

FEBRUARY 1946



R.G. and E. MONTHLY MESSENGER ▶

Grapefruit is Plentiful---Can It Now

Now is the time when all foresighted housewives are canning grapefruit. They're planning for the days that are coming next July and August, when citrus fruits are scarce or even impossible to buy, but when the need to start the day off with a Vitamin-C rich fruit is as important as ever. It's a comfortable thought too, to know that on the shelves of the fruit cellar there are several jars of fruit, instantly ready to be served for breakfast or to be made into mouth-watering salads.

Grapefruit are at their juiciest, flavorful prime right now, so plan to can your share.

DIRECTIONS FOR CANNING GRAPEFRUIT

1. With a sharp knife cut rind and inside membrane from whole grapefruit in such a way that the meat is exposed. Pick up the whole fruit and with a small knife cut along segment membranes to release whole segments, free of membrane on all sides. Remove seeds.
 2. Pack grapefruit segments very firmly into clean pint jars. Add 2 T sugar (if desired) to each pint. Fruit should be so firmly packed that juice is sufficient to fill jar to within 1" of top. No additional juice or water is necessary.
 3. Adjust cover on jar according to directions for type of jar used. Can in the boiling water bath for 20 minutes after the water boils.
- N. B. It will require 1½ to 2 medium fruit to fill one pint jar.

Use some of the fresh grapefruit to make this delightful combination fruit and fish salad. It's sure to make a hit with party guests or your own family for Sunday night supper.

MOLDED CRABMEAT SALAD

- | | |
|-------------------|-------------------------|
| 1 T gelatin | 1 c crushed pineapple |
| ½ c chicken broth | 1 c grapefruit sections |
| 1 t vinegar | 1 small can crabmeat |
| 1 c mayonnaise | or tuna fish |
1. Soak gelatin in hot broth and dissolve over boiling water.
 2. Add vinegar and cool until slightly thickened.
 3. Add slowly to the mayonnaise, beating thoroughly. Add pineapple, grapefruit and crabmeat. Pour into a mold and chill. Unmold on lettuce and serve.

Cause For Celebration



"The stuff is starting to come through. Today we got an electric egg beater."

R. G. & E. INHALATOR CREWS SAVE LIVES

The Inhalator crews of Rochester Gas and Electric responded to 115 calls last year. In sixty-five of the cases the victim was revived by the R. G. & E. expert resuscitation crews. Among the cases were poisoning from coal gas, carbon monoxide, illuminating gas, heart attacks, drownings, ammonia and fertilizer fumes, shock and strangulation. The company carries on this work as a community service.

Manufacture of the electric range was made possible by the discovery in 1907 that nickel-chromium wire would withstand temperatures up to 2000 degrees F. without disintegrating.

A sensitive electrical device, which can measure even a pin-drop, has proved that the old-fashioned polka causes 30 per cent more vibration—or "jump"—than jitterbugging.

Any time you feel indispensable take a walk through a cemetery and read the headstones. Those guys were once pretty important, too.

Nelson Eddy Program Most Popular Of All Sunday Musical Shows

Recent surveys show that Nelson Eddy, who appears on the Electric Hour over the Columbia network at 4:30 every Sunday afternoon, tops all radio shows of similar type in popular appeal. And of all shows of all types heard on Sunday afternoons only "One Man's Family," a dramatic serial, has a higher rating and then only by three-tenths of one point. Second most popular musical show on Sundays is the John Charles Thomas Westinghouse program.

Comedy programs still lead in public fancy with Bob Hope in first place, closely followed by Fibber and Molly and Charlie McCarthy. Jack Benny, Fred Allen, Lux Radio Theater and Walter Winchell are included among the first ten.

Tune in Nelson Eddy next Sunday and enjoy half an hour of fine singing. The program is sponsored by 170 electric power and light companies, including Rochester Gas and Electric. WHEC is the Rochester station.

DEMONSTRATIONS WILL FEATURE OVEN MEALS AND LENTEN DISHES

Home Service Demonstrations for March and April will feature Lenten suggestions, oven meals and "pick-ups" for winter-weary appetites. The demonstrations will be held Wednesday afternoons at 2 and Wednesday evenings at 7:30 o'clock in the Home Service auditorium at 89 East Avenue, Rochester. They are free and you are cordially invited.

Here's the schedule for March and April:

- March 6: Lenten Dishes
- March 13: Sweet Rolls
- March 20: Oven Meals Featuring Fish
- March 27: Spring Pies
- April 3: Broiler Meals
- April 10: New Cakes
- April 17: Easter Dinner Menu

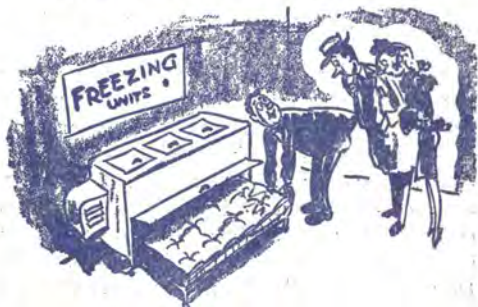
Distribution of the R. G. & E. Monthly Messenger covers the entire month. Copies are sent out with the service bills at the rate of about 5,000 per day and that makes the matter of timing rather difficult. Some of you will receive a copy on the first day of the month while others will not get it until the last day. In order to get helpful information regarding recipes, menus and food suggestions to all of our readers we carry a three months' program of demonstration dates. We realize that when some of you receive this issue most of the February dates will have passed but you had notice of those meetings last month and their inclusion here is a repeat for the benefit of those who can be reached the second time:

- Feb. 6: Children's Parties
- Feb. 13: Dinner Parties
- Feb. 20: Teas
- Feb. 27: Eats for the Teen-Age Shindig

ONE BRIGHT SPOT IN LIVING COSTS

In these days when practically everybody wants more money for everything the United States Department of Labor announces that the cost of gas and electricity to the household consumer is only 95 per cent of the pre-war base as compared to a figure of 129 for the entire cost of living. The fact that one item in the family budget has stayed down while most things soared provides a cheering note in the homemaker's struggle against the tide of higher prices.

Maybe He's Got Something



"And this part pulls out into a bed for those hot summer nights." (Electrical Merchandising)

One advantage of being a dog is that somebody else has to pay the tax.

Editor Calls St. Lawrence Seaway "Monstrosity of Waste"

"Taxes figure largely in the cost of electricity to consumers. This is a pertinent fact usually concealed by those propagandizing for public hydro-electric projects, such as the current St. Lawrence seaway and power project.

"Public power production, such as that of TVA, has produced some very strange bookkeeping. The proponents of 'encroaching socialism,' with electric power as the initial field of conquest, carefully conceal the fact that 'cheap' power is made 'cheap' only because taxpayers provide a huge subsidy. Interest on capitalization is nominal, and the taxes that private enterprise would pay are not counted at all. The government loses millions in revenue, which means higher taxation. The economic realities of federal hydro-electric projects are not a persuasive argument for their extension.

"Some persons in the Southern Tier who scrutinize neither the economic nor the political implications of such projects as that of the St. Lawrence point to the great benefit of having 'cheap' electric power in this state. They say 'cheap' power would attract new industries to the state. That is less than true. There are many other considerations that influence an industry seeking a new location; such as availability of certain types of skilled labor, adequate transportation, local taxation, housing, etc. Cost of power rarely would be the determinant.**

"The St. Lawrence seaway and power project, when we weigh it on any scales of this community's interests, adds up to a monstrosity of waste and of injury to the workers and business groups of this state. It is part of the over-all national program of 'encroaching socialism' promulgated by American socialists who abandoned theories of violent revolution in favor of it 15 or 10 years ago."—(Binghamton Press)

**NOTE:—As a matter of actual fact, outside of the electro-chemical industries, the cost of electric power is about the smallest item in manufacturing.

Shortage of New Equipment Gives Utilities Headaches

Shortage of necessary new equipment, particularly large and small transformers, is causing the R. G. & E. considerable concern and has been responsible for several interruptions of service. During the war the government took the greater part of this equipment and the manufacturers have not been able to catch up with their back orders.

This company is trying in every possible way to speed delivery of new equipment but in many cases it takes eight or nine months to get it. In the meantime the present equipment is subjected to heavy strain and sometimes, regardless of the care exercised, there is a break in service. In such cases our first effort is to confine the trouble to as small an area as possible and then to repair the damage with the minimum of delay.

This time of year is particularly tough on power lines, especially in the rural areas where high winds bring poles down and coatings of ice and sleet snap wires.

THE HOTTER THE WATER THE WHITER THE WASH

Laboratory tests made at Penn State College show that the "hotter the water the whiter the Wash." Hot water, according to the scientists, is the most economical way to achieve snowdrift whiteness with clothes. When there is plenty of water, and it is hot enough, the soap and other cleansing agents do a better job with the wash. Automatic water heaters will soon be available at the R. G. & E. and at many dealers. They are one of the best investments in better health, comfort and convenience that any family can have.

Army Wants Recruits

The United States Army is looking for recruits to serve enlistments of three years, two years, eighteen months, or in specified cases, for a lesser period. Qualified men between the ages of 17 and 34 are eligible but those under 18 years of age must have the written consent of their parents or guardian. Apply at the Army recruiting office, Federal Building, Church Street, Rochester, N. Y.