

Yours for Better Meals

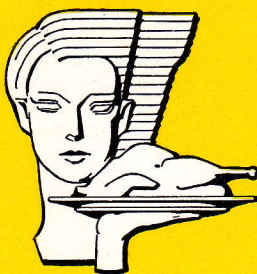
THIS EASIER TIME•SAVING WAY



WESTINGHOUSE

AUTOMEAL

Electric Roaster Recipes



ENJOY ELECTRIC COOKING AT ITS DELICIOUS BEST with the Westinghouse Automeal

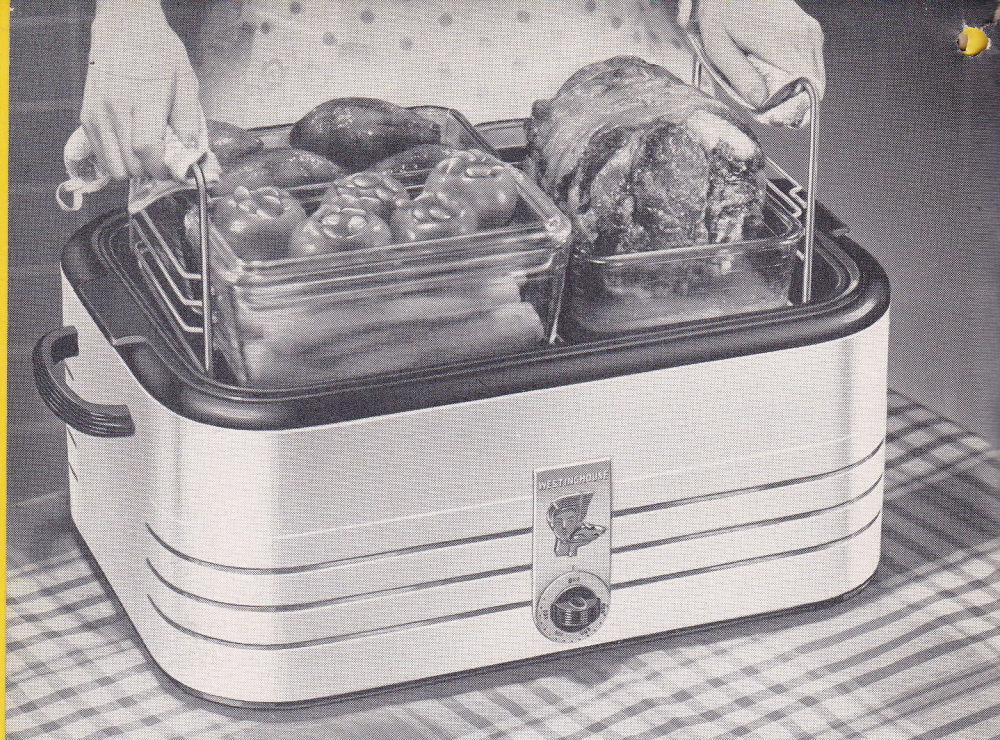
● Please don't look upon the Automeal as something to be used only on rare occasions. It's a practical, everyday cooking device . . . keep it conveniently placed on a table or cabinet, ready for use at all times. The more you use it, the more satisfaction and value it will give you. It cooks an entire meal at one time, automatically—hence the name “Automeal.”

Probably the greatest joy will be that of preparing complete, delicious meals in a cool, clean kitchen—with hours of freedom for other things you've been wanting to do. But do not miss the delight and pleasure it offers for entertaining—for buffet suppers, midnight snacks, porch parties, and for carrying hot meals along on picnics.

Last, but not least—you'll find the Automeal a real money saver. Due to the continual self-basting action of the aluminum lid, meats preserve all their rich, natural juices and full flavor—become thoroughly done without drying out. Shrinkage is reduced to a minimum, and even the inexpensive cuts become deliciously tender. So you save money two ways—enough to make the Automeal practically pay for itself.

In the following pages, we have tried to tell you how to get the most use and cooking enjoyment from your Westinghouse Automeal—and to suggest many ways to please your family and delight your guests.

**Mrs. Julia Kiene, Director
Home Economics Department
Westinghouse Elec. & Mfg. Co.**



COOKS COMPLETE DELICIOUS MEALS

. . . all at one time!

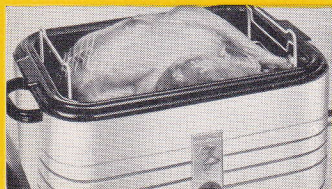
You'll save time, work and money by preparing a complete meal in one operation with the Automeal. Just put your meat, potatoes, vegetable and hot dessert in the Automeal . . . and set the automatic heat control dial. No watching, no worrying, until your entire meal is done to perfection, ready to serve. It uses little more current than a modern electric iron.

For roasting, it's the last word. Turkey, chicken, ham, beef, lamb, pork or other meats—all preserve their rich flavor and natural juices. No "drying out"—thanks to the self-basting lid.

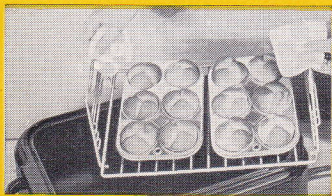
Rolls, bread, pies, cakes, cookies, biscuits . . . all bake perfectly in the Automeal. Accurate, automatic heat control assures uniform results—no guessing. Keeps the kitchen cool, saves heating up a large oven.



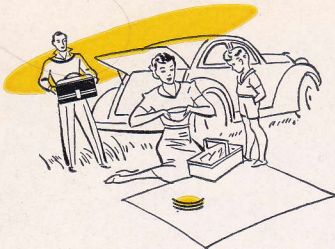
Dinner For Eight—Or More



Roasts Perfectly—Saves Money



Bakes Perfectly—Cool, Clean



What's more delicious than a piping hot meal out of doors? Prepare a delicious baked ham or roast chicken dinner in the Automeal, carry it right along with you in the car, and enjoy it at your favorite picnic spot—a treat de luxe.

Planning a church supper, or entertaining a large group for luncheon? Large quantities of food are easily cooked in the Automeal—baked beans for thirty, for instance. And you can serve right from the Automeal—another timesaving feature.

Canning fruit is another practical, moneysaving use for the Automeal. It easily holds twelve pint jars of fruit and the automatic heat control insures perfect results.



Take It on Picnics

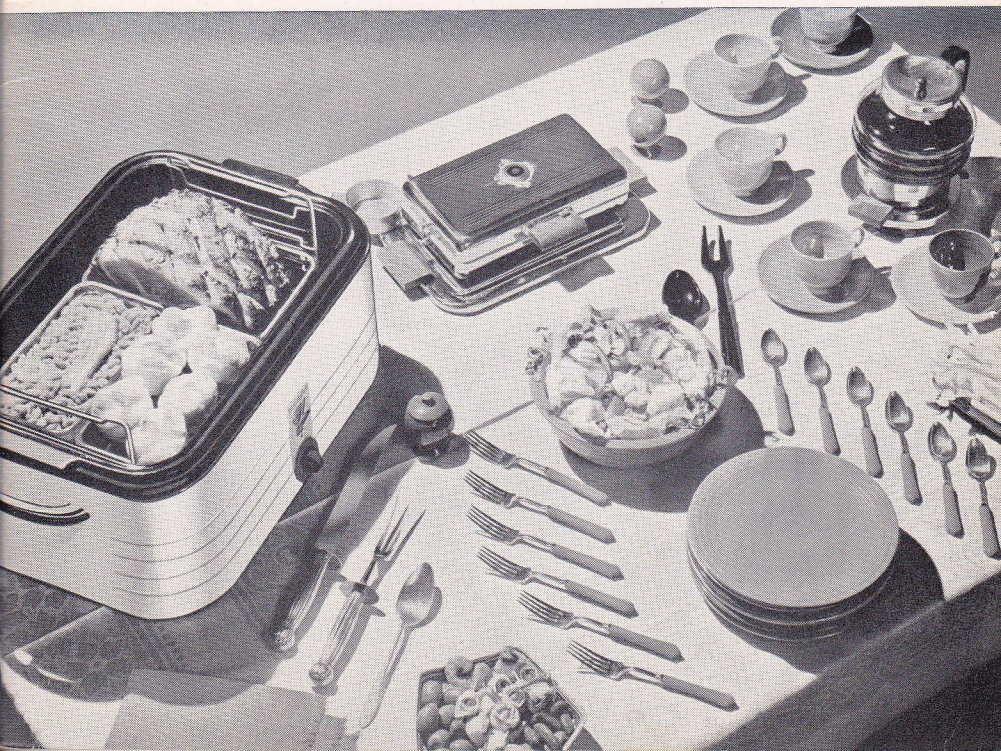


Cooks For Large Groups



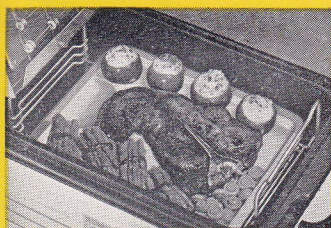
Ideal for Canning

IT'S POPULAR FOR BUFFET SUPPERS!

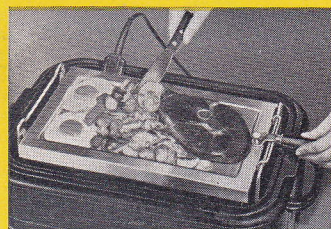




... AND WITH THE BROILER-GRID



Delicious Broiled Steaks



Fried Eggs, Ham, Potatoes

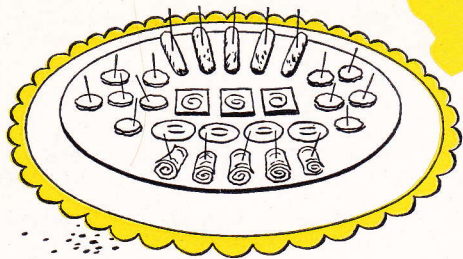


Griddle Cakes and Sausages

Tempting Broiler Meals

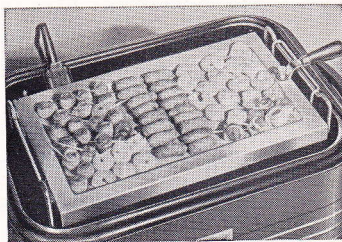
"M-m-m." . . . what a treat for hungry husbands and healthy youngsters. Big juicy, tender steaks broiled to a turn, and surrounded with plenty of mushrooms. If they tire of steaks, which they seldom do, you can tempt them equally well with broiled chops, ham or fish. The Westinghouse Broiler-Grid broils them all to mouth-watering perfection. You can have a complete, delicious broiler meal in twenty to thirty minutes, using precooked vegetables or fruits.

And for those breakfast appetites—golden brown griddle cakes with crisp sausages, or a whole gridful of sizzling bacon and fried eggs. The Broiler-Grid gives fast, even frying—provides ample cooking surface for six eggs or six griddle cakes at one time.



The Broiler-Grid can help with your party or luncheon, too. You can prepare a whole trayful of tempting tidbits . . . cocktail sausages, olives wrapped in bacon strips, and other dainties. Or if you want to get right down to good old-fashioned food, the Broiler-Grid will turn out plenty of grilled hamburgers and toasted buns for the whole party.

For breakfast or luncheon, you can toast six slices of bread or six sandwiches at one time with the Broiler-Grid. In other words, it's a mighty useful cooking servant to have around—morning, noon or night.

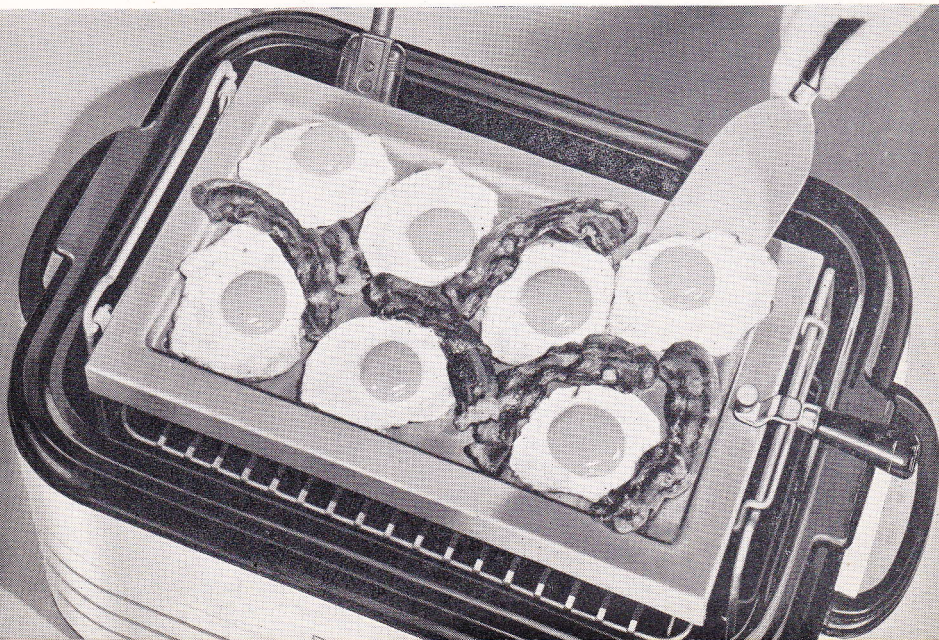


Makes Tasty Appetizers



Toasts Bread, Sandwiches

BRING ON THOSE BREAKFAST APPETITES!



HOW TO USE the Westinghouse A T O M E A L

1. Attach the cord to the terminals at the end of the Automeal, and connect to any wall outlet. Never connect to a ceiling light socket.
2. Now set the heat control dial to the correct temperature given in the cooking instructions. Immediately

INDEX AND COMPLETE COOKING CHARTS AT BACK OF BOOK

SEE FOOD COOKING WITHOUT LIFTING LID

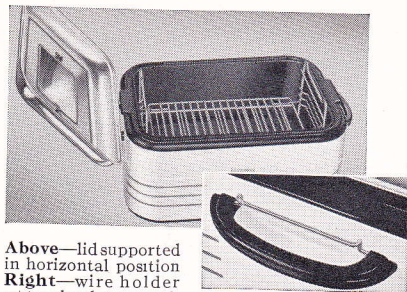


To remove glass for cleaning, loosen screw and turn catch until glass lifts out.

The new "LOOK-IN LID" is an exclusive Westinghouse feature. The heat-proof glass panel in top of aluminum lid makes food plainly visible while it's cooking. This makes it unnecessary to remove lid to "peek" at food, thus wasting heat and letting valuable flavor-laden moisture escape. Glass panel easily removable for cleaning (see cut).

The aluminum lid itself has no air space to collect food particles or moisture, and is easily cleaned.

USE "LID-HOLDER" WHEN LID IS REMOVED

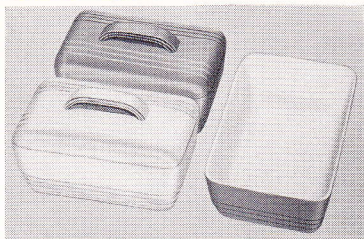


Above—lid supported in horizontal position
Right—wire holder attached to each Automeal handle.

When inserting or removing dishes, and lid is taken off, it is easily and conveniently supported by the new LID-HOLDER. Just hook the edge of the lid under the wire holder attached to handles at each end of Automeal. It will be held firmly in place in either *sidewise* or *lengthwise* position, until ready to replace on top of Automeal.

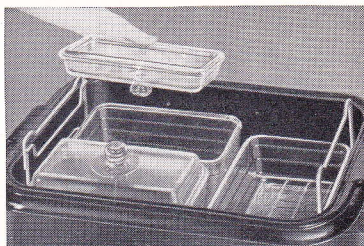
IF YOU HAVE THE OVENWARE DISH SET

These colorful ovenware dishes are equally suitable for cooking, serving, or refrigerator storage. Care must be taken not to set these dishes over an open flame. Do not place hot dishes in a wet sink, against cold metal, or handle with a wet towel. Do not place cold food in a hot dish. May be washed the same as any other cooking utensil.



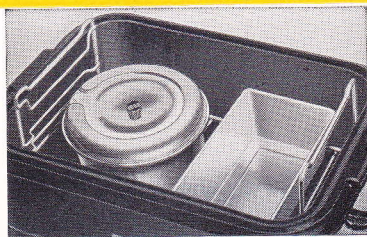
IF YOU HAVE THE GLASBAKE DISH SET

This set of oven glass dishes makes it possible to prepare meat, two vegetables, and a dessert in ample quantity for serving 8 people. Care must be taken to prevent sudden cooling of dishes while hot. NEVER use these dishes over an open flame, or handle hot dishes with a wet towel. NEVER set on a wet sink or against cold metal. NEVER place cold food in a hot dish. Always add boiling water to meat that has been seared.



YOU CAN ALSO USE STANDARD UTENSILS

Although the ovenware and Glasbake dishes illustrated on this page are designed to use all available space, the rectangular shape of the Automeal enables you to use standard cooking utensils, if desired. Use an uncovered pan for meat and covered pans for the vegetables. Standard pie pans and cookie sheets may also be used.



HOW TO INSERT AND REMOVE DISHES

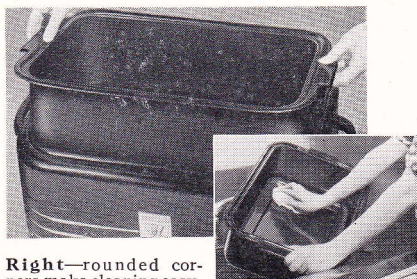
The sturdy wire rack with the cross hand bar enables you to quickly and easily insert or remove dishes from the Automeal. It also serves as a baking trivet. The rack should be used whenever one or more dishes are used for cooking. It is easily lowered into the Automeal by grasping the end cross bars. When cooking is completed, merely lift out the rack and place it crosswise on Automeal.



Above—how dishes are lowered into Automeal.

Left—proper crosswise position of rack for loading or unloading dishes.

HOW TO USE AND REMOVE THE INSET PAN



Right—rounded corners make cleaning easy.

This inset pan should be in the Automeal for all preheating and cooking, except when roasting a large turkey. (See turkey recipe). Recessing prevents grease and moisture from lid from running down outside the Automeal. To remove inset pan for cleaning, place fingers under extended portion of rim, and pull upward. It may then be taken to the sink and washed the same as any other kitchen utensil.

WHERE TO ATTACH AND USE YOUR AUTOMEAL



Attach the cord to the terminals at end of the Automeal, and connect to any wall outlet. NEVER CONNECT TO A CEILING LIGHT SOCKET.

We suggest you provide some table or cabinet on which your Automeal can be left connected ready for use at all times. The table pictured with the Automeal (left) is a very practical one, and may be obtained from your dealer. The two shelves are convenient for storing the broiler and dishes.

Although you will probably use the Automeal most frequently in the kitchen, it is easily portable, so do not miss the delight and pleasure it offers for entertaining—buffet dinners, midnight snacks, porch parties and Sunday night suppers. And for picnics, food will keep hot for several hours if the Automeal is wrapped in a blanket or other heavy covering.

HOW TO SET ADJUST-O-MATIC HEAT CONTROL

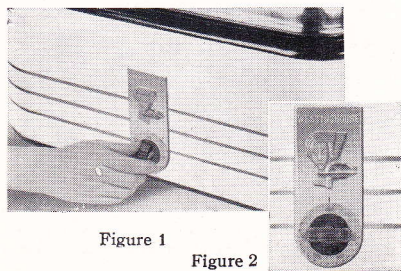


Figure 1

Figure 2

Turn dial until the desired cooking temperature is directly opposite the pointer and the light glows through it (Figure 1). When the light flashes out it is an indication that the exact temperature is reached. THIS LIGHT FLASHES OFF AND ON INTERMITTENTLY THROUGHOUT THE COOKING PERIOD. Current is being used only when the light is on. When through cooking, turn dial to "off" position. (Figure 2). This makes it unnecessary to disconnect cord.