Sunbeam
CONTROLLED HEAT
Automatic FRYPAN

You simply set the dial for the CONTROLLED HEAT ideal for bacon, eggs, pancakes, etc., and each of these foods will be cooked to delicious perfection everytime in this wonderful FRYPAN by Sunbeam.

Marvelous new Water-Sealed ELEMENT: You can immerse the entire pan in water up to the end of the Fryguide for quick easy washing.

Everything you cook will be more delicious because you get the correct heat everytime.
Advantages of the entirely NEW

Sunbeam
CONTROLLED HEAT

Automatic FRYPAN

Up to now you have been able to get perfect baking and cooking temperatures in the oven of your stove because of automatic heat control, but when frying or cooking on the top of the stove you have never known whether the heat was too high or too low, which often results in cooking failures. The temperature of the open flame will vary. Unless the heating element is imbedded in the frying pan you will not get accurate transfer of the heat.

Now with the marvelous new Sunbeam Automatic FRYPAN you can fry and cook at the correct, automatically controlled heat every time. The Sunbeam’s highly accurate thermostatic control maintains the proper CONTROLLED HEAT for perfect cooking and frying results without constant watching. The shortening is always at just the right temperature, resulting in less grease absorption into the foods. Chicken, pork chops, fish, hamburgers, etc., are tastier, more flavorful, with their natural juices sealed in.

Exclusive Fry-Guide
The Sunbeam FRYPAN has the easy-to-see Fry-Guide and Heat Control Panel right in the handle, always at your fingertips. (See Illustration at left) This Guide gives you the recommended frying temperature for your favorite dishes and completely eliminates guesswork and failures. The indicator light flashes off automatically when the Sunbeam reaches the proper temperature and flashes on when temperature drops.

Water-Sealed Element
Another great advantage of the Sunbeam is that it has a controlled WATER-SEALED heating element—a wonderful new invention by Sunbeam. This invention makes it possible for you to immerse the entire pan in water up to the end of the Fry-Guide for quick, easy washing.

Convenient Square Shape
The Sunbeam’s exclusive square design makes it ideal for frying bacon, eggs, pancakes, hashed brown potatoes, etc. You can cook more in the same area than you can in a round pan. Also, small quantities cook well in it. The Sunbeam Automatic FRYPAN is constructed of durable, heavy cast aluminum. Its attractive, modern construction will make it an asset to any kitchen.

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How to Use Your New Sunbeam FP-10 Medium or FP-11 Large Size Automatic FRYPAN

1. Plug cord into a 110-120 volt AC electrical outlet.
2. Set temperature control to temperature recommended on frying chart, page 4, or in recipe. The indicator light will go on. When it goes off, proper frying temperature has been reached. Light will continue to go on and off during frying.
3. Add recommended amount of shortening when unit is preheated. In most cases, less shortening may be used, if desired. When very small amounts of shortening are used, tilt FRYPAN slightly to coat entire surface. Fry or cook food as directed in recipes.
4. When food is fried or cooked as desired, set heat control at “off” position or low point in warm range.

Suggestions for GOOD RESULTS with Fried Foods
1. Use any type of shortening, such as vegetable shortening, salad oil, lard, bacon drippings, butter, margarine, etc. Mel before adding food. Use sufficient shortening to keep foods from sticking to bottom of pan.
2. Follow time and temperature directed on frying chart, varying to suit your taste, size and quantity of foods.
3. Avoid overcrowding foods when browning. When frying large quantities of chicken, etc., brown pieces without overcrowding. Remove to tray or plate while browning remaining food. Then return entire quantity to the Sunbeam and cover to finish. Wait for indicator light to go off before frying another batch.
4. Breading particles which adhere to the bottom of the FRYPAN may be removed with a wooden spoon.
5. Keep paper toweling handy for draining fried foods such as bacon, sausages, etc. Bring the Sunbeam right to the table to keep foods piping hot. Makes an attractive serving unit.
6. After cooking or frying for time indicated, test for doneness with skewer or single tine of fork. Foods should be brown and cooked through well.
7. Foods such as chicken, chops, croquettes, etc., may be coated with any of the following: seasoned flour, beaten egg diluted with milk or water and fine dry crumbs, cornmeal or cereals. Breading gives foods a crisp, brown crust and moist interior with less shortening absorbed into the food.

Easy to keep clean
Disconnect the electric cord from the wall or other outlet first, and then from FRYPAN. Because the Sunbeam FRYPAN has a water-sealed element you can immerse the entire pan in hot soapy water up to the end of the Fry-Guide for quick, easy washing. Then rinse in clean hot water and thoroughly dry as soon after using as possible. Since your Sunbeam is of fine highly polished cast aluminum, certain strong alkaline detergents or very hard water may tend to darken the metal. After cooking highly acid foods, such as tomatoes, sauerkraut, etc., which tend to cause pitting of aluminum surfaces, remove at once and rinse out residue. Steel wool scouring soap pads may be used to remove particles clinging to the bottom of the pan. Do not scrape with sharp objects.

DO NOT STORE IN OVEN or ever put in OVEN because oven heat will damage parts of plastic handle.
Sunbeam FRY-GUIDE

The foods listed on this chart are those indicated on the Fry-Guide as handle.

Time and temperature will vary to suit taste, size and quantity of food. (Foods taken directly from refrigerator to cook or fry will take longer than foods at room temperature.) For simmering, set dial at approximately 220°. Slightly higher or lower may be necessary to keep liquid bubbling when light is on. Simmering point may vary from 200° to 210° in individual Frypans. Adjust dial to keep liquid bubbling when light is on. Recipes as given may be prepared in either the medium or large size Frypan, unless otherwise indicated. When using large size Frypan, quantities may be increased. Increase cooking time slightly and temperature as necessary.

<table>
<thead>
<tr>
<th>FOOD</th>
<th>Temperature</th>
<th>Frying Time</th>
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</thead>
<tbody>
<tr>
<td>BACON</td>
<td>340°</td>
<td>5-8 min.</td>
</tr>
<tr>
<td>EGGS (Fried)</td>
<td>300°</td>
<td>2-4 min.</td>
</tr>
<tr>
<td>(For more crisp crust)</td>
<td>320°</td>
<td>2-3 min.</td>
</tr>
<tr>
<td>EGGS (Scrambled)</td>
<td>320°</td>
<td>1-3 min.</td>
</tr>
<tr>
<td>PANCAKES</td>
<td>380°</td>
<td>2-3 min.</td>
</tr>
<tr>
<td>HAMBURGERS</td>
<td>360°</td>
<td>6-8 min.</td>
</tr>
<tr>
<td>HAM (Slices)</td>
<td>340°</td>
<td>10-20 min.</td>
</tr>
<tr>
<td>POTATOES</td>
<td>320°</td>
<td>10-12 min.</td>
</tr>
<tr>
<td>(Country-fried)</td>
<td></td>
<td>10-12 min.</td>
</tr>
<tr>
<td>(Crispy Brown)</td>
<td>340°</td>
<td>10-12 min.</td>
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</tbody>
</table>

INSTRUCTIONS

Do not preheat. Arrange bacon slices in Sunbeam. Avoid overcrowding. Fry, turning occasionally, until crisp as desired. Pour off fat during frying for very crisp result. Drain on paper toweling. Serve hot. (Entire half pound of refrigerated bacon can be put in Sunbeam. As bacon heats, slices can be quickly separated.)

Preheat until light goes out, add 1 tbsp. or more of any desired fat for each 2 eggs. Meli. Add eggs. Spoon fat over eggs or cover. Fry until done. Serve with bacon, ham, or ham and eggs.

Best together with a fork until blended—4 eggs, ½ tsp. salt, dash of pepper, ¼ cup milk. Preheat Sunbeam until light goes out, add 2 to 3 tbsp. butter or margarine. Tilt so that entire bottom and lower sides are greased. Add eggs. Scrape slowly from bottom and sides with a spoon until set as desired. Sprinkle with paprika or finely chopped parsley.

Use your favorite recipe or packaged mix. Preheat until light goes out. Brush Sunbeam lightly with fat or bake without greasing (If batter contains no shortening, then grease.) Pour about 2 tbsp. batter for each cake, spacing a little apart. Bake until bubbly and puffed, then turn and brown other side. Serve at once or keep hot between folds of a towel in a warm oven.

Mix together lightly with a fork—⅛ lb. ground beef, ⅐ tsp. salt, 1 to 2 tbsp. grated onion (optional). Shape loosely into 6 patties about ½ in. thick. Wrap a slice of bacon around each, fasten with a toothpick (optional). Preheat Sunbeam until light goes out, add 2 tbsp. fat. When melted, fry patties 2 to 4 min. on each side or until done as desired. Serve with sautéed mushrooms or onions.

Use uncooked mild cure smoked ham cut ⅛ to ⅝ in. thick. Cut fat edge in several places. Preheat Sunbeam until light goes out, add 1 tbsp. fat, melt, add ham, fry until well browned on each side and tender. When browned temperature may be set at 120° and top of ham spread with ½ tsp. prepared mustard, ⅛ cup brown sugar. Sprinkle with powdered cloves. Slowly add ⅛ cup gingerale, cover, simmer 10 min.

Slice thin, peeled, cold, boiled white potatoes. Add minced onion, if you like. Preheat Sunbeam, add 2 to 3 tbsp. butter or fat, melt, add potatoes. Fry without stirring until underside is brown. Turn, brown other side. Season with salt and pepper. For Hashed Browns—combine 3 cups chopped cooked potatoes, 3 tbsp. flour, 1 tbsp. grated onion, ¼ cup milk, 1 tbsp. salt, ¼ tsp. pepper, Preheat Sunbeam, add 2 tbsp. fat. Pack potatoes in firmly, spreading to cover bottom. Brown at 300° for 15 min. Fold half over like one met. Serve at once.
<table>
<thead>
<tr>
<th>FOOD</th>
<th>Temperature</th>
<th>Approximate Frying Time</th>
<th>Instructions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fish</td>
<td>380°</td>
<td>5-8 min.</td>
<td>Use fresh or packaged frozen fillets, steaks or small whole fish. Thaw frozen fish, cut as desired. Dip fish in cold water or milk, then in mixture of 1/4 cup flour, 1/4 cup cornmeal, 1 tbsp. salt, 1/4 tsp. pepper or dip first in well-seasoned flour, then in mixture of 2 eggs beaten with 1/4 cup milk or water, then in fine, dry bread or cracker crumbs. Preheat Sunbeam, add 1/4 to 1/2 cup fat or salad oil. Add fish, fry until golden brown on one side, turn with potholder, brown other side. Fry only until easily flailed with a fork and still moist. Serve at once garnished with lemon pieces and parsley or a sauce.</td>
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<tr>
<td>Sausage</td>
<td>300°</td>
<td>12-15 min.</td>
<td>Do not preheat. Use link, country style or meat. Arrange in Sunbeam and fry until golden brown and no pink color remains. Do not fry until dry. Turn frequently using tongs or two looks, so as not to break skin. Pour off excess fat. Sauté acute or thin-sliced slices in sausage fat to serve as garnish. Brown precooked such as “Brown and Serve” for temperature and time directed on label.</td>
</tr>
<tr>
<td>Pork Chops (Breaded)</td>
<td>360° (Brown) 220° (Finish)</td>
<td>15 min. 30-40 min.</td>
<td>Trim off excess fat using scissors, cut small, add to Sunbeam while preheating or use other fat. Snip off fat edge of 1/4 to 1 inch thick Chloe. Sprinkle with salt, pepper, poultry seasoning. Dip into beaten egg diluted with 2 tbsp. water, then into fine dry crumbs, coating well. Brown well on each side—about 15 minutes. Add 1/2 cup water, tomato sauce or juice and chopped onions (optional). When boiling, set dial at about 220°. Cover, open vent, simmer 30-40 min. longer or until no trace of pink remains (cut a slit near bone to test) and chops are tender.</td>
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<tr>
<td>Cube or Minute Steak</td>
<td>420°</td>
<td>2-4 min.</td>
<td>Have steaks flattened to about 1/4 thickness. Preheat Sunbeam until light goes out. Add 1 1/2 to 2 tbsp. fat. Where very hot, add steaks. Do not crowd. Pan-fry 1 1/2 to 2 min. on each side or to desired doneness. Season. For pan gravy, add small amount water to drippings. Stir and heat, pour over steaks. Serve with sautéed onions, mushrooms or any desired sauce.</td>
</tr>
<tr>
<td>Liver (Calf’s, lamb, or tender beef)</td>
<td>350°</td>
<td>4-6 min.</td>
<td>Wipe 1/2 to 1/4 thick slices with damp cloth. Cut out with scissors. Dip in milk or buttermilk, then in well-seasoned flour. Preheat Sunbeam, add 2-3 tbsp. fat or fry bacon first and use drippings. Brown liver quickly on each side. For well done result, turn dial to 240°, continue frying and turning. Serve with sautéed onions or bacon.</td>
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<tr>
<td>French Toast</td>
<td>360°</td>
<td>2-3 min.</td>
<td>Beat together with fork until blended, 2 eggs, 1/4 tsp. salt, 1 tsp. sugar, 1/4 cup milk, 1/4 tsp. nutmeg or 1 tsp. vanilla (optional). Preheat Sunbeam, add 2 tbsp. butter or margarine, tilt to grease entire bottom. Dip slices of bread into egg mixture, only until coated. Fry at once until browned on both sides. Serve hot with syrup or apple sauce. Fry until pan or dark bread at 380°.</td>
</tr>
<tr>
<td>Chicken (2 to 3 lbs.)</td>
<td>360° (Brown) 260° (Reheat)</td>
<td>12-15 min. 20-30 min.</td>
<td>Thaw frozen, uncrated, clean market dressed as usual, cut in pieces. Combine in paper bag. 1 cup flour, 1/2 tsp. salt, 1/4 tsp. pepper, 1/4 tsp. poultry seasoning. Drop few pieces at a time into this, shake bag until pieces are coated. Preheat Sunbeam, add 1/4 to 1/2 cup shortening, oil or part butter and shortening melt. Start browning meaty pieces first, putting less meaty pieces in between. Turn as necessary with tongs or two spoons. Fry until brown and crisp on both sides. (12-15 min.) Set dial at 260°, continues frying 20-30 min. longer or until tender. For less crisp, very tender chicken, set dial at about 220°, add 1/4 cup water, 1 chopped onion (optional). Cover, open vent, simmer 30 min. longer. Make cream gravy with drippings and some of remaining flour mixture.</td>
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</tbody>
</table>
Sunbeam recipes for
Pan-broiling, Sautéing, Frying and
Toasting Sandwiches

Simmering point may vary from 206° to 240° in individual pans. Adjust dial to keep liquid just bubbling when light is on. A spatter shield may be improvised from a long strip of aluminum foil standing on edge to loosely surround Frypan or prop cover on edge against Frypan.

PAN BROILED STEAK
Use T-Bone, Cub, Sirloin, Rib or Porterhouse Steaks. Cut ½ to 1″ thick. Black fat edge to prevent curling. Rub with cut clove of garlic, if desired. Preheat Frypan to 420°. Rub with fat trimmed from steak. Brown one side, turn and brown other side. Pan broil on each side 4 to 6 minutes for rare, 7 to 8 minutes for medium, 8 to 10 minutes for well done. Season, slowly add ½ to 1 cup water or drippings. Slice, build, pour over bread.

BREADED VEAL CHOPS, STEAK etc.
Veal should not be over ½ to ¾″ thick. Flatten cutlets to ½″ thick, cut into serving pieces. Rub with cut clove of garlic or brush with French dressing. Dip in well seasoned flour; then into 1 egg beaten with ¼ cup milk, then into fine, dry bread or cracker crumbs, coating well on all sides. 1″ make coating adhere better. Cook ½ hr. Preheat Sunbeam to 340°, add 3 tbsp. fat or oil. Fry until browned on both sides—turn dial to 260°, fry and turn until tender—about 20 minutes. Serve with tomato or mushroom sauce. For thicker chops or steak; add cooked onion, ½ to 1 cup milk, sour cream, diluted canned cream of mushroom soup or tomato juice. Cover, cover, turn, turn, dial to about 220°. Simmer until tender, about 30 minutes.

PAN BROILED LAMB CHOPS or STEAKS
Preheat Frypan to 340°. Rub with some fat trimmed from chops. Chops may be rubbed with cut clove of garlic. Browns chop or brown on both sides, continue browning and turning until done as desired—about 15 minutes. Stab thick chops on edge to brown outside first. Season with salt, pepper and paprika. Serve very hot with pan gravy poured over meat.

MEAT BALLS
Temp.: 540° to brown—220° to finish
Time: 10-12 min. to brown—10 hr. to finish
Serves 4

1 lb. ground beef or round steak
½ cup chopped parsley
1 tsp. salt
¼ tsp. pepper
1 egg, beaten
Combine in a large mixing bowl. Mix with fork until blended. Shape into balls of desired size. Preheat Frypan until light goes out. Add fat, melt, brown on all sides, turning as necessary. When browned, add canned tomato sauce or spaghetti sauce. Simmer about 20° to 40 min. Note: Italian or other sausage may also be browned and added to sauce.

MEAT BALLS IN CREAM GRAVY

SPECIAL HAMBURGER
So good—you'll serve them for company dinner.
Temp.: 360°
Time: About 12 minutes
Serves 9

2 slices soft bread
1 egg, lightly beaten
⅓ cup milk
1 ½ cup catsup
2 tbsp. butter or margarine
2 large onions, sliced thin
2 lbs. ground beef
9 thin slices tomato
2 tsp. salt
11 slices bacon
1⅛ tsp. pepper

Crumble bread into mixing bowl. Add milk and catsup. Mix together with fork. Add beef, salt, pepper and egg, mix well. Meanwhile, preheat Frypan to 300°, add butter. When melted add onions, brown until golden color. Shape meat mixture into 18 thin cakes. Place in tinfoil pans and some of melted bacon on half of patties. Top with remaining cakes, press edges together. Lay 2 strips of bacon crisscross on waxed paper or flat surface, place tinfoil meat cakes where strips cross. Fold bacon over top of cakes and press firmly to secure to meat. Turn dial to 360°. Brown meat cakes well. When browned, pour off excess fat. Add ½ cup boiling water to Frypan, boil up 2 or 3 seconds. Pour over patties. Place may be topped with sautéed mushrooms or sauce made as follows: Melt 1 tbsp. butter or margarine, add 1 tbsp. lemon juice, 2 tbsp. finely chopped parsley.

HASH
Temp.: 320°
Time: About 10 to 15 minutes
Serves 4

2 cups ground or chopped
1 tsp. salt
cooked canned beef, beef or
1⅛ tsp. pepper
baked
1 cup top milk or ⅛ cup left
2 to 3 cups chopped or ground
over gravy
cooked potatoes
1 onion, ground or chopped
1 celery (optional)
Combine in a large mixing bowl. Mix with fork until blended. Shape into balls of desired size. Preheat Frypan until light goes out. Add fat, melt, brown on all sides, turning as necessary. When browned, add canned tomato sauce or spaghetti sauce. Simmer at about 220° to about 40 min. Note: Italian or other sausage may also be browned and added to sauce. Spread hash evenly over Frypan. Brown without stirring, then turn with pancake turner, brown other side. Serve with chili sauce, catsup or barbecue sauce. After turning, hollows can be made in hash with back of spoon. Drop an egg into each, cover Frypan and cook until eggs are done as desired. Sprinkle with
finely chopped parsley. Serve directly from Frypress. (Brown canned corned beef hash pressing as directed on label.) For large Frypress, recipe may be doubled.

LAMB BURGERS
Temp: 350°
Time: About 12 minutes
Serves 8 to 10
4 cups salted bread crumbs
1/4 cup water
2 lbs. uncooked lamb, ground
1 tsp. salt
1/8 tsp. pepper
2 cups grated cheddar cheese
Combine bread crumbs and water in mixing bowl. Add remaining ingredients. Mix well with a fork. Shape lightly into 12 large patties. Place Frypress, when light goes out add 2 tbsp. fat or bacon drippings. Melt, add meat, brown on both sides. Cover the last five minutes. Serve with catsup or chili sauce.

QUICK TUNA MEAL
Temp: 200°
Time: About 15 minutes
Serves 4 to 6
1 1/2 to 2 cups canned tuna, drained
3/4 cup cream of mushroom soup
1/2 cup milk
1/4 tsp. salt
1 cup crumbled potato chips
Grease Frypress with butter or margarine. Saute tuna and onion in oil. Blend mushroom soup, milk, and salt in blender until smooth or beaten. Pour over tuna. Sprinkle potato chips over top. Simmer at about 200° until well heated. Note: Recipe may be doubled for large size Frypress.

BARBEQUED FISH FILLETS
Temp: 340° to brown 220° to finish
Time: About 10 to 15 minutes to brown, 20 minutes to finish
Serves 4 to 6
2 tbsp. butter or margarine
1/4 cup lemon juice
1/4 cup water
1 lb. defrosted fish fillets
Salt, pepper
Barbecue sauce
1/2 cup catsup
Chopped parsley
Preheat Frypress to 300°, add butter. When melted, add onion and sauce until golden color, then remove. Add 3 tbsp. additional butter. Cook fish fillets into serving pieces. Brown lightly, basting carefully with a pastry brush. Spread with sauce over fish. Season with salt and pepper. Combine barbecue sauce ingredients and pour over fish. Simmer at about 200° about 20 minutes until fish can be flaked easily. Sprinkle with chopped parsley and serve directly from Frypress.

SALMON PATTIES
Temp: 320°
Time: About 10 minutes
Serves 4 to 5
1 lb. can salmon, flaked
2 cups
1 egg, slightly beaten
2 tbsp. finely grated onion
2 tbsp. flour
1/4 tsp. salt
1/8 tsp. pepper
2 tbsp. creamed salmon
Combine ingredients into a mixing bowl. Shape into patties and place on Frypress. Bake at 320° until golden brown. Serve with catsup or chili sauce.

OMELET
Temp: 360°
Time: About 20 minutes
Serves 4 to 6
2 tbsp. sugar or margarine
6 eggs
1 tbsp. cold water
3/4 tsp. salt
3/4 tsp. pepper
2 tbsp. grated cheese
Chopped meat
Prepare Frypress to 300°, then add butter and eggs. When hot, add sugar or margarine until browned. Add sugar or margarine and eggs, carefully stirring. Pour into Frypress. When meat is done, add eggs. Note: Wraps may be used as an alternative. Use two leaves of lettuce or two thin slices of bread.
POTATO PATTIES
A good way to finish up mashed potatoes. Shape cold leftover mashed potatoes into flat cakes. Dip into flour coating both sides. Preheat Frypan to 320°. Add 2 tbsp. butter or margarine, melt. Add paties, brown on both sides. For variation, mix together 2 cups cold mashed potatoes, 2 tbsp. grated onion, 1 egg, ¼ tsp. salt, dash of pepper, ½ cup grated American cheese. Drop by tablespoonful, browning as above.

SAUTEED VEGETABLES

eggplant: Pure eggplant, cut into ¼" cubes. Slices. Dip in flour in 2 beaten eggs, diluted with ¼ cup milk, then in fine dry bread or cracker crumbs. Preheat Sunbeam to 320°. Add 3 tbsp. butter, margarine, bacon drippings or salad oil. Add eggplant, sauté until brown on both sides and tender—3 to 6 minutes. Sprinkle with salt and pepper.

Mushrooms: Wash 1 lb. fresh mushrooms, drain and slice. Preheat Sunbeam to 340°. Add ¼ cup butter or margarine. Melt, add 1 tbsp. grated onion (optional) and sauté a few minutes, then add mushrooms. Sauté, stirring frequently. 5 to 6 min. Sprinkle with salt, pepper and lemon juice or omit lemon juice and add 2 tbsp. sherry and 5 tbsp. cream. (Canned mushrooms may be drained and sautéd in similar manner.)

Quick French Fried Potatoes: (Medium size Frying.) Cut raw, peeled potatoes in ½" cubes or thin slices. Wash in cold water. Drain in colander or sieve and dry thoroughly between towels. Put 2 cups fat or salad oil into Frying. Preheat to 420°, add slowly—only a few at a time—about 3 cups potatoes. Fry, turning frequently until crisp and brown as desired—10 to 20 minutes. Remove with slotted spoon or turner. Drain on paper towels. Sprinkle with salt. Serve hot. May be kept warm at 300° in oven while frying remaining.

For large size Frying: Use 4 cups fat. Potatoes may be cut as for regular French Fries. Add potatoes slowly, frying about 1½ lbs. at a time, fry 10 to 15 minutes or until brown and crisp as desired.

Candied Sweet Potatoes: Combine in Frying ¼ cup butter or margarine, 1 cup brown sugar, firmly packed. ¼ cup water or orange juice, ¼ tsp. salt, 1 tsp. grated orange rind or ½ tsp. cinnamon. Set dish at 320° and boil, stirring about 2 min. Cut peeled, cooked sweet potatoes in half, lengthwise and put into syrup. Simmer 10 min. at about 200°, spooning syrup over potatoes frequently and turning. Serve hot, unmolded onto cheese nuts, if desired. (Serves 4.)


Onions: Peel and slice onions about ⅛" thick. Preheat Sunbeam to 300°. Add 2-3 tbsp. butter or margarine, melt. Add onions. Sauté, stirring frequently until golden in color. Sprinkle with salt. Serve over chops, hamburgers, steak or liver, etc.

TOASTED SANDWICHES

Cheese: For each serving, place slices of American cheese or spreading cheese between 2 slices bread. Spread cheese with mustard, barbecue sauce or deviled ham. Spread soft butter over outside of both slices. Brown on both sides in preheated Sunbeam at 360° (about 3 min.). Serve with broiled tomatoes and crisp bacon slices.

Ham or Chicken: Use thinly sliced cooked ham or white meat of chicken or turkey, thinly sliced tomato and one thin slice cheese. Prepare as above.

French Toast Sandwiches: Make French Toast. Place a piece of French Toast, ham or cheese, or salad dressing, on one slice. Place a slice of butter or margarine, melted, on other slice. Brown sandwich on both sides. Cream Cheese ones are delicious served with jam.

Heat Resistant Glass Covers
or
Aluminum Vented Covers
Available for your Sunbeam

(Medium or Large Sizes)

A cover for your Sunbeam FRYPAN will add to its usefulness for various stewing, braising and casserole dishes such as macaroni and cheese, Swiss steak, chops suey, chili, pot roast, etc. Also for baking potatoes and keeping foods warm. See your Sunbeam dealer for the Sunbeam Medium FRYPAN in Pink, Yellow and Turquoise.
You can make these additional recipes with a Sunbeam cover for your

Sunbeam
CONTROLLED HEAT
Automatic FRY Pan

These recipes will add to its usefulness for various stewed, braised, baked and casserole dishes. Quantities may be increased for large size Frypan, with a slight increase in cooking time and temperature as necessary. Simmering temperature may vary from 200° to 240° in individual pans. Adjust dial to keep liquid just bubbling when light is on.

POT ROAST
Temp: 300° to brown, 220° finish
Time: 10-30 min. to brown, 215-3 hrs. to finish
Serves 6
3-1/2 lbs. beef pot roast
1/4 tsp. salt
1 cup water
1 tsp. fat
1/2 tsp. thyme

Wipe meat with a damp cloth. Dip meat in flour. Meanwhile, preheat Sunbeam to 300°, add the 2 tbsp. fat. Melt, add meat. Brown well on all sides, turning frequently. (Do not add more fat until after browning.) Add salt, celery salt and pepper. Spread chili sauce, if used, and onions over meat, add water (omit chili sauce, if wine is used). Cover Sunbeam, turn dial to 220°. Simmer until tender. Remove meat to heated platter and keep warm. Add enough water to drippings in Sunbeam to make 2 cups. Mix 1/4 cup flour and 1/2 cup cold water together to a smooth paste. Set dial to 300°. When liquid is boiling, add mixture slowly while stirring. Cook until thickened and smooth. Add carrots, potatoes, or any desired vegetables to sunbeam. Serve gravy over pot roast.

Approximate roasting time: (meat as taken from refrigerator—not frozen.)

Tri-tip
1-1/2 lbs. meat per lb. after browning

Veal shoulder or leg
3-1/2 lbs. meat per lb. after browning

Lamb shoulder or half leg
1-1/4 lbs. meat per lb. after browning

Beef (tender cuts)
Rolled meat, etc. (4 lbs.)

SWISS STEAK
Temp: 300° to brown, 220° to finish
Time: 10-20 min. to brown—1 1/3 hrs. to finish
Serves 4 to 6

1 1/2 to 3 lbs. round steak
1 clove garlic, peeled, cut
1 tsp. flour
4 thick slices, peeled and sliced
1/2 tsp. salt
1/2 tsp. pepper

1/4 cup water
1/2 cup water

1/2 tsp. thyme
1/2 tsp. cumin, dry or sliced

1/2 tsp. thyme

Peel and cut potatoes and carrots into cubes, if desired. Place in Sunbeam for 15 min. to brown—at 300°. Cover Sunbeam, turn dial to 220°. Simmer until tender. Pour over meat; serve with potatoes and carrots.

Tomatoes may be omitted and beef bouillon added instead. Sprinkle with seasonings; may be added a short time before cooking time is up.

Peel potatoes and carrots may be added about 40 min. before cooking time is up if large cut in half.
BEEF OR LAMB STEW
Temp: 360° to brown
Finish: 220°
Time: 1½ hrs.
Serves 6

1½ lbs. beef or lamb stew
3 lbs. rice
1 cup cut-up celery
1 cup raw sliced or framework peas or green peas
1½ cups diced onion
1 2-door clove garlic, minced
½ cup water, salt, and pepper. Roll meat in mixture until coated. Preheat Sunbeam to 360°. Add meat. Melt
add meat, brown well on all sides, turning occasionally. When browned, stir in any flour mixture that is left,
add water, onion, garlic and celery. Cover, when boiling,
set dial at about 220° and simmer until meat is tender — 30 min. before cooking time is up, add carrots
and peas. Increase temperature until boiling, then
reduce to about 200°. When vegetables are tender, stir
in caro, vegetables with masticate sauce and Kitchen Bouquet. Sprinkle with chopped parsley. Serve directly from
Sunbeam, if desired.

Note: Broth may be thickened more with flour and water stirred to a smooth paste.

Variations: Add 1 cup canned tomatoes and 1 cup
water instead of the 2 cups water, 1 tsp. minced
vegetable, 1 cup sliced mushrooms, 1 cup elbow macaroni (allowing 45 minutes for cooking.) Omit
carrots and peas. Stir in capers, Worcestershire sauce
and Kitchen Bouquet. Sprinkle with chopped parsley.

STEW WITH DUMPLINGS
Prepare stew as given in recipe. Remove meat and
vegetables to a heated plate, cover and keep hot in
slow oven. Have at least 1½ broths in bottom of Sun
beam, adding water, if necessary. Set dial at about 220°
when ready to add dumplings. Meanwhile, stir to
gogether 1½ cups sifted all-purpose flour, 2 tbsp. baking
powder, 1 tsp. salt. Blend in 1 cup shortening with
fork or pastry blender. Stir in 1 cup milk. Dip table
spoon full into boiling broth, then dip up a spoonful of
batter and put it into boiling broth. Keep broth
boiling. Cook 10 minutes uncovered, then cover and
cook 10 min. longer without uncovering. Serve at
once, arranging around stew. Pour gravy over all.

BRAISED LAMB SHOULDER CHOPS
After browning chops at 360°, season with salt, pepper
and paprika. Sprinkle with sliced onions. Combine
1 cup water and 1 tbsp. vinegar. Pour over chops.
Cover, turn dial to about 220°. Simmer about 20-30
minutes or until tender, turning once.

Note: Barbecue sauce may be added instead of water
and vinegar.

BRAISED PORK OR BEEF LIVER
Have liver sliced ½ thick. Dip in flour. Preheat Sunbeam
to 360°. Add 2 tbsp. brown sugar or fat.
Melt. Add liver, brown on both sides. Add 1 ½ to 1 cup
tomato juice, canned tomatoes, water or bouillon.
1 large onion, sliced raw and 1 cup diced celery
may also be added. Sprinkle with 1 tsp. salt, ½ tsp.
pepper. Cover, reduce temperature to about 200°,
simmer until tender (about 30 min.).

VEAL ROLLS
Temp: 360° brown
Finish: 220°
Time: about 1 hour
Serves 4 to 6

1 cup melted butter or margarine
1 tbsp. minced celery leaves
1 tbsp. chopped parsley
2 tbsp. grated onion
2 to 3 cups sifted bread crumbs
1/4 cup milk
1/4 cup fat
1/4 tsp. salt
1/4 cup hot water
1/4 tsp. poultry seasoning

Combine butter, grated onions, crumbs, salt, pepper,
poultry seasoning, celery leaves and parsley. Mix well
to make stuffing. Cut veal into 4 to 6 serving pieces
and pound with meat mallet until thin. Arrange stuffing
in center of each, spreading lengthwise. Roll up each
and tie with string or fasten with skewers. Roll in well
seasoned flour. Preheat Sunbeam to 360°. Add the 3
class, fat. Melt. Brown rolls well on all sides (10-15
min.), turning as necessary. Add water. Cover, reduce
temperature to about 220°. Simmer until tender, about
1 hr. Remove meat rolls to heated platter or remove skewers.
Prepare gravy with drippings, adding a little Kitchen Bouquet, if desired. Pour gravy
over rolls. Garnish with parsley and tomato wedges.

CHOP SUEY
Temp: 360° to brown
Finish: 220°
Time: About 40 minutes
Serves 4

1 tsp. fat
1 1/2 lbs. lean pork, cut in ½”
1 tbsp. rice wine
1 tsp. ginger
2 ¼ cups hot water, bouillon,
taken off stove
1 lb. fresh mushrooms, sliced
2 cups thinly sliced onions
2 cups thinly sliced celery
1 cup thinly sliced carrot
1 ½ cups cold water
1 tsp. pepper
2 1/4 cups cold water
2 tbsp. soy sauce
1 tsp. rice wine

Preheat Sunbeam to 360°. Add fat. When melted, add
meat and mushrooms. Brown, stirring frequently. Add
onions, celery, salt, pepper, ginger and hot water or
stock. Bring to boil, cover, turn dial to about 220°
and simmer about 40 minutes or until meat is tender. Add
soy sauce, well drained bean sprouts. Bring to boil at
360° and thicken with cornstarch and cold water stirred
into smooth mixture. Cook until thickened, turn dial to
220° and cook 10 min. longer. Serve with rice or
fried noodles.
**SUKIYAKI**

Temp.: 360° in 20°

Time: About 45 minutes

Serves 6 to 8

2 tbsp. cooking oil
1 1/2 lb. sirloin steak, sliced thin (1/4"

2 tbsp. soy sauce

1/2 cup water

8 oz. can or 1 lb. sliced mixed vegetables

1/2 tsp. manioc flour

Preheat Frypan to 360°, add oil when hot, add meat and brown lightly, stirring frequently. (About 10 minutes.) Combine sugar, soy sauce and water. Add to meat, bring to a boil, cover; turn dial to about 220° and simmer about 40 minutes or until meat is tender. Add remaining ingredients, except: peas, onions and watercress. Use liquid from canned vegetables. Turn dial to 300°. When liquid boils, cover and cook 5 minutes. Add peas, onions and watercress. Cook uncovered 3 minutes longer, stirring. Serve at once, while vegetables are still crisp, over hot steamed rice.

Note: Chives may be used instead of scallions. Vegetable ingredients may be varied according to locality in which this is being used.

**THIRTY MEAT BALLS**

Temp.: 360° brown

Finale: 220°

Time: 1 1/4 hours

Serves 6

1 lb. ground beef chuck
1/2 cup chopped onion
1/2 cup cracker crumbs
1/2 cup milk
1/2 tsp. salt
1/4 tsp. pepper
1/2 tsp. poultry seasoning

Combine beef, onion, rice, cracker crumbs (crushed), milk, salt, pepper and poultry seasoning. Mix with a fork until blended. Shape into small balls. Preheat Sunbeam to 300°, add the fat. Add meat balls, brown on all sides, turning as necessary. Add soup which has been diluted with water. Cover, reduce temperature to about 220°, simmer about 1 1/4 hours, stirring occasionally. Remove meat to heated platter. Add mushrooms and liquid. Bring to boil and serve over meatballs. Sprinkle with chopped parsley, if desired.

**CHILI**

Temp.: 380° brown

Finale: 220°

Time: About 1 hour

1 tbsp. fat or salad oil
1 lb. ground beef
3/4 lb. ground lean pork
1 cup finely diced onion
1 small green pepper, diced
1/2 tsp. ground cumin
1 tsp. salt
1/2 tsp. sugar
1 tsp. Worcestershire sauce
1/2 tsp. dry mustard
1/2 tsp. paprika
1/2 tsp. chili powder
1 cup water

Preheat Sunbeam to 380°, add fat, meat and pork. Stir and fry until lightly browned, add onions, celery, garlic and green pepper. Continue stirring and boiling until onions are golden color (about 10 min.). Add tomatoes, chili powder which has been mixed with the cold water, salt, sugar and Worcestershire sauce. When boiling, cover, set dial at about 220° and simmer about 1 hr. Add beans drained of excess liquid. Cook uncovered until well heated and chili is desired thickness. (For thinner chili, add more tomatoes or water.) Serve with hard rolls, crackers or hot cornbread.

**BARBECUED HAMBURGER**

Easy on toasted buns—easy for a crowd

Temp.: 400° to brown, 220° to finish

Time: About 20 min. to brown, 1/2 hour to finish

1 tbsp. fat or drippings
1 lb. ground beef
1/2 cup chopped onion
1/2 cup finely diced celery
1/2 large green pepper, chopped fine
1 tbsp. brown sugar
1 tbsp. dry mustard
1 tbsp. paprika
1 tbsp. chili powder
1 cup water

Preheat Frypan. When light goes out, add fat, meat, when hot, add meat, onion and celery. Brown, stirring frequently, spoon off excess fat. Combine remaining ingredients, except parsley, well, pour over meat. Cover Frypan, turn dial to about 220°. Simmer about 20 minutes, stirring occasionally, add parsley. Serve between hot hamburger buns or on toasted poppy seed buns, if desired.

**CHICKEN FRICASSEE**

Use 2 1/4 to 3 lb. ready to cook stewing chicken. Cut up. Dip pieces in flour. Preheat Frypan to 350°, add 3 tbsp. fat or render chicken fat to make this amount. Brown all pieces, turning as necessary, and remove browned pieces. When all is browned, drain off fat. Place chicken in Frypan, stir over a low heat, stirring occasionally. Add meat balls, brown on all sides, turning as necessary. Add soup which has been diluted with water. Cover, reduce temperature to about 220°, simmer about 1 1/4 hours, stirring occasionally. Remove meat to heated platter. Add mushrooms and liquid. Bring to boil and serve over meatballs. Sprinkle with chopped parsley, if desired.

**To Make More Gravy**

Remove cooked chicken, add milk or chicken broth to make desired amount. Thicken with flour and water stirred to smooth paste. Cook, stirring until desired consistency.

For Stewed Chicken: Do not brown, add enough hot water to partially cover chicken. Season with 1 tbsp. salt, 1 sliced onion, a few celery tops. Bring to boil at 500°, turn dial to about 220°. Cover, simmer about 3 to 4 hours until larger pieces are tender. Taste gravy and add more seasoning if desired. Sprinkle with finely chopped parsley. Serve with cooked noodles, rice, mashed potatoes or hot bread. Serve 6.

Note: For very hot cass, season with a splash of any green pepper to suit taste.
SCALLOPED POTATOES
Medium or Large Frypan
Temp: 300°
Size: 34" x 24"
Time: 45 minutes
Serves 4 to 6

4 1/2 cups peeled white potatoes, thinly sliced
1 cup peeled onions, thinly sliced
1 tsp. paprika
2 tsp. melted butter or margarine
1 tsp. flour
2 cups milk
1 1/2 tsp. dry mustard
Salt and pepper

Prepare potatoes and onions. Melt the 3 tbsp. butter in a 34" x 24" frypan. Blend in flour, salt and pepper. Add milk gradually. Cook, stirring until thickened. Remove sauce from Frypan. Alternate layers of potatoes and onions in Frypan, sprinkled lightly with additional salt and pepper. Pour sauce over potatoes. Blend cream with melted butter and sprinkle over top. Season with paprika. Cover, bake at about 425° for about 45 minutes or until potatoes are tender.

VARIATION:
Macaroni and Cheese: 1/2 cup grated cheese may be added to sauce and cooked, drained macaroni substituted for potatoes. Use only 1 tbsp. melted butter.

Fish Casserole: One 8 oz. can tuna or one 7 1/4 oz. can salmon, may be drained, flaked and alternated with the layers of potatoes and onions.

HAMBURGER MACARONI CASSEROLE
Temp: 360° to brown
Finish: about 220°
Time: 55 minutes
Serves 6

2 tbsp. fat
1/2 cup chopped onion
1 lb. ground beef (or 1/2 lb. ground beef and 1/2 lb. pork)
1 tsp. salt
1/2 tsp. dry mustard
1/4 tsp. paper
2 oz. chopped or canned tomatoes (1 No. 21/2 cans)
1 cup diced celery
1/2 cup chopped parsley
Grated cheese

Preheat Sunbeam to 360°, add fat. When melted, add onion, fry, stirring until just beginning to brown, add meat, fry, stirring frequently until browned. Pour off excess fat. Add tomatoes, celery, green pepper, seasonings and cooked macaroni. Bring to boil, cover, turn dial to about 220°. Simmer about 35 minutes, stirring occasionally. Sprinkle with chopped parsley and cheese. Serve attractively from Sunbeam.

MARYLAND FRIED CHICKEN
Temp: 360° brown
Finish: 220°
Time: about 1 hour
Serves 4

2 1/2 lbs. frying chicken, drawn and cut in pieces
1/2 cup fat or combination of shortening and butter
1/2 cup flour
1 egg
1/2 cup milk

Clean chicken, wash and pat dry. Dip chicken into flour, coating well, then into egg, which has been beaten slightly and diluted with the milk, then into crumbs. Cook, well and shake off excess. Preheat Sunbeam to 360°, add fat, melt. Brown chicken without overcrowding, turning to brown all sides. Remove browned pieces to a pie pan. When all pieces are browned, place chicken in Sunbeam, sprinkle evenly with salt, pepper and poultry seasoning. Add water and scatter onion over chicken. Cover, open vent, reduce heat to about 220°. Simmer until chicken is very tender, about 1 hour. Remove chicken to heated platter. Cream Gravy: Set dial at 360° and boil down any remaining juices until only drippings remain. Blend 3 tbsp. flour with drippings, stirring until well mixed and browned. Add 1/2 tsp. salt, 1/2 tsp. pepper, 1/2 tsp. paprika and slowly add 1 1/2 to 2 cups milk (according to desired thickness) or 1/2 cups chicken broth and 1/2 cup light cream. Cook, stirring until thickened. Add 1 tbsp. finely chopped parsley and snipery to suit taste. (optional): Pass with chicken.

Note: Larger quantities of chicken may be prepared in either Medium or Large Frypan as above.

OLD FASHIONED BAKED BEANS
Large Size Frypan
Temp: 200°
Time: 6 hours
Serves 4 to 6

1 lb. dried peas or navy beans
6 cups water
1 1/2 tsp. dry mustard
1/4 tsp. each cinnamon and cloves
1/2 cup catsup or chili sauce (optional)
1/4 lb. salt pork or 1/2 cup brown sugar or 1/4 cup brown sugar and 1/4 cup molasses

Pick over beans, wash, add water. Soak 8 hours or overnight. Place in Frypan using liquid. Bring to boil at 300° and boil uncovered while adding remaining ingredients, very slowly, 1 cup salt pork or 1/2 cup brown sugar. Add mustard and spices to taste. Cover, simmer at about 120°, 6 to 8 hours, stirring occasionally. Add enough liquid while simmering to barely cover beans, as necessary. Test for tenderness.

Note: 1. Beans are quiet cooking, do not soak. Follow label directions.
2. Try 1/2 cup maple syrup and 1/2 cup brown sugar in above recipe for an unusual flavor.

For Medium Frypan use 4 cups water for soaking, only 2 tbsp. salt, 1/2 cup catsup, 1/2 cup brown sugar, 1 tsp. dry mustard, 1/4 tsp. pepper, 1 onion, remaining ingredients same as above.

FRANKFURTER CASSEROLE
Temp: 340° to brown
Finish: 220°
Time: about 50 minutes
Serves 4 to 6

2 tbsp. butter or margarine
1 1/2 cups creamed tomato or mushroom soup diluted with an equal amount of milk
4 cups sliced onions
1/2 cup chopped parsley, grated cheese (optional)

Preheat Frypan, add butter, melt, add frankfurters and onions. Brown, stirring frequently (about 5 minutes), add soups and soup, stir well. When boiling, cover, simmer as about 220°. Simmering thin. Thicken with milk or water as necessary. Before serving, sprinkle with chopped parsley and grated cheese.
RAW FRIED POTATOES

Pare and slice % thick about 4 cups potatoes for Medium pan and 6 cups for Large size pan, and 1 cup for Minor. Preheat Frypan to 320°F. Pur % cup of bacon dipping in Medium size Frypan—1 cup in Large size Frypan—when hot, alternate layers of onions and pota-

toes over bottom of Frypan. Sprinkle with salt and pepper. Cover, fry about 15 minutes or until well browned on underside. Turn with turner. Do not abuse. Fry uncovered until crisp and brown on other side—about 10 minutes. Sprinkle with chopped parsley, if desired. Makes 4 servings.

Baking in the Sunbeam Frypan

The Sunbeam Frypans are most useful for the hurry-up type baking. They turn out delicious coffee cakes, brownies, upside down cakes, cottage puddings and light fluffy cakes from your own recipe or the packaged mixes. When baking, preheat with vent on cover closed, open last 5 minutes of baking time.

Either the glass or metal cover may be used in baking. Better browning is obtained with the metal cover, thus a slighter better result.

When mixing cake mixes on Sunbeams No. 10 or 11 Mixers, use No. 3 speed in small bowl and No. 4 speed in large bowl where lowest speed is indicated; No. 2 speed where low speed is indicated. For No. 9 or previous models, use Nos. 2, 3, and 1 speeds respectively.

After inventing Frypan to remove cake, maintain a cloth in cold water and run over bottom of Sunbeam. I am well in removing cake without sticking. Use standard measuring cups and spoons. All measurements are level. Soft substances or tender materials need to be measured gently packed in 1 tbsp. or 1 cup. Use desired size for quick-mix or one-bowl cake. Baking may be done directly in bottom of Frypan or I set baking pans on a small trivet or trivet. For example, see directions for one or two-egg cakes on page 13. Cakes may be cut in half and kept in jars or cut in squares to be used for shortcake, cottage pudding with a sauce or other dessert base.

Baking Yellow or White Packaged Cake Mixes in either Medium or Large Size Frypans

Directions—Glass Cover:
Preheat at 300°F with cover until light goes out. Then grease Frypan well with vegetable shortening (do not use butter). Cover cake mix with glass cover and shortening mixture over surface with pastry brush. Add butter, which has been prepared according to directions on package. Cover cake, bake 300°F for 40 to 50 minutes or until top of cake is no longer moist. Leave around edges with a spatula. Invert on a cake cooler rack. Let stand for a few minutes before lifting off Frypan.

Metal Cover:
Preheat with cover at 320°F until light goes out while preparing butter. Then smooth with vegetable shortening. Spread with flour as if in glass cover method. Add butter, which has been prepared according to directions on package, bake 200°F about 30 to 40 minutes or until no longer moist on top. Leave around edges with a spatula. Invert on a cake cooler rack. Let stand a few minutes. Then lift off Frypan.

Baking Spice, Gingerbread and Other Packaged Mixes in either Medium or Large Size Frypan

Spice Cake Mix—Glass Cover:
Preheat with cover to 320°F. Grease as in yellow or white cake mix directions. Add butter, cover, bake about 25 minutes or until top of cake is dry.

Gingerbread Mix—Glass Cover:
Preheat with cover to 300°F. Grease as in yellow or white cake mix directions. Add butter, cover, bake about 30 minutes or until top of cake is dry.

Chocolate Cake Mix—Glass Cover:
Preheat with cover to 300°F. Grease as in yellow or white cake mix directions. Add butter, cover, bake about 50 minutes or until top of cake is dry.

Quick One-Egg Cake in Medium Size Frypan

Temp.: Glass Cover 100°F, Metal Cover 280°F
Time: Glass Cover and Metal Cover—30 to 60 minutes

Makes: 12 servings

Use as a shortcake or dessert base for cottage pudding with a sauce, ice with your favorite icing or top with whipped cream and sugar.警告：

Spice Cover—Glass Cover:
Preheat with cover to 300°F. Grease as in yellow or white cake mix directions. Add butter, cover, bake about 30 minutes or until top of cake is dry.

Chocolate Cake Mix—Metal Cover:
Preheat with cover to 300°F. Grease as in yellow or white cake mix directions. Add butter, cover, bake about 50 minutes or until top of cake is dry.

Quick One-Egg Cake in Medium Size Frypan

Temp.: Glass Cover 100°F, Metal Cover 280°F
Time: Glass Cover and Metal Cover—30 to 60 minutes

Makes: 12 servings

Use as a shortcake or dessert base for cottage pudding with a sauce, ice with your favorite icing or top with whipped cream and sugar.警告：
One Egg Cake—Baked on a Rack:

This cake may be baked in an 8 x 8 x 2 inch greased square baking pan. Use a low rack or trivet, set over 1/2 inch from bottom of Frypan. Preheat covered Frypan to 320°F. Place pan on rack, cover, bake 420°F about 35 minutes or until cake is dry on top. Top will not be perfectly browned, but when turned out, bottom will be well browned and cake will be perfect.

Hunny Two-Egg Cake in Large Size Frypan

Temp.: Glass Cover 300°—Metal Cover 280°
Time: Glass Cover 35 to 45 min. —Metal Cover 30 to 40 min.
Makes: about 16 servings

Directions—Glass Cover:
Preparation:
Have shortening at room temperature. Assemble all ingredients and utensils needed. Sift flour once before measuring.

2 cups sifted cake flour
1 1/2 cups granulated sugar
1/2 cup shortening
1 tsp. double-acting baking powder
1/2 tsp. salt

Sift together into large electric mixer bowl. Add all ingredients but milk. Add shortening, 1/3 cup milk and vanilla. Beat on low to medium speed for 2 minutes, scraping bowl, stop, scrape beaters. Stir in flour, beating over surface of the flour. Add eggs, beat 30 minutes longer, scraping bowl. When cake is ready, pour into greased and floured 9 x 5 inch loaf pan. Bake about 60 minutes or until done. Serve warm or cold. Sift before serving.

Directions—Metal Cover:
Follow directions for One-Egg Cake given on page 15 except use a 9 x 5 x 2 inch baking pan. Bake about 1 hour or until dry on top.

Coffee Cake (Prepared With Package Mix) in either Medium or Large Size Frypan

Temp.: Glass Cover 300°—Metal Cover 280°
Time: Glass Cover about 40 min. —Metal Cover about 30 min.
Makes: about 16 servings

Directions—Glass Cover:
Topping:
1/2 cup brown sugar, packed
4 tbs. flour
1 tsp. graham crackers or
2 tbsp. melted butter or
cracker crumbs
1 tsp. grated orange rind
1 tsp. cinnamon

Combine in small electric mixer bowl. Beat on low speed until blended.

Prepare 1 package yellow cake mix as directed on label, adding 1 tablespoon grated orange rind. Meanwhile, preheat Sunbeam with cover at 300°. Grease well with unsalted shortening. Add batter, cover, bake about 40 minutes or until cake is dry on top. Uncover, quickly spread topping evenly over cake. Cover, turn dial to off. Bake 10 minutes longer. Uncover at once. Cut in squares—serve hot directly from Sunbeam.

Directions—Metal Cover:
Preheat with cover to 295°. Add batter, cover, bake about 30 minutes or until cake is dry on top. Sprinkle with topping, cover, turn dial to off, bake 10 minutes longer, as with glass cover.

Note: The Quick One-Egg Cake may be used in the Medium size Frypan or the Hunny Two-Egg Cake may be used in the Large size Frypan instead of the package mix, following instructions for the cover used. You may add 1 tablespoon grated orange rind to the butter.

Upside Down Cake in Medium Size Frypan

Temp.: Glass Cover 295°—Metal Cover 280°
Time: 20 to 30 minutes

Directions—Glass Cover:
Bottom mixture: 1 cup light brown sugar, packed
1/4 cup butter or margarine
1 1/2 cups flour
1 tsp. baking powder
1/2 tsp. salt

Mix dry ingredients together. Add all wet ingredients except orange rind. Stir well. Pour into greased 9 inch square pan. Bake 25 minutes or until done. Combine orange rind and powdered sugar, press into warm cake. Serve with whipped cream.

Directions—Metal Cover:
Follow instructions for One-Egg Cake given on page 15 except use a 9 x 5 x 2 inch baking pan. Bake about 1 hour or until dry on top.

Coffee Cake (Prepared With Package Mix) in Medium Size Frypan Only

Temp.: Glass Cover 300°—Metal Cover 280°
Time: Glass Cover about 40 min. —Metal Cover about 30 min.
Makes: about 16 servings

Directions—Glass Cover:
Prepare 1 package yellow cake mix as directed on label, adding 1 tablespoon grated orange rind. Mean-while, preheat Sunbeam with cover at 300°. Grease well with unsalted shortening. Add batter, cover, bake about 40 minutes or until cake is dry on top. Uncover, quickly spread topping evenly over cake. Cover, turn dial to off. Bake 10 minutes longer. Uncover at once. Cut in squares—serve hot directly from Sunbeam.

Directions—Metal Cover:
Preheat with cover to 290°. Add batter, cover, bake about 30 minutes or until cake is dry on top. Sprinkle with topping, cover, turn dial to off, bake 10 minutes longer, as with glass cover.

For Large size Frypan Only: use 1 full package of cake mix and bake as directed above according to cover used.
Upside Down Cake in Large Size Frypan Only

Directions—Glass Cover:

Use Quick One-Leg Cake recipe on Page 14. Have all ingredients ready for mixing. Then prepare bottom mixture as directed for Medium Frypan. Mix butter. Set dial at 280°, spread batter over fruit mixture. Cover, bake 20 to 30 minutes or until dry on top. Turn out as directed in Medium recipe. Directions—Metal Cover:

Bake at 280° for 20 to 30 minutes or until dry on top.

Pineapple Cheese Cake in either Medium or Large Size Frypan

Temp.: Medium—400°—Large—420°

Time: About 1 hour, 15 minutes

Serves 6 to 8

Preparation:

Prepare crumbs, chop nuts, etc. Butter, separate eggs, grate lemon rind, squeeze juice. Assemble remaining ingredients.

1/2 cup fine zwieback or
grated rind of 1 lemon
1/3 cup melted butter or
graham cracker crumbs
margarine
1/2 cup granulated sugar
1/2 tsp. cinnamon
2 egg whites
2 egg yolks
Combine crumbs, melted butter, the 1/3 cup sugar and cinnamon in large electric mixer bowl. Beat on low speed until blended. Press mixture firmly into deep 9-inch pie plate to cover sides and bottom. Chill while preparing filling. Wash bowl and beaters. Put egg whites into small mixer bowl. Beat on high speed until stiff peaks form. Beat in 1/4 cup of the sugar. Remove to large mixer bowl, place yolks in small mixer bowl; beat on high speed 1/2 minute. Add remaining ingredients, except nuts. Beat on low speed about 2 minutes. Pour into large bowl. Fold in egg white mixture with spoon or rubber spatula. Pour into chilled crust shell. Meanwhile, preheat covered Frypan with low rack or trivet to 400°F. When light goes out, set pie pan on rack. Cover, bake about 1 hour and 15 minutes or until a knife inserted in center comes out clean.

Topping:

Drain 4 to 5 can of crushed pineapple. Measure 1/2 cup juice into a sauce pan. Add 3 tablespoons sugar, 1 tablespoon cornstarch. Cook, stirring until thickened. Stir in the pineapple and 1 tablespoon lemon juice. Spread over baked cheese cake and sprinkle with nuts. If topping is not used, nuts may be sprinkled over top of cheese cake during last part of baking time.

For Large Size Frypan bake as above except at 420°.

Fruit Pudding in either Medium or Large Size Frypan

Temp.: 220°

Time: About 30 minutes

Serves 4 to 10

8 apple 1/2 cup water
1/3 cup granulated sugar 1 tbsp. butter or margarine
3 tbsp. brown sugar cinnamon or nutmeg

Wash apples, core, pare. Parboil 15 minutes. Remove from apple. Mix grated and brown sugar and water. Pour over apples. Add butter. Sprinkle apples with cinnamon or nutmeg. Set dial at 220° when syrup boils, cover Frypan, reduce heat to just above 220°. Bake about 30 minutes or until apples are tender. Remove cover, baste apples with syrup. Serve plain or with cream. Core portion may be stuffed with mincemeat, orange marmalade or pitted dates and chopped nuts.

Note: 1. Apples may be par into a small baking pan.

2. For Large size Frypan increase above recipe using 9 apples, 1/4 cup granulated sugar, 1/3 cup brown sugar, 1/4 cup water, 3 tablespoons butter.

Combine crumbs, brown sugar, spices and melted butter. Mix well with a fork. Spread over apples.
Sprinkle nuts over top. Cook, cover, set dial at 220°. Bake about 30 minutes. Spoon into serving dish. Serve warm with light cream or ice cream.

For Large Size Frypan:

The crust, apples, or cheese cake, 1/3 cup lemon juice, 1/4 cup granulated sugar, 2 cups crumbs, 1 cup brown sugar, 1/2 teaspoon cinnamon, 1/2 teaspoon nutmeg, 1/2 cup melted butter and 1/2 cup chopped nuts.

Serves: 12.

Note: A Nos. 2/4 1/4 can of drained sliced peaches may be substituted for the apples.Omit the granulated sugar.

Cup Custards in either Medium or Large Size Frypan

Temp.: 350° at start
Finish: 200°

Time: About 45 minutes

Serves 4 to 6

Preparation:

Assemble ingredients and utensils needed. Measure 3 cups water into Medium size Frypan, 4 cups if Large size Frypan is used. Add 1 tablespoon vinegar (to avoid discoloration) from water). Butter custard cups.

3 eggs 1 tsp. vanilla
1/4 cup granulated sugar 2 tbsp. milk
4 tbsp. salt nutmeg or coconut

Combine eggs, sugar, salt and vanilla in small bowl of electric mixer. Beat on high speed until well blended and thick. Add milk. Beat on medium speed until blended. Pour into custard cups, filling about 1/4 inch from top. Sprinkle with nutmeg or coconut. Bring water in Frypan to boil at 320°. Arrange cups in boiling water. Turn dial to 200°. Cover Frypan, bake 45 minutes or until a silver knife inserted in center comes out clean. Remove at once. Cool on cake rack, then chill. Serve with chocolate sauce or maple syrup spooned over top.

Baked Apples in Medium Size Frypan

Temp.: 320°

Finish: 200°

Time: 30 minutes

6 apples 1/2 cup water
1/3 cup granulated sugar 1 tbsp. butter or margarine
3 tbsp. brown sugar cinnamon or nutmeg

Wash apples, core, pare. Parboil 15 minutes. Remove from apple. Make grated and brown sugar and water. Pour over apples. Add butter. Sprinkle apples with cinnamon or nutmeg. Set dial at 320°. When syrup boils, cover Frypan, reduce heat to just over 220°. Bake about 30 minutes or until apples are tender. Remove cover, baste apples with syrup. Serve plain or with cream. Core portion may be stuffed with mincemeat, orange marmalade or pitted dates and chopped nuts.

Note: 1. Apples may be par into a small baking pan.

2. For Large size Frypan increase above recipe using 9 apples, 1/4 cup granulated sugar, 1/3 cup brown sugar, 1/4 cup water, 3 tablespoons butter.
Brownies in Medium Size Frypan Only

Temp.: 300°
Time: about 25 minutes
Makes: about 3 dozen

Glass or Metal Cover:

Preparation:
Assemble ingredients and utensils needed. Chop nuts. Mix flour once before measuring. Melt butter. While mixing butter, heat Frypan with cover at 300° until light goes out.

¾ cup sifted all-purpose flour
1 cup butter, unsalted
1 cup brown sugar, packed
1 cup white sugar
1 cup nuts, chopped
1 tsp. vanilla

Combine in 2-quart saucepan and heat until well blended. Add flour mixture; beat on low speed until blended. Pour into Frypan with cover at 300°. Bake 20 minutes or until done. Serve hot or cold.

For large size Brownies use ingredients as follows:
1 cup plus 2 tbsp. flour
½ cup brown sugar
1 cup butter, unsalted
1 cup nuts, chopped
1 tsp. vanilla
1 cup chocolate chips

Bake at 300° until done. Serve hot or cold.

Quick Cornmeal Skillet Bread

Medium Size Frypan Only

Temp.: 325°
Time: about 25 minutes
Serves 6

Glass or Metal Cover:

Preparation:
Have all ingredients ready before starting to fry bacon.

3 slices bacon, diced
1 cup cornmeal
1 cup flour
1 cup milk
1 tsp. baking powder
1 tsp. salt
1 tsp. vanilla
1/4 cup sugar

Combine ingredients and fry until done. Serve hot.

For large size Frypan use ingredients as follows:
4 slices bacon, diced
1 cup cornmeal
1 cup flour
1 cup milk
1 tsp. baking powder
1 tsp. salt
1 tsp. vanilla

Bake at 325° until done.

Butterscotch Brownies in Medium Size Frypan

Temp.: 300°
Time: 25 minutes
Makes: about 3 dozen

Glass or Metal Cover:

Preparation:
Assemble ingredients and utensils needed. Chop nuts. Mix flour once before measuring. Melt butter. While mixing butter, heat Frypan with cover at 300° until light goes out.

¾ cup sifted all-purpose flour
1 cup flour
1 cup brown sugar, packed
1 cup nuts, chopped
1 cup white sugar
1 tsp. vanilla

Sift together, beat until smooth, and spread in Frypan with cover at 300°. Bake 25 minutes or until done.
ADDITIONAL USES
Here are some additional uses for your Sunbeam. You'll discover many others as you use it. When directed to use aluminum foil to cover bottom of Frypan, heavy duty foil is preferred. This may be used several times.

POPCORN
Preheat Sunbeam to 200°. Add 2 tablespoons salad oil, 1/4 tsp. salt, and 1 1/2 cups popcorn. Put 1 unpeeled kernel in. When popping slows, uncover and put desired amount of butter or margarine in Frypan. Melt and stir into corn. Sprinkle with salt. Turn dial to warm to keep corn crisp and tasty while serving. Wipe out Sunbeam with paper towel before popping another batch.

JIFFY FUDGE IN EITHER MEDIUM OR LARGE SIZE FRYPAN
Temp.: 250°
Time: 3 minutes
Measurements: 64 pieces

Instructions:

2. TO FRY DOUGHNUTS IN LARGE SIZE FRYPAN
Preheat 2 pounds shortening or salad oil to 400°. Add doughnut. As soon as they rise to surface, turn with a long-handled fork to avoid piercing. Turn until golden brown and done. Remove. Roll in sugar or flour to drain. Place on paper towel. Sugar is desired.

Baking Potatoes
Scrub baking potatoes, cut a crosswise slit in top of each. Place potatoes on a rack or trivet. Cover, set dial at 420°. Bake until tender when tested with a fork—about 1 1/2 hours. Open oven and bake 10 minutes longer. Remove potatoes, press from bottom to open slit. Add a large of butter, sprinkle with salt and paprika. Serve at once.

Cooking Vegetables
Cook squash, corn on cob, asparagus, etc. in your Sunbeam. Add a small amount of water. Bring to a boil at 300°, then cover, reduce temperature to 220°-240° depending on amount of vegetables, summer or winter vegetables are tender.

Cook Cereals
Follow directions on label. Bring to boil at 300°, then reduce to about 220°. Cook stirring with wooden spoon for time directed. Keep warm in warm temperature range.

To Heat Baby Foods
Place food in small covered cups or use opened self containers. Put 3 cups water in Medium size Frypan, 4 cups in Large size Frypan. Add 1 tablespoon vinegar to prevent discoloration from minerals in water. Arrange cups in Frypan. Cover, set dial at 320° until water boils, turn down to 300° until food is warm as desired.

To Keep Foods Warm
Set dial in warm waterpan range. If foods are to be kept warming an additional 15 minutes, use a rock in bottom of Sunbeam and set foods on this. Open vent on cover for foods which tend to become soupy.

To Heat Rolls, Coffee Cake, etc.
Place 4 layers of aluminum foil in bottom of Frypan or if packaged in foil, this is not necessary. Cover, preheat to 300°. Place rolls directly on foil or foil packeted ones directly on bottom. Heat with oven open 10 to 15 minutes. Rolls may also be placed on a low rack or trivet. Put 2 tablespoons water in bottom of Frypan, cover, preheat to 400°. Heat rolls about 10 minutes.

Crisping Cereals, Crackers, etc.
Peanut chips, crackers, cereal, cookies, etc. may be baked to restore crispness. Place 4 layers aluminum foil in Frypan, cover, turn dial to 300°. Preheat Frypan. Place foods on foil. Bake with vent open about 10 to 20 minutes, turning or stirring as needed.

Defrosting Frozen Foods
Place uncovered package of frozen food on inverted pie pan or rack and set dial at 420°. Turn package once. Remove as soon as defrosted and look at once. (About 30 min.)

Baking Frozen Meat and Chicken Pies
Place double thickness aluminum foil in bottom of Frypan allowing it to come partially up sides so as to catch any juices which may bubble over. Cover, preheat to 400°. When light appears, place pie, (poked in several places) directly on bottom. Cover, bake 40 to 50 minutes, (oven open last 10 minutes) depending on number baked at one time. Invert pies on serving plate.

Heating Frozen Tray Dinners
When heating only one tray at a time, place tray on a low rack or trivet after preheating to 420°. Cover, bake for time specified on label. When heating 2 or 3, cut four pieces aluminum foil to fit bottom of Frypan. Cover, preheat to 420°. Place trays on top of each other, staggering so that they circle. Cover, bake 15 minutes. Then uncover, switch temperature to 300°. Bake 10 minutes longer. When using the glass cover, leave trays on bottom for 12 minutes each. Then place one tray on top of bottom. Cover, turn dial to off and let stand 10 minutes longer.

Baking Frozen Pizza
Place 4 layers of aluminum foil in bottom of Frypan. Cover, preheat to 420°. Place pizza on a carefully balanced pan, on foil packeted, bake in foil container. Bake 20 minutes, open vent and bake 10 minutes longer, or until done.

Chafing Dish
Use your Frypan as a chafing dish, taking it directly to the table to keep foods hot or to prepare foods. For butter, can or piston table, it is the easy way to serve.

To Make White Sauce
Use dial at 350°. Melt 3 tablespoons butter or margarine. Blend in 3 tablespoons flour, 1 teaspoon salt, ½ teaspoon pepper. Add gradually while stirring, 1/2 to 2 cups milk, depending on consistency desired. Cook and stir until thickened and smooth. Use for vegetables, casseroles dishes, soups, or add diced leftover vegetables or meat for economical meals.

The FRYPAN is now available in Standard, Medium, Large and Super sizes to meet your family needs.
INFORMATION ABOUT SERVICE

You now have, in your home, the finest appliance of its kind available. Every Sunbeam appliance is engineered to give that extra measure of satisfaction which creates sincere confidence in, and enthusiasm for, Sunbeam products.

The foundation of our business has been built upon the principle of service to our consumer, both in designing superior products and in keeping them in condition to give long-lasting use. That is why we back up our Sunbeam reputation for manufacturing top quality products by providing the finest service facilities possible for adjustment and repairs, when necessary. See the list of service stations on opposite page.

How To Get Quick Service

1. Pack appliance carefully in a good carton with plenty of newspaper or excelsior padding all around it, and tie securely. Damage in transit is not covered by the guarantee.

2. Carefully print on the carton the name and address of the service station nearest you. Don’t forget your return address.

3. Put a letter showing service desired in an envelope addressed to the same service station. In your letter please be sure to give full information, such as, date and place of purchase, your full name and address, and the service, or repairs, desired.

4. PASTE ENVELOPE TO PACKAGE.

5. Put First Class stamp on envelope, and Parcel Post stamps on package; then mail. (The Post Office will tell you the proper amount of postage and insure you against loss in the mails.)

6. Of course, if there is a service station in your community you may take your appliance there in person.

GUARANTEE: Upon receipt of the guarantee register card packed with this appliance your Sunbeam Frypan is guaranteed for one year against electrical and mechanical defects in material and workmanship, which will be repaired or parts replaced free of charge during this period. The guarantee does not cover damage caused by misuse, negligent handling, or use on current and voltage other than that stamped on the appliance. This guarantee is in lieu of any other warranty, either express or implied. If service is required, send the appliance prepaid to our nearest service station. Please write a letter explaining the nature of your difficulty.
Where To Get

Sunbeam
Service and Factory Parts

SUNBEAM CORPORATION
Illinois, Chicago 50, 5430 W. Roosevelt Rd. Utah, Salt Lake City 10, 46 W. Fourth South St.

SUNBEAM APPLIANCE SERVICE COMPANY
Sunbeam Appliance Service Company is a separate company organized by Sunbeam Corporation to specialize in servicing and repairing Sunbeam appliances. It has branches in many principal cities throughout the United States as indicated below.
Each branch has a full stock of factory parts and is staffed by repairmen trained by factory methods.

Alabama, Birmingham 3, 531 N. 18th St.
Arizona, Phoenix, 1612 N. 16th St.
California, Fremont 1, 1117 Belmont Ave.,
North Hollywood 5623 Lankershim Blvd.,
Los Angeles 17, 1238 W. 8th St.
Oakland 1, 2810 Broadway
Pasadena, 110 S. Mission Ave.,
Sacramento 14, 926 T Street
San Diego 1, 1045 11th Ave.
San Francisco 5, 655 Mission St.

Colorado, Denver 8, 1008 Santa Fe Drive
Connecticut, Hartford 3, 14 Hoyes St.
D.C., Washington 9, 1635 Columbia Rd., N.W.
Florida, Jacksonville 7, 1442 San Marco Blvd.,
Miami 37, 1307 N. Miami Ave.
Tampa 9, 1542 S. Dale Mabry Hwy.
Georgia, Atlanta 3, 275 Pryer Street, S.W.
Illinois, Chicago 13, 3906 N. Lincoln Ave.
Chicago 50, Sea View
Chicago 20, 3722 S. Halsted St.
Peoria 2, 829 Fulton St.

Indiana, Hammond, 6341 Indianapolis Blvd.
Indianapolis 4, 425 E. Market St.
Iowa, Des Moines 9, 113 High St.
Kansas, Wichita 2, 333 No. Waco Ave.
Kentucky, Louisville 4, 246 Butler St.
Louisiana, New Orleans 12, 223 Foydras St.
Maryland, Baltimore 1, 505 W. Saratoga St.
Massachusetts, Boston 16, 821 Boylston St.
Michigan, Detroit 1, 2457 Grand River Ave.
Grand Rapids 2, 114 Michigan St., N.W.

Minnesota, St. Paul 4, 1507 University Ave.
Missouri, Kansas City 6, 1307 Grand Ave.
St. Louis 3, 3236 Olive St.
Nebraska, Omaha 5, 2711 Leavenworth St.
New Jersey, Newark 8, 64 Elizabeth Ave.
New York, Baldegis, L. L., 1579 N. Grand Ave.
Buffalo 3, 348 Ellicott St.
New York City 1, 241 W. 30th St.
Rochester 5, 236 North St.
Syracuse 8, 622 N. Salina St.
North Carolina, Charlotte 6, 500 E. 11th St.
Ohio, Cincinnati 19, 2531 Vine St.
Cleveland 14, 1714 St. Clair Ave., N.E.
Columbus 15, 77 E. Spring St.
Dayton 2, 104 Brown Street
Toledo 2, 1801 Adams St.

Oklahoma, Oklahoma City 4, 1104 W. Main St.
Oregon, Portland 5, 325 S. W. 9th St.
Pennsylvania, Philadelphia 6, 721 Arch St.
Pittsburgh 21, 1627 Penn Ave.
Rhode Island, Providence 3, 218 Broad St.
Tennessee, Memphis 5, 409 Moody St.
Texas, Amarillo, 208 W. 10th Ave.
Dallas 1, 1814 Ross Ave.
Houston 3, 1610 Bell St.
San Antonio 1, 824 San Pedro Ave.
Utah, Salt Lake City 10, 633 North St.
Virginia, Richmond 20, 831 W. Grace St.
Washington, Seattle 1, 1923 3rd Ave.
Snohomish 2, N. 214 Division Street
W. Virginia, Huntington 1, 928 3rd Ave.
Wisconsin, Milwaukee 5, 1824 W. Wells St.

AUTHORIZED SERVICE STATIONS
Additional authorized service stations are located in other cities and may be found in your classified telephone directory under "Electric Appliances—Household—Repairing." If there is no authorized station in your city, mail appliance to the nearest Sunbeam Appliance Service Company branch.

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WHENEVER a Sunbeam Appliance goes into a home, it isn't long before others follow. That's because Sunbeam appliances all give that extra measure of satisfaction that creates sincere enthusiasm and confidence. Whether it's a Sunbeam Mixer, Saucepan, Frypan, Coffee Maker, Iron, Toaster, Waffle Baker & Grill, Shaver, or Lady Sunbeam Hair Dryer, one will always recommend another. We know that you, like millions of others, will also find this to be true.
NOTICE

Special Cleaning Instructions

The cooking surface of your Sunbeam Frypan has been specially treated with a silicone resin coating to prevent food from sticking. The use of cleansers, metal scrapers or steel wool scouring pads during cleaning will tend to destroy this coating. If you notice that food is beginning to stick to the cooking surface, this indicates the coating is beginning to wear off. At that time, you may want to do either of two things:

(1) Use scouring pads or cleansers to clean your Sunbeam Frypan.

(2) Have your Frypan re-treated for a reasonable cost at the nearest service office listed in the Instruction Booklet.