

**R. G. and E.
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Make "Spreads" for Use Next Winter

Here we are at the peak of the canning season. In addition to all of the canning that you are doing, be sure to make plenty of spreads to use for sandwiches and toast this winter (just in case we are short of butter). Use surplus vegetables to make relishes to pep up ordinary meals this fall and winter. Check over your canned goods to fill any gaps with stored vegetables later on. Be sure to can plenty of tomatoes so that if oranges and grapefruit are short this winter, you will have a good substitute in tomatoes.

Here are two recipes we'd like to have you try:

Carrot and Orange Marmalade

- 3 oranges
- 4 c grated carrots
- 1 c water
- Juice of 1 lemon
- 4 c sugar

1. Remove peel from oranges, cut in fine strips and cook until tender. Drain.
2. Cook carrots in the 1 c water until just tender; do not drain.
3. Add lemon, orange pulp, sugar and drained peel to the carrots and water.
4. Cook until thick and clear.
5. Pour into sterilized glasses and seal with paraffin.

Cucumber Relish

- 1 qt. chopped cucumbers (about 1/2 doz.)
- 1 large head cabbage
- 6 onions, chopped fine
- 1 c salt
- 2 qts. water
- 3 pts. vinegar
- 1 1/2 T mustard seed
- 1 T celery seed
- 3 c sugar
- 4 T dry mustard
- 1 T turmeric
- 3/4 c flour
- 1 pt. vinegar

Mix the cucumber, cabbage and onions. Dissolve the salt in the water, pour over the relish

and let stand overnight. Drain; add the 3 pts. vinegar, mustard and celery seed and the sugar. Cook until nearly tender. Mix mustard, turmeric and flour to a smooth paste with vinegar. Add to the relish and cook until mixture thickens. Pour into hot clean jars and seal.

Have you had your copy of "Can More in '44"? Call the Home Service Department, Main 7070, for other canning helps.

August is the month when we start worrying whether we'll be able to keep warm next winter.



"... and please put vitamins in candy and cake instead of in cod liver oil and spinach. Amen."

PROPHETS OF POWER SHORTAGE REFUTED BY WAR RECORD OF ELECTRIC INDUSTRY

Man may prophesy wisely or unwisely, but time tests the wisdom of his words. This is now being illustrated in the outstanding wartime record of the electric utilities of the United States. For over a decade, public agencies have prophesied that without vast government expenditures for electric development, a power shortage would be experienced. The business managed power companies always refuted this assumption with facts based on their past record of building ahead of demand. And now the inevitable is happening.

The output of electric power, primary "raw material" for war industry, early in May showed the sharpest week's drop since the power companies started compiling national statistics in 1928, according to the Edison Electric Institute. This climaxes a downward trend in power use which set in immediately after the utility industry recorded its historic high of approximately 4.612 billion kilowatt hours for the week of December 19, 1943. In other words, time has refuted the "official" predictions of power shortages. The electric industry has met the unprecedented wartime demand while serving every peacetime requirement.

And remember this: While our government has been induced to spend hundreds of millions of dollars for tax exempt hydro electric projects to compete with or displace business managed electric companies, the highly taxed business managed electric industry has produced over 80 per cent of the needed electricity for the war crisis. In the most vital war areas where business managed power plants carried the whole load, not one war factory or domestic user failed to receive electricity when needed.

Time has sifted out the false prophets. The promoters of government ownership of electric power in the United States haven't a leg to stand on, except their true aim, socialization of the nation's natural resources and means of production—in plain English, state socialism, an alien philosophy that a free people should never tolerate. (Public Service Magazine)

Sure Way To Reduce

According to medical men gluttony—not glands, is the cause of most overweight. Here is a sure way to reduce:

- Don't eat when exhausted.
- Don't eat when worried.
- Don't eat when excited.
- Don't eat when angry.
- Don't eat.

Help the postoffice give speedier delivery service by always putting the zone number in the address of every letter you write.

This is the time of year when you discover that the man who paints the pictures on the packets of vegetable seeds certainly has a vivid imagination.

Model Kitchen Nearly Ready

Watch for the announcement of the opening of the ultra-modern "Comfort-Conditioned" Kitchen on the main floor of the R. G. & E. building at 89 East Avenue. This kitchen will be clean, cool and odorless and will be used for demonstration purposes. It will be ready for public inspection early in September.

It is said that the average person uses only 5 per cent of his brain power and 40 per cent of his physical power. Politicians however, will soon be using 100 per cent of their lung power.

Thank You, Folks, For Your Patience When Storms Hit Us

The patience and good-nature of our customers when storms and falling trees bring down poles and lines and cut off electric service reflects the fine community spirit of this area. When trouble occurs we put every available man on the job but, with present labor shortages, it is not possible to restore service at all points immediately. We give our first attention to the war plants, of course, but our men work without interruption, day and night, until all breaks have been repaired. We are thankful for your co-operation and understanding and we try to show our appreciation of your tolerance by devoting our best efforts to restoring your service in the shortest possible time.

A New Radio Program

One hundred and seventy electric light and power companies, including Rochester Gas and Electric, will sponsor a new radio show featuring Nelson Eddy, Robert Armbruster's orchestra and guest stars, beginning Wednesday evening, September 20. It will be heard at 10:30 P. M. every Wednesday over the Columbia network with WHEC as the local broadcaster.

A cartoon character named Reddy Kilowatt, depicted as a lightning bolt with a human-like face, wearing a chef's hat with a lightning bolt on it. He is holding a power drill and has a speech bubble next to him. The background shows a factory and power lines.

**FROM TOAST
TO TANKS . . .**

*I'm your ready
willing helper*

"I'm the little guy who's always there. You push a switch and I go to work, in the home, in the factory and on the farm. I'm one-third stronger than a horse and I work for very small wages.

"Call on me, Folks, for any kind of a job you want done, whether it's running your electric toaster or operating those huge machines in local war plants."

—Reddy Kilowatt.

*I'm REDDY KILOWATT
your Electric Servant*