

RG&E AND consumer news



Shop Carefully for Non-Flammable Children's Sleepwear

By Anne S. Fenstermacher
Staff Assistant - Consumer Affairs

You may have heard about the new Federal standard to stop the sale of flammable children's sleepwear which went into effect July 29, 1972. All children's pajamas, nightgowns and robes from sizes 0 to 6X must be flame-retardant which means the garment may char but must not flame if ignited.

However, you should know that manufacturers have one year to comply with the standard, that is, until July 1973. Until then you may have difficulty knowing which sleepwear is flammable and which is not.

According to the Federal Trade Commission, there may be three types of children's sleepwear for sale until next July:

- 1) Old stock — sleepwear manufactured before July 1972 which is flammable, but is *not* so labeled.
- 2) New sleepwear which is flammable and *must* be labeled telling you so.
- 3) New sleepwear which is non-flammable, and which may or may not be labeled as such. Some manufacturers are voluntarily labeling these garments, others are not adding such a label.

Your difficulty will be in telling the difference between "old stock" flammable sleepwear and the new non-flammable garments. If there is no label, do not hesitate to ask at the store or write to the manufacturer for the information.

To complicate matters,

there is some sleepwear available with a flame-retardant finish, but unless recommended laundering instructions are followed they may lose this flame resistance. There is also a new law which says that clothing manufactured after July 3, 1972 must have care instructions permanently attached, so look for this information, too. You can call RG&E's Home Service Department with questions about laundering and care labeling.

In any case, you should use normal safety precautions to see that children are kept away from potential fire hazards including space heaters, ovens, open fires and, of course, matches. According to the U.S. Office of Consumer Affairs, research shows that one out of nine clothing-fire accidents involves pre-school children in sleepwear. So shop carefully and keep children from possible fire hazards.

You can get a packet of information about flammable fabrics by calling the Federal Trade Commission, toll-free, at 800-424-8589, or writing to the agency in Washington, D.C.

Consumer Center on Ranges

How to save a meal while you save energy

Have you ever stopped to consider that by learning how to use your range correctly you can save energy as well as save a meal? November's Consumer Information Center will help you do both. Throughout the month graduate Home Economists from RG&E will staff the Center to give you advice on how to use your range efficiently and economically. They will be at the Center every Monday through Friday from 11 a.m. to 3 p.m. and Tuesday evenings from 7 to 8:30.

Cooking with the right amount of heat

They say that "too many cooks spoil the broth." You may or may not have experienced the truth of this; but certainly most of us have experienced the spoiling of the broth by cooking over a too-hot burner or for too much time.

How many times have you rapidly boiled a vegetable just to shorten the cooking time and ended up with an overcooked, less appetizing and less nutritious product? You can shorten the cooking

time by boiling a vegetable—if you watch the time very carefully. For best results, once the boiling point is reached, turn the burner down to simmer.

Our Home Economists can suggest other similar ways of using the top of the range for the best results and with the least expenditure of energy; such as, cooking with the lid on the pot; partially thawing frozen vegetables before cooking them; and using the least amount of cooking water necessary. They may also suggest that you try steaming some vegetables.

Use the right burner

Do not put a four-inch sauce pan on a six-inch burner. This wastes energy. A few electric ranges have a burner that can be adjusted to fit the circumference of the pan you are using. Such a burner has three concentric elements — 4 inches, 6 inches and 8 inches in circumference. If you want to use a 6 inch pan on such a burner, it will heat only the 4 and 6 inch elements. This is an instance where you can put a small pan on a large burner.

Timing oven cooking

Most ranges today have minute timers. If yours does, get in the habit of using it. This should eliminate peeking in the oven to see if something is done.

If your oven is accurate and you are baking a cake that calls for a time of 25 to 35 minutes, there should be no need to open the oven door before 25 minutes. This is important, for you can lose from 50 to 100 degrees every time you open the oven door; this not only lengthens cooking time, but can also produce a lower quality product. You can adjust time and temperature on most vegetables and casseroles so that they can be done simultaneously.

Did you get any new ideas? You can get many more when you talk to one of our Home Economists at the Consumer Information Center on Ranges. Visit us soon.



Visit the Consumer Information Center; learn about ranges this month from RG&E's graduate Home Economists.

International Film Festival

at Regent Theatre Nov. 10 - 19

Over 50 of the best new films by outstanding producers and directors from around the world will be shown at "ImagiNation," Rochester's second festival of international films. Films will be shown at 7:30 p.m. and 9:45 p.m., with weekend matinees at 10 a.m. and 2 p.m., at the Regent Theatre, 65 East Avenue.

Tickets are \$2.50 and \$1.00 for the matinees. Admission for students with ID cards will be \$1.50. Advance books of six tickets, available from 63 East Avenue, or by calling 454-1640, cost \$12.00 (students \$7.00). Complete Festival programs will be available after Nov. 1st at 63 East Ave.

Films to be shown include RED PSALM by Hungary's Milkos Jarcso, the grand prize winner at this year's Cannes Film Festival; THE ADVERSARY, by India's great Satyajit Ray; THE TAR DEALER from Denmark, never before seen in the United States; PUNISHMENT PARK by Great Britain's Peter Watkins; and WHAT DO I TELL THE BOYS AT THE STATION, a spoof on male chauvinism and women's lib alike.

The Festival will also pre-

sent black films, children's films, films by women directors, Latin American films, and international cartoons for children and adults.

Celebrities attending the Festival include George Pal, who will be present at a retrospective of his best work, and Murray Grigor, director of the Ediborough Film Festival.

Rochester's 2nd Festival of World films is sponsored by the non-profit Committee For a Second Festival, headed by Gene DePrez with the help of a grant from the New York State Council on the Arts.

Thanksgiving Dinner Demonstration

Want to know how to stuff a turkey but don't know whom to ask? Come and see it done in the basement auditorium, RG&E main office building, 89 East Ave.

Wednesday afternoon, November 8, 1972—1:00 P.M.

Thursday evening, November 9, 1972—7:30 P.M.

Free parking is available in the Company lot for the evening demonstration only, after 6:30 P.M.

Also

The following week Christmas cookies will be prepared:

Wednesday afternoon, November 15, 1972-1:00 P.M.

Thursday evening, November 16, 1972-7:30 P.M.

Recipe of the Week

Save the seeds when you make your jack-o-lantern ...

PUMPKIN SEEDS Temperature: 250° F

Time: 1 - 1½ hours

1½ tablespoons 2 cups prepared seeds

1¼ teaspoons salt

1. Sprinkle oil and salt over seeds in shallow baking pan.

2. Bake in preheated oven until crisp. Stir occasionally.

Note: To prepare seeds wash fibrous material from seeds and spread to dry on paper towels.

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