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# RG&E AND consumer news

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## Energy Conservation And Proper Insulation: Peak Electric Use

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Use of electricity by RG&E's customers dropped slightly during 1974 following the oil embargo, but has begun to grow again this year.

This growth is caused by the addition of electric use of thousands of new customers, but presumably it is also due to lessening of conservation efforts by existing customers. This should be a concern to all of us because valuable coal and oil, in limited supply for the long term, are used to generate electricity and could be saved by continued reduction in our electric use.

More importantly, there has been an increase this year over last in what utilities call the "Peak demands" (or greatest use) for electricity. This concept is important for the long-term conservation and cost of electricity, so I would like to discuss what it means to all of us.

The daily "peaks" are caused when a lot of customers all want to use electricity at the same time. These "peaks" vary from day-to-day and season-to-season. Since electricity cannot be stored to meet these peaks, RG&E must have enough generating plant capacity to supply the

greatest demand on any day or any season. High "peaks" above average use are undesirable for two reasons: First, RG&E must build generating plants, not to meet average use, but rather "peak" use; so much plant capacity stands idle much of the time, and second, because at "peak" times RG&E must use its less efficient generating plants.

As you can see, it is in the long run interest of all of us to do what we can to reduce these peaks. In August, for example, the weekday hours of peak load occur from 10:00 A.M. to 6:00 P.M. Although it may not look like these are many "off-peak" hours, they consist of early morning, evening after 6:00 P.M. and all day and evenings on the weekends. Where possible and convenient you could do extra baking, use your self-cleaning oven, or do your laundry during the "off-peak" hours. You may discover other ways, and I would like to hear about them.

Having to build fewer new plants and making minimum use of inefficient plants can result in lower electric rates for you in the long term than might otherwise be necessary.

## Proper Insulation: An Investment that Pays Off

A properly insulated house is one which keeps the warm air inside in the winter and outside in the summer.

Insulation is a very important part of home space conditioning, yet many people know little about it. In fact, about one half of

the homes built in the U.S. more than 15 years ago are not insulated.

### What is Insulation?

Heat always moves from warmer to cooler and it moves through the air, through solid objects, like walls. Heating specialists call this "heat loss" which is the amount of heat moving out of a home.

Insulation slows down heat loss. Here is an illustration to show you how effective it can be: Without insulation about 3500 BTUs (a BTU is a unit measure of heat) will exit every hour on a 5 degree day through the exposed walls of a 10x15 room when you've got the room heated to 75 degrees. By using insulation (2 inches thick) you reduce the exiting BTUs (heat loss) to 1120 per hour. This is a reduction of about 68%.

Insulation is a "filling" used in outer walls, foundation walls, under floors, and over ceilings.

Storm windows and doors are another kind of "insulation," since windows and doors are excellent exits for BTUs. Weather stripping around doors and windows will help cut down the cold air leaking into the room as well.



Do-it-yourselfers can find out how to install insulation at our Consumer Information Center, Main Floor, 89 East Avenue. Open Monday-Friday 8 AM to 5 PM.



The use of electricity on RG&E's system looks like this on a typical weekday in August.

## Blanching is a Must!

An important step in freezing vegetables is blanching. A better quality of vegetables is produced if they are blanched before freezing.

Vegetables can be stored in the freezer for one year.

Enzymes help vegetables to grow and mature. Once the vegetable reaches peak ripeness, the enzymes cause loss of flavor and color. If these enzymes are not inactivated they continue their activity in the freezer. Within a few weeks, the vegetable may develop off flavors, discolor and toughen.

### To blanch:

1. Place the washed vegetables in a colander, strainer or wire basket.
2. Lower into unsalted boiling water.
3. When the water returns to a full rolling boil, remove and place in ice water until chilled.
4. Drain well.
5. Package, label and freeze. A colander or strainer enables you to remove all the vegetables at once preventing overcooking.

Green peppers and onions are the exceptions; these vegetables do not need blanching. After washing and draining, slice or dice and spread evenly on a cookie sheet. Place in a freezer bag and freeze. Remove from the cookie sheet and package the vegetable in smaller amounts. Return to the freezer. In this way the diced vegetable freezes individually and will not stick together.

Success in freezing vegetables depends on variety, the right stage of maturity and haste in getting the food into the freezer immediately after harvesting.

## Canning and Freezing Demos August 7 and 14 at RG&E

The Home Service Department of RG&E will present two demonstrations on Food Preservation.

The demonstrations are designed to inform you about proper freezing and canning techniques, how to preserve your fresh garden fruits and vegetables and how to take advantage of sales in the supermarket.

The demonstrations will be held in the basement auditorium at Rochester Gas and Electric Corporation, 89 East Avenue at 7:30 PM on these dates:

Freezing Demonstration August 7

Canning Demonstration August 14

Free parking will be provided in the RG&E Company parking lot, after 6:30 PM. The lot is located on Lawn Street directly behind 89 East Avenue and is accessible from either Chestnut Street or Broadway.

## Canning Safely

### Q. IS IT SAFE TO RE-USE CANNING LIDS?

A. No. The sealing compound is damaged by first use. The canning lids are also bent during the opening of jars.

### Q. IS IT SAFE TO PROCESS FOODS IN EMPTY MAYONNAISE JARS OR OTHER JARS PREPARED FOODS COME IN?

A. Mayonnaise jars can be used for the boiling water bath method and should be inspected for nicks and scratches. Since they are not tempered in the same manner as standard canning jars, the likelihood of breakage is increased. Excessive temperature changes should be avoided. Use standard canning jars for pressure canning.

### Q. WHAT FOODS CAN BE PRESERVED USING THE BOILING WATER BATH METHOD?

A. All fruits, fruit juices, fruit purees, tomatoes, pickles and jams and preserves.

### Q. DOES THE CONDITION OF THE SCREW BANDS PREVENT JARS FROM SEALING?

A. Badly rusted screw bands may not tighten down properly.

### Q. WHAT FOODS MUST BE CANNED IN A STEAM PRESSURE CANNER?

A. All vegetables (except tomatoes and pickles) and all meat, poultry and fish.

### Q. WHY IS A SHORTER PERIOD OF TIME USED WHEN PROCESSING IN A PRESSURE CANNER?

A. A higher temperature can be obtained under pressure, permitting more rapid destruction of spoilage organisms.

### Q. WHAT CAUSES LIQUIDS TO BOIL OUT OF JARS WHILE THEY ARE BEING PROCESSED?

A. a. Packing starchy foods too solidly in the jar. This does not allow sufficient room for expansion when the food is heated.  
b. Filling the jars too full. One inch of head space should be allowed.  
c. Sudden lowering of the pressure in the pressure canner. Keep the pressure steady and do not open the petcock until the gauge registers zero and then wait two minutes before opening.

### How Does Insulation Pay Off?

A properly insulated home will cost you less fuel money to heat and cool, since you will have a smaller heat loss than if not well insulated.

You will also notice fewer cold walls, cold corners and more even temperature throughout the house especially if one side of your home is exposed to a lot of wind. This is because the inside of exterior walls, and the air immediately around it, will remain warmer if it is insulated from the outside.

Good insulation also reduces the amount of noise traveling through the walls of your home.

With proper insulation you can save money and be more comfortable at the same time. For the do-it-yourselfers, RG&E has prepared a booklet on installing insulation. Your free copy can be obtained by picking one up at our Consumer Information Center, Main Floor, 89 East Avenue or filling out and returning the coupon on the bottom of this page.

**FILL OUT AND RETURN THIS COUPON TO:** CJ-28  
Dept. 34 Rochester Gas and Electric  
89 East Avenue, Rochester, N.Y. 14649  
546-2700

I would like more information on the following items:

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