

Montgomery Ward®

Montgomery Ward®

*Sleek and
stylish to fit
any décor*

1.6 Cu. Ft. Microwave Oven



MODEL: EM145A5L-MW

Montgomery Ward Customer Service
1112 7th Avenue, Monroe, WI 53566
8:00 a.m. to Midnight, Monday through Friday

Wards.com 1-888-557-3848

Instruction Manual

Item No.: 745770
120V~, 60Hz, 1550/1100W

Wards.com 1-888-557-3848



Thank you for purchasing your Microwave Oven by Montgomery Ward®. It will perform to the highest standard, time after time, with all the convenience and durability you rely on from Wards. We guarantee it!

Your new 1.6 Cu. Ft. Microwave Oven is big on features! With the defrost feature, you can go from freezer to table. Sensor reheating eliminates the guesswork by using humidity sensors to reheat food for just the right amount of time. It doesn't get any easier than that!

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3102543
Conforms to UL Std. 471
Certified to CSA Std. C22.2 No. 120-13

PLEASE SAVE THESE INSTRUCTIONS

THIS APPLIANCE IS FOR INDOOR USE ONLY

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Important Safeguards

PLEASE READ THESE INSTRUCTIONS BEFORE USE

To reduce the risk of burns, electric shock, fire, injury to persons or exposure to excessive microwave energy, basic safety precautions should be followed, including the following:

WARNING: TO AVOID THE RISK OF ELECTRICAL SHOCK, ALWAYS MAKE SURE THE PRODUCT IS UNPLUGGED FROM THE ELECTRICAL OUTLET BEFORE ASSEMBLING, DISASSEMBLING, RELOCATING, SERVICING OR CLEANING. DO NOT TRY TO SERVICE THIS PRODUCT YOURSELF.

1. Read and follow the "Precautions to Avoid Possible Exposure to Excessive Microwave Energy" on page 4.
2. Close supervision is necessary when using this appliance near children. This appliance is not suitable for use by children. Do not allow children to climb inside of appliance.
3. NEVER leave appliance unattended while in use.
4. To protect against electrical shock, do NOT place cord, plug or appliance in water or other liquid.
5. NEVER connect or disconnect plug with wet hands.
6. DO NOT let the cord hang over the edge of a table or countertop or touch any hot surface.
7. Do NOT allow appliance to rest on cord.
8. Do NOT operate any appliance with a damaged cord or plug, or after the appliance malfunctions or has been damaged in any manner. Call our toll-free customer service number for information regarding returning or replacing the product.
9. Never install the unit where it could be subjected to:
 - Other products that produce heat (furnace, stove, dishwasher, etc.).
 - Exposure to water (kitchen sink, swimming pool, wet basement or similar location).
 - Flammable materials, including liquids.
10. Install microwave only in accordance with the instructions in this guide.
11. Do NOT store this microwave outdoors.
12. Do NOT cover or block any openings on the microwave.
13. The glass tray and roller MUST be in place when the unit is in use.
14. Use this appliance only for its intended use as described in this manual. Do NOT use corrosive chemicals or vapors in this appliance. This type of oven is specifically designed to heat, cook or dry food. It is NOT designed for commercial, industrial or laboratory use.
15. To reduce the risk of fire in the oven cavity:
 - Do NOT overcook food. Carefully attend to the microwave when paper, plastic or other combustible materials are placed inside the microwave to facilitate cooking.
 - Remove wire twist ties from paper or plastic bags before placing in microwave.
 - Do NOT use the microwave cavity for storage purposes.
 - Do NOT operate microwave when empty.
 - Do NOT leave paper products, cooking utensils or food in the cavity when not in use.

16. Some items, such as whole eggs and sealed containers or closed jars are able to explode and should not be heated in this microwave.
17. Do NOT heat oil or fat for deep-frying. It is difficult to control the temperature of oil in the microwave and poses a fire hazard.
18. Pierce foods with heavy skins, such as potatoes, whole squash, apples and chestnuts before cooking.
19. Water, coffee or tea may overheat beyond the boiling point without appearing to be boiling due to surface tension of the liquid. Visible bubbling or boiling when the container is removed from the microwave is not always present.

THIS COULD RESULT IN VERY HOT LIQUIDS SUDDENLY BOILING OVER WHEN A SPOON OR OTHER UTENSIL IS INSERTED INTO THE LIQUID.

- a. Do NOT overheat the liquid.
 - b. Stir the liquid both before AND halfway through heating.
 - c. Do NOT use straight-sided containers with narrow necks.
 - d. After heating, allow the container to stand in the microwave a short time before removing.
 - e. Use extreme care when inserting a spoon or other utensil into the container.
20. To avoid burns, the contents of heating containers should be stirred or shaken and the temperature should be checked before serving.
 21. Cooking utensils may become hot from heat transferred from the heated food. Potholders may be needed to handle the utensils.
 22. Do NOT heat narrow-necked containers, such as syrup bottles.
 23. Do NOT heat baby bottles or jars of baby food in microwave. Uneven heating can occur and result in personal injury.
 24. Do NOT cook bacon directly on the glass tray. Excessive heating could cause glass tray to break.
 25. Only use containers, utensils and thermometers designed for microwaves.
 26. If materials inside the microwave should ignite, keep microwave door closed, power off the appliance and disconnect the cord or turn off the power at the circuit breaker panel.

Precautions to Avoid Exposure to Excessive Microwave Energy:

1. Do NOT attempt to operate this microwave with the door open. Open door operation can result in harmful exposure to microwave energy. Do NOT tamper with safety interlocks.
2. Do NOT place any objects between the microwave front face and the door or allow soil or cleaner residue to accumulate on sealing surfaces.
3. Do NOT operate the microwave if damaged. It is particularly important that the microwave door be properly closed and there is no damage to the: (1) door (bent), (2) hinges and latches (broken or loosened), (3) door seals and sealing surfaces.

This appliance has a 3-prong (grounding) plug for use in a 3-prong (grounding) outlet to minimize the possibility of electric shock. This appliance should only be used with a 120V, 60Hz grounded outlet. Failure to follow these instructions could result in fire, electrical shock, serious injury or death.

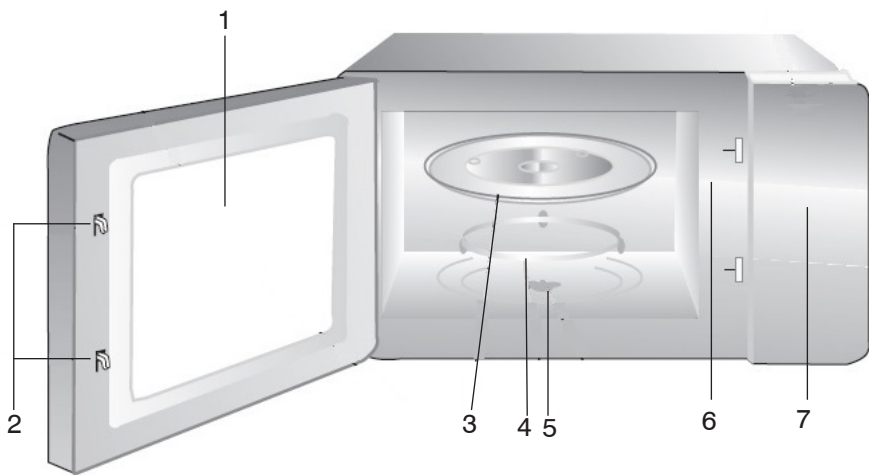
If the plug does not fit fully in the outlet, contact a qualified electrician to install a 3-prong (grounding) outlet. Do NOT attempt to modify the plug in any way. Do NOT use an adapter or an extension cord that is not rated for this product. Failure to follow these instructions could result in fire, electrical shock, serious injury or death.

If it is necessary to use an extension cord:

- The cord must be a 3-wire extension cord with a 3-prong grounded plug.
- The marked rating of the extension cord must be equal to or greater than the rating of the appliance.
- The extension cord should be positioned so that it does not drape over a counter or table or in any way become a tripping hazard.

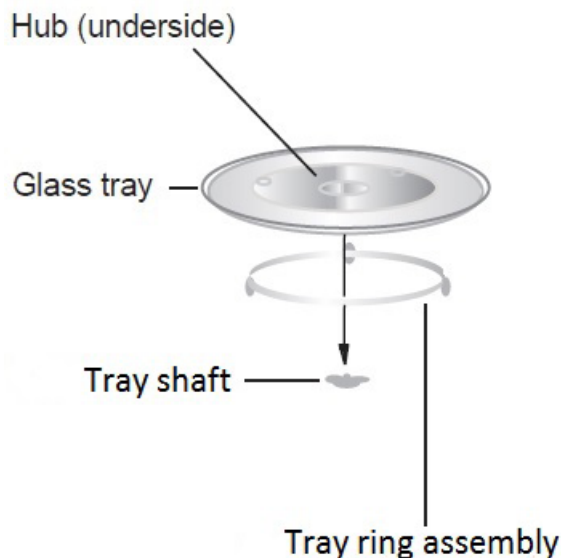
Radio or TV Interference

Should there be any interference caused by the microwave oven to your radio or TV, check that the microwave oven is on a different circuit, relocate the TV or radio as far away from the oven as feasible or check position and signal of receiving antenna.



- 1. Viewing Window
- 2. Safety Interlocks
- 3. Glass Tray
- 4. Tray Ring
- 5. Tray Shaft
- 6. Wave Guide
- 7. Control Panel

IMPORTANT
Do NOT remove the mica plate covering the wave guide opening.



NEVER place the glass tray upside down.

Do NOT use anything that would restrict the movement of the glass tray.

Glass tray and tray ring assembly must always be used during cooking.

Control Panel

Display - Cooking time, power, indicators and clock time are displayed.

Sensor Reheat - Sensors will determine time and power level.

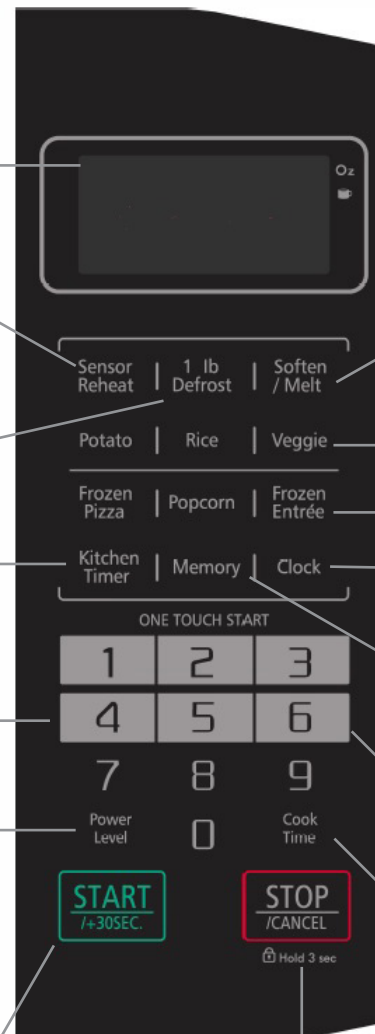
1 lb Defrost - Use to set weight defrost program.

Kitchen Timer - Use to set timer.

Number Pad (0-9) - Use to adjust power level, enter time or food weight.

Power Level - Use to set the power level for cooking.

Start/Enter Add 30 Seconds - Use to start cooking or add 30 seconds cooking time.



Soften/Melt - Use to soften frozen foods or melt other foods.

Auto Cook - Use any of the six menus to set auto cook program.

Clock - Use to set the current time.

Memory - Use to set up to three cooking procedures.

One Touch Start - Use grey buttons for auto time.

Cook Time - Use to set the length of cooking time.

Stop/Cancel - Use to cancel all settings, stop cooking and set the child lock.

1. After unpacking, dispose of all packing materials in accordance with local ordinances.
2. Do NOT remove the cover from the outside of the microwave.
3. Check the microwave for any damage, such as misaligned or bent door, damaged door seals and sealing surface, broken or loose door hinges and latches or dents inside the cavity or on the door. If there is any damage, do not operate the oven and contact customer service at our toll-free number.
4. Place microwave on a flat, stable surface able to hold its weight and the heaviest food likely to be cooked in the oven.
5. Do not place where heat, moisture or high humidity are generated or near combustible materials.
6. For correct operation, the appliance must have sufficient airflow. Allow 12" of space above, 3" at back and on one side. One side of the microwave must be open (not adjacent to wall or other blockage). Do not cover or block any openings on the appliance.
7. Do not remove feet on which microwave stands.
8. Do not operate the microwave without the glass tray and tray ring in place.

How to Use

Setting the Current Time

1. Press the **Clock** button once. The hour will flash and the colon will illuminate.
2. Use the number pad to enter the time.
3. Press the **Clock** button again to set. The colon will flash and the time will illuminate.

To view the clock while cooking, press the **Clock** button once.

Setting the Kitchen Timer

The timer can be set for a maximum of 99 min. 59 sec. To set the timer while the microwave is in standby mode:

1. Press the **Timer** button. The display will show 00:00.
2. Enter desired amount of time using the number pad.
3. Press the **Start/+30SEC** button to begin timing.

When time is up, five beeps will sound.

NOTE: The timer cannot be used in conjunction with any other program.

Engaging the Child Lock

Use to prevent unsupervised operation of the oven by small children. The microwave cannot be operated while the child lock is set, but the timer can still be used.

To set the Child Lock: Press and hold the **Stop/Cancel** button for 3 seconds. A beep will sound and LOCKED will briefly appear on the display to then be replaced by "L" and the current time.

To cancel the Child Lock: Press and hold the **Stop/Cancel** button for 3 seconds. A long beep will sound letting you know that the child lock is turned off.

Microwave Cooking

You can choose the power level and the amount of time for cooking. The longest cooking time is 99 minutes, 59 seconds. There are ten power levels with PL10 being the highest setting. Power level is set by pressing the power level button followed by the number pad (as shown in the chart below).

Power Level

Level	100%	90%	80%	70%	60%	50%	40%	30%	20%	10%
Number Pad	1, 0	9	8	7	6	5	4	3	2	1
Display	PL10	PL9	PL8	PL7	PL6	PL5	PL4	PL3	PL2	PL1

To use this feature:

1. Press **Cook Time** once; the display will show "00:00".
2. Use the number pad to input the cooking time.
3. Press **Power Level** followed by the number of the desired level. The default power setting is 100% (PL10).
4. Press the **Start/+30SEC** button to start cooking.

When cooking is finished, a beep will chime five times and END will be displayed.

Example: to cook for 5 minutes at 60% microwave power:

- a. Press Cook Time once.
- b. Press "5," "0," "0" in order.
- c. Press power once, then press "6" to select 60% power.
- d. Press Start/+30SEC to start cooking.

NOTE: While the microwave is in use, pressing the power button will display the power level being used for cooking. Input a new power level using the number pad, if desired.

Speed Cooking

Rather than selecting a power level and precise time for cooking, you can quickly start cooking at 100% power, using two different methods:

1. Press the **Start/+30SEC** button to set the cooking time in 30 second increments. This button can be pressed multiple times to increase cooking time.
2. Using the number pad, enter the number of minutes for cooking and press the Start/+30SEC button.

When cooking is finished, a beep will chime five times and FINISH will be displayed.

Sensor Reheat

Sensor Reheat uses humidity sensors inside the microwave to determine power level and amount of time for reheating cooked food.

When sensor reheating is being used, the weight of the food being cooked must be 4 oz. or more and the room temperature should not exceed 95° F.

NOTE: Do NOT open the microwave door or press the Stop/Cancel button during the sensor reheat process.

1 lb Defrost

1. Press **1 lb Defrost** once; "WEIGHT" will illuminate on the display.
2. Use the number pad to input weight to be defrosted (weight must be entered in pounds and ounces up to 6.0 lb.).
3. Press **Start/+30SEC** to begin defrosting.

Soften/Melt

Use this function to melt or soften the food items shown in the chart below.

Function/Food	Display	Quantity/Weight
Melt – Butter/Margarine	S1	1–3 sticks
Melt – Chocolate	S2	4 or 8 ounces
Melt – Cheese	S3	8 or 16 ounces
Melt – Marshmallows	S4	5 or 10 ounces
Soften – Butter	S5	1–3 sticks
Soften – Ice Cream or Frozen Juice	S6	6, 12 or 16 ounces
Soften – Cream Cheese	S7	3 or 8 ounces

1. Press the **Soften/Melt button** as many times as needed to correspond to the food being softened or melted; "Auto" and the "S" number will display.
2. Use the number pad to enter the quantity or weight.
3. Press **Start/+30SEC**. "Auto" will flash on the display.

When finished, there will be five beeps.

Example: To soften a 12 oz. can of frozen juice:

- a. Press the Soften/Melt button six times (S6 and Auto will display).
- b. Press the 1 and 2 buttons on the number pad to correspond with 12 ounces.
- c. Press Start/+30SEC button to begin.

Auto Cook

Potato, Rice, Veggie, Frozen Pizza, Frozen Entrée, Popcorn*

1. Press the auto cook button that corresponds to the type of food being cooked.
2. Put the food into the oven.
3. Press the **Start/+30SEC** to begin cooking. Cook time and power level will automatically be set.

When cooking is finished, there will be two beeps and countdown time will be displayed. Allow the food to sit undisturbed in the microwave for an additional 30 seconds.

***Popcorn**

1. Press the Popcorn button up to three times to select the appropriate size bag: 1.75 oz., 3.0 oz. or 3.5 oz.

The selected weight will display.

2. Press **Start/+30SEC** to begin cooking.

One Touch Start

Pressing buttons 1-6 will automatically start the microwave on the highest power level for the number of minutes indicated by the one touch start number pressed. For example, to cook on high for 5 minutes, press the 5 button on the number pad. To add 30 seconds to the cook time, press the **one touch start** button followed by the **Start/+30SEC**.

Multistage Cooking

The microwave oven can be programmed for up to 2 automatic cooking sequences (one defrost with one microwave cooking program or two stages of microwave cooking programs). For example: If you wanted to microwave at one power level followed by a lower power level.

1. Press **Cook Time** and use the number pad to enter the desired cooking time.
2. Press **Power** then use the number pad to set the power level.
3. Press **Cook Time** and enter desired cooking time on the number pad for the 2nd stage cooking.
4. Press **Power Level** then use the number pad to select the 2nd stage power level.
5. Press **Start/+30SEC**.

When cooking is finished, there will be five beeps and END will be displayed.

NOTE: Speed Cooking and Sensor Cook cannot be set in multistage cooking mode.

Memory Function

You can set up to three favorite cooking procedures.

To Set:

1. Press **Memory** up to three times for your first, second and third favorite procedure. The screen will display "1, 2 or 3."
2. Press **Cook Time** and enter desired cooking time using the number pad.
3. Press **Power Level** then use the number pad to set your selection.
4. Press **Memory** to save your selection. There will be two beeps.

To Use:

1. Press **Memory** as many times as needed for the desired cooking procedure.
2. Press **Start/+30SEC** to start cooking.

NOTE: The procedure will remain programmed until the microwave is unplugged or there is a power failure. If either occurs, the procedure will need to be reprogrammed.

This section lists which utensils can be used in this microwave, which have limited use for short periods and which should not be used in this microwave.

Recommended:

Microwave Browning Dish—Use to brown the exterior of small items such as steaks, chops or pancakes. The bottom of browning dish must be at least 3/16 inch (5mm) above the glass tray. Follow the directions provided with your browning dish.

Microwaveable Plastic Wrap—Use to retain steam. Leave a small opening for some steam to escape and avoid placing it directly on the food.

Paper Towels and Napkins—Use for short-term heating and covering; these absorb excess moisture and prevent splattering. Do NOT use recycled paper towel (may contain metal pieces and could ignite).

Glass and Glass-Ceramic Bowls and Dishes—Use for heating and cooking. Use heat-resistant oven glassware only. Make sure there is no metal trim, cracks or chips.

Paper Plates and Cups—Use for short-term heating at low temperatures. Do NOT use recycled paper (may contain metal and could ignite).

Wax Paper—Use as a cover to prevent splattering and retain moisture.

Parchment Paper—Use as a cover to prevent splattering or a wrap for steaming.

Oven Cooking Bags—Follow manufacturer's instructions. Do NOT close with metal twist tie. Cut slits in bag to allow steam to escape.

Thermometers—Use only those labeled "Microwave Safe" and follow all directions. Check the food in several places. Conventional thermometers may be used on microwaved food once the food has been removed from the microwave.

Limited Use:

Ceramic, Porcelain and Stoneware—Only use if labeled "Microwave Safe."

Glass Jars and Bottles—Always remove lid. Use only to heat food until just warm. Overheating can cause the jar/bottle to shatter and result in damage or injury.

Plastic—Only use if labeled "Microwave Safe." Other plastics may melt. Tightly closed plastic bags should be slit, punctured or vented as directed by the manufacturer's instructions.

Aluminum Foil—Use narrow strips of foil to prevent overcooking of exposed areas. Use foil sparingly to avoid damage to microwave. Keep a minimum distance of 1 in. between foil and interior walls.

Not Recommended:

Paper Bags—These are a fire hazard, except for popcorn bags, which are designed for microwave use.

Aluminum Tray or Food Carton with Metal Handle—Can cause arcing and damage the microwave.

Styrofoam plates and cups—These can melt and leave unhealthy residue on food.

Plastic Storage and Food Containers—Containers such as deli containers can melt in the microwave.

Metal or Metal Trimmed Utensils—Can cause arcing and damage the microwave.

Wood—Wood will dry out when used in the microwave oven and may split or crack.

Note: To check if a utensil is safe for microwaving, place utensil in cup of cold water and microwave on full power for 60 seconds. A utensil that becomes very hot should not be used.

Your microwave makes cooking easier than conventional cooking, provided you keep these considerations in mind:

Stirring:

- Stir foods such as casseroles and vegetables while cooking to evenly distribute the heat.
- Food at the outside of the dish absorbs more energy and heats quicker, so stir from the outside to the center.
- The microwave will turn off when you open the door to stir your food.

Arrangement:

- Arrange evenly shaped foods, such as chicken pieces or chops, with the thicker, meatier parts toward the outside of the glass tray where they receive more microwave energy.

Standing:

- Foods cooking in a microwave build up internal heat and continue to cook for a few minutes after heating stops.
- Let foods stand to complete cooking, especially for foods such as cakes and whole vegetables.
- Roasts need this time to complete cooking in the center without overcooking the outer areas.
- All liquids, such as soup or hot chocolate, should be shaken or stirred when cooking is complete.
- When heating baby food, stir well after removing from microwave and test temperature before serving.

Adding Moisture:

- Microwave energy is attracted to water molecules.
- Food that is uneven in moisture content should be covered or allowed to stand so that the heat disperses evenly.
- Add a small amount of water to dry food to help it cook.

1. Turn off the microwave and unplug the power cord from the wall before cleaning.
2. Keep the inside of the microwave clean, especially the wave guide. When food splatters or spilled liquids adhere to the microwave walls, wipe with a damp cloth. Mild detergents may be used if the microwave gets very dirty. Avoid using spray or other harsh cleaners. They may stain, streak or dull the door surface.
3. The outside of the microwave should be cleaned with a damp cloth. To prevent damage to the operating parts inside the microwave, water should not be allowed to seep into the ventilation openings.
4. Wipe the window on both sides, the door seals and adjacent parts with a damp cloth to remove any spills or splatters.
5. Do NOT allow the control panel to become wet. Clean with a soft, damp cloth. When cleaning the panel, leave the microwave door open to prevent it from accidentally turning on.
6. If steam accumulates inside or around the outside of the door, wipe with a soft cloth. This may occur when the microwave is operated under high humidity and is normal.
7. It may be necessary to remove the glass tray for cleaning. Wash the glass tray in warm, soapy water or in a dishwasher. The roller ring and microwave floor should be cleaned regularly to avoid excessive noise. Wipe the bottom surface of the microwave with a mild detergent.
8. The roller ring may be washed in mild, soapy water or in a dishwasher. When removing the roller ring, be sure to replace it in the proper position.
9. Remove odors from your microwave by combining a cup of water with the juice and peel of one lemon in a microwaveable bowl. Microwave for 5 minutes. Wipe thoroughly and dry with a soft cloth.
10. The microwave should be cleaned regularly and any food deposits should be removed, especially from the wave guide. Failure to maintain the microwave in a clean condition could lead to deterioration of surfaces that could adversely affect the life of the unit and could possibly result in a hazardous situation.
11. Please do not dispose of this appliance in a regular garbage receptacle. Please check to see where you can dispose of such appliances.
12. If the light bulb burns out, contact our toll-free customer service number for information.

Check your problem by using the chart below and try the solutions for each problem. If the microwave oven still does not work properly, contact our toll-free customer service number for information.

Problem	Possible Cause	Remedy
Microwave will not start	a. Cord is not plugged in. b. Door is open. c. Wrong operation is set.	a. Plug into the outlet. b. Close the door and try again. c. Check instructions.
Arcing or sparking	a. Materials to be avoided were used. b. The microwave was operated while empty. c. Spilled food remains in the cavity.	a. Use microwave-safe cookware only. b. Do not operate an empty microwave. c. Clean cavity with a damp towel.
Unevenly cooked foods	a. Materials to be avoided were used. b. Food was not defrosted completely. c. Cooking time, power level is not suitable. d. Food was not turned or stirred.	a. Use microwave-safe cookware only. b. Completely defrost food. c. Use correct cooking time, power level. d. Turn or stir food.
Overcooked foods	Cooking time, power level was not suitable.	Use correct cooking time, power level.
Undercooked foods	a. Materials to be avoided were used. b. Food was not defrosted completely. c. Oven ventilation ports are restricted. d. Cooking time, power level is not suitable.	a. Use microwave-safe cookware only. b. Completely defrost food. c. Check to see that oven ventilation ports are not restricted. d. Use correct cooking time, power level.
Improper defrosting	a. Materials to be avoided were used. b. Cooking time, power level was not suitable. c. Food was not turned or stirred.	a. Use microwave-safe cookware only. b. Use correct cooking time, power level. c. Turn or stir food.

If any item, for any reason, does not meet your expectations, just return it to us. We'll gladly either:

- Refund your merchandise amount
- Credit your account
- Send a replacement

You may return any unused item in its original packaging within 60 days of its receipt for a full refund of the purchase price (excluding shipping and processing charges).

Please send returns to:

**Montgomery Ward, Inc.
Attn: Customer Returns
2000 Harrison Suite 100
Clinton, IA 52732-6676**

When returning an item:

- Use the original packaging and pack it securely.
- Please adequately insure your item in case you need to make a claim with the carrier you choose for returning your item.
- Include your order number and reason for return.
- We recommend keeping the receipt for 4 weeks.



1 Year Limited Warranty

Montgomery Ward, Inc. warrants this product to be free from defects in material and workmanship for one year from provable date of purchase.

Within this warranty period, Montgomery Ward will repair or replace, at its option, defective parts of this product at no charge, provided the product is returned, freight prepaid with proof of purchase to Montgomery Ward. Allow 2-4 weeks for return shipping.

This warranty does not cover improper installation, misuse, abuse or neglect on part of the owner. Warranty is also invalid in any case that the product is taken apart or serviced by an unauthorized service station.

This warranty gives you specific legal rights and they may vary from state to state.

THE FOREGOING WARRANTIES ARE IN LIEU OF ALL OTHER WARRANTIES AND CONDITIONS, EXPRESS OR IMPLIED, INCLUDING BUT NOT LIMITED TO THOSE OF MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE.

Montgomery Ward Customer Service
8:00 a.m. to Midnight CST, Monday through Friday

Wards.com 1-888-557-3848