



"It's fun to shave when you have plenty of hot water, isn't it Dad?"
"You're right, Son—and it's easier and pleasanter to do a *lot* of things around a home when you have automatic hot water service."

R. G. & E. *Monthly Messenger*

March, 1941

Simple Dishes Can Have Real Appetite Appeal

The round of mid-winter parties is about over and with the season of Lent at hand housewives are looking for dishes that are easy to prepare, yet have an appetite appeal. Here are three that the R. G. & E. Home Service Department suggests you try:

TUNA FISH CROQUETTES

3 T butter	1 c milk
3 T flour	2 t lemon juice
$\frac{1}{2}$ t salt	Few grains cayenne
$\frac{1}{4}$ t pepper	2 T finely chopped parsley
	2 c flaked fish

Melt the butter, add the flour, salt and pepper. Cook 1 minute, add the milk and bring to the boiling point, stirring constantly. Add the lemon juice, parsley, cayenne and flaked fish. Cool. Shape, roll in fine crumbs, dip in slightly beaten egg and then in crumbs. Fry in deep fat (380° F) 3 to 5 minutes. Drain on unglazed paper. 1 c of boiled dressing may be used in place of the white sauce.

BAKED STUFFED POTATOES

Temperature: 400° F.	Time: 1 to 1 $\frac{1}{4}$ hours
6 baking potatoes	$\frac{1}{2}$ c melted butter
$\frac{1}{3}$ c hot milk	6 eggs
1 t salt	3 T grated cheese
	few grains pepper

Scrub potatoes, rub with a little fat and bake in a preheated oven until done (about 1 hour). Slice off top, remove potato from shell. Mash well, adding milk, salt, pepper and butter. Stuff the shell leaving a space large enough to hold an egg. Break an egg in each space and cover with cheese. Return to oven and bake until eggs are set (about 15 minutes).

CHOCOLATE LOAF CAKE

Temperature: 350° F.	Time: 50 to 60 minutes
$\frac{1}{2}$ T shortening	1 t soda
1 c sugar	$\frac{1}{4}$ t salt
1 egg	1 c sour milk or butter-
2 sqs. chocolate	milk
1 $\frac{1}{2}$ c cake flour	1 t vanilla

Cream the shortening, add sugar gradually and the egg. Beat well. Add melted chocolate and blend. Mix and sift the flour, soda and salt and add alternately with the milk to the first mixture. Add vanilla. Pour into a buttered loaf tin and bake in a preheated oven. Cool and spread with icing.

DEMONSTRATION DATES

Free demonstrations of the preparation of meals and special recipes are given four times each week—on MONDAY AND TUESDAY EVENINGS at 7:30 o'clock and on WEDNESDAY AND THURSDAY AFTERNOONS at 2 o'clock in the basement of the R. G. & E. Building at 89 East Avenue, Rochester. The schedule follows:

Week of Mar.	3—"Deep Fat Frying of Croquettes and Doughnuts"
	10—"Easily Made Cakes and Frostings"
	17—"Broiler Meals"
	24—"Favorite Cheese Dishes"
	31—"Oven Dinners Using Fish"
Week of Apr.	7—"Easter Dinner Suggestions"
	14—"Cookies"
	21—"Golden Angel Food Cake"
	28—"Spring Desserts"

Good News For Brides

Here's good news for Newlyweds or those planning to say "I Do" within the next few months. The R. G. & E. Home Service Department is going to devote its Thursday afternoon cooking demonstrations to special programs for brides and brides-to-be. Instruction will be given on the use and care of the various appliances that are used in the modern home so that young couples may get the utmost in efficient and economical operation of their gas range, refrigerator and other household conveniences. This part of the program will be in addition to the usual demonstrations of cooking, baking, broiling, etc.

In response to many requests the Home Service Department has prepared an information sheet on Wedding Cakes and Frostings and you may have a copy by calling at the department at 89 East Avenue, Rochester or asking your nearest R. G. & E. office to get one for you.

And The Adams Family Lived Happily Ever After

One day the Adams family found a house in the country. It was rather shabby but it already had electric wiring. So they bought it. They shingled the roof. They painted and papered. At first they were very happy. But soon they realized something was wrong. Mama A. said she worked from dawn to dusk. Papa A. said he must be sick—he kept tripping over simple little lamp cords. Jennie A. said she hated homework. At bed time Jackie A. screamed and screamed. They said the house was haunted. Every day they grew unhappier. One day their fairy godfather appeared. He asked them why they were all so unhappy. When they told him their troubles, he laughed and laughed. "Why you poor people, you don't need a fairy godfather. You need an electrical contractor. And I'm going to send you one."

The contractor came. He poked and peered.

Then he said: "You work all day, Mrs. A., because the wire in this house is too small. The electric current must p-u-s-h its way through. So—Your roaster is a slowpoke. Your iron heats slowly. Your lights dip and blink. You need circuits of heavier wire for laundry and kitchen. And naturally Mr. A. trips over things. The living room needs more wall outlets, so lamp cords won't be strung all over. The lighting is v-e-r-y bad. Jennie cannot see to study. Good lighting will protect her eyes. And you need two-way switches. Then Jackie can light himself to bed from downstairs."

So he did all of these things. And Jackie A. each night went whizzing up to bed. Jennie A. soared in her classes. Mrs. A. zoomed through her work. Mr. A. danced round and round the rooms and never once fell down."

By Kathleen Robertson in "McCall's"

"Prudence Penny" Cooking Comedy Is Movie Hit

"PENNY TO THE RESCUE" is the title of an entertaining new short motion picture which M-G-M has produced with Prudence Penny, the famous cooking expert in the leading role. The picture shows how to make a variety of appetizing dishes out of a few odds and ends from the pantry and the action is accompanied by comment by the famous film humorist, Pete Smith. Don't miss it when you see it announced at your favorite theatre.

Don't cry for the sun these late winter days. Bring it right into your home with a General Electric Sunlamp.



One cent will toast 30 slices

New Places On Dial For Radio Stations

Radio "Moving Day" is set for March 29. On that date each of the three Rochester stations—WHAM, WHEC and WSAY—will move up 30 kilocycles. This is in accordance with the re-allocation plan drafted by the North American Radio Conference. It provides for re-allocation of most of the radio stations in North America to enable all countries involved to better serve their listeners and reduce interference to a minimum. The United States, Canada, Mexico, Cuba and Central American countries are all parties to the agreement. After March 29th you will find WHAM at 1180 on your dial; WHEC at 1460 and WSAY at 1240.

Magazine Article Tells Tax Problems Of Utilities

One day each week everything you pay for gas and electricity goes for local, state and federal taxes, according to Morris Markey in a recent issue of Liberty Magazine. (Note—In 1940 taxes took more than one-fifth of total R. G. & E. revenue). "And" says Mr. Markey "here is something you might think over in your spare time. In the last five years the taxes paid by gas and electric companies have increased 43 per cent. What are the companies going to do? Absorb it? They couldn't—if they wanted to remain in business. So they fold it gently within the aching folds of your pocketbook. If you get sore at the utilities over this you are unjust. They have reduced their rates."



Are You Household Weary?

From running up and down stairs a dozen times a day to turn an old-fashioned water heater on and off? Stop this wear and tear on your nerves! . . . End this fatiguing drag on tired muscles! Enjoy the healthful comfort of automatic hot water service!

**Ask Us About
The Popular
\$1.00
Per Month
Rental Plan**

The easiest way to buy a modern water heater is on the R. G. & E. monthly rental plan. There is no obligation to purchase at any time. All that you have to do is to pay \$1 per month rental for the heater, plus the cost of gas consumed. If you become dissatisfied it will be removed. If, however, at any time within three years, you decide that you want to buy the water heater all that you have paid as rental will apply on the purchase price.

**AN AUTOMATIC WATER HEATER WILL KEEP YOUR HOUSEHOLD SUPPLY
AT THE PROPER TEMPERATURE TO KILL HARMFUL BACTERIA**

Rochester Gas & Electric