

12-1945

EC9971 Sweetening with Less Sugar

Follow this and additional works at: <http://digitalcommons.unl.edu/extensionhist>

"EC9971 Sweetening with Less Sugar" (1945). *Historical Materials from University of Nebraska-Lincoln Extension*. 2950.
<http://digitalcommons.unl.edu/extensionhist/2950>

This Article is brought to you for free and open access by the Extension at DigitalCommons@University of Nebraska - Lincoln. It has been accepted for inclusion in Historical Materials from University of Nebraska-Lincoln Extension by an authorized administrator of DigitalCommons@University of Nebraska - Lincoln.

S
85
E7
9971
C.1
EC. 9971

December
1945

Nebraska
COOPERATIVE EXTENSION WORK
IN AGRICULTURE AND HOME ECONOMICS

E. C. 9971

U. Of N. Agr. College & U. S. Dept. of Agr. Cooperating
W. H. Brokaw, Director, Lincoln

SWEETENING WITH LESS SUGAR

Cutting down on sugar means changing the particularly pleasing flavor of some foods. As far as actual food value is concerned, sugar is not really an indispensable item in the diet (for the majority.) There are many other inexpensive energy-giving foods that supply, in addition, valuable vitamins and minerals. Such foods are whole-grain cereals, starch, vegetables, and fresh and dried fruits.

It is true that sugar is a quicker source of energy than most foods, that is, it can be digested and used by the body rapidly. Those who do not work at hard physical labor for long periods of time, however, have no special need for quick energy.

Homemakers have found it inconvenient to become accustomed to having a smaller amount of sugar but it can scarcely be regarded as a kitchen catastrophe. The homemaker can find ways to cut the sugar in her meals by preparing her favorite recipes with smaller amounts of sugar or with sugar substitutes.

Conversion Table for Sugar

Approximate equivalents in sweetening for 1 cup sugar:

- 1 cup honey and reduce liquid $\frac{1}{4}$ cup for each cup of honey used.
- $1\frac{1}{2}$ cups molasses and reduce liquid $\frac{1}{4}$ cup per cup of molasses used.
- $1\frac{1}{2}$ cups sorghum and reduce liquid $\frac{1}{4}$ cup per cup of sorghum used.
- 2 cups corn syrup, reduce liquid $\frac{1}{4}$ cup per cup of corn syrup used.

White sugar when eaten gives the body only energy, while molasses not only gives energy but also 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 sirup 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 sugars. In the canning of fruits, corn sugar produces a denser sirup than cane sugar, though not as sweet a one.

COMPARATIVE CALORIC VALUES

Sugar (granulated)	2 tb. (scant)	100 calories
Sugar (powdered)	2 $\frac{3}{4}$ tb.	100 calories
Sugar (brown)	3 tb.	100 calories
Maple sugar	2 tb.	50 calories
Honey	2 tb. scant	100 calories
Corn syrup	2 tb. scant	100 calories
Molasses	2 tb. scant	100 calories

General Suggestions for Conserving Sugar:

1. Serve fresh fruits for dessert.
2. Make a fresh fruit salad to do double duty as salad and desert.
3. Save sirup from canned fruit to sweeten other fruits, sauces and desserts.
4. Cook cereal with raisins, prunes, or dates and serve without sugar.
5. Cook dried fruits without sugar.
6. Sweeten fruits with honey and corn sirup.
7. If sugar is used to sweeten sauces, it may be put in at the very last of the cooking period. It will take slightly less sugar for the same degree of sweetness than if the sugar is cooked for a long time.
8. Make puddings, cakes, etc., with corn sirup, molasses, or honey instead of all sugar. (See conversion table)
9. Instead of using supar on cakes and pies, serve cinnamon rolls and sweet quick breads.
10. Upside-down cakes require no frosting and can do with less sugar than most cakes.
11. Jelly-rolls save sugar and jellies and marmalades are available.
12. For cake fillings use marmalade, custard sauce, or chopped dried fruits combined with nuts, honey or corn sirup.
13. Use sweetened frozen fruits such as berries and peaches, in shortcake.
14. Save cake and cookie crumbs and use in bread pudding, Brown Betty and other dessert recipes to save as much as half of the sugar.
15. Add a little salt to frostings, pie fillings and puddings. It brings out the sweetness.

How to Substitute for Sugar in Ordinary Recipes

In recipes requiring rather large amounts of sugar, such as cakes and cookies, substitute honey or one of the sirups for not more than one-half of the sugar specified in the recipe. Then deduct from the liquid in the recipe one-fourth or four tablespoons for each cup of honey or sirup used.

For example, if a recipe calls for

$1\frac{1}{2}$ c. sugar $\frac{1}{2}$ c. milk

Use

$\frac{3}{4}$ c. sugar

$\frac{3}{4}$ c. honey or sirup

$\frac{1}{4}$ c. plus 1 Tb. milk

($\frac{3}{4}$ c. honey has 3 tb. liquid)

Or if more sugar is used

1 c. sugar

$\frac{1}{2}$ c. honey or sirup

$\frac{3}{8}$ c. milk

($\frac{1}{2}$ c. honey or sirup has $\frac{1}{8}$ c. (2tb.) liquid)

Where the amount of sugar in the recipe is small, as in muffins, custards, plain puddings (cornstarch, rice, tapioca); honey or sirup may be substituted for all of the sugar in the recipe without making any adjustment in the liquid.

RECIPES USING LITTLE OR NO SUGAR

Breads

HONEY SWIRLS

- | | |
|---------------------------------|-----------------------------|
| 1 cake yeast | $\frac{1}{2}$ c. corn sirup |
| $\frac{1}{4}$ c. lukewarm water | 5 c. sifted flour (about) |
| 1 c. scalded milk | 2 eggs, well beaten |
| $1\frac{1}{2}$ tsp. salt | $\frac{1}{4}$ c. table fat |

Pour yeast into lukewarm water, stir and let stand about 5 minutes, to soften. Pour scalded milk, salt and corn sirup into mixing bowl and cool to lukewarm. Add softened yeast and 2 cups of the flour. Beat until smooth. Add beaten eggs, melted (but not hot) fat and enough more flour to make a medium soft dough. Knead until very smooth. Place in covered greased bowl and let rise in warm place (82° to 86° F.) until doubled in bulk (about 2 hours). Turn dough onto floured board and divide into small even portions. Roll each piece into a strand less than $\frac{1}{2}$ -inch thick. Coil into greased muffin pans. Cover with honey pecan topping. Let rise until doubled in bulk. Bake in moderate oven (375° f.) 20 to 25 minutes. Makes 24 small rolls.

Roll Ups Roll dough $\frac{1}{4}$ -inch thick; brush with topping and cut into wedges. Roll up wide side first. Let rise and bake.

HONEY PECAN TOPPING

- | | |
|------------------------------|---------------------------------|
| $\frac{1}{4}$ c. table fat | $\frac{1}{4}$ c. honey, warmed |
| $\frac{1}{3}$ c. brown sugar | $\frac{1}{2}$ c. chopped pecans |

Cream table fat thoroughly. Add sugar gradually, creaming it with fat until fluffy. Blend in honey. If too stiff to spread, add a few drops of water. Spread over rolls and sprinkle with nuts.

BAKED BROWN BREAD

- | | |
|----------------------------------|--------------------------------------|
| 1 c. sifted all-purpose flour | 1 c. raisins |
| $1\frac{1}{2}$ tsp. soda | 2 c. sour milk |
| $1\frac{1}{2}$ tsp. salt | $\frac{3}{4}$ c. molasses or sorghum |
| 2 c. whole wheat flour, unsifted | 1 egg |
| | 1 tb. shortening, melted |

Mix and sift dry ingredients in a bowl. Add sour milk, molasses, egg and shortening. Mix well. Pour into two well-greased and slightly-floured loaf cake pans (4 $\frac{1}{2}$ " x 8 $\frac{1}{2}$ "). Bake in moderate oven (350° F.) for 1 hour and 15 minutes. Store in a tightly covered tin container. NOTE: To sour milk, put 4 tsp. vinegar or lemon juice in a measuring cup and fill with milk. Use 4 tsp. vinegar for each cup sour milk desired.

QUICK COFFEE CAKE

$\frac{1}{2}$ c. sifted flour
2 tsp. baking powder
 $\frac{1}{2}$ tsp. salt
1 egg

$\frac{1}{2}$ c. light corn sirup or honey
 $\frac{1}{2}$ c. milk
3 tb. melted shortening

Sift together flour, baking powder, and salt. Beat egg, add sirup, milk and shortening. Blend thoroughly. Add to flour mixture, stirring only enough to moisten flour. Pour over Apricot or Prune Layer in greased 8x8x2 - inch pan, or top with Cinnamon Crumble Topping. Bake in a moderately hot oven (400° F.) 25 minutes. Yield: 1 8x8 inch coffee cake.

Apricot or Prune Layer for Coffee Cake

$\frac{1}{2}$ c. chopped cooked apricots or prunes
1 tb. melted table fat
2 tb. honey or light corn sirup

Blend thoroughly and spread over bottom of 8x8x2 inch pan. Cover with Quick Coffee Cake batter and bake

Cinnamon Crumble Topping

2 tb. table fat
2 tb. sugar
 $\frac{1}{4}$ c. enriched flour

$\frac{1}{4}$ c. dry bread crumbs
 $\frac{1}{2}$ tsp. cinnamon

Mix all together with fork until mixture is consistency of coarse crumbs. Sprinkle over batter before baking.

ORANGE NUT BREAD

1 c. chopped nuts
 $\frac{1}{2}$ c. orange marmalade
 $2\frac{1}{2}$ c. sifted flour
1 tb. baking powder

$1\frac{1}{4}$ tsp. salt
1 c. milk
2 eggs, beaten
2 tb. melted table fat

Sift together the dry ingredients and add the nuts. Add the milk and eggs, and stir until just moistened. Stir in the orange marmalade and the fat, and pour into a well-greased bread pan. Bake in a moderate oven for about 1 hour, or until lightly browned.

HONEY NUT BREAD

$\frac{1}{2}$ c. coarsely chopped nuts
2 c. flour (1 c. whole wheat
flour may be substituted
for 1 c. white flour)
3 tsp. baking powder

$\frac{1}{2}$ tsp. salt
1 egg, beaten
 $\frac{1}{2}$ c. honey
 $\frac{1}{2}$ c. milk
2 tb. melted table fat

Add the nuts to the sifted dry ingredients. Combine the beaten egg, honey, milk and melted fat, and add to the first mixture. Stir until the ingredients are just moistened. Bake in greased pan in moderate oven for 45 to 50 minutes.

Cakes

LIGHT-AS-A-FEATHER GINGERBREAD

2 c. sifted all-purpose flour	1 1/4 tsp. cinnamon
3/4 tsp. salt	1/2 tsp. cloves
1/2 tsp. soda	2/3 c. shortening
1 1/4 tsp. baking powder	1 1/3 c. molasses or sorghum
1 1/4 tsp. ginger	2 eggs
1/2 c. boiling water	

Mix and sift dry ingredients. Cut in shortening to corn meal consistency. Add eggs. Combine boiling water and molasses. Add 3/4 cup of liquid to dry ingredients. Beat only until smooth. Add remaining liquids and stir only until well mixed. Bake in greased 8-inch square pan in moderate oven (325° F.) about 60 minutes.

CRUMB TOPPING

1/3 c. stale cookie crumbs or graham cracker crumbs	1 1/2 tsp. grated orange rind
2 tb. flour	1 tsp. molasses or sorghum
1/2 tsp. cinnamon	1/2 tb. butter or margarine

Mix all ingredients together. Sprinkle over top of light-as-a-feather gingerbread batter before baking.

OLD FASHIONED CRUMB CAKE

3/4 c. boiling water	1 1/2 tsp. ginger
3 tb. shortening	1 c. unsifted whole wheat flour
2 eggs, separated	3/4 tsp. baking soda
1 c. molasses or sorghum	3/4 tsp. salt
3/4 c. dry bread crumbs	4 tb. sugar
3/4 c. raisins	dash of nutmeg

Pour boiling water over shortening. Add unbeaten egg yolks and molasses; beat with rotary beater until blended. Combine bread crumbs and raisins. Stir into molasses mixture; combine ginger, flour, baking soda and salt. Add to molasses mixture; mix thoroughly. Bake in well-greased 8-inch square pan in moderate oven (350° F.) 45 minutes. Cool. Serve with lemon sauce or use following topping; beat 2 egg whites until they stand in peaks. Add sugar gradually; continue beating until stiff. Dust with nutmeg; pile on cake. Garnish with crumbled corn flakes and bits of candied cherry, if desired.

APPLESAUCE CAKE

2 c. all-purpose flour	1/2 c. shortening
1 tsp. baking soda	1/4 c. sugar
1/4 tsp. salt	3/4 c. corn syrup
1/4 tsp. cloves	1 egg, slightly beaten
1/2 tsp. nutmeg	1 c. thick applesauce
1 tsp. cinnamon	1 c. raisins
	1 c. coarsely broken nutmeats

Sift, then measure flour. Sift three times with baking soda, salt and spices. Cream shortening. Add sugar, cream thoroughly. Add corn syrup gradually, beating after each addition. Add egg and beat until light and fluffy. Add sifted dry ingredients alternately with applesauce. Add raisins and nutmeats. Bake in 9 x 9 inch loaf pan lined with greased wax paper. When cool, dust with confectioners sugar, if desired.

HONEY CHOCOLATE CAKE

2 c. cake flour	1 c. honey
$\frac{1}{2}$ tsp. salt	2 eggs, well beaten
$\frac{1}{4}$ tsp. baking soda	2 squares unsweetened chocolate, melted
$\frac{1}{2}$ c. shortening	$\frac{3}{4}$ cup milk

Sift, then measure flour. Sift three times with salt and baking soda. Cream shortening. Add honey gradually, creaming thoroughly. Slowly add eggs, beating after each addition. Add chocolate that has been melted and cooled. Blend thoroughly. Add sifted dry ingredients alternately with milk. Blend thoroughly. Turn into two greased 9-inch layer pans. Bake. Amount: 2 9-inch layers. Temperature: 350° F. Time 25-30 minutes.

TWO-EGG CAKE

$\frac{1}{2}$ c. shortening	2 c. sifted enriched flour
$\frac{1}{2}$ c. sugar	3 tsp. baking powder
$\frac{1}{2}$ c. light corn sirup	1 tsp. salt
1 tsp. vanilla extract	$\frac{1}{2}$ c. milk
2 eggs	

Cream together shortening and sugar. Add sirup gradually, beating thoroughly after each addition. Blend in vanilla extract. Beat eggs and add, and beat until light and fluffy. Sift together flour, baking powder, and salt. Add to creamed mixture alternately with the milk, beating smooth after each addition. Bake in two greased 8-inch layer pans in moderate oven (375° F.) 25 to 30 minutes. Yield: 2 8-inch layers.

Cookies

CHOCOLATE BROWNIES

$\frac{1}{2}$ c. shortening	2 tsp. baking powder
1 c. dark corn sirup	$\frac{1}{4}$ tsp. salt
2 oz. unsweetened chocolate, melted.	2 eggs, well beaten
$\frac{3}{4}$ c. sifted cake flour	$\frac{3}{4}$ c. chopped nuts or seedless raisins

Cream shortening until fluffy; add syrup gradually, creaming while adding. Stir in melted chocolate. Sift together dry ingredients; add $\frac{1}{4}$ of them to creamed mixture, beating while adding. Add the well-beaten eggs, then the remaining dry ingredients and nuts or raisins. Turn into a 9" x 3" cake pan which has been oiled with Mazola and bake in a moderate oven (350° F.) for about 35 minutes. Immediately cut into squares with a sharp knife. Yield: about 25 brownies.

HONEY CHOCOLATE OATMEAL COOKIES

1 c. shortening	1 tsp. baking powder
1 1/4 c. honey	1/4 tsp. salt
2 eggs, beaten	1 tsp. cinnamon
2 squares chocolate	1 c. nut meats or coconut
1 1/2 c. rolled oats	
2 1/2 c. flour	

Cream shortening and honey. Add beaten eggs, melted chocolate and oatmeal. Mix thoroughly, add sifted dry ingredients and nut meats. Drop by teaspoon onto cookie sheet which had been greased and floured. Bake in moderate oven for 15 minutes. Remove from pan while still warm.

CHOCOLATE WAFERS

1 1/2 c. all-purpose flour	3/4 c. corn syrup
1/2 tsp. baking soda	1 egg, slightly beaten
1/4 tsp. salt	2 squares (2 oz.) unsweetened
1/2 c. shortening	chocolate, melted
1/4 c. sugar	1 tsp. vanilla
1/4 c. milk	3/4 coarsely broken nutmeats

Sift, then measure flour. Sift three times with soda and salt. Cream shortening. Add sugar, cream thoroughly. Add corn syrup and beat until light and fluffy. Add egg gradually, beating after each addition. Add chocolate that has been melted and cooled. Blend. Add sifted dry ingredients alternately with mixture of milk and vanilla. Stir in nutmeats. Drop by teaspoonfuls on ungreased baking sheet. (For a crisp cookie, spread batter thin.) Bake. Amount: 5 dozen 2 1/2-inch cookies. Temperature 375° F. Time: 10-12 minutes.

FUDGIES

1/4 c. shortening	2 c. sifted enriched flour
1/2 c. sugar	1/2 tsp. soda
1/2 c. dark corn sirup	1 tsp. salt
1 tsp. vanilla extract	1/2 c. buttermilk or sour milk
1 egg	3/4 c. chopped nuts
2 squares chocolate	

Cream together shortening and sugar. Add sirup gradually, beating after each addition. Blend in vanilla extract. Add egg and beat until light. Add melted chocolate. Sift together flour, soda, and salt. Add to creamed mixture alternately with buttermilk, beating smooth after each addition. Add nuts. Drop by teaspoonfuls on greased baking sheets. Bake in moderate oven (350° F.) 10 to 15 minutes. Yield: 4 dozen 2-inch cookies. (1/2 cup cocoa may be used instead of chocolate. Sift cocoa with flour, soda, and salt.)

BRAN FUDGE SQUARES

3 oz. chocolate	3/4 c. dark corn sirup
1/3 c. shortening	1 c. sifted flour
2 eggs	1/2 c. ready-to-eat bran cereal
1/4 c. sugar	1/2 c. chopped nuts
1/2 tsp. salt	

Melt chocolate and shortening over low heat. Beat eggs until light then beat in sugar, salt and corn sirup gradually. Add melted shortening. Fold in flour, bran and nuts. Turn into greased shallow 8x8 inch pan. Bake in moderate oven (375° F.) 30 minutes. When cold cut into squares. Makes 16 squares. This recipe does not contain baking powder.

CHOCOLATE MOLASSES COOKIES

1/2 c. shortening	2 oz. bitter chocolate, melted <u>or</u>
1/2 c. sugar	6 tb. cocoa
1 egg	2 c. sifted enriched all-purpose flour
1 tsp. vanilla	1 tsp. salt
1/2 c. molasses or sorghum	1/4 tsp. baking soda
	1/2 tsp. baking powder

Cream shortening and sugar together. Add egg, vanilla and molasses and mix well. Melt chocolate over hot water and add to above mixture. Mix and sift flour, salt, soda and baking powder (and cocoa, if used instead of chocolate) and stir into batter until all ingredients are well blended. Drop on greased cookie sheets with a teaspoon. Flatten cookie by stamping with bottom of glass which has been covered with a damp cloth. Bake in moderately hot oven (350° F.) about 12 minutes. Yield: 4 dozen cookies. This batter may be baked immediately or kept in the refrigerator and baked as needed.

MOLASSES OATMEAL COOKIES

1/2 c. shortening	1 tsp. cinnamon
1/2 c. sugar	1 tsp. salt
1/2 c. molasses or sorghum	1 tsp. baking powder
1 egg	1/4 tsp. baking soda
1 tsp. grated orange rind (Optional)	1/2 c. raisins
2 c. sifted enriched all-purpose flour	1 1/2 c. quick-cooking oatmeal

Cream shortening and sugar together. Add molasses and egg. Stir in grated orange rind, if used. Sift flour, spices, soda, baking powder and salt together and mix with oatmeal and raisins. Add to above mixture and mix well. Drop with teaspoon on greased cookie sheet. Bake in oven at 400° F. 10 to 12 minutes. This mixture may be baked immediately or it may be kept in the refrigerator and baked as needed. Yield: 5 dozen.

MOLASSES GINGER HERMITS

$\frac{1}{2}$ c. shortening	3 tsp. baking powder
$\frac{1}{2}$ c. sugar	1 tsp. ginger
1 egg	1 tsp. salt
1 c. molasses or sorghum	$\frac{1}{4}$ c. sour milk
3 c. sifted enriched flour	1 c. raisins
$\frac{1}{2}$ tsp. soda	

Cream together shortening and sugar. Beat egg and add. Add molasses and mix thoroughly. Sift together flour, soda, baking powder, ginger, and salt. Add to creamed mixture alternately with sour milk. Add raisins. Drop by teaspoonfuls on greased baking sheet. Bake in moderately hot oven (400° F.) about 10 minutes. Yield: 7 $\frac{1}{2}$ dozen 2-inch cookies.

CRISPIES

$\frac{1}{2}$ c. shortening	$\frac{1}{2}$ tsp. baking powder
$\frac{1}{3}$ c. brown sugar, firmly packed	$\frac{1}{8}$ tsp. salt
$\frac{1}{3}$ c. granulated sugar	1 tsp. vanilla extract
1 egg, beaten	$\frac{1}{4}$ c. chopped walnuts
$\frac{3}{4}$ c. sifted all-purpose flour	1 c. cornflakes
	1 c. quick-cooking oats

Work shortening with back of spoon until fluffy. Gradually, add sugar, while continuing to work with spoon until light. Add beaten egg; then stir in flour, baking powder, and salt, which have been sifted together. Stir in remaining ingredients, and mix well. Drop by rounding tablespoonfuls on greased or oiled cookie sheet and bake in moderately hot oven of 375° F. for 10 minutes. Makes about 2 $\frac{1}{2}$ dozen.

CORN FLAKE FRUIT COOKIES

$\frac{3}{4}$ c. dried prunes or figs	$1\frac{1}{2}$ c. flour
4 c. corn flakes	2 tsp. baking powder
$\frac{1}{2}$ c. shortening	$\frac{1}{2}$ tsp. salt
$\frac{1}{2}$ c. sugar	$\frac{1}{2}$ tsp. Maple flavoring or
2 eggs	vanilla extract

Stew prunes; remove pits, dry well and cut into small pieces or cover figs with boiling water, let stand 10 minutes; drain, dry on towel, clip stems and cut into small pieces. Crush corn flakes into fine crumbs. Blend shortening and sugar thoroughly; add eggs and beat well. Add flour sifted with baking powder and salt. Mix in fruit, crushed corn flakes and flavoring. Drop by teaspoonfuls onto ungreased cookie sheet and bake in moderately hot oven (400° F.) 10 to 12 minutes.

APPLESAUCE COOKIES

$\frac{1}{4}$ c. shortening	1 tsp. salt
$\frac{1}{4}$ c. sugar	$\frac{1}{2}$ tsp. soda
$\frac{3}{4}$ c. corn sirup	1 tsp. baking powder
2 c. sifted enriched flour	1 c. sweetened applesauce
$\frac{1}{2}$ tsp. cinnamon	$\frac{1}{2}$ c. raisins
$\frac{1}{4}$ tsp. cloves	$\frac{1}{2}$ c. chopped nuts
1 egg	

Cream together shortening and sugar. Add sirup gradually, beating well. Beat egg and add. Sift together flour, cinnamon, cloves, salt soda and baking powder. Add alternately with applesauce to creamed mixture. Add raisins and nuts. Drop by teaspoonfuls on greased baking sheets. Bake in moderately hot oven (400° F.) 15 minutes. Yield: 6 $\frac{1}{2}$ dozen 2-inch cookies.

CARROT COOKIES

2 c. sifted flour	2 c. quick-cooking oatmeal
2 tsp. baking powder	1 c. raisins
$\frac{1}{4}$ tsp. baking soda	1 c. chopped nuts
$\frac{1}{4}$ tsp. salt	$\frac{1}{2}$ c. table fat
$\frac{1}{2}$ tsp. cinnamon	1 c. grated raw carrots
$\frac{1}{2}$ tsp. nutmeg	1 c. honey

2 eggs, well beaten

Mix and sift flour, baking powder, soda, salt and spices; stir in oatmeal, raisins and nuts. Cream fat; stir in carrots, then honey and eggs; gradually stir in flour-nut mixture. Drop from teaspoon on buttered baking sheet, flatten slightly and bake in moderate oven (350° F.) for 25 to 30 minutes. Yield: 3 dozen small cookies.

PEANUT DROP COOKIES

(With sorghum, cane, corn, or maple sugar)

$\frac{1}{2}$ c. shortening	3 tsp. baking powder
1 c. sirup	$\frac{1}{2}$ tsp. salt
2 eggs, beaten	1 cup roasted peanuts, finely
2 c. sifted flour	chopped

Cream the shortening and sirup, and add the beaten eggs. Sift the dry ingredients together, add the peanuts, and combine with the first mixture. Stir until blended. Drop the batter by teaspoonfuls onto a greased baking sheet, and bake in a moderate oven (350° F.) for about 20 minutes. This recipe makes about 60 cookies.

If sorghum sirup is used, change the baking powder to 1 tsp. and add $\frac{1}{2}$ tsp. soda to dry ingredients.

PECAN BUTTERBALLS

$\frac{1}{2}$ c. butter	$\frac{1}{4}$ tsp. salt
2 tbsp. strained honey	1 tsp. vanilla extract
1 c. all-purpose sifted flour	1 c. finely chopped pecans or Brazil nuts
	powdered sugar

Work butter with back of spoon until creamy. Stir in honey. Add remaining ingredients, and mix thoroughly. Chill 1 hr.; form into balls the size of a small walnut. Place on greased baking sheet, and bake in slow oven of 300° F. for 35 to 40 minutes, or until delicately brown. Roll immediately in powdered sugar. Cool, and roll again in the sugar. Makes 26.

SPICE FRUIT BARS

$\frac{1}{2}$ c. shortening	$1\frac{1}{2}$ tsp. double-action baking powder
$\frac{1}{4}$ c. sugar	1 tsp. salt
1 c. molasses or sorghum	2 tsp. cinnamon
2 eggs	$\frac{1}{2}$ tsp. cloves
$\frac{1}{4}$ c. milk	$\frac{1}{4}$ tsp. nutmeg
3 c. sifted all-purpose flour	$\frac{1}{2}$ c. nuts, chopped
$\frac{1}{2}$ tsp. soda	$\frac{1}{2}$ c. raisins or dates, chopped
$\frac{1}{4}$ c. chopped citron (optional)	

Cream together shortening and sugar. Add molasses slowly, beating constantly. Add eggs. Mix well. Add nuts, raisins, and citron if used. Mix and sift flour, soda, baking powder, salt and spices together and add alternately with milk. Mix only until ingredients are well blended. Spread in two well-greased large square cake pans. Bake in moderate oven (350° F.) 45 minutes or until done. Remove from pan and while warm, ice with confectioner-sugar and water icing. Cut each cake into 18 bars. Yield: 36 bars.

Pies

APPLE PIE

1 recipe standard pastry	2 tb. sugar
6 large apples	$\frac{1}{4}$ tsp. salt
2 tb. flour	$\frac{3}{4}$ c. dark corn sirup
2 tb. table fat	

Line 9-inch pie pan with pastry. Peel apples; core and cut in slices. Fill shell with apples; sift flour, sugar and salt over apples. Pour sirup over apple mixture; dot with fat. Cover with pastry. Bake in hot oven (450° F.) 15 minutes, then decrease heat to moderate (350° F.) and bake until apples are tender, about 30 minutes. Yield: 1 9-inch pie.

CUSTARD PIE

3 eggs	2 c. scalding milk
$\frac{1}{4}$ c. sugar	1 tsp. vanilla
$\frac{1}{8}$ tsp. salt	$\frac{1}{8}$ tsp. grated nutmeg

Beat the eggs only until mixed but not light and foamy. Add the sugar, salt, scalding milk and nutmeg and stir until blended. Pour into a pastry shell which has been baked in a hot oven (450° F.) until it begins to brown. Remove only long enough to pour in the filling. Reduce the oven temperature to 300 or 325 degrees and continue baking until the center is firm to the touch or when a silver knife comes out clean when inserted in the center of the pie. Make one medium-large pie.

ORANGE CREAM PIE

2 large oranges	$\frac{1}{4}$ tsp. salt
1 pt. milk	4 eggs
4 tb. flour	2 tb. table fat
$\frac{1}{4}$ c. sugar	1 to 2 tb. grated orange rind

Peel the oranges, pull the sections apart, and remove the membrane from each section. Chill. Heat the milk in a double boiler. Mix the flour, sugar, and salt thoroughly. Pour some of the hot liquid into this mixture. Stir well and return to the double boiler. Stir until thickened, cover, and cook for 15 minutes. Beat well. Pour some of the mixture into the beaten eggs, and add this to the rest of the mixture with the fat and orange rind. Pour into a baked piecrust. When cool, cover the top with the orange sections and serve at once.

Banana Cream Pie: This same recipe can be made by substituting $\frac{1}{2}$ tsp. vanilla for the grated orange rind and covering the baked pie with sliced ripe banana instead of orange slices.

Desserts

APPLE DUMPLINGS

2 c. flour	8 - 10 tart, quick cooking apples
1 tsp. salt	$\frac{1}{2}$ c. corn sirup (dark or light)
3 tsp. baking powder	$\frac{3}{4}$ c. water
$\frac{1}{3}$ c. shortening	2 tb. table fat
$\frac{3}{4}$ c. milk	

Blend the sifted dry ingredients and the fat until mass resembles corn meal. Add most of the milk at once, stirring with fork or spoon. The amount of liquid needed varies with the flour but add it until the mixture follows the spoon or fork in the bowl. Remove dough to lightly floured board, knead lightly 10 to 20 times. Roll $\frac{1}{4}$ inch thick. Cut in 8 sections.

On each section place apples which have been peeled and sliced. Add 2 tsp. sirup and a small piece of table fat. Then moisten edges of dough. Fold over apples and place smooth side up in baking dish in which sirup and water have been heated to boiling. Bake in hot oven about 20 minutes.

PRUNE PARFAIT

$1\frac{1}{2}$ c. drained, cooked prunes	1 tsp. lemon rind, grated
$\frac{1}{2}$ c. molasses or sorghum	2 egg whites, unbeaten
2 tb. lemon juice	$\frac{1}{8}$ tsp. salt

Put pitted mashed prunes and all other ingredients in bowl. Beat with rotary beater until fluffy. Serve in sherbet glasses with Custard Sauce. Yield: 8 to 10 servings.

EGG WHITE CUSTARD

$\frac{1}{4}$ c. sugar	$\frac{1}{2}$ tsp. vanilla
dash of salt	$1\frac{1}{4}$ c. scalded milk
$\frac{1}{2}$ tsp. almond extract	3 egg whites

Add sugar, salt, almond and vanilla extract to scalded milk. Pour over slightly beaten egg white, stirring constantly. Pour into custard cups. Place in a pan of hot water and bake in moderate oven, 350° F., for 25 minutes or until tip of inserted knife comes out clean.

JELLY ROLL

3 eggs	$\frac{1}{4}$ c. white corn sirup
1 c. sifted flour	2 tb. water
$\frac{1}{2}$ c. honey	1 tsp. baking powder
1 tsp. vanilla	

Separate eggs. Beat yolks and add water and baking powder. Beat in the honey and corn sirup. Add flour, salt, and flavoring. Fold in the stiffly beaten egg whites. Pour into a large flat pan that has been greased and floured, and bake 20 minutes at 350° F. When baked, remove from pan, spread with jelly and roll.

GOLDEN GLOW ICE CREAM

1 c. dark corn sirup
1 c. milk
$\frac{1}{4}$ tsp. salt
1 tsp. vanilla
1 c. heavy cream

Combine corn sirup, milk, salt and vanilla. Beat cream until thick but not stiff; gradually fold in sirup mixture. Pour into refrigerator tray and set cold control for fast freezing, freeze until firm throughout (1 to 2 hours). Remove mixture to chilled bowl, break in pieces with wooden spoon; beat with rotary or electric beater until smooth but not melted. Return quickly to refrigerator tray and continue freezing until firm. Makes 5 to 6 servings.

LEMON SNOW

1 package lemon gelatin
1 c. boiling water
3/4 c. cold water

2 tb. lemon juice
1/2 tsp. grated lemon rind
2 egg whites

Dissolve gelatin in boiling water. Add cold water, lemon juice and rind. Chill until mixture begins to thicken. Beat egg whites until very stiff and fold into gelatin mixture. Pile into individual molds and chill until firm. Unmold and serve with honey custard sauce. Serves 8.

HONEY CUSTARD SAUCE

3 egg yolks
2 c. milk
1/2 tsp. vanilla

2 1/2 tb. honey
dash salt

Beat egg yolks slightly and add honey, milk and salt. Cook over hot water until mixture coats a spoon. Add vanilla and chill. Makes 2 cups.

APRICOT SHORTCAKE

1 c. dried apricots
2 1/2 c. water
1/3 c. sugar
1 tsp. unflavored gelatin
1 tb. cold water

1 c. heavy cream
2 tb. honey
1/2 tsp. vanilla
angel food cake

Cook apricots in water until very soft, about 25 minutes, add sugar and beat to a pulp. Soften gelatin in cold water. Add gelatin to hot apricots and stir until gelatin is melted; chill until it begins to thicken. Whip cream; add honey and vanilla. Arrange a 1/4-inch thick layer of angel cake in bottom of oblong pan, spread with apricot mixture and cover with whipped cream. Cut into squares to serve. Serves 6.

If desired, cake may be arranged in a refrigerator tray. Proceed as above and place in freezing unit to freeze.

Sauces

CHOCOLATE SAUCE

(Stores in refrigerator)

2 1/2 sq. unsweetened chocolate
1/2 c. cold water

2/3 c. honey
1 tsp. vanilla

1/8 tsp. salt

Add cold water to grated chocolate. Place over boiling water to melt. Cook for 5 mins. Stir constantly. Add honey and salt. Cook 5 mins. longer. Remove and cool. Add vanilla, pour into air tight jar. Seal. Serve hot or cold over ice cream, pudding or dry cake.

(CHOCOLATE SAUCE cont.)

For French chocolate, whip $\frac{1}{2}$ c. cream and fold into the above mixture after it has cooled. In serving French chocolate, place 1 tb. of the mixture in a serving cup and fill with hot milk.

GOLDEN SAUCE

$\frac{3}{4}$ c. white corn sirup
1 tb. cornstarch
1 c. boiling water

3 tb. table fat
pinch salt
1 tsp. lemon extract

Combine corn sirup and cornstarch. Add boiling water gradually, stirring constantly. Boil 6 minutes, stirring constantly. Remove from heat; add remaining ingredients. Serves 6. Delicious with boiled rice or cottage pudding.

29644mh-12/45