

RG&E AND consumer news

Test Pottery for lead

Consumers who want to know if their dishes are safe from leachable lead may take samples to the Monroe County Department of Health for testing. The cost is \$3.00 per sample.

Take your samples to the Health Department Clinic, 111 Westfall Road between 1 p.m. and 4 p.m. on Tuesdays, or 9 a.m. and noon on Fridays.

If you want to know the exact level of leachable lead in your ceramic products, send three samples to the Pittsburgh Testing Laboratory, 850 Poplar Street, Pittsburgh, Pennsylvania 15220. The fee for testing three pieces is \$25.00. The results are expressed in parts per million lead release.

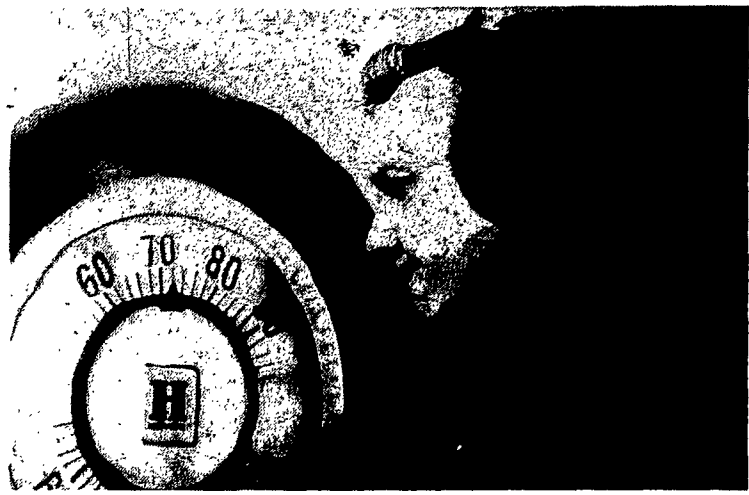
Over the past few years cases of lead poisoning have resulted from the use of ceramic (usually earthenware) containers for storage of acidic foods and beverages.

The hazard arises because acidic foods like fruit juices, soft drinks, wines, coffee and vinegar may, under certain circumstances cause lead to be released from the glaze. Lead is cumulative in the human body and continuous absorption of it may cause chronic lead poisoning.

The presence of lead or other heavy metals in a glaze does not in itself pose a hazard. If the glaze is properly formulated, properly applied and properly fired, there is no danger.

The U. S. Food and Drug Administration has established an interim guideline level of 7 parts per million of lead. Anything over that level is considered hazardous.

When you buy glazed pottery, look for the United States Pottery Association seal, indicating that the glaze used has been certified safe. If you are not sure about pottery you may already have, don't use it for acidic foods. For more information call the Monroe County Department of Health, Extension 2882. Pamphlets about the Dangers of Lead Poisoning are available at RG&E's Consumer Information Center.



Holiday Stain Removal Tips

Holiday entertaining is often accompanied with stains on our fine linens, cotton and permanent press tablecloths and napkins. For ease in stain removal try these easy methods:

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| <p>White Cotton or Linen
Rub with ice. Scrape off with a dull knife. Remove color with rubbing alcohol or 1 tablespoon chlorine bleach dissolved in 1 cup water. Sponge remaining grease with a grease solvent. Wash in hot soapy water.</p> <p>OR
Scrape off wax. Place between blotters or heavy towels and apply a slightly warm iron. Shift to clean area of blotter and repeat.</p> | <p>Washable Colored or Fine Fabrics
Same as white cotton and linen but use warm water and a non-chlorine bleach.</p> |
| <p>Candle Wax
Treat immediately. For black coffee or tea - pour boiling water through stain from height of 2-3 feet. For coffee with cream, use cold water. It may be necessary to use grease solvent, liquid detergent or soapless shampoo.</p> | <p>Wine
Stretch material over a bowl and secure with a rubber band. Sprinkle salt on stain and then pour boiling water on it.</p> |
- *A non-flammable dry cleaning fluid is recommended. Fumes from such solutions must not be inhaled. Use only in a well-VENTILATED room or outside. Read all printed instructions for use.

Keeping electric bills down

Here are some tips to keep electric bills down.

1. When you get up in the morning, turn off the electric blanket. No need to have it warm an empty bed.
2. Dripping faucets are more than annoying. A dripping hot water faucet keeps your water heater operating unnecessarily.
3. Probably one of the best habits you can develop, one which will mean savings on your RG&E 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.
4. If you have a working fireplace, make sure the damper is closed when the fireplace is not in use. A chimney

is designed to carry heated air straight up, out of the house, and that is exactly what it will do with the air you are paying to heat.

5. You will save on your electric bill by waiting until you have a full load before operating the dishwasher.
6. When cooking on either a gas or electric range, do not use a large burner when a small one will do.
7. Make sure your freezer door is closed securely. Your refrigerator, too. A refrigerator or freezer door may look closed, but you may find upon inspection that it is slightly ajar. This forces the appliance to work harder to keep food cold.
8. During the cold months, your furnace works hard. Consequently the furnace filter needs cleaning or changing more frequently. By keeping the filter clean, you allow the furnace to heat your home more effectively and at minimal cost.

Consumer Center Features Humidification

Every winter, for many of us, it's the same story. We wake up with a dry scratchy throat, our skin is dry and chapped. Cold symptoms prevail. And as if that were not enough, our heating bill is the highest for the year.

Every winter we gargle, use skin creams, and swallow a variety of pills to get rid of cold symptoms. Every winter we dig further into the pocket to pay the fuel bill.

Sounds pretty grim doesn't it? It needn't be. Do you realize that all of the above - dry and chapped skin, sore throats, colds, even high heating bills—are aggravated each winter by air in your home which is too dry?

At the Rochester Gas and Electric's Consumer Information Center during January an expert in humidification will be on hand Mondays through Fridays from 11 a.m. to 3 p.m. and Tuesday evenings from 7 to 8:30 to explain to you how dry air inside your home, or air with a too-low relative humidity, affects you, your home and your heating bill. He can also tell you what you can do to maintain an ideal relative humidity in your home - between 30% and 45%. (You will be comfortable with a relative humidity of over 45% to 60%, but a relative humidity this high will result in damage to your walls and furnishings.)

He'll tell you that relative humidity is the percentage of moisture in the air in relation to the maximum amount of moisture the air could hold at the same temperature. As the temperature rises, the air's ability to hold moisture increases, thus the relative humidity decreases. For example, outside air at 0°F has a relative humidity of 80%; after it enters the house and is heated to 70° it has a relative humidity of only 5%. This is why

dry air is a problem during the winter.

Of course some moisture is added to air from various activities such as cooking, bathing, even breathing and perspiring. But these routine activities do not usually produce adequate moisture. Additional moisture must be added with a humidifier which is either installed into the heating system or is of the portable appliance type.

Without this additional moisture the air will try to absorb moisture from you, your home and its furnishings. This causes you a lot of physical discomfort and expensive damage. The linings of the nose and throat may become dry increasing susceptibility to colds. More dust is present in the air, raising the bacteria count. Irritated sinus passages, chapped dry skin, dry hair and scalp may occur.

Dry air causes expensive damage to home and furnishings, such as the separation of wood joints, flooring, interior trim, doors and paneling. Furniture pulls apart and loses its original strength; fiber in rugs, draperies and upholstery deteriorate and wear badly; plants and foliage lose luster, and growth is retarded. These and other problems are usually signs of dry air.

Dry air also costs money because it can result in an increased fuel bill. Even though your thermostat registers 72°, you may feel chilly if the air is dry. This causes you to turn up the thermostat higher than necessary. (Every degree above 72° requires about 3% more fuel.)

There is a lot more you can learn about dry air in the home and what you can do about it all this month at RG&E's Consumer Information Center on the main floor at 89 East Avenue. Stop in anytime. We are always glad to help.

Recipe of the Week

A good use for leftover New Year's ham . . .
HAM-CHEESE BAKE Temperature 400°F Time: 25 minutes

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| 12 slices bread | 2 eggs beaten |
| 6 slices cheese | 1 teaspoon salt |
| 6 thin slices cooked ham or 1 small can deviled ham | 1/8 teaspoon pepper |
| 2 2/3 cups milk | Grated cheese |

1. Make sandwiches of bread, cheese and ham, spread with mustard if desired and place in 6 greased individual casseroles or in a large baking dish.
2. Add milk to eggs with salt and pepper and pour over bread.
3. Sprinkle cheese over top. Bake uncovered in preheated oven. Serve immediately.

Note: For an economical, high protein dish, use above recipe omitting the ham. This may be stored overnight in the refrigerator before baking. Serving Suggestions: Crisp Waldorf Salad, Green Peas and Christmas Cookies with Ice Cream for dessert.

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 _____