

# RG&E NEWS-NOTES

From the Rochester Gas and Electric — An Investor-Owned, Tax-Paying Company, Whose Stock Can be Purchased by Anyone — March 3, 1971

## Questions We Are Asked

**Q.** I am interested in keeping my family healthy. Can you tell me what foods to include in my meals?

**A.** To keep your family healthy use the BASIC FOUR FOOD GROUPS as you plan and prepare meals.

DAILY, from each of the BASIC FOUR FOOD GROUPS each individual needs:

- I Milk Group
  - Children: 3 or more cups
  - Teenagers: 4 or more cups
  - Adults: 2 or more cups

II Meat Group  
2 or more servings

III Vegetables and Fruits  
4 or more servings

IV Breads, Cereals and Noodle Products  
4 or more servings

**Q.** What foods can be substituted for milk in the Milk Group?

**A.** Vary your menus with these milk substitutes:  
1 ounce cheese = 3/4 cup milk  
1/2 cup creamed cottage cheese = 3/8 cup milk  
1/2 cup ice cream = 1/4 cup milk

**Q.** Is it true in the Basic Four Food Groups, the Meat Group only requires 4 ounces of lean meat per day?

**A.** Exactly. Four ounces of lean meat eaten daily supplies enough protein for our body to function properly.

**Q.** Are there foods I can substitute for the meat required in my diet each day?

**A.** Two servings of the following amounts of food will give an equal amount of protein as in 4 ounces of lean meat:

- 1 ounce cooked poultry or fish
- 1 egg
- 1 ounce cheese
- 2 tablespoons cottage cheese (2 ounces)
- 2 tablespoons peanut butter
- 1/2 cup cooked dried beans or peas

**Q.** In the Vegetable and Fruits and Cereal Groups the word "servings" is mentioned. What amount is a serving?

**A.** An average serving of:  
Vegetables and fruits — 1/2 cup  
Bread — 1 slice  
Cereal and noodle products — 1/2-3/4 cup

## Do You Have Enough Kitchenpower?

You use many more appliances now than ever before, and they require more electricity to operate. If you don't have wiring that is heavy-duty enough to carry the power you need, your appliances will not function as well as they should, and they may be damaged. Especially in older homes, the addition of new appliances has overloaded existing circuits. When a fuse blows (or a circuitbreaker disconnects) you know your ap-

pliances are drawing more power than your wiring can carry. The fuse (or circuit-breaker) acts as a safety measure to stop the electricity from overheating the wires so much that they cause a fire hazard in your walls. (For this reason you would never replace a blown fuse with a heavier one, but with one of the same amperage number as your wires.) Lights that dim when you use an appliance, counter-broilers that take

longer than they should to cook foods, or a mixer motor that burns out also warn you that you may have an under-powered kitchen.

To meet minimum requirements for safe wiring that allows you to make use of all your kitchen helpers, you need two 120 volt, 20 amp circuits. It is recommended that these be installed in "split" circuits so that in a duplex of two outlets each is connected to a different circuit (see diagram). Thus if you had four duplex outlets, the four top outlets would be on one circuit and the four lower ones on another. Split circuits are more convenient for you because you have two circuits available in a single counter work area, and you will be able to take two heavy-load appliances, like a hand iron and a coffeepot, and plug them in next to each other. You ought to have one outlet for every four linear feet of counter work space, so that you don't have cords festooned around your kitchen in an unsightly and hazardous manner.

A dishwasher and garbage disposer require their own 20 amp, 120 volt circuits, and it is recom-

but we do have a staff of consultants who will be glad to help you figure out what you need to have done. You can reach them by calling the RG&E Residential Dept., 546 2700, extension 2751.

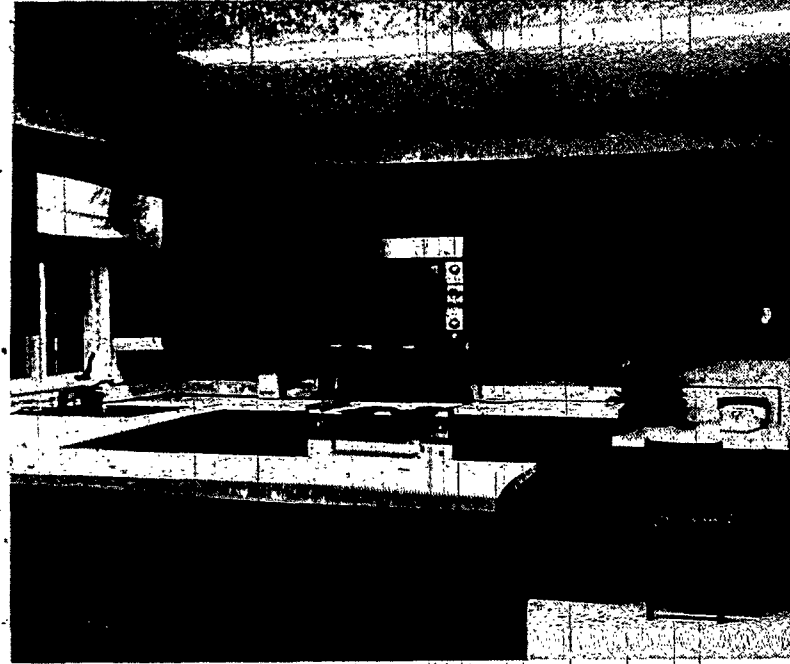
Until you have as many circuits as you need in your kitchen, you can insure your appliances are working at full power by using the simple formula explained below. This is especially true of small appliances which use a lot of electricity for a short period, such as a counter-broiler, toaster, or electric skillet. You can figure out how much electricity each appliance is going to draw so that you don't overload the circuit.

Use the formula  
wattage = amperage.

Somehow on your appliance the wattage will be stated. This is the amount of current the appliance draws to function properly. Take the wattage figure and divide it by the voltage of your power line (120 volts in almost all of the RG&E service area). If the answer is more than the amperage of your wires (20 amp in most new apartments), you will overload your circuit by using that appliance. If you want to use two or more appliances, figure out and add together the amperage for each. For instance, for brunch you may want to make waffles and sausage, and, of course, you'll have coffee, too. Suppose your house current is 120 volts, and your wires are 20 amp. If your waffle iron needs 1000 watts, divided by 120 (volts), it will take 8.3 amps. And suppose the electric frypan for the sausages takes 8.3 amps, and the coffeepot 8.3 + 8.3 + 8.3 equals 24.6, which is 4.6 amps more than your 20 amp wires can withstand, and if you used all these appliances at once on the same circuit you would blow a fuse. The figures used above are just an example; you should determine your own figures and apply them to the formula:

wattage = amperage.

When you figure out how much electricity your small appliances are using, you can plug them into separate circuits or arrange to use them at different times. This way you can make sure you don't overload your circuits or damage your appliances.



A truly beautiful kitchen has ample outlets and circuits.

## Another Chance to Quit at Smoker's Survival Clinic

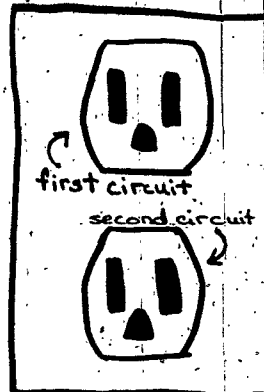
Because of the excellent turnout at the first two clinics. The Smoker's Survival Clinic will be held again once a month through June. The future sessions are scheduled for March 9 and 10, April 13 and 14, May 11 and 12, and June 8 and 9. Each session will be from 7 to 9 p.m., at the Al Sigl Center, 1000 Elmwood Avenue. There is no advance registration procedure and no fee. It's open to the public and you can bring your family.

Each month's clinic will consist of two separate sessions. On the first night information will be provided on smoking and lung, throat and mouth cancer. A film strip about how to quit will be shown, followed by discussion led by Dr. John J. Della Porta, who appeared at the first clinic last month. During the second evening, facts will be given on

heart disease and emphysema in relation to smoking. A film with Dr. Donald Frederickson, a national authority on quitting smoking, will be shown and Dr. Della Porta will again lead discussion after the film. Literature with facts and tips on quitting will be available both nights.

The Smoker's Survival Clinic is sponsored by the Monroe County Cancer and Leukemia Association, Inc., the Finger Lakes Area TB and RD Association (Monroe County Division), the Genesee Valley Heart Association, and the Monroe County Dental Association. If you want to obtain literature or arrange group meetings of your own, call any of these agencies.

If you smoke, don't miss the Smoker's Survival Clinics. You may find them the chance of a lifetime!



A duplex of grounded outlets on split circuits.

mended that a frost-free refrigerator-freezer, freezer and automatic washer have their own circuits, too. An electric range must have its own 240 volt circuits, as does an electric dryer. Your lights should have their own circuit as well.

Know which outlets are on which circuits, too. Labeling each outlet by circuit wouldn't be a bad idea. New circuits are not expensive to install. Prices start at about \$25 per circuit and go up according to the complexity of the job. The money you save by getting full use of your appliances makes the initial expense well worth while. RG&E does not have electricians to do such work for you;

## Recipe of the Week

A souffle that won't leave you flat!  
INFLATION SOUFFLE

- Temperature 350°F Time: 1 hour
- 3 tablespoons butter or margarine
  - 2 tablespoons cornstarch
  - 1/2 teaspoon salt
  - 1/8 teaspoon pepper
  - 1 cup milk
  - 1 cup sharp cheddar cheese, grated
  - 4 egg yolks, beaten
  - 4 egg whites, stiffly beaten
1. Melt butter; blend in cornstarch, salt and pepper. Cook until frothy.
  2. Add milk and cook over medium heat, stirring constantly, until mixture thickens. Boil 1 minute.
  3. Stir in cheese until melted.
  4. Add a little hot mixture to beaten

- egg yolks, combine the two and stir while cooking 1 or 2 minutes longer.
5. Fold into the beaten egg whites.
  6. Pour mixture into a greased 2 quart heat-proof casserole or soufflé dish.
  7. Set dish in pan of hot water. Bake in preheated oven.
- To re-puff souffle: Set casserole in pan of hot water. Place in 350°F oven, 30 minutes or until souffle re-puffs.
- Serve with: Soft rolls, tossed salad, yellow vegetable and a fruited jello for dessert.

**Buy Of The Week**  
**G.E. "RED TAG SPECIALS"**

No-Frost Refrigerator-Freezer  
16.6 cu. ft. with adjustable shelves  
model TBF17KM \$318.88

Food Freezer  
550 lb. capacity  
model CAF16CL \$299.88

Electric Range  
with self-cleaning oven  
model J333L \$298.88

and many more.  
Quantity Limited!

**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:

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Name ..... Phone .....

Address ..... Zip Code .....