Sugar Savers

THERE ARE A NUMBER OF WAYS TO CONSERVE SUGAR AND STILL HAVE PALATABLE FOODS. MOST PEOPLE IN ALL PROBABILITY USE MORE SUGAR THAN THEY NEED AND MIGHT BE IN BETTER HEALTH IF THEY DECREASED THE AMOUNT BY HALF. ONE NECESSARY USE OF SUGAR IS IN THE OVE RSEETENING OF TEA, COFFEE, AND OTHER BEVERAGES. MANY TIMES MUCH OF THIS SUGAR IS NOT DISSOLVED, BUT LEFT IN THE BOTTOM OF THE CUP TO BE THROWN AWAY. LESS SUGAR, WELL STIRRED IN SO THAT ALL IS DISSOLVED, WILL PROVE SATISFACTORY TO MOST TASTES. FOR SWEETENING ICED DRINKS SUCH AS ICED TEA OR LEMONADE IN LARGE QUANTITIES MUCH SUGAR MAY BE SAVED IF IT IS MADE INTO A THIN SIROPU. THE SUGAR, PREVIOUSLY DISSOLVED, MAY THEN BE USED WITH GREATER EFFECTIVELY. IMPORTANT SUGGESTIONS FOR CONSERVING SUGAR ARE:

Cook cereals with dates and raisins and serve without sugar.
When fresh fruits are in season, use as they are without sugar.
Cook dried fruits without sugar.
Sweeten fruits with honey and corn sirup.
If sugar is used to sweeten sauces, it may be put in at the very last of the cooking period. It will take less sugar for the same degree of sweetness than it will if you cook the sugar for a long time.
Make puddings, cakes, etc., with corn sirup, molasses, or honey instead of all sugar.

Conversion Table for Sugar

For one cup of sugar use:
1 cup honey and reduce liquid ¼ cup for each cup of honey used.
1½ cups molasses and reduce liquid ¼ cup for each cup of molasses used.
1¼ cups sorghum and reduce liquid ¼ cup for each cup of sorghum used.
2 cups corn sirup and reduce liquid ¼ cup for each cup of corn sirup used.

White sugar when eaten gives the body only energy, while molasses, when eaten, not only gives energy but iron to make red blood and calcium to help build good teeth and strong bones. Sorghum sirup may be used in place of molasses in a recipe and honey and si rup may be used interchangeably with different results in flavor. Corn sirup, weight for weight, is only about three-fifths as sweet as white sugar. In some recipes corn sirup may be used with a small amount of sugar if desired. Where honey, sirup, or molasses is substituted for sugar the texture of the product is changed somewhat.
Corn sugar may be used, when available, in place of cane or beet sugar. The corn sugar is not as sweet as the other kinds. In the canning of fruits, corn sugar produces a denser sirup than cane sugar though not a sweeter one.

Some of the common sweet sorghum varieties may be used to make sirup at home. The stalks are crushed in a sirup press and the juice boiled down to the desired consistency. The early ripening varieties of sorghum used in central and western Nebraska are Leoti and Waconia. Atlas and orange cane sorghums ripen later than Leoti and Waconia and are grown in eastern Nebraska.

Recipes Using Honey

Plain Muffins
2 cups flour 2 tablespoons honey
3 or 4 teaspoons baking powder 1 egg
½ teaspoon salt 1 cup milk
Mix dry ingredients, add milk, beaten egg, honey and melted fat. Mix but do not beat. Place in greased muffin pans. Bake in hot oven (400°F.) for 30 minutes.

Honey Nut Bread
½ cup coarsely chopped nuts ½ teaspoon salt
2 cups flour 1 egg beaten
3 teaspoons baking powder ½ cup honey
Mix dry ingredients, add the nuts to the sifted dry ingredients. Combine the beaten egg, honey, milk, and melted butter, and add to the first mixture. Stir until the ingredients are just moistened. Bake in a greased bread pan in a moderate oven (350°F.) for 45 to 50 minutes.

Honey Hot Chocolate
2 tablespoons cocoa 3 tablespoons honey
½ teaspoon salt 3 cups scalded milk
Blend cocoa, salt, and honey. Add to scalded milk and simmer for five minutes.

Honey French Dressing
½ cup salad oil 2 teaspoons paprika
¼ cup honey 2 tablespoons catsup
2 teaspoons salt ¼ cup vinegar
1 teaspoon dry mustard 2 tablespoons lemon juice
Blend the honey with the dry ingredients. Add catsup and lemon juice, vinegar, and oil. Beat well with egg beater.

Cooked Honey Salad Dressing
4 egg yolks 1 teaspoon mustard
2 tablespoons vinegar or lemon juice 1 teaspoon salt
2 tablespoons butter 1 cup cream
2 tablespoons honey
Heat the cream in a double boiler. Beat the eggs and add to them all the other ingredients but the cream. Pour the cream slowly over the mixture, beating constantly. Pour it into the double boiler and cook until it thickens or mix all ingredients but the cream and cook in a double boiler until the mixture thickens. As the dressing is needed combine with whipped cream or honey meringue. This dressing is particularly suitable for fruit salads.

**Honey Meringue**

1 egg white  
¼ cup honey

Beat egg white and honey together. One-third cup honey or ½ cup honey to one egg white may be used but the mixture is more difficult to beat. Use for topping for baked apples, puddings, ice cream, pies, etc. This product may be kept uncovered for several weeks in the refrigerator. In this case it should be beaten for a longer period to avoid separation. This meringue may also be combined with coconut and cornflakes and dropped from a teaspoon onto a greased tin and baked at 300° F. If a stiffer meringue is desired, add four fresh marshmallows to each egg white during the beating process.

**Cooked Honey Meringue**

1 cup honey  
2 egg whites

Heat 1 cup of honey until it spins a thread when a little is dropped from a spoon. Pour gradually over the stiffly beaten egg whites. Continue beating until icing is fluffy and will hold its shape.

**Honey Bran Pudding**

¼ cup shortening  
½ cup bran
½ cup honey  
1 cup flour
1 egg  
½ teaspoon soda
½ cup milk  
½ teaspoon salt
1 cup raisins

Blend butter and honey together. Add well-beaten egg, milk and bran. Sift flour, soda and salt together and add to first mixture with raisins. Combine thoroughly. Fill a greased one-quart mold two-thirds full, cover tightly and steam for two hours. Serve with hard sauce.

**Honey Custard**

2 eggs  
2 tablespoons honey  
2 cups milk (scalded)  
Nutmeg

Beat eggs, add honey and gradually add scalded milk. Pour into custard cups, sprinkle nutmeg on top. Set cups in pan of hot water and bake in oven at 300° F., until a silver knife, inserted, comes out clean.

Instead of pouring into custard cups, the mixture may be returned to the double boiler and cooked over hot water until it coats the withdrawn spoon. Stir constantly until it thickens. In case curdling occurs, beat with a dover egg beater.
Krispy Honey Mold

1½ cups whipping cream  ½ cup chopped dates  
8 marshmallows  ¼ cup chopped nut meats  
¾ cup honey  3½ cups crisp rice cereal

Whip cream until stiff and reserve ¼ cup. Cut marshmallows into small pieces, adding them to cream. Fold in honey, dates and nut meats. Roll rice cereal into crumbs and add one cup of crumbs to cream mixture. Blend well. Spread remaining crumbs evenly on piece of waxed paper and put cream mixture on top. Shape and wrap with waxed paper; chill for several hours. Slice and serve garnished with remaining whipped cream and nut meats if desired.

Honey Chocolate Oatmeal Cookies

1 cup shortening 1 teaspoon baking powder
1¼ cups honey ¼ teaspoon salt
2 eggs beaten 1 teaspoon cinnamon
2 squares chocolate 1 cup nut meats or coconut
1½ cups rolled oats
2½ cups flour

Cream shortening and honey. Add beaten eggs, melted chocolate and oatmeal. Mix thoroughly, add sifted dry ingredients and nut meats. Drop by teaspoonful onto cookie sheet which has been oiled and floured. Bake in moderate oven (325° to 350° F.) for 15 minutes. Remove from pan while still warm.

Recipes Using Molasses

Nebraska’s Home Prepared Breakfast Cereal

1½ cups graham flour 1½ cups fresh buttermilk
1½ cups home ground or sour milk wheat 1 teaspoon salt
1 teaspoon soda ½ cup molasses
¼ cup sugar (may be omitted)

Mix dry ingredients, then add molasses and buttermilk. Spread the batter on flat pans and bake very slowly. When thoroughly baked, cool, grind, and dry in oven. Serve with cream or milk.

Molasses Corn Muffins

1½ cups flour 2 tablespoons melted shortening
¼ cup cornmeal ¼ teaspoon salt
¾ cup sugar (may be omitted) ¼ cup molasses
1 teaspoon soda 1 cup sour milk
1 teaspoon baking powder 1 egg

Mix and sift dry ingredients. Add molasses, milk, beaten egg, and shortening. Mix well and pour into greased muffin pans and bake in a moderately hot oven. (About 350° F.)
Ginger Bread

3 cups sifted flour 1/2 teaspoon cloves
1/2 teaspoon soda 1/2 teaspoon cinnamon
2 teaspoons baking 2 eggs, beaten
powder 1/2 cup milk
1/2 teaspoon salt 1/2 cup melted fat
1 teaspoon ginger 1 1/2 cups molasses

Sift the dry ingredients together. Combine the egg, milk, and fat, and add this mixture to the dry ingredients, stirring in the molasses last. Bake in a shallow pan in a moderate oven (350° F.) for 30 to 40 minutes, or in muffin pans in a hot oven (400° F.) for 20 to 25 minutes.

Frosted Molasses Creams

1/2 cup shortening 1/2 teaspoon salt
1/2 cup sugar 1 1/2 teaspoons baking
1 beaten egg powder
1/2 cup light molasses 1/4 teaspoon soda
1/2 cup strong hot coffee 1 teaspoon cinnamon
infusion 1/2 teaspoon cloves
1 1/2 cups flour

Thoroughly cream shortening and sugar; add egg and molasses; mix well. Add coffee and beat. Add sifted dry ingredients; beat until smooth. Pour into greased 9x13 inch pan. Bake in moderate oven (350° F.) 25 minutes. While warm, frost with confectioner’s frosting. Cool and cut in squares. Makes about 1 1/2 dozen squares.

Recipes Using Corn Sirup

Corn Sirup Pudding or Pie

2 cups milk 2 egg yolks
6 tablespoons flour or 1/4 cup butter
4 tablespoons cornstarch 1 teaspoon vanilla
1/2 teaspoon salt 1 cup nuts
1 cup corn sirup 1 9-inch baked pie crust

Meringue

2 egg whites 2 tablespoons corn sirup

Stir one-half cup of the milk into the cornstarch and salt, mixing well to remove lumps. Scald the remainder of the milk in a double boiler, add some of the hot milk to the cornstarch, mix well, and return to the double boiler. Add the three-fourths cup of sirup, stir until thickened, cover, and cook 15 minutes. Pour some of this mixture into the beaten egg yolk, combine with the rest of the mixture, and return to the double boiler. Cook for a few minutes and add the fat, nuts, and vanilla, stirring until thoroughly mixed. Pour into a 9-inch baked pie crust and make a meringue.

Meringue—Beat the egg whites until stiff, add 2 tablespoons sirup, a tablespoon at a time, beating after each addition until the sirup is well blended. Spread over the filling and bake in a slow oven 15 to 20 minutes.
Oatmeal Cookies

\[ \frac{1}{2} \text{ cup sirup} \]
\[ \frac{1}{2} \text{ cup butter} \]
\[ \frac{3}{4} \text{ cup sugar} \]
\[ \frac{1}{2} \text{ cup raisins} \]

1 egg

Cream butter. Add sugar, sirup, well beaten egg and dry ingredients. Drop on greased tins and bake in moderate oven. (350° F.)

Red Fruit Juice Punch

1 cup corn sirup
\[ \frac{1}{2} \text{ cup lemon juice} \]
3 cups water

1 pint ginger ale (may be omitted)
2 cups loganberry or other colored fruit juice

Combine juice with sirup and blend well. Chill. Just before serving add ginger ale.

Vanilla Ice Cream

2 eggs
\[ \frac{1}{4} \text{ cup sugar} \]
\[ \frac{1}{4} \text{ cup corn sirup} \]
2 cups thin cream
1 teaspoon vanilla

Beat egg whites. Add little sugar and sirup. Stir in cream and vanilla. Fold in egg whites. Freeze in freezer or in automatic refrigerator. If frozen in refrigerator stir with wooden spoon when mixture is mushy. Beat again when mixture becomes solid and return to refrigerator.

Canning Fruits Without Sugar

The United States Department of Agriculture gives the following directions for canning without sugar:

"Sugar may be added or not as desired in the canning of fruits. The shape, color, and flavor of the fruits are retained better when some sugar is added. Fruits for pie making or for use in diabetic diets are commonly canned without sugar. Juicy fruits, such as berries, cherries, currants, and plums, should be canned in their own juices when sugar is omitted. Water is not required. Extract the juice from the riper fruits by crushing, heating, and straining. Pack the remaining fruits closely into containers without preheating, and add boiling hot juice to cover. Partially seal glass jars; or exhaust tin cans and seal; then process. Or give the fruits a short precooking, as 2 to 4 minutes simmering, pour into containers at once, seal, and process.

"The less juicy fruits, such as apples, peaches, and pears, when canned without sugar require the addition of water. To preserve the natural fruit flavor use only the smallest quantity of water necessary. Follow the usual directions for canning, substituting water in place of the sirup."

Distributed in furtherance of Acts of May 8 and June 30, 1914.

2-42-40M