

UNITED STATES FOOD ADMINISTRATION

FEDERAL FOOD BOARD OF NEW YORK
NEW YORK STATE FOOD COMMISSION

ISSUED BY
BUREAU OF CONSERVATION
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SWEETS WITHOUT SUGAR

Why Save Sugar?

The new sugar crops are short. 50,000,000 pounds of sugar have been lost through submarine sinkings. Germans have destroyed sugar-beet fields and factories in France. Our allies have far less sugar than we and we have not our usual supplies on hand. Our ships are needed for carrying troops and supplies and cannot bring sugar from far distant countries.

Why Do We Eat Sugar?

Mostly because we enjoy its sweetness. It is good food but it is not better for us than bread or potatoes.

How Much Sugar May We Eat?

Our present share is two pounds apiece per month, or six level teaspoons per day. This means all we use in cooked food, tea, coffee, sweet summer drinks, ice cream and candy.

How Can We Have Sweet Food Without Sugar?

Use sweet substitutes, as molasses, corn syrup, maple syrup, glucose, maple sugar, corn sugar, honey, raisins, dates or figs.

How Are Substitutes to be Used?

The following recipes will show how to have cookies, cakes, desserts and even conserves without any sugar at all. Try them and see what good food can be made without sugar.

These recipes have been tested by the Department of Foods and Cookery, Teachers College, and by the Bureau of Conservation.



HONEY CAKE

Corn syrup (light) $\frac{1}{2}$ cup
Honey, $\frac{1}{2}$ cup
Sour milk, $\frac{1}{2}$ cup
Beaten egg, 1
Barley flour, 1 cup
Wheat flour, $\frac{1}{2}$ cup

Baking powder, 1 teaspoon
Soda, $\frac{1}{2}$ teaspoon
Salt, $\frac{1}{2}$ teaspoon
Fat, melted, $\frac{1}{4}$ cup
Vanilla, 1 teaspoon

Sift together the dry ingredients. To the honey add the syrup, sour milk and beaten egg. Add liquids gradually to flour mixture. Add melted fat and flavoring. Bake the cake in a greased shallow pan in a moderate oven for 30 minutes.

Yield: 1 cake, 8 x 5 inches.

DEVIL'S FOOD CAKE

Corn syrup, $\frac{1}{2}$ cup
Honey, $\frac{1}{2}$ cup
Chocolate, 2 squares
Fat, $\frac{1}{4}$ cup
Egg, 1
Salt, $\frac{1}{2}$ teaspoon

Wheat flour, 1 cup
Barley flour, $\frac{1}{2}$ cup
Soda, $\frac{1}{2}$ teaspoon
Baking powder, 1 teaspoon
Milk, $\frac{1}{2}$ cup

Heat together the honey, syrup and chocolate, until the chocolate is melted. Add fat, and stir until blended. Add egg, well beaten. Sift together the dry ingredients. Add alternately with milk to first mixture. Stir well. Bake in well greased layer cake pans in a moderate oven for about 30 minutes.

Yield: 2 layers.

BROWNIES

Fat, $\frac{1}{4}$ cup
Molasses, $\frac{1}{2}$ cup
Corn syrup, $\frac{1}{2}$ cup
Egg, well beaten, 1

Salt, $\frac{1}{2}$ teaspoon
Wheat flour, 1 cup
Barley flour, $\frac{1}{2}$ cup
Nut meats, cut in pieces, 1 cup

Cream fat; add molasses and corn syrup. Add beaten egg, salt, flour and nut meats. Beat well. Put in small fancy shaped pans, placing a nut on the top of each cake. Bake 25-30 minutes in a moderate oven.

Yield: 18 cakes, 1 inch in diameter.

CINNAMON CRISPS

Fat, 4 tablespoons
Corn syrup, 1 cup
Egg, 1
Milk, $\frac{1}{2}$ cup

Flour, 1 cup
Barley flour, $\frac{1}{2}$ cup
Baking powder, $2\frac{1}{2}$ teaspoons
Salt, $\frac{1}{2}$ teaspoon

Cream fat; add syrup, blending well. Add beaten egg. Sift together the dry ingredients. Add these alternately with milk to the syrup mixture. Bake in greased pan in a thin sheet. The cake when finished should be about the same thickness as cinnamon toast. When nearly done, sprinkle with a mixture of two teaspoons cinnamon and two tablespoons shaved maple sugar. Cut in squares. Serve hot.

Yield: 2 sheets, 9 x 13 inches.

HOT WATER GINGERBREAD

Fat, 3 tablespoons
Boiling water, $\frac{1}{2}$ cup
Molasses, 1 cup
Wheat flour, $1\frac{1}{4}$ cups

Barley flour, $1\frac{1}{4}$ cups
Ginger, 2 teaspoons
Salt, $\frac{1}{2}$ teaspoon
Soda, 1 teaspoon

Melt the fat by adding the boiling water; add molasses. Sift together the flour, spice, salt and soda. Add liquid gradually to the sifted dry ingredients. Beat vigorously. Pour into greased shallow pans and bake about 25 minutes in a moderate oven. (1 cup ground rolled oats may be substituted for 1 cup barley flour.)

Yield: 3 cakes, 4 x 6 inches; 12 servings.

COFFEE CAKE

Fat, 3 tablespoons
Molasses, $\frac{1}{2}$ cup
Coffee, $\frac{1}{4}$ cup
Egg, 1
Barley or rye flour, $\frac{1}{2}$ cup
Wheat flour, $\frac{1}{2}$ cup

Salt, $\frac{1}{2}$ teaspoon
Baking powder, $1\frac{1}{2}$ teaspoons
Cloves, $\frac{1}{4}$ teaspoon
Cinnamon, 1 teaspoon
Nutmeg, $\frac{1}{4}$ teaspoon
Raisins, $\frac{1}{2}$ cup

Cream fat, add molasses, coffee and beaten egg. Sift flour, salt, baking powder and spices together and add gradually to liquids. Add raisins. Beat all thoroughly. Turn into greased cup cake tins and bake in a moderate oven for 25 minutes.

Yield: 12 cup cakes.

MAPLE SYRUP CAKE

Fat, $\frac{1}{2}$ cup
Corn syrup, 1 cup
Maple syrup, $\frac{1}{2}$ cup
Eggs, 2
Hot water, $\frac{1}{2}$ cup

Barley flour, 1 cup
Wheat flour, $1\frac{1}{2}$ cups
Baking powder, 2 teaspoons
Soda, $\frac{1}{2}$ teaspoon
Salt, $\frac{1}{2}$ teaspoon

Cream the fat, beat in gradually the corn syrup and maple syrup; add the two eggs slightly beaten. Add alternately the hot water and dry ingredients, well sifted together. Stir thoroughly. Turn into greased shallow pan and bake in a moderate oven for 30 minutes.

Yield: 2 layers.

MAPLE FROSTING

Maple syrup, 1 cup
Egg white, 1
Salt, $\frac{1}{4}$ teaspoon

Corn syrup, dark, $\frac{1}{2}$ cup
Butter, 1 tablespoon
Vanilla, $\frac{1}{2}$ teaspoon

Boil the maple syrup until it spins a thread. Remove from fire. Beat egg white until stiff and dry. Add salt. Pour syrup in a fine stream on the egg white, beating constantly. If the frosting is too soft, cook over boiling water until thickened.

CHOCOLATE FILLING

Milk, 1 cup
Chocolate, 1 square
Cornstarch, 2 tablespoons
Cold water, 2 tablespoons

Corn syrup, dark, $\frac{1}{2}$ cup
Butter, 1 tablespoon
Vanilla, $\frac{1}{2}$ teaspoon

Scald the milk, add the chocolate, and stir it until it is melted. Add the cornstarch which has been moistened in the cold water; add syrup and cook the mixture until it thickens, stirring constantly. Add butter just before removing from the heat, cool slightly, add the vanilla. Spread on cake.

Yield: $1\frac{1}{3}$ cups of filling.

PEANUT DROP COOKIES

Fat, $\frac{1}{4}$ cup
Honey, $\frac{1}{4}$ cup
Corn syrup, $\frac{1}{2}$ cup
Egg, 1
Wheat flour, $1\frac{1}{4}$ cups

Corn flour, 1 cup
Salt, $\frac{1}{2}$ teaspoon
Baking powder, 3 teaspoons
Chopped peanuts, $\frac{1}{2}$ cup

Cream fat, beat in syrup and honey, add egg, well beaten. Sift together the flour, baking powder and salt, add liquid mixture gradually. Add chopped peanuts, mix well, drop on buttered sheet, set half peanut meat on top of each cookie. Bake in a moderately hot oven about 30 minutes.

Yield: 40 cookies, 2 inches in diameter.

MOLASSES COOKIES

Wheat flour $1\frac{3}{4}$ cups
Barley flour, $1\frac{3}{4}$ cups
Salt, 1 teaspoon
Soda, 1 teaspoon
Ginger, 2 teaspoons

Cinnamon, 1 teaspoon
Fat, $\frac{1}{4}$ cup
Hot water, 1 tablespoon
Molasses, 1 cup

Sift together the flour, salt, soda, ginger and cinnamon. Melt fat, add hot water and molasses; stir this liquid gradually into the dry ingredients. Chill. Roll on floured board to $\frac{1}{4}$ inch thickness. Cut. Bake about 10 minutes in a moderate oven.

Yield: 60 cookies.

DROP COOKIES

Wheat flour, 1½ cups
Barley flour, 1½ cups
Cinnamon, ¼ teaspoon
Cloves, ¼ teaspoon
Nutmeg, ¼ teaspoon
Baking powder, 2 teaspoons

Salt, ¼ teaspoon
Raisins, seeded and cut into small pieces, 1 cup
Fat, 5 tablespoons
Corn syrup, dark, ¾ cup
Water, 2 tablespoons
Egg, 1

Sift together the flour, baking powder, salt and spices. Add chopped raisins. Melt the fat; add syrup, water and egg, well beaten. Add this liquid mixture gradually to the dry ingredients. Stir well. Drop from teaspoon on greased baking sheet and bake in a moderate oven for 12 to 14 minutes.

Yield: 52 small cookies.

CORN FLAKE MACAROONS

Egg whites, 2
Corn syrup, ½ cup
Salt, ¼ teaspoon

Corn flakes, 2 cups
Cocoanut, 1 cup

Beat egg whites until stiff. Fold in syrup, salt, corn flakes, and cocoanut. Drop mixture from tip of teaspoon on well greased tin, about 1 inch apart. Bake in a moderate oven about 10 minutes until delicately brown. Remove from pan while warm.

Yield: 24 macaroons.

DATE PUDDING

Eggs, 2
Corn syrup, 1 cup
Bread crumbs (dry) ¾ cup
Salt, ¼ teaspoon

Chopped dates, 1 cup
Nuts, 1 cup
Barley flour, ½ cup

Beat eggs, add syrup, crumbs, salt, dates, nuts and flour. Bake in greased and floured muffin pans for about 25 minutes in a moderate oven. Serve with whipped cream. The nuts may be omitted. These puddings may be served as cup cakes.

Yield: 12 puddings.

STEAMED SPICE BREAD CRUMB PUDDING

Wheat flour, ½ cup
Barley or rye flour, ½ cup
Baking powder, 4 teaspoons
Cinnamon, ½ teaspoon
Cloves, ¼ teaspoon
Salt, ½ teaspoon

Bread crumbs, 2 cups
Raisins, seeded and cut into halves, 1 cup
Egg, 1
Water, 1 cup
Corn syrup, dark, 1 cup

Sift together the flour, baking powder, salt and spices. Add bread crumbs and raisins. Beat egg, add water and corn syrup; add this liquid mixture gradually to the dry ingredients. Stir thoroughly. Turn into greased moulds, filling them a little over half full. Cover and steam for about two and a half hours. Serve with a sauce or with milk.

(Baking powder cans are satisfactory moulds for steamed bread or puddings.)

Yield: 5 puddings (half pound baking powder cans), 15 servings.

LEMON SAUCE FOR PUDDING

Cornstarch, 1 tablespoon
Salt, ¼ teaspoon
Cold water, ¼ cup
Boiling water, ¾ cup
Corn syrup (light) ¾ cup

Butter or butter substitute, 1 tablespoon
Nutmeg, ¼ teaspoon
Lemon juice, 2 tablespoons
Grated rind, ½ lemon

Mix salt and cornstarch. Add ¼ cup cold water gradually, stirring constantly; add boiling water and syrup. Boil 5 minutes; remove from fire; add butter or butter substitute, nutmeg, lemon juice and grated lemon rind.

Yield: 1½ cups sauce; 8 servings (3 tablespoons each).

PRUNE PUDDING

Fine bread crumbs, ½ cup
Baking powder, 1 teaspoon
Salt, ½ teaspoon
Milk, ¾ cup
Corn syrup, ½ cup

Cooked prunes, 1 cup (seeded and chopped)
Fat, 1 tablespoon
Chopped nuts, ½ cup
Vanilla, ¼ teaspoon

Sift together the bread crumbs, baking powder and salt. Add milk, syrup, prunes, melted fat, nuts and flavoring. Pour into greased baking dish. Place dish in pan of hot water. Bake in moderate oven until mixture is firm. Serve hot with plain or whipped cream. The nuts may be omitted.

Yield: 5 servings.

CORNSTARCH PUDDING

Cornstarch, 3 tablespoons
Milk, 2 cups
Corn syrup, ½ cup
Prunes, 8 (cut up)

Raisins, ¼ cup
Salt, ½ teaspoon
Vanilla, 1 teaspoon

Mix the cornstarch with ½ cup milk. Heat the remaining milk in a double boiler. Add the cornstarch, syrup, fruit and salt, and stir until thick, cover and cook for 20 minutes. Add the vanilla and pour into moulds. Chill.

One-half cup cocoanut may be substituted for the fruit.

Yield: 5 servings.

APPLE BROWN BETTY

Apples, medium size, 5
Fat, 4 tablespoons
Bread crumbs, 1½ cups
Hot water, ¼ cup

Lemon juice, 1½ tablespoons
Corn syrup, dark, 5 tablespoons
Salt, ½ teaspoon
Cinnamon, ½ teaspoon

Pare and cut apples into thin slices. Mix bread crumbs with melted fat. Mix together the hot water, lemon juice, syrup, salt and cinnamon. Into a greased baking dish put alternate layers of bread crumbs and apples, pouring part of liquid over each layer of apples. Bake in a moderate oven about 45 minutes.

Yield: 10 servings.

JELLIED APPLES

Granulated gelatine, 1¾ tablespoons
Cold water, ½ cup
Corn syrup, light, 1 cup
Ginger, ¼ teaspoon
Cinnamon, ½ teaspoon
Cold water, 1½ cups

Lemon, 1 slice
Cooking apples, pared and quartered, 1 quart
Hot water
Lemon juice, 1½ tablespoons
Lemon rind, ¼ teaspoon

Soak the gelatine in ½ cup cold water for 10 minutes. Cook together the syrup, spices and slices of lemon, and 1½ cups cold water for 10 minutes. Then add apples, a few at a time, letting them cook until tender, but not broken. Remove from syrup when done and place in a shallow dish. When all apples are cooked, add the syrup to the soaked gelatine; add enough hot water to make 2 cups of liquid; add lemon juice and grated lemon rind; strain; pour over apples and chill.

Yield: 8 servings.

CEREAL MOULD

Prunes, ½ pound (11 prunes)
Cooked cereal, 2 cups
Corn syrup, dark, 2 tablespoons

Salt, ¼ teaspoon
Nutmeg, ¼ teaspoon
Cinnamon, ¼ teaspoon

Wash prunes. Soak. Cook until tender; cool; remove stone; cut prunes into small pieces. Heat the cereal, syrup, salt and spices in the double boiler until the mixture has a smooth consistency. Add prunes. Mix well; pour into moulds which have been dipped into cold water; chill. Serve with sauce or with milk.

Yield: 6 individual moulds.

CARROT MARMALADE

Carrots, 1½ lbs. (5½ cups, chopped)
Lemons, 3
Oranges, 2

Salt, ½ teaspoon
Corn syrup, white, 4½ cups

Wash and scrub carrots, blanch in wire basket in boiling water for 4 to 5 minutes, cold dip, scrape, and cut into small pieces. Place in double boiler, add lemon juice and salt and cook for an hour. Add finely cut rind from oranges, the orange pulp and syrup; boil slowly until thick. Pour into hot glasses, partially seal and sterilize 10 minutes. Tighten seal. Let cool. Label and store.

Yield: 14 glasses.

PLUM CONSERVE

Sweet plums, 1 pound (2 dozen)
Raisins, ½ pound (1 cup)
Oranges, 2
Corn syrup, dark, ¾ cup

Salt, ¼ teaspoon
Cold water, ½ cup
Nut meats, ½ pound (½ cup)

Wash plums; stone and cut into pieces; add seeded raisins, orange pulp and peel cut very fine, corn syrup, salt and water; simmer until it has the consistency of marmalade (about 1½ hours of slow cooking.) Add nuts 5 minutes before removing from fire. Pack in hot jars. Partially seal. Sterilize 10 minutes. Tighten seal.

For sour plums more syrup must be added.

Yield: 1½ pints of conserve.

PEACH CONSERVE

Peaches, 3 pounds (10 medium sized)
Corn syrup, 1½ cups
Raisins, seeded, ½ cup
Oranges, small, 2 (rind and juice)

Salt, ¼ teaspoon
Water, ½ cup
Walnuts, ½ pound

Remove skins from peaches, stone and cut into pieces. Add syrup, raisins, salt, finely chopped oranges and water. Cook slowly for about one hour or until the consistency of marmalade. Add nuts five minutes before removing from the fire. Pack in hot jars. Partially seal. Sterilize 10 minutes. Tighten seal. Let cool. Label and store.

One cup dates may be cooked with conserve, if desired.

PEAR CONSERVE

A pear conserve can be made by substituting pears for the peaches in the above recipe and adding the juice of ½ lemon.

SWEET PICKLED APPLES

Sweet apples, 8 pounds (26 medium sized)
Vinegar, 1½ quarts
Water, 1½ quarts
Salt, ½ teaspoon
Corn syrup, dark, 2 quarts

Cinnamon, 4 sticks
Whole allspice, 2 tablespoons
Ginger, if desired
Whole cloves, 4 tablespoons

Cook together the vinegar, water, salt, syrup and spices (except cloves) for 5 minutes. Peel and quarter the apples. Stick 2 cloves into each quarter. Drop the apples into the boiling syrup and simmer until tender. Pack in hot jars. Cover with boiling syrup. Partially seal and sterilize for 10 minutes. Seal tightly. Let cool. Label and store.

Sweet pickled pears can be made by substituting pears for the apples in the above recipe.