

Refrigerator

Hints on saving electricity

time, work and money, too!

Saving Electricity

Don't open your refrigerator any oftener than necessary. And close the door as rapidly as possible. Needless opening of the door makes the refrigerator work harder and wastes electricity.

Be sure the gasket on the door of your refrigerator makes a tight seal. Replace it immediately if it gets loose. You'll save lots of electricity.

Don't overcrowd your refrigerator, or let too much frost accumulate before defrosting. Both put heavy loads on the mechanism and use more electricity.

Don't put hot foods or dishes in the refrigerator—wait 'til they're cool.

Avoid quick freezing as much as possible—it uses more electricity.

When you go away for the week-end turn the control on your refrigerator down to the lowest operating point—not "defrosting."

Don't pack your refrigerator full of packages, or cans either, except for chilling. Most of these things keep equally well on shelves, in your cabinet.

Be sure that the cold control is always set to give you the right temperature in the food compartment. 40° is safest for general use.

Time and Money Savers

If brown sugar becomes hard, place a damp cloth in the jar with the sugar, cover tightly. It will be soft again in no time at all. Storing it in the refrigerator helps prevent lumping in the first place.

Cheese will stay moist if you spread the cut edge thinly with butter, and keep in the refrigerator.

Egg yolks or egg whites will stay in good condition several days if you place them in a tightly covered glass jar in the refrigerator.

After marketing, take a few minutes to store your supplies properly. Wash the greens and put them in the Crisper of your refrigerator. You'll save lots of time in getting meals.

Try to plan your meals at least two days ahead. That makes it easier to include economical dishes in your menus and to use up leftovers. Saves shopping time, too.

If you have adequate refrigeration and storage room, you can cut down your food budget by buying foods in quantities.

When emptying a cream bottle, rinse out the cream that remains with milk, then pour it into the milk bottle.

When you empty a milk bottle rinse out the milk that remains with water and use it for cooking, in gravy or cake or other things.

To get your full money's worth—handle vegetables with care. Avoid bruising them. Wash them quickly, drain and set in a covered container in the refrigerator.

Sandwiches will keep their original freshness, if you place them in the Humidrawer or Crisper of your refrigerator. There's no need to wrap them up.

Don't expect your refrigerator to keep food fresh indefinitely. It will do an efficient job for a reasonable length of time, but it's best to use leftovers as soon as you can.

Saturate a cloth with vinegar, wring out and wrap it around smoked meat—bacon, ham, et cetera. Then wrap the whole thing in paper and place in your refrigerator. It will prevent mold.

Don't let acid foods, such as tomatoes, lemons and vinegar touch the enamel on your range or refrigerator unless the finish is acid-resistant.

Be careful about washing the drip-tray in your refrigerator. If it's glass, don't put it in hot water while it's cold. It might crack.

Use a weak baking soda or borax solution to wipe out inside of your refrigerator, including the ice trays.

Wipe up immediately anything that spills in the refrigerator. It will save you time later.

Want to separate lettuce? Cut out core of head with knife. Then let water from faucet flow into head until pressure of the water forces leaves apart. If the leaves still stick together, let the head stand in cold water to cover.

Don't squeeze oranges until you are ready to use the juice. The longer the orange juice stands, the more flavor and Vitamin C it loses. And don't chill the juice. Chill the oranges before squeezing, instead.

the Electric Range

...aid to nutritious cooking

These days when we have all become so aware of the importance of eating properly, and of making sure that the food we eat has retained

all of its nutritious qualities, electric cooking is proving itself a tremendous help in the correct preparation of nutritious meals.

Why electric cooking is an aid to Health

Science has definitely established that the three worst enemies of vitamins in food are air, water and heat. Yet we all know that these are the very three things needed to cook food. The problem, then, is to control them in the cooking process—otherwise we may lose a great deal of the nutrition value of the foods.

And that is where electric cooking proves itself so useful. For electric cooking provides even, measured heat. This accurate heat, in turn, is applied evenly to cooking utensils avoid-

ing "hot spots" and danger of scorching and makes it possible to use little water and no stirring in cooking. Electric heat can be so perfectly controlled, too, that it is easy for you to get exact temperature of heat you want. Both of these points do a lot to help retain the valuable vitamins and minerals in our foods. Now that we realize how important a role nutrition plays in the strength of the Nation, we should be grateful for electric ranges that make this "protective" cooking so simple and easy.

How to cook on an Electric Range

Basically, there's almost no difference in cooking on an electric range, and cooking on one that uses any other type of fuel. Recipes use the same temperatures, too. The big difference is in the extra cleanliness, extra safety, and the closer control of temperature that electric cooking gives. As for the way you cook, most

standard types of cooking—broiling, boiling, baking, frying, steaming—are exactly the same. You will have successful results with the cooking utensils you've always used. But, flat-bottomed pans that fit the units, have straight sides, and tight-fitting covers, *will use every bit of the heat more efficiently, and save electricity.*

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

Wash outside of range with warm soapy water, when cool.

Avoid letting spilled food dry or harden on range. Food spilled on open surface units should be *burned off*. Avoid using stiff brush or sharp instrument.

Most closed units can be raised and the pan beneath removed for cleaning. Check manufacturer's cleaning recommendations.

Wipe *oven* with damp cloth after use. Remove spilled food when oven has cooled.

Have a competent serviceman check range occasionally, to make sure it is "sitting level" on the floor, that the vent is clean, that the units are operating satisfactorily, and that wiring is in tiptop shape.

Check These Things When Buying an Electric Range

Construction. Outside body should be of one-piece reinforced steel, porcelain enameled inside and out, for sturdy construction and lasting finish.

Surface Units. Check number of different heats available. Five heats best for flexibility and economy. Check to see if cleaning is easy.

Insulation. Must be moistureproof, and must resist settling. Oven door must be well insulated and fit tightly.

Special Features. Automatic timing, economy deep-well cooker, pilot light, are all highly desirable.

Range

*Hints
on saving
electricity***time, work and money, too!****Saving Electricity**

When you're cooking a roast, put a pudding in the oven, too. You'll save electricity.

Cook more full meals in the oven and the Economy Cooker. It's an economical way to cook.

You don't have to keep looking at your baking with an electric range. The thermostat takes care of the temperature.

Use your Economy Cooker for less tender cuts of meat or fowl. The long, slow cooking gives excellent results.

Don't broil a steak immediately after taking it from the refrigerator. Wait until it has reached room temperature. Otherwise the high heat on the thoroughly chilled meat will produce a steam in which juices are lost. It takes longer, requires more electricity, too.

The broiler on your range is a versatile cooking help. Try planning meals that not only have broiled meat as the main course, but in which you can broil the vegetables, too. It's too bad to use your broiler for steaks and chops only, when complete meals can save electricity.

Make use of the capable clock control on your electric range in cooking meals, it will give you lots of time off to do other things.

In surface cooking when foods come to a full steam, switch to one of the lower positions to cut down the amount of current used. It will help conserve vitamins, too.

You don't have to baste roasts in electric ovens. That saves heat, and therefore electricity.

A great deal of cooking can be done with heat stored in the units after the current has been turned off. Remember this—every little bit helps.

Don't use a higher heat than necessary. Boiling water is the same temperature whether boiling easily or madly.

Be careful not to start preheating your oven too far in advance. The telephone or the doorbell may pull you away.

Cooking Tricks that are Nice to Know

If you want your cakes a little darker than most folks, set the temperature a shade higher or let the cakes stay in the oven a little bit longer. Try the reverse process if you like them lighter.

When broiling vegetables, dip them in salad oil or give them a generous coating of melted butter. They brown better.

Grate the rind first when using both rind and juice of lemons or oranges. It's much easier that way.

Crumbing chicken? Sugaring doughnuts? Shake them in a bag with the crumbs or sugar.

Prepare vegetables just before cooking. And don't let them stand in water a long time, either. You'll save more of their precious vitamins and minerals.

Before broiling steaks or chops, make slits in the fat around the edges, then the meat will lie flat on the rack. This goes for bacon, too.

Don't forget, the time shown for baking in most recipes is based on ingredients at room temperatures when mixed and placed in the oven. If you keep them in the refrigerator until just before using, they'll need longer baking.

Sprinkle pie crust with sugar or brush with white of egg, unbeaten, before adding the filling. It will help prevent a soggy pie.

Toss a lettuce leaf into a pot of soup—it will absorb the grease and may be removed as soon as it has done its job.

To separate slices of bacon without tearing, try putting as many slices as you need into the skillet. As the bacon warms up, the slices will separate readily with a kitchen fork.

If you soak dried fruit before cooking, don't toss away the water. Cook the fruit in it. It is far more healthful.

Kitchen Quickies

Scrub carrots with a stiff brush. It is easier than scraping or paring and saves the vitamins and minerals as well.

Grease new pans and put in a warm oven before using and they'll never rust.

Use baking soda in place of a soap powder to wash the glass window in your oven door. It will become bright and clean again.

Sift flour onto a sheet of waxed paper or paper toweling. You won't have to wash a bowl! Don't throw the waxed paper away after using. Fold it up and store in a glass jar to use again.

If you cook in dishes that you can bring right to the table, food will stay hot longer and you will save dishwashing.

Be sure that the Vitamins you Buy actually reach your table!

Remember this—planning your meals with an eye to their vitamins and buying the right food, is only half the battle. If you don't *cook* the food *correctly*, an appalling amount of these precious ingredients go sailing down the kitchen sink and never reach the table! Nor is this just theory. An independent testing laboratory of excellent repute has just completed extensive tests to

find out just what does happen to vitamins in cooking. In the chart below are the actual results of the effects different methods of cooking have on various vitamins. Read them—and take heed!

It's really very easy to protect vitamins and minerals when cooking—particularly in vegetables. Just follow these

4 simple rules for VITAMIZED COOKING

- 1 Use Little or No Water**—By avoiding excessive amounts of cooking liquid, the dissolving and loss of water-soluble vitamins and minerals is held to a minimum.
- 2 Start Fast—Cook Quickly**—Quick cooking protects vitamins and minerals in foods by keeping to a minimum the time they are exposed to heat, liquid and air.
- 3 Avoid Violent Boiling**—The right amount of heat, accurately controlled, eliminates violent boiling with its vitamin-destroying effect.
- 4 Cook in Covered Utensils—Don't Stir.** Air destroys certain vitamins, and stirring puts extra air in food. Electric heat is so evenly distributed that there are no "hot spots" to cause scorching or burning. Therefore, foods can be cooked in covered utensils, without stirring.

VITAMIZED COOKING saved 91.0% of Vitamins*

*Average retention of A, B₁, C, B₂ (G) and nicotinic acid as shown by recent laboratory research



SAVED — in Fresh Peas

90.0% of vitamin A
93.3% of vitamin B₁
85.3% of vitamin C
92.8% of vitamin B₂(G)
97.1% of nicotinic acid (P-P)



SAVED — in Broccoli

99.0% of vitamin A
95.4% of vitamin B₁
67.0% of vitamin C
73.4% of vitamin B₂(G)
87.2% of nicotinic acid (P-P)



SAVED — in Potatoes

95.3% of vitamin B₁
96.3% of vitamin C
97.6% of vitamin B₂(G)
99.0% of nicotinic acid (P-P)



SAVED — in Carrots

95.9% of vitamin A
99.2% of nicotinic acid (P-P)
(Carrots rich in these vitamins, others not tested).

Improper Cooking LOST Average of 33.7% of These Same Vitamins

Vitamin-rich menus for a Week!

What will you feed your family so they'll get all the vitamins they need? It's that wearisome job of menu-planning rearing its ugly head again! Here are some suggestions that may help.

The vitamin content of the foods is based on average helpings. The three meals in each day's menus shown below contain adequate daily amounts of Vitamins A, B₁, B₂(G), C.

Breakfast

Lunch

Dinner

Orange Juice (7 ounces)
Ready Cooked Cereal with
Whole Milk
Bacon
Toast (fortified flour) 1 slice
Coffee

Baked Beans and Brown Bread
Fresh Fruit Salad
(orange, grapefruit, avocado, lettuce)
Hot Chocolate with Whipped Cream

Roast Pork Loin
Scalloped Potatoes Pineapple Bran Bread
Shredded Cabbage (½ cup)
Melba Peach and Cottage Cheese Salad
Apricot Sherbet

Sliced Bananas—Whole Milk
Creamed Chipped Beef—Hot Biscuits
Coffee

Split Pea Soup
Whole Wheat Bread
Cole Slaw (½ cup shredded)
Lemon Sponge Cup

Meat Loaf
Au Gratin Potatoes Broiled Tomatoes
Toss-Up Vegetable Salad
Whole Wheat Bread
Orange Spanish Cream

Stewed Prunes (½ cup, cooked)
Ready Cooked Cereal with Whole Milk
Scrambled Eggs (2 whole eggs)
Honey Bran Muffins Coffee

Scalloped Salmon
Fresh Garden Peas (½ cup, cooked)
Whole Wheat Bread (1 slice)
Broiled Grapefruit (one-half)
Milk (½ pt. summer pasteurized)

Breaded Veal Chops
New Potatoes with Parsley
Brussels Sprouts (½ cup, cooked)
Fresh Carrot Strips and Celery
Hot Biscuits
Fresh Berries and Cream

Fresh Strawberries
Oatmeal with Whole Milk
Sweet Rolls (fortified flour)
Milk (½ pt. summer pasteurized)
Coffee

Meal-In-One Salad
Oatmeal Pudding with Caramel Sauce
Milk (½ pt. summer pasteurized)

Fried Beef Liver and Onions
Buttered Carrots and Celery
Hard Rolls Stuffed Tomato Salad
Lemon Chiffon Pie

Tomato Juice
Whole Wheat Pancakes Sausage
Milk (½ pt. summer pasteurized)
Coffee

Cheese Souffle Popovers
Grated Raw Carrot Salad (1 large, 3½ oz.)
Fresh Pineapple (2 slices with juice)
Milk (½ pt. summer pasteurized)

Broiled Kidney, Sweetbread, Lamb Chop
Whole Wheat Toast (1 slice)
Buttered Asparagus (6-7 stalks)
Mashed Potatoes (1 medium-size)
Fresh Fruit Salad
Lemon Refrigerator Cake

Dried Prunes (½ cup, cooked)
Ready-to-serve Cereal with Whole Milk
(½ pt. summer pasteurized)
Soft Cooked Eggs Toast
Coffee

Tomato Juice with Lemon
Creamed Asparagus on Toast with Cheese Sauce
Toss-Up Salad
Apricot Upside-Down Cake
Milk (½ pt. summer pasteurized)

Baked Fish Fillets in Cream
String Beans and Mushroom Casserole
Baked Sweet Potato
(1 medium cooked in jacket)
Corn Pudding
Plum Spice Cake

Grapefruit (one-half)
Cooked Whole Wheat Cereal with Whole Milk
Poached Eggs on Whole Wheat Toast
Milk (½ pt. summer pasteurized)
Coffee

Broiled Open Face Sandwich
Fresh Vegetable Relish Plate
Banana Cream Pie
Milk (½ pt. summer pasteurized)

Macaroni and Cheese
Buttered Spinach (½ cup, cooked)
Harvard Beets (½ cup, cooked)
Pineapple and Banana Salad
Prune Whip

Oven meals . . . time and money savers

Put the whole meal in the oven, and cook it at once. This saves electricity, and keeps you from spending so much time in the kitchen. No special equipment or recipes are required.

General Rules for preparing Oven Meals

- 1** Try to choose foods which will cook at the same temperature and in approximately the same length of time.
- 2** Estimate length of time necessary to cook the meal by the weight of the meat.
- 3** If meat requires longer cooking time than other foods, place meat in oven first, then add vegetables and dessert at proper time.
- 4** Roast meat in an uncovered pan. Add no water—none is needed.
- 5** As a general rule, it is better not to include quick-cooking vegetables—such as peas, broccoli, asparagus and cabbage—in oven-cooked meals.
- 6** Cook vegetables in covered pans. (For vegetables which cook in about 30 minutes on surface, allow 1 to 1½ hours in oven.)
- 7** Foods which are cooked with large amount of syrup on the bottom of pan should be placed on upper rack.
- 8** Meats are usually placed on the bottom of the oven, pastries and desserts on top. Vegetables may be in the center, or on bottom with meat.

Done in an Hour!

1. Meat Balls with Vegetable Sauce
Baked Potatoes Scaloped Corn
Apple Tapioca Pudding

Place food in cold oven. Temperature 375°. Baking time 1 hr.

2. Baked Fish Fillets
Braised Celery Steamed Carrots
Bean and Mushroom Casserole
Plum Spice Pudding

Place food in cold or preheated oven. Temperature 350°. Time, 1 hr.

3. Pork Chop Casserole
Baked Sweet Potatoes
Buttered Parsnips
Orange Pudding

Place food in cold or preheated oven. Temperature 375°. Time, 1 hr.

60 minutes cooking time - Menu No. 2

Got an Hour and a Half?

4. Cranberry Ham Slices
Baked Squash
Scalloped Potatoes
Apple Pie

Place food in cold oven. Temperature 375°. Time 1½ hrs.

5. Veal Birds
Harvard Beets
Potatoes au Gratin
Cream Puffs

Place food in cold or preheated oven. Temperature 375°. Time 1½ hours.



Two Hours? Or More?

6. Standing Rib Roast
Baked Potatoes
Buttered Turnips
Sunshine Cake

Roast meat in cold oven, ½ hr. at 375°. Add other food, cook 1½ hours. Total cooking time, 2 hrs.

7. Chicken Casserole
Tomatoes Boheme
Steamed Dry Lima Beans
Indian Pudding

Place all food in cold oven. After ½ hour baking, pour ½ milk over pudding. Temp. 350°. Time, 2½ hours.

Meals cooked in Economy Cookers . . . are truly economical

The Deep Well Cooker in your electric range is one sure-fire way of beating the high cost of living. You can often cook a complete dinner for as little as a penny. Also, inexpensive cuts of meat become the mainstay of delicious meals. Stews, pot roast—anything that requires long-time cooking, is done to perfection. Vegetable dinners, cereals, whole meals cooked at once—

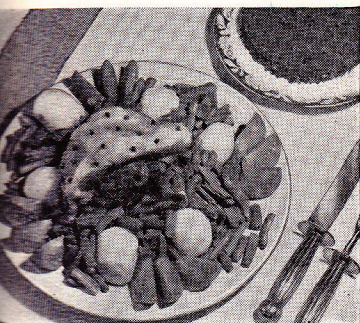
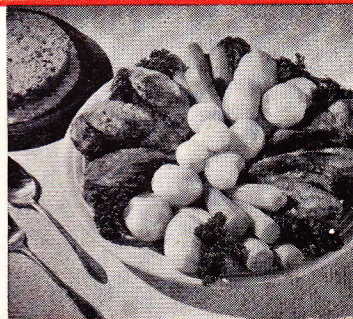
there's almost no limit to the wonders these helpful cookers can accomplish when it comes to cooking. Best of all, several foods can be prepared at the same time without interchanging flavors. To give you an idea, we're suggesting some menus for Economy Cooker meals. They're simple to prepare, and thrifty, too. You'll easily think up many more.

Menus to tickle your Palate

Stuffed Pork Chops Potatoes Onions Carrots Pittsburgh Pudding

Buy double pork chops. Fill pocket with bread stuffing. Brown chops in skillet. Place in cooker kettle. Add $1\frac{1}{4}$ cups of water. Prepare vegetables as for boiling.

Place in cooker kettle—onions first, then carrots, potatoes on top. Press down so trivet will fit over vegetables. Place pudding on top. Cook on "High" until steam escapes from vent. Then continue cooking on "Medium" for $1\frac{1}{2}$ hours more.



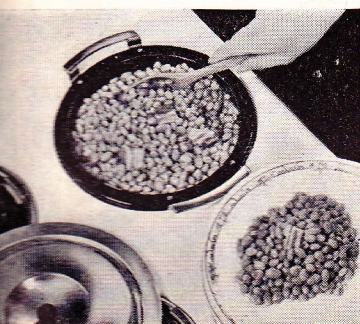
Ham Hock String Beans Potatoes Prune Suet Pudding

Place 3-pound ham hock in cooker kettle. Wash and stem $1\frac{1}{2}$ pounds string beans, peel 6 medium size potatoes. Place vege-

tables in cooker with ham hock. Add 2 cups of water, but *no salt*. Place trivet over meat and vegetables. Put pudding on top of trivet. Cook on "High" until steam escapes, then turn to "Medium" and cook for $1\frac{1}{2}$ hours.

3 pounds Corned Beef
1 head cabbage 6 potatoes
6 carrots 1 turnip
3 cups water
Place corned beef and water in kettle. Cook 10 minutes on

"High," then switch to "Medium" and cook for $2\frac{1}{2}$ hours more. Remove beef, save juice. Place prepared vegetables in juice from meat. Cook on "High" for 1 hour.



BAKED BEANS . . . AMERICAN STYLE

1 qt. beans, measured and washed
1 lb. salt pork, scored down to, but not through, rind
1 large onion, peeled, scored on top
1 tbs. salt
 $\frac{1}{2}$ cup molasses
 $\frac{1}{2}$ cup brown sugar

1 tsp. dry mustard
6 cups water

Remove trivet, place all ingredients in cooker kettle (beans need not be soaked). Turn switch to "Medium" and cook 8 hours. To cook overnight, set switch on "Low." Cook 14 hours.

the Roaster Oven ... for convenient, economical cooking

On your Roaster-Oven, you can do almost any kind of cooking that you can do on an ordinary range. Not on such a grand scale, perhaps—but equally well. No special wiring is necessary, plug into any a-c convenience outlet. And because your Roaster-Oven is portable, you can cook almost anywhere you please—on the porch, the buffet in the dining room, by the kitchen window.

Use and care of a Roaster-Oven

Follow same principles used in oven-range cooking.

When using an electric roaster, take care that it is not plugged into a circuit on which any other appliance with a heating element is connected. It may overload the circuit.

For the same reason, do not plug cord for body of roaster and broiler on same circuit. Don't use an extension cord, either.

Never connect Roaster-Oven to a drop cord from the ceiling. The wire may not be suitable for such heavy duty.

The inset pan is left in for most cooking. Place smaller utensils in inset pan, never in the shell of roaster itself.

Do *not* immerse outer shell, broiler or grid unit in water when cleaning. Wipe clean with damp—not wet—cloth.

Check these things when buying a Roaster-Oven

Body. Should be of welded steel, Bonderized and finished with baked enamel.

Insulation. Rock or glass wool, or Fiberglas, 1 to 2 inches thick is best. Bottom and sides should be insulated.

Special Features. "Look-in" window in lid, thermostat, signal light to indicate when current is on, good accessories.

Hints worth remembering

When using your Roaster-Oven, don't waste any heat by lifting the lid unnecessarily to watch or test foods. There's no need.

Like your vegetables nice and hot? Use your Roaster-Oven to keep your vegetables warm while you enjoy the first course of your dinner.

ROASTER-OVEN USES



Cooks Complete Meal—meat, vegetables, potatoes, hot dessert; all at once.



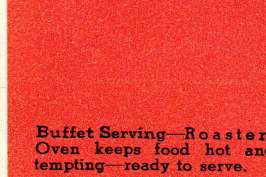
Roasts Fowl or Meats—no drying out. Less shrinkage. Retains natural juices.



Bakes Bread, Cakes, Pies—using broiler rack, three loaves of bread may be baked at once.



Cooks for Large Groups—quantities of food easily prepared in inset pan.



Buffet Serving—Roaster-Oven keeps food hot and tempting—ready to serve.



BROILER-GRID USES



Broils—steaks, chops, ham, fish, vegetables or fruits.



Fries—bacon, eggs, griddle cakes, sausages, potatoes.



Toasts—six slices of bread or six sandwiches at once.



Grills—hamburgers, onions—enough for a party.

For Canning Fruit—a practical timesaving use. Holds 12 pint jars.