



R. G. and E. MONTHLY MESSENGER • MARCH, 1947

Shortcuts to Quick, Delicious Meals

It is not only important to learn how to do things the right way, but also how to do them an easier way. Again this month we give you a basic recipe that will save you much time in the kitchen and assure your family of a variety of tasty, attractive dishes.

Pastry Mix is made ahead of time, and stored on the cupboard shelf if you use vegetable shortening, or in the refrigerator if you use lard. Use it for baking a pie in a hurry, and use it in main dishes, meat pie for instance.

PASTRY MIX

8 c all-purpose flour
3 t salt
1 lb vegetable shortening or lard

1. Mix and sift flour and salt together.

2. Add half the shortening and cut in until mixture is as fine as meal. Add rest of shortening and cut in until particles are the size of peas.

3. Put the pastry mix in a covered container and use as needed.

4. For a 1-crust pie, use 1 1/4 c pastry mix and 3 T water.

For a 2-crust pie, use 2 1/2 c pastry mix and 5 T water.

Mix just enough to dampen flour, turn out on floured board and roll 1/8" thick.

BEEF TURNOVERS

Temp: 425°F Time: 15-20 minutes

2 1/2 c pastry mix
5 T water
1/2 c leftover gravy
1/2 t Worcestershire sauce
1 c ground cooked beef

1. Combine pastry mix and water, mixing just enough to dampen flour. Turn out on pastry cloth and roll 1/8" thick. Cut in strips 6x3"

2. Combine gravy and Worcestershire sauce with ground beef and place a generous amount toward one end of each strip. Moisten edges of pastry and fold other end over meat, pressing edges together with a fork. Prick top.

3. Place on baking sheet and bake in preheated oven until browned.

4. Serve hot with a mushroom sauce, made by diluting 1 can of condensed mushroom soup with 1/2 c of milk. Serves 4.

It's silly to worry about your age. When you stop getting older you're dead.

DESSERT COFFEE CAKE

Temp: 400°F Time: 40 minutes

2 1/2 c pastry mix
2 1/2 t baking powder
1 c sugar
2 eggs, unbeaten
1 t vanilla
3/4 c milk
2 T pastry mix
2 T flour
1/4 c brown sugar
1 t cinnamon
Pecans

1. Combine pastry mix, baking powder and sugar.

2. Combine eggs, milk and vanilla.

3. Add 1/3 of combined liquid ingredients to dry ingredients and beat until smooth. Add remaining liquid and beat well. Pour into greased pan.

4. Combine 2 T pastry mix, flour, brown sugar and cinnamon. Sprinkle over batter, topping with pecans.

5. Bake in preheated oven.

A GUIDE FOR BRIDES

A new booklet has been prepared by the Home Service Department, especially for you who are new at cooking. It has basic recipes, like the one in this issue, as well as simple, easy to follow directions for roasting meat, cooking vegetables, making salads, cookies, cakes and desserts. Drop us a card or call the Home Service Department, Main 7070, for your free copy. We'll be glad to send it to you.

FREE DEMONSTRATIONS

Our Spring Series of cookery demonstrations is featuring the newest and latest time savers in the preparation of basic recipes. Demonstrations are held each Wednesday afternoon and evening at 2:00 and 7:30 o'clock in the Home Service Auditorium at 89 East Ave., Rochester. We cordially invite you.

April 2: A Very Special Dinner Menu

April 9: Delicious Meat Dishes

April 16: Pastry and Pies

April 23: Salads and Salad Dressings

April 30: Casseroles for all Occasions

The first part of this series is in progress during the month of March. The schedule is as follows:

March 5: New Cookies

March 12: Basic Dinner Menus

March 19: Cakes

March 26: Rolls and Kuchens

FARMERS LIKE R. G. & E. "FARM NEWS"

Customers in the rural areas tell us that they find Tom Murray's Friday noon edition of the R. G. & E. "Farm News" very helpful. Tom's timely tips on ways to make farming easier and more prosperous with the aid of Reddy Kilowatt are very popular with listeners and we receive many queries following each broadcast, usually asking us to send one of our Farm Service representatives out for a consultation. Tune in Tom Murray and the R. G. & E. Farm News over WHAM every Friday noon at 12:15 o'clock.

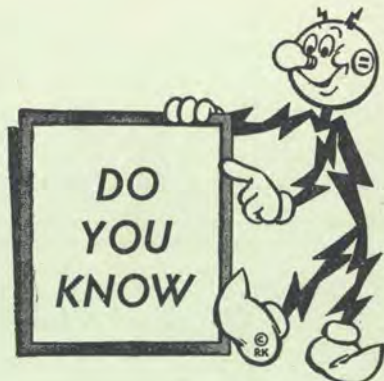
RECIPE FOR A PLEASANT SUNDAY AFTERNOON

Any Sunday afternoon is pleasanter if you tune in the Electric Hour, the famous "Hour of Charm" at 4:30 P. M. You'll hear Phil Spitalny and his All-Girl Orchestra, featuring Evelyn and her Magic Violin and the beautiful voice of Gloria. It is broadcast over the Columbia System (WHEC in Rochester) and is sponsored by the R. G. & E. and 170 other business-managed light and power companies.

Don't oversleep if you want your dreams to come true.



"You gotta put your foot down, Bill—around here I run things."



. . . that a small magnet is a handy tool to have in your sewing basket? It simplifies the picking up of pins and needles.

. . . more than a thousand different welding operations are required in the manufacture of a single motor car?

. . . that a small paint brush is a handy item to have in your kitchen kit? Use it for removing crumbs from your electric toaster or waffle iron.

. . . it is estimated that in the average home someone must annually wash an acre of dirty dishes, launder three miles of clothes, wash a mile of window glass and scrub five miles of floors?

. . . that the best way to make an electric cord last is to take hold of the plug instead of the cord when disconnecting an electric appliance?

American Public Backing Away From Political Ownership of Industries

A recent survey by the American Institute of Public Opinion, better known as the Gallup Poll, shows that the American people are backing away from the idea of government ownership of basic industries. Fewer Americans want to see the government take over railroads, banks or electric power companies than was the case ten years ago. There has been a slight increase in the number who would like to see the government own the coal mines, but even there it is a minority group.

In 1936 according to this poll, 40 percent of the people thought the government should own the electric power companies while today only 28 percent hold that belief. The fine job that the utilities have done in reducing cost to the consumer and maintaining service in the face of rising prices and cur-

tailed service in most other fields has evidently brought a change of mind to many of those who once were for public, or what is better named, "political" ownership. In 1936 government ownership of banks was favored by 36 percent but now only 26 percent would vote that way. Only 26 percent today favor government ownership of railroads as against 30 percent in 1936. In 1936 only 27 percent of the people thought the government should own the coal mines but today that figure has risen to 33 percent, probably due to public inconvenience caused by strikes.

The Russian workman has to toil 24 hours to earn the price of a pair of cotton stockings which his American brother earns in one hour.

for health and beauty

WESTINGHOUSE

SELECT-O-RAY

COMBINATION SUN AND HEAT LAMP

Just flip the switch on this new lamp. From one end you get ultra-violet, the rays that produce Vitamin D. You tan gloriously three times faster than under a July sun. You "feel like a million" winter or summer. Flip the switch to the ultra-red end of the lamp. You soak up penetrating, soothing heat, relieve the discomfort of aching joints or muscles. Attractive stand is convertible to table or floor lamp in seconds. See this new Westinghouse product now.

