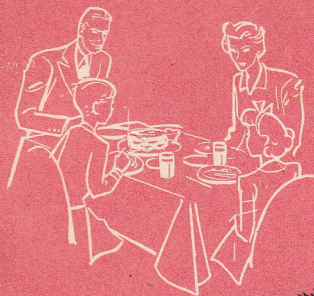


There's a *Lift* to Living Electrically



The Care and Use
of Electric Appliances in the Home

For Thrifty Electrical Living . . . *do these 3 simple things*

- 1. Use *all* your appliances, but learn to do it with economy.
- 2. Keep all your appliances in first-class order.
- 3. Replace worn-out, wasteful appliances with *best quality* new ones.

TO MAKE IT EASY FOR YOU, *we've prepared this booklet, full of helpful suggestions to make your appliances do more and last longer. Read it well.*

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Westinghouse

ELECTRIC HOME APPLIANCES

WESTINGHOUSE ELECTRIC & MANUFACTURING COMPANY, MANSFIELD, OHIO

We Women *have a job on our hands!*

Let's face things squarely. With America at war, even more than in normal times, we housewives of the Nation hold the welfare of the home in our hands.

Ours is the vital job of feeding our families properly—not only planning meals correctly, but making sure that when the food we have chosen and prepared arrives on the dinner table, it contains all possible health-giving ingredients. A Healthy America is a Strong America.

On us, too, rests the responsibility of keeping up morale...of making our homes a pleasant place where family and friends love to be.

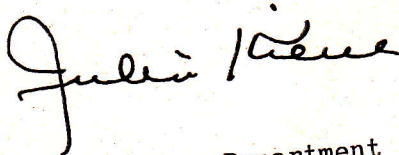
And besides, we must make our family budget go as far as possible—act as efficient, wise purchasing agents, sure of getting our money's worth. We must avoid waste, take care of those things we now possess or are planning to buy.

It's a full-time job—one of the most important in the country. And it takes time and energy and planning. It's hard to be mother, hostess, thrifty shopper, nutrition expert and inspiration—even to our own—when we're worn out from doing household chores.

That is why we have prepared this book. To help you short-cut your housework. To save your time and energy. To show you shrewd ways to buy and save. Above all, to help you take care of the labor-saving appliances you now possess.

We hope you will find it as helpful as we have tried to make it.

Cordially yours,



Manager, Home Economics Department
Westinghouse Electric & Manufacturing Company
Mansfield, Ohio

Note: If you would like a friend to have a copy of this book, too—don't give her yours. Tell her to go to her local Westinghouse dealer and ask for a copy of her own. There is no charge.

"Take good care of the things you have"



There is no room for waste in war-time America. Rich though this Nation is in natural resources, it is still the patriotic duty of each and every one of us to take good care of the things we have, that essential raw materials may be released for war necessities.

This does not mean that we must refrain from buying things we actually need to protect and increase the health and strength of our families. Quite the reverse—for a Healthy America is a Strong America. But it does mean that we must avoid waste, we must conserve our possessions, our energies, our time. Above all things, we must feed our families properly.

THE NATIONAL EMERGENCY HAS OPENED OUR EYES

Most of us think that America with its vast wealth is well-fed, well-nourished and always will be. It came as a distinct shock to discover through the draft that a large group of Americans are underfed. Not merely those in the very low income brackets, but families with ample money to spend. Nor was

this malnutrition due to a lack of food. Rather, it was caused by an unwise choice of foods—and just as much—by the destruction of their nutritive qualities in preparation.

But, now, the women of the country are awake to the fact that they have a threefold duty to do in building the strength of the Nation:

1. To Buy food fresh in quality and rich in nutrition.
2. To Preserve that food to keep its valuable, health-giving qualities.
3. To Cook it properly to retain its vitamins and minerals.

ALL OF US MUST DO OUR PART IN ANOTHER WAY, TOO

Electric energy is one of the chief materials of war. It is the energy that operates machines by which war necessities are made. Therefore, now is the time for all of us to rally around and help save all the electricity we can, that there may be plenty, both for the extra demands of industry and for home consumption.

Again . . . this does not mean that we should not use the *electricity we need*, that we should return to the days of scrubbing clothes by hand, that we should abandon the health-protecting service of electric refrigeration, or that we should relegate our labor-saving electric appliances to the attic. Not at all. But it does mean that we should *use our appliances wisely and efficiently, that we should not waste electricity.*

There are a few simple things that every one of us can do to conserve electricity. Turn our radios off when no one is actually listening to them. Open our refrigerator doors as seldom as possible. If we cook with an electric range, use the thrift cooker frequently. These things seem small, and they are. But if we *all* do them, they may well conserve enough electricity to build a four-motor bomber.

CONSERVE . . . THAT'S THE KEYNOTE

Conserve . . . not only electricity but everything you own. Conserve

food . . . conserve vitamins, get the full nutritive value from everything you eat or serve . . . conserve your electric appliances by using them efficiently and taking proper care of them. That is the vital job of the home front for the duration.

THE PURPOSE OF THIS BOOKLET

This booklet has been prepared with one object in mind:

To help you use your electric home appliances so that they'll do more and last longer.

In other words, to help the conservation of electric home appliances. For your convenience, information about kindred groups of appliances has been grouped together. For example, Kitchen appliances in one group, Laundry appliances in another, and so forth.

In wartime, particularly, we must all unite to take good care of the things we have. It is our sincere wish that this booklet will contribute its small share to help.

"As a consumer in the total defense of democracy I will do my part to make my home, my community, my country, ready, efficient, strong. I will buy carefully. I will take good care of the things I have. I will waste nothing."

*Pledge Issued by the U. S. Government to be signed by Consumers
During Civilian Defense Week*

Appliances for your

Kitchen

THE ELECTRIC REFRIGERATOR... *Safeguard to Health*

Why Scientific Refrigeration Is Necessary

There is *life* in practically everything we eat—tiny bits of plant and animal life which we know as *Mold, Yeast and Bacteria*. Some of these are harmless, others are vicious and cause disease. But harmless or not, all kinds of bacteria have a habit of growing and spreading at an alarming rate, unless controlled. And as they grow, harmful bacteria spoil the food in which they live.

Fortunately for our health, cold below 45°—preferably close to 40°—will retard the growth of bacteria. Freezing, too, may be harmful unless it is the quick-freeze method used commercially for frozen foods, because it breaks down the cell-structure.

For really safe preservation, then, food must be kept between 50° and 32°—temperatures NOT above 45° are surest.

HELPS PRESERVE VITAMINS AND MINERALS

Electric refrigeration makes another very valuable contribution to health—the preservation of nutritious vitamins and minerals, particularly in vegetables.

For instance, scientists know that green peas and beans lose their Vitamin C at room temperature, but keep it well with refrigeration.

In practically all leafy vegetables, too—such as spinach and beet greens—Vitamin C disappears in just a few days, if the greens are kept at room temperature—but if kept between 40°–50° they retain their original value for a considerable space of time. Again and again, research has proved that refrigeration is an excellent safeguard to vitamins. Food needs constant cold, or a temperature which does not vary, for best retention of vitamins.

So, for the sake of your family's health and vigor—(1) buy fresh-quality foods, rich in nutrition, (2) refrigerate these foods properly to preserve their strength-giving qualities.

Things to Remember about Using Your Refrigerator

1. Keep the main food compartment at the right temperature—40° is safest.
2. Most food should be kept in covered containers. *Uncooked* meat should be only lightly covered with waxed paper or similar light covering.
3. Remove paper coverings from all food except frozen food. Paper acts as insulation and prevents the cold from reaching the food.
4. Do not freeze fruit—chill it only. Avoid even near-freezing temperature.

GROWTH OF BACTERIA IN MILK AND MEAT AT VARYING TEMPERATURES

	Temperature	RATE INCREASE*			
		24 hours	48 hours	72 hours	96 hours
<i>milk</i>	35°	2.4	2.6	4.5	5.9
	40°	2.5	3.2	6.3	21.6
	45°	3.4	23.2	83.5	152.5
	50°	10.6	63.5	114.5	2,467.7
	55°	25.4	174.1	849.0	6,483.8
<i>meat</i>	35°	3	2	7	8
	40°	3	4	24	221
	45°	11	32	2,083	4,894
	50°	32	137	7,420	24,197
	55°	32	4,525	18,879	390,130

*Rate of increase means number of times original number multiplies.

From "Milk in the Household Refrigerator," Bureau of Home Economics, U. S. Dept. of Agriculture.

From "Meat Keeping in Home Refrigerators," Bureau of Home Economics, U. S. Dept. of Agriculture.

How to store food in a Refrigerator

Different kinds of food require different kinds of cold to properly protect them. Here are the five major classifications of cold which protect most foods:

1. BUTTER, STAPLES AND LEFTOVERS require *moderate cold*—40°.
2. VEGETABLES AND GREENS need *mild cold*, with high humidity (90%-100%). Cold about 4 degrees higher than staples—or 44°.
3. MEATS require *steady cold* with humidity—(80%-90%). Cold about 4 degrees lower than staples—or 36°.

4. MILK AND OTHER BEVERAGES require *above freezing cold*, slightly lower than staples—or 39°.
5. FROZEN FOODS require *extreme cold* with *no humidity*. Cold about 22 degrees colder than staples—or 18°—for short-time periods of storage.

But with a modern refrigerator you needn't worry about cold requirements of different foods. It has all been worked out for you. All you have to do is put the food in the proper places as indicated by the diagram below.

Food Stored Correctly in a Refrigerator

1. MILK AND BEVERAGES
Put them at the top, right beside the Freezer.

2. CUSTARDS AND PUDDINGS
Will keep well in the top middle section.

3. LEFTOVERS, FOODS PREPARED AHEAD
The lower section is the best place. Also for salads, desserts, and some fruits—berries, grapes, melons.

4. ICE CUBES, FROZEN DESSERTS, FROZEN FOODS
Put them into the Freezer itself. Frozen desserts and foods should be placed on a refrigerated shelf.

5. BUTTER
Also keeps best in the top middle section.

6. MEAT AND FISH
Right under the freezer—in the Meat-keeper if you have one—is the safest place for these foods.

7. VEGETABLES, MOST FRUITS
These should go in your Humidrawer or Crisper.

Should everything be kept in the refrigerator?

Not *everything*, but probably more than you'd imagine. For instance, bread will stay fresh much longer, if kept in the refrigerator. Shelled nuts won't get rancid so quickly. Chocolate

keeps better, too, particularly in summer—the oil won't melt and spoil it. But *never* put bananas in your refrigerator—even moderate cold will ruin them.

Cold Cooking adds zest to your meals

The simplest meal takes on a party flavor, when you serve a delicious frozen dessert to top it off. You know that. But have you ever thought of all the other dishes that take on added tang when "cooked with cold?" For instance, fish fresh from the sea, chilled and surrounded by garnish, chicken in aspic, molded and jellied meats—there's almost no limit to what your imagination can think up. To be sure, many of these "main dishes" must be cooked first—but when served cold they often add lift to a meal.

Take thin soups for instance, like consommé and madrilene. Put them in the refrigerator, up next to the freezer, serve when jellied. They'll start your meal right, winter or summer.

Thanks to Frozen Foods, now you may have almost anything to eat, at any season of the year . . . no matter where you live. Sea food, with all the tang of the ocean, summer fruits and vegetables in the dead of winter, meat, poultry—almost anything is yours any time you want it.



You might try these cold-cooked dishes on your family. We've a hunch they'll love them!

THREE-OF-A-KIND SHERBET—Add orange juice, mashed bananas, and lemon juice to sugar and water that has been boiled for five minutes. Freeze until "mushy," then fold in stiffly beaten egg whites and freeze again.

STUFFED PEPPER SALAD—Green peppers filled with leftover meat, touched up with pimiento, pickle and celery. Chill thoroughly in the refrigerator, slice and serve with a mound of mayonnaise.

APRICOT GLACÉ SALAD—Cream cheese, gelatin, lemon and quince jelly, blended together and then frozen. Serve as topping on halves of apricot perched on lettuce leaves.

RAISIN REFRIGERATOR CAKE—Raisins, orange juice and rind, and gelatin blended together. Fold whipped cream into the mixture, pour into mold or pan lined with thin slices of sponge cake. Chill until firm. Cover top and sides with icing and serve.

CONSOMMÉ IN CUBES—Makes an excellent garnish or adds pep to a salad.

Take care of your Refrigerator . . . it will last longer

Defrost according to manufacturer's instructions. Empty drip water immediately.

Wash inside of refrigerator with baking soda and water each time the refrigerator is defrosted. Don't forget the freezer—that's where food odors collect.

Avoid overloading the refrigerator with food—it stops necessary air circulation.

Be sure the cold control is set as it should be

to give you the proper food compartment temperature. 40° is safe.

If you have an open type mechanism in your refrigerator, it will need periodic oiling and adjusting. Have reliable serviceman do this and advise how often it should be repeated. Hermetically-sealed units do not require oiling or adjusting. MOST mechanisms should have occasional cleaning. Consult your serviceman.

Check these things when buying a new Refrigerator

Size. Make sure refrigerator is large enough. Most authorities recommend at least 7 cubic foot size for family of two or three, with increase of one cubic foot for each additional person.

Construction. Check interior and exterior construction. Lacquer baked on Bonderized steel, or porcelain enamel, best for cabinets. Tight-closing door with rubber gasket or strip

to establish tight seal, important. Interior should have rounded corners and no seams, be finished with two or more coats of vitreous enamel, and bottom should be acid-resisting.

Insulation. Insulation in door should be as effective as that in walls of cabinet. It must be of a moisture-resistant material that will not sag or settle.