

A broiled steak makes a delicious entree for a picnic supper. The Home Service Department of RG&E has some good tips on preparing meat and many other foods to take on picnics.

Tips on Preparing Foods for Picnics

Summer has arrived and with it the favorite family activity of picnicking. Food must be handled carefully to avert possible spoilage. Use the following tips from the Rochester Gas and Electric Home Service Department when you carry food along on family trips.

All meats, poultry and fish or foods containing these should be brozen or kept very cold until they are eaten or prepared at the picnic site. Place unfrozen meats, poultry and fish items near frozen foods or ice cubes in plastic bags to keep cold. Insulated bags are ideal for short time storage.

Hot dogs and hamburgers should be frozen at least 2 days ahead. Season hamburgers, form into patties and separate with 2 pieces of waxed paper. Package in desirable quantities and freeze at least 2 days ahead. They thaw slowly while you're traveling.

Fried chicken should be thoroughly chilled before packing. Freeze poultry if travel time is long.

Chill potato and macaroni salads very well before packing, at least several hours. This assures safety and improves flavor as

well. Pack with frozen foods to carry on a picnic.

Frozen concentrated juices or ades will thaw slowly while traveling and can be mixed with water or gingerale before serving. This saves packing room and keeps the picnic basket lighter.

If water safeness is questionable at the picnic site, ice used for cooling other foods while traveling may be used in drinking water.

Cold drinks — chill thermal jug with ice water before adding cold drinks.

Hot drinks — heat thermal jug with hot water before adding hot beverage.

Take fruit filled pies with double crusts in carriers that have rigid covers. Meringues and cream filled pies do not carry well.

A large cardboard box becomes a picnic chest when it is lined with very thick layers of newspapers. Add one or two large plastic bags filled with ice cubes. This makes an excellent container for meats and frozen foods.

A styrofoam chest packed with ice keeps food cold very well for 6-8 hours.

Proper Tire Care

Proper tire inflation is essential. Underinflation causes extreme sidewall flexing, bulds up excessive heat, and causes rapid wear on the tire tread's outer edges.

Overinflation causes tires to run hard, subjects them to damage and weakening of the carcass, and causes excessive wear in the middle of the tread.

Check your owner's manual for recommended tire pressure.

Inspect tire exterior regularly for excessive or abnormal wear, fabric breaks, and cuts. Remove imbedded foreign matter.

Add an extra three or four pounds of pressure to cold tires prior to long trips where you anticipate driving at sustained high speeds.

Replace tires when tread is thinner than 2/32 of an inch, or the "wear indicator" on the tire appears.

Use the "air loss" method of spotting a potential tire failure. A tire that loses three or more pounds of pressure in a week or less, when the others remain the same, should be removed and inspected.

Carry a spare tire that is properly inflated and in good condition.

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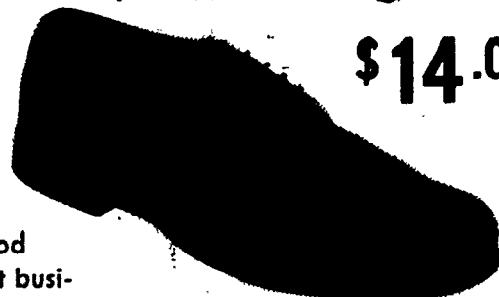
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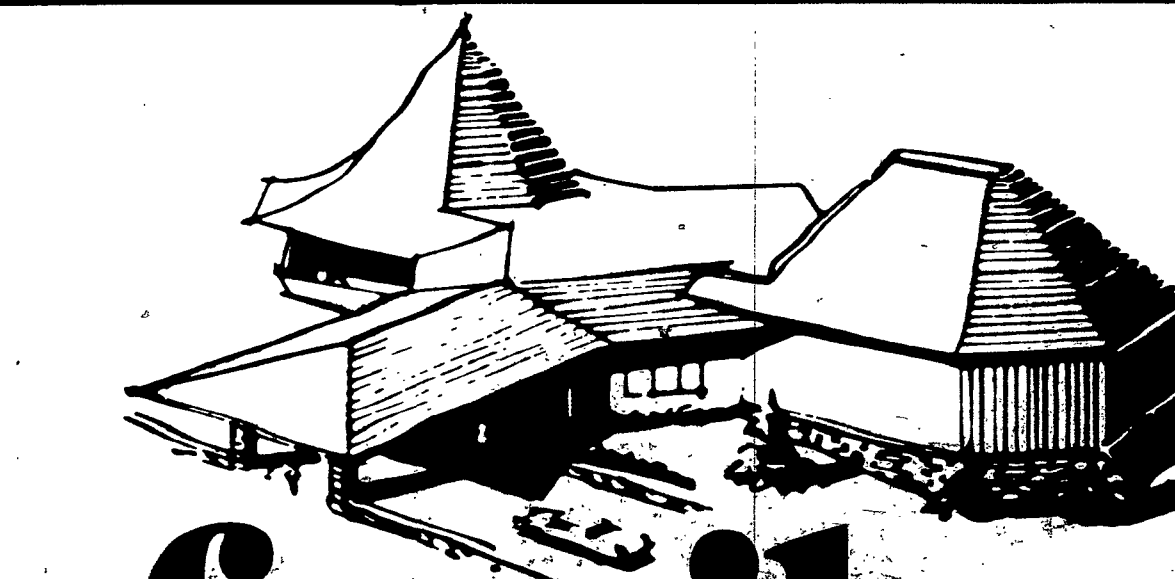
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Because we've got something for everybody:

- One of the most exciting exhibits depicts the operation of the nuclear reactor used in RG&E's nearby Ginna Plant.
- Actual Geiger Counters demonstrate the detection of radiation in various materials and objects.
- Other displays dem-

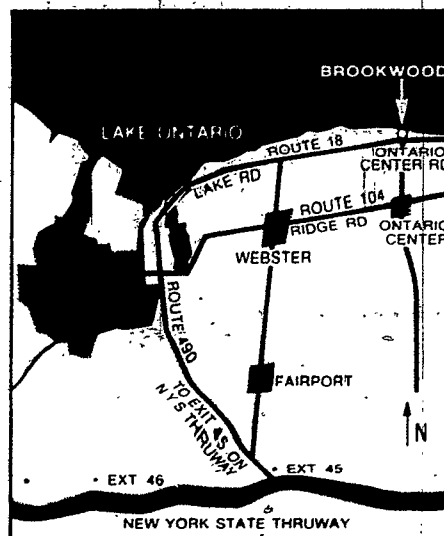
onstrate the generation of electricity, explain the structure of the atom and nuclear fission, and follow the story of uranium from the mine to its final use as a fuel element in the Ginna Plant.

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• And the Brookwood staff, headed by David Burke, is always on hand to answer any questions you may have.

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