

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

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# How To Make Vegetables Serve as Main Dishes

The gardens and markets offer a complete array of fresh vegetables for delicious, healthful summertime meals. With many of the customary foods very scarce, or completely missing from the markets, the ingenious housewife can turn to fresh vegetables for the mainstay of family meals. Cream sauces, egg sauces and cheese toppings add variety as well as an extra share of food value, and convert every day vegetables into satisfying main dishes. The following recipes are good examples:

## GREEN BEAN AND SHRIMP CURRY

|                    |                          |
|--------------------|--------------------------|
| ½ lb. fresh shrimp | 1 t salt                 |
| 2 T drippings      | ¼ t pepper               |
| 2 onions           | 1 c water                |
| 2 T flour          | 2½ c cooked string beans |
| 2 t curry powder   |                          |

1. Melt drippings, add onion and cook until transparent.

2. Add flour, curry powder, salt and pepper, and stir until well blended. Add water and cook until clear and slightly thickened.

3. Add beans and cooked shrimp and heat 3 to 5 minutes.

4. Serve on crisp potato sticks.

## TO COOK FRESH SHRIMP

1. Rinse shrimp and drop into boiling salted water to which some vinegar has been added (1 T vinegar to 1 qt. water). Cook 20 minutes.

2. Drain, plunge into cold water and peel. Remove black line.

## GREEN BEANS WITH MUSHROOM RABBIT

|                                    |                           |
|------------------------------------|---------------------------|
| 3 T butter, margarine or drippings | Salt and pepper to season |
| 3 T flour                          | Hot Toast                 |
| 1½ c mushroom soup                 | Hot green beans           |
| 1 pkg. soft cheese                 |                           |

1. Melt butter, add flour and cook 1 minute.

2. Add soup and cheese, place over hot water and cook until cheese is melted. Season with salt and pepper.

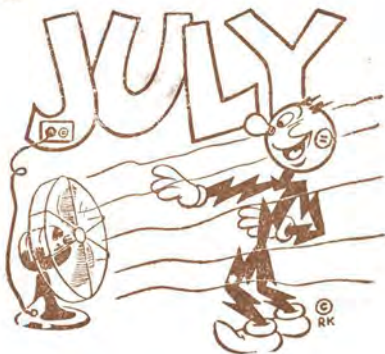
## USE FRESH SEAFOOD

Fresh seafood is in its prime in the fish markets these summer days. It takes the place of meat and is appetizing and healthful. The Home Service Department has directions for cooking lobster and other seafood. Ask for the new recipe sheet "Seafood" at the Home Service Department, 89 East Avenue.

3. Arrange toast on a platter and place hot green beans on toast. Pour cheese over beans and garnish with parsley.

4. Serve very hot.

N.B. Fresh peas may be used in place of beans.



## Directions for Canning Peas

Canning at home will mean more this year than ever before. The task of feeding the hungry people of Europe is a tremendous one, and it means that farmers and food processors will not be able to provide the plentiful supplies to which we are accustomed. Canning at home will mean a sure supply of food for the family next winter and will simplify the entire job of marketing and processing food for the world. Take advantage of all the fresh vegetables as they come to the markets and the gardens.

Here are the directions for canning peas. Remember that peas should be garden fresh for canning and not too mature.

## CANNING PEAS

1. Shell, wash and precook peas 3 minutes. Do this easily by placing the shelled peas either in a large square of cheese cloth or in a frying basket or collander. Then plunge them into a large kettle of boiling water, bring the water back to the boiling point, and boil 3 minutes.

2. Pack the peas loosely in hot clean pint jars. Add boiling water to 1 inch of top of jar and ½ teaspoonful salt to each pint, adjust seal according to directions for particular kind of jar used.

3. Process at 10 lbs. pressure for 60 minutes in the pressure canner, or in the boiling water bath for 3 hours.

For detailed canning information ask for a free copy of the new Home Service Canning Book.

# Average Family Cooking Creates 400 Pounds of Steam and Vapor Yearly

Tests have revealed that about 400 pounds of steam and vapors are given off in a year from various cooking processes for a family of four. These vapors carry plenty of grime (equivalent to about ten teacups of lampblack) and a quantity of oil and grease which spreads through the house, soiling walls, ceilings, furniture, curtains, etc.

The new kitchen ventilating systems, such as have been developed in Rochester and are now being demonstrated daily at the R. G. & E. Kitchen Center at 89 East Avenue, eliminate this dirt and grease. The ventilators pick it up right at the source—oven, broiler or top burners and carry it outside through concealed ventilating ducts. The result is that kitchen walls don't have to be washed or painted nearly as often, and curtains and furniture stay clean longer. Kitchen ventilation also removes food odors arising from cooking operations as well as excess heat.

At the Kitchen Center you will see three modern kitchens, each with its own ventilation system.



"I FORGOT TO TELL YOU—I FIXED THOSE TRAYS SO THEY SLIP RIGHT OUT WITHOUT TUGGING!"

## R. G. & E. Offices Closed

### Saturdays July and August

R. G. & E. offices in Rochester will be closed all day Saturdays during the months of July and August.

## NEW YORK STATE TAXPAYERS GET A BREAK

New York State taxpayers got a good break when action on the St. Lawrence seaway project was put off for at least a year by the U. S. Senate. Estimated cost of the project runs anywhere up to \$700,000,000 or more with no particular benefit and much actual harm to ports and to workers in New York State. As for the power project, which was to be tied in with the seaway at huge cost, it would be difficult to find a more unneeded enterprise on which to waste the taxpayers' money. There is plenty of power available for present demand and future needs will be taken care of by expanded facilities of companies now serving the area. If lower cost power is what is wanted all that the government has to do is to give the business-managed companies now servicing the St. Lawrence territory the same tax exemptions and other privileges that they will accord the St. Lawrence power project, if it is ever approved.

Positive means being mistaken at the top of one's voice.



"No wonder her gas bill is so small. She cooks everything on the pilot light."

# We Want To Help You To Get Best Use Of Our Services

Here at Rochester Gas and Electric we do not regard our job as completed when we provide our customers with an adequate, dependable low cost supply of gas and electricity. We believe that we have a further responsibility—to see that you get the most efficient and economical use out of the services we supply and, to carry out that policy, we maintain staffs of men and women who are experts in their particular fields. These people devote all their time to helping customers—residential, commercial and industrial—with any matters connected with the use of electric, gas or steam service.

## CALL ON US ANYTIME

Perhaps you have never called upon them but they are available whenever you need them and many thousands of people tell us that they have been helped greatly. Our Home Service Department, for instance, aids homemakers in the planning and preparation of meals, distributes thousands of recipes, conducts courses in canning, cooking, baking, etc., and furnishes advice on the care and operation of appliances and on countless household problems. Our Kitchen Planning Department will help you design and arrange that new or remodeled kitchen you have in mind and our Architects' and Builders' Advisory Bureau provides a similar free service in connection with the construction of new homes. The R. G. & E. Industrial Department is staffed with trained engineers who work continuously with shops, stores and factories, showing them how to get the fullest possible value out of the gas, electricity and steam which we furnish.

## COMMUNITY MINDED DIRECTORS

It is not surprising that the R. G. & E. takes such an active interest in the development and prosperity of the territory it serves. Twelve of the company's fifteen directors are local men . . . heads of large local organizations who have themselves had an active part in the upbuilding of this section of New York State and who are keenly interested in its welfare. These directors, all re-elected at the annual meeting last month, are as follows: Raymond N. Ball, president and J. Craig Powers, vice chairman of the Board, Lincoln Rochester Trust Co.; John P. Boylan, Chairman of the Board, Rochester Telephone Corporation; M. Herbert Eisenhart, President, Bausch & Lomb; Edward G. Miner, Chairman of the Board, Pfaudler Co.; T. Carl

Nixon, prominent attorney; Roland O. Roberts, vice president, Weed & Company; Raymond L. Thompson, treasurer, University of Rochester; Walter L. Todd, Chairman of the Board, Todd Company; President Herman Russell and vice presidents Alexander M. Beebee and Ernest J. Howe of Rochester Gas and Electric.

## Kind Words for Power Companies

The Edison Electric Institute has just issued a bulletin pointing out that the business-managed power companies of the country maintained complete and continuous service to all customers, military and civilian, throughout the war, increased the hourly wages of their employes and at the same time reduced the cost of electric service to the public. This record is one probably not duplicated in any other industry. Of the electric power generated for war purposes 83½ per cent was supplied by the business-managed companies.

## VISIT THE KITCHEN CENTER FOR IDEAS



This is the beautiful salmon-colored kitchen at the R. G. & E. KITCHEN CENTER at 89 East Avenue, Rochester. The ventilation unit is concealed in the cabinets above the range. The CENTER displays three different types of kitchen and its purpose is to show variety in arrangement, appliances, equipment and decoration so that you may choose for your kitchen the features, or combination of features, that seem best suited to your family's needs and living habits. The CENTER is open from 9 A. M. to 5 P. M. Mondays through Fridays and 9 A. M. to noon on Saturdays.