

*quick 'n' easy*

*recipes*



*from*



*RGE&E*



## EAT WELL TO FEEL WELL

*A Daily Guide to Good Eating - include foods from each group everyday.*

### Dairy Group

Milk for all ages - use as a drink  
or in cooked foods

Children - 3 to 4 glasses

Teenagers - 4 or more glasses

Adults - 2 or more glasses

Include:

Milk-pasteurized whole, skim, dry,  
evaporated, buttermilk

Cheese - cheddar, natural or process,  
cottage, cream

Ice cream, puddings



### Meat Group

2 or more servings

Include:

Meats - beef, lamb, veal, pork, liver,  
heart, and kidney

Poultry - chicken, turkey, duck

Eggs and cheese

Fish and seafood

Alternates - dried peas, beans, lentils  
and nuts



### Vegetables and Fruit Group

4 or more servings

Include:

Dark green vegetables - peas, peppers,  
broccoli, spinach, green beans

Yellow vegetables - carrots, corn, squash

Citrus fruits - apples, oranges, grapefruit,  
tomatoes

Other vegetables and fruits, including  
potatoes. Use raw vegetables and fruit  
often.



### Bread and Cereal Group

4 or more servings

Include:

Whole grain and enriched breads and cereals.

Add other foods to complete the meal and satisfy appetite.



## GOOD MORNING!

*A hearty breakfast is the way to start the day...*

*Grapefruit Halves  
Waffles - Sausage Patties  
Milk, Cocoa or Coffee*



### WAFFLES

- \* $1\frac{3}{4}$  c sifted all-purpose flour      2 eggs, separated
- \*4 t baking powder                       $1\frac{1}{2}$  c milk
- \* $\frac{1}{2}$  t salt                                      \* $\frac{1}{4}$  c melted shortening

1. Mix and sift flour, baking powder and salt into a bowl.
2. Add egg yolks, milk and melted shortening.
3. Beat egg whites until stiff.
4. Using the same beater, beat first mixture until just smooth, then fold in stiffly beaten egg whites.
5. Pour about 1 heaping tablespoon of batter on each section of the lower grid of waffle iron. Bake 2-2 $\frac{1}{2}$  min.

\*Substitute 2 c Master Mix and proceed following steps 2-5, omitting melted shortening. See page 19.

### WAFFLE VARIATIONS

**NUT WAFFLES** - To the standard recipe add 1 c finely chopped nutmeats.

**BACON WAFFLES** - Arrange bits of diced bacon on grids before adding waffle batter.

Waffles can be kept warm by baking in advance and placing on a cooling rack in a 300°F oven until serving time.

**TO FREEZE WAFFLES** - Bake to light brown, then wrap individually. Reheat from frozen state in toaster or under broiler.

### WHAT TO SERVE ON WAFFLES

Butter will go further if melted and mixed with maple or brown sugar syrup. Serve hot.

Brown sugar, jam, applesauce or jelly are delicious and nutritious for all kinds of waffles.

Combine  $\frac{1}{4}$  c butter or margarine with  $\frac{1}{2}$  c honey and use on waffles, as well as muffins, bread or sandwiches.

*An oven meal the young folks will love...*

*Supper Sandwich Bake*

*Golden Glow Salad*

*\*Chocolate Chip Brownies - Ice Cream  
Milk*

**SUPPER SANDWICH BAKE**

*Temp: 350<sup>o</sup>F Time: 50-60 min.*

12 slices bread	2 medium onions, sliced
Butter or margarine	6 slices process American cheese
1 lb. lean ground beef	2 eggs
$\frac{1}{4}$ c ketchup	1 c milk
1 t salt	Dash of Tabasco
6 frankfurters	

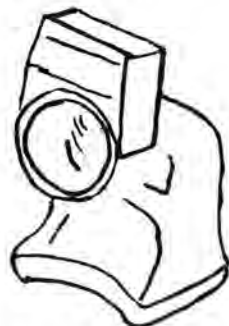
1. Butter 6 slices of bread, arrange in bottom of greased 13 x 9 x 2" pan. Toast in 350<sup>o</sup>F oven about 15 min.
2. Combine beef, ketchup, and salt; spread evenly over toast ( $\frac{1}{3}$  c per sandwich). Top with frankfurters, cut almost in half lengthwise, onion and cheese slices. Cover with remaining bread slices.
3. Beat eggs; combine with milk and Tabasco; pour over bread.
4. Bake in preheated oven. Makes 6 servings.

*\*Recipe on page 14.*

**GOLDEN GLOW SALAD**

1 pkg. lemon gelatin	$\frac{1}{2}$ t salt
1 c hot water	1 c crushed pineapple
1 c pineapple juice	1 c grated raw carrot
1 T vinegar	$\frac{1}{3}$ c chopped pecans

1. Dissolve gelatin in hot water. Add the juice drained from the pineapple, vinegar and salt and chill to a syrupy consistency.
2. Fold in pineapple, carrots and nuts. Pour into mold and chill.
3. Unmold on crisp lettuce and garnish with mayonnaise.



*Quick, tasty dinners come from the broiler....*

*Sweet-Sour Barbecued Fish*

*Souffle Potatoes*

*\*Corn Stuffed Peppers*

*Lemon Snow Freeze*

**SWEET-SOUR BARBECUED FISH**

1/3 c lemon juice	1/2 t salt
3 T salad oil	1/8 to 1/4 t black pepper
2 T finely minced onion	2 lbs. fish fillet or
1 T brown sugar	steaks (perch, halibut,
1 t dry mustard	haddock)

1. Combine first seven ingredients, stirring until sugar is dissolved.
2. Arrange fish in a shallow baking dish or heatproof platter.
3. Pour sauce over fish and place on broiler pan 3" from heat. Broil 5 minutes on each side, basting once or twice with sauce.

**SOUFFLE' POTATOES**

1. Scrub potatoes thoroughly, slice crosswise in 1/2" slices.
2. Dip in melted butter.
3. Broil 10 min. each side, or until brown.

**LEMON SNOW FREEZE**

1 c graham cracker crumbs	1/4 c sugar
2 T sugar	1 can (1-1/3 c) Sweetened Condensed Milk
3 T melted butter	1 T grated lemon rind
2 eggs, separated	1/2 c lemon juice
	1 can Angel Flake Coconut

1. Combine crumbs with sugar and melted butter.
  2. Press firmly into 9" pie pan and chill.
  3. Beat egg whites until foamy. Gradually beat in sugar and beat until stiff.
  4. Beat egg yolks until thick.
  5. Add condensed milk to yolks and mix well.
  6. Add lemon rind and juice gradually, beating until thick.
  7. Blend in 1 c coconut.
  8. Fold beaten egg whites into lemon mixture.
  9. Pour into crumb crust and sprinkle top with remaining coconut.
  10. Place in freezer until firm and serve directly from freezer.
- \*Recipe on page 11.*

## EGGS

### OMELET DELUXE

*Temp: 350°F Time: 15 min.*

6 eggs, separated

2 T onion, finely chopped

$\frac{3}{4}$  t salt

2 c creamed chicken, lobster,

3 T flour

tuna, salmon or creamed

$\frac{1}{8}$  t pepper

vegetables

$\frac{1}{3}$  c green pepper or

parsley, finely chopped

1. Add salt to egg whites and beat until stiff.
2. Beat yolks; add flour and pepper and beat to blend thoroughly. Add green pepper and onion.
3. Fold yolk mixture into beaten whites.
4. Pour mixture into 2 well greased hot 8" layer pans. (Pans may be heated in oven while omelet is mixed).
5. Spread lightly in pan having mixture higher around the edge.
6. Bake in preheated oven until a knife inserted in center comes out clean.
7. To serve, invert one layer on warm serving platter. Pour  $\frac{1}{2}$  c creamed mixture over layer. Invert 2nd layer on sauce. Cut in wedge shaped pieces. Top with remaining creamed mixture.
8. Garnish with parsley.

### EGGS NEW ORLEANS

*Temp: 350°F Time: 15-20 min.*

$2\frac{1}{2}$  c tomatoes

1 bay leaf

$\frac{1}{2}$  c chopped green pepper

$\frac{3}{4}$  c bread cubes

$\frac{1}{2}$  c chopped celery

4 eggs

1 small onion, chopped

$\frac{1}{2}$  c grated cheese

1 t sugar

Parsley

$\frac{3}{4}$  t salt

Radish roses

$\frac{1}{8}$  t pepper

1. Cook tomatoes, pepper, celery, onion and seasonings for 10 minutes.
2. Remove bay leaf, add bread cubes and place in individual buttered dishes.
3. Break eggs on top, sprinkle with salt, pepper. Cover with grated cheese.
4. Bake in preheated oven until eggs are firm, and cheese has melted.
5. Garnish with radish roses and parsley. Serves 4.

## CHEESE

**BAKED ONION RINGS AND CHEESE**      *Temp: 400°F    Time: 25 min.*

5 onions, sliced                      1 c milk  
6 slices buttered toast              1 t salt  
 $\frac{1}{2}$  c grated cheese                      1 T butter  
1 egg                                      Pepper

1. Cook onions in boiling salted water until tender.
2. Place slices of toast in bottom of a greased casserole dish, cover with a layer of onions and sprinkle with half of the cheese. Repeat, using remaining toast, onions and cheese.
3. Beat egg, add milk, salt and pepper, pour over contents of baking dish and dot with butter.
4. Bake in preheated oven.

## VEGETABLES

**BROWNE PAPIKA POTATOES**              *Temp: 350°F    Time: 1¼ hrs.*

6 medium potatoes                      2 t paprika  
3 T melted butter                      1 t salt  
 $\frac{1}{2}$  c corn flake crumbs

1. Peel potatoes and cut into  $\frac{1}{2}$ " slices.
2. Brush with melted butter and roll potatoes in mixture of crushed cornflakes, paprika and salt.
3. Bake uncovered in preheated oven. Garnish with chopped parsley.

**BAKE POTATO BOATS**

*Temp: 400°F    Time: 25-30 min. or*

*Temp: 350°F    Time: 40-45 min.*

4 servings Instant                      1 T melted butter  
Mashed Potato Mix                       $\frac{1}{2}$  t salt  
 $\frac{1}{2}$  c grated cheese                      Paprika  
 $1\frac{1}{2}$  T finely chopped onion

1. Prepare Instant Mashed Potato according to package directions.
2. Mix with  $\frac{1}{4}$  c cheese, onion, butter and salt.
3. Spoon potatoes into foil potato shells and place on baking sheet.
4. Sprinkle with remaining cheese and paprika.
5. Bake in preheated oven until golden brown.



## VEGETABLES

### ASPARAGUS WITH MOCK HOLLANDAISE SAUCE

Temp: 400°F Time: 45 min.  
or 350°F for 1 hr.

2 pkgs. frozen asparagus      Salt and pepper to season

1. Place asparagus in greased casserole dish. Season with salt and pepper.
2. Cover and bake in preheated oven.
3. Serve with Mock Hollandaise Sauce.

### MOCK HOLLANDAISE SAUCE

1 can cream of chicken soup      Paprika or minced parsley  
¼ c mayonnaise                      to garnish  
1 T lemon juice

1. Blend soup, mayonnaise and lemon juice in a sauce pan. Heat until smooth. Do not boil.
2. Serve on asparagus, broccoli, cauliflower or seafood. Sprinkle with paprika or parsley.

### CORN STUFFED PEPPERS

2 green peppers, parboiled      Salt  
1 #2 can whole kernel corn,      Pepper  
drained                              Pimiento  
¼ c melted butter or margarine

1. Parboil peppers for 5 min.
2. Cut peppers in half lengthwise and remove seeds.
3. Fill peppers with corn. Season with melted butter, salt and pepper. Broil 8 min.
4. Garnish with pimiento strips.

*Use The Electric Frypan When Cooking Two Or More Packages of Frozen Vegetables.*

*Temp: 400°F to boil then reduce to 300°F*

*Time: 10 to 20 minutes depending on vegetable*

2 pkgs. frozen vegetables      2 T butter or margarine  
¼ c water                              Salt and pepper

1. Put vegetables in frypan. Add water, butter, salt and pepper.
2. Cover and bring to the boiling point. Turn heat down and simmer until tender.

NOTE: *Fresh vegetables can be cooked the same way.*

## BREADS

### CINNAMON FANTANS

$\frac{1}{4}$  c sugar  
1 t cinnamon

Temp: 350°F Time: 15 min.

3 T melted butter or margarine

6 Brown 'n Serve fantan rolls

1. Combine sugar, cinnamon and melted butter.
2. Divide rolls in thirds, by making two cuts almost through to bottom. Spread cuts with cinnamon mixture.
3. Place rolls in muffin pans.
4. Bake in preheated oven until golden brown.

### TOASTED FRENCH ROLLS WITH CHEESE

6 French rolls  
 $\frac{1}{2}$  c top milk

$\frac{1}{3}$  c grated Parmesan cheese

1. Split rolls in two, dip cut sides in milk and then in cheese.
2. Place under broiler until golden brown. Serve immediately with soup or salad.

### BUTTERSCOTCH RING

$\frac{1}{4}$  c butter or margarine  
 $\frac{1}{4}$  c brown sugar

Temp: 375°F Time: 25-30 min.

$\frac{1}{4}$  c chopped nuts

2 pkgs. Refrigerator  
Butterscotch rolls

1. Melt butter and brown sugar in 9" ring mold. Add nutmeats.
2. Arrange refrigerator rolls in layers with cinnamon sugar topping on bottom.
3. Bake in preheated oven.
4. Let stand 2 minutes before removing from pan.

### CRANBERRY BREAD

2 c sifted all-purpose flour  
 $\frac{1}{2}$  t baking powder  
 $\frac{1}{2}$  t soda  
1 t salt  
 $\frac{1}{2}$  c sugar  
 $\frac{1}{4}$  c shortening  
 $\frac{1}{2}$  c orange marmalade

Temp: 350°F Time: 50-60 min.

$\frac{1}{2}$  c orange juice

2 T water

1 egg, well beaten

$\frac{1}{2}$  c cranberries, coarsely  
ground

1 c all-bran

1. Sift flour with baking powder, soda, salt and sugar.
2. Cut in shortening until mixture looks like meal.
3. Add orange marmalade and juice to water and combine with first mixture.
4. Add egg, cranberries and bran and stir just enough to combine all ingredients thoroughly.
5. Pour batter into greased or wax paper lined loaf pan,  
 $9\frac{1}{2} \times 5\frac{1}{4} \times 2\frac{3}{4}$ ".
6. Bake in preheated oven. Cool and store 24 hours before cutting.

## DIPS AND APPETIZERS

### CHIP DIP WITH DEVILED HAM

- |                                               |                                                |
|-----------------------------------------------|------------------------------------------------|
| 2 cans (2 $\frac{1}{4}$ oz. each) deviled ham | 2 T pimento, chopped                           |
| 1 c thick sour cream                          | 1/8 t black pepper                             |
| Few drops onion juice                         | Few drops Tabasco or few grains cayenne pepper |
| 2 t capers, chopped (optional)                |                                                |

1. Combine all ingredients.
2. Pour into serving bowl. Garnish with pimento and capers. Chill well before serving.

### CARAWAY CHEESE DIP

- |                              |                         |
|------------------------------|-------------------------|
| 1-3 oz. package cream cheese | 1/8 t pepper            |
| 1 t grated onion             | 1-2 T milk              |
| 1 t chopped stuffed olive    | $\frac{3}{4}$ t caraway |
| 1/8 t salt                   |                         |

1. Blend cream cheese, onion, olives, salt and pepper.
2. Add milk until desired consistency is reached.
3. Cover and refrigerate for several hours.
4. Just before serving add caraway seeds. Serve with potato chips or pretzels.

### CLAMS CASINO

*Temp: 450°F Time: 10 min.*

- |                                            |                               |
|--------------------------------------------|-------------------------------|
| 36 littleneck clams                        | 4 strips bacon, finely minced |
| $\frac{1}{2}$ c finely minced green pepper | 2 T lemon juice               |
|                                            | $\frac{1}{2}$ t pepper        |

1. Have clams opened at the market. Arrange on half shells in baking pan.
2. Sprinkle each with green pepper, bacon, lemon juice and pepper.
3. Bake in preheated oven. Yield: 6 servings.

### CHEESE NIBBLERS

*Temp: 350°F Time: 12-15 min.*

- |                              |                             |
|------------------------------|-----------------------------|
| 1 c sifted all-purpose flour | $\frac{1}{2}$ c soft butter |
| 1 c shredded cheese          | $\frac{1}{4}$ t salt        |

1. Combine ingredients in bowl and blend with pastry blender. Knead in bowl to form a dough.
2. Shape into balls, using 1 t of dough for each.
3. Place on ungreased baking sheets and bake in preheated oven.

NOTE: *Dough may be stored in refrigerator and baked as needed. Makes about 5 dozen puffs.*

## HOME PREPARED PASTRY MIX

TO MAKE	SIFTED ALL- PURPOSE FLOUR	SALT	*LARD OR VEGETABLE SHORTENING	WATER
**Pastry Mix	8 c	1 T	1 lb.	
1 Crust Pie from Mix	1 $\frac{1}{4}$ c pastry mix			3 T
2 Crust pie from Mix	2 $\frac{1}{2}$ c pastry mix			5 T

*\*\*For richer pastry, use 7 c flour when using vegetable shortening.*

1. Mix and sift flour and salt.
2. Add half of the shortening and cut in until the mixture is as fine as cornmeal. Add rest of shortening and cut in until particles are the size of peas.
3. Put the pastry mix in a covered container and store on cupboard shelf.
4. Bake pie shell at 450°F for 10-12 min.  
Bake double crust pie at 450°F for 15 min., reduced to 375°F for 35-40 min.

*\*If lard is used, store mix in refrigerator.*

### FRESH FRUIT PIE

*Temp: 450°F Time: 15 min.  
reduced to 375°F for 35-40 min.*

- 4 c fresh fruit
- $\frac{3}{4}$ -1  $\frac{1}{4}$  c sugar, as desired
- \*thickening
- \*seasoning
- 1 T butter or margarine

1. Mix sugar, thickening, and seasoning and combine with fruit.
2. Arrange fruit in 9" pastry lined pie pan.
3. Cover with top crust (see general directions), tuck top pastry under edge of bottom crust, press firmly down and flute to make an upstanding edge.
4. Bake in preheated oven.

**NOTE:** Apple Pie - Use 1 T flour and  $\frac{1}{4}$  t nutmeg or cinnamon. Combine with sugar.

Berry Pie - Use 2 to 3 T cornstarch or granulated tapioca or 3 to 4 T flour. Combine with sugar.

Cherry Pie - Use 2 to 3 T cornstarch or granulated tapioca or 3 to 4 T flour and  $\frac{1}{2}$  t cinnamon or  $\frac{1}{8}$  t almond extract. Combine with sugar.

Rhubarb Pie - Use  $\frac{1}{4}$  c flour and grated rind of 1 lemon or 1 orange. Combine with sugar.

## HOME PREPARED BISCUIT MIX

### MASTER-MIX FOR BISCUITS

9 c sifted all-purpose flour       $\frac{1}{4}$  c baking powder  
1 T salt                                      2 c shortening

1. Sift flour with salt and baking powder.
2. Add shortening and cut into flour with a pastry blender until the mixture resembles coarse cornmeal.
3. Store in a covered container on cupboard shelf. Use as desired for the following recipes. Makes 13 cups.

### BAKING POWDER BISCUITS

Temp: 450°F Time: 12-15 min.

3 c Master Mix                               $\frac{3}{4}$  c milk

1. Combine mix with milk and stir just enough to dampen flour.
2. Turn out onto a floured pastry cloth and roll out  $\frac{1}{2}$ " thick. Cut with 2 $\frac{1}{2}$ " biscuit cutter.
3. Place on an ungreased cookie sheet and bake in preheated oven.

NOTE: *Can be used for making dumplings or topping on meat pie.*

### MUFFINS

Temp: 425°F Time: 20 min.

3 c Master Mix                              1 c milk  
3 T sugar                                      1 egg, beaten

1. Blend mix and sugar.
2. Combine milk and egg. Add to mix and stir until flour is thoroughly dampened. Batter will look slightly lumpy.
3. Spoon batter into 12 greased muffin pans.
4. Bake in preheated oven.

NOTE: *For variation add  $\frac{1}{2}$  c dried fruit, bits of bacon or 1 c fresh, well-drained fruit.*

### JIFFY NUT BREAD

Temp: 350°F Time: 50-60 min.

$\frac{1}{2}$  c sugar                                      3 c Master Mix  
 $\frac{1}{2}$  t salt                                         $\frac{1}{4}$  c milk  
1 egg                                              1 c chopped walnuts

1. Combine all ingredients and beat just until free from lumps.
2. Pour into well greased pan ( $8\frac{1}{2}$  x  $4\frac{1}{2}$  x  $2\frac{1}{2}$ ").
3. Bake in preheated oven. Cool before cutting.

## REFRESHERS



### GOLDEN CITRUS COOLER

- 1 - 6 oz. can frozen concentrated orange juice
- 1 - 6 oz. can frozen concentrated lemonade
- 1 - 6 oz. can frozen concentrated limeade
- 4 cups water (cold)
- 1 large (1 qt.) bottle gingerale, chilled

1. Combine all ingredients except gingerale in large pitcher. Add ice cubes.
2. Just before serving, add gingerale.
3. Pour into tall glasses containing ice cubes.  
Makes 12 generous servings.

### ORANGE JULEP

- 2 - 6 oz. cans frozen, unsweetened orange juice concentrate
- 1 - 6 oz. can frozen limeade
- $\frac{1}{2}$  c chopped fresh mint or  $\frac{1}{4}$  c dried mint
- 1 bottle charged water
- Orange slices

1. Prepare orange juice as directed on can.
2. Add limeade and mint. Chill.
3. Strain into punch bowl. Add charged water, garnish with orange slices. Serves 12-15.

### BANANA CRUSH

- 1 - 6 oz. can frozen unsweetened orange juice concentrate
- 2 bananas

1. Prepare orange juice as directed on can.
2. Mash bananas and mix into orange juice. Serves 4-6.

### CRANBERRY JUICE COCKTAIL

1. Combine equal quantities of cranberry juice and orange juice. Chill.
2. Serve in fruit juice glasses in the living room or at the table.

### HOT MULLED CIDER

- |                                         |                      |
|-----------------------------------------|----------------------|
| $\frac{1}{2}$ qts. cider or apple juice | 4 whole cloves       |
| $\frac{1}{2}$ c brown sugar             | 4 whole allspice     |
| $\frac{1}{4}$ t salt                    | 3-3" sticks cinnamon |

1. Combine cider, brown sugar, salt and spices.
2. Bring to boiling point and simmer 5 min. Strain.
3. Serve hot. Makes 6-8 servings.

TABLE OF EQUIVALENTS

FLOUR, SUGAR AND CEREAL PRODUCTS

1 lb brown sugar	equals	2 2/3 c
1 lb confectioners' sugar	"	3 1/2 c
1 lb granulated sugar	"	2 c
1 lb all-purpose flour	"	4 c
1 lb cake flour	"	5 c
1 oz flour	"	4 T
1 c all-purpose flour	"	1 c plus 2 T cake or pastry flour
2 T flour	"	1 T cornstarch for thickening
1 lb uncooked rice	"	2 1/3 c
1 c uncooked rice	"	3 c cooked rice
1 c uncooked macaroni	"	2 c cooked

DAIRY PRODUCTS

1 lb butter or margarine	equals	2 c
1 stick butter or margarine	"	1/4 lb or 1/2 c
1 lb vegetable shortening	"	2 1/2 c
1 oz butter, margarine, shortening	"	2 T
1 lb cottage cheese	"	2 c
1 whole egg	"	3 T
5 whole eggs	"	1 c
8 egg whites	"	1 c
1 c milk equals 1/2 c evaporated milk plus 1/2 c water		
1 c skim milk equals 3 T dry skim milk plus 1 c water		
1 c sour milk equals 1 c buttermilk or 1 c sweet milk plus 1 T lemon juice or vinegar		
1 c sour cream equals 1 c evaporated milk plus 1 T lemon juice or vinegar		
1 c milk plus 1 t baking powder equals 1 c sour milk plus 1/2 t soda		

MISCELLANEOUS

1 sq chocolate	equals	1 oz
1 sq chocolate	"	2 T cocoa
1 lb raisins	"	2 1/2 c
1 lb American cheese	"	4 c grated cheese
1 lb Navy beans	"	6 c cooked
1 yeast cake	"	1 pkg dry yeast
1 medium lemon	"	2-3 T juice
1 medium orange	"	1/3 - 1/2 c juice
1/4 lb chopped nuts	"	1 c



## HOW OUR HOME SERVICE CAN HELP YOU

*Our Home Service Department is made up of a staff of Home Economists. They will be glad to help you with your homemaking problems. New recipes and suggestions are always available. Call us for help with freezing, baking and laundry questions, too. Special telephone service is maintained so that you may call in for recipes or other help with homemaking problems.*

*When you buy a new appliance from the RG&E, a Home Service girl will call at your home to advise you on its care and use.*

*Cooking demonstrations and talks are available to clubs, church groups and other organizations. If you are a member of a group that would like a demonstration, arrangements can be made for this service free of charge. Our Home Economists are available for consultation. Please call them at 546-2700, when you think they can help you.*

### HOME SERVICE DEPARTMENT

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89 East Avenue Rochester, N.Y., 14604

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