

# Saving Sugar

By ISABELLE CLARK SWEZY

WITH nearly the whole world sugar-hungry, how anxious we are, those of us who can get what we really need, to save all we can of our own allowance to give to those who have almost none at all. And what we save, of course, really means just that much more will be sent where it is most needed. We need some sugar, of course, but most of our requirements for sweets may be fully satisfied with sugar-substitutes such as honey, corn-syrup, molasses, various other syrups, brown sugar and so forth and so on! Just the other day someone told me she had saved quite a quantity by simply substituting a smaller spoon than had been used in their sugar-bowl for years. She changed the spoons and no one even noticed the difference, but took the same number of spoonfuls they had been in the habit of using, without realizing at all that they were using a smaller spoon and so using less sugar.

The finest strained honey is rather an expensive substitute, but there are many grades of honey on the market; there are grades sold to bakers which answer every purpose nicely; the honey is just as pure, but not quite so clear and fine in color.

I am giving you quite a variety of receipts and hope you may find them useful, but first of all, let me give you my delicious sugarless frosting. The children are bound to become candy-hungry, and like as not the older folks do too, and this delicious frosting may well answer every purpose. I think it is about the best frosting I have ever tasted.

**Sugarless Frosting** One cupful of corn-syrup, half a cupful of honey and quarter cupful of water and boil until it spins a thread (not brittle), then pour very slowly, beating constantly, on to the very stiffly beaten white of one egg, continuing the beating until of the consistency to spread. Flavor with vanilla or almond. For chocolate frosting, add one and one-half squares of unsweetened chocolate melted, while pouring on to the egg-white.

**Cocoanut Brittle** The basis of it is the same as the frosting, but the result is so entirely different, no one could tell it was prepared from the same receipt. Take a cupful of corn-syrup, half a cupful of strained honey and one fourth cupful water and boil until brittle when dropped in cold water. Then add a teaspoonful of vanilla and pour over a cupful of shredded cocoanut, sprinkled in an oiled pan.

**Nut Brittle** Any nut brittle—peanut, walnut, Brazil nut or a mixture of nuts—may be made by following the receipt for cocoanut brittle.

**Pudding Sauces** Pudding-sauces seem to be one of the things in which sugar has almost seemed indispensable; but with a little experimenting, some very delicious ones have been produced with no sugar at all. Necessity truly is the "mother of invention."

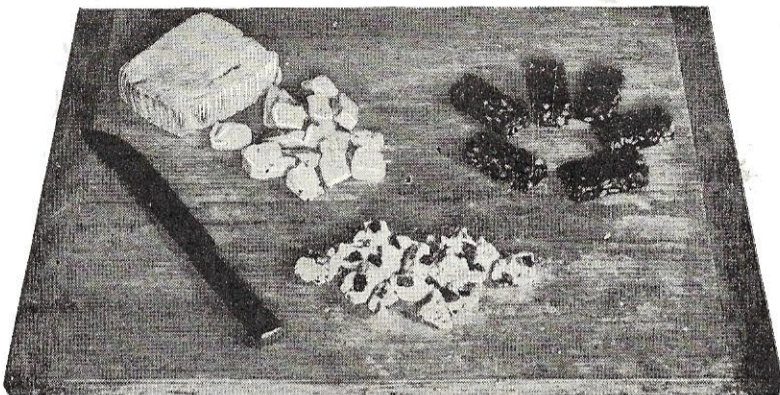
**Hard Sauce** Cream two tablespoonfuls of soft butter, then rub in until blended two tablespoonfuls sweet cream. Add half a cupful of honey and one fourth cupful corn-syrup, or other syrup. Work all together thoroughly, then add one egg-white unbeaten and beat all with an egg-beater until smooth and stiff. Then add three more tablespoonfuls of cream and half a teaspoonful of vanilla, or if preferred, a little almond-extract or some grated nutmeg. Keep in a very cold place until ready to serve.

**Gingersnaps** Bring to a boil half a cupful of vegetable-shortening, half a cupful of mild molasses,

one cupful corn-syrup, one and one-half teaspoonfuls ginger, one quarter teaspoonful cinnamon and one half teaspoonful salt. Then add about three and one-half to four cupfuls of rye-flour (or part whole-wheat may be used). Mix, knead slightly and roll very thin. Cut with cookie-cutter and bake in a quick oven.

a cupful nuts, three tablespoonfuls milk and two well beaten eggs. Bake in a small oiled pan until set. When cold put a spoonful on each tart.

**Cocoanut Kisses** Boil three-quarters cup syrup until it spins a thread. Then pour gradually on to the very stiffly beaten white of three eggs and beat about five minutes. Add one cupful of shredded cocoanut which has been steamed until moist. Drop from teaspoon on to greased paper, about an inch apart and bake in a slow oven to a delicate brown.

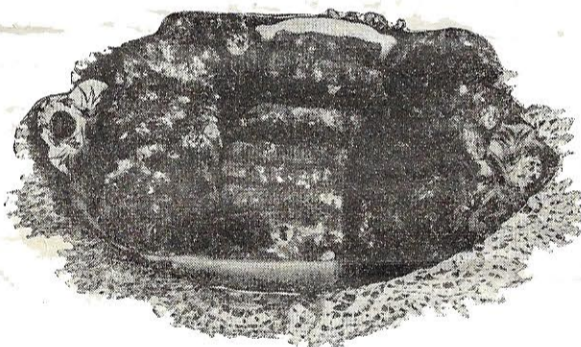


Sugarless Candies That Are Delicious

**Good Drop Cookies** Melt half a cupful vegetable-shortening, add one fourth cupful brown sugar, half a cupful of corn-syrup and then two well beaten eggs. Mix and sift one half cupful rye-flour and one cupful fine Graham flour, half a teaspoonful salt, one of baking-powder and one half of nutmeg. Beat until smooth, drop from teaspoon on to oiled baking-tin an inch and a half apart and bake in a moderate oven, watching carefully to avoid scorching.

and one half cupful raisins. Pour into a greased baking-dish, dot with a little butter-substitute and bake in a moderate oven about half an hour. Serve hot with top milk or cream.

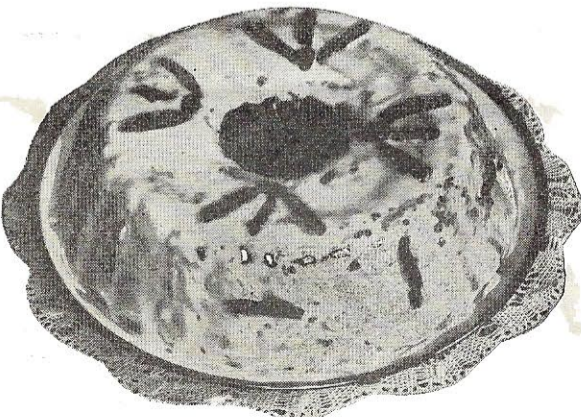
**Sugarless Fruit-Cake** Mix together in a saucepan one cupful honey, one half cupful corn-syrup, two cupfuls hot water, four tablespoonfuls butter-substitute, a pound of seeded raisins, one half cupful currants, two level teaspoonfuls salt, two-teaspoonfuls cinnamon, one of cloves, and one half nutmeg. Boil five minutes. Cool, dissolve two level teaspoonfuls soda in one tablespoonful hot water, and add. Then sift in gradually, beating well, three cupfuls of flour, add one half cupful citron, and turn into a well oiled round cake-pan with spout in center. Bake in a slow oven for about one and one-quarter hours. When cold, cover with sugarless frosting and decorate with strips of citron.



Sugarless Oatmeal Rocks

**Oatmeal Rocks** Melt half a cupful butter - substitute, stir in two cupfuls rolled oats, one half cupful honey and one half cupful corn-syrup. Then add one beaten egg. Mix and sift one and one-half cupfuls flour (any proportion of rye and white flour), one teaspoonful salt, one and one-half tablespoonfuls baking-powder, one half teaspoonful each of cinnamon, ginger and nutmeg. Add to this flour-mixture one cupful of raisins and one cupful of nuts. Stir into the first mixture.

**Peach Cream** Soak two tablespoonfuls gelatine in one half cup of cold water, then dissolve by holding over hot water. Drain a pint of canned peaches, and add the juice to the dissolved gelatine. Make a blanc-mange with one quart of milk, four level tablespoonfuls cornstarch, one half cupful honey, one quarter teaspoonful salt. Dissolve the cornstarch in a little of the cold milk. Bring the balance of the milk to the boiling-point (using a double boiler) stir in the dissolved starch, the honey and salt and cook, stirring constantly until thickened. Pour half of this blanc-mange into a wet mold when it begins to cool. Cover with sliced peaches. When the gelatine-mixture begins to thicken, pour it over the peaches; and when slightly hardened, add the balance of the blanc-mange, with sliced peaches over the top. Chill and serve cold with or without top milk or cream.



Sugarless Fruit-Cake with Sugarless Frosting

**Delicious Honey-Nut Candy** Mix together one half cupful strained honey, one half cupful maple-syrup, a pinch of salt and four tablespoonfuls rich top milk or cream. Boil until it will form a soft ball when dropped in cold water. Remove from fire and beat until creamy. Add one cupful broken hickory, pecan or walnut - meats, or cut Brazil nuts and a little flavoring. Drop from the tip of a spoon on to oiled paper to cool.

**Raisin Tart-Filling** Mix together two tablespoonfuls melted butter-substitute, three tablespoonfuls honey, one cupful raisins, half

## Five Gallons of Home-Made Rootbeer at less than 1c a glass

IT'S easy to make. Get Hires Extract at your grocer's. Nothing to add but sugar and water and yeast. A child can do it. Full directions enclosed with every bottle.

### Hires HOUSEHOLD EXTRACT

is the original—the kind you have known all your life. It is made direct from the pure juices of Nature's roots, barks, herbs and berries.

Beware the cheaper substitutes. Too often they are made from coal tar products that are not at all good for your stomach.

Hires Extract has the quality—Hires Extract has the fine flavor—Hires Extract is the genuine.

Make Rootbeer at home again this summer—even as your parents used to make it for you when you were a child.



**Hires Expansion Bottle Stoppers** No strings or wires to cut the hard. Easy to use and keep clean. Fit almost any bottle. Can be used again and again. Will hold great pressure. If your grocer cannot supply you, order direct from us.



If you cannot get Hires Extract at your dealer's, order direct from us. Enclose 25c in stamps.

THE CHARLES E. HIRES CO., Philadelphia, Pa.

25c to \$3.00 At All Dealers

**Cedar Polish**

Cleans as it polishes and really polishes as it cleans, producing a hard, dry, brilliant LUSTRE that LASTS.

Channell Chemical Co., Chicago-Toronto-London

**NEW MONITOR SELF-HEATING IRON**

**LADY AGENTS WANTED PLEASANT WORK**

BIG MONEY actually being made now by women. The original—the best—the lowest priced. Nickel plated—looks good—makes good—sells fast—guaranteed. No experience needed. Exclusive territory. Work all or spare time. Mrs. Nixon, Vt., Ind., made \$20 in one day. Liberal terms. Prompt service. Write for special terms on sample outfit.

MONITOR S&B IRON CO. 978 WAYNE ST., BIG PRAIRIE, O.

**Aluminum Set**

5 PIECES Big Hit—Agents

Cheaper than enamel ware. Guaranteed 20 years. Retail value \$5.00. You sell to housewives for only \$1.98. Sure sale wherever shown. Answer quick for your territory.

American Aluminum Mfg. Co. Div. N. E. 5, Lemont, Illinois

BIG PROFITS

**LEPAGE'S GLUE** HANDY TUBES

MEND - DON'T SPEND