

A monochromatic, reddish-brown photograph of a woman sitting on the ground in a stable, reading a newspaper. She is wearing a light-colored short-sleeved shirt and dark overalls. A horse's head is visible in the upper right, tied to a wooden post. The background shows wooden stall walls and a fence.

**R. G. and E.
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How To Make Jam With Less Sugar

Our food supply for next winter depends in a large measure on what we can in our homes right now. When butter is scarce, homemade jams and jellies will really come into their own as spreads for bread and rolls and breakfast toast, and along with cottage cheese or peanut butter will make a delicious nutritious sandwich filling for lunch boxes. This year we may have to put away our conventional recipes for jam and try some of the new recipes which call for only about half as much sugar as we're accustomed to using. This is done with the use of corn syrup, and the beauty of it is that the light or dark syrups work out equally well. Try this recipe for Peach Jam.

Peach Jam

- 4 c chopped ripe peaches
- 4 c corn syrup
- 3½ c sugar
- 1 c liquid pectin

1. Combine prepared peaches, syrup and sugar in a large kettle. Bring quickly to a full rolling boil and boil hard for 1 minute.
2. Remove from the heat and stir in liquid pectin. Stir for 5 minutes.
3. Skim until free of foam. Pour into sterilized glasses and seal at once with paraffin. Makes 13-14 six-ounce glasses.

Use Tomatoes Many Ways

Tomatoes will soon be coming from the garden, and after you've canned and canned until

you think you have all the tomatoes you'll need for next winter, it's a good idea to make some of the many relishes and preserves, which will still supply the food value of tomatoes but in a different form. Here again corn syrup does the work of sugar, and in chili sauce and catsup you can substitute an equal amount of corn syrup for the sugar in the recipe. In green tomato pickles, picalilli, and tomato chutney, use only half as much sugar as the recipe specifies, and replace the rest with the same amount of corn syrup. These recipes can all be found in the Home Service canning book, "CAN TO THRIVE IN '45", which is yours for the asking at 89 East Avenue. Here's a good recipe for chili sauce:

Chili Sauce

- 50 medium tomatoes
- 10 medium onions, chopped
- 4 sweet red peppers, chopped
- 1 large bunch celery, chopped
- 1 qt. vinegar
- 1 T whole allspice
- 1 stick cinnamon
- 1 T whole cloves
- 1 T nutmeg
- 2 T salt
- 3 c sugar*

1. Scald, peel and chop tomatoes. Add other vegetables and bring mixture to boiling point with the vinegar. Cook until thick and clear.
2. Tie spices in a bag and add nutmeg, salt and sugar to first mixture, last hour of cooking.
3. Pour into hot clean jars and seal. Yield: 5-6 pints.

(*8 c corn syrup may be used instead of sugar, but the chili sauce will not be quite as sweet.)

Ask for the new recipe sheet, "GOOD JAMS WITH SUGAR ALTERNATES", which gives you the newest recipes for jams using much less sugar and more corn syrup for wartime jams.

Canning Information Center

Stop in at the Canning Information Center on the main floor of the Gas and Electric Building at 89 East Avenue, Rochester, for latest bulletins and directions for canning, or for directions on canning without sugar. This Center is sponsored by the Rochester and Monroe County Nutrition Committee and is open each weekday from nine to five and every evening from seven to nine. There is always someone on hand to answer your questions and discuss your canning problems with you. You may get canning information on the telephone by calling Main 7070 and asking for the Canning Information Center.



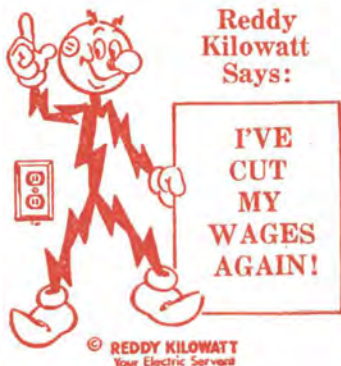
"You turn the crank, push the middle valve down and out comes a piece of buttered toast."

Latest Cut Makes Electric Service Cheaper Than Ever Before

*When Simple Simon had a penny
That coin would purchase pies;
But nowadays Electricity
Is the only thing it buys.*

The \$753,000 slash in electric rates by Rochester Gas and Electric, which went into effect June 25, emphasizes again the low cost of this smallest item in the family budget. Rate reductions made by the company during the last ten years are now saving consumers more than \$2,000,000 annually. The best way to illustrate the real cheapness of electric service is to show what a single penny will do. Here are a few examples:

- One cent will operate an electric refrigerator about 5 hours.
 - One cent will run a vacuum cleaner an hour and a half.
 - One cent will run a radio an entire evening.
 - One cent will run a clothes washer 45 minutes
 - One cent will run a toaster 30 minutes or a flat iron 20 minutes.
 - One cent will run a percolator 30 minutes.
 - One cent will run an electric dishwasher one hour.
- Nothing you buy gives you so much for so little money.



Cost of Food, Clothing Up; Gas and Electricity Down

The June issue of the Monthly Labor Review, published by the United States Department of Labor shows that during the period from 1939 to 1945 the cost of food rose 46.1%; cost of clothing was up 43.6%; house furnishings, up 43.8% and fuel other than gas, up 25.5%. During the same period the average price of gas and electricity dropped 3.5%.

CONGRESSMAN RAPS TVA RECORD

The TVA, model for the proposed billion dollar Missouri Valley project, received its severest slapping recently before a Senate Commerce sub-committee, according to the New York World-Telegram. The slapper was Congressman Andrew J. May, Kentucky Democrat, and chairman of the House Military Affairs Committee.

"You gentlemen", he said, in a statement presented to the committee, "have had witnesses paraded before you whose chief reason for the creation of additional valley authorities is the assumption that the original—the TVA—has been a success. I shall prove that the TVA is a failure."

Congressman May called TVA a wartime slacker to the extent of millions of dollars annually.

He said that as a flood control project, it has created a flood menace.

As a soil conservation project, he asserted, it has done more harm than it can ever possibly undo.

In both of these activities, he said, it is wastefully duplicating the functions of two highly efficient existing federal agencies—the Corps of Engineers of the Army and the Soil Conservation Service of the Department of Agriculture.

A clever combination of wishful thinking and fanciful conjecture, he said, has been crystallized in the public mind by adroit and tireless TVA propagandists, to the effect that by TVA's power resources the nation was bailed out of its aluminum crisis for the war effort.

As a power project, he said, it is doomed to be a red ink bureau and forever run a chronic deficit, in spite of alleged paper profits.

Keeping Cool On Hot August Days

It will probably be some months yet before new electric fans are available in any large quantities for civilian use. However thousands of homes in this area already have fans and here are a few suggestions that may help them to keep cooler on oppressively hot summer days.

One of the best tips on keeping a room comfortable is to place the fan two to five feet above the floor and from six to ten feet from you, or your guests. This achieves direct and quick relief from the stagnant air that makes you feel so hot, sticky and sluggish.

If you prefer an indirect air flow, move the fan to within a foot of a wall, with its stream channeled directly on the surface. This method induces a more gentle circulation, but it is thorough and just as effective, if slower.

On still, humid nights, place the fan, facing outward, on a table in front of an open window. Then open the other windows or doors. The fan will drive out the day's accumulation of inactive air and replace it with fresh, invigorating currents.

Your fan can be used to speed the drying of clothes, and to prevent mildew, on rainy summer days. Put it at table height, two or three feet from the garments, and direct the air stream between the lines of clothing. Two to four hours, drying time thus may be saved. The fan also will hasten the drying of paints—on linoleums, floors, furniture, etc.

Write That Soldier or Sailor To-day!



© REDDY KILOWATT
Your Electric Servant

Reddy Kilowatt asks: "Can you pass a mail box with a clear conscience?"

Yearly lubrication is usually all your fan requires. If it won't start, check the cord for a break and inspect connections to see that they are tight. If no minor trouble is apparent, consult a serviceman. In many cases, a thorough cleaning of the blades will quiet a noisy, vibrating or "walking" fan.

Kitchen Most Interesting Room In the Home

In a recent survey made among housewives they were asked this question: "If your favorite magazine were planning an article on improvements in your home to which room would you want the article devoted?" Replies were: Kitchen, 63%; living room, 29%; bathroom, 6%; bedroom, 2%. This indicates that improvements in the kitchen are twice as interesting and important to women as any other room in the house.

Monroe County Canning Contest

Here is a chance for Monroe County canners to win prizes for their canned fruits and vegetables. The Rochester and Monroe County Nutrition Committee of the War Council will sponsor a Canning Contest at the Monroe County Fair to be held at Edgerton Park, Rochester, on August 30, 31, and September 1. Premium lists may be obtained from Esther L. Marth, Director of Nutrition, Rochester Chapter of the American Red Cross, from Mrs. Elston Holston, Consumer Division, Monroe County War Council, or at the city and county Home Bureaus.

Surveys have revealed that the educational age of pupils in extremely well-lighted class rooms exceeds that of pupils in poorly lighted rooms by fully 10%.

The first practical dynamo in the Western Hemisphere was built in Ithaca by Professor William A. Anthony and George S. Moler in 1875. It furnished electricity to light the campus of Cornell University.

Out in Salt Lake City there is a street that used to be called "the avenue of death" because of the number of automobile accidents. After installation of adequate street lighting fatalities dropped 75 per cent.

No wonder the modern girl is so often called a "live wire". She carries so little insulation.