

**R. G. and E.
MONTHLY
MESSENGER
OCTOBER, 1946**



Menus That Make Meat Go Farther

Anything that saves time and stretches the food budget is a good idea these days. We've planned three menus for you that make the most of a little meat and not much shortening. Use them as a pattern for a few meals or ask the Home Service Department for other suggestions in meal planning by calling Main 7070. Here are the menus:

HEARTY AUTUMN MEALS

- No. 1 Potato Pancakes
Sausage Patties
Applesauce
Brussel Sprouts
Cup Custard
- No. 2 Spanish Noodles— $\frac{1}{2}$ pound of meat will serve 5 people
Baked Squash
Lettuce and Grapefruit Salad
Baked Apple
- No. 3 Creamed Shrimp and Eggs on Toast
Souffle Potatoes
Devilled Beans — Season Green
Beans with Worcestershire Sauce, dry mustard and margarine
Peaches and Molasses Cookies



Free Cookery Demonstrations For Next Two Months

You are invited to attend the cookery demonstrations in the Home Service Department each Wednesday afternoon at 2 o'clock and Wednesday evening at 7:30. The demonstrations are free, and are held in the Home Service auditorium at 89 East Avenue. The program is as follows:

- Oct. 16. Use an Oven Meal When You're Busy
- Oct. 23. Shortcuts in Baking
- Oct. 30. Broiler Meals Are Easy
- Nov. 6. Treat Your Family to Hot Rolls and Kuchen
- Nov. 13. "Fashions in Tables"
- Nov. 20. Thanksgiving Dinner
- Dec. 4. Christmas Cookies
- Dec. 11. Easy Meals With New Gadgets
- Dec. 18. Christmas Entertaining

SPANISH NOODLES

- | | |
|-------------------------------|--------------------------------------|
| 2 slices bacon | 1 - No. 2 $\frac{1}{2}$ can or 1 qt. |
| $\frac{1}{2}$ lb. ground beef | home canned |
| 1 small pkg. noodles | tomatoes |
| 1 green pepper,
shredded | $\frac{1}{2}$ c chili sauce |
| 1 onion | Salt and pepper to
season |

1. Cut bacon in dice and cook until crisp.
2. Add meat and cook until slightly browned.
3. Add rest of ingredients, cover closely and cook with burner turned high. When steam comes from cover, turn burner low and cook 35-40 minutes. Do not remove cover.

CREAMED SHRIMP AND EGGS

- | | |
|------------------------------|----------------------------|
| 4 T butter or drip-
pings | 2 c milk |
| 4 T flour | 1 can shrimp |
| $\frac{1}{2}$ t salt | 3 hard cooked eggs |
| $\frac{1}{8}$ t pepper | Few drops Tabasco
Sauce |

1. Melt butter, add flour, salt and pepper. Cook 1 minute.
2. Add milk and bring just to boiling point.
3. Add cleaned shrimp, sliced eggs and sauce.
4. Place over hot water and heat 10 minutes.

MAKE OCTOBER FIRE PREVENTION MONTH

During October we observe one week as Fire Prevention Week. Make this October FIRE PREVENTION MONTH.

Be especially careful of accidental fires. Clean your attic and cellar of rubbish. Check your heating apparatus for cleanliness and efficiency. Be careful when smoking. Learn what to do in case of fire.

**HEAR THE FAMOUS
"HOUR OF CHARM" ON
SUNDAY AFTERNOONS**

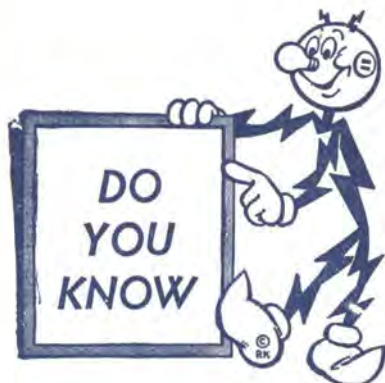


Evelyn and her Magic Violin

The famous "Hour of Charm" program is now being presented every Sunday afternoon at 4:30 o'clock over the entire Columbia network under the sponsorship of Rochester Gas and Electric and 168 other business-managed electric power companies. The program will be called "The New Electric Hour—The Hour of Charm," and fills the spot held by Nelson Eddy last year. It features Phil Spitalny's All-Girl orchestra, with both instrumental and vocal soloists and holds a high popularity rating among musical radio shows. Station WHEC in Rochester and Buffalo and Syracuse Columbia outlets will all carry the program.

Now Against Political Ownership

Fifty-three years ago the Wisconsin State Federation of Labor wrote into its constitution a plank in favor of public ownership of utilities and industries. Last month it took time to obliterate that plank . . . wiped it right out of the constitution. They have learned that political management never serves the people as efficiently and as economically as does business management.



. . . that malicious breakage of street lights in Rochester continues at a high rate? In August, for instance, 313 lamps and globes were smashed as against 211 units in August of 1945.

. . . that of the 30,000 traffic fatalities that occurred in this country last year two-thirds were at night?

. . . that an atomic bomb generates a temperature of 100,000,000 degrees F.?

. . . that cows eat about 100 to 150 pounds of grass a day?

. . . that much of Holland's electrical power is now being generated by windmills because of fuel shortages?

. . . that if it is necessary to bang the door of your refrigerator; a little vaseline on the latch bolt may help?

. . . that tools for atomic scientists record thicknesses as minute as 1/100,000,000th of an inch?



Don't overload your wiring system. When you build or modernize see your Electrical Contractor about adequate wiring.

Why Nobody Has to Borrow a 'Cup of Electricity'

We had the craziest dream the other night. We dreamed that a neighbor knocked at our back door and asked, "Pardon me, but could I borrow a CUP of ELECTRICITY?"

That's fantastic, of course, because we've never had a shortage of electricity in this country. We have all we need to light our homes and streets—to power the mills—to pump the water—to serve us on our farms and in our factories wherever and whenever

we want it—as much as we need—at the flick of a switch. Yes, electricity is so dependable that we take it for granted. We expect it to be instantly available to perform a thousand and one tasks.

And, thanks to the business-managed electric companies in the United States, electric service is both dependable and cheap . . . because the men and women of these companies have planned and worked constantly to supply more electricity to more people at the lowest possible price.