

Wartime Suggestions



to help you get the
most out of your
Refrigerator

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.



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Suggestion: Close cover and run a string ↗ through hole — then hang booklet in convenient place for handy reference.

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Foreword

Because our fighting men must be properly fed, the supply of many foods is limited here at home. All of us are willing to make this sacrifice, because we know that the food we do without will help speed final victory.

However, wartime rationing and the disappearance of familiar items from grocers' shelves have created many unique food-keeping problems. Every refrigerator user faces them today.

Shopping is done less frequently. Food for the weekend is purchased as early as Wednesday. People are buying "variety" meats they never used before. Preparing foods they used to buy in cans. Making greater use of leftovers.

Until Victory is won, our resources are pledged to the manufacture of more and better weapons for our armed forces. At the same time, we want to do everything possible to help refrigerator users solve their new food-keeping problems. We especially want to help the users of the more than 7 million Frigidaires we have built and sold.

That is why we prepared WARTIME SUGGESTIONS. It is based on our years of experience as a food-keeping authority, and represents the combined thinking of our home economists, engineers, and service experts. We hope the suggestions it contains will help you during this critical period.

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Make better use of what you have



NOW that your food buying habits have changed because of wartime conditions, it is more important than ever that you store foods with care. That you know how and where to keep them. What to leave in your refrigerator — what to leave out.

Used properly, your refrigerator can help you solve many meal planning and food storage problems. For example, you can prepare food in advance for later use. You can make delicious frozen desserts without sugar or whipping cream. You can keep soup stock on hand for use in soups, gravies, and casserole dishes; keep and use leftovers in tempting new dishes. These are only a few of the things you can do.

Your ability to follow the suggestions in this booklet will depend largely on the size of your refrigerator. If yours is too small, you may be able to make more efficient use of your storage space by following as many of these suggestions as you can. All of them are helpful.

And Here's a Good Tip—Many food-keeping ideas and suggestions that will help you get more from your refrigerator are also appearing in national magazines and leading newspapers. Look for these articles in your favorite publications. They are written by experienced food editors and home economists and offer timely, up-to-the-minute information.

Foods that must be refrigerated

There are many kinds of food. All of them are perishable under certain conditions, but some are more perishable than others. If they are to be kept for any length of time, the latter require refrigeration to prevent spoilage and to guard freshness and nutritive values. The most important of these foods are:



Dairy products: Milk, cream, cheese, cottage cheese, butter, eggs.

Fresh meats: Fish, poultry, meats of all kinds.

Frozen foods of all kinds.

Fresh vegetables: Lettuce and other salad greens, spinach, carrots, peas, beans, radishes, green onions, celery, parsley, green peppers, broccoli, tomatoes, cauliflower, brussels sprouts, asparagus.



Fresh fruits: Berries of all kinds, grapes, rhubarb.

All leftover cooked foods.

Canned and bottled goods in general that have been opened (soups, sandwich spreads, tomatoes, etc).



Foods that can be refrigerated if storage space is available

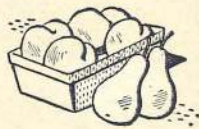
Some foods do not require refrigeration for safe-keeping but are improved in taste when thoroughly chilled. Among these are certain beverages, juices, and fruits. Bread and pastry, too, can be safely stored outside the refrigerator, but keep better when refrigerated.



**Carbonated Beverages* do not need refrigeration, yet the colder they are the more sparkle they will have.

**Pickles and Olives* do not require refrigeration, but are more appetizing when chilled.

**Fresh Oranges, Grapefruit, Limes and Lemons* keep well without refrigeration if spread out in a cool place where the air can circulate around them.



**Fresh Peaches and Pears*, not fully ripe, will also keep out of the refrigerator.

Pineapples, Cantaloupes, Cabbage, and Cucumbers will generally keep a week outside of the refrigerator except in very hot weather.



Watermelons: Making room for a watermelon is usually a problem. But it is so much better when served chilled that you won't mind rearranging food and shelves to make room.

Bread, Cake, Pies and other Pastries keep better — especially in the summer — when refrigerated, but should be left out if you need the space for more perishable food.

Peanut Butter and Salad Dressing: If used regularly, they can be stored on a cupboard shelf. But in time, these and other oily foods will turn rancid after exposure to the air. Keep them in the refrigerator when possible.



*If storage space is limited, a good plan is to chill only enough of these foods and beverages for immediate needs, storing the remainder outside of the refrigerator.

Foods that need not be refrigerated

In general, the foods that do not require refrigeration are those that are protected in some other way. For example, some foods, such as oranges, have a natural protective covering. Others are protected because they were preserved or dried before you bought them. Such foods need no refrigeration. If storage room is a problem, leave these foods out of your refrigerator:

Sugar-preserved foods: Dates, jelly, jam, honey, syrup.

Fresh foods: Bananas (which *should never* be refrigerated), avocados, potatoes, sweet potatoes, dry onions, turnips, squash.

Dried fruits, in a cool, dry atmosphere. But in warm, humid atmosphere, it's best to keep dried prunes, apricots, etc., in the refrigerator.

Other: Vinegar, dried spices, split peas, popcorn, unopened canned and bottled goods (except fresh milk and cream), cooking fats (other than bacon grease and drippings) if they will be used up in a short time.

A good rule to follow when storing foods is:


**WHEN IN DOUBT,
STORE IN REFRIGERATOR**

How to store food

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 — 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).

*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.

Make the most of the freezing compartment



The freezer, or ice cube compartment, has three principal jobs, to cool the cabinet, to make ice, and also to freeze meat, store frozen food, make frozen salads, desserts, etc. Here's a good tip. Do not freeze more ice cubes than you expect to use reasonably soon. Use the space remaining for other needs.

Frozen Foods. Keep them in the freezer until you intend to thaw and use. Set the cold control to a colder than "normal" position. Frozen fruits, preserved in sugar, require a lower temperature than vegetables. *Note:* Quick-frozen foods should not be refrozen after they are once thawed.

Meat Freezing. Meat frozen in your refrigerator can be kept for two weeks — even longer if necessary — and freshness is assured. See complete details of how to freeze meat on Page 12.

Fruit and Vegetable Freezing. Not recommended in household refrigerators.

Frozen Desserts. Many homemakers use their refrigerator freezers for this purpose. Your refrigerator recipe book doubtless provides numerous suggestions. In addition, on Pages 9, 10, and 11 you will find several timely new recipes using a minimum of scarce or rationed ingredients.

Frozen Salads. These are delicacies that can be made easily in the freezer. For individual portions leave ice cube grid in the freezing tray. Try a recipe from your refrigerator recipe booklet.

Chilling Canned or Bottled Beverages. When you are in a hurry to cool something you don't want to dilute with ice cubes, place it in the freezer. But don't leave it long enough to freeze!

Helpful hints about frozen desserts

Tasty, inexpensive desserts can be made with coffee cream — with half coffee cream and half milk — or even with milk alone. Evaporated milk may also be used in place of whole milk or cream.

Sweetened condensed milk may be used as a base in preparing an interesting variety of frozen creams. The use of sugar is eliminated and preparation simplified.

Corn syrup makes an excellent contribution to the texture of a frozen dessert. Use only one-half the sugar the recipe demands and an equal amount of corn syrup.



Use of Coffee Cream. When using it for whipping cream in many frozen desserts, substitute an equal amount of coffee cream for the combined quantities of whipping and coffee creams indicated in the recipe. After the first mixture of ingredients has been chilled, add the coffee cream and place in freezing tray until firmly frozen. Remove contents and whip until mixture becomes light and creamy. Get the mix back into the freezer as quickly as possible. Allow to finish freezing without further agitation.



Use of Evaporated Milk. To whip properly, first chill evaporated milk in freezing tray until fine ice crystals begin to form around edges. Then turn into chilled bowl and whip until milk peaks.

Freezing Methods. Follow recipe directions for exact temperature control setting. However, one-half hour *before* freezing the mixture, set the control to coldest position. This results in faster freezing and better desserts.

Mellowing Improves Desserts. To improve texture and flavor leave the dessert in the freezing compartment for some time before it is served, but at a slightly warmer temperature than that used for freezing.

Typical "Frozen" Recipes

These are only a few of the many available. They are presented to give you an idea of the variety of creams, sherbets, and ices you can make in the freezing compartment. You'll find many more recipes in your refrigerator recipe book.

Vanilla Cream

eight to ten servings

1 can (1 ½ cups) sweetened condensed milk
3 cups milk or coffee cream
2 tps. vanilla
2 tps. 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 and allow to finish freezing. When dessert is completely frozen, remember to turn temperature control half way back to normal position for holding until serving time.

Maple Nut Cream

Prepare one recipe of Vanilla Cream and freeze to the whipping stage. Substitute ½ tsp. maple-nut flavoring for vanilla. Whip to a creamy consistency. Fold in ½ cup of chopped pecan meats. Return to freezing tray and finish freezing. Remember to set the temperature control at coldest position for freezing and half way back to normal for holding until serving time.

Strawberry Cream

Prepare one recipe of Vanilla Cream and freeze to the whipping stage. Whip 1 cup of frozen strawberries and add 1 tbs. lemon juice. Then add the unwhipped Vanilla Cream from the freezing tray and finish freezing. Follow above temperature control instructions.

Marble Cream
twelve servings



- 2 cups evaporated milk
- 1 can sweetened condensed milk (1 1/2 cups)
- 1 cup cold coffee beverage
- 1 tsp. vanilla extract
- 1/8 tsp. salt
- 7 oz. semi-sweet chocolate bar or chips
- 3 tbsp. boiling water
- 4 tbsp. milk

Chill evaporated milk in freezing tray until fine ice crystals begin to form around the edges. Turn into bowl, and whip until milk peaks. Fold into sweetened condensed milk, which has been combined with coffee, vanilla, and salt. Pour into freezing trays, with temperature control at coldest setting, and freeze until quite firm, stirring every 30 min.

Meanwhile, melt chocolate in saucepan over boiling water. Add boiling water and milk, and stir until smooth. Cool, but do not chill. Pour in thin layer over top of the "quite firm" cream. Return to refrigerator, and freeze until firm enough to serve. Or stir chocolate into "quite firm" cream in streaks or marbled effect; then freeze until firm.

Lemon Cream

six to eight servings

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



Beat eggs until lemon colored. Add sugar gradually until the mix becomes a thick custard-like consistency. Combine with syrup, milk, cream, and lemon juice and rind. Pour into tray and freeze with temperature control at coldest position. When frozen, remove to bowl and whip with an electric or hand beater until mix becomes light and creamy. Return quickly to freezing tray and allow to finish freezing. When dessert is completely frozen, turn temperature control half way back to normal position for holding until serving time.

Pineapple Milk Sherbet
six to eight servings

- 1/2 cup pineapple juice
- 1 tbsp. lemon juice
- 1 tsp. grated lemon rind
- 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 temperature control half way back to normal and hold until serving time.

Orange Cream Sherbet

six to eight servings

- 3/4 cup granulated sugar
- 1/4 cup water
- Grated rind of 1 orange
- 2 egg whites
- 1 1/2 cups orange juice
- 1 tbsp. lemon juice
- 1/2 cup coffee cream
- 1/16 tsp. salt



Cook sugar and water slowly for ten minutes. Add grated rind to syrup and continue cooking for several minutes. Strain. Add syrup to fruit juices. Cool. Pour into freezing tray and allow to freeze firm. Remove mixture to chilled mixing bowl and beat until light. Add coffee cream and fold in stiffly beaten egg whites to which salt has been added. Pour into tray and freeze. If ingredients separate, stir mixture again.

Cherry Ice

four servings

- 1/2 cup sugar
- 1/2 cup water
- 1/2 cup light corn syrup
- 2 tbsp. 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 to mush. Remove to chilled bowl; beat until light. Replace in freezing tray; freeze firm.

How to keep meat

Meat is a major item in the American diet. Now that civilian supplies are smaller, it is more important than ever to store meat safely and use it wisely. The following suggestions are based on years of experience and the latest available meat-keeping information.

General Rules—If meat is not to be frozen, keep it just below freezer. Never wash or wipe meat until just before cooking. When storing, remove market paper, place meat in meat container, wrap loosely in waxed paper. Fresh meat requires free air circulation. Do not cut or chop meat until just before using. Both fresh and cooked leftover meats spoil quickly when cut or chopped.

How to Freeze Meats—Wrap meat in waxed paper and place in ice tray (separate individual portions with waxed paper to prevent freezing together.) To freeze quickly, place tray on bottom shelf of freezer and turn control to fastest freezing point. For continued storage, after freezing, reset control to a colder than normal position. Meat must then be kept in freezing compartment until time to use it.



Steaks, Chops and Roasts keep best of all meats. May be kept up to three days just below freezer. When buying roasts for later use, choose them well-covered with fat.

Ground Meat should be cooked within twenty-four hours after purchase. If it is to be kept longer, freeze it immediately. For greater cooking convenience, first form it into desired portions and separate with waxed paper. Avoid unnecessary handling.

Frozen Meats will keep indefinitely if kept frozen in freezing unit. After thawing, frozen meat is more perishable than other meat. Caution: Never refreeze, after meat is once thawed.



Poultry, unlike meat, should be cleaned and washed *before* refrigeration. Whole birds keep better than disjointed birds. Cut up birds just before using. Freeze chicken like meats.

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



Fish should be wrapped to prevent odor transfer. If not to be used within twenty-four hours after purchase, it should be frozen immediately. To freeze fish and meats at home, follow directions on Page 12.

Smoked Meats if mildly cured require refrigeration, but will keep up to two weeks. To prevent mold, wrap in cloth wrung out of vinegar, then wrap again in paper.



Leftover Cooked Meats should be stored in a covered dish to prevent drying. Generally, leftover meat should not be cut or ground until just before using.

What to do with food left over

Today, when it is so important to avoid waste and get every bit of good out of food purchased, what to do with leftovers is a challenge to your imagination.

Many delightful dishes can be made from leftovers. Many times the family won't even know you have used them. Leftover portions can be kept in your refrigerator without fear of spoiling. In a day or two you can serve them in an entirely different form with just as great an appetite appeal as when presented the first time.

For example, here are 140 suggestions for utilizing leftovers in a great variety of attractive dishes. These are ideas for use with your favorite recipes. Some typical recipes are shown on Pages 18 and 19.

How to utilize unused vegetables*

Asparagus

Added to vegetable soup
In deviled egg and asparagus salad
In vegetable casserole
In creamed asparagus soup
In vegetable salad ring
Creamed on toast



Beans, Baked

In soup
In salad
In chili
In sandwiches

Cabbage

Cole slaw made over into a hot slaw
Added to vegetable soup
With creamed vegetables

Beans, String

In vegetable salad ring
With scalloped vegetables
Added to vegetable soup
In spring salad

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

Carrots

In meat pies
Added to vegetable soup
Creamed with peas
In vegetable salad ring
In spring salad

Potatoes, Sweet

In sweet potato fluff
Cottage-fried
Baked with apples
Hashed browned with Irish potatoes
In sweet potato balls

Rice

In rice and raisin delight
In rice and nut pudding
In Spanish goulash
In rice pudding
In rice cakes
Meat balls

Tomatoes, Sliced

Garnishing the meat loaf
Baked in the meat pie
Used in chili
In Spanish goulash
In vegetable casserole

Beef

As baked hash
Scalloped
Sliced cold
Added to vegetable soup
In stuffed green pepper
In Irish stew
In chili

Potatoes, Irish

In salad
Cottage-fried
Creamed
Mashed potatoes in or on meat pies
Hashed brown
In potato balls

Spinach

Added to vegetable soup
In vegetable salad ring
In scalloped vegetables
In spinach puree
In ham and spinach soufflé
In spinach nests with creamed mushrooms



Tomatoes, Stewed

Added to vegetable soup
In rice and tomato soup
With toast cubes
Added to meat loaf
Added to chili
Added to meat pie

How to utilize unused meat, fowl, fish

Chicken

Creamed
Creamed with mushrooms
In salads
Sliced cold with assorted meats
In combination salad sandwich
In tomato surprise

Fish

In fish, celery and pineapple salad
In fish, celery and olive salad
In croquettes
Scalloped



Lamb

In croquettes
Creamed on toast
Diced and added to creamed mushrooms
In meat pie
In stew



Veal

In veal and celery salad
In veal pie
In croquettes
Creamed on toast
In veal, pineapple and celery filling for stuffed tomato salad
Creamed and baked in puff pasties

How to utilize miscellaneous unused portions

Bread

As French toast
In fig bread pudding
As toast sticks
As cinnamon toast
In prune pudding
In onion dressing
Buttered crumbs for scalloped dishes
In English plum pudding



Cake: Angel Food and White

Served with any ice cream sauces in frozen crumb cake

Cake: Devil's Food

In "Refrigerator" chocolate pudding



Fruit Juices

In fruit beverage
In fruit salad dressing
In fruit sherbet
In flavored ice cubes

How to utilize unused fruits

Apple Sauce

In apple snow
In apple sauce cake
In custard

Peaches

In mixed fruit salad
In fruit sherbet
As ice cream sauce



Apricots

In fruit salad
In apricot whip
In jellied fruit salad ring
As ice cream sauce

Pineapple

Baked with ham
In mixed fruit salad
In jellied fruit salad
In fruit punch
Garnish for ice cubes

Prunes

In salad
In prune whip
In prune and rice pudding
In prune pudding
Jellied
In prune and nut sandwich filling

Typical leftover recipes

These recipes are "thought-starters" to show you how attractively leftovers can be served in "new" dishes. Your own recipe book or file doubtless contains many more. Watch your favorite magazines and newspapers, too. They often publish timely, practical recipes based on the use of leftovers and current wartime rationing.

Meat Pie

- 1/2 cup diced celery
- 1/2 cup diced onion
- 1/2 cup chopped green pepper
- 2 cups cubed leftover beef roast
- 1 cup cubed leftover potatoes
- 1 cup cubed leftover carrots
- 1 cup cooked peas
- 1 cup gravy
- 4 slices dry bread (cubed)



Brown celery, onion, and green pepper in hot fat; add combined meat, potatoes, carrots, and peas. Add gravy and season to taste. Pour into casserole; top with bread cubes browned in butter. Bake in moderate oven (375°) 30 minutes. Six servings.

Creamed Chicken and Ham on Biscuits



Dice 1 cupful of chicken, 1 cupful of ham (or a combination of any other cooked meat), 2 hard-cooked eggs, 1/2 green pepper, and 1/2 sweet red pepper. Make a cream sauce by melting 3 tablespoonfuls of butter and blending it with 4 tablespoonfuls of flour, then adding gradually 3 cupfuls of milk. Add 1 teaspoonful of salt, 1/4 teaspoonful of celery salt, and 1/2 teaspoonful of paprika. When thickened, add the diced chicken or meat mixture, and heat thoroughly. Serve on hot biscuits or toast. Four to six servings.

Jellied Meat Loaf



- 1 tablespoon unflavored gelatine
- 1/4 cup cold water
- 3/4 cup boiling water
- 1 teaspoon salt
- 1 1/2 teaspoons grated onion
- 1 tablespoon prepared horseradish, drained
- 1/2 cup mayonnaise
- 2 1/2 cups leftover cooked beef, coarsely ground
- 1 cup chopped celery

Sprinkle gelatine over cold water; let stand 5 minutes; add boiling water and salt, stir until dissolved; chill. When mixture begins to thicken add onion, horseradish and mayonnaise; then blend with rotary beater. Fold in meat and celery and additional seasoning if desired. Turn into loaf pan first dipped in cold water; chill several hours or overnight. Serves 4 to 6.

Veal, Celery and Apple Salad

- 2 cups diced leftover shoulder veal roast
- 2 cups sliced, pared, cored apples
- 1/2 cup French dressing
- 1 cup diced celery
- Salad greens



Combine all the ingredients but the salad greens, and chill for 30 min. 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.

Turkey or Chicken Pilaf

Brown 1 cup raw rice, 1 onion and 1/4 green pepper, chopped, in 3 tablespoons fat. Stir as it browns. Add 1 quart stock. (See page 20 for a good stock recipe.) 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.



How to Make Good, Rich Soup Stock

And how to keep it for use in soups and casserole dishes



Your grocer has less soup, and fewer varieties, because of the war-time needs of our armed forces. But your family can still enjoy wholesome, delicious soup often. For it is easy to make.

Get a head start on several meals by preparing a soup stock. It will add body and flavor to soup and many casserole dishes. Keep a supply in your refrigerator. Save the meat and vegetables from which you prepared the stock and use them in hash, croquettes, soup.

*Try this simple Soup Stock recipe**. Here's what you need to make 1½ quarts of soup stock — enough for 12 servings when diluted with an equal quantity of water or vegetable liquors.

3 lbs. meat and bones (uncooked shin of beef or leftover meat and bones)	3 peppercorns
2 tablespoons fat or salad oil	1½ bay leaves
2 quarts water	8 cloves
1 tablespoon salt	¼ cup diced carrot
	¼ cup diced turnip
	¼ cup diced onion
	½ cup diced celery

It's easy to prepare. Cut meat in 1" cubes. Brown ½ meat in fat or salad oil. Combine with remaining meat and bones, water, salt, peppercorns, bay leaves and cloves. Gradually heat to boiling point; remove scum as it rises. Cover; simmer for 3 hours if uncooked meat is used — but only 1½ hours if leftover meat is used. Add carrot, turnip, onion and celery 1 hour before end of cooking time. Strain and cool. (There should be 6 cups of stock; if not, add water to make 6 cups.)

It's easy to keep. Soup stock may be kept for several days. Cool stock quickly by setting pan in ice water. Pour into jars. Cover lightly with waxed paper and place in refrigerator. Store just below freezer; do not freeze. Before using, remove layer of fat. Save fat for home use or for fat salvage.

15-Minute Vegetable Soup

1½ cups leftover cooked diced vegetables	2 tablespoons diced onion or chives
1½ cups Soup Stock*	1 cup cooked tomatoes
1½ cups water or vegetable liquors	Salt
	Paprika

Combine vegetables with stock. Add water or vegetable liquors, onion or chives. Cover; simmer for ten minutes. Add tomatoes; season. Cover; heat. Serves 4-6.

Any combination of leftover cooked vegetables may be used: green beans, cabbage, carrots, turnips, peas and celery. The greater the variety, the more delicious the soup!

If you use uncooked vegetables, simmer in stock 1 hour. Add tomatoes and seasoning. Heat.

Glorified Baked Hash

2 cups diced cooked potato	1 teaspoon Worcestershire sauce
2 cups diced cooked meat (soup meat, beef, lamb, pork, veal or chicken)	1 tablespoon chopped parsley
2 tablespoons grated onion	½ cup Soup Stock*
1 teaspoon salt	½ cup water or leftover vegetable liquors
¼ teaspoon pepper	

Combine potato, meat, onion, salt, pepper, Worcestershire sauce and parsley. Add stock and water or vegetable liquors; mix well. Pour into greased casserole. Bake in moderate oven (350°F.) 1 hour. Serves 4-6.

Preparing foods in advance

The low temperature in your refrigerator makes it possible to prepare many foods in advance. This is especially helpful when you are preparing for a party, wish to save last-minute time and confusion, or simply want to keep extra food handy. Here are some ideas of what can be done if you have the room for storage:

Stewed Fruits and Gelatin Salads can be made in advance and kept in your refrigerator for an entire week.

Greens for Salads can be prepared the day before and held at proper temperature until serving time. Put them in the vegetable pan, or cover with waxed paper if stored in the food compartment. Marinate or add salad dressing just before serving.

Sandwiches may be prepared in the morning for afternoon or evening serving. If kept in the vegetable pan or in high humidity refrigerator, they need not be wrapped.

Lunch Box Sandwiches can be prepared the night before and stored in the refrigerator. Wrap in waxed paper. See special hints on next page.

Stews and Ragouts can be made and stored in advance.

Custards keep well for several days, if stored on shelf just below freezer.

Meat Loaves can be refrigerated for later use. Just heat and serve when desired. Caution: Do not serve cold after 24 hours.

Refrigerator Rolls: Dough can be prepared for the entire week and stored in your refrigerator to be used as desired. Pastry and Cookie dough can be treated the same way.

Waffle Batter: A quantity of this can be made up and kept in your refrigerator, a wonderful convenience when waffles are served for breakfast.

How to get variety in lunch box sandwich spreads

The following suggested combinations may be prepared and kept in covered jars 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 (pork, 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.

Good things to remember

Ground Meat in Bulk is hard to work with when frozen and should be thawed just before cooking. Other frozen meats may, or may not, be thawed before cooking. However, if they are first allowed to reach room temperature, they can be cooked more accurately to desired "doneness" — and fuel will be conserved.

Berries keep better when removed from the box and stored in a flat container. Use a pie pan and leave air around each berry. Cover loosely if possible to prevent drying out.

When you want ice in a hurry, moisten the bottom of the trays, place them on a refrigerated shelf in the freezer, and turn the temperature control to its coldest setting. Don't forget to turn it back afterward. Ice cubes can also be made ahead of time and stored in the meat or defrosting tray below the freezer.



Soda pop, ginger ale, and other carbonated beverages can be frozen in the ice trays. These cubes are delicious and their icy zest is a particular delight to children.

Fancy ice cubes, flavored or containing fruit or mint leaves, are often made for special occasions.

Ice Cream can be stored in the original carton, or removed and placed in an ice tray. Cover with waxed paper if stored in the tray. In either case set the temperature control to a colder than normal position.

Save the water in which vegetables are cooked. Use in cream sauces, gravies, soups.

Never use warm chicken for chicken salad. Chill chicken thoroughly before you cut it up and add mayonnaise. Then keep salad chilled until serving time.

Chilling pastry dough before baking improves the tenderness and flakiness of the pastry.



Gelatin desserts "set" quickly when placed in the freezer.

Frozen suckers which the children enjoy are easily made by freezing fruit juices, chocolate milk or just flavored water with sticks in each cube.

To cool hot foods quickly before storing in the refrigerator, leave them in the pan or cooking utensil and immerse in a larger pan of ice or cold running water.

GIVE YOUR REFRIGERATOR THE BEST OF CARE

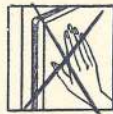
Simple things you can do

- 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 your refrigerator.
2. After freezing desserts or other foods, turn temperature control back about half way to normal position to hold until served. Then return control to normal.
3. Turn control to the warmest setting ("Vacation setting") when going away for several days. (See Page 29).
4. Defrost before frost builds up to $\frac{1}{4}$ inch (about the thickness of an ordinary lead pencil). (See Pages 27 and 28).
5. Avoid frequent and lengthy door openings.
6. Do not store foods in your refrigerator that do not need refrigeration. (See Pages 3, 4 and 5).
7. Don't freeze more ice cubes than you need. (See Page 7).
8. Immediately wash off foods and liquids spilled on the inside or outside of 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, but a little care will lengthen its life greatly. 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.



13. Clean ice trays only with ordinary soap and warm water. Never use a metal sponge or abrasive powders.

Special Things To Do

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. If mechanism has a fan, turn refrigerator off 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 or repaired. Tightening the latch or reversing the hinges may also correct the trouble.



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. 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, many of them require a special kind of oil, so refrigerator engineers advise that the oiling be done by your dealer or serviceman when he makes a general checkup 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 causing the mechanism to run more frequently. This may raise the temperature in the food compartment. The frost also harbors food odors. Thus your refrigerator should be defrosted and cleaned before the frost is more than pencil thick — or at least every two weeks. To avoid damaging the freezer, never remove frost with an ice pick, screw driver, or sharp instrument. Consult your instruction book for a recommended method of defrosting. Or try the easy way explained on page 28, which is especially recommended when you are storing frozen foods in the freezer.



How To Defrost and Clean 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 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 complete the defrosting.



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 will wash away in hot water.
5. Clean the food compartment and all equipment thoroughly with a solution of ordinary Baking Soda and water, about a teaspoonful to a quart. *Use cool water so there will be no danger of cracking the cold glass dishes or glass shelves.* Baking soda counteracts food odors and is the best cleanser known for keeping your refrigerator "sweet."



6. When defrosting is completed, 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.
7. Wipe refrigerator dry, refill only the number of ice trays that you will need, and start refrigerator running. It's best not to attempt to save the old ice cubes. They collect odors and acquire a stale taste in time.

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 cold 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 left running or turned off, 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 snake.

Make Sure Your Refrigerator Is Level

The refrigerator door should remain open at any position and will if the refrigerator is setting perfectly level. The mechanism operates best when level, too.



SOME THINGS TO DO BEFORE CALLING THE SERVICEMAN

If Mechanism Does Not Run

1. Check refrigerator interior light if it has one. (Make sure bulb is not burned out by checking it in a table or floor lamp.)
2. If interior light does come on, check refrigerator "on and off" switch (if there is one) to make sure it has not been turned off.
3. If interior light does not come on, see if plug is in wall outlet.
4. If plug is in, check outlet with a floor or table lamp to see if current is on here.
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 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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Normally, Frigidaire's job is the building and selling of electric refrigerators, ranges, and other home appliances, commercial refrigeration equipment, and air conditioning products.

For the duration, however, our entire resources are pledged to an all-out war effort. Our big job today is to build war materials in ever increasing quantities, until victory is won.

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