

# SEARS

## USE & CARE MANUAL

### STOCK NO.

89940

89941

89942

#### KNOW YOUR OVEN

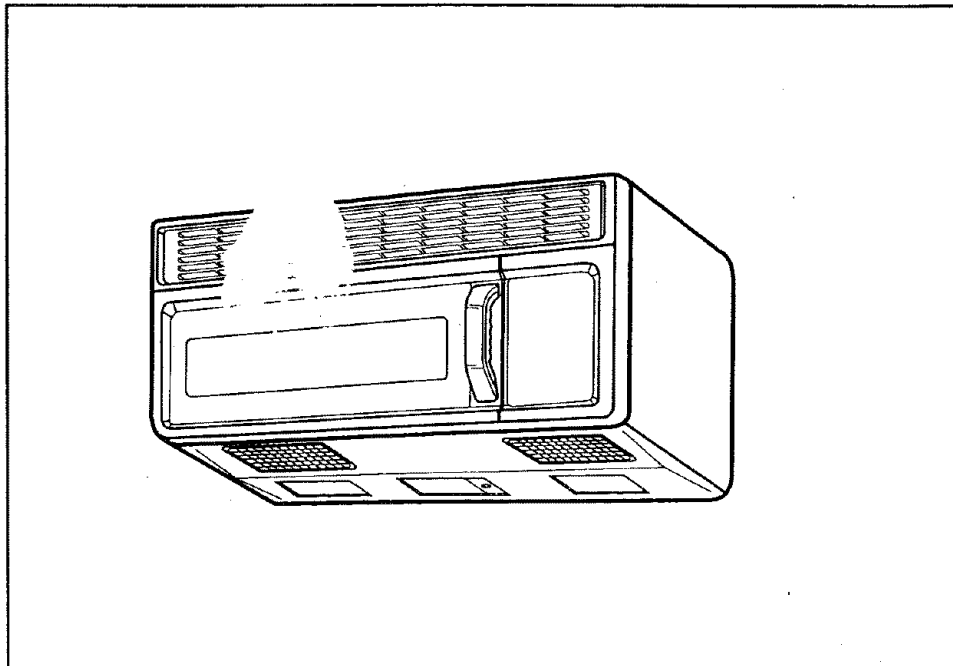
Read this booklet so you will be able to enjoy all the features of your Kenmore Microwave Oven.

Record the Model No. and the Serial No. (found on the label on the oven front) in the space below.

Model No. \_\_\_\_\_

Serial No. \_\_\_\_\_

Keep this manual for future reference.



# Kenmore

## MICROWAVE OVEN

### Use and Care Manual

3874W500784

# P/N: 3874W500784

Sears, Roebuck and Co., Hoffman Estates, IL 60179, U.S.A.

# IMPORTANT SAFETY INSTRUCTIONS

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The Sears Kenmore Microwave Oven, though simple to use, is not a toy. Respect it as an electric cooking appliance. Become familiar with microwave energy, its uses and limitations. The safety instructions below will tell you how to use your oven to avoid harm to yourself or damage to your oven. **READ ALL THE INSTRUCTIONS BEFORE USING YOUR OVEN.**  
**DO NOT ALLOW CHILDREN TO USE THIS OVEN WITHOUT CLOSE SUPERVISION!**

## ▲ **WARNING! YOUR SAFETY FIRST!** ▲

### **PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY**

- **DO NOT ATTEMPT TO OPERATE THIS OVEN WITH THE DOOR OPEN**, since open-door operation can result in harmful exposure to microwave energy. It is important not to defeat or tamper with the safety interlocks.
- **DO NOT OPERATE THE OVEN IF IT IS DAMAGED**. It is particularly important that the oven door close properly and that there is no damage to the:
  - door (bent),
  - hinges and latches (broken or loosened),
  - door seals and sealing surfaces.
- **DO NOT PLACE ANY OBJECT BETWEEN THE OVEN FRONT FACE AND THE DOOR**, or allow soil or cleaner residue to accumulate on sealing surfaces.
- **THE OVEN SHOULD NOT BE ADJUSTED OR REPAIRED** by anyone except properly qualified service personnel.

### **WARNING- To reduce the risk of burns, electric shock, fire, injury to persons or exposure to excessive microwave energy:**

- Do not use corrosive chemicals or vapors, such as sulfide and chloride, in this appliance. This type of oven is specifically designed to heat, cook or dry food. It is not designed for industrial or laboratory use.
- Do not use or store this appliance outdoors. Do not use this product near water - for example, near a kitchen sink, in a wet basement, or near a swimming pool, and the like.
- Do not use the cavity for storage purposes. Do not leave paper products, cooking utensils, or food in the cavity when not in use.
- Clean the ventilating hood frequently. Do not allow grease to accumulate on the hood or the filters.
- When flaming foods under the hood, turn the fan off. The fan, if operating, may spread the flame.
- Suitable for use above both gas and electric cooking equipment 36 inches or less wide.
- Use care when cleaning the vent hood filters. Corrosive cleaning agents, such as lye-based oven cleaners, may damage the filters.

# IMPORTANT SAFETY INSTRUCTIONS

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- WHEN CLEANING THE DOOR AND THE SURFACES THAT TOUCH THE DOOR, USE ONLY MILD, NON-ABRASIVE SOAPS OR DETERGENTS AND A SPONGE OR SOFT CLOTH.
- DO NOT TAMPER WITH THE BUILT-IN SAFETY SWITCHES ON THE OVEN DOOR!  
The oven has several built-in safety switches to make sure the power is off when the door is open.
- If your oven is dropped or damaged, have it thoroughly checked by a qualified service technician before using it again.

## TO AVOID A FIRE HAZARD:

- DO NOT SEVERELY OVERCOOK FOODS. Severely overcooked foods can start a fire in the oven. Watch the oven carefully, especially if you have paper, plastic, or other combustibles in the oven.
- DO NOT STORE COMBUSTIBLE ITEMS (bread, cookies, etc.) IN THE OVEN, because if lightning strikes the power lines it may cause the oven to turn ON.
- DO NOT USE WIRE TWIST-TIES IN THE OVEN. Be sure to inspect purchased items for wire twist-ties and remove them before placing the item in the oven.

## IF A FIRE SHOULD START:

- KEEP THE OVEN DOOR CLOSED.
- TURN THE OVEN OFF.
- DISCONNECT THE POWER CORD OR SHUT OFF THE POWER AT THE FUSE OR CIRCUIT BREAKER PANEL.

## TO AVOID ELECTRIC SHOCK:

- THIS APPLIANCE MUST BE GROUNDED! Connect it only to a properly grounded outlet.  
See the ELECTRICAL GROUNDING INSTRUCTIONS on page 6.
- DO NOT OPERATE THIS APPLIANCE IF IT HAS A DAMAGED CORD OR PLUG, if it is not working properly or if it has been damaged or dropped.
- DO NOT IMMERSE THE ELECTRICAL CORD OR PLUG IN WATER.
- KEEP THE CORD AWAY FROM HEATED SURFACES.

## TO AVOID IMPROPERLY COOKING SOME FOODS.

Some foods or containers should not be used with the microwave oven. Personal injury could result.

- DO NOT HEAT ANY TYPES OF BABY BOTTLES OR BABY FOOD. Uneven heating may occur and possibly cause personal injury.
- DO NOT HEAT SMALL-NECKED CONTAINERS, such as syrup bottles, in the microwave oven.
- DO NOT DEEP-FAT FRY IN YOUR MICROWAVE OVEN. This is not a safe procedure in a confined cavity.
- DO NOT ATTEMPT HOME CANNING IN YOUR MICROWAVE OVEN. It is impossible to be sure all areas of the jar have reached boiling temperature for the proper processing time.
- DO NOT HEAT THE FOLLOWING ITEMS IN THE MICROWAVE OVEN: whole eggs in the shell; water with oil or fat; sealed containers or closed glass jars. These items may explode.

# **IMPORTANT SAFETY INSTRUCTIONS**

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## **CAUTION**

**TAKE GOOD CARE OF YOUR OVEN TO KEEP IT TROUBLE-FREE.**

### **IN GENERAL:**

- DO NOT USE THIS OVEN FOR COMMERCIAL PURPOSES. It is made for household use only.
- Install or locate your oven according to the instructions in this manual. Be sure the oven is level.
- Use your oven only for the operations described in this manual.
- Do not cover or block any openings in the oven.
- Do not run the oven empty, without food in it.

### **PRESERVE THE OVEN FLOOR:**

- DO NOT HET THE OVEN FLOOR EXCESSIVELY.
- Do not allow the gray film on special microwave-cooking packages (Example:french fries) to touch the oven floor. Put the package on a microwave-safe dish.
- Do not cook anything directly on the oven floor. Use a microwave-safe dish.
- Keep a browning dish at least 3/16 inch above the oven floor. Carefully read and follow the instructions for the browning dish. If you use a browning dish incorrectly, you could damage the oven floor.

### **PRESERVE THE TEMPERATURE PROBE:**

- Do not leave the temperature probe unplugged in the cavity when you operate the oven.
- Keep the temperature probe at least one inch away from the walls, top and bottom of the oven cavity.
- Do not plug the pointed end of the temperature probe into the socket inside the cavity.
- Do not use the temperature probe in a regular oven. The probe is designed for this microwave oven only.
- Remove the temperature probe from the socket after each use. Use a pot holder, because the wire, plug and sensor sections may be hot.

### **PRESERVE THE METAL RACK:**

- Remove the metal rack from the oven when you are not using it.
- Do not use the oven empty with the metal rack in it.
- The metal rack may get hot while cooking. Use pot holders to remove it after cooking.
- Do not use foil or metal containers on the metal rack.

## **SAVE THESE INSTRUCTIONS!**

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# IMPORTANT INFORMATION ABOUT YOUR OVEN

Enjoy a new cooking experience from Sears. PLEASE READ THIS MANUAL.

It will tell you how to use all the fine features of this microwave oven, including Automatic Defrost, Multi-Stage Cooking, Temperature Controlled Cooking, Automatic Cook, Automatic Roast, Automatic Reheat, Popcorn, the Child Lock, and Quick On. You can Hold food at WARM while you finish the rest of your meal. With the touch of one keypad, you can cook foods automatically and prepare roasts to desired temperature doneness.

Advice on the use and care of Sears appliances is always available at your nearest Sears store.

## LOCATION OF MODEL NUMBER

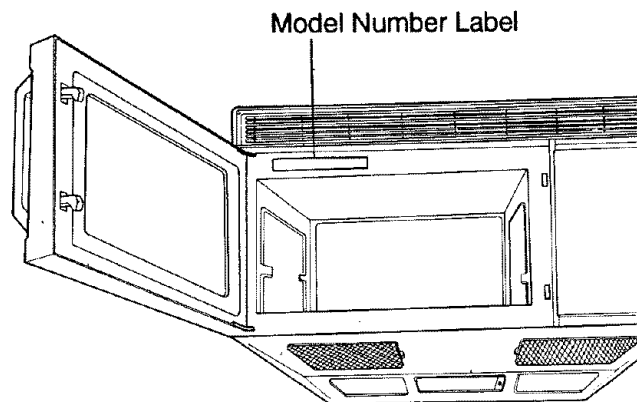
To request service, information or replacement parts, Sears will require the complete model number of your microwave oven. The number is on the oven front as shown in the illustration below. It looks like this: 721.8000000.

## OVEN SPECIFICATIONS

Output Power	850W (IEC 705 Rating Standard)
Outer Dimensions	29-7/8" x 14" x 16-3/16"
Cavity Volume	1.1 Cu.Ft
Net Weight	55 lbs

## ELECTRICAL RATING

- \* Electrical Rating of the Oven: 120 V AC, 60 Hz.
- \* 1300Watts 12 Amperes (Microwave oven only)
- \* 1500Watts 14 Amperes (Microwave oven + Cooktop Lamps + Ventilation Fan.)



## ELECTRICAL REQUIREMENTS

The oven is designed to operate on a Standard 120 volt/60 Hz household outlet. Be sure the circuit is at least 15 amperes and the microwave oven is the only appliance on the circuit. It is also not designed for 50 Hz or any circuit other than 120 volt/60 Hz circuit.

## ELECTRICAL GROUNDING INSTRUCTIONS

This appliance must be grounded. If an electrical short circuit occurs, grounding reduces the risk of electric shock by providing an escape wire for the electric current. The cord for this appliance has a grounding wire with a grounding plug. Put the plug into an outlet that is properly installed and grounded.

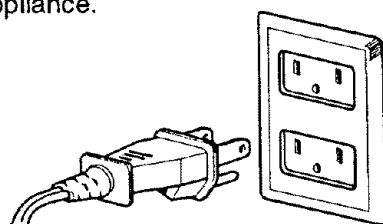
**▲ WARNING! ▲**

**If you use the grounding plug improperly, you risk electric shock.**

Ask a qualified electrician or the Sears Service Department if you do not understand the grounding instructions or if you wonder whether the appliance is properly grounded.

Because this appliance fits under the cabinet, it has a short power-supply cord. See the separate Installation Instructions for directions on properly placing the cord. Keep the electrical power cord dry and do not pinch or crush it in any way.

1. If it is necessary to use an extension cord, use only a 3-wire extension cord that has a 3-blade grounding plug, and a 3-slot receptacle that will accept the plug on the appliance. The marked rating of the extension cord shall be equal to or greater than the electrical rating of the appliance or,
2. Do not use an extension cord. If the power supply cord is too short, have a qualified electrician or serviceman install an outlet near the appliance.



PROPERLY POLARIZED  
AND GROUNDED OUTLET

Three-Pronged (Grounding) Plug

# INSTALLATION INSTRUCTIONS

USE THE SEPARATE INSTALLATION INSTRUCTION MANUAL to install this oven over your range. If you have any questions about the installation, contact your local Sears salesperson or your local Sears Service Center.

## Packed With Your Oven Are The Following Items (One each) :

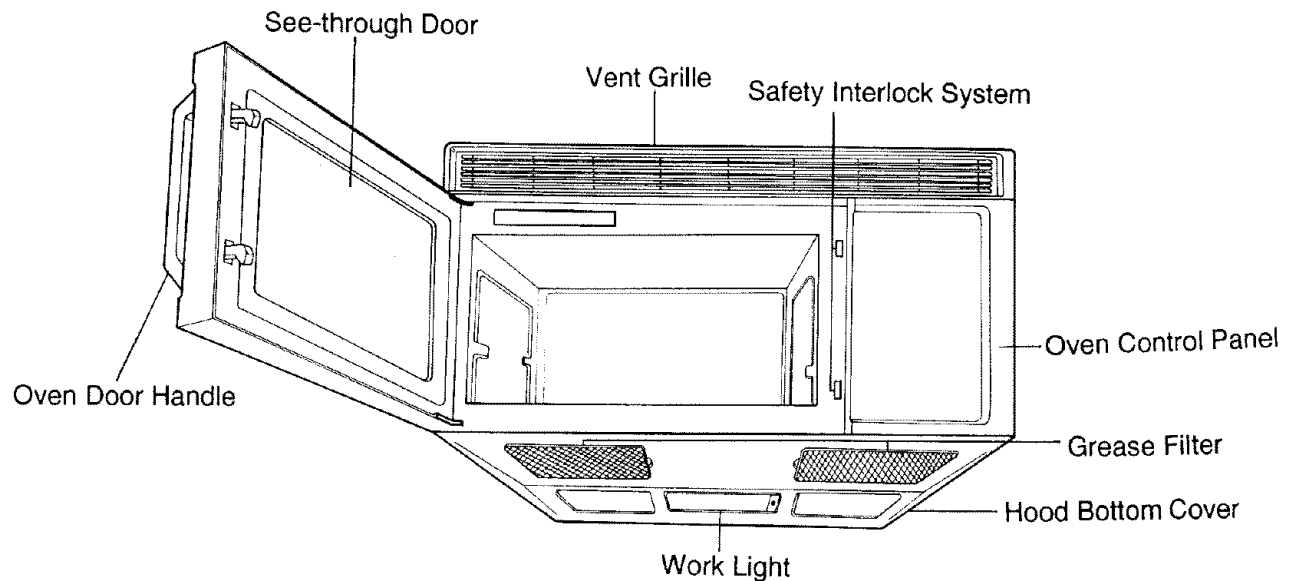
Metal Rack  
Temperature Probe  
Cookbook  
Use and Care Manual  
Installation Instruction Manual

Top Cabinet Template  
Wall Template  
Hardware Package  
Damper/Duct connector  
Grease Filters (2)

Only the Metal Rack, the Grease Filter, and the Temperature Probe appear in the illustration below. The Hardware Package and Damper/duct connector are used to install the oven. Keep the Cookbook, Use and Care Manual, and Installation Instruction Manual for future reference.

If you do not have all of these items, contact your local Sears Salesperson or Sears Service Center.

## OVEN PARTS



# INSTALLATION INSTRUCTIONS

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## SET THE TIME OF DAY

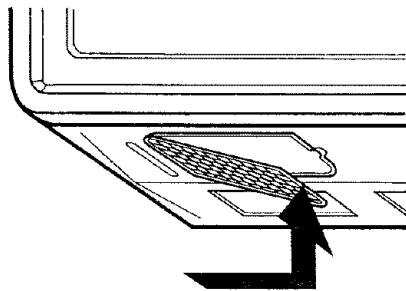
**NOTE:** You will need to set the Time of Day when you first plug in your oven and when the power comes on after a power interruption. (See also the "Quick Reference Chart" for Time of Day setting instructions.)

Touch STOP/CLEAR.  
Touch TIME OF DAY.  
Touch the numbers for the time.  
Touch TIME OF DAY.

## INSERT THE GREASE FILTERS

After your oven is installed, you will need to insert the two grease filters. The filters are identical.

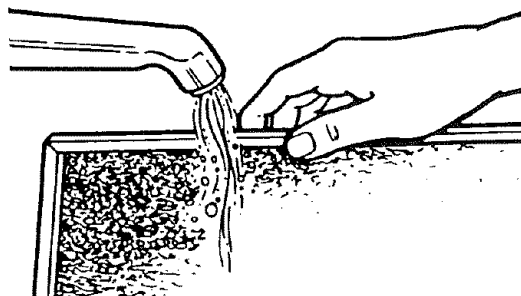
1. Grasp the filter by the metal tab. The tab end should face the center of the oven as shown in the illustration.
2. Slide the filter in the groove toward the side of the oven and push it up.
3. Slide the filter toward the oven center to anchor it in place.



## CLEAN THE GREASE FILTERS

1. Grasp the filter by the metal tab at the end.
2. Slide the filter toward the side of the oven and pull down.
3. Slide the filter back and out of the groove.

For complete instructions on cleaning the filters, see the Care and Cleaning section of this manual.





# OVEN CONTROL PANEL

When you first plug in your oven, 0 will appear in the display window.

**Temp-**  
Used for temperature probe cooking.

**Time-**  
Used in setting cooking time.

**Numbers-**  
Used to enter the:

- Time of day
- Cooking Time
- Cooking Powers
- Food temperatures

**Hold Warm-**  
Used to keep hot, cooked foods safely warm in your microwave oven up to 60 minutes.

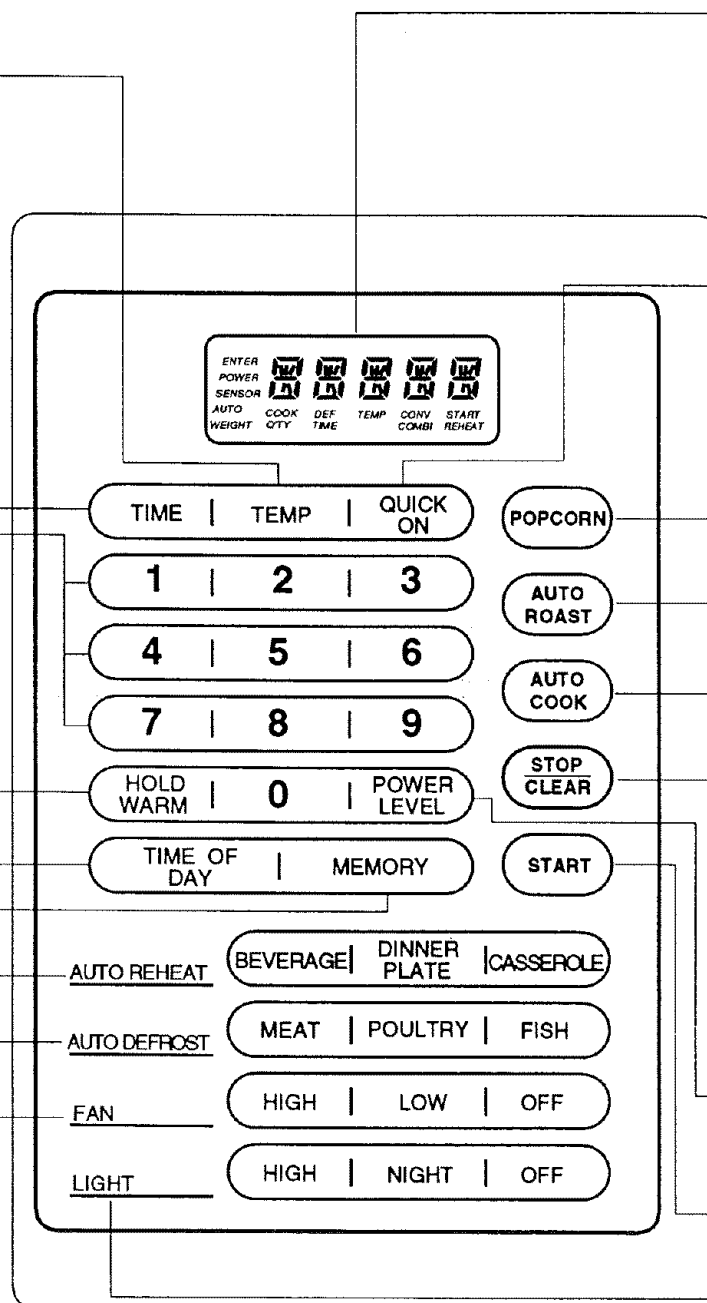
**Time of day-**  
Used in setting time of day.

**Memory-**  
Used for memory entry and memory recall of a cooking program.

**Auto Reheat-**  
Used to reheat foods for a preset time at a preset cooking power.

**Auto Defrost-**  
Used to thaw frozen meat, poultry, and fish.

**Fan Control Pad-**  
Used to turn on the fan at high speed or low speed and turn off the fan.



**Display -**  
Used to show time of day, cooking time, cooking power level, cooking temperature, and miscellaneous indicators during cooking functions.

**Quick-on-**  
Used to select and cook from 1 to 9 minutes automatically at 100% power.

**Popcorn-**  
Used to pop popcorn for a preset time at a preset cooking power.

**Auto Roast-**  
Used to roast with the temperature probe.

**Auto Cook-**  
Used to cook common microwave-prepared foods without needing to program times and cooking powers.

**Stop/Clear-**  
Used to stop the oven or clear all entries except time of day.

**Power Level-**  
Used to select cooking power levels.

**Start-**  
Starts the oven.

**Work Light Pad-**  
Used to turn the work light on/off in either the high or night modes.

# INTRODUCTION TO MICROWAVE COOKING

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To get the best results from your microwave oven, read and follow the guidelines below.

Microwave cooking distributes heat differently from stove or oven cooking. In microwave cooking, food on the outside of the dish absorbs more energy (and cooks more quickly) than food at the center. Arrange the food to allow for even exposure to the microwave energy. Because foods are different, you need to arrange and cook them differently.

- **STORAGE TEMPERATURE:** Foods taken from the freezer or refrigerator take longer to cook than the same foods at room temperature. The time for recipes in this book is based on the normal storage temperature of the food.
- **SIZE:** Small pieces of food cook faster than large ones; pieces similar in size and shape cook more evenly. For even cooking, reduce the power when cooking large pieces of food.
- **QUANTITY:** Small amounts of food usually take less time than large amounts.
- **SHAPE:** Thin areas and corners cook faster. Round shapes and rings cook more evenly because microwaves penetrate foods to about 1 inch from the top, bottom, and sides.
- **TEXTURE:** Dense foods, such as potatoes, take longer to cook or heat than light, porous foods, such as bread, rolls, or a piece of cake. Cook foods with a delicate texture at lower power levels to avoid toughening.
- **NATURAL MOISTURE:** Very moist foods cook more evenly because microwave energy is attracted to water molecules.
- **TURN OVER** foods like pork chops, baking potatoes, roasts, or whole cauliflower halfway through the cooking time to expose all sides to equal amounts of microwave energy.
- **STIR** foods such as casseroles and vegetables from the outside to the center to distribute the heat evenly and speed cooking. Constant stirring is not necessary.
- **ARRANGE** unevenly shaped foods, such as chicken pieces or salmon steaks, with the thicker, meatier parts toward the outside of the dish.
- **SHIELD**, with **SMALL** pieces of aluminum foil, parts of food that may cook quickly, such as wing tips and leg ends of poultry.
- **PLACE** delicate areas of foods, such as asparagus tips, toward the center of the dish.
- **COVER AND LET STAND** those foods uneven in moisture so heat can spread evenly.
- **LET IT STAND:** After you remove the food from the microwave, cover food with foil or casserole lid and let it stand to finish cooking in the center and avoid overcooking the outer edges. The length of standing time depends on the density and surface area of the food.

Check the Questions and Answers section on pages 31-32 for more tips on cooking successfully with your microwave oven.

# QUICK REFERENCE GUIDE

TIME OF DAY	"HI-POWER"/"MULTI-POWER"	MEMORY
<p>To Set:</p> <ol style="list-style-type: none"> <li>1. Touch STOP/CLEAR.</li> <li>2. Touch TIME OF DAY.</li> <li>3. Touch numbers for correct time of day.</li> <li>4. Touch TIME OF DAY*.</li> </ol> <p>* You "lock" in the time and start the clock running.</p>	<p>To Set:</p> <ol style="list-style-type: none"> <li>1. Touch STOP/CLEAR.</li> <li>2. Touch TIME.</li> <li>3. Touch numbers for cooking time.</li> <li>4. Touch POWER LEVEL.</li> <li>5. Touch number for cooking power level.</li> <li>6. Touch START.</li> </ol> <p>(See page 17 for more detailed instructions.)</p>	<p>To Set</p> <ol style="list-style-type: none"> <li>1. Touch STOP/CLEAR.</li> <li>2. Set the cooking program you wish to put into memory.</li> <li>3. Touch MEMORY for more than 2 seconds.</li> </ol> <p>For MEMORY recall</p> <ol style="list-style-type: none"> <li>1. Touch STOP/CLEAR.</li> <li>2. Touch MEMORY.</li> <li>3. Touch START.</li> </ol>
MULTI-STAGE COOKING	AUTO DEFROST	HOOD FAN CONTROL
<p>To Set:</p> <ol style="list-style-type: none"> <li>1. Touch STOP/CLEAR.</li> <li>2. Touch TIME.</li> <li>3. Touch numbers for first cooking time.</li> <li>4. Touch POWER LEVEL.</li> <li>5. Touch number for first cooking power level.</li> <li>6. Touch TIME.</li> <li>7. Touch numbers for second cooking time.</li> <li>8. Touch POWER LEVEL.</li> <li>9. Touch number for second cooking power level.</li> <li>10. Touch START.</li> </ol> <p>(See page 22 for more detailed instructions.)</p>	<p>To Set:</p> <ol style="list-style-type: none"> <li>1. Touch STOP/CLEAR.</li> <li>2. Touch MEAT, POULTRY or FISH to select the appropriate Auto Defrosting Sequence.</li> <li>3. Enter the weight of your food in decimals from 0.1 to 9.9 pounds.</li> <li>4. Touch START.</li> <li>5. At the beeps, turn food over by following the instructions in the cookbook.</li> <li>6. After turning food over, touch START to resume defrosting.</li> </ol> <p>(See pages 24 and 25 for more detailed instructions.)</p>	<p>To Set:</p> <ol style="list-style-type: none"> <li>1. Touch the HIGH or LOW pad.</li> </ol> <p>* Fan runs HIGH or LOW speed. * Touch the HIGH or LOW pad to change the fan speed.</p> <ol style="list-style-type: none"> <li>2. Touch the OFF pad to turn off the fan.</li> </ol> <p>* If the oven over-heats, the fan will run by itself until the temperature of the oven drops to a safe level.</p>
QUICK ON COOKING	POPCORN	CHILD LOCK
<p>To Set:</p> <ol style="list-style-type: none"> <li>1. Touch STOP/CLEAR.</li> <li>2. Touch QUICK ON.</li> <li>3. Touch number for desired cooking time from 1 to 9 minutes. (Cooking is on HI-POWER.)</li> </ol> <p><b>NOTE:</b> This function starts only after touching STOP/CLEAR. (See page 12 for more detailed instructions.)</p>	<p>To Set:</p> <ol style="list-style-type: none"> <li>1. Touch STOP/CLEAR.</li> <li>2. Touch POPCORN until the desired quantity appears in the display window.</li> </ol> <p><b>NOTE:</b> You do not need to touch START. In 2 seconds after touching the pad the oven begins cooking automatically</p>	<p>To Set:</p> <ol style="list-style-type: none"> <li>1. Touch STOP/CLEAR.</li> <li>2. Touch "0" for more than 2 seconds.</li> </ol> <p>To cancel:</p> <ol style="list-style-type: none"> <li>1. Touch STOP/CLEAR.</li> <li>2. Touch "0" for more than 2 seconds.</li> </ol>
TIMER	AUTO REHEAT	AUTO ROAST
<p>To Set:</p> <ol style="list-style-type: none"> <li>1. Touch STOP/CLEAR.</li> <li>2. Touch TIME.</li> <li>3. Touch correct numbers for time.</li> <li>4. Touch POWER LEVEL.</li> <li>5. Touch "0" (power level 0).</li> <li>6. Touch START.</li> </ol> <p>(See page 12 for more detailed instructions.)</p>	<p>To Set:</p> <ol style="list-style-type: none"> <li>1. Touch STOP/CLEAR.</li> <li>2. Touch BEVERAGE, DINNER PLATE or CASSEROLE until the desired quantity appears in the display window.</li> </ol> <p><b>NOTE:</b> You do not need to touch START. In 2 seconds after touching the pad the oven begins cooking automatically</p>	<p>To Set:</p> <ol style="list-style-type: none"> <li>1. Touch STOP/CLEAR.</li> <li>2. Touch AUTO ROAST.</li> <li>3. Enter code number from 1 to 6 to select appropriate AUTO ROAST sequence.</li> </ol> <p>(See page 14 for more detailed instructions.)</p>
		AUTO COOK
		<p>To Set:</p> <ol style="list-style-type: none"> <li>1. Touch STOP/CLEAR</li> <li>2. Touch AUTO COOK</li> <li>3. Enter code number from 1 to 4 to select appropriate AUTO COOK sequence.</li> <li>4. Enter the number of servings desired.</li> </ol> <p>(See pages 14 and 15 for more detailed instructions.)</p>

# SPECIAL FEATURES/FUNCTIONS

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## CHILD LOCK

Your oven has a "CHILD LOCK" feature that protects the oven from children.

### To set the Child Lock:

1. Touch STOP/CLEAR.
2. Touch and hold "0" more than 2 seconds.  
LOCK will appear in the display window with one beep.

### To Cancel the Child Lock:

1. Touch STOP/CLEAR.
2. Touch "0" more than 2 seconds or until the "LOCK" disappears and you hear 1 beep. At this time, the oven is ready to use.

## QUICK ON

Your oven has a QUICK ON feature that starts the oven simply. The oven automatically cooks at HI-POWER for up to 9 minutes.

1. Touch STOP/CLEAR.
2. Touch QUICK ON. "QUICK" will display.
3. Touch the number for the cooking time in minutes (1-9).

When the oven has finished cooking, "END" will display and you will hear two short and one long beeps.

## TIMER

Your oven has a timer that you can use when not cooking. The oven does not run and the timer just counts down in seconds.

1. Touch STOP/CLEAR.
2. Touch TIME.
3. Touch the numbers for the time you want to measure.
4. Touch POWER LEVEL.
5. Touch "0" (power level 0).
6. Touch START. The time will count down in the display window but the oven will not heat. When the time is over you will hear two short and one long beeps and "END" will display.
7. Touch STOP/CLEAR to return to the TIME OF DAY display.

## MEMORY

Your oven has a MEMORY feature that allows you to program one single or multi-stage cooking program.

### To memorize a cooking program:

1. Touch STOP/CLEAR.
2. Set the single or multi-stage program you wish to put into memory (set as you would normally).
3. Touch MEMORY for more than 2 seconds ENTER will display.  
When you touch MEMORY, no beep will be heard until ENTER is displayed.

### To recall the memory :

1. Touch STOP/CLEAR.
2. Touch MEMORY. CALL will display.
3. Touch START.

# SPECIAL FEATURES/FUNCTIONS

## POPCORN

Your oven has a "POPCORN" feature that you allows you to cook POPCORN by simply touching the POPCORN pad. To use the "POPCORN" feature.

1. Touch STOP/CLEAR.
  2. Touch POPCORN until the desired quantity appears in the display window.  
(Touched once : 1.75 oz, Touched twice : 3.5 oz)
- You do not need to touch START. In 2 seconds after touching the pad, the oven begins cooking automatically.
  - Use popcorn packages made especially for microwave cooking. Pop only one 1.75 oz or 3.5 oz. bag at a time. Do not double the quantity.
  - Place the popcorn bag on a HEATPROOF MICROPROOF glass or ceramic plate in the center of the oven cooking tray.
  - Do not place the bag on paper or plastic cookware or on turntables which are not an original part of the oven.
  - Do not leave the oven unattended while popping corn.
  - Remove the bag from the oven carefully. The popcorn and steam are extremely hot. Open the bag carefully by pulling the top diagonal corners.
  - Do not reheat unpopped kernels or re-use the bag.
  - Never pop corn in a brown paper bag.
  - When using Jumbo prepackaged popcorn bags, follow the manufacturer's directions. Do not use the POPCORN pad.
  - Cooking performance may vary with brand. Try several brands to decide which gives best popping results. For best results, use fresh bags of popcorn.

## HOLD WARM

Your oven has a "Hold Warm" feature that keeps the food warm after cooking is done.

To use the "Hold Warm" feature :

1. Touch STOP/CLEAR.
2. Set the desired cooking cycle following suitable operating instructions on pages 13 through 30 in this manual.
3. Touch HOLD WARM.
4. Touch START. When the cooking cycle is over, the oven will switch into "Hold Warm" to keep the food warm. "HOLD" will show in the Display Window. The cooking control setting changes to Power Level 1. The "Hold Warm" will continue for up to 60:00 minutes or until the door has been opened or STOP/CLEAR has been touched.

If you want to keep your cooked food warm, the "Hold Warm" feature can be used independently without setting the cooking cycle.

To use the "Hold Warm" feature independently:

1. Touch STOP/CLEAR.
2. Touch HOLD WARM.
3. Touch START.

The oven will begin to keep the food warm with power level 1 for up to 60:00 minutes or until the door has been opened or STOP/CLEAR has been touched.

## TEMP

Your oven has a "Temp" feature that allows you to keep food warm after cooking is finished.

To use the "Temp" feature :

1. Plug in the Temperature Probe.
2. Touch STOP/CLEAR.
3. Touch TEMP.
4. Touch numbers for food temperature.
5. Touch POWER LEVEL.
6. Touch number for cooking power level.
7. Touch HOLD WARM.
8. Touch START.

**NOTE:** You do not need to touch POWER LEVEL when cooking with the highest power ("HI").

To set "HI-POWER" Cooking, skip steps 5 and 6 above.

# SPECIAL FEATURES/FUNCTIONS

## AUTO ROAST

This function allows you to roast food with the Temperature Probe, without needing to enter a final food temperature. The probe will turn the oven off when it senses the preprogrammed final food temperature for the food category you chose.

To roast foods, simply follow the steps below:

1. Touch STOP/CLEAR.
2. Touch AUTO ROAST. CODE will display.
3. Enter code number from 1 to 6 to select the desired category.

You do not need to touch START. In 2 seconds after touching the pad the oven begins cooking automatically.

## COOKING GUIDE FOR "AUTO ROAST"

CODE	CATEGORY	DIRECTION
1	Roast Beef (rare)	Put tip of probe in center of largest muscle, but not touching fat or bone. Shield top of roast with aluminum foil, sauce or vegetables. Cover roast with foil after cooking and let stand a few minutes.
2	Roast Beef (medium)	Put tip of probe in center of largest muscle, but not touching fat or bone. Shield top of roast with aluminum foil, sauce or vegetables. Cover roast with foil after cooking and let stand a few minutes.
3	Roast Beef (well)	Put tip of probe in center of largest muscle, but not touching fat or bone. Shield top of roast with aluminum foil, sauce or vegetables. Cover roast with foil after cooking and let stand a few minutes.
4	Roast Pork (well)	Put tip of probe in center of largest muscle, but not touching fat or bone. Shield top of roast with aluminum foil, sauce or vegetables. Cover roast with foil after cooking and let stand a few minutes.
5	Poultry	Shield the wing tips with aluminum foil. Put tip of probe in the thickest muscle, not touching fat or bone. Check with thermometer in 2-3 places to ensure adequate doneness.
6	Casserole	Make casseroles from precooked foods. Position tip of probe in center of food.

## AUTO COOK

Most microwave ovens require the selection of the power level and time for cooking. Your new oven makes cooking foods more convenient. AUTO COOK provides four preset categories for cooking.

To cook foods, simply follow the steps below:

1. Touch STOP/CLEAR.
2. Touch AUTO COOK. CODE will appear in the display window.
3. Enter code number from 1 to 4 to select the appropriate category.
4. Enter the number of servings within 2 seconds if you wish to cook more than 1 serving.

You do not need to touch START. In 2 seconds after touching the pad the oven begins cooking automatically.

# SPECIAL FEATURES/FUNCTIONS

## COOKING GUIDE FOR "AUTO COOK"

CODE	CATEGORY	SERVING	QUANTITY	DIRECTION
1	POTATO	1 Serving	8oz.	Wash and scrub well. Pierce with fork. Place on microproof rack or paper towel in a circle (1"), apart. Let stand 3 to 5 minutes after cooking.
		2 Servings	16oz.	
		3 Servings	24oz.	
		4 Servings	32oz.	
2	Baked Goods	Baked Goods. (Room Temp. Food)	1 Serving (4 oz)	Use microwave safe paper plate or towels. One serving is 1 to 2 doughnuts, 1 roll, 1 muffin, etc. Place on a paper towel and cover loosely with another paper towel.
			2 Servings (8 oz)	
3	FRESH VEGETABLES	1 Serving	4oz. Vegetables and 1 tbsp water	Use small bowl. Cover with microwave safe plastic wrap. Vent one edge.
		2 Servings	8oz. Vegetables and 2 tbsps water	Use 1-quart casserole. Cover with microwave safe plastic wrap. Vent one edge.
		3 Servings	12oz. Vegetables and 3 tbsps water	Use 1 1/2-quart casserole. Cover with microwave safe plastic wrap. Vent one edge.
		4 Servings	16oz. Vegetables and 4 tbsps water	Use 1 1/2-quart casserole. Cover with microwave safe plastic wrap. Vent one edge.
4	FROZEN VEGETABLES	1 Serving	4oz. vegetables and 1 tbsp water	Place frozen vegetable in microproof bowl or glass casserole. Add water and cover with glass lid.  NOTE: Most vegetables improve with 2 to 3 minutes standing time after cooking.
		2 Servings	8oz. Vegetables and 2 tbsps water	
		3 Servings	12oz. Vegetables and 3 tbsps water	
		4 Servings	16oz. Vegetables and 4 tbsps water	

# SPECIAL FEATURES/FUNCTIONS

## AUTO REHEAT

Most microwave ovens require the selection of the power level and time for cooking or reheating. Your new oven makes reheating foods more convenient. AUTO REHEAT provides three preset categories for reheating.

To reheat foods, simply follow the steps below:

1. Touch STOP/CLEAR.
2. Touch BEVERAGE, DINNER PLATE or CASSEROLE pad until the desired quantity appears in the display window.

For example, when BEVERAGE is touched twice, "16 oz." will show in the display window (only 1 or 2 servings can be reheated at one time).

The AUTO and REHEAT lights will show, and "16 oz." will show in the display window.

3. The oven will begin cooking, and the AUTO and REHEAT lights will show. BEVERAGE will display and then the remaining time, counting down will display.

## COOKING GUIDE FOR "AUTO REHEAT"

CATEGORY	FOOD	SERVING AMOUNT	DIRECTION
Beverage	Coffee/Tea (Room Temp.)	1 cup (8 oz)	No cover. Use uncovered microproof cup(s) or mug(s). Stir after reheating.
		2 cups (16 oz)	
Dinner Plate	Plate of Food (Refrigerated, precooked food)	1 Serving (8 oz)	Use a microproof plate. Cover tightly with plastic wrap. Use one plate for 1 serving.  Examples of one serving for a Plate of Food: 1 chicken breast (4 oz), 1/4 cup vegetables, 1/4 cup mashed potatoes or (4 oz) precooked meatloaf, 1/4 cup cooked rice, 1/4 cup cooked vegetables.
Casserole	(Room Temp.)	1 Serving (8 oz)	Heat in its container with its plastic perforated cover.
		2 Servings (16 oz)	



# DIRECTIONS FOR MICROWAVE COOKING

## HI-POWER/MULTI-POWER COOKING

"HI" is the highest cooking power possible with your microwave oven. It is the best setting for cooking foods that have high water content, such as coffee, or soups or foods that need fast cooking to maintain their natural flavor and texture, like fish, vegetables, and most casseroles.

But "HI" power cooking does not always give you the best results with foods that need slow cooking, such as roasts, baked goods, or custards. Your oven has 9 power settings in addition to "HI". The cookbook tells you which power setting to use for the food you are cooking. In addition, the Cooking Guide for Multi-Power Settings gives you some examples of foods that you would cook at each power level. Follow the directions below to cook at any power level.

Example: You are warming 6 doughnuts at power level "8" for 1-1/2 minutes.

WHAT YOU DO	WHAT THE OVEN DOES	COMMENTS/NOTES
1. Touch STOP/CLEAR.	The oven beeps and all previous settings are erased.	The oven always retains the TIME OF DAY unless you unplug the oven the power is interrupted.
2. Touch TIME.	0 displays and ENTER, COOK and TIME blink.	The oven is ready for the cooking time setting.
3. Touch the numbers for the cooking time you want. Example: For six doughnuts at 1-1/2 minutes, touch "1-3-0".	The cooking time displays, and ENTER and START blink in display.	The timer is a digital clock divided into 60 sec., 1/2 min. = 30 sec., not .5 as on a calculator.
<b>NOTE:</b> If you want to cook at HI-POWER, go to Step 5. Unless you want to change the POWER LEVEL, the oven always cooks at HI-POWER.		
4. Touch POWER LEVEL.	P-HI is displayed. The ENTER, POWER and COOK blink.	The oven is ready for your power setting .
5. Touch the number for the power level you want. Example: To warm the doughnuts at 80% of power, touch "8".	P-80 is displayed. The ENTER and START blink.	If you want to change the power level, touch POWER LEVEL again and select another power level.
6. Touch START.	The oven begins cooking, counting down the cooking time in seconds, alternating with P-80 power level in the display. When cooking is finished, you hear two short and one long beeps and "End" displays. The oven shuts itself off.	
<b>NOTE:</b> To stir or turn the food during cooking, open the oven door and stir or turn the food. Close the oven door and touch START. The oven will count down the time left.		

# **DIRECTIONS FOR MICROWAVE COOKING**

## **TABLE OF MULTI-POWER SETTINGS**

The nine power levels in addition to "HI" allow you to choose the best power level for the food you are cooking. Below are listed all the power levels, examples of foods best cooked at each level, and the amount of microwave power you are using. Check your cookbook for detailed directions.

<b>POWER LEVEL</b>	<b>MICROWAVE OUTPUT</b>	<b>USE</b>
10 "HI"	100%	<ul style="list-style-type: none"> <li>• Boil water.</li> <li>• Cook ground beef.</li> <li>• Make candy.</li> <li>• Cook fresh fruits and vegetables.</li> <li>• Cook fish, and poultry.</li> <li>• Preheat browning dish.</li> </ul>
9	90%	<ul style="list-style-type: none"> <li>• Reheat meat slices quickly.</li> <li>• Saute onions, celery, and green pepper.</li> </ul>
8	80%	<ul style="list-style-type: none"> <li>• All reheating.</li> <li>• Cooking scrambled eggs.</li> </ul>
7	70%	<ul style="list-style-type: none"> <li>• Cook quickly breads and cereal products.</li> <li>• Cook cheese dishes,veal.</li> <li>• Cook cakes,muffins,brownies,cup cakes.</li> </ul>
6	60%	<ul style="list-style-type: none"> <li>• Cook pasta.</li> </ul>
5	50%	<ul style="list-style-type: none"> <li>• Cook meats,whole poultry.</li> <li>• Cook custard.</li> <li>• Cook whole chicken,turkey,spare ribs,rib roast,sirloin roast.</li> </ul>
4	40%	<ul style="list-style-type: none"> <li>• Cook less tender cuts of meat.</li> <li>• Reheat frozen convenience foods..</li> </ul>
3	30%	<ul style="list-style-type: none"> <li>• Thawing meat,poultry,and seafood.</li> <li>• Cooking small quantities of food.</li> <li>• Finish cooking casserole,stew,and some sauces.</li> </ul>
2	20%	<ul style="list-style-type: none"> <li>• Soften butter and cream cheese.</li> <li>• Heating small amounts of food.</li> </ul>
1	10%	<ul style="list-style-type: none"> <li>• Soften ice cream.</li> <li>• Raise yeast dough.</li> </ul>
0		<ul style="list-style-type: none"> <li>• Standing time.</li> <li>• Independent timer.</li> </ul>

# DIRECTIONS FOR MICROWAVE COOKING

## TEMPERATURE CONTROLLED "HI-POWER"/"MULTI-POWER" COOKING

When you do temperature controlled cooking, you do not set the time, but set the TEMP to cook the food to the desired temperature. The temperature you set is the TEMPERATURE OF THE FOOD, not the temperature of the oven as in conventional cooking. You use the temperature probe to measure the internal temperature of the food.

However, you do not have to cook the food at HI-POWER, but may set the POWER LEVEL appropriate to the kind of food, according to the recipes in your cookbook.

The "Reheating Chart" on page 21 will show you which power settings and temperature settings are recommended for foods you want to reheat. The cookbook gives you additional power and temperature settings.

You may set temperatures from 100 to 200°F, one degree at a time. The oven will show rise in temperatures by degrees, beginning at 100°F. If the food temperature measures less than 100°F, "COOL" will display until the food reaches 100°F.

## TEMPERATURE PROBE

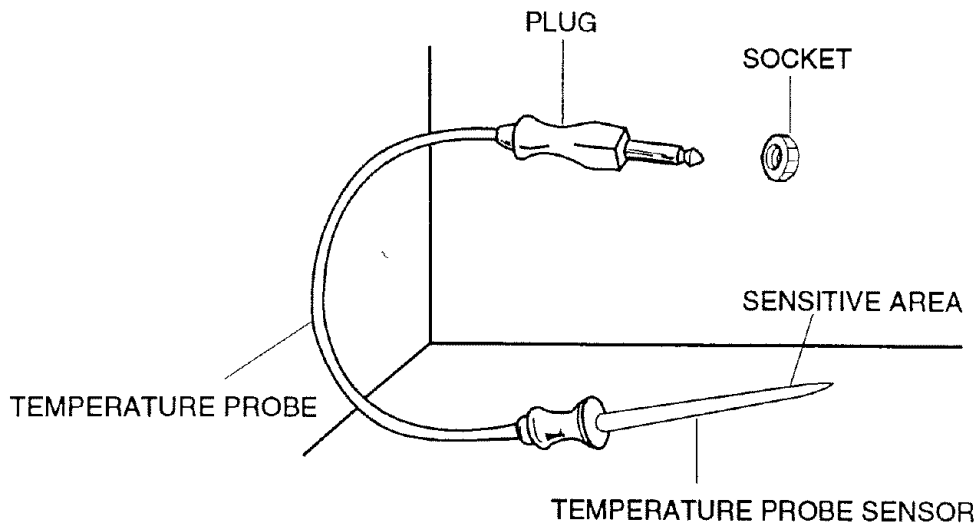
See the illustration below for the parts of the temperature probe.

**Temperature Probe Sensor** - the pointed end of the probe that you plug into the food.

**Sensitive Area of the Sensor** - the first inch, or tip, of the temperature probe sensor.

**Plug** - the blunt end of the temperature probe that you plug into the socket in the oven right wall.

**Socket** - the outlet in the right wall of the oven.



## "TEMPERATURE CONTROLLED" POINTS TO REMEMBER

DO	DO NOT
<ul style="list-style-type: none"><li>• Place the temperature probe sensor into the thickest part of the meat or in the center of the food to be reheated. Avoid touching bone or fat.</li><li>• Place the first inch of the sensor in the densest part of the food to be cooked.</li><li>• Turn meat between first and second settings.</li><li>• Remove the temperature probe from the oven after use.</li><li>• Use a hot pad. The temperature probe will be hot.</li><li>• Refer to the cookbook for other information.</li></ul>	<ul style="list-style-type: none"><li>• Do not operate the oven empty with the temperature probe plugged in.</li><li>• Do not leave the temperature probe unplugged in the cavity while operating the oven.</li><li>• Do not let the temperature probe touch the side walls, ceramic plate, or door of the cavity during cooking.</li><li>• Do not plug the pointed end of the temperature probe into the socket inside the cavity.</li><li>• Do not use the temperature probe in a regular oven. The probe was designed for the microwave oven only.</li></ul>

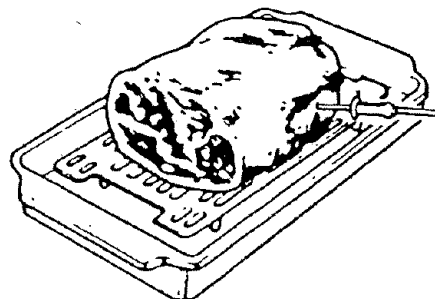
# DIRECTIONS FOR MICROWAVE COOKING

## TEMPERATURE CONTROLLED COOKING

### General Instructions:

1. Place the first inch of the temperature probe into the side of the food. Keep the probe level or on an angle, as shown. DO NOT put the temperature probe in from the top.
2. Plug the temperature probe plug into the socket on the right wall of the oven.

**NOTE:** Be sure the entire metal end is in the socket.



### CAUTION

**Do not plug the pointed end of the temperature probe into the socket!**

Continue with Steps 3-7 in the table below.

WHAT YOU DO	WHAT THE OVEN DOES	COMMENTS/NOTES
3. Touch STOP/CLEAR.	The oven beeps.	The oven is clear of all previous settings.
4. Touch TEMP.	The °F display and ENTER, COOK and TEMP blink.	The oven is ready for your temperature setting for Stage 1 (if you are doing multi-stage cooking.)
5. Touch the numbers to set the food doneness temperature. Example: touch "1-2-0".	The numbers display with "°F". "120°F" displays. ENTER and START blink.	You are cooking at "HI-POWER" until you set the power level.
NOTE: If you want to cook at "HI-POWER", you do not need to touch POWER LEVEL. Go to step 7.		
6. Touch POWER LEVEL and the number for desired power level. Example: Touch "8" to set power.	The P-80 displays and ENTER and START blink.	The oven has accepted your power setting. The power level of the oven is 80%.
7. Touch START.	The oven begins to cook and as soon as the temperature rises above 100°F, you will see the temperature of the food rising in the display window. The display window will show "COOL" until the temperature rises above 100°F.	
NOTE: If you do not plug the temperature probe into the socket and then try to start temperature controlled cooking, "PROBE" will display and disappear with two short beeps. Plug the probe into the socket and go back to Step 3. When the food reaches the temperature you have set, you will hear two short beeps and one long beep.		
NOTE: The highest temperature you can set is 200°F.		

### CAUTION

**When you remove the temperature probe, use a pot holder because the wire, plug, and sensor sections may be hot.**

# DIRECTIONS FOR MICROWAVE COOKING

## TEMPERATURE CONTROLLED REHEATING

### General Instructions:

1. Place the temperature probe sensor into the food to be reheated with the first inch of the sensor in the center of the food.
2. Plug the temperature probe into the socket on the right wall of the oven.
3. Cover the food to keep it from drying out. (See detailed instructions in the table below.)
4. Set the temperature to the desired doneness. (See chart below or your cookbook.)
5. Select the "Multi-Power" setting as shown below.
6. The microwave oven will stop cooking when it reaches the set temperature.
7. Remove the temperature probe from the oven after use. USE A **hot pad**. The temperature probe will be hot.

### "TEMPERATURE CONTROLLED" REHEATING CHART

FOOD	POWER SETTING	DONENESS (Degrees Fahrenheit)	INSTRUCTIONS
Beverages	HI (MAX POWER)	150	Place the temperature probe sensor in the center of the beverage container.
Soups	8	150	Place the temperature probe sensor into the center of the soup. Cover with a casserole lid, waxed paper, or plastic wrap.
Precooked Casseroles	8	150	Place the temperature probe sensor into the center of the food. Cover with a casserole lid, waxed paper, or plastic wrap.
Canned Vegetables	8	150	Place the temperature probe sensor into the center of the food to be reheated.
Leftovers	8	150	Place the temperature probe sensor in the densest or largest amount of food.
Meat Sandwiches (Thick)	8	140	Place the temperature probe sensor into the thickest part of the sandwich filling.
Baked Foods	8	120	Place the temperature probe sensor into the center of the food to be re heated.
Syrup	7	150	Place the temperature probe sensor into the center of the container.

**NOTE:** From time to time, the same kind of foods may vary in shape, form and density, and will produce different cooking results. For this reason, we do not recommend using the "temperature controlled" settings for thin food or food that requires tenderizing by simmering. If the microwave shuts off prematurely, either the temperature probe is not inserted properly or it should not be used with this type of food.

# MULTI-STAGE COOKING

Multi-Stage cooking allows you to set the oven to cook in three stages at different power levels for a specific time or temperature. When you combine multi-stage cooking with Auto Defrost, you can set the cooking process for four stages. You set all stages before starting to cook and after you start the oven, each stage follows automatically.

To combine Auto Defrost with multi-stage cooking, first set the Auto Defrost (Pages 24-25). Then follow the instructions below for multi-stage cooking.

In the instructions for three-stage cooking below, we are using rice as an example. Place 1 cup rice and 2-1/2 cups hot water in a 2-quart casserole dish. First stage: 4 min. at "HI" power. Second stage: 10 min. at "6" Power. Third stage: 5 min. at "5" Power. The following steps tell you how to set the three stages. When the oven is finished with all three levels, the word "End" will display and two short beeps and one long beep will sound. The oven will shut off automatically. Let the rice stand for 10 minutes.

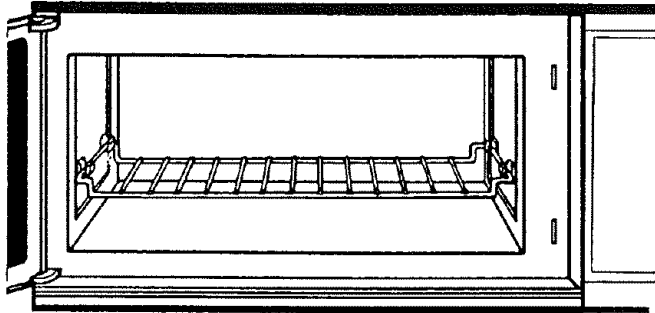
	WHAT YOU DO	WHAT THE OVEN DOES	COMMENTS/NOTES
STAGE 1	1. Touch STOP/CLEAR.	Erases all previous settings.	This begins the First Stage.
	2. Touch TIME.	The "ENTER" "COOK" and "TIME" will blink. The display window will show "0".	
	3. Touch 4-0-0 to set the time. (Example: Cooking Rice)	"4:00" displays (4 minutes) The "ENTER" and "START" will blink.	
	4. Touch POWER LEVEL.	"P-HI" displays. The "ENTER", "POWER" and "COOK" will blink.	
	5. Touch the number for the cooking power level.	The number you selected displays. (HI for the first stage.)	You have just set the First Stage.
STAGE 2	1. Touch TIME.	The "ENTER" "COOK" and "TIME" will blink. The display window will show "0".	Begin Second Stage.
	2. Touch 1-0-0-0 to set the time. (Example: Cooking Rice)	"10:00" displays (10 minutes) The "ENTER" and "START" will blink.	
	3. Touch POWER LEVEL.	"P-HI" displays. The "ENTER", "POWER" and "COOK" will blink.	The oven operates at HI power unless you set it lower.
	4. Touch number 6 to set the power level.	"P-60" displays.	You have just set the Second Stage.
STAGE 3	1. Touch TIME.	The "ENTER" "COOK" and "TIME" will blink. The display window will show "0".	Begin Third Stage.
	2. Touch 5-0-0 to set the time. (Example: Cooking Rice)	"5:00" displays. (5 minutes) The "ENTER" and "START" will blink.	
	3. Touch POWER LEVEL.	"P-HI" displays. The "ENTER", "POWER" and "COOK" will blink.	The oven operates at HI power unless you set it lower.
	4. Touch number 5 to set the power level.	"P-50" displays.	You have set the Third Stage.
	5. Touch START.	The oven begins to cook. "4:00" displays.	When the 4 minutes are over, 2 short beeps will sound. The oven changes to the Second Stage.

At the end of the Second Stage, two short beeps will sound again. You may open the door at any time to stir the rice. When you press START, the cooking sequence will continue and display the time remaining along with the current power level.

# WHOLE MEAL COOKING

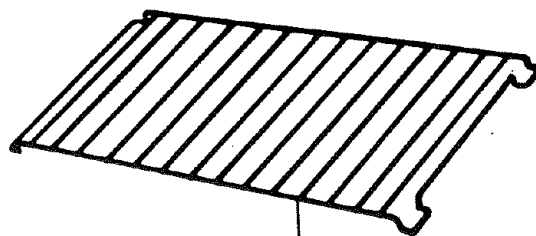
Whole meal cooking lets you cook two or more different foods at the same time.

1. Place the Metal Rack in the guides on the side wall of the oven cavity as shown.
2. Place food into the oven.
3. Set the oven following the instructions given in the cooking guide.



## WHOLE MEAL RACK OR METAL RACK CARE

- Remove the Metal Rack from oven when not being used for cooking.
- Do not operate the oven empty with the Metal Rack in it.
- The Metal Rack may get hot during cooking. Pot holders may be needed to remove the metal rack after cooking.
- Do not use browning dishes on the Metal Rack.
- Do not use foil or metal containers on the Metal Rack.
- Be Sure to remove the metal rack when cooking only one food at a time.



Metal Rack

# AUTO DEFROST

Your microwave oven is preset with three defrost sequences. The Auto Defrost method is the best way to defrost frozen foods. The Auto Defrost Sequence Table below provides some basic guidelines for using the three defrost sequences. The cookbook will give you the specific recommended defrost sequence for the food you are defrosting.

## AUTO DEFROST SEQUENCE TABLE

SEQUENCE	FOOD	BASE QTY.	MIN./MAX. FOOD
MEAT	<ul style="list-style-type: none"> <li>• BEEF ----- Ground beef (bulk), Round steak, Tenderloin steak, Pot roast, Rib roast, Rump roast, Chuck roast, Stew Beef, Ground beef (Patties)</li> <li>• LAMB ----- Chops, (1-inch, thick), Rolled roast Cubes for stew</li> <li>• PORK ----- Chops, (1/2-inch thick), Spareribs, Country-style ribs, Rolled roast, Sausage (links), Hot dogs</li> <li>• VEAL ----- Cutlets (lbs., 1/2-inch thick)</li> </ul>	1 lb.	0.1/9.9 lbs.
POULTRY	<ul style="list-style-type: none"> <li>• CHICKEN ----- Whole (under 4 lbs.), Breast (boneless) Cut up.</li> <li>• CORNISH HENS --- Whole</li> <li>• TURKEY ----- Breast (under 6 lbs.)</li> </ul>	1 lb.	0.1/9.9 lbs.
FISH	<ul style="list-style-type: none"> <li>• FISH ----- Fish fillets, Fish steak, whole fish</li> <li>• SHELL FISH ----- Lobster tails, Crab meat, Shrimp, Scallops</li> </ul>	1 lb.	0.1/9.9 lbs.

## GENERAL GUIDELINES

The benefit of this AUTO DEFROST feature is automatic setting and control of defrosting. But, just as in conventional defrosting, you must check the food during the defrosting time. Here are some important tips to remember about defrosting.

### For best results when defrosting, remember :

- Do not defrost less than 1/4 lb. of ground beef.
- Freeze ground beef in a doughnut shape.
- Press down the center of ground beef patties before freezing.
- Meats, fish or poultry up to 6 lbs. defrost best.
- To reduce moisture loss, defrost meats just before cooking.
- To defrost convenience foods, follow package directions.

### To prepare the item for defrosting, remember :

Remove the packaging.

**NOTE :** If the package is microwaveable, pierce the package several items.

- Note the weight of the item on the package.
- When you calculate the weight of the item, round it to the nearest lower decimal.  
(Example : 4 oz.=.2 lb.; 8 oz=.5 lb.; 12 oz=.7 lb.; 16 oz=1 lb.)
- Remove metal twist ties from the packaging.
- For best results, remove meat, poultry, and fish from the original wrapper. The wrapper can hold steam and juice close to the food and cause the outer surface to cook.
- If removing the wrapper is difficult, defrost the wrapped food for about 1/4 of the defrosting time (displayed at the beginning of the defrost cycle). Then remove the food from the oven and remove the wrapping.  
Return the food to the oven and touch START.



# AUTO DEFROST

## Prepare the food for defrosting.

- Place the food in a flat, shallow baking dish or use a microwave roasting rack in the dish to catch drippings.
- Pierce meats with a casing, such as hot dogs and sausage, to allow steam to escape.
- Cover fatty or thin areas of meat with a small amount of foil before defrosting to prevent them from cooking.

## During the defrosting cycle, remember :

- Check the food. If items often cook at the edges when defrosting, reduce the weight you set.
- Be sure to turn, stir or rotate the food as directed.

## After defrosting, remember :

- Be sure all areas of the food item are totally defrosted.
- Pierce dense roasts with a skewer to check whether defrosting is complete.
- Rinse poultry and seafood in cold water.
- Remove the giblets from poultry and rinse ice crystals out of the cavity.
- Food should still be some what icy in the center when you remove it from the oven.

**NOTE :** Do not confuse Power Level 3, used to thaw or reheat convenient foods or small bread items, with AUTO DEFROST. Power Level 3 is a low-energy setting used to cook foods that need slow or gentle cooking.

## AUTO DEFROST INSTRUCTIONS

Follow the steps below to set your oven for Auto Defrost. Here we use 2 lbs. 8 oz. of ground beef as an example.

WHAT YOU DO	WHAT THE OVEN DOES	NOTES/COMMENTS
1. Touch STOP/CLEAR.	Erases all previous settings.	
2. Touch MEAT.	The "ENTER" and "WEIGHT" will blink, "MEAT" "AUTO" and "DEF" light will show.	
3. Enter the weight of your food in decimal increments from 0.1 to 9.9 lbs. Convert ounces to the closest tenth of a pound. Example : 2 lbs. 8oz. = 2.5 lbs.	2.5 LB displays. The "ENTER" and "START" will be blink.	4 oz.=.2 lb.;8 oz.= .5 lb.; 12 oz.=.7 lb.;16 oz.=1 lb.
4. Touch START.	Counts down the time of the first stage. Five long beeps sound at the end of the first stage.	The oven controls three power levels automatically.
5. Open the door to separate, rearrange, cover or turn over the food.	The oven stops.	Follow recipe directions.
6. Touch START to continue.	Time remaining displays.	Standing time is included in the Auto Defrost sequence.

At the end of the sequence, two short beeps and one long beep will sound and "END" displays. The oven shuts off automatically.

# AUTO DEFROST CHART

The defrosting categories in this chart have been made specifically for use with the "AUTO DEFROST" feature

## AUTOMATIC DEFROST GUIDE-MEAT

FOOD	SETTING	AT BEEP	SPECIAL INSTRUCTIONS
<b>BEEF</b>			Meat of irregular shape and large, fatty cuts of meat should have the narrow or fatty areas shielded with foil at the beginning of a defrost sequence. Do not defrost less than 1/4 lb. Freeze in doughnut shape.
Ground beef (bulk)	MEAT	Remove thawed portions with fork. Turn over. Return remainder to oven.	
Ground beef (patties)	MEAT	Separate and rearrange.	Do not defrost less than two 4 oz.patties. Depress center when freezing.
Round steak	MEAT	Turn over. Cover warm areas with aluminum foil.	Place on a microwavable roast rack.
Tenderloin steak	MEAT	Turn over. Cover warm areas with aluminum foil.	Place on a microwavable roast rack.
Stew beef	MEAT	Remove thawed portions with fork. Separate remainder. Return remainder to oven.	Place on a microwavable roast rack.
Pot roast, chuck roast	MEAT	Turn over. Cover warm areas with aluminum foil.	Place on a microwavable roast rack.
Rib roast	MEAT	Turn over. Cover warm areas with aluminum foil.	Place on a microwavable roast rack.
Rolled rump roast	MEAT	Turn over. Cover warm areas with aluminum foil.	Place on a microwavable roast rack.
<b>LAMB</b>			
Cubes for stew	MEAT	Remove thawed portions with fork. Return remainder to oven.	Place in a microwavable baking dish.
Chops (1-inch thick)	MEAT	Separate and rearrange.	Place on a microwavable roast rack.
<b>PORK</b>			
Chops (1/2-inch thick)	MEAT	Separate and rearrange.	Place on a microwavable roast rack.
Hot dogs	MEAT	Separate and rearrange.	Place on a microwavable roast rack.
Spareribs	MEAT	Turn over. Cover warm areas with aluminum foil.	Place on a microwavable roast rack.
Country-style ribs	MEAT	Turn over. Cover warm areas with aluminum foil.	Place on a microwavable roast rack.
Sausage, links	MEAT	Separate and rearrange.	Place on a microwavable roast rack.
Sausage, bulk	MEAT	Remove thawed portions with fork. Turn over. Return remainder to oven.	Place in a microwavable baking dish.
Loin roast, boneless	MEAT	Turn over. Cover warm areas with aluminum foil.	Place on a microwavable roast rack.

# AUTO DEFROST CHART

## AUTOMATIC DEFROST GUIDE-POULTRY

FOOD	SETTING	AT BEEP	SPECIAL INSTRUCTIONS
<b>CHICKEN</b> Whole (under 4 lbs.)  Cut-up	POULTRY	Turn over. Finish defrosting breast-side down. Cover warm areas with aluminum foil.  Turn over. Cover warm areas with aluminum foil. Separate pieces and rearrange.	Place chicken breast-side-up on a microwavable roast rack. Finish defrosting by immersing in cold water. Remove giblets when chicken is partially defrosted.  Place on a microwavable roast rack. Finish defrosting by immersing in cold water.
<b>CORNISH HENS</b> Whole	POULTRY	Turn over. Cover warm areas with aluminum foil.	Place on a microwavable roast rack. Finish defrosting by immersing in cold water.
<b>TURKEY</b> Breast (under 6 lbs.)	POULTRY	Turn over. Cover warm areas with aluminum foil.	Place on a microwavable roast rack. Finish defrosting by immersing in cold water.

## AUTOMATIC DEFROST GUIDE-FISH AND SHELLFISH

FOOD	SETTING	AT BEEP	SPECIAL INSTRUCTIONS
<b>FISH</b> Fillets	FISH	Turn over. Separate fillets when partially thawed if possible.	Place in a microwavable baking dish. Carefully separate fillets under cold water.
Steaks	FISH	Separate and rearrange.	Place in a microwavable baking dish. Run cold water over to finish defrosting.
Whole	FISH	Turn Over.	Place in a microwavable baking dish. Cover head and tail with foil; do not let foil touch sides of microwave . Finish defrosting by immersing in cold water.
<b>SHELLFISH</b> Crabmeat	FISH	Break apart. Turn Over.	Place in a microwavable baking dish.
Lobster tails	FISH	Turn Over and rearrange.	Place in a microwavable baking dish.
Shrimp	FISH	Separate and rearrange.	Place in a microwavable baking dish.
Scallops	FISH	Separate and rearrange.	Place in a microwavable baking dish.

# MICROWAVE UTENSIL GUIDE

You may microwave in many more utensils than you can use on the stove or in a conventional oven, because microwaves penetrate them safely while still cooking the food.

Below are listed the utensils you can safely cook with and those you must avoid. To test whether you can cook safely with a utensil not on the lists below, do the following:

1. Place the utensil empty in the microwave oven.
2. Measure 1 cup of water in a glass measuring cup and place in the oven beside the utensil.
3. Microwave on HI Power for 1 minute.
4. If the utensil is warm to the touch at the end of this time, you should not use it for microwave cooking.

USE	DO NOT USE
<p><b>OVENPROOF GLASS</b> (treated for high intensity heat): utility dishes, bread dishes, pie plates, cake plates, liquid measuring cups, casseroles and bowls without metallic trim.</p> <p><b>CHINA:</b> bowls, cups, serving plates and platters without metallic trim.</p> <p><b>PLASTIC:</b> Plastic wrap (as a cover)-- lay the plastic wrap loosely over the dish and press it to the sides. Vent plastic wrap by turning back one edge slightly to allow excess steam to escape. The dish should be deep enough so that the plastic wrap will not touch the food. As the food heats it may melt the plastic wrap wherever the wrap touches the food. Use plastic dishes, cups, semi-rigid freezer containers and plastic bags <b>ONLY FOR SHORT TIME COOKING. USE THESE WITH CARE BECAUSE THE PLASTIC MAY SOFTEN FROM THE HEAT OF THE FOOD.</b></p> <p><b>PAPER:</b> Paper towels, waxed paper, paper napkins and paper plates with no metallic trim or design. Look for the manufacturer's label for use in the microwave oven.</p>	<p><b>METAL UTENSILS:</b> Metal shields the food from microwave energy and produces uneven cooking. Also avoid metal skewers, thermometers or foil trays. Metal utensils can cause arcing, which can damage your microwave oven.</p> <p><b>METAL DECORATION:</b> Metal-trimmed or metal-banded dinnerware, casserole dishes, etc. The metal trim interferes with normal cooking and may damage the oven.</p> <p><b>ALUMINUM FOIL:</b> Avoid large sheets of aluminum foil because they hinder cooking and may cause harmful arcing. Use small pieces of foil to shield poultry legs and wings. Keep ALL aluminum foil at least 1 inch from the side walls and door of the oven.</p> <p><b>WOOD:</b> Wooden bowls and boards will dry out and may split or crack when you use them in the microwave oven. Baskets react in the same way.</p> <p><b>TIGHTLY CLOSED UTENSILS:</b> Be sure to leave openings for steam to escape from closed utensils. Pierce plastic pouches of vegetables or other food items before cooking. Tightly closed utensils could explode.</p> <p><b>BROWN PAPER:</b> Avoid using brown paper bags. They absorb too much heat and could burn.</p> <p><b>FLAWED OR CHIPPED UTENSILS:</b> Any utensil that is cracked, flawed or chipped may break in the oven.</p> <p><b>METAL TWIST TIES:</b> Remove metal twist ties from plastic or paper bags. They become hot and could cause a fire.</p>

# CARE AND CLEANING

## GENERAL

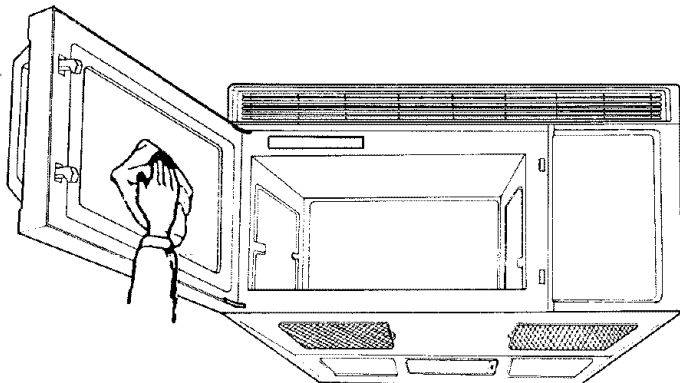
For best performance and safety, keep the oven clean inside and outside. Take special care to keep the inner door panel and the oven front frame free of food or grease build-up.

**NEVER USE ROUGH POWDERS OR PADS.** Wipe the microwave oven inside and out, including the hood bottom cover, with a soft cloth and a warm (not hot) mild detergent solution. Then rinse and wipe dry.

Use a chrome cleaner and polish on chrome, metal and aluminum surfaces.

Wipe spatters immediately with a wet paper towel, especially after cooking chicken or bacon.

Clean your oven weekly or more often, if needed.



## Temperature Probe

Remove the temperature probe from the socket after each use.

## CAUTION

**Use a pot holder because the wire, plug, and sensor sections may be hot.**

Clean the probe with a mild detergent solution.

Clean the sensor with a soft, damp cloth.

## Metal Rack

Remove the metal rack to clean it at the sink.

Use a mild detergent solution.

## Grease Filters

Remove the metal mesh grease filters on the hood bottom cover for washing at the sink. To remove each filter :

1. Grasp the tab at the end of the filter, as shown.
2. Slide the filter toward each side of the oven.
3. Pull it downward and out.

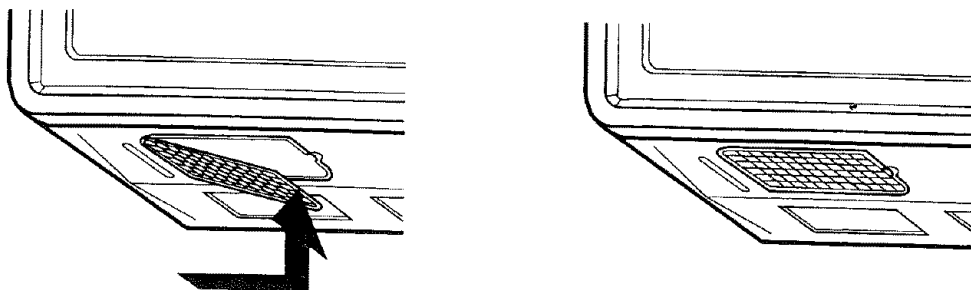
Use a warm detergent solution, rinse and wipe dry.

**DO NOT USE AMMONIA** to clean an aluminum mesh filter.

Do not run the hood fan without the filter.

To reinstall the filter, slide it into the side slot, then push up and toward oven center to lock.

The filter should be completely dry before reinstalling into the oven.

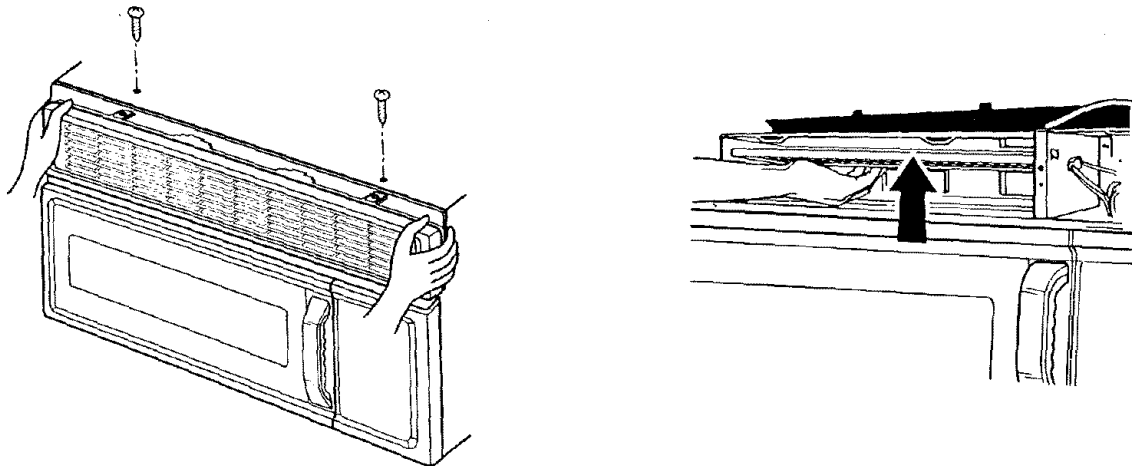


# CARE AND CLEANING

## Charcoal Filter Replacement

If your oven is vented inside, the charcoal filter needs replacing every 6 to 12 months, and more often if necessary. The charcoal filter removes odors and smoke from the vented air. If you start smelling cooking odors or see some smoke, you need to replace the charcoal filter. Here's how:

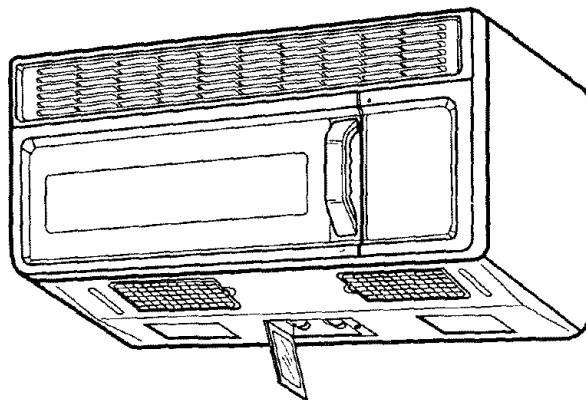
1. To order a new charcoal filter, contact the Parts Department at your nearest Sears Store or Service Center. Specify the model number of your oven (found on the model number plate on the oven front) and order replacement part #507269.
2. Remove the two vent grille mounting screws.  
If the screws are not accessible, remove the oven from the wall.
3. Tip the grille forward, then lift it out.
4. Lift the back of the charcoal filter and slide it toward you.
5. Slide a new charcoal filter into place.
6. Put the grille back on with the mounting screws.



## Work Light Replacement

When either bulb in the work light burns out, you will need to replace it with a 30 watt appliance bulb.

1. Disconnect the power at the circuit breaker or unplug the power cord.
2. Remove the phillips head screw from the work light cover. Right side will drop.
3. Unhook tab at left side.
4. Unscrew the burned out bulb and replace with one of the same size and wattage (30 watts).
5. Replace the work light cover and the screw.
6. Reconnect the power.
7. Set the Time of Day (see Page 8).



# QUESTIONS AND ANSWERS

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## OPERATION

**Q. What is wrong when the oven light will not glow during cooking or when the oven door is open?**

*A. There may be several reasons why the oven light will not glow. Perhaps:*

- The door is not closed & locked. Push the door firmly to be sure that the door is locked properly.
- The light bulb has burned out.

**Q. Why does steam come out of the grill work?**

*A. Steam is normally produced during cooking. The microwave oven has been designed to vent this steam out the left side vent*

**Q. Will the microwave oven be damaged if it operates empty?**

*A. Yes. Never operate the oven empty.*

**Q. Does microwave energy pass through the viewing screen in the door?**

*A. No. The metal screen bounces back the energy to the oven cavity. The holes (or ports) are made to allow light to pass through. They do not let microwave energy pass through.*

**Q. Why does the "beep" tone sound when a "pad" on the control panel is touched?**

*A. The "beep" tone sounds to assure that the setting is being properly entered.*

**Q. Can my microwave oven be damaged if food is cooked for too long a period of time?**

*A. Like any other cooking appliance, it is possible to destroy food by overcooking, which may result in smoke and even possible fire damage to the inside of the oven. It is always best to stay with the oven while it is cooking. See the "Safety Instructions" on pages 2, 3 and 4.*

**Q. Why does the hood fan start when I have not pushed the Fan Control Button?**

*A. The hood fan starts automatically to prevent the oven from overheating.*

**Q. When the oven is plugged into a wall outlet for the first time, it may not work properly. What is wrong?**

*A. Only when the oven is plugged in for the first time or when power starts again after a power outage, the microcomputer in the oven may become scrambled and not work as it was programmed to work. Unplug the oven from the 120V household outlet and then plug it back in. The microcomputer will reset and work properly afterward.*

**Q. Why do I see light reflection around the outer case?**

*A. This light is from the oven light located outside the cavity.*

**Q. How can I be sure the oven is turned off when the hood fan is running?**

*A. The hood fan may be louder than the oven. If you are not sure the oven is off, turn off the hood fan and check to see if the oven is operating. The oven is designed to turn off automatically when you open the door. If, for some reason, you are still not satisfied, have your oven checked.*

## FOODS

**Q. What is wrong when baked foods have a hard, dry, brown spot?**

*A. A hard, dry, brown spot shows overcooking. Shorten the cooking or reheating time.*

**Q. Why do eggs sometimes pop?**

*A. When baking, frying or poaching eggs, the yolk may pop due to steam build-up inside the yolk membrane. To prevent this build-up, simply pierce the yolk with a toothpick before cooking it.*

# QUESTION AND ANSWERS

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## CAUTION

Never microwave eggs in the shell.

**Q. Why are scrambled eggs sometimes a little dry after cooking?**

*A. Eggs dry out if they are overcooked. Though you use the same recipe each time, you may need to vary the cooking time for one of these reasons:*

- Eggs vary in size.
- Eggs are at room temperature one time and at refrigerator temperature another time.
- The shape of utensils vary, making cooking time vary also.
- Eggs continue cooking during standing time.

**Q. Is it possible to pop corn in a microwave oven?**

*A. Yes, if using one of the two methods described below.*

1. Microwave-popping devices designed for microwave cooking
2. Prepackaged commercial microwave popcorn that suggests specific times and power outputs needed for an acceptable final product.

FOLLOW EXACT DIRECTIONS GIVEN BY EACH MANUFACTURER FOR THE POPCORN POPPING PRODUCT AND DO NOT LEAVE THE OVEN UNATTENDED WHILE THE CORN IS BEING POPPED.

IF THE CORN FAILS TO POP AFTER THE SUGGESTED TIMES, DISCONTINUE COOKING. OVERCOOKING COULD RESULT IN AN OVEN FIRE.

## CAUTION

Never use a brown paper bag for popping corn.

**Q. What is wrong when three potatoes bake thoroughly and the fourth one is still not cooked?**

*A. The fourth potato may be slightly heavier than the others, and should be cooked 30 to 60 seconds longer. Remember to allow space around each potato when baking. Also, for more even cooking, put the potatoes in a circle.*

**Q. Why do baked apples sometimes burst during cooking?**

*A. The peeling has not been removed from the top half of each apple to allow for expansion of the interior of the apple during cooking. As in regular cooking the interior of the apple expands during cooking.*

**Q. How do you avoid boilovers?**

*A. When cooking foods that tend to boil over, use a larger utensil than usual for cooking. If you open door or press STOP, the food will stop boiling. (Remember to press START again after closing the door to restart the cooking cycle.)*

**Q. Why is standing time necessary after microwave cooking is over?**

*A. Standing time allows foods to continue cooking evenly throughout for a few moments after the actual microwave oven cooking cycle. The amount of standing time depends on the density of the food.*

**Q. Why is additional time required for cooking food stored in the refrigerator?**

*A. As in conventional cooking, the initial temperature of food affects total cooking time. Refrigerated foods take more time to cook than foods stored at room temperature.*



# BEFORE CALLING FOR SERVICE

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You can often correct operating problems yourself. If your microwave oven fails to work properly, locate the operating problem in the list below and try the solutions listed for each problem.

If the microwave oven still does not work properly, contact the nearest Sears Service Center. Sears Service Centers are fully equipped to handle your service requirements.

## **PROBLEM :**

### **Oven will not start**

- Is the power cord plugged in?
- Is the door closed?
- Is the cooking time set?
- Is the temperature set or probe plugged in?

### **Arcing or Sparking**

- Are you using the approved cookware?
- Is the temperature probe properly positioned?
- Is the oven empty?

### **Incorrect time of day**

- Have you tried to reset?

### **Probe Light Flashes**

- Is the temperature probe properly plugged in?

### **Unevenly Cooked Foods**

- Are you using the approved cookware?
- Were the foods turned or stirred?
- Were the foods completely defrosted?
- Was the time/cooking power level correct?

### **Overcooked Foods**

- Is the temperature probe properly positioned?
- Was the time/cooking power level correct?
- Was the temperature setting correct?

### **Undercooked Foods**

- Are you using the approved cookware?
- Is the temperature probe properly positioned?
- Were the foods completely defrosted?
- Was the time/cooking power level correct?
- Was the temperature control setting correct?
- Are the ventilation ports clear?

### **Improper Defrosting**

- Are you using the approved cookware?
- Were the foods turned or stirred?
- Was the time/cooking power level correct?
- Did you use the metal rack?

# SEARS SERVICE

## "WE SERVICE WHAT WE SELL"

"We Service What We Sell" is our assurance to you that you can depend on Sears for service because Sears Service is nationwide.

Your Sears Kenmore Microwave Oven has added value when you consider that Sears has a service unit near you, staffed by Sears Trained Technicians - professional technicians specifically trained on Sears Kenmore Microwave Ovens, having the parts, tools and equipment to insure that we meet our pledge to you - "We Service What We Sell!"

## TO FURTHER ADD TO THE VALUE OF YOUR MICROWAVE OVEN, BUY A SEARS MAINTENANCE AGREEMENT

Sears Kenmore Microwave Ovens are designed, manufactured, and tested for years of dependable operation. Yet, any modern appliance may require service from time to time. A Sears Maintenance Agreement is more than an extension of the Warranty.

It provides complete protection from unexpected repair bills and undue inconvenience. It assures you of maximum efficiency from your microwave oven.

Here's a comparative Warranty and Maintenance Agreement chart showing you the benefits of a Sears Microwave Oven Maintenance Agreement.

YEARS OF OWNERSHIP COVERAGE	1st Yr.	2nd Yr. thru 5th Yr.
1. Replacement of defective parts other than magnetron.	W	MA
2. Replacement of magnetron.	W	W
3. Annual preventative maintenance check at your request.	MA	MA

W - WARRANTY  
MA - MAINTENANCE AGREEMENT

Contact your Sears salesperson or local Sears Service Center today and purchase a Sears Maintenance Agreement.

### FEDERAL COMMUNICATIONS COMMISSION RADIO FREQUENCY INTERFERENCE STATEMENT ( U.S.A. ONLY)

#### WARNING:

This equipment generates and uses ISM frequency energy and if not installed and used properly, that is in strict accordance with the manufacturer's instructions, may cause interference to radio and television reception. It has been type tested and found to comply with limits for ISM Equipment pursuant to part 18 of FCC Rules, which are designed to provide reasonable protection against such interference in a residential installation. However, there is no guarantee that interference will not occur in a particular installation.

If this equipment does cause interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following:

- Reorient the receiving antenna of the radio or television.
- Relocate the Microwave Oven with respect to the receiver.
- Move the microwave oven away from the receiver.
- Plug the microwave oven into a different outlet so that the microwave oven and the receiver are on different branch circuits.

THE MANUFACTURER is not responsible for any radio or TV interference caused by UNAUTHORIZED MODIFICATION to this microwave oven. It is the responsibility of the user to correct such interference.

**SEARS**

**USE & CARE  
MANUAL**

**STOCK NO.  
89940  
89941  
89942**

**Kenmore**

**MICROWAVE OVEN**

**WARRANTY**

**FULL ONE YEAR WARRANTY ON MICROWAVE OVEN**

FOR ONE YEAR FROM THE DATE OF PURCHASE, IF THIS KENMORE MICROWAVE OVEN FAILS DUE TO A DEFECT IN MATERIAL OR WORKMANSHIP, SEARS WILL REPAIR IT FREE OF CHARGE.

**FULL FIVE YEAR WARRANTY ON THE MAGNETRON**

FOR FIVE YEARS FROM THE DATE OF PURCHASE, IF THE MAGNETRON IN THIS KENMORE MICROWAVE OVEN FAILS DUE TO A DEFECT IN MATERIAL OR WORKMANSHIP, SEARS WILL REPAIR IT FREE OF CHARGE.

THE ABOVE WARRANTY COVERAGE APPLIES ONLY TO MICROWAVE OVENS WHICH ARE USED FOR PRIVATE HOUSEHOLD PURPOSES.

**WARRANTY SERVICE IS AVAILABLE BY SIMPLY CONTACTING THE NEAREST SEARS STORE OR SERVICE CENTER IN THE UNITED STATES.**

THIS WARRANTY APPLIES ONLY WHILE THIS PRODUCT IS IN USE IN THE UNITED STATES.

THIS WARRANTY GIVES YOU SPECIFIC LEGAL RIGHTS, AND YOU MAY ALSO HAVE OTHER RIGHTS WHICH VARY FROM STATE TO STATE.

**Sears, Roebuck and Co., Dept. 817WA,  
Hoffman Estates, IL 60179**