



Eyesight is precious and good light is cheap. Guard young eyes with proper illumination in the school and in the home. Our lighting experts will be glad to advise you without charge or obligation

# CHEESE DISHES, APPETIZING AND HEALTHFUL, ARE FEATURED AMONG RECIPES FOR SEPTEMBER

September is the month of shorter days, harder work and cooler weather. Schools open, organizations get under way and it seems as if there is not time to do all the things that should be done. After the light, cool and refreshing meals of summer, there is a demand for heartier and more sustaining meals. There may be more lunch boxes to pack, as well as an extra meal to get, especially if there are war workers on special shifts. It is here that various kinds of cheese dishes provide a real help to the housewife.

## Protective Foods Essential

At this time of year there is greater need to see to it that every member of the family is eating the right food and, with less fresh food on the market, there may be a tendency to slight the protective foods, which are so necessary if we are to keep well and strong.

Many of our doctors and nurses are in the armed forces and we should do everything we can to reduce the calls upon the time and services of those left at home. We can help by eating plenty of the protective foods—foods that will help build up our resistance and make us less susceptible to colds and other illnesses.

Dairy products, fresh fruits and vegetables head the list of protective foods. Make sure that your family gets plenty of these. Fresh vegetables and milk lose their vitamin content very quickly if allowed to stand at room temperature, so refrigerate as soon as possible. To obtain maximum food values use the right cookery methods.

Here are three appetizing cheese recipes:

## TOMATO SALAD STUFFED WITH CHEESE

6 firm tomatoes 2 pimientos  
1 lb. cottage cheese 1 T chopped chives or parsley  
cheese Salt and pepper to season  
1 green pepper

1. Peel tomatoes and scoop out center.
2. Put the cheese through a fine sieve. Add the chopped pepper, pimientos and chives and season to taste with salt and pepper. Use to stuff tomatoes.
3. Arrange on a bed of shredded lettuce and pass mayonnaise.

## BAKED CHEESE SANDWICH

Temp: 450° F. Time: 10-15 min.  
1 lb. soft cheese 1 T Worcestershire sauce  
1 t mustard 1 t salt  
Few grains of cayenne 1 egg  
2 T milk

1. Mix ingredients in order given.
  2. Spread generously on slices of bread.
  3. Bake in a preheated oven until nicely browned.
  4. Serve on a plate with sweet or dill pickle slices.
- N. B. Nice for Sunday night supper with a tossed salad.

## CHEESE AND SPINACH LOAF

Temp: 350° F. Time: 25-30 min.  
4 c cooked chopped spinach 2 T melted butter  
2 c grated soft cheese 1 t salt  
1 c boiled rice  $\frac{1}{4}$  t pepper  
1 T grated onion

1. Mix ingredients in order given.
2. Pack into a buttered bread tin and bake in a preheated oven.
3. Turn out on platter, garnish with over-lapping slices of hard-cooked eggs and serve with Tomato Sauce.

N. B. If desired, bacon curls may be used. Serve with whole wheat bread and a fruit salad for a hearty supper menu.

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## ASK FOR RECIPE BULLETIN

Many of us have been dependent on the commercial canner for such things as Chili Con Carni, Cream Soups, Baked Beans, etc. Due to new rulings many of these items will no longer be packed, so why not make them yourself? Ask our Home Service Department for our sheet "Make it Yourself," containing recipes for Baked Beans, Chili Con Carni, Base and Variations for Cream Soup, Spaghetti and Sauce, Beef Stew, Corn Beef Hash.



"Sorry, Madam—but it's impossible to put Vitamin B in your gas supply."

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## OIL RIGHT, LET'S KEEP GOING!

A little oil and a little care  
Will give appliances longer wear.

# UTILITY MANAGEMENT AND WORKERS PERFORM MODERN MIRACLES TO AID WAR PRODUCTION



The war machine shown above was built from an old pulley, the rear wheels of a truck and odds and ends of sheet steel. It will never fire a projectile nor drop a bomb. But if our enemies really understood America it would frighten them. The function of this scrappy gadget is to renew the weather-proofing on electric power wire—wire that would otherwise have to be junked.

In thoughtful perspective the device shown above takes on deep significance. It becomes a mechanical parable on the ingenuity of men whose job it is to keep electric power flowing to the vital war industries, regardless of shortages of copper, steel, rubber, aluminum.

There are hundreds of such parables in every war-converted industry. Here are just a few from our great electric power plants:

- tons of bolts are being saved by a new method of rigging crossarms on electric poles.
- a southern generating station found its dam weakening. To keep the power flowing, holes were bored through the concrete and the dam bolted to bedrock!
- to avoid a shutdown, a middle-Atlantic utility worked out a method of stopping leaks around the giant valves controlling its water supply by mixing sawdust with the water. It worked.
- a western company bought old suspension cables from the wrecked Tacoma Bridge, untwisted them and used the metal as concrete reinforcement.

So goes the saga of electric power, as maintenance men do their share in the common task. With many of their trained men in the services, with priorities available only in the most urgent cases, the American utilities are showing the stuff American management and labor are made of. (McGraw-Hill Publications).

## ★ *What You Buy With* **WAR BONDS** ★

Millions of rounds of ammunition are needed for the millions of army rifles used by the American Expeditionary forces in Europe, in Africa, in Asia and the Far East. A ten cent War Stamp will buy a clip of five cartridges for a Garand rifle.

American arsenals are working night and day turning out thirty-caliber cartridges. Case after case of them were in the holds of American transports which recently landed in northern Ireland. You can easily buy hundreds of these clips for our boys with your individual purchases of War Bonds and Stamps. Invest at least ten percent of your income every pay day and help speed American Victory. U. S. Treasury Department



**"Let's see if I have everything—screw driver, tape, wire fuses, compact, handkerchief and lipstick."**  
*(Electrical Merchandising)*

# An Open Letter of Appreciation to Our Customers

## Rochester Gas and Electric Corporation

September 1, 1942

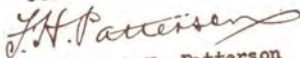
Dear Customer:

The records of our Collection Department show that most of our customers are paying their bills for gas and electric service promptly. For this co-operation please accept our thanks and appreciation. When you pay on or before the due date you save money for yourself by taking advantage of the discount. You also aid in the war effort because when bills are paid promptly the time of employes that would be required to handle slow accounts is released for duties more directly concerned with the production and distribution of gas and electricity.

More people are now employed than in several years past and, as the result, families which formerly were forced to delay payments are now able to take advantage of the discount. Resultant savings are undoubtedly being used to help buy U. S. WAR BONDS to back up our boys on the fighting fronts.

Thank you for your co-operation.

Cordially,



Frederick H. Patterson  
Secretary-Treasurer