



Melody in "BLUE" for August

RECIPES THAT WILL STRETCH YOUR RATION POINTS

Stretching your food ration books so as to get maximum food values from a minimum number of points is a real contribution to the war effort because it helps to conserve the nation's food resources. Here are a few suggestions from the R. G. & E. Home Service Department that will add a little zest to the enjoyment of point-stretching recipes:

Budget Your Points

Count up the points you have to spend each week. Keep within this limit.

If points accumulate during these days of fresh Victory Garden vegetables, don't spend them without planning carefully what you will need the most. If you stock up unthinkingly on a rationed food, you may deprive others of their share.

Buy For The Week

Shop once a week and go early to avoid the rush. Make your list before leaving the house, have it flexible and stick to it as much as possible.

Make a plan for the week's food, including main meat dish for each day, lunch box necessities, canned fruits or vegetables, dessert needs, other foods.

POINT-STRETCHING RECIPES

DINNER SALAD BOWL

- 2 c diced left-over meat (pork, veal, beef)
- 1 c diced celery
- 1 c cooked peas or string beans
- $\frac{1}{2}$ c chopped sweet pickle
- 1 T minced onion
- Salad dressing

Toss all ingredients together. Garnish with hard-cooked eggs and pimiento strips if desired.

Serve with potato chips and a hot bread. This will help you extend a small amount of left-over roast or pot roast into another complete meal.

STUFFED GREEN PEPPERS

Temp: 375° F. Time: 35-40 min.

- 2 c mashed potatoes
 - 2 c diced cooked meat
 - 1 onion, chopped
 - 1 t salt
 - $\frac{1}{4}$ t pepper
 - $\frac{1}{4}$ c catsup
 - 6 green peppers
1. Mix potatoes, meat, onion, salt, pepper and catsup.
 2. Cut a slice from top of each pepper and remove seeds.

3. Stuff peppers with potato mixture and arrange in a baking dish and dot with butter.
 4. Add $\frac{1}{4}$ c water and bake in a preheated oven.
- N.B. If left-over cold mashed potatoes are used, moisten with milk and mix with a fork until smooth.

BEEF POTATO BURGERS

- $\frac{3}{4}$ lb. ground beef
 - $\frac{1}{4}$ lb. ground pork or liver
 - $1\frac{1}{2}$ c coarsely grated raw potato
 - $\frac{1}{2}$ c finely minced onion
 - $\frac{1}{4}$ c chopped green pepper
 - $1\frac{1}{2}$ t salt
 - $\frac{1}{2}$ t pepper
 - $\frac{1}{4}$ c margarine or drippings
1. Combine meat, potatoes, onion, green pepper and seasonings. Shape into patties.
 2. Fry patties in fat until brown.

FRUIT WHIP

- 1 c crushed fruit
 - $\frac{1}{4}$ t grated orange rind
 - 1 egg white
 - Few grains salt
 - $\frac{1}{4}$ c sugar
1. Measure 1 cup fruit, such as berries, canned or fresh fruit, or cooked dried prunes. Add grated orange rind.
 2. Add salt to egg white and beat until stiff. Add sugar gradually and beat until well blended.
 3. Fold in fruit and pile in sherbet glasses.
- N. B. If desired, add $\frac{1}{2}$ c whipped cream. Coffee cream, if chilled two or three days, may be whipped.

ATTEND FREE CANNING DEMONSTRATIONS

You are cordially invited to attend the free demonstrations in the Home Service Kitchens in the basement of the R. G. & E. office building at 89 East Avenue. They are held every Wednesday afternoon at 2 o'clock and the schedule for August and September follows:

- August 4—Drying Vegetables
- August 11—Canning Questions Answered
- August 18—Brining and Pickling Vegetables
- August 25—Relishes for Winter Meals
- Sept. 1—Drying Vegetables
- Sept. 8—Last-Minute Canning
- Sept. 15—Fall Jams and Jellies
- Sept. 22—Relishes for Winter Meals

**TUNE IN THE EXCITING
NEWS PROGRAM
"REPORT to the NATION"**

Broadcast over
W H E C
Every Tuesday night at 9:30

**RADIOS AND AUTOMOBILES
EXPECTED TO SHOW MOST
CHANGES AFTER THE WAR**

A recent survey shows that after the war the American public looks for the most radical changes in radios, automobiles and quality of tires. Least changes are expected in ice boxes (the old-fashioned kind), toasters and electric irons. Nearly half the people look for substantial changes in building materials, electric lighting and quality of gasoline. Gas ranges, electric ranges, washing machines and vacuum cleaners must look pretty good to the public because less than 20 per cent of the people expect any radical change in design. Twenty-six per cent look for radical changes in electric refrigeration.

**ELECTRIC POWER INDUSTRY
SERVES ALL OTHERS**

"In the war news, the big headlines go to the air raids, the commando landings and the taking of large territories and great cities. The loudest acclaim naturally goes to those who take the biggest risks and make the most sensational achievements. Yet full credit should also go to those on the home front whose daily service is essential to victory. This vast group includes not only those who build ships, planes, tanks and other war equipment but every person who works faithfully in an industry that is bolstering the war effort.

"The electric power industry, for instance, is one without which no other war industry could operate. There must be power for the lathes, punches, riveters and other machines that make our war weapons, power to light our factories for night shifts, power to take workers from their homes to their jobs and back. One of our main defense aims is to protect our power plants; one of the main objects of our bombers is to destroy the enemy's generating plants.

"It is well to call public attention to what the power industry is doing to hasten the day of victory. This industry has given the United States more electric generating capacity than all the rest of the world and has delivered this power to the places where it was most needed and could most readily be harnessed to the war effort. In this and other essential industries, every worker should know that victory depends on his doing his part and should have recognition for unusual performance." (Dallas News, Texas.)

**WAR BOARD COMMENDS
R. G. & E.**

**WAR PRODUCTION BOARD
WASHINGTON, D. C.**

Mr. Herman Russell,
President Rochester Gas
and Electric Co.

Dear Mr. Russell:

Your company is to be commended on its excellent contribution to the program of preventing waste of electricity and therefore conserving our vital resources required in fullest prosecution of the war. It is indeed gratifying to know that we will have your continued cooperation in this undertaking.

J. A. Krug
Director Office of War Utilities

**CONTEST WINNERS NEXT
MONTH**

Winners in the caption contest for the best title for the July Messenger cover showing the baby with the Uncle Sam hat and the Stars and Stripes will be announced in the September issue. The contest did not close until August 1st and so many entries were received that the judges have had a tough time making a choice.

If the nibblers in your family are hungry for hard-to-get candy bars why not make your own? Such sweets as Marshmallow Squares, Honey Rice-Flake Bars and Stuffed Dates are easy on sugar and long on goodness. The R. G. & E. Home Service Department will be glad to give you free recipes for these goodies.



"Mac is certainly going all out on that payroll saving plan."

SERVE YOUR COUNTRY BY JOINING U. S. CROP CORPS



The Rochester division of the United States Crop Corps wants five thousand men, women and older boys and girls to enroll in that organization as a patriotic service to save food and avert a possible famine next winter. Those who can do so are asked to devote part of their vacations, week-ends or other spare time to work on the farms and in the canneries in order that we may harvest and can the greatest possible amount of fruits, grains and vegetables. This work will be paid for at current rates and you will be aiding the war effort just as importantly as if you were making guns or munitions in a war plant. Please lend a helping hand by registering now at U. S. Crop Corps Headquarters in the Civic Exhibits Building at Main and Fitzhugh Streets.

Enroll with U. S. Crop Corps

To United States Crop Corps
Civic Exhibits Building
East Main and Fitzhugh Streets
Rochester, N. Y.

I want to serve my country by enrolling in the United States Crop Corps now being organized to help harvest and can the crops which are so vital to the war effort. Please send me information as to how I may devote part of my vacation or other spare time to this patriotic service and earn some extra money as well.

*(Please sign
here and mail)*

Name

Address

Phone No.