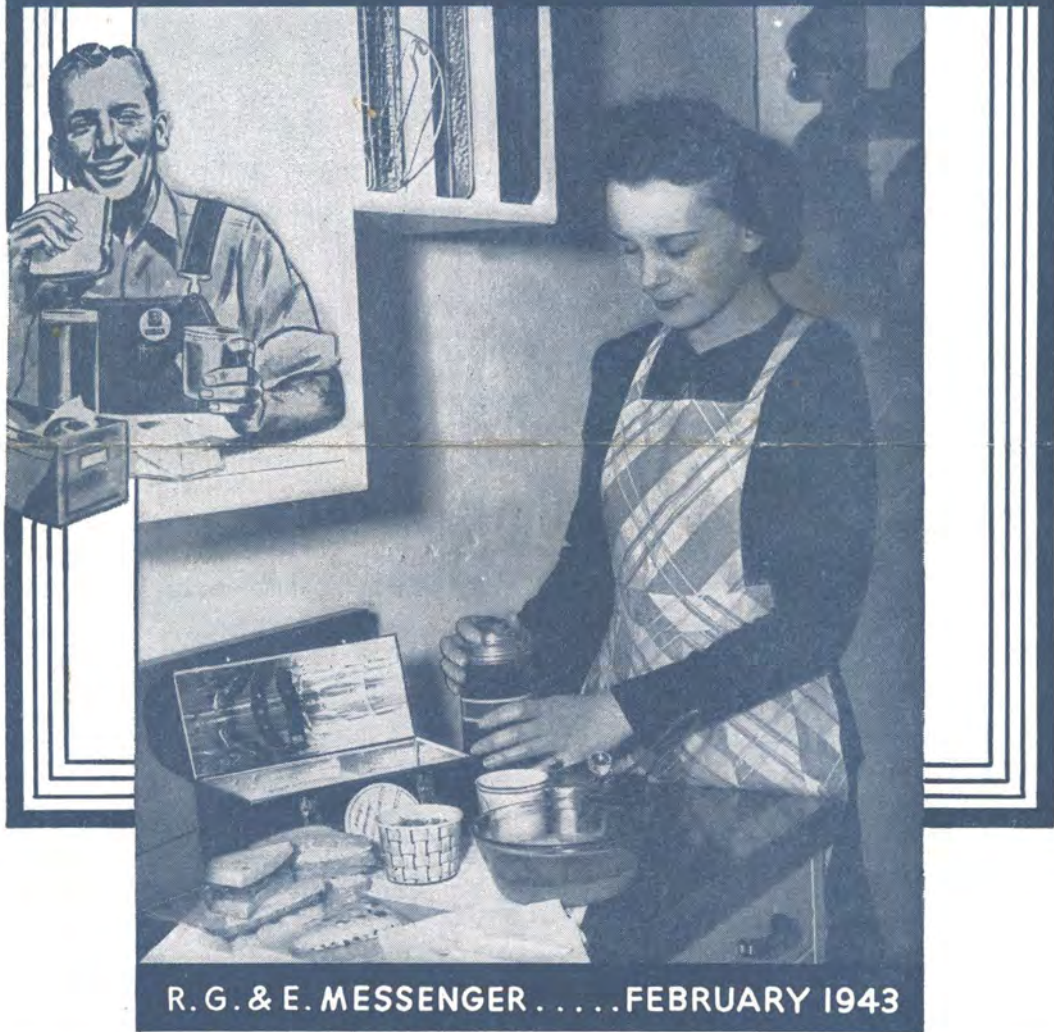


PACK *More Man Power* INTO HIS LUNCH BOX



R. G. & E. MESSENGER FEBRUARY 1943

The R. G. & E. Home Service Department has prepared a special bulletin on lunch box meals that is free for the asking. Write or call for your copy.

SUGGESTIONS THAT SHOULD HELP WITH WARTIME MEALS

In these days of rationed foods and higher prices for practically everything we eat it is important that we get the utmost good out of all the food we prepare for family meals. Here are a few suggestions that our Home Service Department hopes will be helpful:

BREAKFAST—

Plan a hearty satisfying breakfast for these dark cold mornings and if time is short do these things the night before:

1. Squeeze fruit juice, cover and store in automatic refrigerator. No vitamins will be lost.
2. If prepared cereal is used, place out on kitchen table, or store in utility drawer of range.
3. Collect dishes used for breakfast on a tray.
4. If eggs or other hearty dishes are to be cooked, collect necessary dishes and have ready.



LUNCH BOXES

A lunch box meal should be counted as one of the three meals of the day, and not just a snack.

1. Plan the lunch box for 2 or 3 days ahead, so that the shopping and preparation can be done ahead of time.
2. Put into the lunch box every day some of the following foods: milk, enriched or whole grain bread, hearty salads or sandwiches, fruit and vegetables.
3. Collect all equipment in one place and keep food to be used stored in one corner of the refrigerator. Use paper containers with covers, envelope bags for sandwiches, wax paper for dry foods.

DINNER OR SUPPER

1. Try one-dish meals. Many combinations of meat, macaroni, noodles or other starchy foods, and vegetables can be used.
2. Use oven meals. Choose a meat dish, a vegetable dish, potatoes and a dessert that can bake at same time and temperature. Place them in oven together and then, while meal is baking, make salad, beverage and set the table. This method will help conserve fuel. (Ask for our sheet "EASY OVEN MEALS.")

3. Do not waste one scrap of food. Make soup from the bones and gravy of all meats. Instead of serving a second helping of meat offer gravy over bread.
4. To help stretch out the meat use the sheet "Meat Extenders," which is free for the asking.

SAUSAGE AND POTATO SPECIAL

Temperature: 350° F.	Time: 50:60 minutes
1 lb link sausages	2 T flour
2 onions, sliced thin	1 can condensed tomato soup
4 potatoes, sliced thin	1 t salt
2 c cooked vegetables	$\frac{1}{2}$ t pepper

1. Brown sausages in frying pan.
2. Arrange potatoes and onions in bottom of a well-buttered casserole. Pour the vegetables over these and season with salt and pepper.
3. Arrange sausages on vegetables.
4. Pour off all but 2 T of fat; add flour; stir until smooth; then add the soup and stir until smooth. Pour over casserole and bake uncovered in a preheated oven. Serves 6.

SALAMAGUNDI SALAD

2 c diced cooked meat	$\frac{1}{2}$ c French dressing
1 c cooked diced potatoes	$\frac{1}{2}$ c chopped sweet pickle
$\frac{1}{2}$ c diced carrots	2 hard-cooked eggs or $\frac{3}{4}$ c diced cheese
$\frac{1}{2}$ c peas	1 c mayonnaise
1 T chopped onion	

1. Mix meat, potatoes, carrots, peas, onions and French dressing. Let stand 30 minutes.
2. Add pickle, eggs and mayonnaise. Mix carefully and chill.
3. Serve on lettuce with garnish of thin slice of beet.

N.B. Pack this into a paper container and chill in refrigerator. This will be a hearty addition to the lunch box.



FREE FOOD DEMONSTRATIONS

You are cordially invited to attend the following free food demonstrations, scheduled for the R. G. & E. Home Service Kitchens at 89 East Avenue, Rochester.

These demonstrations are all designed to give the latest information on food rationing.

March 1—7:30 P.M.—"Easy Oven Dinners"

March 10—2:00 P.M.—"Simple Entertaining as a Morale Builder"

March 15—7:30 P.M.—"Wartime Cookies"

March 24—2:00 P.M.—"Shortcuts to Stretch the Food"

March 29—7:30 P.M.—"Eggs are Necessary"



Avoid home-made blackouts by always keeping a few spare fuses on hand. Replacing a worn out fuse is as easy as changing a lamp bulb.

POWER COMPANIES PRAISED FOR THEIR REMARKABLE JOB IN MEETING ALL DEMANDS OF WAR PRODUCTION

With the catastrophe of Pearl Harbor a little over a year ago, came the realization that we had to out-produce our enemies. To out-produce our enemies, who had a seven year head start, meant to turn more wheels than they were turning and to turn them faster than they were turning them.



New plants sprung up overnight. Production increased beyond our wildest dreams. Aircraft and ship-building surpassed the most daring forecasts. The machine tool industry's output grew to a volume that bordered on the miraculous. Guns, shells, uniforms, shoes, tanks and a thousand other items were being made in hitherto undreamed of quantities. All of them have one common essential ingredient—power. Industry demanded power—more and more power!

The contribution of the power industry to the winning of the war is not likely to flame forth in newspaper headlines. It takes the more prosaic turn of portraying an industry that is doing wonders quietly, unobtrusively.

At the close of the last war the power at the disposal of the American industrial worker averaged $\frac{1}{2}$ horsepower. At the beginning of this war, twenty years later, it had increased to $6\frac{1}{2}$ horsepower. What other nation can even approach that figure? This large provision of power is the achievement of the electric utility industry. For years it had built and applied its equipment to the highest standards of performance and operated its systems to equally high standards of service and dependability. Always recognizing that "public service is a public trust" it had maintained wide margins of security in performance. Today these margins are the source of

the power industry's ability to rise to the emergency.

In short, the electric utilities were prepared!

Great credit is due the men behind the electric power industry. These men have recognized the responsibility of their jobs—it is a part of their very being. Theirs is the kind of service that must be maintained. No soldier is truer to his trust than is the employee of this great industry.

The service must go on! No matter what happens—acts of God or deeds of men—the service must go on! Labor disturbances may disrupt other industries, but there have been no shut-downs due to labor trouble in electric power plants since Pearl Harbor. And this winter when blizzards pile up drifts and sleet makes pavements slippery there may be absenteeism from other plants, but the utility employees will be on the job ready to climb the ice-covered poles and repair the ice-laden lines whenever the call comes.



In this war the least costly yet the most precious element of production—electricity—will be ever ready to "man" the machines that will produce the weapons that will give victory to the forces of freedom. (James H. McGraw, Jr., President, McGraw-Hill Publishing Co.)

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R. G. & E. INHALATOR CREWS SAVED 30 LIVES DURING 1942

Thirty victims of various types of mishaps were revived by Rochester Gas and Electric inhalator crews during the year just past. The cases in which efforts at resuscitation were successful included carbon monoxide, coal gas, illuminating gas, electric shock, drowning and various other accidents. The R. G. & E. crews responded to a total of 87 calls during the year, in 21 of which the victim was dead before resuscitation treatment could be applied. In the other cases artificial respiration was not necessary.

R. G. & E. HELPS CREATE ONE OF WORLD'S LARGEST X-RAY MACHINES AT U. OF R.

THE ROCHESTER GAS and ELECTRIC is one of eight Rochester companies that have helped to finance the construction of one of the world's most powerful X-Ray machines. Located at the University of Rochester it has a power of about ONE MILLION VOLTS and will be used for testing war materials, thus saving much time, effort and money through detecting flaws and other faults before it is too late.

After the war, this huge X-Ray machine will be used to develop new alloys, plastics, etc., as well as serve the University in important medical

and scientific research. The machine is housed in a two-story edifice and provisions are made for the protection of the operators from this tremendous power. A large crane operating on a track facilitates the X-Ray photographing of ponderous equipment from any angle. This new machine, which will soon be in operation, can "look inside" of even heavy steel casings.

The R. G. & E. is glad to have a part in the creation of this newest tool of modern science, which will do so much to promote Rochester's already great contributions to the war effort.

R. G. & E. WORKERS GIVE BLOOD TO RED CROSS



A Red Cross blood bank unit recently spent a day at the R. G. & E. offices where a large group of employees made their donations. The quota set for this area is still far from being filled, however, and many more donors are needed. Call the Red Cross headquarters and get an appointment for your offering of blood that may save the life of some American soldier, sailor or marine.

Easter Sunday comes so late this year (April 25th) that autumn styles will probably feature the Easter Parade.

RATIONING is a community plan for dividing FAIRLY the supplies we have among all who need them. Rationing is truly an old American custom. The first settlers of New England, facing scarcities of food and clothing, pooled their precious supplies and portioned them out for the common welfare. It worked then and it works now, because it is AMERICAN to sacrifice together.

Keep your War Bonds and some day they'll keep you.

With so many meatless days in prospect the ground hog probably won't dare poke his nose out this year.

CONTINUED CONSERVATION OF GAS NECESSARY SAYS WAR BOARD

The United States War Production Board calls upon all users of gas in this area to continue to practice conservation in its use. Don't use the oven of the gas range for heating purposes on cold mornings. Fix leaky hot water faucets. Adjust top burners so that flame is blue, not yellow. Roast at low temperature. If you use gas for home-heating, keep room temperature down. Local war industries are using greatly increased quantities of this vital war material, and the more you save the more that is available for production of arms and equipment.

GUARD THE FAMILY EYES WITH A NEW I. E. S. LAMP

There seems to have been increased interest in good lighting during the past few months, perhaps because so many persons are engaged in important WAR WORK in essential plants. Most modern plants are well lighted for the sake of efficiency. Many homes are also equipped with adequate lighting through the installation of modern, scientific I. E. S. Lamps. However, if your home needs a new I. E. S. Lamp, now is the time to come in and select one before the stock is depleted.

In our sales room you will find just the lamp to fit your particular requirements as to color, design and good taste. All these lamps are protected by the well known I. E. S. certificate of compliance with scientific engineering standards as required by the Illuminating Engineering Society. This I. E. S. tag is your assurance of BETTER LIGHT for BETTER SIGHT.

We have lamps with genuine Hall China bases, with flowered designs. Also lamps with bases of bronze, white onyx, ivory and silver or gold effects—all with the eye-easy indirect diffusing bowl. Shades are of beautiful silk. Come in and see them—SOON.

Remember, eyesight is vital to VICTORY. Better light tonight means better work tomorrow.