

RG&E NEWS-NOTES

From the Rochester Gas and Electric — An Investor-Owned, Tax-Paying Company, Whose Stock Can be Purchased by Anyone — Jan. 6, 1971

Questions we are asked

Q. Can you tell me how to properly defrost frozen meat?

A. Slow thawing of meat is recommended for less shrinkage and loss of juice. Leave meat in its freezer wrapping, place on a double thickness of paper toweling and set meat on a shelf in the refrigerator. Defrosting meat in the refrigerator takes about 5 hours per pound.

Q. I work and very often I forget to defrost the meat which I am planning to serve for dinner. Is there any way that I can cook it from the frozen state?

A. Yes, meat can be cooked from the frozen state. However, there is more drip or loss of moisture. Allow 1 1/2 times the normal cooking time if meat is frozen or partially thawed. When roasting, allow 1 1/2 to twice as much time for a frozen roast as for a fresh roast.

Q. How do I wash a plastic shower curtain?

A. Use detergent or soap and a water conditioner. Water conditioner is used with soap to prevent the formation of a curd in the wash water. Use a warm, three minute wash, warm rinse and a slow spin speed. Wash two or three bath towels with the curtain to act as buffers. Hang to dry or dry in the dryer using two or three dry bath towels and dry on the NO HEAT setting.

Q. A curd often develops on my plastic shower curtain. How do I remove it?

A. Soap curd and white spots on shower curtains can be removed. Follow washing instructions and add two cups of water conditioner in top loading washers or one cup in a front loader.

Today's Clothes Need a Dryer

Members of your family probably got several new articles of clothes this Christmas. Did you look at the washing instructions on the accompanying tags?

With the abundance of permanent press and all the other 20th century miracle fibers, you will find that most of them should be dried automatically for the best results. Most clothes today can come out of the automatic dryers ready to wear again without the drudgery of ironing. Selector buttons to determine drying conditions allow you to give special care to permanent press articles and to delicate fabrics like silks and synthetics.

With an automatic dryer your drying days are not governed by the weather—an invaluable asset with this community's unpredictable weather. You can dry clothes in any weather, night or day, in a fraction of the time it takes when clothes have to hang outside.

At the Rochester Gas and Electric you can see Frigidaire and General Electric dryers in a wide range of styles and decorator colors in both electric and gas models. Gas dryers range in price from \$189 to \$260, while electric models are priced from \$157 to \$260. Stop in at RG&E's Appliance Sales Department, 89 East Avenue, for a look at these beautiful dryers. Isn't it about time you had one?

Buy Of The Week
end those low humidity miseries with a
HUMIDIFIER
Prices start at
\$79.95

Colder Temperatures Mean Higher Fuel Bills

Snow and Cold. It's that time of year again when many of us wish that Rochester was located closer to the equator.

And it's also the time of the year when our fuel bills reflect the colder temperatures that Rochester winters bring. The amount of

fuel we use is largely dependent upon the outside temperature. The colder the outside air, the more fuel you will need to comfortably heat your home. In colder weather, your furnace is required to work longer and, therefore, it uses more fuel.

Records show that over 50% of the annual fuel consumption for home heating occurs during the winter months of December, January and February. January alone is responsible for 19% of that annual fuel consumption.

This monthly increase in fuel consumption is normally reflected in the following month's utility bill. Therefore, the increase usage of fuel in December will be reflected in the bill you receive in January. And the same holds true through March, since February's heating consumption shows up in the bill you get in March.

You should also keep in mind that the past holidays have a bearing on the seasonal increase in your utility bill. Holiday entertaining coupled with the increased use of appliances that indoor, winter living demands, can raise your bill noticeably.



But You CAN Save on Your Gas and Electric Bill!

The holiday season is a time of laughter, gala parties, happy reunions, children's smiles. . . The post-holiday season is a time of bills, (groan) and more bills. True, your gas and electric bill for December will be higher than, say, in September. This is because of the additional cost for heating, for holiday baking, entertaining, and because of the increased amount of time spent inside due to the cold weather. But do not let your gas and electric bill become unnecessarily high through carelessness and wasteful habits. Get the most out of gas and electricity by following these tips:

- Make sure you turn off your Christmas lights inside and outside the house before you go

out or go to bed. This is necessary both for reasons of safety as well as economy.

- When you get up in the morning, turn off the electric blanket. No need to have it warm up an empty bed all day.
- Dripping faucets are more than annoying. A dripping hot water faucet keeps your water heater operation when it is unnecessary.
- When you sit down for dinner, turn off the television set in the other room, unless, of course, you are eating a T.V. dinner.
- Probably one of the best habits you can develop, one which will show savings on your gas and electric bill, is turning off the lights in a room that is not in use. This also applies to appliances such as space heaters, television sets or radios — in a room that is not being used.
- Don't turn on your dishwasher every time you have a few dirty dishes. One of the beautiful ad-

vantages to a dishwasher is that dirty dishes can be stored in it, hidden from view, throughout the day. You can save on your electric bill and water-heating bill by waiting until you have a full load before operating the dishwasher.

- When cooking on either an electric or gas stove, do not use a big burner when a small burner will do the job.
- Make sure your refrigerator door or freezer is closed securely. Sometimes a refrigerator or freezer may look as if its door is closed, but you may find on inspection that it is very slightly ajar. This causes the refrigerator or freezer to work harder to keep food chilled or frozen.

These few suggestions should start your mind thinking of several different ways by which you, or people you know, waste gas and electricity. Start now to develop good habits and get the most out of gas and electricity.

End Those Dryness Blues

For most of us, dry scratchy nasal passages and parched skin are just another part of winter to be suffered through until spring. There really is no reason to have to put up with these and other low humidity miseries, because they can be easily remedied.

When the air in your home is heated the moisture level in it decreases; and as it is reheated continually, your relative humidity is always dropping. An electric humidifier evaporates enough water to keep you comfortable.

Recipe of the Week

Quick, easy and great for unexpected company . . .
BEEF STROGANOFF

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|--|-----------------------------------|
| 1 1/2 pounds lean beef, cut into 1/2 inch strips | 1 medium onion, chopped |
| 1/2 cup flour | 1 clove garlic, minced |
| 1 teaspoon salt | 2 tablespoons flour |
| 1/4 cup fat | 1 cup beef bouillon |
| 4 ounce can mushrooms, drained | 1 tablespoon Worcestershire sauce |
| | 1 cup sour cream |
1. Cut meat into strips while partially frozen. This is easy to do and produces uniform strips of beef.
 2. Dredge beef in flour and salt. Brown in fat in a large frying pan.
 3. Push beef to one side; saute onion, mushrooms and garlic for 5 minutes.
 4. Push aside, stir flour into fat. Add bouillon and Worcestershire sauce. Cook until thickened, stirring occasionally. Simmer until beef is tender, about 10 minutes.
 5. Add sour cream, cook only until thoroughly heated.
 6. Serve on hot rice, toast or noodles.

FILL OUT AND RETURN THE COUPON TO:

Dept. 34 Rochester Gas and Electric
89 East Avenue, Rochester, N.Y. 14604
I would like more information on the following items:

Name _____ Phone _____
Address _____ Zip Code _____