

# RG&E AND consumer news



## Save Energy When Cooking

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**Question:** I understand that cooking with small electric appliances uses less energy than cooking with an electric range. Is this true?

**Answer:** A comparison of wattages shows the following:

| Appliance        | Wattage    |
|------------------|------------|
| Electric Frypan* | 1,196      |
| Range**          | 1,450      |
| Range            | 2,600      |
| Range            | 3,000 each |

\* 6" surface unit  
\* 8" surface unit  
oven heating elements (bake and broil units)

\* Based on national averages from the Edison Electric Institute  
\*\* A leading national brand.

By strictly comparing wattages, it is apparent that the electric frypan uses less electricity than the various range units. However, some further explanation is needed.

An appliance's wattage rating indicates the maximum amount of electricity it uses when the unit is full on. It is difficult to make exact comparisons because for most cooking purposes you do not use the units at their maximum setting.

Let's use an example: you want to brown pork chops and then turn the unit down and let the chops finish cooking at a lower temperature. If you already have an electric frypan there will be some saving of energy to use it instead of the range surface unit. The frypan is thermostatically controlled so it will cycle off and on to maintain a constant temperature.

RG&E's Home Service Department has another suggestion for those who are really interested in conserving energy when cooking. Where possible, cook an entire meal in the oven at the same time and temperature. The time and temperature on most casseroles, meat dishes and oven-baked vegetables can be adjusted so that several combinations can be baked simultaneously.

Both of the oven heating elements heat up in order to produce an even heat in the oven. The "bake" unit comes on at the full 3,000 watts, and

the "broil" unit at half voltage equal to about 800 watts. Both units cycle off and on to maintain the pre-set temperature. It is estimated that the heating elements are actually on less than half of the time and cycle off for the remaining time. The length of time depends on the temperature and the kind of food in the oven.

Oven meals save energy because only one unit, the oven, is used in place of two or three burners.

Using a small appliance rather than the range can save energy when you cook one food. Using the oven is preferable when you are preparing several foods and can cook them together. This kind of planning can save electrical energy!

## Are Your Clothes as Clean as They Used To Be?

We have recently received many calls in our department concerning laundry problems. Here are some of the most common questions:

**Why are my white clothes turning gray?**

I have noticed a residue on dark cottons - white streaks, especially in creases. Can you tell me what causes this?

**Why do labels on infants' pajamas say, "Do not wash in soap, low-, or no-phosphate detergents"?**

The first two questions often involve more than one answer. Be sure your hot

## Visit the Consumer Information Center See what a difference insulation makes

RG&E is featuring insulation at its Consumer Information Center during the month of March. There you will see what a difference proper insulation makes in comfort, heating and cooling costs, and the size heating and cooling equipment your home needs. The Consumer Information Center is located on the main floor of RG&E's 89 East Avenue office building. It will be open

during all of RG&E's regular office hours, including Tuesday and Thursday evenings until 9 p.m. and Saturdays till noon.

There are more than a dozen types of insulating materials you can use in your home. At the Consumer Information Center this month you will see samples of a few of these, together with examples of their proper installation. (Installation contrib-

utes greatly to the effectiveness of the insulating material.)

You will see a slide show, presented continually, telling you how you can save money on heating and cooling and be more comfortable at the same time. This brief show has tips on insulation, humidity control and wise everyday heating habits.

We have a booklet for you, too, all about the house that Jack built and why he's glad he installed insulation and storm windows and doors. You will probably find some of Jack's information very useful in your own home.

After you've visited the Consumer Center, you can take your questions to RG&E's Residential Department, located on the fifth floor 89 East Avenue. Residential Representatives are there to help you with heating and cooling, insulation, humidity control and lighting and wiring problems.

RG&E does not sell or install insulation of any kind. We believe, however, that installing adequate insulation is an important step toward the most efficient use of heating and cooling energy. If you use our energy efficiently, without waste, you and we will be better off.



Why is this man smiling? Because he found out at RG&E how much lower his operating costs will be if his new home is properly insulated.

water is hot enough to dissolve grease and oil which hold in dirt deposits, eventually resulting in a gray tinge to white clothes. Water feels hot at 120°F but should be at least 140°F. If improperly dissolved, soap residue can leave white streaks, especially noticeable on colored clothes.

A water softener should be used in hard water with soap to prevent soap scum deposits on laundered clothes. Never wash white clothing with colored. Even if you think some colored clothing

is colorfast, the whites may eventually become grayed. Never use too much soap or detergent. Excess suds can hold lint and dirt in creases, resulting in streaky deposits. Always check the suds level to make sure it's not more than an inch above water level.

Part of the problem may lie in New York State Assembly Bill 6963 which presently limits the phosphorus content of laundry detergents to 8.7% and effective June 1, 1973, calls for a total phosphorus ban on both laundry and dishwasher detergents. In place of phosphates, carbonate detergents are being used by some manufacturers. Unfortunately, this type of detergent, and soap react with minerals in hard water to form a precipitate that adheres to fibers and collects within the fabric. The results of this buildup are a gray tinge to white clothing and whitish streak-

ing on colored fabrics, as well as a harsh feel to all materials.

The answer to the third question involves the new Federal flammability legislation stating that after July 29, 1973, all children's sleepwear size 0 to 6X, must be flame retardant. Manufacturers who have already met this standard have found that the buildup on fabric from the use of soap and carbonate detergents in hard water decreases the flame resistance to a level where the garment again becomes flammable.

Besides losing the effect of the safe flame retardancy of children's sleepwear, another safety hazard is evident with the use of phosphate substitute detergents. Some have been known to cause severe eye irritation. Remember now more than ever to keep all laundry products out of the reach of children to prevent disaster.

## Recipe of the Week

Try this favorite Japanese dish . . .

### SUKIYAKI

- 1 pound round steak or chuck roast cut into diagonal slices 2 x 1 1/2"
- 3 tablespoons salad oil
- 1/4 cup sugar
- 1/2 cup soy sauce
- 1/2 cup mushroom stock or water
- 2 medium onions, sliced

- 1 green pepper, sliced
- 1 cup celery, sliced diagonally
- 10 ounce can bamboo shoots, sliced thin
- 8 ounce can mushrooms, sliced
- 1 bunch green onions cut into 1" lengths
- Hot cooked rice

- Brown meat in salad oil
  - Mix sugar, soy sauce and mushroom stock (drained from canned mushrooms) together. Add half of this to the meat.
  - Push meat to one side, add sliced onion, green pepper and celery. Cook a few minutes.
  - Add remaining soy sauce mixture, bamboo shoots and mushrooms. Cook 3-5 minutes.
  - Add green onions and tops. Cook 1 minute longer. Mix ingredients together.
  - Serve right from the electric fry pan or while still hot over hot cooked rice.
- \*Or use 2 pounds sandwich steaks and slice into strips.

Courier-Journal

## Donate Used Appliances

The Home Economics Division of Social Services is operating a program in which they place donated used appliances and furniture in the homes of people who need them. The donors of these items are people like you who have a used appliance they don't need any more.

They can accept only those appliances and furniture that are in good repair. All donations are allowable tax deductions. The Home Economics Department will make arrangements to have your donation picked up and taken to its new home. All you have to do is call them to let them know what you have to give.

To make a donation call 442-4580 and tell them about it. They need your help.

Wednesday, March 7, 1973

FILL OUT AND RETURN THIS COUPON TO: **H**

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

I would like more information on the following items:

Name \_\_\_\_\_ Phone \_\_\_\_\_  
Address \_\_\_\_\_ Zip Code \_\_\_\_\_