

BE CAREFUL WITH BREAD

WE are being asked, by those who have the very difficult task of coping with wheat, to co-operate by not WASTING bread.

We are not being asked to EAT less bread, only to WASTE less. Some families don't waste much, anyway; but more do. Lots of children grow up thinking that bread simply happens, and doesn't have to be earned. Look at the crusts and slices not eaten in school lunches; or discarded in homes.

It must make wheat-growers wild, when they have ploughed and tilled and sowed, and worried over the weather, and harvested, and everything, to see how carelessly people treat bread. There really is a lot of thoughtless waste, isn't there?

So think up ways of using stale bread. But let us be intelligent about it. Don't buy an extra loaf so as to have some over to make favourite recipes, like clappertones or midget doughnuts; but save up every scrap of bread and use it in some of these ways, and in other original recipes which I hope you will work out and send in to me for this page.

Incidentally, there is seldom much waste with home-made bread. Write in to me for my easy un-kneaded wholemeal loaf recipe. I've given it to you before, but you may have lost it. We have kept to it in my home for about four years now—it is really lovely. No trouble at all. We make half-quantities as our household is small, and we eat every crumb.

Breadcrumbs and Scalloped Dishes

Both soft breadcrumbs, and baked crusts put through the mincer and rolled fine with rolling pin, are in constant demand in housekeeping. Don't light the oven on purpose; but when it is in use, fill up odd corners with every bit of left-over bread. Keep the crisped crumbs in glass jars or in tins. All kinds of delicious "scalloped" dishes can be made with these. Make a good white sauce, flavoured with chopped parsley or scraped onion according to taste, and into it put any cooked flaked-up fish, or poultry, or sweetbreads, or brains, or cooked sliced carrots—all kinds of tasty things, not forgetting oysters! Then line a piedish with breadcrumbs, either soft or crisped, and fill up the dish with the "creamed" mixture. Top with a good thick layer of breadcrumbs, dot with butter or nice dripping, and bake for about half an hour till hot and brown. You can ring the changes by adding grated cheese. All these scalloped dishes are really very good, easily digested, and economical. Served with a green salad, or green vegetable, and baked or boiled jacket potatoes, they make a fine dinner, with a dessert of raw fruit.

Clappertones

These are a kind of glorified girdle-cake. The ingredients are: $\frac{1}{2}$ cup of flour, $1\frac{1}{2}$ cups breadcrumbs, $\frac{1}{2}$ cup currants, $\frac{1}{2}$ teaspoon salt, $1\frac{1}{2}$ cups milk,

2 tablespoons warmed butter, 2 teaspoons baking powder, and grated rind of half of lemon. Sift the flour and baking powder into a basin, add salt and breadcrumbs, stir in the milk, and let mixture stand until the crumbs have soaked up all the moisture. Meanwhile, have the currants warming in the oven; then add them, the butter and grated lemon rind to the mixture. Bake in spoonfuls on a hot girdle, or pan, rubbed over with butter, browning them on both sides. Serve hot (with honey, perhaps).

Midget Doughnuts

Cut some stale white bread in one inch cubes, and roll them in sweetened condensed milk; then fry them in very hot, deep, clean lard or vegetable shortening for one minute, or until golden brown.

Cinnamon Sticks

Cut stale bread into strips one inch thick and one inch wide. Dip them into sweetened condensed milk mixed with water (two to one), and fry golden brown, then roll them, while hot, in mixed sugar and cinnamon. Excellent for afternoon tea.

Cheese Sticks

Brown bread is very nice for these. Cut the slices only a quarter of an inch thick, remove the crusts, and cut them into strips. Dip them in sweetened condensed milk, roll them in grated cheese, and bake on a greased tin in a very slow oven till brown.

Apple Charlotte (Special)

Line a dish with thin slices of stale bread and butter, but no crusts. Spread on as much golden syrup as you like. Make a purée of stewed apples, and put this into the dish, with alternate layers of crumbs, putting a layer of breadcrumbs last. Bake in oven till a nice brown, and serve with any appropriate sauce.

Mother's Bread Pudding

Break up all the stale pieces of bread to the amount of half a loaf, into a large bowl. Pour over nearly a pint of hot milk, and leave to soak for awhile. Add $\frac{1}{2}$ lb. sultanas, 2oz. sugar, 2oz. shredded suet, 2oz. flour, 1oz. butter, 2 tablespoons golden syrup, and a pinch of salt. Mix all well, and if you like, add a little candied peel. Then break 1 or 2 eggs into the mixture and beat it well. Bake in a greased piedish for $1\frac{1}{2}$ hours in a hot oven, and serve with custard or sauce.

FROM THE MAILBAG

Less Sugar

Dear Aunt Daisy,

In *The Listener* of February 16 you gave some chutney recipes. I tried the apple chutney, but instead of using 3lb. of sugar, I substituted two large cups of golden syrup, and used only two cups of sugar. The chutney is very good indeed. This may help others, who, like myself, are always hoping to make the sugar ration go a little further.—With very best wishes, sincerely yours, **NELLIE.**

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