

young one, what an addition it would be to my larder; but this difficult matter I could not attempt just now.

Continuing my journey I came after a time to a more wooded region, and passing through a thick underwood through which a cork tree every here and there reared its head, I began to descend, and at the end of a long walk found myself on the bank of the second river I had observed from the summit of Mount Desire. I passed along its banks down towards the sea, where it worked its way out amongst sand-hills; on these I discovered a host of rabbits, their holes burrowed in every direction. My dog and I had splendid sport, which carried me some distance out of the course I had been taking, and brought me to a marshy piece of ground whence I had some difficulty in extricating myself, owing to the thick slime. I was in a dreadful plight when at last I emerged, boots and stockings black, promising me some hard work when I got home again, to free them from their coating of dirt.

Once more returned to the river I rested, and lighting a fire cooked a rabbit for dinner. During this process I reclined under the shade, and whilst lying here admiring the prospect about me, I noticed snow lying on some of the elevations around. It surprised me to see it, more especially as it was lying on the downs which I had passed in coming from Caye Castle. Not having remarked anything of the sort as I came along, I determined to retrace my steps to the spot where it lay. I therefore waded the river and started up the opposite bank, only, however, to slip back at every step, for the soft white clay offered no foothold. Perceiving that a similar bank continued for some distance on each side, I recrossed the stream in order to cut a stout pole to aid me, and selecting a large tree lopped a strong branch, and by its help surmounted the obstacle that had threatened to put a stop to the gratification of my curiosity. I found the stick very useful on my march, until it became so sticky from the fresh juice which exuded, I threw it away. Upon reflection I regretted doing so without first examining the nature of the resin which issued from it, but for the moment all was forgotten in my eagerness to learn what the supposed snow might be. Thus I lost, possibly, the opportunity of making one useful discovery already in my power, in the uncertain search after another.

Arrived at the snow fields, I found the ground covered with a hard substance, totally unlike the soft yielding one I had taken it for, excepting in its colour. At first I was at a loss to determine its nature, but conveying a piece to my mouth, I recognised by its salt taste that it was saltpetre or nitre. "Now," I thought, having found both this and sulphur, and charcoal being easy of production, "what is to hinder me from manufacturing gunpowder?" My stock would not last very long, and I should be badly off indeed if it failed entirely.

As I had anticipated, cleaning my boots proved no light task; but I ascer-

tained as I did so that they were encrusted with bitumen, the nature of which had rendered my climb so difficult an undertaking.

(To be continued.)

## BROKEN BREAD AND WHAT TO DO WITH IT

By PHILLIS BROWNE, Author of "The Girls' Own Cookery Book."



If, therefore, any one is inclined to read this who despises economy and cares only for what is luxurious and delicious, she had better turn over to the next page.

Many housekeepers have an idea that there is no avoiding a certain degree of waste of bread. Other foods may be used to advantage. Small pieces of fat may be rendered down to make fat for frying; small pieces of meat may be skilfully converted into elegant and appetising entrées, bones and trimmings may be made into delicious soup, remnants of sweet dishes may be so dealt with that they look rather more inviting when served a second time than they did in the first instance. But make use of all the bread which has been cut and then left? No, it cannot be done. Servants will not eat it, beggars will not accept it as a gift, puddings have been made of it so persistently, that all the members of the family unite in declining to partake of "bread-and-butter pudding," and they regard bread and milk with loathing. So the house-mother decides to bow to what she believes to be the inevitable, shuts her eyes with a sigh when she finds that bread is thrown into the fire or the dust-bin, and reluctantly arrives at the conclusion that there is something in the constitution of her family which is opposed to the employment of stale bread.

A clever writer on domestic economy once said that in a well-conducted house there ought not to be as much food wasted in the course of a year as would keep alive a half-starved dog. With this opinion I entirely agree, and as bread is one of the articles most frequently wasted, I propose, by way of helping girls to gather up the fragments which remain, to describe a few of the ways in which broken bread may be utilised.

One of the most satisfactory ways I know of using pieces of bread is to convert them into poor knights, as they are called. To make these, beat an egg, mix half a pint of milk with it, and add sugar and flavouring. Trim the slices of bread neatly. They should be about half an inch thick, but if they are a little thicker it will not signify. Let the bread soak in the milk for awhile, not so long that it will break; take it up and drain it. Put a good slice of butter or fat into a frying-pan; when hot lay in the pieces of bread, and

let them fry until brightly browned on both sides. Place them on kitchen paper for a minute or two, put two slices together with jam or marmalade between, dish them neatly, sift white sugar on the top, and serve. Bread thus prepared serves very well as a substitute for a pudding. If liked the jam may be omitted, and the sippets can be eaten with gravy.

Broken bread is as good for making sippets for soup as are slices taken from the loaf. Cut the bread into dice a quarter of an inch square. Melt about two ounces of butter or dripping in a frying-pan, and when this is quite hot throw in the dice, and let them fry till a pale brown. Take them up, drain them on paper, put them on a small dish covered with a folded napkin or fish paper, and they are ready for use. Many cooks when preparing sippets for soups cut them about half an inch square. They then look inelegant, according to present notions; for it is the fashion now-a-days to make things small rather than large. If liked, the bread can be simply toasted instead of being fried; but even then the sippet should be cut small.

Broken bread is excellent for thickening purées and sauces. The bread should be stewed with the flavouring vegetables, and it may then be rubbed through the sieve with them. If it is toasted before being put into the liquor it will help to impart colour as well as consistency to the purée.

Toast and water is a beverage much approved by many. It can be made quite well of broken bread. Cut the bread very thin, and toast it slowly till it is very crisp and dry throughout, and of a dark-brown colour. Plunge it into a jug of water, let it stand for about half an hour, and then decant it into a water-bottle. The liquor should be clear and bright as sherry.

Toast-milk furnishes a pleasant variety for a child's breakfast or tea. Toast some stale bread, cut it into triangular sippets, and place it in a dish. Have ready and pour on some hot milk, which has been lightly thickened with cornflour or arrowroot, to make it as thick as cream. Sweeten and serve hot.

Bread-crumbs are needed in every household where fish or cutlets are egged, breaded, and fried, or where stuffing is used for meat or poultry. As it requires a little time to prepare crumbs properly, and as, when once ready, they will keep for some time, it is an economy of both time and trouble to keep a store of crumbs on hand. Take any pieces of bread and dry them thoroughly in a cool oven, but do not allow them to acquire colour. Crush them finely with a rolling-pin, pass them through a fine sieve, and put them away into a tin canister or a dry bottle. If the bread thus dried were allowed to become brown before being crushed and sifted, the crumbs could be used as raspings to garnish ham and bacon.

*Brown crumbs to serve with game.*—Put some crusts into the oven, and when brown crush them with a rolling-pin. Grease a baking-tin lightly with butter, and make it hot. Shake the crumbs upon it, and set it in the oven till the crumbs are hot, when they are ready to serve.

*Bread raspings with cold milk.*—I have been told that this preparation is valuable in cases of diarrhoea. Dry stale bread in the oven till dry and lightly browned. Crush it roughly with a rolling-pin, put the crumbs into a bowl, and pour over them cold milk, which has been beaten up with the white of an egg, and if permitted a tablespoonful of brandy.

Bread sauce for poultry may also be made of stale bread. The recipe for this preparation was given in the article on sauces.

*Fried bread served instead of vegetables.*—Cut some bread which, though stale, is still light and soft, into fingers half an inch thick,

dip them in milk, and let them drain for awhile. Brush them over with white of egg, dredge a little flour over them, and fry them in a little hot butter in a frying-pan. Pile them, pyramid fashion, in a hot dish, and serve with gravy.

*Stale bread made into rusks for cheese.*—Break the bread into small rough pieces, dip each one quickly in and out of cold milk, put them upon a perfectly clean baking-tin, and bake in a hot oven. In a few minutes they will be crisp, when they must be taken out, allowed to go cold, and put away in a tin canister to be used when required.

To make a pudding of broken bread seems, somehow, the most natural way of using it; yet, as I hinted a little while ago, bread-pudding is not usually received with the enthusiasm to which it appears entitled by virtue of the economical motives of its makers. I think the reason of this is that cooks appear to have so little idea of varying the form of this particular delicacy. They learn to make one sort of bread-pudding, and then every time they discover a little stale bread on hand, they prepare this particular dish (perhaps not always quite successfully), until the members of the family learn to associate the name of bread-pudding with the practice of household virtue, and the sight of it makes them wish they had dined out.

This is a mistake. "The glory of art is to conceal art." There are very few people in the world who are economical from choice, though I hope and believe that there are a great many who are so from principle. I cannot suppose that any one would prefer to use a broken crust when they might have a slice from a well-baked loaf for the mere enjoyment of it. Yet, if the broken crust is perfectly clean, has not been handled by dirty fingers, or thrown about, and is in good condition, it is as wholesome as the daintiest tartine. And as it is there, in our bread-pan and on our conscience, let us make the most of it, and render it acceptable by means of that variety which Cowper tells us—

"Is the spice of life,  
And gives it all its flavour."

There are a great many puddings into the composition of which broken bread may enter without the partakers thereof being painfully reminded of the original ingredients. I will mention a few of these.

*Apple Charlotte.*—This very old-fashioned but delicious pudding is prepared as follows: Get a plain tin mould, either oval or round, and about five inches deep. Cut some thin slices of stale bread into fingers and rounds, dip these into clarified butter, and line the mould completely, making one piece overlap another so that there are no holes through which the apple can escape. Bake some apples in a greased dish, without water, till quite soft, beat to pulp, sweeten, and fill the mould. Cover the pudding with a round of stale bread dipped in butter, lay a plate on the top, and bake in a good oven until the bread is brightly brown. Turn on a hot dish and serve hot with milk. Other fruits may be used instead of apples for a pudding of this description, but it must be remembered that the pulp must be stiff not watery. Juicy fruit will make an excellent hydropathic pudding.

A sort of rough and ready variety of apple charlotte is brown belly, sometimes called Swiss pudding. Butter a pie-dish thickly, and fill it with alternate layers of bread-crumbs and good baking apples which have been pared, cored, and sliced thickly. Sprinkle sugar and a little grated lemon-rind over each layer of apples, and put pieces of butter here and there on the fruit. Let crumbs form the undermost layer, and when the dish is full lay on a cover of thin slices of bread buttered,

Pour half a cupful of water over all and bake gently till the apples fall. Serve with milk.

Hydropathic pudding may be made with any kind of juicy fruit. Pick the fruit and stew it with a little water and sugar till the juice flows freely. Take an ordinary pudding basin, put a round of stale bread about the size of half-a-crown at the bottom, and place fingers all round it in an upright position, leaving about an inch between each finger. Fill the bowl with the hot stewed fruit, and put this in gently by spoonfuls so as not to displace the bread. The solid portion of the fruit should be put in first, in order that its weight may keep the fingers in position, afterwards the juice may be added. Cover the top of the pudding entirely with stale bread cut into dice, lay a small plate on and press this closely down with a weight, until the juice flows over the plate. Leave the fruit until quite cold, turn upon a glass dish and serve with or without milk, custard, or cream. Any kind of fruit may be used, but red fruits have the best appearance. This pudding is inexpensive, delicious, easily made, and by no means common.

*Vennoise Pudding.*—Weigh five ounces of stale bread, and cut it up into very small equal-sized pieces. Put these into a dry bowl, and with them three ounces of sultana raisins (which have been carefully picked), three ounces of castor sugar, and two ounces of candied peel finely shred; wipe a lemon quite clean, grate the rind, and add it to the rest. If allowed, pour a glass of sherry or raisin wine upon the dry ingredients; cover, and leave for awhile.

Melt a little butter in the bottom of a stew-pan, put in the ounce of loaf sugar, and place it on the fire till it is brightly brown; add three-quarters of a pint of milk, and stir it until it boils and is of a deep coffee-colour. Beat the yolks of four eggs in a bowl, let the milk cool a minute, then pour it upon them and strain the custard over the bread. Mix thoroughly. Butter a mould, pour in the pudding mixture, lay a buttered paper on the top, and set the mould in a saucepan containing one inch of boiling water. Keep water gently boiling round for an hour and a half, or till the pudding is firm in the centre, then turn it upon a dish, pour a good sauce round, and serve.

Perhaps it will be thought that four eggs are too many for one pudding. If this be so, use two whole eggs instead of four yolks. It may be remembered, however, that this pudding is made of broken pieces, that there is neither suet nor flour in it, and that still it constitutes a superior sort of pudding, and looks and tastes very much like a rich plum pudding.

It should also be remembered that if in any case the water touches the paper which is placed upon the pudding, it will absorb the moisture all through. The buttered paper serves to keep the condensed steam from falling into the pudding.

The ordinary bread-and-butter puddings are too well known to need description. A pleasant variety may be made as follows:—

*Cup Puddings.*—Cut the bread into small dice and pour on boiling milk to cover it. Let it soak for a quarter of an hour, then beat it well with a fork, add eggs (in the proportion of two eggs to each pint of milk), with sugar and a flavouring of grated lemon or nutmeg, and a slice of butter. Pour the mixture into buttered cups, and bake till firm in a moderate oven. Turn upon a hot dish, sift white sugar on, pour sauce round, and serve. Another variety may be made by preparing the pudding as above, then putting a layer of jam or marmalade at the bottom of a pie-dish, placing the mixture on the top and baking till brightly browned.

There is one bread pudding which is so cheap and so easily made that I expect it

would be treated with scorn by the majority of people; yet it is very wholesome, and not by any means to be despised.

*Cake Pudding.*—Put a quantity of broken bread into a bowl, pour boiling water on and soak until quite soft. Drain away the water, not too dry, and beat the bread until it is quite free from lumps, add a good slice of butter, sweet dripping, sugar and chopped lemon-rind, with a few currants or sultanas. Pour the mixture into a well greased pie-dish, and bake until it is brightly browned on the surface. Sweet sauce or a little jam may be served with this pudding, and surely even the most rigid economist would not object to this, seeing that neither eggs nor milk enter into the composition of the dish.

Savoury pudding is served with savoury meat dishes such as goose or pork, just as Yorkshire pudding is served with a hot joint. It constitutes a *very tasty but, I must confess, not very digestible* addition to the meal, and where economy has to be considered, a small goose with it will go as far as a large one without it. I have rarely seen this pudding out of Yorkshire. Some years ago it was quite common in that county. Break broken bread into small pieces to fill a pint basin. Turn these into a larger basin and pour on as much boiling milk as the bread will absorb. Cover and soak for awhile. Beat the bread briskly with the fork, and remove any pieces which will not soften. Add a quarter of a pound of very finely-chopped suet, four large onions which have been boiled and chopped, a teaspoonful of sage and the same of marjoram and thyme, all powdered, a tablespoonful of oatmeal, and plenty of pepper and salt. Add two or, if permitted, three well-beaten eggs and mix. The pudding should be a thick batter. Put the mixture into a greased dripping tin just as a Yorkshire pudding would be, but let it be three-quarters of an inch thick, and bake till brightly browned. If there is an open range, the pudding should be put in the last half-hour under the goose. Cut into squares and serve on a hot dish with the goose or pork; the pudding will need to bake about an hour and a half.

Boiled puddings, which are made of a mixture of suet and flour with flavourings (and their name is legion), will be much lighter if the proportion of flour be made of two parts bread-crumbs and one part flour. Stale bread cannot easily be crumbled to the last bit. Where it is possible, therefore, it is an economy to procure what is called a "rotary" grater. This little machine will speedily save its cost in the prevention of waste it will render possible.

After all that is said, the most certain way of preventing waste in bread is the very obvious one of being careful in cutting it. If a little thought is given to this matter, so that one loaf is finished before another is begun; if children are taught that they must not leave small portions of food, but "make tidy plates," as it is called, and if everyone in the house follows the same rule, there will be little need for contrivances in order to use the "pieces." A good deal may be done also by looking after the condition of the bread-pan. If this be kept covered so that the bread does not become dry, if it is wiped out every day with a damp cloth, and, above all, if stale pieces are not allowed to accumulate in it, but be used in the ordinary way before they become stale, the recipes which I have given here will not be required.

