

**IMPORTANT FOR FUTURE REFERENCE**

Please complete this information and retain this manual for the life of this equipment.

Model #: _____

Serial #: _____

Date Purchased: _____

OPERATOR'S MANUAL

Marathoner Gold HALF-SIZE ELECTRIC CONVECTION OVENS

Models

EH-10CCH	EH-20CCH
EH-10PC	EH-20PC
EH-10RT	EH-20RT
EH-10SC	EH-20SC



Model EH-10SC



Model EH-20SC

**WARNING**

Improper installation, adjustment, alteration, service or maintenance can cause property damage, injury or death. Read the installation, operating and maintenance instructions thoroughly before installing or servicing this equipment.

1100 Old Honeycutt Road, Fuquay-Varina, NC 27526
www.southbendinc.com

MANUAL 1164060
\$18.00



HALF-SIZE ELECTRIC CONVECTION OVENS
MANUAL SECTION CO

Southbend Eh 10rt Ovens Owners Manual

Amana Refrigeration, inc



Southbend Eh 10rt Ovens Owners Manual:

WO-18A "Masterpiece" Oven ,1960

Gas Wall Ovens Amana Refrigeration, inc,1994

Recognizing the mannerism ways to get this ebook **Southbend Eh 10rt Ovens Owners Manual** is additionally useful. You have remained in right site to begin getting this info. acquire the Southbend Eh 10rt Ovens Owners Manual associate that we meet the expense of here and check out the link.

You could purchase lead Southbend Eh 10rt Ovens Owners Manual or acquire it as soon as feasible. You could quickly download this Southbend Eh 10rt Ovens Owners Manual after getting deal. So, later than you require the ebook swiftly, you can straight get it. Its fittingly agreed simple and so fats, isnt it? You have to favor to in this express

<http://www.frostbox.com/book/Resources/default.aspx/us%20army%20m4%20manual.pdf>

Table of Contents Southbend Eh 10rt Ovens Owners Manual

1. Understanding the eBook Southbend Eh 10rt Ovens Owners Manual
 - The Rise of Digital Reading Southbend Eh 10rt Ovens Owners Manual
 - Advantages of eBooks Over Traditional Books
2. Identifying Southbend Eh 10rt Ovens Owners Manual
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Southbend Eh 10rt Ovens Owners Manual
 - User-Friendly Interface
4. Exploring eBook Recommendations from Southbend Eh 10rt Ovens Owners Manual
 - Personalized Recommendations
 - Southbend Eh 10rt Ovens Owners Manual User Reviews and Ratings
 - Southbend Eh 10rt Ovens Owners Manual and Bestseller Lists
5. Accessing Southbend Eh 10rt Ovens Owners Manual Free and Paid eBooks

- Southbend Eh 10rt Ovens Owners Manual Public Domain eBooks
 - Southbend Eh 10rt Ovens Owners Manual eBook Subscription Services
 - Southbend Eh 10rt Ovens Owners Manual Budget-Friendly Options
6. Navigating Southbend Eh 10rt Ovens Owners Manual eBook Formats
- ePub, PDF, MOBI, and More
 - Southbend Eh 10rt Ovens Owners Manual Compatibility with Devices
 - Southbend Eh 10rt Ovens Owners Manual Enhanced eBook Features
7. Enhancing Your Reading Experience
- Adjustable Fonts and Text Sizes of Southbend Eh 10rt Ovens Owners Manual
 - Highlighting and Note-Taking Southbend Eh 10rt Ovens Owners Manual
 - Interactive Elements Southbend Eh 10rt Ovens Owners Manual
8. Staying Engaged with Southbend Eh 10rt Ovens Owners Manual
- Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Southbend Eh 10rt Ovens Owners Manual
9. Balancing eBooks and Physical Books Southbend Eh 10rt Ovens Owners Manual
- Benefits of a Digital Library
 - Creating a Diverse Reading Collection Southbend Eh 10rt Ovens Owners Manual
10. Overcoming Reading Challenges
- Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Southbend Eh 10rt Ovens Owners Manual
- Setting Reading Goals Southbend Eh 10rt Ovens Owners Manual
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Southbend Eh 10rt Ovens Owners Manual
- Fact-Checking eBook Content of Southbend Eh 10rt Ovens Owners Manual
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning
- Utilizing eBooks for Skill Development

- Exploring Educational eBooks

14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

Southbend Eh 10rt Ovens Owners Manual Introduction

Southbend Eh 10rt Ovens Owners Manual Offers over 60,000 free eBooks, including many classics that are in the public domain. Open Library: Provides access to over 1 million free eBooks, including classic literature and contemporary works. Southbend Eh 10rt Ovens Owners Manual Offers a vast collection of books, some of which are available for free as PDF downloads, particularly older books in the public domain. Southbend Eh 10rt Ovens Owners Manual : This website hosts a vast collection of scientific articles, books, and textbooks. While it operates in a legal gray area due to copyright issues, its a popular resource for finding various publications. Internet Archive for Southbend Eh 10rt Ovens Owners Manual : Has an extensive collection of digital content, including books, articles, videos, and more. It has a massive library of free downloadable books. Free-eBooks Southbend Eh 10rt Ovens Owners Manual Offers a diverse range of free eBooks across various genres. Southbend Eh 10rt Ovens Owners Manual Focuses mainly on educational books, textbooks, and business books. It offers free PDF downloads for educational purposes. Southbend Eh 10rt Ovens Owners Manual Provides a large selection of free eBooks in different genres, which are available for download in various formats, including PDF. Finding specific Southbend Eh 10rt Ovens Owners Manual, especially related to Southbend Eh 10rt Ovens Owners Manual, might be challenging as theyre often artistic creations rather than practical blueprints. However, you can explore the following steps to search for or create your own Online Searches: Look for websites, forums, or blogs dedicated to Southbend Eh 10rt Ovens Owners Manual, Sometimes enthusiasts share their designs or concepts in PDF format. Books and Magazines Some Southbend Eh 10rt Ovens Owners Manual books or magazines might include. Look for these in online stores or libraries. Remember that while Southbend Eh 10rt Ovens Owners Manual, sharing copyrighted material without permission is not legal. Always ensure youre either creating your own or obtaining them from legitimate sources that allow sharing and downloading. Library Check if your local library offers eBook lending services. Many libraries have digital catalogs where you can borrow Southbend Eh 10rt Ovens Owners Manual eBooks for free, including popular titles. Online Retailers: Websites like Amazon, Google Books, or Apple Books often sell eBooks. Sometimes, authors or publishers offer promotions or free periods for certain books. Authors Website Occasionally, authors provide excerpts or short stories for free on their websites. While this might not be the Southbend Eh 10rt Ovens Owners Manual full book , it can give you a taste of the authors writing style. Subscription Services Platforms like Kindle Unlimited or Scribd offer subscription-based access to a wide range of

Southbend Eh 10rt Ovens Owners Manual eBooks, including some popular titles.

FAQs About Southbend Eh 10rt Ovens Owners Manual Books

How do I know which eBook platform is the best for me? Finding the best eBook platform depends on your reading preferences and device compatibility. Research different platforms, read user reviews, and explore their features before making a choice. Are free eBooks of good quality? Yes, many reputable platforms offer high-quality free eBooks, including classics and public domain works. However, make sure to verify the source to ensure the eBook credibility. Can I read eBooks without an eReader? Absolutely! Most eBook platforms offer webbased readers or mobile apps that allow you to read eBooks on your computer, tablet, or smartphone. How do I avoid digital eye strain while reading eBooks? To prevent digital eye strain, take regular breaks, adjust the font size and background color, and ensure proper lighting while reading eBooks. What the advantage of interactive eBooks? Interactive eBooks incorporate multimedia elements, quizzes, and activities, enhancing the reader engagement and providing a more immersive learning experience. Southbend Eh 10rt Ovens Owners Manual is one of the best book in our library for free trial. We provide copy of Southbend Eh 10rt Ovens Owners Manual in digital format, so the resources that you find are reliable. There are also many Ebooks of related with Southbend Eh 10rt Ovens Owners Manual. Where to download Southbend Eh 10rt Ovens Owners Manual online for free? Are you looking for Southbend Eh 10rt Ovens Owners Manual PDF? This is definitely going to save you time and cash in something you should think about. If you trying to find then search around for online. Without a doubt there are numerous these available and many of them have the freedom. However without doubt you receive whatever you purchase. An alternate way to get ideas is always to check another Southbend Eh 10rt Ovens Owners Manual. This method for see exactly what may be included and adopt these ideas to your book. This site will almost certainly help you save time and effort, money and stress. If you are looking for free books then you really should consider finding to assist you try this. Several of Southbend Eh 10rt Ovens Owners Manual are for sale to free while some are payable. If you arent sure if the books you would like to download works with for usage along with your computer, it is possible to download free trials. The free guides make it easy for someone to free access online library for download books to your device. You can get free download on free trial for lots of books categories. Our library is the biggest of these that have literally hundreds of thousands of different products categories represented. You will also see that there are specific sites catered to different product types or categories, brands or niches related with Southbend Eh 10rt Ovens Owners Manual. So depending on what exactly you are searching, you will be able to choose e books to suit your own need. Need to access completely for Campbell Biology Seventh Edition book? Access Ebook without any digging. And by having access to our ebook online or by storing it on your computer, you have convenient

answers with Southbend Eh 10rt Ovens Owners Manual To get started finding Southbend Eh 10rt Ovens Owners Manual, you are right to find our website which has a comprehensive collection of books online. Our library is the biggest of these that have literally hundreds of thousands of different products represented. You will also see that there are specific sites catered to different categories or niches related with Southbend Eh 10rt Ovens Owners Manual So depending on what exactly you are searching, you will be able to choose ebook to suit your own need. Thank you for reading Southbend Eh 10rt Ovens Owners Manual. Maybe you have knowledge that, people have search numerous times for their favorite readings like this Southbend Eh 10rt Ovens Owners Manual, but end up in harmful downloads. Rather than reading a good book with a cup of coffee in the afternoon, instead they juggled with some harmful bugs inside their laptop. Southbend Eh 10rt Ovens Owners Manual is available in our book collection an online access to it is set as public so you can download it instantly. Our digital library spans in multiple locations, allowing you to get the most less latency time to download any of our books like this one. Merely said, Southbend Eh 10rt Ovens Owners Manual is universally compatible with any devices to read.

Find Southbend Eh 10rt Ovens Owners Manual :

[us army m4 manual](#)

[used commercial coffee machines](#)

us history exam 2013 multiple choice answers

urdu high school madarsa board lucknow

us government unit 1 study guide answers

[used motorcycle prices harley davidson](#)

[us narrative history volume since](#)

~~urinary system match answers~~

used outboard marine motors

[ups powerman back pro 6service manual](#)

usb complete the developers guide

urine formation with diagram

[usa studies weekly 4th grade social studies](#)

upstate a novel

[usa testprep probability and statistics vocabulary crossword puzzle](#)

Southbend Eh 10rt Ovens Owners Manual :

malnutrition in afghanistan scale scope causes and potential response - Feb 10 2023

web this assessment of malnutrition in afghanistan lays out the scale scope and causes of the problem the assessment also indicates key elements of a potential response this book has the potential to contribute to a reversing of this trend whereby activities in not only the health sector but also in other sectors relevant to nutrition will

malnutrition in afghanistan scale scope causes and potential reponse - Feb 27 2022

web malnutrition in afghanistan scale scope causes and potential reponse directions in development pdf right here we have countless books malnutrition in afghanistan scale scope causes and potential reponse directions in development pdf and collections to check out we additionally have the funds for variant types and then type of the books to

malnutrition in afghanistan world bank - Jan 09 2023

web other development partners to scale up an evidence based response against malnutrition to succeed we will need to address the problem comprehensively which will require engaging several sectors this assessment of malnutrition in afghanistan lays out the scale scope and causes of the problem the scope is large for example 60

malnutrition in afghanistan scale scope causes and potential response - Aug 16 2023

web this assessment of malnutrition in afghanistan lays out the scale scope and causes of the problem the assessment also indicates key elements of a potential response link to data set citation levitt emily kostermans kees laviolette luc

malnutrition in afghanistan scale scope causes and potential reponse - Nov 07 2022

web nov 10 2010 malnutrition in afghanistan scale scope causes and potential reponse emily j levitt kees kostermans 1 author n mbuya published 10 november 2010 economics this book has the potential to contribute to a reversing of this trend whereby activities in not only the health sector but also in other sectors relevant to

malnutrition in afghanistan scale scope causes and potential response - Jan 29 2022

web nov 10 2022 malnutrition in afghanistan scale scope causes and potential reponse directions in development 2 16 downloaded from staging friends library org on november 10 2022 by guest vulnerable population groups is likely to deteriorate further due to the health and socio economic impacts of the covid 19 pandemic

malnutrition in afghanistan scale scope causes and potential reponse - Dec 28 2021

web malnutrition in afghanistan scale scope causes and potential reponse directions in development eventually you will extremely discover a other experience and deed by spending more cash yet when attain you assume that you require to get those every needs considering having significantly cash

malnutrition in afghanistan directions in development general - Jun 14 2023

web feb 1 2013 malnutrition in afghanistan south asia has the highest rates of malnutrition and the largest number of

malnourished women and children in the world childhood malnutrition is the main cause of child mortality one third of all child deaths are due to the underlying cause of malnutrition

malnutrition in afghanistan scale scope causes and potential response - Aug 04 2022

web malnutrition in afghanistan scale scope causes and potential response emily levitt et al directions in development human development world bank c2011

malnutrition in afghanistan scale scope causes and potential reponse - Jul 03 2022

web sep 8 2022 all we have the funds for malnutrition in afghanistan scale scope causes and potential reponse directions in development and numerous ebook collections from fictions to scientific research in any way in the middle of them is this malnutrition in afghanistan scale scope causes and potential reponse directions in development

malnutrition in afghanistan scale scope causes and potential reponse - Jun 02 2022

web malnutrition in afghanistan scale scope causes and potential reponse directions in development getting the books malnutrition in afghanistan scale scope causes and potential reponse directions in development now is not type of challenging means you could not on your own going behind book amassing or library or borrowing from your

malnutrition in afghanistan scale scope causes and potential response - Jul 15 2023

web to succeed we will need to address the problem comprehensively which will require engaging several sectors this assessment of malnutrition in afghanistan lays out the scale scope and causes of the problem the assessment also indicates key elements of a potential response

malnutrition in afghanistan scale scope causes and potential response - May 13 2023

web this book has the potential to contribute to a reversing of this trend whereby activities in not only the health sector but also in other sectors relevant to nutrition malnutrition in afghanistan scale scope causes and potential response

malnutrition in afghanistan scale scope causes and potential reponse - May 01 2022

web jul 3 2023 children all these forms of malnutrition threaten childrens development while obesity is creating a lifelong legacy of disease at the heart of this evolving challenge is a global shift towards modern diets that do not meet childrens nutritional requirements the report provides unique data and analysis of malnutrition in the 21st century and

malnutrition in afghanistan scale scope causes and potential reponse - Mar 31 2022

web jun 8 2023 merely said the malnutrition in afghanistan scale scope causes and potential reponse directions in development pdf is universally compatible with any devices to read the state of economic inclusion report 2021 colin andrews

malnutrition in afghanistan scale scope causes and potential - Mar 11 2023

web childhood malnutrition is the main cause of child mortality one third of all child deaths are due to the underlying cause of malnutrition for the children who survive malnutrition results in lifelong problems by severely reducing a child s ability to

learn and to grow to his or her full potential

malnutrition in afghanistan scale scope causes and potential response - Apr 12 2023

web malnutrition in afghanistan scale scope causes and potential response world bank publications 2011 medical 210 pages
0 reviews reviews aren t verified but google checks for

understanding malnutrition in afghanistan reliefweb - Oct 06 2022

web oct 3 2005 afghanistan humanitarian response plan 2023 response overview 1 january 30 june 2023 format
infographic source ocha posted 27 aug 2023 originally published 27 aug 2023 afghanistan

malnutrition in afghanistan scale scope causes and potential - Sep 05 2022

web nov 10 2010 malnutrition in afghanistan scale scope causes and potential reponse directions in development levitt
emily kostermans kees laviolette luc mbuya nkosinathi on amazon com free shipping on qualifying offers

malnutrition in afghanistan scale scope causes and potential reponse - Dec 08 2022

web half title page title page copyright contents foreword preface acknowledgments abbreviations overview nutrition
situation in afghanistan

download free weathercyclor study activity answers pdf free - Jul 18 2022

title weathercyclor study activity answers pdf cpanel urbnleaf com subject weathercyclor study activity answers pdf created
date 10 5 2023 6 09 33 pm

weathercyclor answer sheet15 doc google sheets - May 28 2023

the weathercyclor study activities 12 page set 3 00 package of 10 sets 8 95 the weathercyclor instructor s manual 4 00 el
niño la niña slide chart an innovative slide

extratropical cyclone track weather state - Jul 30 2023

weathercyclor answer sheet15 doc google sheets loading

weathercyclor study activity answers - Feb 10 2022

education materials american meteorological society - Mar 26 2023

weather cyclor study activity answer key 1 weather cyclor study activity answer key quiz worksheet stages of the water cycle
study com weathercyclor study activity

weather cyclor study activity answer key pdf helpdesk bricksave - Nov 21 2022

sep 12 2023 download free weathercyclor study activity answers pdf free copy summer bridge activities conquering third
grade conquering second grade a biblical overview of

the weathercyclor analog weather - Dec 23 2022

weathercyclers study activity answers weathercyclers study activity answers water cycle crossword puzzle activity by jersey girl gone weather cyclers activity earth science

weathercyclers study activity answers weftamu.edu - Sep 19 2022

weathercyclers study activity answers omb no edited by jack dudley waukesha vhp operation and maintenance manual bing weathercyclers study activity

weathercyclers lab activity complete class pack - Jan 24 2023

2 weathercyclers study activity answers 2022 03 01 answersanswers weathercyclers study activity answers this is likewise one of the factors by obtaining the soft documents of this

weathercyclers study activity answers railstest eventpower - Nov 09 2021

weather cyclers activity earth science google sites - Oct 01 2023

studies investigations manual after completing the introductory portion of investigation 10b in the investigations manual use the weathercyclers provided in the study guide to answer the

surface weather maps state college area school district - Apr 26 2023

weathercyclers lab activity complete class pack supplier ams project atmosphere a helpful addition to meteorology lessons materials for 10 lab groups 30 activity sheets

weathercyclers study activity answers railstest eventpower - May 16 2022

enter the realm of weathercyclers study activity answers to the impossible quiz pdf pdf a mesmerizing literary masterpiece penned by way of a distinguished author guiding readers on

weathercyclers lab activity complete class pack vwr - Feb 22 2023

weathercyclers study activity answers getting the books weathercyclers study activity answers now is not type of inspiring means you could not and no one else going taking into

weathercyclers study activity answers darellova - Apr 14 2022

fahrenheit answer why is the sky blue the sky appears blue because light from the sun is scattered by the molecules of the gases that make up the air and by tiny particles in the

get the free the weather cyclers answer key form - Aug 31 2023

use the weathercyclers provided in the study guide to answer the following questions 1 go to the weathercyclers and pull out its slide until the green point b is aiming at the first station

temperature and air mass advection scasd.org - Jun 28 2023

use the weathercyclers provided in the study guide to answer the following questions 1 some weather maps display weather

conditions at individual weather stations by the use of a station
tracy butler s weather activities go com - Dec 11 2021

weather cyler study activity answer key copy cdn writermag - Aug 19 2022

weathercyclers study activity answers to the impossible quiz weathercyclers study activity answers to the impossible quiz title
weathercyclers study activity read and download

weathercyclers study activity answers - Oct 21 2022

use the weathercyclers provided in the study guide to answer the following questions 1 examine the weathercyclers slide chart
it will be used in this and subsequent investigations

weathercyclers study activity answers to the impossible quiz - Jan 12 2022

weathercyclers study activity answers pdf cpanel urbnleaf - Mar 14 2022

2 weathercyclers study activity answers 2022 07 29 astonishing narrative of his life before during and immediately after the
years he spent in the maximum security prison garnered

air pressure and wind state college area school district - Jun 16 2022

weathercyclers study activity answers 3 3 watchers and other weather professionals who outline their most memorable
experiences a historical and economic geography of ottoman

microwave engineering tutorial online tutorials library - Jun 15 2023

web microwave engineering tutorial pdf version quick guide of all the waves found in the electromagnetic spectrum
microwaves are a special type of electromagnetic radiation

microwave engineering techmax domainlookup - Aug 05 2022

web microwave engineering techmax 3 3 programming basic discrete mathematics and algorithms and signals and systems
wireless sensor networks springer science

techmax electromagnetic engineering amazon in - Jan 30 2022

web of 149 roever engineering college department of ece ec1402 microwave engineering prepared by k balaji ap ece unit i
microwave

tech neo publications home - Apr 01 2022

web technomax engineering is an epc type electro mechanical engineering solution company technomax engineering
provides products like ventilation fan filter diesel

microwave engineering techmax secure4 khronos - May 02 2022

web engineering graphics 215 fundamental of ict 195 selection of books more than 700 titles purchasing power see how we find rare titles

advanced microwave engineering techmax publication - Jan 10 2023

web techmax hakkında sanayi ve teknoloji bakanlığı onaylı bir ar ge merkezi olan techmax technology yazılım san ve tic a Ş deneyimli mühendisleri ve 10 yıllık tecrübesiyle

microwave engineering techmax secure4 khronos - Sep 06 2022

web mar 26 2023 microwave engineering techmax as well as evaluation them wherever you are now fundamentals of electrical engineering rajendra prasad

microwave engineering techmax skillience com - Mar 12 2023

web read reviews or buy microwave and radar engineering by tech max publication online it is suggested as textbook for studying the subject microwave radar engineering in

microwave and radar engineering tech max amazon in - Jul 16 2023

web sep 22 2017 amazon in buy microwave and radar engineering tech max book online at best prices in india on amazon in read microwave and radar engineering

microwave engineering techmax - Nov 27 2021

web mar 9 2023 we present you this proper as competently as easy pretension to get those all we provide microwave engineering techmax and numerous books collections from

microwave and radar engineering stupidsid - Feb 11 2023

web advanced microwave engineering techmax publication is available in our book collection an online access to it is set as public so you can download it instantly our digital library

microwave engineering techmax uniport edu ng - Oct 27 2021

web microwave engineering techmax if you ally obsession such a referred microwave engineering techmax book that will meet the expense of you worth get the utterly best

microwave engineering techmax help environment harvard edu - Sep 25 2021

microwave engineering techmax ftp popcake com - Jul 04 2022

web this microwave engineering techmax as one of the most operational sellers here will entirely be joined by the best choices to review it wont accept many times as we inform

techmax technology digital signage profesyonel ekranlar - Dec 09 2022

web we present advanced microwave engineering techmax publication and numerous ebook collections from fictions to

scientific research in any way in the course of them is this

microwave engineering pdf pdf scribd - Dec 29 2021

web microwave engineering techmax author whichissed visionaustralia org 2023 08 19 13 58 22 subject microwave engineering techmax keywords

advanced microwave engineering techmax publication - Nov 08 2022

web download microwave books we have learnengineering in compiled a list of best standard text and reference books on microwave subject the listed books are used

microwaves101 books on microwave engineering - May 14 2023

web merely said the microwave engineering techmax is universally compatible in the manner of any devices to read mihir s handbook of chemical process engineering excerpts

microwave engineering techmax - Apr 13 2023

web microwave engineering techmax recognizing the exaggeration ways to get this books microwave engineering techmax is additionally useful you have remained in right site

microwave engineering techmaxocr sj pdf scribd - Aug 17 2023

web microwave engineering techmaxocr sj free ebook download as pdf file pdf text file txt or read book online for free

pdf microwave books collection free download - Oct 07 2022

web microwave engineering techmax this microwave engineering techmax as one of the most functioning sellers here will thoroughly be joined by the best options to review it will

technomax engineering environmental friendly engineering - Feb 28 2022

web techmax electromagnetic engineering returns policy return policy tap on the category links below for the associated return window and exceptions if any for returns

microwave engineering techmax lia erc gov - Jun 03 2022

web jun 10 2023 microwave engineering techmax and various books assortments from fictions to scientific researchhh in any way you could buy handbook microwave