



Delicious foods... tastier menus... faultless meals... Glorious hours of freedom from ordinary kitchen routine... New pleasures in cooking the modern way... Happiness in your home-making successes... Pride in your possession of up-to-the-minute kitchen equipment.

All are yours . . .

with your new Range equipped with
American, the Precision Oven Heat Control

AMERICAN THERMOMETER COMPANY
ST. LOUIS, MO., U. S. A.

MANUFACTURERS OF PRECISION TEMPERATURE
INDICATING AND CONTROLLING DEVICES

MODERN COOKING

Modern cooking is based upon definite temperatures and carefully observed or controlled time. There are known and tested temperatures which bring out the most delicious flavor in any cooked food and which retain nourishment that might be otherwise lost through cooking at too high and uncontrolled temperatures.

THE AMERICAN OVEN HEAT CONTROL

Automatically controls the flow of heat into the oven to maintain the temperature at the degree set by you on the dial of the oven heat control.

ITS ADVANTAGES

Since the oven temperature is automatically controlled, it is not necessary (or recommended) that you frequently examine and test the cooking food. Guessing at the temperature has been eliminated and you can place your food in the oven, close the door, and leave it undisturbed until the proper time has elapsed, with full assurance that the result will be successful.

While the cooking is proceeding, you are free to do other things until it is time to take the food from the oven.

Controlled cooking is economical. No fuel is wasted because the Oven Heat Control measures out exactly enough heat but no more than is necessary to maintain the desired temperature.

D I R E C T I O N S

for using American Oven Heat Controls

IN YOUR GAS RANGE

If your gas range is equipped with automatic oven lighting or with an automatic clock which will start and stop the oven automatically, follow the special instructions provided by the manufacturer. For manually lighted ovens, proceed as follows:

1. Be sure that the oven burner and the oven heat control have been properly adjusted according to the instruction sheet or card furnished with the range. It is especially important that the by-pass or minimum flame adjustment and the pilot adjustment be made correctly.
2. Select the desired cooking method (Direct, Cold Start or Preheated Method) and set the American dial to the specified temperature.
3. Open the oven doors.
4. Light match.
5. Turn ON the oven burner valve fully and immediately apply lighted match.
6. Look at oven burner to see that it is fully lighted. If it is not, immediately turn off the gas and wait several minutes before again attempting to relight the burner.
7. If the Direct, Cold Start Method is used, immediately place food in the oven and start timing. When time specified in the cooking chart has elapsed, remove the cooked food and turn off the gas.
8. If the Preheated Oven Method is used, allow the oven to heat to the desired temperature (when this point is reached, the oven burner flame will reduce or "cut down" and the hissing noise of the gas rushing into the oven burner will diminish) and then place the food in the heated oven and start timing. When time specified in the cooking chart has elapsed, remove cooked food and turn off the gas.

PURPOSE THIS BOOK



Cooking charts are provided to give you the correct temperatures and proper length of time for cooking a variety of foods. This information has been obtained from recognized authorities on cooking and has been tested and found reliable.

So many recipes are available through women's magazines, the newspapers, cooking schools, and Home Service Departments of the Public Utilities that no attempt has been made to include recipes.

You will find that cooking times given in the charts which follow may vary because of variations in the size of materials cooked and because of variations in the starting temperatures of the food itself. Larger and thicker foods usually require more time. If an unusually large amount of food is placed in the oven at one time, it may also be advisable to lengthen the time and increase the chart temperatures about 50 degrees for all or part of the cooking. Chilled food taken directly from a refrigerator should be allowed to come to room temperature before cooking or a little more time should be allowed for the cooking process.

BAKING

★ *Baking Suggestions*

BISCUITS The Secret of making deliciously light, tender biscuits, dumplings and other foods made with biscuit dough is in handling the dough as little as possible. Too much handling makes the dough rubbery and results in tough biscuits.

Be sure that the shortening and milk are cold, at ice box temperature, if possible.

When working the shortening into the flour cut it in. This may be done easily by cutting across with two knives, repeatedly catching the balls of fat between the edges.

BREAD Good Bread Flour is essential in bread making.

Yeast is an important factor in successful bread making. Bread should be set in a warm place, about 70° or 75° F. and free from drafts. This is the most favorable temperature range for the growth of the yeast plant.

Yeast should be dissolved in lukewarm water. Hot water kills the yeast plant and keeps it from rising.

Use level measurements.

Sift flour before measuring.

If milk is used in bread making, it must be scalded.

Thoroughly knead the dough. First time to mix the ingredients and the second time to distribute the gas bubbles produced by the yeast. Do not use flour on the board the second time for kneading. Extra flour added at this time makes the finished loaf heavy.

Bread baked at a moderate temperature for a longer time produces a better product than bread baked at a high temperature for a shorter time.

As soon as the bread is removed from the oven, it should be taken from the pan and placed on racks or across pans to permit the circulation of air on all sides. Quick cooling prevents the loss of moisture. A soft crust is secured by greasing the top of the loaf when removed from the oven. Bread left uncovered and not greased will have a crisp crust.

CAKES Although recipes all differ, cakes are divided into two classes: Sponge and Butter Cakes.

Measure all ingredients accurately.

Do not stir cake batter. Beat it from the bottom.

Have pans ready and the ingredients measured before mixing the Cake.

Grease tins with lard, not butter. Pans for Angel and Sponge Cakes should not be greased.

If cake cracks open on top, too much flour has been used or the cake has been placed in too hot an oven.

If cake drops, not enough flour, too much sugar or butter have been used or cake has been put in oven at too low a temperature.

Do not open oven door when baking. Do not jar or move the cake in the oven until it is well baked.

If cakes are not brown enough to suit, raise the temperature 25° for the last few minutes of baking.

When cake sticks to tin, place on a damp cloth for a few minutes.

Sprinkle flour over cake lightly before icing to keep from running.

After baking sponge cakes, pans should be inverted and cakes should hang in the pan until cool. Do not turn butter cakes. They should cool for 5 or 10 minutes before being removed and should be placed on wire racks.

To prevent boiled frosting from hardening, add a small quantity of cream of tartar.

To make eggs beat quicker, add a pinch of salt.

MUFFINS The secret of making light, fine grained hot-bread of this type lies in the mixing. Improper mixing either because the dry ingredients are not sufficiently mixed and sifted or because the finished batter is stirred too much, results in a poor textured product.

Mix the dry ingredients and sift preferably twice. Mix milk with beaten egg and add to dry ingredients. Stir well together and add melted shortening.

PIES The secret of making flaky, tender crusted pies lies chiefly in the handling of the dough. The more the dough is handled, the tougher and more rubbery the product becomes.

Cut the cold shortening in the dry ingredients with a light stroking motion. Do not bear down and pack the dough.

Handle and roll the dough as little as possible. Always roll the dough from the center in every direction rather than rolling back and forth. Chill the dough before rolling because cold dough expands more in the oven and, therefore, will be flakier.

To prevent single crusts from humping, prick full of holes, sides and bottom.

To seal the top and bottom crusts together, moisten the bottom crust with the fingers sufficient to cause the crust to feel sticky. Put on the upper crust and press firmly to the lower crust so that the rims are perfectly sealed together. Cut off the surplus crust and crimp the edge.

Butter added to pie filling helps to prevent its boiling over.



OVEN COOK

Two generally accepted methods may be employed, the Direct, Cold Start Method or the Preheated Oven Method.

In the Direct, Cold Start Method, the food is placed in a "cold" oven (an oven at room temperature and not previously heated), the oven started and timed from the point at which the heat was turned on. This method usually offers a saving in effort and in fuel. It is not necessary to wait until the oven has come "up to temperature."

In the Preheated Oven Method, the food is not placed in the oven until the proper temperature has been reached. The food is, therefore, started in a heated oven and the timing started at this point.

FOOD	TEMP.	TIME DIRECT, COLD START METHOD	TIME PREHEATED METHOD
<u>Beans</u>	350	6 to 7 hours	6 to 7 hours
<u>Biscuits:</u>			
Baking Powder.....	450	12 to 15 mins.
Yeast.....	400	25 mins.	15 to 25 mins.
<u>Breads:</u>			
Corn.....	400	20 to 25 mins.
Muffins.....	425	25 mins.
Nut.....	350	60 to 75 mins.	45 to 60 mins.
Yeast.....	375	60 to 75 mins.	45 to 60 mins.
Popovers.....	450	25 mins. then 250 for 20 mins.	30 mins.
<u>Cakes:</u>			
Angel.....	325	75 to 90 mins.	60 to 75 mins.
Fruit.....	275	3 to 4 hours	3 to 4 hours
Gingerbread.....	375	40 to 50 mins.	30 to 40 mins.
Plain layer.....	375	35 mins.	25 to 30 mins.
Plain loaf.....	350	60 to 75 mins.	45 to 60 mins.
Plain Cup.....	375	25 to 30 mins.	20 to 25 mins.
Sponge.....	325	75 to 90 mins.	60 to 75 mins.
<u>Cookies:</u>			
Drop Bran.....	425	12 mins.
Filled.....	450	11 mins.
Ginger Snaps.....	350	7 mins.
Macaroons.....	350	20 mins.
Vanilla.....	450	10 mins.
Molasses.....	375	15 mins.

ING CHART

FOOD	TEMP.	TIME DIRECT, COLD START METHOD	TIME PREHEATED METHOD
Custards:			
Individual.....	325	30 to 40 mins.	25 to 35 mins.
Large, quart.....	325	75 to 90 mins.	60 to 75 mins.
Pies:			
Double Crust			
Raw filling.....	425	60 to 75 mins.	45 to 60 mins.
Cooked filling.....	375	60 to 75 mins.	45 to 60 mins.
Custard or Pumpkin.....	375	50 to 60 mins.	450 for 10 mins. 325 for 30 mins.
Pastry Shells.....	450	20 to 25 mins.	12 to 15 mins.
Potatoes:			
Baked white.....	400	60 to 75 mins.	45 to 60 mins.
Baked sweet.....	400	50 to 60 mins.	40 to 50 mins.
Scalloped (not previ- ously cooked).....	350	60 to 90 mins.	60 to 75 mins.
Scalloped (previously cooked).....	400	20 to 25 mins.	15 to 20 mins.

For recipes which do not give definite temperatures, the following table will be helpful:

- SLOW OVEN 250 to 350 degrees
- MEDIUM OVEN 350 to 400 degrees
- HOT OVEN 400 to 450 degrees
- VERY HOT OVEN 450 to 500 degrees

WISE BUYING AND GOOD RECIPES



ARE STILL DEPENDENT UPON A
PROPERLY CONTROLLED OVEN FOR
THE SUCCESSFUL DINNER ENTREE.

ROASTING

★ *Suggestions for Roasting Foods*

Meat, although the most expensive food used in the majority of households, is our best source of protein and may well be used as the main course for one meal of the day.

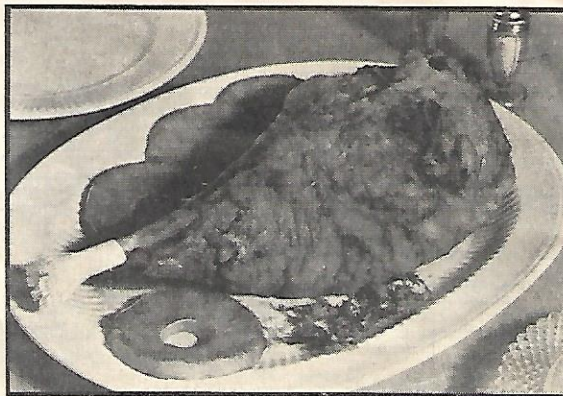
Prices are not regulated according to the food value. The cheaper, less tender cuts of meat are just as nourishing as the more tender cuts and just as savory if cooked the modern way.

Foods most suitable for roasting are rib roasts of beef, leg or loin of veal, loin or shoulder of pork, loin shoulder or leg of lamb, poultry or small game birds and fish.

In general, those meats which require long cooking because of their size or because of their nature are best cooked in a covered roaster.

The more tender cuts of beef are better in color and flavor when cooked in an uncovered roaster.

Never wash meats or allow to stand in water. This draws out the natural juices. Wipe well with a damp cloth and season allowing $\frac{3}{4}$ teaspoonful of salt for each pound of meat. Brushing with soft butter helps brown the meat and develops a rich flavor.



MEAT ROASTING THERMOMETERS

A special thermometer may be used to show the internal temperature of the roasting meat thus indicating the degree of "doneness," i. e., rare, medium, well done, etc. American No. 45 Meat Roasting Thermometer, made with a spear point to be inserted into a hole in the roast made with some sharp pointed instrument such as an ice pick, is available through your dealer. If he is unable to supply you, send \$1.75 to The American Thermometer Company, 2917 Clark Avenue, St. Louis, Missouri, and the No. 45 will be sent you postpaid.

BROILING

★ *Suggestions for Broiling*

The use of the broiler in meal cooking not only produces food of delicious flavor but simplifies cooking and dish washing.

The cuts of meat most suitable for broiling are sirloin and porterhouse steaks, tenderloin or fillet of beef, pork or lamb chops, sausages, chickens or small game birds and fish.

When using your broiling oven, set the dial of the American Oven Heat Control as far above the 550° point as it will go and preheat it for a period of ten minutes.

ROASTING CHART

The Direct, Cold Start Oven Method or the Preheated Oven Method may be used. If searing is desired, Preheat oven at 500° and then sear the meat for 15 minutes until brown, then reduce temperature as shown below for the balance of the roasting period counting the searing time as part of the total elapsed time.

FOOD	TEMP.	TIME
Beef, Standing Rib Roast { rare.....	350	18 mins. per pound
{ medium.....	350	22 mins. per pound
{ well done.....	350	30 mins. per pound
Beef, Boned and Rolled { rare.....	350	25 mins. per pound
{ medium.....	350	30 mins. per pound
{ well done.....	350	35 mins. per pound
Poultry, Chicken, Turkey, Duck.....	350	20 to 30 mins. per pound
Pork, Loin.....	350	30 to 35 mins. per pound
Veal.....	300	30 mins. per pound
Lamb, Leg.....	350	30 to 35 mins. per pound
Ham, Whole.....	300	30 mins. per pound

BROILING CHART

FOOD	MEDIUM	WELL DONE
Place the following foods about 3 inches below flame:		
Steaks, Sirloin or Porterhouse, 1½" thick.....	25 to 30 mins.	30 to 35 mins.
Lamb Chops, 1" thick.....	15 mins.	20 mins.
Fish, 1" thick.....	15 to 25 mins.	25 to 30 mins.
Chicken, halved.....	15 to 25 mins.	25 to 30 mins.

Place the following foods 5 inches below flame:

Bacon.....	5 mins.	7 to 8 mins. (crisp)
Ham, smoked, 1" thick.....	25 mins.	30 mins.



DEEP FAT FRYING

While Deep Fat Frying is not a function of the oven, it is a process of cooking that is constantly growing in favor. We accordingly give below a Time and Temperature Chart for Deep Fat Frying.

DEEP FAT FRYING TEMPERATURES

FOOD	TEMP.	TIME
Croquettes, Fish Balls and all previously cooked food.....	390	Until brown
Doughnuts, Fritters and all raw dough mixtures.....	360-370	Until brown
French Fried Potatoes (Strips $\frac{1}{4}$ -inch thick and $\frac{1}{4}$ -inch wide).....	395	About 4 $\frac{1}{2}$ mins.
Fish and Meat. Butterfish and other medium-sized fish.....	390	3 mins.
Cod Steaks and fillets of large fish.....	375	4 mins.
Oysters and soft clams.....	390	1 min.
Scallops.....	360	2 mins.
Smelts and other small fish.....	390	3 mins.
Veal Cutlets.....	400	3 mins.

Note: American No. 356 Deep Fat Frying Thermometer may be used to show the temperature of the hot fat. These may be obtained through your dealer or if he is unable to supply you, No. 356 will be sent you postpaid upon receipt of \$1.50. A similar thermometer for candy making, American No. 306, is also available at \$1.50, postpaid.

OVEN DINNERS

Complete meals may be cooked entirely in the oven at one time with the American Oven Heat Control. The method is very popular because it requires almost no "pot-watching" and it is economical.

The Direct, Cold Start Method or the Preheated Oven Method may be used but the Cold Start Method is preferred. Recent findings by many cooking schools indicate that meat, cooked at one moderate temperature (instead of being seared first) for the entire cooking time will be evenly done, may shrink less, and will have full flavor with the natural juices retained.

SUGGESTIONS

1. Use a shallow open pan. A covered roaster is not needed.
2. Use utensils with close fitting covers for vegetables and for fruit desserts.
3. Arrange utensils conveniently on the oven racks and allow space between for circulation of heat around utensils.
4. Season each vegetable with one-half teaspoonful of salt and add about one-fourth cup of water before cooking.

For the proper length of time, use the Roasting Chart on page 9 according to the type and size of the meat portion of the Oven Dinner.

Recipe and cook books issued by cooking schools and journals devoted to the subject of cooking will give you definite combinations of foods with complete recipes for the cooking of Oven Dinners.

For your convenience we give you below a list of foods that can be combined for Oven Dinner cooking in your oven.



VEGETABLES	MEATS	DESSERTS
Asparagus	Beef Loaf	Apples (baked)
Beans { Green Lima Navy Wax	Beef Pot Roast	Apple Brown Betty
Beets	Beef (Roast Ribs)	Apple Tapioca Pudding
Carrots	Chicken { Casserole Fried Roast Stewed	Apple Sauce
Celery	Fish { Baked Stuffed	Apricots (stewed)
Corn (scaloped)	Ham { Roast Scalloped	Bread Pudding
Macaroni and Cheese		Figs (stewed)
Onions		Fig Tapioca Pudding
Parsnips		Graham Pudding
Peas		Lemon Pudding
Potatoes { Brown French Fried Mashed Pan Roasted Roast Scalloped Sweet Candied Sweet Roast	Lamb (roast)	Peaches (stewed)
	Meat Stews	Prunes (stewed)
	Pork (roast)	Rice (boiled)
	Pork Tenderloins	Rice Pudding
Spaghetti	Steak (stuffed)	Rhubarb Sauce
Squash	Veal Loaf	All uncooked Desserts and Fruits
Tomatoes	Veal Roast	
Turnips		

OVEN CANNING

DIRECTIONS

1. Use only fresh products in perfect condition. Do not use bruised or over-ripe fruit or vegetables.
2. Wash jars and tops in hot soap suds, rinse, and then sterilize in boiling water or in a 400-degree oven for 2 hours.
3. Prepare fruits according to desired recipes, pack in jars, to within one inch of the top and cover with the proper syrup.
4. Vegetables, except tomatoes, should be pre-cooked with very little water for 5 to 10 minutes and then packed into jars to within one inch of the top. Water used in pre-cooking should be used to cover the vegetables. Season with one teaspoonful of salt per quart jar.
5. After filling jars, run clean knife blade sterilized in boiling water down sides and center of jars to expel all air bubbles.
6. Wipe tops of jars perfectly clean.
7. Place clean, new rubbers on jars and adjust caps according to instructions furnished by the manufacturer of the kind of jars being used.
8. Arrange jars around shallow pan, keeping them about 1 inch apart, and place in the oven.
9. Turn oven "ON" and heat at temperature specified in chart for time specified.
10. Remove jars from oven and test seal; DO NOT INVERT JARS. Tap tops gently with a spoon. If a clear ringing sound is heard, top is sealed. If sound is dull, the seal is imperfect and the contents should be recanned immediately.
11. Canned foods should be carefully inspected before eating. Tops and rubbers should show no signs of bulging and there should be no outburst of air or spurting of contents when jar is opened. The odor should be wholesome. Do not taste foods which appear spoiled.

JAR CAPACITIES

Cherries—Nine baskets yield 2 pint jars pitted or 7 pint jars whole.

Corn—One hundred ears, Golden Bantam, yield an average of 14 pint jars.

Peaches—Two and one-fourth pounds, 1 quart jar.

Peas—One bushel, pods well filled, yields 14 pint jars.

Plums—One basket of 14 pounds yields 25 pint jars.

Strawberries—One crate yields 25 pint jars canned or 31 glasses of jam (7½-ounce size).

String Beans—One bushel, by measure, yields 25 pint jars.

Tomatoes—Three pounds, 1 quart jar.