

RG&E AND consumer news

Safety around the pool

A pool in your own backyard offers much pleasure and provides a good place for you to get some exercise. However, it is a potential hazard if certain safety measures are not observed with regard to its location in your yard and with regard to the use of electrical equipment in the area of the pool.

All pools installed since January, 1972 are also required by the never be placed under power lines because of the danger from possible electric shock should a swimmer come in contact with a fallen or live wire. The National Electrical Code, upon which the New York Building Code bases compliance, states:

"Service drop conductors and any other open overhead wiring shall not be installed above the swimming pool or surrounding area extending 10 ft. horizontally from the pool edge, or driving structure, observation stands, towers or platform."

All pools installed January, 1972 are also required by the National Electrical Code to have receptacles which feed electricity to equipment used in conjunction with the pool protected by a ground-fault circuit-interrupter. Formerly we could only depend on grounding (the use of three-prong plugs in a three-hole receptacle) and circuit breakers for protection against the hazards of electrical shock.

The ground-fault circuit-interrupter will cut off the supply of electricity in a cord or piece of equipment should a current leakage develop. It does this almost instantaneously—within 25 thousandths of one second. It operates faster than any previous protective devices, plus it can detect a very tiny current leakage—as small as 5 thousandths of one ampere.

The National Electrical Code requires that all "outdoor receptacles located between 10 feet and 15 feet of the inside walls of a permanently installed pool shall be protected by a ground-fault circuit-interrupter." Storable pools "shall be supplied by circuits protected by ground-fault circuit-interrupters."

In other words, do not string extension cords from the house to get the power to service auxiliary pool equipment. Use a grounded outdoor, weatherproof receptacle which is protected by the ground-fault circuit-interrupter. Cords should also be grounded. This applies to anything used electrically around the pool or in the pool.

The Code also prohibits outlets within 10' of the pool—with or without the protection of a ground-fault circuit-interrupter.

As a general rule, never use electrical appliances such as record players, televisions, radios or lamps around the area of the pool deck. They should never be in the pool area because of the extreme danger of splashing or knocking them into the water. Once in contact with the water, they can cause serious injury or death to swimmers.

Entertaining Ideas for special occasions

Graduation time is here again. Father's Day is soon, and many of you will be entertaining. Whether the groups are small or large, fancy dishes with a minimum of preparation are always in demand. If you use a little imagination you can do wonders with a very basic and simple menu to transform it into a gourmet's delight. To prod your imagination, here are a few kitchen tricks:

- Wrap meat loaf in smoked bacon strips to enrich the flavor.
- Mix toasted slivered almonds with buttered green beans or peas.
- Whip butter and your favorite herb with an electric mixer; chill and serve on asparagus or broccoli.
- Chopped chives add zest to buttered carrots, peas or beans.
- Combine lima beans, green beans or peas with sliced water chestnuts.
- Surround ham with whole spiced peaches instead of the usual pineapple slices or crab apples.
- Grate cooked egg yolk over the top of salads such as potato, chicken or a green salad.

—Use half mayonnaise and half French dressing for fruit salad, or simply thin mayonnaise with fruit juice.

—Sliced avocados are a good garnish for many salads.

—Add a touch of red wine to sauteed mushrooms and serve over steak.

—Use thinned custard pudding as a sauce over fresh peaches.

You may think of many other ways to enhance the looks and flavor of ordinary foods. Your guests are more likely to think of you as a terrific hostess and cook than to recognize the simple additions to basic dishes!

BUY OF THE WEEK

Westinghouse Dehumidifiers

prices start at . . .

\$97

Appliance Department

Main floor, 89 East Avenue

Recipe of the Week

RHUBARB CUSTARD PIE

A different kind of rhubarb pie to try . . .

Temperature: 450°F Time: 10 minutes reduced to 350°F for 30 minutes

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|----------------------------|------------------------|
| 3 egg yolks | 3 cups diced rhubarb |
| 1 cup sugar | 1-9" unbaked pie shell |
| 2 tablespoons flour | 3 egg whites |
| 1 tablespoon melted butter | 6 tablespoons sugar |
| ¼ teaspoon salt | ½ teaspoon vanilla |

1. Beat egg yolks to a thick froth and gradually add the sugar, flour, butter and salt.
2. Stir rhubarb into egg mixture and pour into an unbaked pie shell. Bake in preheated oven. Cool slightly.
3. Beat egg whites until stiff but not dry. Add sugar gradually.
4. Pile on slightly cooled pie and bake at 425°F for 4-4½ minutes to brown meringue.

Courier-Journal

Planning to freeze this summer?

Come to RG&E's Consumer Info Center to learn about freezing foods.

If you have a freezer, but you haven't given much thought to freezing fruits and vegetables this summer, you're just the person we want to talk to. This month the Consumer Information Center, located on the main floor, 89 East Avenue, is featuring freezers, with emphasis on wise freezer management. One of RG&E's Home Economists will be on hand Monday through Friday from 11 a.m. to 3 p.m. and 7-8:30 p.m. Tuesday, to answer your questions about what to freeze, how to prepare food for freezing, what to look for when you buy a freezer and how to make the most of your freezer through planning.

Planning is important.

You see, planning is the key to successful freezing. Buying the best quality fruits and vegetables at the height of the season is good planning. Making sure you have enough moisture-vapor proof wrapping materials on hand is good planning. Rotating

the packages in your freezer so that each is eaten before its storage time runs out is good planning.

Our grandmothers put up fresh produce for the winter by canning it. You can do the same with your freezer if you plan ahead. It's economical, and you'll enjoy the fruits of Rochester's summer all year long.

Planning do it right.

There are several techniques you must use in freezing foods. Many vegetables have to be blanched before they are frozen, to inactivate enzymes that hasten the spoiling process. Fruits have to be packed in sugar, sugar syrup or a dietetic pack if they are to retain their good fresh flavor. And wrapping is so important. The air in your freezer is very dry; poorly packaged foods will suffer "freezer burn," an extreme drying out which reduces quality and flavor. Your questions about these techniques will be answered at the Consumer Information Center this month.



Learn about freezing food at the C.I.C., main floor, 89 East Avenue.

Frozen Fruit— as Tasty as Fresh

Fresh fruit can now be frozen at the peak of its goodness to be enjoyed months later. Rhubarb and strawberries are now in season; other varieties of fruit will ripen continually during the summer, offering endless opportunities to take advantage of your home freezer. Often the key to success lies in the packaging techniques used. It is important to wrap properly to prevent foods from changing color, freezer burn, dehydration and generally decreasing in quality.

In selecting a container, make sure it is moisture and vapor-proof. If you use plastic bags, squeeze out as much air as possible, packing the fruit tightly to leave no air holes. Glass jars are handy especially for fruit juices and fruits in syrup. Be certain to leave a headspace of ½ inch for pints and 1 inch for quarts so the liquid has room to expand as it freezes. Be careful in handling because the jars are breakable, though the freezing process itself does not break the glass.

Always remember to label your packages before you freeze them. Include the type of food, the date, and any incidentals such as "frozen in heavy syrup," "no sugar added," etc. Fruit will not spoil in the freezer, but after six months to a year (depending on the kind of fruit) the texture and flavor deteriorates.

Sunbeam Lawnmowers don't just cut grass . . . they manicure lawns ELECTRICALLY!

Sunbeam electric lawnmowers can almost turn the drudgery of cutting grass into a favorite pastime.

The Sunbeam electrics are specifically designed for safety and efficiency. A powerful motor exceeds the high load torque of a 3 hp gasoline engine and creates an enormous air velocity that is equivalent to a 45 mph wind. This creates such suction that grass is pulled up for close cutting, and vacuum sweeps your lawn for that clean, neat, manicured look.

Other features include a swing-over and fold away handle, dual automatic fingertip height adjustments, choice of single or double steel tempered blades.

So if summertime grass cutting is a chore for you, come into RG&E now for an exciting demonstration of the Sunbeam electric lawnmowers.

Plan to attend a Mini-demonstration.

Come to mini-demo at lunchtime Monday. Wilma Echnabel, RG&E Home Economist, will demonstrate techniques of freezing food. The demos will be informal, starting as soon as a group gathers and lasting about 15 minutes. They will be held every Monday this month between noon and 1 p.m.

Next Monday, June 12, Wilma will show you how to trim, blanch, and package fresh vegetables for freezing. You see how to save money, and enjoy high quality by buying in quantity in season. Drop in at the Consumer Information Center at noon.

FILL OUT AND RETURN THIS COUPON TO: X

Dept. 34 Rochester Gas and Electric
89 East Avenue, Rochester, N.Y. 14649

I would like more information on the following items:

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Name Phone

Address Zip Code