

**R. G. and E.  
MONTHLY  
MESSENGER**

**NOVEMBER, 1944**



# Many Thanksgiving Dinner Dishes Will Come From Home Gardens

The closing days of our third year of war will bring us to the Thanksgiving holiday more soberly aware of the character of the day than at any time during the last quarter century.

Many of us will sit down to a dinner of home grown and home prepared food, to observe without flourish or extravagance this three-hundred year old tradition, begun when living was simple and men were grateful for food, clothing and shelter.

## THANKSGIVING DINNER FROM YOUR VICTORY GARDEN



Autumn Julep  
Roast Chicken — Savory Stuffing  
Tray of Homemade Relishes and Pickles  
Mashed Potato — Baked Squash  
Carrot, Pepper and Endive Salad  
Mince Pie with Apple Meringue

### Autumn Julep

2 c grape juice      Sugar to sweeten  
2 c grapefruit juice      Mint  
Ice cubes

1. Combine the fruit juices and add enough sugar to sweeten.
2. Add a stalk or two of crushed mint and chill until serving time.
3. Pour over crushed ice and serve.

### Mince Pie with Apple Meringue

1. Prepare mince pie as usual using Green Tomato Mincemeat and omitting top crust.
2. Bake for 20 minutes at 400°F.
3. Cover pie with Apple Meringue.
4. Reduce temperature to 325°F and bake 20-25 minutes or until meringue is nicely browned.

### Apple Meringue

2 egg whites      2 T lemon juice  
1 c sugar      1 tart apple, grated

1. Beat egg whites until stiff.
2. Add sugar gradually and beat well.
3. Fold in lemon juice and grated apple.

### Try These When Short On Butter

The golden colored spreads like Carrot Honey and Orange Marmalade are rich in the same vitamins that we lose when we cut down on butter. So use plenty of these on bread, rolls and toast when short of butter.

### Orange Peel Marmalade

1 c thinly sliced peel      3 c water  
1 whole lemon, sliced      2¼ c sugar

1. Use the peel from breakfast oranges. Cut in thin strips, add water and lemon.
2. Cook until very tender (about ¾ hour).
3. Measure the fruit and liquid. There should be 3 cups (add enough water to make the 3 cups). Add the sugar and cook quickly in a large enough pan to have it boil hard. Cook to the jelly stage, or 220°F if tested with a thermometer.
4. Pour into sterilized jelly glasses and seal with paraffin.

### Carrot Honey

4 c grated raw carrot      Juice of 4 lemons  
Grated rind of 2 lemons      4 c sugar

1. Mix ingredients and ring to boiling point.
2. Cook until mixture is thick and clear.
3. Pour into sterilized jars and seal.

### Free Food Demonstrations On Wednesdays

Held in the Home Service Kitchen at 89 East Avenue every Wednesday afternoon at 2 o'clock and every Wednesday evening at 7:30 o'clock. The schedule:

- Nov. 1—Hearty Meat Dishes.
- Nov. 8—Good Pies and Pastry.
- Nov. 15—The Spirit of Thanksgiving.
- Nov. 29—Christmas Cookies.
- Dec. 6—One Dish Meals.
- Dec. 13—Holiday Rolls.
- Dec. 20—Special Recipes for the Holidays.

Tune in WHAM every Monday, Wednesday and Friday at 12:15 for helpful hints and food information.

## Ventilated Kitchen Still Open to Public

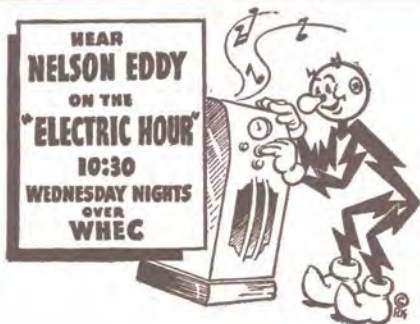
More than 15,000 people have already visited the attractive Comfort-Conditioned kitchen on display on the main floor of the Gas and Electric Building, 89 East Avenue. It will continue to be open for inspection and you are cordially invited. See how the special ventilation system attached to the range removes all dirt, grease and grime and every trace of objectionable cooking odors. Ask the Home Service girls in attendance to show you how simply this is operated and how easy it will be for you to have a ventilated kitchen in your home as soon as materials are available. The kitchen is open to the public every weekday from 9 A. M. to 5 P. M. and on Saturdays until noon. It is also open Monday evenings from 7 to 9 o'clock.

## Taking Time To Live

Take time to live. That is what time is for. Killing time is suicide. Take time to work. It is the price of success. Take time to think. It is the source of power. Take time to play. It is the fountain of wisdom. Take time to be friendly. It is the road to happiness. Take time to dream. It is hitching your wagon to a star. Take time to look around. It is too short a day to be selfish. Take time to laugh. It is the music of the soul. Take time to play with children. It is the joy of joys. Take time to be courteous. It is the mark of a gentleman.

## Gabriel Heatter Says:—

"Well, I never realized how much a tiny switch could mean until I was caught in a hurricane last night — that tiny electric switch I suppose I have taken for granted all my life. When everything goes dead — broadcasting equipment — news tickers — light — power — radio — and trying to get out and drive to another point would be suicide — and to see how much a modern household is helpless without that tiny switch — radio dead — electric toaster dead — lights out — POWER OFF!"



## Have You Any of These Mannerisms?

What are the peculiar little mannerisms that all of us have and that so often distract the attention of the person we are trying to impress? Recently Dr. James F. Bender, Director of the National Institute for Human Relations, asked 50 purchasing agents and buyers to list the autistic gestures that they considered most annoying and their answers are interesting. "Autistic", by the way, is a ten-dollar word tossed around by the psychologists and which means a type of self-action that is recurrent and is done more or less unconsciously.

Here are ten autistic gestures which are regarded as among the most annoying:

1. Scratching the head.
2. Pulling the ears.
3. Stroking the chin.
4. Tugging at collar or tie.
5. Continuous blinking of eyelids.
6. Jerking the head.
7. Tapping the floor with foot.
8. Finger tapping.
9. Licking the lips.
10. Twiddling the thumbs.

Gestures of this kind say the psychologists, build sales resistance because they distract the attention of the buyer and, in the case of public speaking, divert attention from the speaker's theme and focus it on the mannerism.

## War Council Asks Boys To Spare Street Lights

The Rochester War Council is making an appeal again this year to the boys of Rochester and surrounding area to co-operate in reducing breakage of street lights. Last year, as the result of organized campaigns in the schools, hundreds of students pledged themselves to help stop this form of sabotage. Most of the breakage is done thoughtlessly or in a spirit of youthful exuberance. The boys of this area are patriotic and they wouldn't think of smashing a light if they realized that it means loss of tungsten, that rare metal which is so vitally necessary to the manufacture of Radar, the secret invention that helps our ships and planes to defeat our enemies.

## Things To Be Thankful For

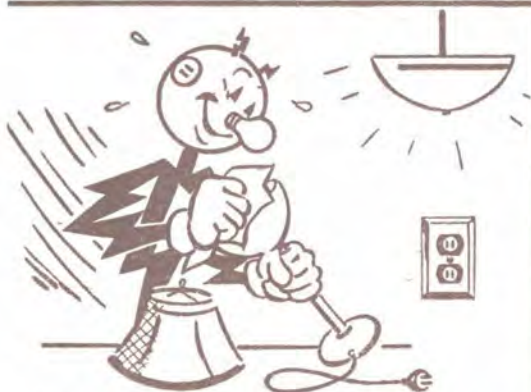
That every day brings the boys nearer home.

That we can quarrel among ourselves over election but keep united against our enemies.

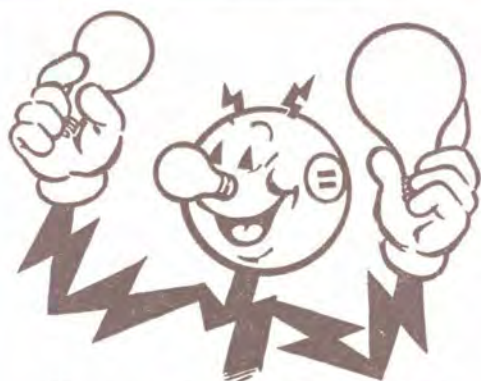
That no matter how many things may be wrong in this country it is still infinitely better than any other land.

# BETTER LIGHT...BETTER SIGHT

**REDDY KILOWATT** says:



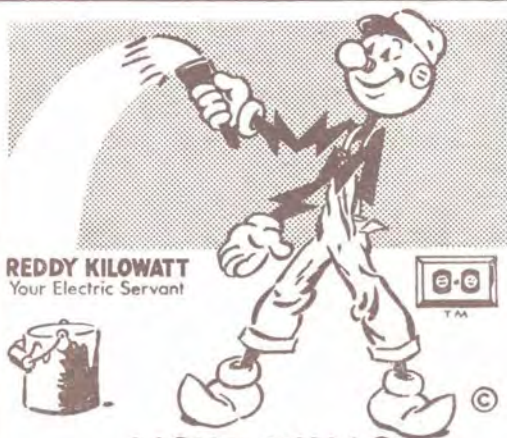
**DUST AND DIRT CUT DOWN LIGHT OUTPUT ... KEEP REFLECTOR BOWLS, FIXTURES AND BULBS CLEAN**



**Use RIGHT SIZE BULBS TO GIVE ENOUGH LIGHT FOR THE VISUAL TASK**



**AVOID GLARE ... BY SHADING BARE BULBS AND USING I.E.S. STYLE LAMPS. GLARE IS HARMFUL TO YOUR EYES.**



**REDDY KILOWATT**  
Your Electric Servant

**LIGHT WALLS AND WHITE CEILINGS REFLECT MORE LIGHT PAINT UP!**