

**R. G. & E.  
MONTHLY  
MESSENGER**

**April**

**1947**

# HOW TO PREPARE QUICK ECONOMICAL OVEN MEALS

On busy days, it's easier and quicker to prepare the whole meal in the oven. This spells economy as well as easy preparation because you are using only one burner. For an oven meal the pie is baked first, then the temperature is reduced to 300° F. and the rest of the meal is cooked. All you do is set the oven at the correct temperature and put the food in. The oven does the rest. Exact heat control is an important feature of the new range you're planning to buy.

Try this menu:

Barbecued Beef  
Scalloped Potatoes and Onions  
Tossed Spring Salad  
Fresh Rhubarb Pie

## BARBECUED BEEF

Temp: 300° F Time: 35 min per lb

4-5 lbs chuck roast of beef  
1 onion  
2 T drippings  
2½ t salt  
½ c catsup  
2 t chili powder  
1 t paprika  
½ c vinegar  
1 c water  
2 T Worcestershire sauce

1. Arrange roast on rack in a roasting pan.
2. Slice onion and arrange on meat.
3. Mix rest of ingredients in order given and moisten roast with sauce.
4. Roast in a preheated gas oven required time and use sauce to baste meat occasionally.

N. B. Chuck is also used for pot roast. Use a New England Rump roast or Eye Roast for Roast Beef.

## SCALLOPED POTATOES AND ONIONS

Temp: 300° F Time: 3 hours

6 potatoes                      6 onions  
salt and pepper              3 T butter  
2 T flour                        3 c milk

1. Peel potatoes and slice thinly.
2. Arrange ½ of potatoes in buttered casserole dish, sprinkle with salt, pepper and flour.
3. Slice onions thinly and arrange ½ over potatoes.
4. Add another layer of potatoes, seasonings and rest of onions.  
Finish off with the rest of potatoes.

5. Add milk, cover and bake in a preheated oven.

6. Remove cover last ½ hour of baking time

## RHUBARB PIE

Temp: 450° F Time: 15 minutes, reduced to 375° F for 35-40 min

4 c diced rhubarb      ¼ c sugar  
1 c light corn syrup    ½ c flour

1. Wash and dice rhubarb; pile in pastry lined tin.
2. Combine corn syrup, sugar and flour. Pour over fruit.
3. Cover with top crust or lattice top. Bake in preheated oven.

N. B. Rhubarb pie may be made without the sugar, but will be quite tart. Use this same recipe for Cherry pie.

To help you plan easy, economical meals, ask for our sheet "Basic Dinner Menus." It will suggest patterns for complete meals in the oven, broiler and top-stove.

## SPRING DEMONSTRATIONS

This month will complete our spring schedule of cookery demonstrations. We invite you to these demonstrations each Wednesday at 2:00 in the afternoon or at 7:30 in the evening in the Home Service Auditorium at 89 East Avenue.

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

If you are unable to attend the demonstrations, you may have the recipe sheets by calling Main 7070, or dropping a card to the Home Service Department, Rochester Gas & Electric, 89 East Avenue, Rochester.

## HELP PREVENT FIRES

Fire Prevention Clean Up Week will be observed in this area from April 21 to 26 with safer and more beautiful homes and yards as its goal. Every man, woman and child is urged to help eliminate fire-producing rubbish in attic, cellar or yard. In return for this effort, the Rochester Safety Council assured householders that the rewards will be better protection for homes from the outbreak and spread of fire.

## HELP FILL THE COMMUNITY CHEST

The Community Chest is the best system that has yet been devised by which all of us can contribute to the welfare of the sick, the lame and the unfortunate.

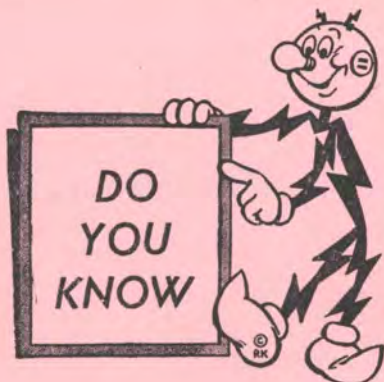
It eliminates scores of separate campaigns for various charities and raises the necessary funds at a minimum of cost. Rochester's Annual Chest Campaign will be held next month. When you are approached be as generous as you can and enjoy the feeling of satisfaction that comes from having helped your fellow man.

## MAKE IT A SUNDAY AFTERNOON HABIT

Tune in the "New Electric Hour of Charm" at Station WHEC every Sunday afternoon at 4:30. The program is sponsored by 170 business-managed electric light and power companies, including the R.G.&E. You'll hear Phil Spitalny's All Girl Orchestra and Choir, the magic violin of Evelyn and beautiful voices of Gloria, Pauline and Barbara. Incidentally Miss Ann Stoddard of the neighboring town of Shortsville is a member of the group.



"I'LL TAKE THIS LITTLE ONE UNTIL I WIN ONE OF THOSE RADIO QUIZZES, THEN I'LL TRADE IT ON A SUPER DELUXE".



... that the R. G. & E. will celebrate its one-hundredth birthday next year?

... that science has measured the velocity of a cough . . . finding that it travels at more than 245 miles per hour as it leaves the throat?

... that a recently developed chewing gum will not stick to floors, sidewalks, chairs or shoes? (Where will the girls park it at the movies?)

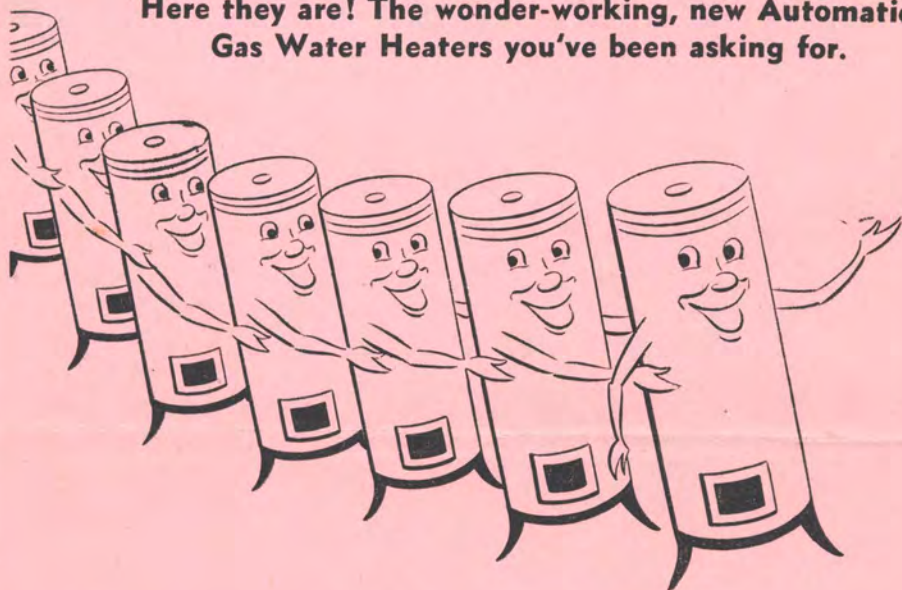
... that there is a new typewriter attachment that tells how many lines remain before the bottom of a page is reached?

... that among the new aids to better modern living on the way there are a burn-proof ironing board cover, an electric baby tender, electric scissors, and an electric hairbrush?

... that the R. G. & E. furnishes electric service to 151,924 customers and gas service to 124,333 customers?

# WE HAVE THEM !

Here they are! The wonder-working, new Automatic Gas Water Heaters you've been asking for.



No more weary stair-climbing to turn an old-fashioned water heater on and off. No more tiresome waiting for water to heat. With an automatic gas water heater you have all the hot water you want whenever you want it . . . for bathing, washing clothes and dishes and dozens of other household uses. Call at the nearest R. G. & E. office and find out how easy it is to enjoy modern, health-promoting 24-hour hot water service in your own home.

## PLEASANT AND SAD PHRASES

What are the pleasantest phrases in the English language? Here's one editor's views:

I love you.  
I'll take the check.  
Sleep 'til noon.  
Here's that five.  
Apartment for rent.  
We're raising your salary.

And how about these for the saddest phrases:

I want a mink coat.  
Out of gas.  
Insufficient funds.  
Please remit.  
We're not renewing your lease.  
It's triplets!