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Try To Imagine Life Without Electric Power, Light Or Gas



Of course you really could cook and do other household tasks without gas or electricity. You could get along with old-fashioned methods as did your ancestors and likewise you could use a candle or oil-lamp for lighting. The amazing thing is not that these modern aids to better living do so much for us but that they cost so little. Nothing you buy gives you so much comfort and convenience for so little money as gas and electric service.

A SPRING TONIC FOR SPRING MENUS

April is the month when we need spring tonics, particularly in the line of our daily meals. The R.G.&E. Home Service Department has prepared two special menus that will "wake up" any appetite with the zestful appeal of such dishes as Lamb Paprika topped off with Rhubarb Meringue Pie, or Strawberry Whip Cake.

Here are two menus and three recipes that will tickle the palates of Father and all the youngsters:

MENU I

Pineapple Juice
Lamb Paprika
Buttered Noodles
Spring Salad
Rhubarb Pie

MENU II

Baked Slice of Ham
New Potatoes in Cream
Green Peas
Cucumber Relish Salad
Strawberry Whip Cake

LAMB PAPIRIKA

2 lbs lean lamb
shoulder
2 T flour
 $\frac{1}{2}$ t salt
1 T drippings

1 c hot water
 $\frac{1}{2}$ t paprika
 $\frac{3}{4}$ c thick cream
(sweet or sour)

Cut lamb in one inch cubes, roll in flour and salt and brown in drippings. Add hot water and paprika, cover closely and let simmer 1 hour. Add paprika and cream, mix well with meat and let simmer 5 minutes. Serve on a platter with a border of buttered noodles.

RHUBARB MERINGUE PIE

Temp.: 325°F. Time: 15-20 minutes

2 c stewed rhubarb
 $\frac{1}{4}$ c sugar
3 T cornstarch
2 eggs
Baked pie shell
4 T sugar

Bring rhubarb to boiling point, mix sugar and cornstarch, add to rhubarb and cook over hot water 15 minutes. Add egg yolks and cook 2 minutes. Cool and pour into a baked pie shell. Beat egg whites until stiff and add sugar gradually and beat well. Pile on the rhubarb mixture. Bake in a preheated oven, then chill before serving.

STRAWBERRY WHIP CAKE

Temp. 375°F. Time: 20-25 minutes

2 eggs
 $\frac{2}{3}$ c sugar
5 T boiling water
1 c cake flour
2 t baking powder
 $\frac{1}{4}$ t salt
1 t vanilla or grated
lemon rind

Beat eggs until light, add sugar and beat well. Then add water and beat again. Mix and sift the flour, baking powder and salt, fold into the first mixture and add the flavoring. Pour into two 7-inch layer tins and bake in a preheated oven. When cool, spread Strawberry Whip between layers and on top of cake. Garnish with whole strawberries.

Free Cooking Demonstrations

OPEN TO PUBLIC

Basement R. G. & E. Building
89 East Avenue Rochester, N. Y.

Monday Evenings—7:30 o'clock

Wednesday Afternoons—2:00 o'clock

Wed. Apr. 12	{	"Five Good Ways to
Mon. Apr. 17		Serve Chicken"
Wed. Apr. 19	{	"Refrigerator Recipes
Mon. Apr. 24		for Good Results"
Wed. Apr. 26	{	"Spring Fruits Make
Mon. May 1		Delicious Desserts"
Wed. May 8	{	"Hot Breads (Popovers,
Mon. May 8		Corncake, Muffins) Make News"

STRAWBERRY WHIP

$\frac{1}{4}$ c crushed strawberries
1 c sugar
1 egg white

Place all of the ingredients in a bowl and beat until stiff enough to hold its shape (about 15 minutes). Serve on cake. Or this may be piled in sherbet glasses and topped with sweetened whipped cream.



Housewife: "Isn't it just too thrilling? They're fighting for my business!"

(From Electrical Merchandising)

"I Never Knew Left-Overs Could Taste So Good!"--John
"It Must Be Our New Automatic Refrigerator!"--Mary



Food tastes better when it is properly refrigerated. Modern automatic refrigerators protect the family food supply. Butter and milk keep sweet and tasty. Fruits and vegetables remain crisp and fresh. Appetizing left-overs may be enjoyed for days.

Warm months when food spoils easily are just ahead, so guard the health and the pocketbook of your family with scientific, modern automatic refrigeration that gives you proper refrigeration constantly and at amazingly low cost. A small down payment will install one of these beautiful and efficient new refrigerators in your home and provide comfort, convenience and economy beyond anything you have known. Ask to see the leading makes at any R. G. & E. salesroom.

Gas and Electric Industries To Have Fine Exhibits at N. Y. Fair

More than 100 practical applications of electricity on the farm, including some new equipment not yet on the market, will be shown on the Electrified Farm, which will be part of the gigantic exhibit sponsored by the electric utility industry at the New York World's Fair.

Another exhibit will contrast life with and without electric service. The scene will show a city street in 1892 and a living cast will portray the life of that day. The action then jumps ahead to the present, showing how much electricity contributes to the health, comfort and convenience of modern living and how little it costs in comparison with other items in the daily budget.

The exhibit of the Gas Industry will be featured by one of the most spectacular displays at the Fair—the Court of Flame. Two pillars of gas flame, more than fifty feet in height, will be visible for miles around.

Recipe For a Good Husband

The job of handling a husband is like a cooking job. Some women keep their husbands too much in hot water, or in a stew. Some add too much vinegar. A little sugar often softens a tough specimen and a bit of spice improves him. Don't try your husband with something sharp to see if he is tender but stir him gently so that he won't become too flat and tasteless. Follow these directions and you'll find him very digestible, agreeing nicely with you and he'll keep as long as you want to have him.

Price Smashing Breakfast Special!!

(Good Until May 6th)

Toaster and Coffee Maker

BOTH FOR ONLY \$14.00

(With your old Toaster)

Regular Retail Price - \$18.90

**SAVE \$4.90 ON THESE FAMOUS
QUALITY APPLIANCES**

Regular Price

Sunbeam Silent Automatic Toaster... \$12.95

Sunbeam Electric Glass Coffee Maker 5.95

\$18.90

**You Get Both for \$15.00, less \$1.00
for your old Toaster at Any R.G.&E.
Office or from Your Dealer.**

Small Carrying Charge for Easy Terms



You Get a Lot For Your Money In Electric Service

In the beginning electricity in the home was used only for lighting purposes and as the result many of us still refer to the monthly bill for electric service as the "light" bill. The use of electricity has been developed so tremendously, however, that it now touches almost every part of our daily lives and the monthly statement is not a bill for lighting service alone but a combination of light, laundry, ice, theatre and servant bill, all in one.

It is impossible from a practical standpoint to itemize each of our 140,000 bills so that every customer might know just what each of the varied uses of electric service cost him but it would be an amazing eye-opener if it could be done. People are astonished when their bill is "broken-down" and they see how much they really get in the way of different uses. In order to give you an illustration, we have taken the bill of one of our customers who paid \$3.90 last month for electric service and have itemized it approximately as follows:

Dependable light for a month...	\$1.50
Constant refrigeration for a month	1.20
Radio entertainment for a month46
Washing and Ironing for a month27
Sweeping, Accurate Time and other service for a month.....	.31
Breakfast Toast for a month....	.16
Total	\$3.90

Some families having similar bills may spend more or less for light, or refrigeration or one of the other services, depending on size of refrigerator, number of lamps, family habits, etc., but the table above gives a fair idea of what you get for the money you spend for electric service.

You have no ice bill, your laundry bills are reduced and you enjoy comforts and conveniences that were unknown in the days of your grandmother. All of which emphasizes once more the eternal truth of the statement that nothing you buy gives you so much for so little money as your electric service.