

RG&E AND consumer news

Recipe of the Week

A favorite of many . . .

ITALIAN STYLE SUMMER SQUASH

Temperature: 350° F Time: 45 minutes

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| 2 small summer squash or zucchini | 1/2 teaspoon pepper |
| 3 tomatoes, sliced | 2 tablespoons butter or margarine |
| 1 medium onion, sliced | 1/3 cup grated cheese |
| 1 teaspoon salt | |

1. Wash and cut squash into thin slices.
2. Arrange squash, tomatoes and onions in alternate layers in a greased casserole.
3. Sprinkle with salt and pepper, dot with butter and add grated cheese.
4. Cover and bake in preheated oven. Remove cover the last 10 minutes to brown the cheese.

Note: Cymling or Patty-Pan squash can be prepared the same as zucchini squash.

How to buy a window air conditioner

Before you select a window air conditioning unit, you first have to determine what size, or capacity, you will need for the area you want to air condition. The capacity is measured in British Thermal Units, or BTU's, per hour. (A BTU is a measurement of heat; one BTU is about equal to the amount of heat given off by a wooden kitchen match burning to ash.) An air conditioner whose capacity is rated at 8,000 BTU's per hour will remove 8,000 BTU's of heat from the air each hour.

It is important to select a unit that has the right capacity. A unit with more capacity than required will cool the room. However, because it is oversized, it will lower the temperature quickly; and the thermostat will automatically shut off the cooling and dehumidifying function. Before it will turn on again, the temperature will have to rise to a less comfortable level. This temperature fluctuation, plus variations in temperature within the room, will tend to make you feel uncomfortable.

Once the BTU per hour capacity has been determined, the next step is to select the unit. The name plate on the unit gives the voltage, BTU's per hour, amps (the amount of current draw), and watts. If you want the unit that uses the least amount of power and has the lowest operating cost you should choose the unit that has the lowest watts input for a given BTU per hour capacity. The watts input, which is the amount of electrical power a machine needs to operate, varies considerably from manufacturer and among different models

made by the same manufacturer. You will generally find that the unit with the lowest watts input will cost more to purchase. However, it will cost less to operate, and it will draw less current. Because it draws less current, your wiring costs may be less.

To explain further, let's consider this example. If the room you want air conditioned requires 8,000 BTU's per hour, you will find one unit rated at 860 watts, 7.5 amps, and another rated at 1,375 watts, 12 amps. It is possible that the 7.5 amp unit may be plugged into an existing outlet (depending on what else is on the circuit), whereas the 12 amp unit may require a separate circuit.

Before you select an air conditioner you will also want to give some consideration to its quietness and size. Is the air conditioner too noisy? Does it fit the window in which you intend to put it? Air conditioners vary in height as well as width. A taller air conditioner will block out more sunlight than a shorter one.

Check the filters for ease of cleaning. Find out if the unit has a thermostat. A thermostat will maintain a steady temperature by turning the unit on and off automatically. Without a thermostat you will have to turn it on and off manually.

Other desirable features you might want to look for are an adjustable fan speed, exhaust and fresh air capability, variable air deflectors and an efficient system to remove condensate.

No matter what unit you think meets your needs, make sure the unit is backed by a warranty on which you can rely.

Installing Electric Heat

These factors make a difference— conserving energy, saving you money

If you install a new electric heating system without regard to proper insulation, quality equipment and good system design, you will find your system costs more to operate than you thought it would and you will not be satisfied with the quality of comfort it provides.

As of last year, electric heat had been installed in over 2,200 living units in the Rochester area. We estimate 1,000 living units will have electric heat installed in them this year. If yours is going to be one of these homes, we'd like to tell you what you can do to insure excellent performance and reasonable cost of operation from your electric heating system, whether it is used in one room, an addition, or throughout your home.

Insulate properly

Proper insulation reduces heat loss through your home's walls, ceilings, and floors. It is important with any heating system. Since proper insulation reduces the amount of heat you need to stay comfortable, it helps conserve energy while saving you

money and adequate insulation will keep you home cooler in the summer.

Information on recommended amounts of insulation is available from RG&E's Residential Department.

Combine good design and quality equipment

There is no substitute for high quality equipment. It should last for many years, consistently and quietly doing the job it was designed to do.

The design of your system is important, too. A good heating contractor, or one of RG&E's Residential Representatives, will draw up a heating layout for you to suit your needs. An oversized system may result in uneven heating, and extra service calls. An undersized system may not keep you warm enough in cold weather.

RG&E does not sell or install heating equipment, but our Residential Representatives will advise you in planning a system, on request.

Aid health, energy conservation with total control.

Maybe you have decided you need a totally controlled environment in your home. For example, someone in your family may have a health problem that warrants electronic air-cleaning or power humidification. An added benefit of a higher humidity level in your home is that you will feel more comfortable at a lower temperature. So, while saving money on heating costs, you will also help conserve energy.

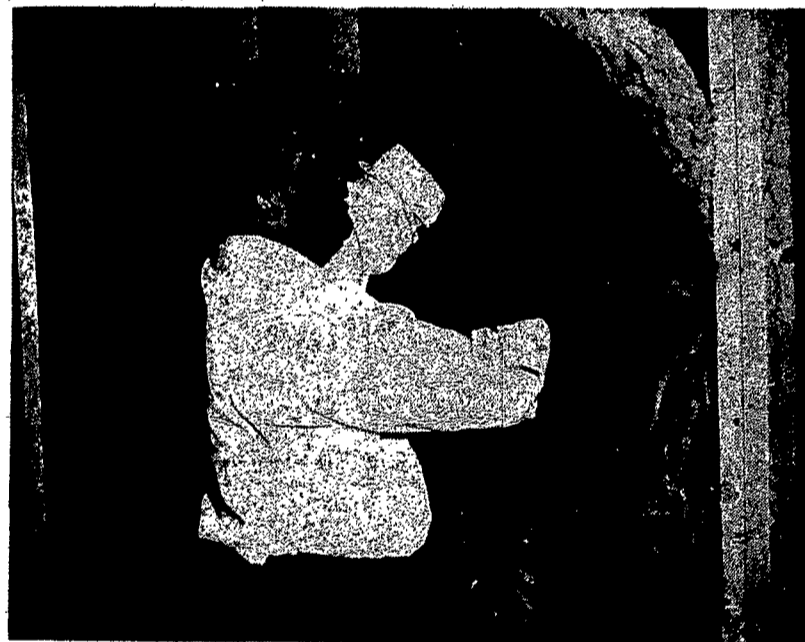
Total control is much more effectively done with a central system than with portable equipment designed for use in a single room. And the most economical time to install central systems for power humidification, electronic air cleaning and air conditioning is when you are installing your heating system. This way you will take advantage of common duct work, wiring, and other components of the system which can be installed together easily. Furthermore, a total-control system designed as a single package offers the best possible efficiency.

Bring in your questions.

RG&E has worked closely with contractors, builders, and home owners to insure that every customer is satisfied with the results he gets from his new electric heating system.

This month RG&E is featuring useful information on electric heat at the Consumer Information Center. Heating experts from our Residential Department will be at the Center to answer your questions or advise you about installing electric heat. You will be able to pick up useful information about systems, equipment, insulation and other things that make a difference by conserving energy and reducing costs when you install electric heat.

The Consumer Information Center, located on the first floor of RG&E's main office, 89 East Avenue, is open Monday through Friday, 11 a.m. to 3 p.m. When the Center is closed, you may take your questions to the Residential Department, 5th floor, 89 East Avenue.



Adequate insulation will lower your heating costs and help conserve energy.

Tips on Buying Food

1. Read the Label

Ingredients, when shown, are listed in order of quantity. Packing mediums differ. Fish may be packed in oil or water; fruits may be in heavy, medium or light syrups. Large sizes often, not always, cost less per ounce. Natural cheese and process cheese may look alike; labels will identify which is which.

2. Compare prices of fresh, frozen, canned and packaged foods

Compare which method will give the most servings for the least money. Some convenience foods are cheaper to use than less highly processed ones, though you usually have to pay more for the "maid-service" done for you.

3. Watch for products in plentiful supply

United States Department of Agriculture (U.S.D.A.) informs the public periodically, through newspaper, radio and television, of products in greatest supply. This includes fruits and vegetables in season. Quality and price may both be advantageous. The plentiful foods for the month of August are: wheat products, peanuts and peanut products, fresh pears, fresh plums, nectarines, summer vegetables and broiler-fryers.

4. Learn to judge quality of fresh fruits, vegetables and meats.

The U.S.D.A. publishes pamphlets on these topics.

FILL OUT AND RETURN THIS COUPON TO:

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

Buy of the Week

Dehumidifiers
prices start at

\$97

Appliance Dept.

89 East Avenue