

*"Now if I were running this war I'd smash their line of communications with dive bombers right here and then mop 'em up with tanks!"*

# How to Get Most Value Out of Your Food Budgets

The word budget is apt to have a rather irritating effect on many of us. We know a budget has many advantages that should encourage us to use it but often our necessities conflict with our desires, and instead of blaming ourselves, we blame the budget. However, there is no getting away from the fact that a flexible food budget will mean better meals at lower cost with the whole family benefiting. Any sort of a food budget means more careful planning and that in itself helps in providing better meals.

## DIVIDING FOOD MONEY

How do you go about planning a food budget? Well, from information gained from various government agencies, your food money should be divided somewhat like this:

1/5 or more for fruit and vegetables—be sure each member of your family eats, two servings of fruit and two servings of vegetables every day.

1/5 or more for milk and cheese—be sure each child has a quart of milk a day and each adult a pint. Use plenty of cheese if your family won't drink the full quota of milk.

1/5 or more for meat, eggs and fish—be sure you serve each member of your family one serving of one of these each day.

1/5 or less for bread and cereals—be sure to encourage your family to eat whole grain cereals and breads. Use enriched flour for all baking.

1/5 or less for fats and sugars and extras.

## TRY THESE RECIPES

Check your food money and see to it that you are getting the most for what you spend and, to help you put the foods you buy into appetizing delicious meals the whole family will enjoy, ask for the folder "Cookery Sense for Health and Defense". Here are a few suggestions that your family will delight in:

### ASPARAGUS ON TOAST WITH CHEESE

- 2 bunches asparagus
- 6 slices buttered toast
- 2 c medium white sauce
- 1 c strong cheese

1. Clean asparagus and cut in 1 inch lengths. Save tips. Add  $\frac{1}{2}$  c water and 1 t salt; place in covered sauce pan.
2. Bring to boiling point; when steam comes from cover turn burner low and cook 15 min. Add tips and cook until tender.
3. Add cheese to sauce and reheat to melt cheese.
4. Arrange asparagus on toast. Add liquid from asparagus to sauce and pour over asparagus. If desired, serve with Bacon Curls.

### OATMEAL BREAD

Temp: 400° F Time: 50-60 min.

- 2 c rolled oats
- $\frac{1}{2}$  c brown sugar, molasses or honey
- 2 T shortening
- 2 t salt
- 2 c scalded milk
- 1 yeast cake dissolved in  $\frac{1}{2}$  c lukewarm water
- 4 c all-purpose flour

1. Put oatmeal, sugar, shortening and salt into a bowl. Add the milk and let stand until lukewarm.
2. Add the yeast cake and  $1\frac{1}{2}$  c flour. Beat thoroughly and add rest of the flour. Beat well. Brush with melted butter, cover and let rise until light (about  $1\frac{1}{2}$  hrs.).
3. Beat well and fill well-buttered bread tins  $\frac{1}{2}$  full.
4. Brush with melted butter, cover and let rise until light (about 1 hr.).
5. Bake in a preheated oven.

N. B. If desired enough more flour may be added to make a dough soft enough to handle. Knead until smooth and elastic. Place in a bowl, brush with melted butter, cover and let rise until light. Shape into loaves, let get light again, and bake.

## MAKING THE MOST OF IT

Hubby—What is this you are serving, dear? Is it devil's food?

Wifey—Yes, I intended it for angel food, but it fell.

## Freight Rate Boost Adds \$45,000 Yearly to R. G. & E. Operating Costs

Another substantial increase in operating costs was imposed upon the R. G. & E. by the recent raise in freight rates. As the largest consumer of coal in the city, the company was hit harder than any other local industry when the railroads boosted rates. This year it will consume about 800,000 tons of coal and the boost of five cents per ton will increase company expenses \$40,000 per year. Increase in cost of other freight used by the company will bring the total added expense up to \$45,000 or more on this one item alone.

## Automatic Hot Water Service A Boon These Spring Days

These are the spring days when hot water service is appreciated more than ever. April rains make messy streets and sidewalks and the children come home from school muddy and dirty. Clothes require more frequent laundering and young hands and faces must be washed more often. Automatic hot water service that is available twenty-four hours a day at the mere turn of a faucet makes it easy to take care of all of these things and to contribute to the health, comfort and convenience of the whole family. Drop in at the R. G. & E. any day and let us show you how easy it is to have this helpful service installed in your own home.

### FREE COOKING CLINICS TO FEATURE NUTRITION

Please note time of free cooking demonstrations: Every Monday evening at 7:30 and Wednesday afternoon at 2:00 during April and May at R. G. & E. Home Service Kitchens, 89 East Avenue. Dates and subjects follow:

Week of April 6, "Menus Featuring Liver"\*; April 13, "Quick Dinner Menus"; April 20, "If You Must Entertain"; April 27, "Serve More Salads"\*; May 4, "Foods for Energy"\*; May 11, "Serve An Egg a Day Per Person"\*; May 18, "To Pack a Satisfying Lunch"\*; May 25, "Let's Conserve All the Vitamins and Minerals by Using the Right Cookery Methods"\*.

*\*Of special interest to those who have completed or are taking nutrition courses, as well as those who are trying to give their families the maximum benefits from the foods they serve.*

Every Defense Bond You Buy Is a Shot At Hitler

## America Must Cut Out "The Gimmies" or Lose the War Declares N. Y. Editor

The nation needs to awaken to the full gravity of the peril that confronts it. It needs to get away, once and for all, from the comforting feeling that while we may lose at the start we are bound to win in the end. Only when fully aware of existing perils will the United States do its utmost. Pray God that awareness will not come too late, as it did in France!

We shall not get maximum war production unless, first, we fully realize our awful peril; and, second, get over the gimmies of recent years.

**Gimme shorter hours; gimme higher wages, gimme bigger profits, gimme more overtime, gimme less work, gimme more pensions, gimme greater crop benefits, gimme more appropriations and patronage, gimme plants for my Congressional district, gimme fees and dues to work for Uncle Sam, gimme ham 'n' eggs, gimme share-the-wealth, gimme \$30 every Thursday.**

France had the gimmies, too—had them till the Germans were close to Paris. Then everybody went frantically to work—too late.

France has no gimmies today—except gimme food for my baby, gimme me a place to lay my head, gimme death—New York World-Telegram.

## Housewife Praises Work of R. G. & E. Trouble-Shooters During March Storm

Editor, The Times-Union:

As I sit by my kitchen window, I'm watching "men at work".

I can see them only at intervals through the intense storm, but there they are, high up on the poles, repairing wires so you and I can press a button and read under a light, listen to the radio, wash, iron, preserve food and prepare it plus many other things.

I wouldn't think of venturing out a day like this; but, nevertheless, I have watched a man stand for over two hours directing children on their way to school and motorists away from the live wire that was hanging ready to spell instant death to anyone who touched it. It is repaired now, and no doubt those same men, instead of going to a warm, comfortable home, will go on to another job and still another until there is magic light from those little buttons for all of us.

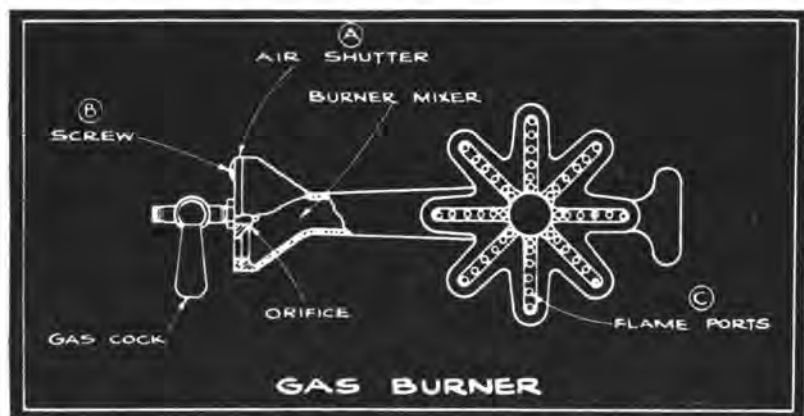
I wonder how many of us think further than to be out of patience because we have been inconvenienced for a short time? Let us give these servants of the public utilities all the credit that is due them.

Rochester.

MRS. C. THOMAS STARK.

Thank you, Mrs. Stark, in behalf of all of our service men. Edwin Schlueter, our chief line despatcher, informs us that on the day you mention this crew of trouble-shooters and other crews, did keep on going throughout the night. They seek no particular credit because after all it's their job to maintain service, but words of appreciation such as expressed in your letter to the Times-Union, fall very pleasantly upon their ears and repay them for any hardships they may have endured.

# Suggestions for Helping You Get Utmost In SERVICE and ECONOMY from Your Gas Range



Even though your gas range may not be new it will give years of efficient and economical service with a small amount of care. It is important, however, that some care be given periodically to maintain the best cooking results. War demands of Rochester industries have reduced the amount of time which our service men can give to minor adjustments of household appliances and we offer a few suggestions which we believe will help you to keep your gas range in tiptop condition:

- I. YOUR GAS RANGE WILL OPERATE MOST EFFICIENTLY IF THE TOP BURNERS ARE KEPT CLEAN AND FREE FROM FOREIGN SUBSTANCES.
  1. In the cleaning operation be careful not to change the position of the air shutter (A) at the front end of the burner. Before removing burner make certain that the screw (B) or other means for holding the air shutter in place is tight.
  2. The flame ports or holes (C) in the burner face should be opened with a hair pin or small nail when they become plugged with boiled-over food.
  3. These burners should be thoroughly cleansed at regular intervals by washing with a brush in warm soapy water. (Do not boil.)
  4. Burners should then be rinsed with clean water and thoroughly dried with a cloth before replacing.
- II. THE AIR SHUTTER OPENING AT THE FRONT END OF THE BURNER SHOULD BE KEPT FREE OF LINT AND GREASE.
  1. This can be done by carefully wiping off the shutter face (A) with a cloth.
  2. Again care should be taken to prevent disturbing the position of the air shutter.
- III. IF THE BURNER IS CLEANED BUT THE FLAME BURNS WITH YELLOW TIPS OR SNAPS BACK IN BURNER MIXER CAUSING A ROARING NOISE THEN—

The orifice or air shutter needs adjusting. The Rochester Gas and Electric Corporation will be pleased to make adjustments for you.

Any gas leaks should be reported to the Rochester Gas and Electric Corporation at once. Do not attempt to locate a gas leak with a lighted match. Phone Main 3960.