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# RG&E consumer news



## Keep Cool Without Air Conditioning

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You can keep your house relatively cool without air conditioning by planning and taking some of these steps:

**Upgrade the insulation in your house.** Proper insulation acts as a barrier to slow down the movement of heat into the house and keep it cool. Insulation is particularly effective in the attic, around air ducts, and over ceilings.

**Use fans to circulate air.** A thermostatically controlled attic fan reduces intense attic heat, which adds considerably to the heat in your house. Room fans bring in the outside air on Rochester's many cool nights and reduce the heat that has built up in the house during the day.

**Keep windows, draperies, and blinds closed during the day to keep the house from heating up.** Window awnings will also shield the sun's rays and are most effective on the south and west sides of the house.

**Use heat-producing appliances during the cooler times of day.** For example, where convenient, operate the dishwasher and bake in the morning and evening.

**Turn off the television set and lights when they are not needed because they add heat to the room.**

**Plant tall leafy shade trees on the south and west sides of the house.** The leaves will give protective shade against the summer sun.

## Store It Right!

Summer is the height of the canning season. Food preservation should include enough storage space in the proper areas. Poor storage areas will decrease the "shelf life" of a product. Please take time to read the following tips and check your cupboards before you begin canning:

1. Food should never be stored in cabinets beneath the kitchen sink, or any cabinets through which water pipes, drain pipes or heating pipes pass. These areas attract insects and rodents, and pick up heat from the pipes. Also, leakage from the pipes may cause rusty cans.
2. Never store food near household chemicals as they may easily be mistaken for food bottles.
3. Check storage areas near the range. Food does not keep well in areas near a heat source.
4. Canned goods should be stored in clean areas. Foreign matter on top of the can may get into the food upon opening.
5. Check each can before you use it. Sticky cans may be leaking and therefore toxins (poisons) may be forming inside. Any bulging cans should also be disposed of for the same reason.
6. Date your cans. Try to rotate them so the oldest are used first. Home canned food should not be kept over a year.
7. Mold is not always harmless, especially in canned goods. If you open a can and find mold, dispose of it.

Remember, when in doubt, throw it out!

Now at the Consumer Information Center

## Insulation: The More You Use, The Less You Use

Heating is the single greatest use of energy in your home. When you reduce the amount of energy used for heating, you will conserve energy and lower your fuel bills. In addition, your home will stay cooler in the summer if your home is properly insulated, so now is the perfect time to insulate or add to existing insulation

and warmer in winter with insulation.

Insulation can be made from any of a number of materials. Materials of the same thickness may have different resistances to heat flow, so a common scale of "R" (resistance) values was devised. The R value tells you how resistant to heat flow a material is at a given thickness. High R values signify effective materials. It is very possible to have 2 inches of insulation with a high R value more effective than 4 inches of insulation with a lower R value.

Recommended R values for homes today are R-19 in ceilings under cold attics and R-11 in side walls exposed to the outdoors or unheated areas. This is a minimum recommendation—higher R values, of course, give even better protection from the elements and keep energy use down. It is often economical to reinsulate existing homes if you know your R value does not meet minimum standards. This is particularly true where more insulation can be added in the attic. It's harder to add insulation to side walls but still may be an economical investment if the walls are virtually unprotected.

RG&E offers information for "do-it-yourselfers" in a booklet entitled "If You're Under-insulated, You're Overspending On Fuel". For your free copy, fill out and send in the coupon at the bottom of the page.

You can learn a lot about insulation at our Consumer Information Center this month on the main floor at the 89 East Avenue Office. It will be open Mondays through Fridays from 8 AM to 5 PM, so visit soon!



Insulation is easy to do yourself!

## Remember Your Refrigerator - It's the Cool Thing To Do

Your refrigerator is one appliance that serves you 24 hours a day, all year long. Buying and storing fresh food for any length of time would not be possible without refrigeration. However, one should not assume that food will keep for extended periods of time in a refrigerator.

If the back of your refrigerator has become a catch-all for small, half-empty jars, clean it out. Discard any foods with molds or obvious spoilage and wash the refrigerator out thoroughly, including door gaskets. One tablespoon of baking soda dissolved in one quart of warm water is a good cleaning solution. Don't forget to wash the evaporator pan under the refrigerator.

A temperature of 37°-42°F is normal and the lower temperature is desirable for hot, humid days.

Remember that holding the

refrigerator door open for long periods of time wastes energy. Also, take out what you need all at once; don't keep opening the door unnecessarily.

## Donate Used Appliances

The Monroe County Department of Social Services will pick up used appliances, in working order and good shape, and give them to families on a waiting list. Call the Home Economics Division at 442-4580 and help a family out today!

**FILL OUT AND RETURN THIS COUPON TO:** CJ 27  
 Dept. 34 Rochester Gas and Electric  
 89 East Avenue, Rochester, N.Y. 14649  
 546-2700

I would like more information on the following items:

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

## Booklets and Buying Guides Available From RG&E

The following booklets are available to aid you in family safety, energy conservation, and to help reduce fuel costs:

- "Shock Stopper—Protect your home and family with a Ground-Fault Interrupter"
- "Watt Watcher's Handbook"
- "If You're Under-Insulated, You're Overspending on Fuel"
- "The Heat Pump Story"

These buying guides will assist you purchasing major appliances: **Dryers, Washers, Freezers, Refrigerators, Ranges, Microwave Ovens, and All About Warrantees.**

All booklets are free of charge and may be obtained by filling in the coupon below and sending it to us.

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