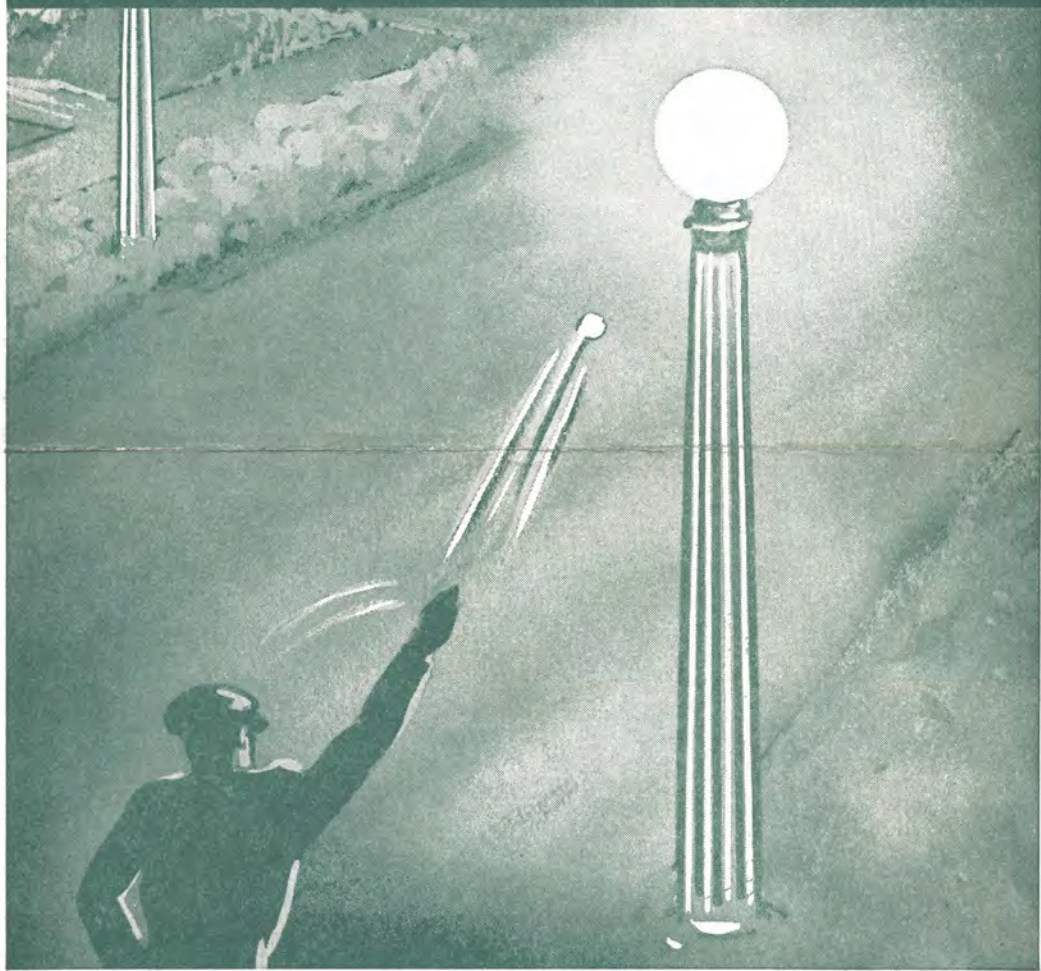


BREAKING STREET LIGHTS IS *Sabotage!*



The Rochester War Council appeals to patriotic American boys to stop others from breaking street lights. This destruction of vital materials harms America's war effort and aids the enemies of our country.

ONE-DISH VEGETABLE DINNER WILL TEMPT APPETITES DURING MEATLESS DAYS OF LENTEN SEASON

Whenever there is a radical change in any of our habits we are apt to be disturbed and upset during the period of readjustment. This is particularly true when there are food shortages that can only be taken care of by rationing, which means a more equal distribution of food for everyone.

When the food supply is limited we need to be more careful than ever about planning our meals and we should take advantage of every bit of information that will be helpful in shopping, planning, preparing and serving good, nutritious meals.



During the Lenten season this year it may be a little more difficult to plan meals because not only will we have to accustom ourselves to food rationing, but we will have to get along with less cheese and fish. However, milk, eggs, bread, beans and peas can all be used in Lenten menus and there are many delicious combinations.

When there is less variety in food great care must be taken to see that every bit of food is cooked so as to get the most in flavor and food value out of it. The following recipes will have enough variety and contrast in flavor, color and texture to perk up Lenten meals while using a minimum of the scarce or rationed foods.

EGGS NEW ORLEANS

Temp: 350° F Time: 15-20 minutes

2 1/2 c tomatoes	1 t sugar
1/2 green pepper, chopped	3/4 t salt
1/2 c chopped celery	4 eggs
1 small onion, chopped	1/4 t pepper
1/2 c grated American cheese	1 bay leaf
3/4 c bread crumbs or toast cubes	

1. Cook tomatoes, pepper, celery, onion, sugar and seasonings together for 10 minutes.
2. Remove bay leaf, add bread crumbs, place in shallow casserole.

3. Break eggs on top, sprinkle with salt and pepper, and cover with grated cheese.
4. Bake in preheated oven until eggs are firm and cheese has melted. Serves 4.

N.B. If desired, place mixture in 4 buttered individual baking dishes and break an egg into each. Serve in baking dishes. 1/2 c chili sauce may be used in place of the green pepper.

ONE-DISH VEGETABLE DINNER

Temp: 350° F Time: 50-60 minutes

3 c vegetables—	1/4 lb. cheese
carrots, beans, celery	1 c milk
4 medium potatoes	Salt and pepper
2 T minced onion	Buttered bread crumbs

1. Arrange the vegetables, thinly sliced raw potatoes and onion in alternate layers in a buttered casserole dish, seasoning each layer with salt and pepper.
2. Cut cheese in dice and arrange over the top.
3. Add milk, cover and bake for 40-50 minutes until potatoes are tender.
4. Remove cover, sprinkle with buttered crumbs and bake until nicely browned.

FREE FOOD DEMONSTRATIONS

AT R. G. & E. KITCHENS HELP

SOLVE RATIONING PROBLEMS

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

These demonstrations are all designed to give the latest information on food rationing. Dates for March and April follow:

- | | |
|--------------------|--|
| 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” |
| April 7—2:00 P.M. | } “Add Variety to Lenten Meals, though Rationed” |
| April 12—7:30 P.M. | |
| April 21—2:00 P.M. | } “Spring One-Dish Meals” |
| April 26—7:30 P.M. | |

CHEAPEST ITEM IN FAMILY BUDGET

According to figures compiled by the United States Department of Labor electricity is about the only commodity in every day household use that hasn't increased in price since hostilities broke out in Europe in 1939. Food, Clothing, House Furnishings are all up in varying amounts with the entire cost of living increased 19 per cent.

JOIN THE WAACS AND SERVE YOUR COUNTRY

The Women's Army Auxiliary Corps, popularly known as the WAACS, is seeking recruits in the Rochester area. Here is an opportunity for women to serve their country in a corps of women in military uniform under military discipline, organized for non-combatant service with the army. It is open to all female American citizens 21 to 44 years of age, inclusive. WAACS take over the duties of male soldiers in many fields and release them for service on the fighting fronts.

Enrolled members of the WAACS have the equivalent grades and pay of enlisted men in the army, with compensation running from \$50 per month for the lowest grade in the ranks to \$138.00 per month for the highest. Compensation of officers runs from \$150 to \$333.33 per month.

From now on all officers will be recruited from the ranks in order to give equal opportunity to all women. After four weeks of basic training women found qualified for the Officer Candidate School are given eight weeks further training, and if they complete the course successfully are commissioned as Third Officers, equivalent to the rank of Second Lieutenant.

Applicants should apply in person at the Army Recruiting Office in the Federal Building at Church and Fitzhugh Streets, Rochester, N. Y., where WAAC officers are receiving enlistments.



Last Chance to Buy an Electric Tea Kettle

The R. G. & E. has a very limited number of beautiful chrome electric tea kettles, regularly priced at \$7.95, which will be sold to the first comers at \$6.95 each. These kettles are made of copper with shiny chrome finish, and were manufactured by General Electric before the war stopped all production of this kind. No more will be available until after the war.

These attractive tea kettles have a capacity of four quarts and contain the famous Calrod heating unit.

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Rationing is merely doing without the things our parents never had.

NO ELECTRIC POWER SHORTAGE IN SIGHT SAYS INSTITUTE

"In view of existing margins of reserves in generating capacity and scheduled additions to this capacity in 1943, it now appears that in every sector of the country there will be ample generating capacity to serve the peak demands reasonably to be expected. This takes into account existing trends in power demands and all the new demands for power that are in sight for this year or can be anticipated at this time. No power shortage is on the horizon for 1943, when America's war effort is expected to be at its peak."

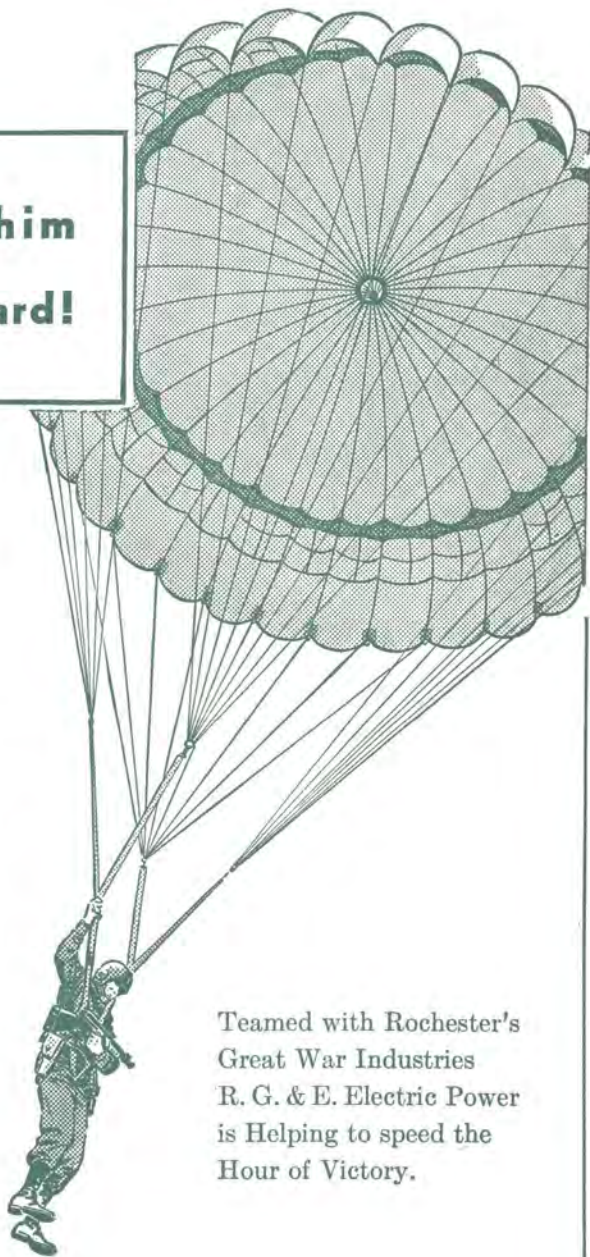
(C. W. Kellogg, President
Edison Electric Institute)

**Power will put him
in Hitler's backyard!**

When American paratroopers finally drop in on Adolf, it will be a big day for all of us, fighters, farmers, factory workers and War Bond buyers.

The electric industry will get a special thrill out of it, because electric power drove the machines that made the transport planes that carried those tough troopers. Electric sewing machines put the panels of those big parachutes together.

Electric power goes all the way in modern war and America has more of it than all the Axis nations combined.



Teamed with Rochester's Great War Industries R. G. & E. Electric Power is Helping to speed the Hour of Victory.

**PRODUCTION IS MILITARY POWER AND ELECTRIC
POWER IS THE LIFE-BLOOD OF PRODUCTION**