

UNIVERSITY OF ILLINOIS BULLETIN

ISSUED WEEKLY

Vol. XV

JULY 22, 1918

No. 47

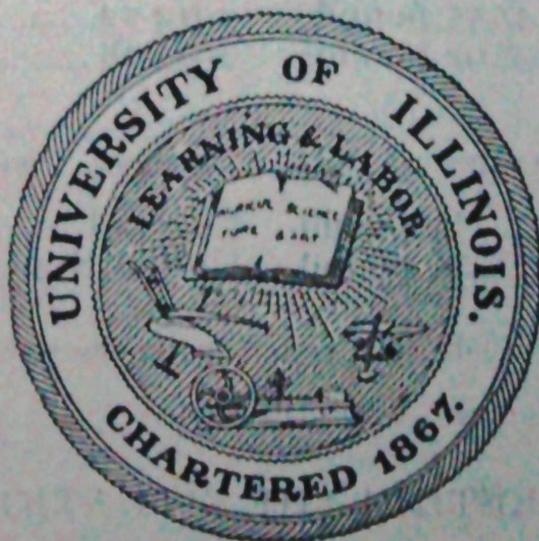
[Entered as second-class matter December 11, 1912, at the post office at Urbana, Illinois
under the Act of August 24, 1912]

SUGAR IN WAR TIME

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PUBLISHED BY THE WAR COMMITTEE
OF THE UNIVERSITY OF ILLINOIS
URBANA

Of all the sweets available, why use here the one which is needed abroad

SUGAR IN WAR TIME

THE SITUATION

Due largely to lack of ships the stores of sugar in the United States have materially decreased. The largest part of our cane sugar comes from Cuba, Porto Rico, and Hawaii, and while some beet sugar has been produced in the United States, it does not yet constitute more than twenty-two percent of the total sugar used. The shortage in England, France, and Italy is much more serious than in the United States, because of the greater distances to be covered in the transportation of cane sugar, and because the beet sugar industry in France, which supplied all her sugar needs and even allowed her to export a little, was paralyzed at once at the beginning of the war. Ninety-five percent of the sugar beet factories in France were in the territory first occupied by the enemy in 1914 and 1915.

The amount of sugar used in the United States has been enormous, and is increasing from year to year. A comparison between our consumption per capita in 1917 and in former years is shown in the following table, and, for further comparison, the sugar rations of the allies for the present year are included. This does not seem to show a fair division among friends.

YEARLY PER CAPITA CONSUMPTION OF SUGAR IN THE UNITED STATES

1892-93.....	60.70 pounds	1907-08.....	74.11 pounds
1897-98.....	47.55 pounds	1912-13.....	85.04 pounds
1902-03.....	78.92 pounds	1917-18.....	84.35 pounds

WEEKLY ALLOWANCES OF SUGAR AMONG THE ALLIES IN 1918

Italy ¹	1/4 pound	England	1/2 pound
France	1/4 pound	United States ²	3/4 pound

1. Less than this is actually used. The ration limits the wealthy, while the poorer classes doubtless get very little.
2. Amount suggested by the Food Administration.

MEETING THE SITUATION

Manufacturers in the United States who use sugar are limited in most cases to eighty percent of their pre-war supply. In the home we can easily set for ourselves a lower limit than this. The Food Administration suggests a ration of three-fourths of a pound per person per week.

Many sweets can be used that do not contain granulated sugar, such as fresh and dried fruits, corn and maple sirups, maple sugar, honey, molasses. The most important of these at present is corn sirup.

The sugar in these sweets has the same food value as granulated sugar, and their flavors make them more, rather than less, desirable.

Give the children plenty of fruit.

Serve dates, figs, prunes, raisins, and use them in cooking.

Use fruits and salads, instead of puddings and pastries.

Sweeten desserts with sirups. Use sirups with canned fruits, preserves, and jellies.

When candy is eaten, let it be marshmallows, gum drops and glacéd nuts, rather than chocolate creams and bonbons.

RECIPES

In these recipes, substitutes for wheat flour—corn, potato, oats, barley, rice—should be used, as usual. Use mixtures found successful in other recipes.

For fats other than butter, use oleo and vegetable fats, or with spiced puddings and cookies, clarified drippings from meats.

GENERAL DIRECTIONS FOR THE USE OF SIRUPS IN BAKING

It is possible to bake without using any granulated sugar. Corn sirup, honey, maple sugar, maple sirup, and molasses will sweeten muffins, cakes, and cookies. In using corn sirup, however, it is well to remember that it contains some water, and its sugars are less sweet than granulated sugar. When using one cup of this sirup, the liquid called for by the recipes may be reduced by approximately one-fourth cup. One cup of the sirup will have a little less sweeten power than three-fourths of a cup of sugar. In the very sweet cakes it is not satisfactory to use all sirup and no sugar. The product is very gummy, and falls. However, one cup of sirup may be used to one and three-fourths cups of flour with fair success. In some of the following recipes three-fifths of a cup of sirup has been allowed to two-fifths of a cup of sugar, since this is found to give very good results.

The sweetening power of honey is practically equal to that of sugar, cup for cup. A little less than one-fourth of a cup of liquid should be subtracted from the recipe for each cup of honey used. Since honey is acid, soda should be used, as with molasses, but it is seldom necessary to allow more than one-fourth teaspoonful of soda to one cup of honey.

GRIDDLE CAKES

1½ cups flour (corn, rice, barley)	2 tablespoons corn sirup
3 teaspoons baking powder	1 egg
1 teaspoon salt	1 tablespoon fat
1¼ cups milk	

Mix and sift dry ingredients. Add milk, sirup, and beaten egg, mixed together, and then add the melted fat.

Griddle cakes made with sirups brown unusually well.

MUFFINS

2 tablespoons melted fat	1 cup mashed potato
2 tablespoons corn sirup	1 cup corn meal
1 egg, well beaten	4 teaspoons baking powder
1 cup milk	1 teaspoon salt

Mix in order given.

The batter should be a little stiffer than batter for wheat muffins.

YELLOW HONEY CAKES

¼ cup fat	¼ teaspoon soda
¾ cup honey	1 teaspoon baking powder
2 eggs	⅛ teaspoon salt
1/3 cup milk	½ teaspoon flavoring
1½ cups flour (barley, rice, corn)	

Heat the fat, honey, and milk until blended. Add yolks, and when cool, the dry ingredients, mixed and sifted together. Add flavoring. Cut and fold in the beaten whites. Bake in a moderate oven for thirty to forty minutes.

HONEY DEVIL'S FOOD

¼ cup fat	½ cup milk
1 cup honey	1¾ cups barley or other flour
2 squares chocolate	½ teaspoon soda
1 egg	1 teaspoon baking powder
⅛ teaspoon salt	

Heat the fat, honey, and chocolate until blended. Add yolks, and when cool, the milk and sifted dry ingredients, alternately. Fold in the beaten whites. Bake in a moderate oven forty minutes.

FOUNDATION CAKE

$\frac{1}{4}$ cup fat
 $\frac{3}{5}$ cup sirup
 $\frac{2}{5}$ cup sugar
 $\frac{1}{3}$ cup milk

2 eggs
 $1\frac{3}{4}$ cups flour (barley, rice, corn)
2 teaspoons baking powder
 $\frac{1}{16}$ teaspoon salt

Cream the fat, and mix thoroly with the corn sirup, sugar, and eggs. Add dry ingredients, mixed and sifted together. Pour into an oiled pan, and bake in a moderate oven for half an hour.

Vanilla, almond, chocolate, or other flavoring, chopped nuts, or chopped dates, may be added to this foundation.

Sirup may replace all the sugar. The cake will be of poorer texture, but a fair product.

STEAMED PUDDING

$\frac{1}{4}$ cup fat
 $\frac{1}{2}$ cup corn sirup
1 egg
 $\frac{1}{2}$ cup graham flour

$\frac{3}{4}$ cup flour (rice or corn)
 $\frac{1}{3}$ teaspoon soda
 $\frac{1}{4}$ teaspoon salt
 $\frac{2}{3}$ cup raisins, figs, or dates

Cream the fat, and mix thoroly with the corn sirup and egg. Add dry ingredients mixed and sifted together, and the dried fruit. Turn into an oiled mold, cover, and steam two and one-half hours.

GINGERBREAD

1 cup molasses
 $\frac{1}{2}$ cup boiling water
 $2\frac{1}{4}$ cup flour (rice, barley, corn)
1 teaspoon soda

$1\frac{1}{2}$ teaspoon ginger
 $\frac{1}{2}$ teaspoon salt
4 tablespoons fat
1 egg, well beaten

Blend molasses with water. Add dry ingredients, mixed and sifted together. Add egg and melted fat. Beat well. Bake in a moderate oven.

SPICE COOKIES

$\frac{1}{4}$ cup fat
 $\frac{1}{2}$ cup corn sirup
1 egg
 $1\frac{1}{4}$ cup, or more, flour (rice, barley, corn)

$\frac{1}{2}$ teaspoon baking powder
 $\frac{1}{4}$ cup raisins
 $\frac{1}{4}$ teaspoon cinnamon
 $\frac{1}{8}$ teaspoon clove, mace, nutmeg

Mix in order given. Enough flour should be used to make a stiff dough. Roll to one-eighth inch in thickness, cut, and bake in moderate oven.

MAPLE ICING

$\frac{3}{4}$ cup maple sirup
 $\frac{1}{4}$ cup corn sirup

1 egg white
beaten until stiff

Cook the mixture of sirups until a long thread forms, when it is dropped from the spoon. Pour slowly over egg white, beat until smooth and stiff, and spread over cake.

MAPLE CREAM

2 cups maple sugar
 $\frac{3}{4}$ cup milk

Pinch of salt
1 tablespoon butter

Cook sugar, milk, and salt together, until a soft ball forms when tried in cold water, or until thermometer registers 113°C . Cool slightly, and then beat until creamy. Chopped nuts may be added.

ROLLED FRUIT

1 pound dates
 $\frac{2}{3}$ cup raisins

$\frac{1}{4}$ pound nut meats
2 tablespoons orange juice

Wash fruit, stone the dates, and put fruit with nuts thru a meat chopper. Blend thoroly with orange juice. Let stand for twenty-four hours. Mold into shape. Shapes may be rolled in a little granulated sugar or grated cocoanut which has been dried and slightly browned in the oven.

STUFFED PRUNES

Select sweet prunes. Soak over night. Dry, open carefully, remove stones, and stuff with chopped raisins and nuts. Roll in granulated sugar.