.b. the factory, any part found by the Manufacturer to be defective in this Frigidaire Refrigerator.

Four-Year Protection Plan on Sealed-In Mechanical Unit—At any time within four years from the expiration of the ONE-YEAR WARRANTY ON ENTIRE REFRIGERATOR, the Manufacturer will, at its election, repair or replace without cost to the owner or user, through an authorized servicing dealer or f.o.b. the factory, the Sealed-In Mechanical Unit, which consists of the compressor, condenser, refrigerating coils and interconnecting tubing, or any part of such components found by the Manufacturer to be defective in this Frigidaire Refrigerator.

General Provisions—The above Manufacturer's Warranty and Protection Plan do not apply to light bulbs; or to any part of the Frigidaire Refrigerator which has been subject to misuse, neglect, alteration or accident; or to damage caused by relocation after the original installation; or to damage caused by fire, flood, acts of God or any other casualty; or if the original serial numbers have been removed.

The foregoing Manufacturer's Warranty and Protection Plan shall apply only to Frigidaire products installed within the continental United States, and there are no warranties expressed or implied made by the Dealer, Distributor or Manufacturer on this Frigidaire Refrigerator or the parts thereof except as outlined above.

FRIGIDAIRE DIVISION,
GENERAL MOTORS CORPORATION,
Dayton, Ohio

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For service under the ONE-YEAR WARRANTY ON ENTIRE REFRIGERATOR or the FOUR-YEAR PROTECTION PLAN ON SEALED-IN MECHANICAL UNIT, contact your authorized Frigidaire Dealer.
See the new
FRIGIDAIRE
ELECTRIC RANGE
with the amazing new
THINKING TOP

A good looking—
good cooking
partner for your
new FRIGIDAIRE
Food Freezer
Refrigerator
Combination

Now you can have a range that takes the watching
and waiting out of surface cooking. You set
the dial just once on Frigidaire's wonderful new
Heat-Minder Unit—it will maintain the
correct cooking temperature automatically—just like
your oven. Won't let foods burn or pots scorch.
There's also a new super-fast Speed Heat Unit that
starts foods cooking in seconds—makes coffee
perk—makes teapots whistle in jig time.
There are lots more features, too.
Imperial—De Luxe—and 30-inch wide Thrifty-30
models to choose from. See them soon.