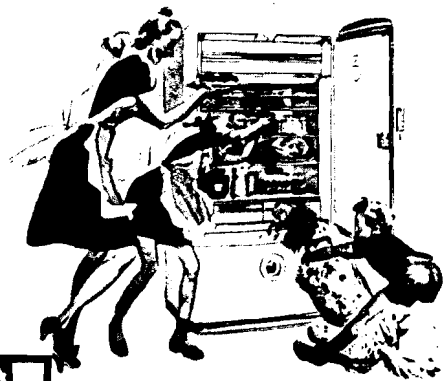


Another Wartime Reminder from Frigidaire:

HOW TO FIGHT FOOD WASTE WITH YOUR REFRIGERATOR



FOOD FIGHTS

FOR FREEDOM!

Check yourself on these Daily Rules for the big job of keeping food safe these wartime days

It's always Summer in your kitchen! Your refrigerator is as important in Fall and Winter as in July. Foods must be protected always to guard health, prevent waste. Now, it's even more important to know how and where they must be kept.

Some important rules appear here. See others in "101 Refrigerator Helps" . . . a new free booklet offered below.

Give perishables prompt attention! When foods lose moisture, they're tough and tasteless. Also vitamins are destroyed. Cover foods to keep them moist. Never let exposure to room temperatures rob foods of nutritive values, appearance, flavor. Always refrigerate as soon as possible.



Fresh Meat may be kept uncovered in the meat compartment or loosely wrapped just below freezer. If not using soon, wrap and freeze immediately. Wash poultry well, pat dry, store in waxed paper, in meat compartment. Always wrap fish. Freeze if kept over 24 hours. See "101 Refrigerator Helps."*



Vegetables and Fruits require moist storage. Wash, drain and trim leafy vegetables immediately. Pile loosely in covered container to prevent bruising. Soft, fresh fruits and berries should be sorted, spread on shallow pan, refrigerated. Do not cover. Other tips in "101 Refrigerator Helps."*



Dairy Products are highly perishable. Be sure to refrigerate milk and cream immediately, continuously. Butter requires tight cover to protect flavor. Eggs need refrigeration, too. At room temperature they lose freshness far faster than in a refrigerator. "101 Refrigerator Helps" gives many more details.



Leftovers should be stored immediately, used promptly: Put cooked meats in meat compartment, or covered containers in coldest part of food compartment. Keep leftover cooked vegetables in covered dishes to prevent drying, mingling of flavors. See ways to use leftovers in "101 Refrigerator Helps."*

These get high priority in your refrigerator:

Milk	Cream	Butter	Cheese
Meat	Fish	Poultry	Eggs
Frozen Foods	Fresh Green Vegetables		
Fresh "ripe" fruits; berries, peaches, grapes	Leftover meats and vegetables		
Opened canned fruits, vegetables and juices			

Do's!

- Do be sure your refrigerator keeps Zone Temperatures—32° to 45°
- Do remove food from store wrappings
- Do wrap and freeze ground meats immediately if not to be used within 24 hours. Same applies to "variety" meats like liver, sweetbreads.
- Do separate ground meats into usable portions before freezing. Place waxed paper between portions.
- Do refer to "101 Refrigerator Helps."*

Don'ts!

- Don't crowd perishable foods out of your refrigerator by overloading with foods like jellies, relishes, peanut butter, etc.
- Don't let milk stand at room temperature or pour unused portions back in bottle.
- Don't leave odorous foods uncovered.
- Don't freeze more ice cubes than you need. Use the space for frozen storage of foods.
- Don't guess about food storage — refrigerate.



GET THIS FREE 36-PAGE BOOKLET* from your Frigidaire Dealer

"101 Refrigerator Helps!" For all refrigerator users. New tips on care and use of your refrigerator. Find Frigidaire Dealer in Classified Directory or write Frigidaire, 235 Taylor St., Dayton 1, Ohio. In Canada, address 95 Commercial Rd., Leaside, 12, Ont.

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