

CUT OUT WASTE!

(Written for "The Listener" by Dr. Muriel Bell, Nutritionist to the Health Department).

IF your wartime paper bag bursts in Queen Street or Cathedral Square and your apples or tomatoes go hither and thither, your bacteriophobia, coupled with your pride and confusion, may justify you in abandoning them to the footpath; if your railway restaurant sandwich gets bumped out of your hand, most certainly the waste of bread, regrettable though it may be, in the interests of hygiene, is the only course open to you.

But those crusty ends or stale pieces of bread, or the oddments of fat, left-over vegetables—there is no justification to waste them at any time, but specially in wartime or the post-war period. The oddments of bread can all be used up—in making breadcrumbs for rissoles, fish pies, meat-rolls or steamed puddings (thereby made the lighter in texture); they can be converted into sweet bread-puddings or savoury cheese-custards; they can be diced and served as sippets for soup, or they can be baked for scrunch. Emphatically, there must be no waste, especially of wheat, flour or bread, in this year, when the perversity of the weather has resulted in droughts in Australia and floods in New Zealand. The less self-reliant we are in respect to wheat now that the world's supplies are particularly short, at a time when famine is rife in Belgium and the other liberated countries, the less credit will be given us by those newly organised international bodies which are going to see to the proper distribution of food supplies to the stricken countries. An extra shipload of wheat means two components that can be ill spared—the wheat and the ship. A black mark against us may mean quite a lot in harder times—we haven't forgotten the depression of the early thirties, have we!

Fat, too, is in desperately short supply in the European countries. Imagine how you would dislike being restricted not only in edible fats, but being like European households on small rations of soap. Organisations like UNRRA will surely welcome donations of soap.

When vegetables are scarce and dear, or even when you have grown your own, it is not right to waste them when to grow them it has taken fertilizer—precious at present. It is wonderful how left-overs will enrich your soups. Pop them into your stock pot.

"SOME of the prisoners even firmly imagine they are in America or Canada. They refuse to believe that they are really in England because they know quite well from what Dr. Goebbels has told them that 'all England is in ruins and the people are starving!' One of the prisoners did know he was in England—but he demanded to be sent to what he called the German lines: he was under the impression that part of England was in German occupation. He really was. How can you expect to get the real truth into the heads of men who have been brought up exclusively on lies? It certainly is a problem."—"As I See It," by E. V. H. Emmett, in the BBC short-wave service).

Soups are the recognised method of using your vegetable water. The liquor in which green vegetables, cauliflower or swedes have been cooked is too rich in vitamin C to be wasted and it contains other vitamins, as well as minerals, too. It can be added to your soup or meat stock just before it is served. Boiling a little sliced beetroot, Russian style, adds a golden to red colour, while parsley adds flavour and vitamin C.



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