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101 Refrigerator Helps

General Motors, Frigidaire Division

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Culinary History Pamphlets

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101

Refrigerator Helps

How to store and keep food properly under today's conditions. Easy ways to give your refrigerator the best of care. Tested recipes. Read and keep for future reference. Published for all refrigerator users by FRIGIDAIRE Division of General Motors.

Contains No Advertising (except on pages 32-33)

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Foreword

"101 Refrigerator Helps" is published as a companion piece to Frigidaire's "Wartime Suggestions" book, of which almost 7,000,000 copies have been distributed. It contains additional information on those subjects, which proved most popular and useful in "Wartime Suggestions", plus timely new material.

This new booklet was prepared not only for the users of the 7,000,000 Frigidaire's built and sold, but for the users of all refrigerators.

Its information is authentic. For it was compiled with the help of Frigidaire's trained home economists, service specialists and skilled engineers. And it's based on Frigidaire's 25 years' experience with food-keeping equipment.

If, in some ways, however small, this booklet enables you to get more help from your refrigerator, we at Frigidaire will feel that it has served its purpose.

FRIGIDAIRE DIVISION
GENERAL MOTORS
Dayton, Ohio
FRIGIDAIRE PRODUCTS
OF CANADA, LTD.
Leaside, Ontario



General hints on Food-keeping

Practically all foods contain a considerable amount of water. If this water is lost the foods shrivel, become tough and unappetizing. In addition, valuable vitamins and nutritive values are often destroyed.

In most refrigerators, foods stored on the shelves can be kept moist only by covering them. Otherwise the cooling air currents necessary for refrigeration will evaporate some of the moisture out of the foods.*

Follow These Suggestions When Storing Food

Keep temperature of refrigerator within the Safety Zone—from 32° to 45° or 50°. (You can check with a thermometer).

Keep your refrigerator clean, inside and out.

Before storing foods remove wrappings. Wash and drain vegetables, discarding undesirable portions. Wipe milk bottles, etc., and put in the refrigerator at once.

Use only clean containers for foods.

Cover foods to prevent drying out (unless refrigerator is high humidity type). It is especially important to cover strong-smelling foods like sauerkraut, broccoli, etc., to prevent the transfer of odors to other foods.

Don't restrict air circulation in refrigerator by crowding dishes together (unless it is high humidity type).*

Many users have reported that the utility storage bin is a good place to keep crackers and cereals dry and crisp.

*Some modern refrigerators maintain constant low temperature and high humidity by means of chilling coils in the walls, and a solid shelf that blocks off the circulation of air set up by the freezer. These refrigerators are designed to provide air that is still, moist, and safely cold and so make it unnecessary to cover foods or leave spaces between containers. Your instruction book will tell you if your refrigerator is built on this principle.



How to Keep Meat

Guard meat with care. It's too good to waste, too important a food to risk to improper keeping methods. Although you may know most of these helpful hints, better check up and be sure!

General Rules for keeping meats that are not to be frozen. After purchase, you should remove meat from market paper as soon as you have it home. Don't cut or chop it until just before using. Both fresh and cooked leftover meats spoil much more quickly when cut or chopped. If your refrigerator has a covered meat compartment, the meat may be stored without wrapping. Otherwise, wrap it lightly in waxed paper, leave the ends open for free air circulation, and store in your defrosting tray or near freezer.

Steaks, Chops and Roasts may be kept up to three days in a meat compartment or loosely wrapped just below the freezer. When buying roasts for later use, choose them well covered with fat and follow freezing directions on Page 4.



Purchased Frozen Meats will keep for a week or longer in the freezing unit, and should be kept in the freezer until you are ready to use them. Caution: Never re-freeze meat after it has thawed. See page 4 for tips on how to freeze meats in your refrigerator.



Ground Meat should be cooked within 24 hours after purchase or frozen when you get home. For cooking convenience, first form it into the desired portions and separate each with waxed paper before freezing. Avoid unnecessary handling.

Poultry unlike meat, should be cleaned and washed before refrigeration. Whole birds keep better than disjointed birds. Cut fryers just before using. To prevent surface drying while the fowl is stored, wrap in one thickness of waxed paper, and place in meat compartment or in coldest part of food compartment. A freshly dressed fowl will keep at 40° F. for two days. But remember, fowl is quite perishable. If you are not certain when it was dressed, it is best to cook it immediately rather than to store it for later use.



Wrap chickens for freezing as you would other meats. (See Page 4). Fryers should be disjointed for freezing. This will save time, and prove more convenient when you are ready to cook them. See "How To Cook Frozen Chickens," Page 7.

Variety Meats such as liver, kidneys, hearts, sweetbreads and brains keep best when frozen. Either freeze them as soon as you get them home, or cook them within twenty-four hours after purchase.



Fish should be cooked within 24 hours after purchase. If it is to be kept longer, you should freeze it immediately. Also, whether storing or freezing, be sure to wrap carefully in waxed paper to prevent odor transfer. To freeze either fish or meats at home, follow directions on the next page.

Smoked Meats if mildly cured require refrigeration and will keep up to two weeks. To prevent their molding, wrap in a cloth wrung out of vinegar, then wrap again in waxed paper.

Leftover Cooked Meats such as roasts, etc., should be put in a refrigerator bag, or wrapped in waxed paper, and placed in the meat compartment. If there is no meat compartment, they may be covered as above or put into a covered dish and placed in the coldest part of the food compartment. Store leftover stews in a covered dish. Generally, leftover cooked meat should not be cut or ground until just before using. For what to do with Leftover Cooked Meats and for interesting Recipes, see Pages 16-19.



How to wrap meat and freeze it in your refrigerator

The freezing of meat in home refrigerators has become increasingly popular during the past few years for several reasons. It enables



housewives to make fewer shopping trips and to have more flexibility in their menus. For, thanks to freezing, meat can be kept safely for days longer.

When you plan to keep fresh cuts of meat more than a day or two in your refrigerator, it is best to freeze them in the freezing compartment. If you know definitely that you will not use them until later, freeze them immediately after purchase.

Proper wrapping is very important. To protect and maintain their quality, meats must be properly wrapped before freezing, since the air in the freezing compartment has a drying action that robs meat of moisture, causing it to shrink. And meat left unwrapped in the freezer will even collect frost.

To freeze meats wrap them well in moisture-vapor-proof material and enclose ends. (First separate individual portions with pieces of the wrapping material to prevent their freezing together). Store wrapped meat in ice tray. To freeze quickly, place tray on the bottom shelf of the freezer and turn temperature control to its coldest point. For continued storage after freezing, reset the control to a colder-than-normal position. Never re-freeze meat after thawing—keep frozen meat in freezer constantly until you're ready to use it. When defrosting, place any frozen meat on shelves in the refrigerator. It's recommended that you use a quick method of defrosting when you're trying to keep a supply of frozen foods. See Page 28.

Freeze fish and poultry the same as meat. The size of your freezing compartment will determine the amount of meat you can freeze or the quantity of meats purchased already frozen which you can store. For this purpose, a great many refrigerator freezers have shelves which may be removed to make a higher space available.





Should you thaw frozen meat before cooking?

Can frozen meat be taken right from the freezing compartment and cooked immediately, or is it necessary to thaw it first? Answer: Either way is satisfactory. Use the method you prefer. There are two schools of thought on the subject, but acceptable results can be obtained either way.

Do this to Thaw

Remove meat from the freezer, leave it in its wrapping and place it on the shelf of your refrigerator. A three or four pound roast or fowl will take about forty-eight hours to defrost. Steaks or chops will take about twelve hours, depending of course on thickness or bulk.

Frozen meats also may be defrosted on the counter at kitchen temperature; however, tests have shown a greater loss of meat juices when this method is used.

When More Cooking Time Is Required

If meat is allowed to thaw, cooking time can be judged more accurately. Yet satisfactory results can be obtained, and much time saved, by cooking meats directly from the frozen state. However, more time should be allowed for cooking. Generally, meats that are frozen should be cooked half again as long as thawed meats, and sometimes even longer. This is shown in the following chart which gives you approximate times for several types of meat.

Meat Cooking Guide for approximate cooking times

Cut	Method of Cooking	THAWED BEFORE COOKING		COOKED FROM FROZEN STATE	
		Minutes per Pound	Total Time Minutes	Minutes per Pound	Total Time
Standing Rib Roast	Roasting at 300° to 350° F.				
Rare		18	..	43	..
Medium		22	..	47	..
Well-done	30	..	55	..	
Club Steak	Broiling (Rare to Medium)				
¾ Inch	16-20	..	24-28
1 Inch	20	..	30	
Lamb Chops	Panbroiling				
¾ Inch	10	..	15
1½ Inch	20	..	25	
Leg of Lamb	Roasting at 300° to 325° F.	30-35	..	40-45	..
Pork Chops	Braising				
¾ Inch	45	..	55
Pork Loin	Roasting at 300° to 350° F.				
Center Cut		30-35	..	50-55	..
Rib or Loin End.	50-55	..	70-75	..	

Cook a frozen roast at low temperature

Searing or basting is especially undesirable when cooking an unthawed roast. A high temperature forms a crust on the exterior before the interior has had time to defrost, thus causing an uneven penetration of heat and considerable shrinkage.

A low temperature, say 300° or 325° F., is suggested for that beef roast, with the oven door closed. In other words, no peeking during the entire cooking time!

As the roast defrosts, slow penetration of cooking heat assures less shrinkage. The result is a nice puffy roast with a rich golden brown finish, which is considered good cooking. Low temperature roasting also saves the meat juices which are excellent for making gravy. Burning is eliminated.

How to Cook Frozen Chickens

A frying chicken that has been disjointed and the pieces packaged together for freezing will necessitate defrosting at least to the point where pieces may be conveniently separated for seasoning and cooking.

When cooking, do not brown too rapidly. A medium heat should always be used to insure even cooking and browning. Allow a little more time in cooking for a better product.

A fryer that *has not* been disjointed before freezing must be allowed to thaw entirely, for convenient cutting. For this reason, we recommend disjointing before freezing.

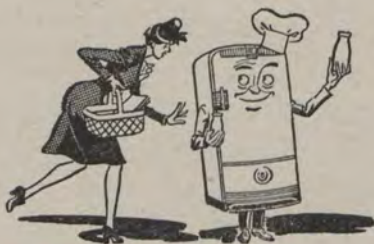


Partially Thaw Steaks and Chops

Steaks and chops may be broiled without thawing; however, less steam will be involved during the broiling, if they are allowed to thaw at least partially before broiling.

Unexpected guests or a change in plans may necessitate broiling or pan frying frozen chops, etc. In meeting such emergencies, it is always best to cook the meat from a frozen state rather than resort to the cold water faucet for quick defrosting. The latter method generally results in considerable loss of meat juices and flavor.





How to take care of dairy foods

Dairy products are very important foods, but highly perishable. That's why they are carefully refrigerated before you buy them. You should give them equal protection. Take these special precautions to prevent waste, to safeguard health, and to save money.

Milk, a most important food, keeps best at a cold temperature and in the bottle in which it is delivered. Bring indoors as soon as possible; do not let stand in light, sunshine, or at room temperature. Wipe bottle and cap with damp cloth; and place next to freezing compartment. Pour out only as much as you expect to use at any one time. Never pour unused milk back into bottle. Handle cream like milk.

Milk Mixtures, such as creamed soups and sauces; and cream-filled eclairs, cream puffs, layer cakes and pies, are subject to quick spoilage. Chill them immediately and keep in your refrigerator until used. Cream and custard fillings call for extreme cleanliness in making. Never let them stand at room temperature. Keep leftover portions in the refrigerator.

Opened Cans of Evaporated or Condensed milk require refrigeration. Keep them away from odorous foods.

Butter takes up odors from other foods, so keep covered in refrigerator, removing only what is needed for table use.

Ice Cream belongs in freezing compartment until time to serve. If container is too large, remove contents and cut in half, lengthwise. Store in ice tray covered with waxed paper. Turn temperature control to colder position. It must be kept frozen.

Eggs left at room temperature for 3 days lose as much freshness as in 2 months in the refrigerator. Never wash eggs before storing. It destroys a protective film that guards freshness.

4 ways to keep cheese

Cheese must be kept moist to prevent loss of flavor and texture. Here are a few simple precautions to help you keep this valuable protein food fresh.



When a small piece of cheddar is left over, wrap snugly in a piece of waxed paper. Be sure to fold over the edges carefully and enclose it completely. Then store in refrigerator in a covered dish.



To keep cottage cheese fresh, put it in a covered glass dish or covered paper carton and place in your refrigerator. The best place to keep all cheese is in the meat compartment.



To store a wedge of cheddar cheese, wring a cloth out of vinegar water (1 tablespoon vinegar to $\frac{1}{2}$ cup water), wrap the cut cheese in it, then wrap in waxed paper. If cheese is kept longer than a week, dampen cloth again in vinegar and re-wrap cheese.



Leftover bulk cheese needs special handling. A special covered glass dish with a rack in the base is offered by many stores. Place a small amount of diluted vinegar in bottom of dish to a level below where cheese rests. Cover and set in refrigerator.



How to keep vegetables crisp and fresh

Fresh green vegetables are a rich source of vitamins. However, many of them lose their vitamin content rapidly at room temperature. Proper storage in your refrigerator helps to retain food values and flavor. What's more, proper care is essential if they're to retain the fresh, crisp appearance needed to give your salads that "allure".

Head Lettuce, Leaf Lettuce, Endive—Trim, discard all undesirable portions, wash thoroughly in cold water, drain and store in the vegetable compartment or in covered container. Heads of lettuce will keep longer if they are not cut or leaves loosened until



prepared for serving. That small amount of moisture remaining even after the lettuce is drained, plus the cold storage temperature of your refrigerator will restore or retain that fresh crispness so essential to a good salad. After washing, fold endive umbrella-

fashion and lay flat in vegetable compartment.

Spinach—Discard all undesirable leaves, wash thoroughly in cold water and make sure all sand is removed in the washing. Store in vegetable compartment or covered container. Those fresh, crisp, green leaves make an attractive addition to the relish plate or the mixed green salad.

Celery—A stalk of celery will keep longer if not quartered or broken apart until prepared for serving. Just trim, wash thoroughly and store in the vegetable compartment or other covered container. Remember, those fresh green leaves should not be discarded for they serve well in soups, various meat dishes and salads.

Radishes, Carrots—Trim and wash thoroughly in cold water, drain and store in the vegetable compartment or covered container. Discard tops. Carrots, when stored in your refrigerator for several hours, will become more firm and crisp and more easily cut into strips for that relish plate.

Other Vegetables—Tomatoes, green peppers and cucumbers should be washed and wiped with a dry cloth before storing. Asparagus and brussel sprouts need not be washed until prepared for cooking; in fact, asparagus will keep better if just trimmed and stored. Such vegetables should be separated from others in the same container by a piece of waxed paper.



Root vegetables, such as turnips and potatoes, may be kept in a cool storage room. They keep better in the refrigerator, but when storage space is limited, right-of-way should be given to the more perishable vegetables.

Keeping vegetables purchased frozen

Vegetables purchased frozen should be stored immediately in the freezing compartment upon being delivered from the store. If you cannot use a whole package of frozen vegetables for one meal, cut off the amount needed and immediately return the remainder, in its package, to the freezing compartment.





7 tips to help you make better frozen desserts

It's a big help to know how to make desserts with the aid of your refrigerator! They're grand-tasting, easy to make, and the children love them!

Experience proves that the quality of a frozen dessert depends just as much on the *way it is made* as on the recipe itself. Here's the procedure to be followed with most frozen cream recipes.

Trust your recipe. If it's from a reliable source it has been tried and proved. Follow instructions exactly. Never improvise or substitute. Above all, *measure* ingredients, don't guess.

Use bottom freezer shelf—and shallow tray or trays—and for fastest freezing, pour a little water on shelf just before sliding in tray. This assures frozen contact between tray and freezer.



Freeze quickly to avoid large ice crystals. Keep control at coldest position during freezing. *Mix should freeze to whipping stage within an hour.* If it does not, you may have used too much sugar. Or the freezer is not cold enough.



Break it up. After freezing, break mix into small chunks with wooden spoon (metal may mar tray) and remove to mixing bowl. If still too firm, allow to stand at room temperature for a minute or so, then whip to light creamy texture.

Whipping is important. If you use an electric beater, guard against overwhipping the center, underwhipping sides. Overwhipping causes a buttery taste, even when you are using low butter-fat content cream. At least once during whipping, scrape sides of bowl with spatula and turn into center. *Whip just long enough for mix to cream—that is, “hold up”, and keep its form or shape.*



Quickly, now. This is the critical point. If mix starts to melt it will lose its creaminess . . . fast! If it shows any signs of breaking down, don't delay. Return it immediately to tray. Quickly level it off, dip hand in water and moisten bottom of tray, then place tray in freezer on exact spot it occupied previously.

Complete freezing at coldest temperature. Then turn temperature control half way back to normal position until serving time. This “mellows” dessert, improves flavor and texture.



Typical frozen dessert recipes

Here are three recipes, for a cream, a sherbet, and an ice; typical of the many you can make in your refrigerator. Others can be found in your favorite cook book or refrigerator recipe book. Before making any of them, be sure to read the suggestions on pages 12 and 13.

Vanilla Cream

(8 to 10 servings)

- 1 can (1 $\frac{1}{2}$ cups) sweetened condensed milk
- 3 cups milk or coffee cream
- 2 tsps. vanilla
- 2 tsps. lemon juice



Heat one cup of milk. Add the can of sweetened condensed milk and blend. Then add remaining two cups of milk and lemon juice. Pour into freezing tray and set temperature control at coldest position. When frozen, remove to bowl; add vanilla and whip with electric or hand beater until mix becomes light and creamy. Return quickly to freezing tray; finish freezing. When completely frozen, turn temperature control half way back to normal position for holding until serving time.

This is a basic recipe and many delightful variations are possible. For example, to make Maple Nut Cream: prepare one recipe of Vanilla Cream and freeze to the whipping stage. Substitute $\frac{1}{2}$ teaspoon Maple flavoring for vanilla. Whip to a creamy consistency. Fold in $\frac{1}{2}$ cup chopped nut meats. Return to freezing tray and finish freezing.



Pineapple Milk Sherbet

(6 to 8 servings)

- $\frac{1}{2}$ cup pineapple juice
- 1 tbsp. lemon juice
- 1 tsp. grated lemon rind
- $\frac{3}{4}$ cup granulated sugar
- 1 pint milk

Add the milk to combined ingredients. Stir until sugar is thoroughly dissolved. Pour into freezing tray and freeze with temperature control at coldest position. When frozen, remove to bowl and whip with beater until light and creamy. Return quickly to freezing tray; freeze firm. Then turn control half way back to normal and hold until serving time.

Cherry Ice

(four servings)

- $\frac{1}{2}$ cup sugar
- $\frac{1}{4}$ cup light corn syrup
- $\frac{1}{2}$ cup water
- 2 tsps. lemon juice
- Cooked or canned pitted sour red cherries

Boil sugar and water 5 minutes; cool. Press cherries through sieve (there should be 1 cup.) Combine with sugar, corn syrup and lemon juice. Pour into freezing tray. Set control at coldest position; freeze. Remove to bowl; beat until light. Return quickly to freezing tray; complete freezing. Then turn temperature control halfway back to normal until serving time.



How to make a Pie in your Refrigerator



If you're looking for a dish that's new and different, if you're seeking something to surprise your guests or family—try this new Frozen Lime Pie. It's a tasty treat with a marvelous flavor. Makes an impressive appearance, especially when garnished with strawberries or similar fruit. And it's easy to make.

Frozen Lime Pie

(6-8 servings)

Part 1

(read both parts before starting)

2 eggs
 $\frac{1}{2}$ cup granulated sugar
 $\frac{1}{2}$ cup light corn syrup
1 cup coffee cream

1 cup milk
 $\frac{1}{2}$ cup lime juice
1 teaspoon grated lime peel
Green food coloring

Beat eggs until lemon colored. Add sugar gradually to eggs, while continuing to beat to custard-like consistency. Add remaining ingredients, except coloring, in order listed above. Freeze with the temperature control at coldest position. When frozen, remove to a bowl, add coloring, and whip with an electric or hand beater until light and creamy.

Part 2

$1\frac{1}{2}$ cups graham cracker crumbs

$\frac{1}{2}$ cup powdered sugar
 $\frac{1}{4}$ cup butter or substitute

Blend the graham cracker crumbs with the sugar and butter. Line small pie pan (about 8 inches in diameter)* with half the crumb mixture. Pour in the lime mixture after it has been beaten. Cover the top with the remaining crumb mixture. Crimp edges with silver fork. Continue freezing until firm, with temperature control still at coldest position. When ready to serve, remove and slice. Garnish with whole strawberries or similar fruit. Store leftover portions in the freezer to prevent melting.

*Note: If your refrigerator has a narrow freezer you may not be able to use a round pie pan. Your freezing tray will do just as well.

Good Tip for Pie-makers—Chilling pastry dough in your refrigerator helps make crusts more flaky and tender. However, before working the dough into shells, let it stand at room temperature for short while. And remember, dough goes twice as far when you make one-crust pies.

Thrifty Ways To Use Leftovers

	Hash	Meat Pie	Stew	Goulash	Croquettes	Meat Balls	Meat Loaf	Casserole Dishes	Creamed	Chili	Sliced	Stuffed Peppers	Scalloped	Sandwich Filling	Soup	Salads	
MEAT	Beef	X	X	X	X	X	X	X		X	X	X	X	X	X		
	Lamb	X	X	X		X		X	X		X		X	X			
	Ham	X				X	X	X	X		X	X	X	X	X	X	
	Veal		X	X	X	X	X		X							X	
	Pork		X					X			X	X					
	Poultry	X	X	X		X		X	X			X		X	X	X	X
	Fish					X			X					X	X		X
VEGETABLES	Asparagus							X	X						X	X	
	Baked Beans									X				X	X	X	
	String Beans												X		X	X	
	Cabbage								X						X	X	
	Carrots		X						X						X	X	
	Irish Potatoes		X						X							X	
	Sweet Potatoes							X					X				
	Spinach												X		X	X	
	Rice				X		X								X		
	Sliced Tomatoes		X		X			X		X							X
	Stewed Tomatoes		X					X		X					X		

Leftover cooked vegetables are best used in salads—chilled, frozen or fresh. Reheating cooked vegetables tends to destroy vitamins.

As a rule leftover fruit presents a problem. However, if you are wondering what to do with a small surplus here are a few suggestions. For example, peaches, pineapple and prunes can be used in

salads; the latter in puddings, too; peaches and pineapple in sherbets; and peaches and apricots in cream sauces.

Leftover portions of bread can be used in scalloped dishes, for garnishing meats and in puddings. Deviled eggs are ideal for salad dressing.



Typical Recipes for Leftovers

Limited space permits us to give you only a few of these recipes. However, your favorite cook book will suggest many other delicious dishes that can be made, utilizing whatever meats, fruits and vegetables you happen to have on hand.

Dinner in a Dish (6 servings)

- | | |
|---------------------------------|--|
| 4 tablespoons butter | $\frac{1}{4}$ teaspoon paprika |
| 4 tablespoons flour | Pepper |
| 3 cups milk | 2 cups cooked carrots (cut in strips) |
| 3 bouillon cubes | 2 cups cooked green beans |
| $\frac{1}{4}$ teaspoon thyme | 10 peeled, cooked small onions |
| $\frac{1}{2}$ teaspoon marjoram | $2\frac{1}{2}$ cups cubed roast beef |
| 1 teaspoon dry mustard | $\frac{3}{4}$ cup grated American cheese |
| $\frac{3}{4}$ teaspoon salt | |

To make the Biscuit Dough:

- | | |
|---------------------------------|------------------------------|
| 2 cups sifted all-purpose flour | 1 teaspoon salt |
| 4 teaspoons baking powder | About $\frac{3}{4}$ cup milk |
| | $\frac{1}{4}$ cup shortening |

Melt butter, add flour, heat and blend. Add milk, bouillon cubes, and all seasonings. Cook until thickened, stirring occasionally.

Prepare biscuit dough. Roll out to $\frac{3}{16}$ inch thickness on a well-floured surface. Line a 2-quart casserole with dough, leaving a 1-inch overhanging border of dough all around the casserole. Fold this border under as for pie crust, then flute the edge. Press dough firmly to sides of casserole. Prick bottom and sides of dough with a fork. Bake in very hot oven of 500° F. for 5 minutes.

Fill casserole with vegetables and meat, placing meat in the center and vegetables around the edge. Pour over sauce and top with cheese. Bake at 375° F. for 30 minutes, then place under broiler until cheese is a nice, rich brown.

Scalloped Ham and Celery (4 servings)

3 tablespoons butter	2 cups cooked ham (finely chopped)
3 tablespoons flour	2 cups celery (cut in 1-inch pieces)
2 cups milk	1 cup grated cheese
$\frac{1}{4}$ teaspoon salt	$\frac{1}{8}$ teaspoon paprika

Melt the butter, blend the flour, add milk and cook, stirring constantly until thick; add salt.

Arrange ham and celery in alternate layers in baking dish, pour the white sauce over and sprinkle with cheese, then paprika. Bake at 350° F. for 30 minutes.

Lamb Turnovers

$\frac{1}{4}$ cup lamb drippings (from roast)	1 cup milk
1 small clove garlic, finely minced	$\frac{1}{3}$ cup green pepper, chopped
3 tablespoons flour	$1\frac{1}{4}$ cups finely diced cooked lamb
$\frac{1}{2}$ teaspoon salt	

Brown garlic lightly in drippings. Add flour and salt and blend. Add milk gradually. Cook over low heat until thickened. Add green pepper and lamb. Mix and cool. Cut regular pie crust into 5 $\frac{1}{2}$ -inch squares. Place about $\frac{1}{3}$ cup of mixture on each square. Fold pastry over to form triangle. Press edges firmly together with fork. Bake in 425° F. oven 30 minutes until brown. Makes 4 turnovers. Serve with mushroom gravy made as follows:

Slice 1 cup fresh mushrooms. Brown 10 minutes in 2 tablespoons butter. Stir in $\frac{1}{4}$ cup flour and 2 cups milk. Cook and stir until thickened. Season with salt, pepper and $\frac{1}{2}$ teaspoon Worcestershire Sauce.

Turkey or Chicken Pilaf

Brown 1 cup raw rice, 1 onion and $\frac{1}{4}$ green pepper, chopped, in 3 tablespoons fat. Stir as it browns. Add 1 quart stock. Let rice cook tender in the stock, adding salt and pepper, scraps of leftover turkey or chicken and, just before serving, some tomato sauce or some of that tomato-pepper relish you made last summer. Serves 6.

Veal, Celery and Apple Salad

2 cups diced leftover shoulder veal roast	$\frac{1}{2}$ cup French dressing
2 cups sliced, pared, cored apples	1 cup diced celery
	Salad greens

Combine all the ingredients but the salad greens, and chill for 30 minutes in refrigerator. Arrange in a salad bowl with the salad greens broken in small pieces. Toss and serve. Pass more dressing if desired. Serves 6.

How to conserve and use cooking fats

Fats are essential in our diets, high in nutritive value. A few fats carry vitamins; others furnish other dietary essentials. They give "staying power" to meals. And most of them, except vegetable shortenings and salad oils, keep best under refrigeration.



Save all kitchen fats. Save and use all kitchen fats and waste none by letting them scorch or turn rancid through lack of refrigeration. Turn in all excess fats to your butcher.

Meat drippings. Save all drippings from meat and use for seasoning, frying and shortening. These include drippings from bacon, ham and other cured pork, roast pork, pork chops, roast beef, roast lamb, broiled meats, and sausage. Follow these pointers on drippings: 1. Drippings used for making gravy need not be strained. 2. For storing, strain drippings through cloth. All drippings may be kept in the same container, except sausage drippings, which should be kept separate for seasoning of vegetables, etc. 3. Cool at room temperature. 4. Cover closely and store in refrigerator.

Fats from soups and stews. Skim excess fat from the top of meat stock, soups, stews and other meats cooked in water, and use for making sauces and gravies. If not used immediately, observe these pointers: 1. Cool at room temperature. 2. Cover closely and store in the refrigerator.

Store properly. Strained drippings of different kinds may be stored in the same container, if desired, as follows: 1. Use container with close-fitting lid. 2. After fats are cool, cover closely. 3. Store in the refrigerator.

Use in cooking. Meat drippings may often be used in cooking to conserve lard, vegetable shortenings, butter and margarine. They can also be used in some salad dressings, and for seasoning purposes.

If used for shortening, fat should be clarified. Simply add several slices of potato to the cold fat. Heat gradually until fat stops bubbling and the potato browns. Then strain, cool, and refrigerate. Much of the sediment collects on the potato which also absorbs undesirable flavors.

In seasoning vegetables with fat, less fat is needed if it is not added until the vegetables are in the serving dishes; then none is wasted in the cooking pan.

Vegetable shortenings need not be stored in the refrigerator but should be kept in a cool, dark place.



Preparing food in advance

It's easy to get a head start on many meals with the help of your refrigerator. It can save you a lot of last minute hustle and bustle. For example: If you're planning a big dinner, much of the preparatory work can be done the day before, and the food kept ready in the refrigerator until cooking time. Everything from soup to dessert! "One dish" meals save time, too. A favorite for Sunday supper is a tomato aspic ring filled with chicken salad, bordered with endive and hard-cooked eggs. The aspic ring can be made the day before and kept in the refrigerator ready to serve. The chicken salad, or other filling, can be made in the morning for evening serving. And here are other ideas:

Meat loaves, stews and ragouts can be made in advance and stored in your refrigerator for later use. Just heat and serve when desired.

Refrigerator rolls are always a treat. Simply mix a week's supply of dough and use as you need it. Place this dough in a bowl large enough to allow some expansion, and cover its top with waxed paper.

Dry ingredients for biscuits or muffins can be measured and mixed, ready for use. Do not add liquid until you are ready to bake them.

Waffle batter. Quantities keep well in your refrigerator. If ingredients separate and color changes, no harm is done. Just stir before using.

Delicious home-made frozen creams, ices and sherbets can be made in advance and stored in the freezing compartment, to use as you wish, over several days.

Gelatin puddings and salads may be prepared in advance and held in the food compartment of your refrigerator for later use. And custards keep well for several days, if stored on a shelf just below the freezer.

Freezing the lunch is a brand new idea!

Here's an idea that will enable the child or worker who carries a lunch to enjoy a fresher, tastier meal when the school gong rings or the whistle blows.

Sandwiches and stewed or canned dessert fruits are the bulk of most lunch box menus. The trick is to freeze these foods the night before and pack them in the lunch box the next morning. When the lunch is opened 4 or 5 hours later the sandwiches are completely thawed—there's no evidence of sogginess, the bread is not the least bit dried. In fact, they taste fresh made! The fruit is cold and refreshing.

Both sandwiches and fruit taste much better than if they were warm when packed and kept in a warm locker for hours!

Here's what to do. Simply wrap your sandwiches in waxed paper; put them in an ice cube tray and place in freezer. Put stewed or canned dessert fruits in a covered paper container with a tight-fitting lid, and place in on a shelf of the freezer.



It is not advisable to pack the whole lunch in the box before freezing, for some of the flavors might blend undesirably.

Good Combinations for Freezing: Sliced ham sandwich spread with mustard and mayonnaise on white bread; a mixed spread of cream cheese and chopped peanuts on whole wheat bread; a liverwurst-and-mustard on whole wheat slices, coupled with egg salad on white bread.

Another Idea—Chilling the lunch box itself helps a little to keep foods cool and fresh tasting. However, this shouldn't be done if it takes up space needed to refrigerate perishable foods.



Suggestions for Sandwich Spreads

The following are just a few of many combinations which can be prepared in advance, **if you keep them covered in your refrigerator.**

Peanut Butter and Honey: Add enough honey to peanut butter to spread easily. Will keep for a week or longer.

Minced Meat Spread: Grind leftover meat (beef, lamb, chicken, etc.). Add chopped pickle and just enough mayonnaise to make it spread easily. Can be made the night before.

Mushroom Filling: Chop fresh or canned mushrooms very fine. Pan fry them in butter with a very little chopped green pepper and just a hint of onion. Add just enough flour to take up the butter. When they begin to brown, add 1 or 2 tablespoons cream. Cool and use as sandwich spread. Will keep for several days in a closed jar.

Egg and Ham: Chop hard cooked eggs. Add a little ground ham, a chopped pickle, and just enough mayonnaise to make it spread easily. Will keep well for several days.

Olive and Nut: Chop stuffed olives and nuts fine; moisten with cream cheese and mayonnaise. It's expensive, but you may want to try it once in a while. Will keep nicely for several days.

Dried-Beef and Cheese Sandwiches: Rinse 4 slices dried beef in hot water; drain. Combine 3-oz. pkg. cream cheese, 1 tsp. bottled horse radish, 1 tbsp. minced onion, speck pepper. Use with beef slices to fill 2 enriched-bread sandwiches.


Bacon-Celery Spread: Combine 4 slices crumbled crisp bacon, $\frac{1}{4}$ cup minced celery, 2 tbsp. mayonnaise. Spreads 2 sandwiches.



How to give your refrigerator the best of care

Simple things you can do

- to get better refrigeration
- to save money on current and upkeep
- to prolong the life of your refrigerator

- 1 Let hot dishes cool before putting them in the refrigerator. Placing hot foods in your refrigerator may raise the temperature of the food compartment. And it wastes current, too. To cool foods quickly before storing in refrigerator, leave them in pan and immerse in a larger pan of ice or cold running water.
- 
- 2 After freezing desserts or other foods turn the temperature control back about half way to normal position to hold until served. This "mellows" the dessert which improves both its texture and flavor. When desserts are not being held, return the control to normal.
 - 3 Turn control to warmest setting ("Vacation setting") when going away for several days. This saves current. See Page 29 for details.
 - 4 Defrost before frost builds up to $\frac{1}{4}$ inch (about the thickness of an ordinary lead pencil). When freezer frost gets too thick it acts as

an insulator, choking off refrigeration. Also it may raise food compartment temperature to the danger point. See pages 27 and 28 for additional information and instructions.

- 5 Avoid frequent and lengthy door openings. They naturally waste current and raise the temperature in your refrigerator. This makes your refrigerator work harder. What's more, in hot, humid weather, it builds up frost on the freezer faster and this means you must defrost oftener.
- 6 Do not freeze more ice cubes than you need because you can use this extra freezer space for making frozen desserts, for freezing meats or for storing frozen foods.
- 7 Do not store foods in your refrigerator which do not need refrigeration. It wastes storage space. In general, do not refrigerate sugar-preserved foods, dried fruits, bananas, root vegetables and unopened canned and bottle goods except milk and cream.
- 8 Immediately wash off foods and liquids spilled on the inside or outside of your refrigerator. For example, lactic acid in milk will stain even the best enamel and porcelain finishes in time.



- 9 Protect rubber seal and finish by always using the handle or opener to open and close the door. Even perspiration from your hands will, in time, cause rubber and paint to deteriorate. Oil and grease are rubber's worst enemies.



If the door seal becomes soft and sticky, it must be replaced. However, a little care will lengthen its life. So wash it frequently with mild soap and water, or plain water. If your refrigerator has a light colored door seal, this can be cleaned beautifully with "Nu-Coat," a product sold by many refrigerator dealers.

- 10 Clean the ice trays only with ordinary soap and lukewarm—not hot—water. Never use a metal sponge or abrasive powders. For some ice trays have wax coatings which make it easier for you to remove ice cubes and the metal sponge or abrasive may destroy this helpful wax.



Special things to do to make your refrigerator happy

- 1 Keep Condenser Clean.** The condenser is to your refrigerator what the radiator is to your automobile. Dirt and dust interfere with its cooling efficiency and increase the running of the motor. Clean with a long-handled brush or vacuum cleaner attachment. Turn refrigerator off at plug before cleaning.



- 2 Keep away from heat.** If possible, place your refrigerator away from hot air register, radiator, hot stove, etc. Avoid direct rays of the sun. This helps save operating cost and protect finish.
- 3 Check Ventilation.** Your refrigerator needs "room to breathe." See that it has air space in back and over top. If there is a ventilating duct, be sure nothing has fallen into it.



- 4 Check the door seal.** An easy way to test its efficiency is to close the door on a narrow slip of writing paper. If you can slide the paper up and down with the door closed on it, the seal is imperfect. Examine the gasket. If it is worn



out, have it replaced. Having the latch tightened or the hinges reversed may also help.

5 Oil when necessary. Sealed refrigerator mechanisms require no oiling. "Open type" mechanisms (usually belt driven) require periodic

oiling and cleaning. Your instruction book or dealer will tell you what kind of oil to use, where to use it, and how often. Don't use light household oils such as are suitable for carpet sweepers, sewing machines, locks and hinges. A heavier-body oil of the highest quality is required. When oiling, clean and check the belt to see if it needs tightening or replacing.

If your refrigerator has a fan driven by a small separate motor, it's good insurance to lubricate this motor at least every three years. However, this motor may require a special kind of oil, so refrigerator engineers advise that the oiling be done by your dealer or service man when he makes a general check up of your refrigerator.

6 Avoid rust. Touch up little nicks and scratches in the finish. Your refrigerator dealer can suggest the proper touch-up paint for either Dulux or Porcelain finishes and how to go about using it.

7 Watch the frost line. If freezer frost gets too thick it acts as an insulator, choking off refrigeration and raising the temperature in the food compartment.

Thus your refrigerator should be defrosted before the frost is more than pencil thick. To avoid damaging the freezer, **never remove frost with an ice pick, knife, screw driver, or sharp instrument.** Consult your instruction book for a recommended method of defrosting. Or try the quick, easy way explained on page 28, which is especially recommended when you are storing frozen foods in the freezer.





How to defrost your refrigerator in 15 minutes

- 1 Make sure the defrosting tray is empty, uncovered, and in position, then —
- 2 Turn the control to Off (or disconnect refrigerator).
- 3 Remove everything from the freezer. Take the ice trays out to clean, wrap any frozen foods or ice cubes you wish to keep with several thicknesses of paper and place them on one of the refrigerator shelves. They won't thaw out in the short time it takes for you to defrost by this method.
- 4 Fill a proper size pan or baking dish with hot water and place on bottom shelf in the freezer. Do not use the quick-release type of ice tray for this purpose, because these trays usually have a thin coating of wax that may wash away in hot water.

When You Clean Your Refrigerator

You don't have to clean your refrigerator every time you defrost, but it's a good time to do it. Clean the interior, exterior and all equipment with a solution of baking soda and water (about a teaspoonful of soda to a quart of water). Baking soda counteracts food odors, helps to keep your refrigerator sweet. *Use lukewarm rather than hot water so there will be no danger of cracking the cold glass dishes or glass shelves.*

Also, don't forget to wash the freezer—inside and out—with the soda and water solution. If the freezer is located on one side of the cabinet, also clean the space between freezer and wall. To do this, wrap the cloth around the end of a yard stick.

After cleaning, refill only the number of ice trays that you will need, and start refrigerator. (Old ice cubes acquire a stale taste in time, so don't save more than you may need before new ones can be frozen.)

What to do when you go away

For a Short Period—Do not turn off your refrigerator. Merely turn the control to its warmest setting. The food in your refrigerator will get proper refrigeration, but the mechanism will run less than normally and use less current. The reason is that the door remains closed, food is not added to the "load," and no additional ice cubes are frozen.

For an Extended Period—If your refrigerator has a sealed mechanism, disconnect the refrigerator by pulling the plug from the outlet. Remove all foods and ice trays, defrost and clean interior thoroughly to get rid of all food particles that might cause odors. Leave cabinet door open, so air can circulate through the inside and keep it odor-free.

If the mechanism is an "open type" (usually belt-driven), it is a good idea to turn the temperature control to its warmest setting, keep the door closed, and let the refrigerator operate.

If you are going to be away for a long time, however, it is best to have a service man pump the refrigerant into the "receiver" and turn off certain valves to avoid possible loss of refrigerant. Perhaps you have not followed this practice in the past and have had no difficulty; but today it is wise to do anything you can to insure your refrigerator's efficient operation.

Whether your refrigerator is left running or turned off, when you leave for an extended period, be sure to remove all foods and clean refrigerator thoroughly. *If it is turned off, be sure to leave the door open.*

What to do when you move

Unless the mechanism is securely bolted to the cross members on which it rests, jostling and vibration may damage, or even break, the refrigerant tubes. If the moving men do not know the proper method of locking the mechanism in place, you'd better have a refrigerator service man attend to it.

IMPORTANT—Before starting your refrigerator again, be sure the "shipping bolts" holding the mechanism to the frame, have been loosened. Otherwise the refrigerator may vibrate and shake.



Some things to do before calling the service man

Today's conditions have placed a terrific burden upon refrigerator service men. So, if your refrigerator "misbehaves", you'll be doing your service man and yourself a favor if you first make sure the trouble is not caused by some small thing you can correct.

Through many years of experience we've learned that a surprisingly high percentage of calls for service fall into this class. So, if you'll check the points which follow, you may be able to save yourself time, needless expense and inconvenience, should something go wrong.

If Mechanism Does Not Run

- 1** First of all, see if electricity is coming into it. You can do this by checking the interior light, if it has one. (Make sure bulb is not burned out by testing it in a table or floor lamp).
- 2** If interior light is on, check the control switch and defroster to make sure they are in the right position.
- 3** If interior light does not come on; but bulb is all right, see if refrigerator plug is in wall outlet.
- 4** If plug is in, use a lamp to see whether there is electricity in the wall outlet.
- 5** If current is not on at outlet, check for blown fuse in distribution panel at meter.
- 6** If current is on at outlet, insert refrigerator plug again. Give mechanism time to start. It may be on "off" cycle.



If Mechanism Runs But Does Not Refrigerate

This usually indicates the need of a service man, but sometimes the following will help:

- 1 Stop mechanism by turning off switch or removing plug from wall receptacle.
- 2 Allow mechanism to remain idle until all frost has melted from freezer.
- 3 Start mechanism and check to see if freezer gets cold.
- 4 Repeat if necessary.

If Mechanism Seems to Run Too Much

- 1 Clean condenser. See Items 1, 2, 3, 4, of page 26.
- 2 Check for excessive food load or large quantities of warm food placed in refrigerator.
- 3 You may be freezing large quantities of ice cubes.
- 4 Temperature Control may be set for colder temperatures.

If Ice Freezing is Slow

- 1 The Temperature Control may be improperly set.
- 2 Ice Trays may not be resting flat on freezer shelf.
- 3 Some trays freeze naturally faster than others. Metal trays, for example, freeze much faster than rubber.
- 4 Trays will freeze faster in some parts of the Freezer than in others.
- 5 Check temperature of room to see whether Refrigerator is in a cold location. If so, the mechanism may run so little that ice freezing will be affected.

If Mechanism is Noisy

- 1 Check to see if foreign objects have fallen against unit.
- 2 The belt may be frayed or split.

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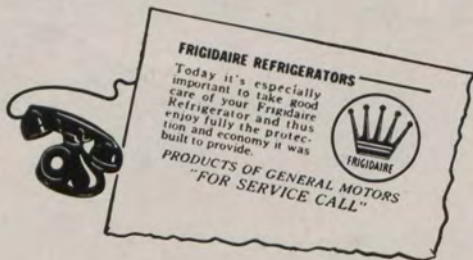


When your refrigerator needs repair

Be sure to call a service man who knows his business. Today this is more important than ever. So stay on the safe side.

Note to Frigidaire Users!

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