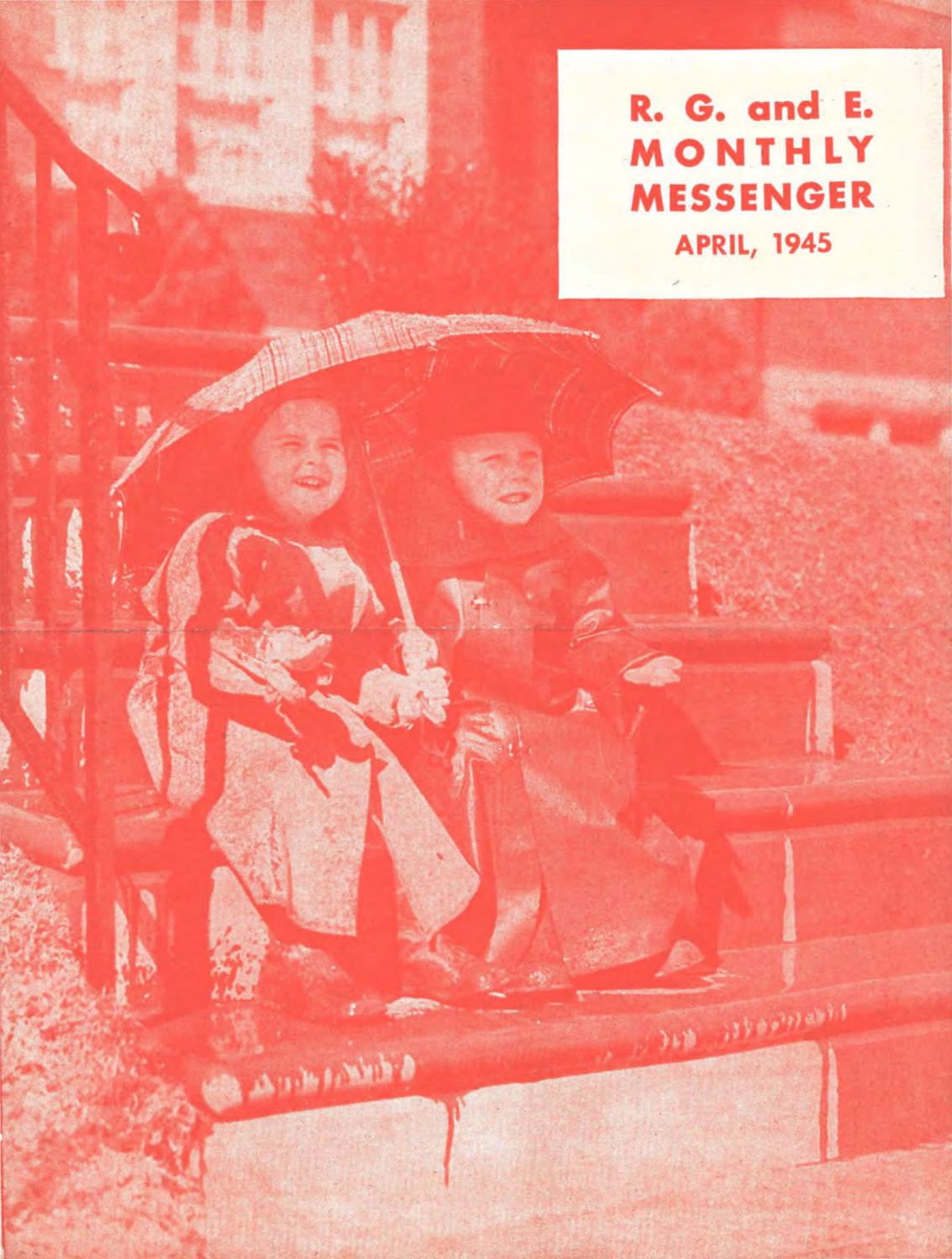


**R. G. and E.
MONTHLY
MESSENGER**

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Victory Garden Pays Double Dividends

Reddy Kilowatt asks:

"Have you planned your Victory Garden for this year?" If you haven't, here are three good reasons for doing it right away:

1. To help win the war.
2. To get better vegetables.
3. To save money.

A Victory Garden pays extra dividends because fresh air and outdoor exercise contribute so much to good health. Food fresh from the garden tastes so much better and is so much better to can. Gardening is fun, too; it makes you feel good; it relaxes those overwrought nerves. Sometimes it's hard work too, but the thrill of eating your own home-grown vegetables is worth every bit of time and toil.

Green Vegetables

Make sure that your family is getting every day, that generous helping of green vegetables needed for abundant, glowing health. If they're not, now is a good time to check up on the method you're using for cooking these vegetables. In order to preserve every bit of their bright green color, their vitamins and minerals, and their fresh flavor, here is a good rule to remember: Cook vegetables in the smallest amount of boiling water possible—in a tightly covered pan—for the shortest time—at simmer heat. That goes for spinach, kale, swiss chard, broccoli—in fact all the greens that are available right now.

Wash the vegetables and place in a saucepan with $\frac{3}{4}$ teaspoon of salt and $\frac{1}{2}$ cup water or use just the water that clings to leaves of spinach. Cover the pan closely and turn the flame high until the steam escapes. Then turn the flame very low, to simmer, and cook until tender, 12-15 minutes. When you have leftover spinach, here is a good way to use it for a main dish:

Spinach Fromage

Temp.: 325° F. Time: 50-60 minutes.

- 3 T butter or margarine
- 3 T flour
- $1\frac{1}{2}$ c milk
- $\frac{3}{4}$ lb. cheese, grated
- $1\frac{1}{2}$ c finely chopped cooked spinach
- $1\frac{1}{2}$ c soft bread crumbs
- 8 eggs, beaten
- $1\frac{1}{4}$ t salt

Few grains pepper

1. Make a white sauce of the margarine, flour and milk.
2. Add grated cheese and stir until melted.
3. Add well drained chopped spinach, bread crumbs, beaten eggs, salt and pepper.

4. Bake in preheated oven in greased casserole or in individual casseroles until firm. (If individual casseroles are used, bake 30-35 minutes.)

Honey Spice Cake

Temp.: 350° F. Time: 40-50 minutes.

- $\frac{1}{2}$ c shortening
- $\frac{1}{2}$ c brown sugar
- 1 egg
- 1 c honey
- $2\frac{1}{2}$ c cake flour
- $\frac{3}{4}$ t soda
- $\frac{1}{2}$ t double action baking powder
- $1\frac{1}{2}$ t salt
- 1 t ginger
- 1 t cinnamon
- $\frac{1}{2}$ t nutmeg
- $\frac{1}{4}$ t cloves
- 1 c sour milk or buttermilk

1. Cream shortening, add sugar gradually, cream until well blended. Add egg and beat well.
2. Add honey and blend (batter may look curdled).
3. Mix and sift flour, soda, baking powder, salt and spices. Add alternately with sour milk, stirring as little as possible but blend well.
4. Pour into well greased 12x8x2" pan and bake in preheated oven.

Fluffy Icing

- $\frac{3}{4}$ c honey or corn syrup
- 2 egg whites
- $\frac{1}{2}$ t salt
- 1 t vanilla

1. Boil honey or corn syrup for 2 minutes.
2. Beat egg whites until foamy, add salt, and beat until stiff.
3. Add hot syrup slowly and beat until stiff.
4. Add vanilla and spread on cake.

To Spend \$290,000,000 for Rural Electrification

The business-managed electric power companies of the nation will spend \$290,000,000 during the next three years in bringing electricity to farms and to rural non-farm homes according to a report by the Edison Electric Institute. Area served by Rochester Gas and Electric in Monroe and Wayne Counties is almost completely electrified while the remainder of this company's territory is better than 80 per cent electrified. Rural electrification in this section has been proceeding as rapidly as materials and manpower permit and it will be speeded up as soon as wartime restrictions are removed.

Army and Navy Leaders Praise Work of Light and Power Companies

Here are a few extracts from many laudatory comments made regarding the part played by the electric light and power companies in helping America achieve its amazing war production record. They are taken from "Report to the War and Navy Departments of Army-Navy-Utility Co-operation in the Utilities Wartime Aid Program.

"No industry has been more co-operative than the light and power companies in their efforts to serve the nation's war industries and military installations. (Major General T. A. Terry, Commanding General, Second Service Command.)

"You and we know that if we perform our task perfectly it will never be heard from. If we fall down in the slightest degree, if the lights go out for an instant, you hear about it from every source. But you get no Croix de Guerre, you get no medals, you get no citations for keeping your utilities in constant and smooth operation. And for what you have already done may I express for the Corps of Engineers our deepest appreciation." (Brigadier General R. C. Kuldell, Officer of Chief of Engineers.)

"You delivered, each and every one of you, from executives in the front office to the men who climb the poles. When we called for power we got power and not—thank God—alibis." (Rear Admiral W. R. Monroe, United States Navy.)

"You have served best, perhaps, when the least attention is called to your services—when they are supplied in such an unflinching way that they are taken as a matter of course. We, of the Army Engineers, know of your work at first hand—know and appreciate it." (Major General Eugene Reybold, Chief of U. S. Army Engineers.)



She'll Sway Him With "Mood Rays"

Extracting that new mink coat from the economy-minded husband — sometimes called "getting money from Honey" by the frivolous minded—now has a new twist to it. Electronics has stepped in to aid the little woman again.

A system has been devised whereby the lights of the modern electrified home may be—first, of any desired color or colors, and second, altered by the flip of a switch to fit any mood.

In other words, the lights may produce a

soothing blue room, an exciting red room, a gloomy darkish room or a soft, fetching pink one.

In short—men (who are the more responsive of the sexes to color anyway) just don't stand a chance any more.

Answers to Puzzle Picture

1, Unsafe mat; 2, Roller skates in front of door; 3, Dripolator on towel too near edge of refrigerator top; 4, Refrigerator drawer open; 5, Overloaded electric circuit; 6, Toaster too near edge, cord hanging over; 7, Worn place on electric iron cord; 8, Cord, stretching across floor; 9, Woman wearing high heels standing on insecure step stool, and reaching too far; 10, Maid doing two things at once; 11, Maid using knife to open can; 12, Hot iron lying flat on board, unprotected; 13, Creeping baby playing with fork; 14, Table drawer open; 15, Sharp knife and meat about to fall on baby; 16, Tablecloth hanging low enough to be grabbed by dog or baby; 17, Roast burning in oven; 18, Stick matches on stove; 19, Kettle boiling over, putting out flame; 20, Handle on kettle protruding out; 21, Air through open window blowing curtains over flame; 22, Grease on floor; 23, Neglected mix-master while in operation