



"They're Just Like Extra Coupons In Our Food Ration Books!"

R. G. and E. MONTHLY MESSENGER

JUNE, 1943

OUT-DOOR MEALS FROM YOUR OWN GARDENS

Is the first delightful harvest of spring vegetables and fruits waiting for you? Then plan a few simple but exciting meals to be worthy of this annual occasion. They will amply repay you for every weed you've pulled.

Set your table on the porch or out-of-doors. Turn that ordinary weekday meal into a picnic by using quick, easy recipes and plenty of gay color. Such surroundings and food will do wonders for your appetite and give you a brand new excuse for eating.

N. B. These suggestions are all easy on rationing!

Rob the lettuce bed!

TOSS WITH chopped onions and celery.

—crisp bacon curls.

—hot bacon fat and vinegar mixed in equal parts.

SURROUND WITH green onions and radishes and deviled eggs.

SERVE WITH hot cheese biscuits and iced tea.

FOR DESSERT—Rhubarb Pie.

CHEESE BISCUITS: To your favorite recipe for baking powder biscuits add $\frac{1}{2}$ cup grated cheese. Or, if you use your own home-made biscuit mix, try the following recipe:

2 c biscuit mix

$\frac{1}{2}$ c grated cheese

$\frac{3}{4}$ c milk (about)

1. Mix cheese and biscuit mix; add milk and blend.
2. Knead lightly for a half minute; pat out and cut into biscuits.
3. Place on an ungreased baking sheet and bake in a preheated oven at 425° F for about 12 minutes. Serve piping hot.

RHUBARB PIE Temp: 450° F for 10 minutes reduced to 375° for 35-40 minutes

4 c diced rhubarb $\frac{1}{4}$ c flour
1-1 $\frac{1}{2}$ c sugar Grated rind of 1 lemon

1. Wash and dice rhubarb. Peel only if old and stringy. About 2 bunches is required.
2. Mix sugar and flour and combine with rhubarb. Add grated lemon rind if desired.
3. Line pie plate with pastry and add rhubarb mixture.
4. Bake in a preheated oven.

A 5-Point Surprise!

GRILLED HAMBURG PATTIES—mold with a small wedge of cheese in the center of each patty, and slip between toasted buns for something extra special.

THE PERFECT COMBINATION consists of luscious new peas and potatoes creamed together. Or, if the peas aren't quite ready to pick, use plenty of chopped parsley instead.

A BOWL OF FRUIT SALAD with cookies will make the finishing touch.

Three-Decker Sandwiches of lettuce, tomatoes and bacon are always a standby. Make them easy to eat by using shredded lettuce, peeled slices of tomatoes, cut in half, and chopped bacon. Put them together with tooth picks and cut in quarters in the kitchen. And why not try alternate slices of white and whole wheat bread?

Add variety to the milk pitcher by turning it into a strawberry treat for the whole family.

STRAWBERRY MILK SHAKE

1 pt. strawberries

4 c whole milk

$\frac{1}{2}$ c sugar

$\frac{1}{8}$ t salt

1. Crush strawberries and put through a coarse sieve. Combine with milk, sugar and salt.
2. Chill thoroughly. Top with whipped coffee cream or top milk if desired.

Garden Notes

Your bright green garden lettuce is extra generous with vitamins, compared with the paler varieties.

A green and yellow color scheme in your garden is also good vitamin planning. Tomatoes are a fruit of the gods for their flavor, their nutritive value, and their multitude of uses.

To lay away some of your garden produce for next winter you will want the latest information on canning. Stop in at 89 East Ave. for the 1943 CANNING BULLETIN.

EXTRA CANNING DEMONSTRATIONS

Because of the great interest shown, we are extending our canning demonstrations all through the month of June. If you couldn't get in to our other demonstrations, plan to attend one now.

Every Monday evening at 7:30.

Every Wednesday afternoon at 2:00.

June 2, 7, 9—Oven Canning and Boiling Water Bath Canning.

June 14, 16—Canning Vegetables.

June 21, 23—Other Methods of Preserving Vegetables—Drying, Brining, Salting.

We want to help you with your canning problems. Come in and visit the Canning Center, Main Floor, 89 East Ave. A Home Service girl will be there to answer your questions.

21 MILLION VICTORY GARDENS

Dr. George Gallup, head of the Institute of Public Opinion reports that a nation wide survey shows that there will be 21,000,000 families operating Victory Gardens this year. Seventy-six per cent of the total acreage will be in towns of under 10,000 population, 21 per cent in towns 10,000 to 100,000 and only 3 per cent in cities of over 100,000.

It Was Different When Dad Came Home In 1917

Bill was home on his first furlough a couple of weeks ago. He looked swell. Five months training had done wonders for him.

When he came downstairs, the first morning, there was his mother in the big kitchen, pressing a pair of his pants. Bill looked at her and grinned. "You know I can do that myself, now," he said. "And you ought to see the way I made my bed!"

His mother smiled, and a reminiscent look came into her eyes.

"Your Dad said almost that same thing 25 years ago, Bill," she said. "It was his first furlough, too, and I was pressing a pair of trousers for him, right in this very kitchen."

"I bet you didn't have a fancy electric iron like that then, anyway," Bill said. "How about some breakfast?"

And the chances are Bill was right about that iron. If he'd looked a little more around the kitchen, he'd have seen a lot of other things that weren't there 25 years ago, either. An electric refrigerator, a toaster, a mixer and other appliances that have made housekeeping easier with electricity doing the work.

Did you realize that the average American family gets about twice as much electricity for its money as it did 15 years ago and that electricity is about the only thing that hasn't gone up in price since the war began? Hard to believe, isn't it? And yet it's true—thanks to the practical business management of America's electric companies—the same companies that are supplying about 80 per cent of this country's power today. This power not only lights your home and operates your household appliances but also turns the wheels in great war factories to produce the arms and ammunition that will help win the war.

MORE POWER TO HIM!

Here's what the average bombardier cadet eats during the twelve weeks of his basic training:

50 lbs. bread, 72 lbs. meat, 90 qts. milk, 125 lbs. potatoes, 100 lbs. fresh vegetables, 125 lbs. canned goods, 21 dozen eggs, 63 qts. fruit juices, 25 lbs. butter, 18 lbs. pastries, 20 lbs. sea food and 22 lbs. of sauces, jams and jellies.

WOMEN IN WAR PLANTS

There's lipstick on the drinking fount,
There's talcum on the bench;
There's cold cream on the press controls
Hand lotion on the wrench;
"Evening in Paris" scents the air
That once held gear oil's smell,
I just picked up a bobby pin—
Believe me, War is H. . . !!

Why It Is Necessary To Save Electricity

The major share of the electricity that serves this area is produced in steam plants that burn large quantities of coal. When you save electricity you save coal and when coal is saved fewer trains, trucks and men are required for transportation of that fuel. This in turn releases locomotives and other railroad and motor equipment for the job of carrying guns, tanks and other war material to our seaports for delivery to our armies overseas.

The railroads are doing a magnificent job but transportation facilities are taxed to the limit. There is also the danger of a coal shortage which might imperil the reserve supplies of the nation's power systems. In view of this situation our government has asked all of us to help by reducing our consumption of electricity to absolutely essential needs. We heartily endorse this appeal and urge all of our customers to use electricity carefully and to eliminate all unnecessary use.

On the back page of this issue we have set forth a few ways in which savings of electricity may be effected in the home.

A dark colored lining in a lamp shade makes it a "light robber." Dark linings soak up light just as a sponge soaks up water and you are paying for light that you do not get. You can get as much as 50 per cent more light with white or ivory shades.



"I tried to get a new bag, dear, but the factory is too busy with war orders."

(Electrical Merchandising)



Here's How You Can Do It

REFRIGERATOR—Keep door closed. Don't put hot foods into it. Don't overcrowd. Defrost as advised by manufacturer.

ELECTRIC RANGE—Don't turn on top burner until utensil is ready. If well-cooker is available use for whole meals. Plan whole meals for oven so as to get capacity use.

ELECTRIC WATER HEATER—Don't let hot water run. Use lower temperature. Stop leaky faucets.

LAMPS—Clean bulbs and reflector bowls frequently. Use white shades to get more light.

VACUUM CLEANER—Follow directions for oiling. Keep bag clean and remove threads and hair from brushes.

CLOTHES WASHER—Use a full load of clothes every time. If possible weigh clothes so as not to overload machine. Follow directions for amount of water and washing time.

FLAT IRON—If iron has automatic control use correct temperature for material to be ironed. Dampen clothes properly but do not get too wet. Turn iron off when not in use.