

# UNIVERSITY OF TEXAS

HOME WELFARE DIVISION  
DEPARTMENT OF EXTENSION

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Number Two

Food Conservation Leaflet

## SAVE THE SUGAR

24 Recipes

*using*

Sugar Substitutes

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BY

M. MINERVA LAWRENCE



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## FOREWORD

Our sugar supply is short, as is evidenced by the rapid rise of the price of sugar during the last two years. The demand is now greater than ever with the problem of feeding our army in the most efficient way and of supplying our allies with sugar. The average per capita daily allowance of sugar in France has been for a long time one ounce, and is likely to go lower unless we can come to the rescue. Sugar, which is almost pure carbohydrate, is one of the best energy producing foods, and can be transported more easily than honey and syrups. Therefore, use corn syrups, fruit syrups and honey in your cooking. If each of our 20,000,000 families will cut down their daily consumption of sugar one ounce, 1,250,000 pounds per day will be saved. The French people, Mr. Hoover says, will be entirely without sugar for over two months if we refuse to part with enough from our stock to keep them supplied with even this small allowance, as it is not available from any other quarter. Sugar, even to a greater amount than the French ration is a human necessity. If our people will reduce by one-third their purchases and consumption of candy and of sugar for other uses than preserving fruit, which we do not wish to interfere with, we can save the French situation.



## EXPLANATIONS AND DIRECTIONS

All measures used in these recipes are *level*.

Dry materials are measured after sifting.

Each recipe contains at least six servings.

Ingredients are given in order in which they should be combined.

## Abbreviations

c=cup;	pt.=pint;
T=tablespoon;	f. g=few grains;
t=teaspoon;	f. d=few drops;
B.P.=baking powder;	min.=minutes.

## Measures

3 t=1 T;	2 pts=1 qt;
16 T=1 c;	16 oz=1 lb.
2 c=1 pt;	

## RECIPES

*Buttermilk Cake*

$\frac{1}{2}$  c corn syrup or molasses

2 T shortening

Cream well, add

1 egg—well beaten

To—

$\frac{3}{4}$  c buttermilk add

$\frac{1}{4}$  to  $\frac{1}{2}$  t soda dissolved in

$\frac{1}{2}$  T water

Combine above mixtures, fold in

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

$\frac{1}{2}$  t salt

1 t B.P.

Flavor to suit taste.

Bake in pan 7x12 inches.

*Eggless Cake*

1 c Karo or honey

2 T shortening

Cream together, add

1 c apple sauce (unsweetened)

Fold in mixed and sifted dry ingredients

2 c flour

2 t B.P.

1 t cinnamon

$\frac{1}{2}$  t cloves

$\frac{1}{2}$  t allspice

Lastly add

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

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

Bake in loaf pan or in shallow pan 8x10 inches.



*Minus Cake. (Minus sugar, butter, milk and egg)*

Cooked mixture:

- 3/4 c Karo corn syrup
- 4 T peanut oil
- 1 1/4 c water
- 1 c raisins—chopped
- 2 oz. citron—cut fine

Cook ingredients 3 min. Cool, add

Dry mixture:

- 2 c flour
- 5 t B.P.
- 1/2 t nutmeg
- 1 t cinnamon
- 1/4 t cloves
- 1/2 t salt

Recipe fills 2 shallow pans 8 inches square. Bake in moderate oven.

*Oatmeal Krumble Cake*

- 1/2 c corn syrup
- 1/2 c honey
- 6 T shortening

Cream together, add

- 2 eggs—well beaten
- 2 c rolled oats
- 1 t soda dissolved in
- 1 T water

Fold in the following well sifted mixture

- 2 c flour
- 1/2 t salt
- 2 t cream of tartar
- 1 t cinnamon

Bake in shallow pan

Recipe makes cake 8x10 inches.

Crumble and serve with sauce, fruit whip or whipped cream.

*Standard Cake*

- 4 T Crisco
- 3/4 c corn syrup

Cream together, add

- 2 eggs—well beaten
- 1/2 c milk
- 1 t lemon juice

When thoroughly blended, beat in the following mixture

- 1 c flour
- 1/2 c rice flour
- 2 1/2 t B.P.

Bake in 2 layers or in oblong pan 7x14 inches. Serve plain or with any filling or frosting desired.

*Apple Snow*

(Filling for cake)

- 1 egg white—beaten stiff and dry
- Fold in

- 1/4 c boiling corn syrup
- 1 apple—grated
- 1/2 banana—grated

Flavor with

- 1/2 t lemon extract
- 1/2 T lemon juice if apple is not tart.

*Chocolate Frosting*

- 1/2 c grated chocolate
- 2/3 c honey
- 1 large egg—well beaten

Cook ingredients in double boiler until consistency to spread.



*Sour Cream and Nut Filling* $\frac{3}{4}$  c corn syrup

1 c sour cream

Cook 20 min., add

 $\frac{1}{2}$  c nuts—chopped

Spread on cake.

*Oatmeal Cookies* $\frac{1}{2}$  c shortening $\frac{1}{2}$  c molasses

Cream well, add

2 c rolled oats

 $\frac{1}{2}$  c hot water

Lastly add the following mixture

2 c flour

 $\frac{1}{2}$  t soda

f. g. salt

1 c nuts—chopped

Let dough stand 1 hour.

Roll thin, shape

Bake in moderate oven

*Peanut Meal Cookies* $\frac{1}{2}$  c Karo

5 T peanut oil

Cream together, add

1 egg—well beaten

1 T water

Lastly add

Equal portions of flour and peanut meal

1 t B.P. for each cup of flour

Roll thin, bake in moderate oven.

*Peanut Newtons*

8 T fat

 $\frac{3}{4}$  c molasses,

Cream well, add

1 egg—well beaten

 $\frac{1}{2}$  c milk—(1 T of milk powder dissolved in  $\frac{1}{2}$  c water)

Lastly add

 $4\frac{1}{2}$  to 5 c flour

3 t B.P.

Roll to  $\frac{1}{8}$  inch in thickness

Cut desired size and shape

Arrange in pairs—spread one of each pair with the following filling:

*Filling:* $\frac{3}{4}$  c molasses $2\frac{1}{2}$  T flour

Blend well, add

1 c boiling water

Cook until right consistency to spread, add

1 c peanuts—ground

Cool, spread as directed above.

Bake in well heated oven.

Recipe makes 5 doz. cookies,  $2\frac{1}{4}$  inches in diameter

Note: Figs may be substituted for the peanuts.

*Fruit Whip*

1 c fruit pulp—apple, prune, apricot

Fold into

Whites 2 eggs—beaten stiff and dry

f. g. salt

Add gradually—folding constantly

4 T hot Karo corn syrup

Flavor with

 $\frac{1}{2}$  t lemon extract

Pile lightly on dish, chill

Serve with boiled custard made from yolks.



*Norwegian Prune Pudding*

- $\frac{3}{4}$  c Karo  
5 T cornstarch

Blend together, add gradually

- $1\frac{1}{2}$  c boiling prune juice, or part water, add  
 $\frac{1}{2}$  lb. cooked prunes—stoned  
1 T lemon juice

Cook until sufficiently thick to mold

Stir constantly until thickened.

Mold, chill, and serve with cream or a sauce.

*Rice Custard Pudding*

- 2 c cooked brown rice  
2 c milk  
3 T corn syrup  
f. g. salt  
2 egg yolks—slightly beaten

Cook until thickened—about 3 min.

Slightly cook, fold in

- 2 egg whites—beaten stiff

Flavor with

- $\frac{1}{2}$  t vanilla

Serve cold.

*General Directions for the Preparation and Cooking of**Dried Fruits*

Look over fruit carefully.

Wash until water is clear.

Cover with water, allow to stand over night, or for several hours.

Cook until tender in the water in which the fruit was soaked, by one of the following methods.

*Methods:*

Steam

On top of stove—simmer

Fireless cooker.

Note: Long, slow cooking develops the natural sugar. If fruit is not sufficiently tart, add lemon juice or f. g. cream of tartar. Sweeten slightly with honey or corn syrup.

*Chocolate Sauce*

- 4 T flour  
 $1\frac{1}{2}$  T ground chocolate  
3 T honey, or 4 T corn syrup  
f. g. salt

Blend; add gradually

- 1 c boiling water

Cook 10 min. in double boiler. Stir constantly until thickened. Add

- 1 T peanut oil

- 1 t vanilla

Serve hot

Note: Excellent as an accompaniment to cottage pudding, puddings made with apples, and scalloped apples.

*Fruit Sauce*

- $\frac{1}{2}$  c corn syrup  
2 T flour  
 $\frac{1}{2}$  t salt

Blend; then add

- 2 c fruit juice

Cook until the consistency of thick cream, add

- 2 T peanut oil

- $1\frac{1}{2}$  T lemon juice

Serve hot.

Note: This sauce may be made from the juice of prunes, apples, strawberries, plums, and is especially good served with bread, cake or cottage pudding. This is an excellent way to use the surplus fruit juices.



### *Soft Custard*

- 2 c milk—scald
- 3 egg yolks—beat slightly
- 3 T syrup
- f. g. salt

Combine ingredients. Cook until mixture thickens  
Stir constantly. Flavor with

- 1 t vanilla

Note: Should the custard curdle, beat with Dover egg beater until smooth.

### *Brown Betty*

In a buttered baking dish arrange the following ingredients  
in two layers:

- 3 c chopped apples
- 2 c bread crumbs (cottonseed bread may be used)
- $\frac{1}{4}$  t cinnamon
- $\frac{1}{4}$  t nutmeg

Pour over the following liquid mixture:

- $\frac{1}{2}$  c molasses or honey or corn syrup
- 1 lemon (juice and grated rind)
- $\frac{1}{4}$  c water

Cover top of dish with butter bread crumbs

Bake in moderate oven until applies are tender—  
about 45 min.

Note: Dried apples may be used.

### *Cornmeal and Apple Scallop*

- $\frac{1}{2}$  c cornmeal
- $1\frac{1}{2}$  c boiling water
- 1 t salt

Cook until mixture is thick, add

- 2 large apples—sliced or chopped

Add the following mixture

- 2 T moasses
- 1 T oil
- $\frac{1}{2}$  c water

Pour in buttered pudding dish

Bake in slow oven until apples are soft—from 45.  
min. to 1 hr.

Delicious served as a dessert with Fruit Whip or  
cream.

### *Honey Bran Muffins*

- 1 c flour
- 2 c bran
- $\frac{3}{4}$  c raisins—dates or nuts

Mix well, add following mixtures

- $1\frac{1}{4}$  c sour milk
- $\frac{3}{4}$  t soda dissolved in
- 1 T water
- 1 T fat
- 2 T honey

Bake in muffin pans 15 to 20 min.

This recipe makes 12 muffins.



*Hoover Honey Emergency Biscuits*

2 c bran  
2 c white flour  
2 t B.P.  
 $\frac{3}{4}$  t salt

Mix well, add

8 T Crisco

Work in with tips of fingers, add the following mixture

$\frac{1}{2}$  c honey  
 $\frac{1}{4}$  c milk

Mix well

Drop on greased baking sheet

Bake in hot oven

Recipe makes 16 biscuits.

*Orange Marmalade*

1 doz. oranges—peel

Cook skins until tender

Remove white part with spoon.

Cut yellow outside into fine straws

To straws and orange pulp sliced thin add

4 lemons—juice and grated rind

$2\frac{1}{4}$  lb. (3 c) honey

Cook to marmalade consistency.

This recipe makes 6 pints.

*Orange and Rhubarb Marmalade*

2 lbs. rhubarb—cut into small pieces

$\frac{1}{2}$  doz. oranges—grate 3—grind three

3 lemons—juice and grated rind

1 lb. ( $1\frac{1}{3}$  c) honey, or Karo corn syrup.

Simmer 40 min. or until thick.

Recipe makes 3 pts.

*Plum Relish*

2 lbs. plums—stoned

1 lb. pecans

1 lb. raisins

2 oranges

Grind mixture, add

1 lb. ( $1\frac{1}{3}$  c) Karo corn syrup.

Let stand  $\frac{1}{2}$  hr. Then cook 20 to 30 min.

Stir constantly.

Recipe makes  $5\frac{1}{3}$  pints.