



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

MARCH, 1945

Lenten Fish Dishes Help To Lighten Strain On Red Ration Points

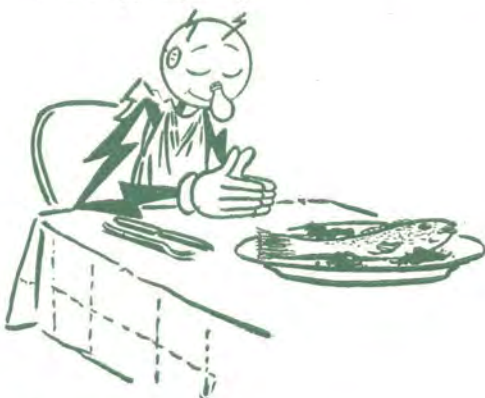
For versatility and variety these blustery March days, use fish. To help stretch the meat, to lighten the burden on points for Lenten dishes, use fish. It's a complete alternate for meat and in addition, a serving of salt water fish at least once a week supplies important minerals that most of us need.

There need be no monotony in fish dishes because there are so many different kinds to use and so many ways to prepare the fish. Here are some of our favorites; we hope that they will be yours, too.

Halibut Delicious

- 1 can condensed tomato soup
- ¼ lb grated sharp cheese
- 1 lb boiled halibut
- ¼ t salt
- Few grains pepper

1. Pour soup into heavy skillet or saucepan. Add cheese and heat slowly over simmer burner until cheese melts.
2. Break halibut into large pieces and add to sauce. Season with salt and pepper and continue cooking slowly until fish is thoroughly heated.
3. Serve on toast or in bread cases and sprinkle with chopped parsley.



Shrimp Gumbo

- | | |
|----------------|-----------------|
| 3 T butter | 1 t salt |
| 1 green pepper | ¼ t pepper |
| 1 onion | 1½ lbs shrimp |
| 3 T flour | 2 c cooked peas |
| 1 qt tomatoes | Cooked rice |

1. Melt butter, add pepper and onion and cook until transparent but not brown.
2. Push vegetables to one side of pan, add flour and cook until smooth.
3. Add tomatoes, salt and pepper. Bring to

boiling point, add cleaned cooked shrimp and peas. Simmer 5-10 minutes.

4. Pile rice in center of serving dish and pour shrimp mixture over it.

TO COOK RICE: Wash 1 cup rice thoroughly, add to 3 c boiling water and 1 t salt. When mixture comes to the boiling point, turn burner low and cook 10 minutes. Turn burner off and let stand 10 minutes.

Broiled Red Perch with Bacon

- 1 lb red perch (quick frozen)
- Pepper to season
- ½ lb bacon

1. Remove skin from perch (not necessary to thaw).
2. Sprinkle lightly with pepper.
3. Wrap each piece of fish in a piece of bacon and fasten with a toothpick. If bacon is not available, brush generously with bacon drippings.
4. Preheat broiler and pan for 5 minutes. Arrange fish on rack and place pan under broiler so that surface of fish is 2 inches from flame. Broil until bacon or fish is crisp and brown. Turn and broil on other side. Allow 6 minutes on each side.

Free Demonstrations

Attend our free cooking demonstrations on Wednesdays at 2:00 in the afternoon and 7:30 in the evening in the Home Service Kitchen, 89 East Avenue. The schedule:

- March 7—Fish Main Dishes
- March 14—A Variety of Rolls
- March 21—Cookies
- March 28—Spring Dinner Menus
- April 4—Spring Parties
- April 11—Some New Salads
- April 18—Kuchens and Coffee Cakes
- April 25—Casserole Dishes.

At the end of 1944 the R. G. & E. was serving 145,783 customers with electricity; 120,283 with gas and 275 with steam heat.

The necessity for saving fuel continues and the U. S. War Production Board appeals to every householder to lend a helping hand. Use what electricity and gas you need . . . but only what you need. Avoid all unnecessary use.

The fellow who is continually singing his own praises is usually a soloist.

Why does a Jap jump from his 28th to his 30th birthday? Because Japanese no like B-29.

In Worst Winter R. G. & E. Workers Uphold Tradition: "Service Must Go On!"

"Neither snow, nor heat, nor gloom of night stays these couriers from the swift completion of their appointed rounds."

This phrase, written by Herodotus, famous Greek historian, in praise of the fidelity of the couriers of ancient Greece, might well serve as the motto for the R. G. & E. line and trouble crews and other workers in the gas and electric plants. "Service must continue" is their slogan and they fight snow and sleet, wind and floods, summer heat and winter cold, to make good on it.

The heavy snow and the frequent storms made it the toughest winter in years for the utility workers and taxed their endurance and stamina. Many workers had to remain at the plants overnight and work long, extra hours when relief shifts were unable to get through. Meals and cots were brought in and the plants literally became hotels and restaurants.

Practically everybody had to take a hand at snow-shoveling in order to get coal through to the electric generating and gas producing plants. Mountains of snow were piled in the Ambrose Street yards and railroad sidings were blocked. Crews of the New York Central rendered yeoman service by remaining continuously on the job to keep the tracks open, because without coal plants could not operate.

Linemen had to wear snowshoes to get to many trouble spots. Truck drivers battled through drifts to deliver coke to shivering households. "Trouble-shooters" working on underground lines knelt in the icy streets while they repaired cables in zero temperatures. Gas

crews dug through drifts and frozen ground to thaw out mains or to find and stop leaks.

There were interruptions of service, of course. When wind or sleet pulls down a line, service is cut off somewhere but R. G. & E. workers got to the scene of trouble at the earliest possible moment and they stayed on the job until repairs were completed.

Coal frozen into steel railroad cars had to be gotten out and great torches were burned under the cars while workmen pounded the sides and a huge steel knife, dropping from overhead like a guillotine, cut into the coal and loosened it.

"It was a tough winter, Ma," said one of the trouble crews as he rubbed an ear with one hand and crossed fingers on the other, "but we made it!"

Home Service Please!

Many times a day Home Service answers questions asked by puzzled homemakers. So that other puzzling questions can be answered, Home Service is on the air Monday, Wednesday and Friday at 12:15 P. M. over WHAM. Listen in if wartime living confronts you with difficult problems.

One of the most enjoyable of the Saturday morning radio shows is the Servel program, with vivacious, fluttery Billie Burke in one merry mix-up after another. Tune in WHEC at 11:30 A. M.

More Cigarettes Made Than Last Year

With more than half the population standing in line for cigarettes everybody is asking "How come the shortage?" It isn't in production for government agencies report that 329 billion cigarettes were turned out in 1944, which was 20 billion more than in 1943. Seventy-two per cent of the cigarettes manufactured last year were for home consumption and 28 per cent went to the armed forces.

Seven brands accounted for 91 per cent of the cigarettes consumed by civilians in the following percentages: Lucky Strikes, 26.3; Camels, 20.3; Chesterfields, 19.5; Phillip Morris, 10.7; Old Golds, 6.3; Raleighs, 4.9; Pall Mall, 3. There are no figures showing how the same brands rank with the armed forces.



"Yes, we're 100 per cent efficient since John put up these signs."

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