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Corn Sugar

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had averaged \$30.00 the year before was cut to \$25.00 per month. This was to be supplemented in the summer by a garden and a good amount of canning.

It was decided to get a good washing machine, which had been used for a short time, for \$85.00 instead of buying a new one at \$125.00. Vacation was cut from \$100.00 to \$50.00 with the decision that a fishing trip nearer home would be just as enjoyable as one at the greater distance which had been planned.

Jim could not exactly understand why a woman could not just as well curl her own hair. A dollar a month seemed rather exorbitant for marcel, but Mary considered that marcel were in the same class with smokes and since they were only one-half as expensive, even after the amount for smokes had been cut in two, she felt they were justifiable and that the elimination of this item was out of the question. Jim was able to see the logic of her argument and dismissed it with "fair enough." Mary thought also that it was needless expense for Jim to attend the Kiwanis luncheon every Thursday at 75 cents a plate and thought that as a business proposition twice a month should be quite sufficient. This would mean a saving of \$18.00 a year. After they had listed all of the other organizations of which he was a member Jim decided that perhaps Mary was right about the luncheons and that it was just possible that he was over-doing the matter of business organizations a bit, both from the standpoint of time and money.

Mary's training and innate cleverness in clothing construction was a most valuable asset when it came to planning the clothing budget. The items included in it were two hats, \$15.00; three pairs shoes, \$20.00; material for dresses, \$25.00; hose, \$5.00; other material, \$25.00; miscellaneous, \$10.00. Total \$101.00.

Isabel remarked that it seemed almost impossible that \$101.00 could provide suitable clothing for a person who went out so much. Mary was confident however that it could be done for that amount.

When it came to planning for necessary and customary entertaining, it seemed to be a choice between elimination or of doing it much more simply than was the custom among their friends. The latter course was decided upon and amounts were determined for the clubs, dinners, etc., they would need to be giving. Estimates for this item were made considerably lower than they had been the previous year.

Magazine subscriptions were listed with the decision that one or two expensive ones which were seldom read might be dropped.

Church giving was not so high as perhaps it might have been, but this was partially due to the fact that generous sorority and fraternity pledges were due and must be planned for. Plans were made, however, to increase the church subscription another year.

At the end of a four hour session the plan was completed, and the Morgans were determined to make every effort to

achieve the goal they had set up and save a thousand dollars.

During the year, comparisons were made each month between the items included in the estimated plan and the items which were actually bought. A number of times in cases of unexpected expense it was necessary to study the plan and to decide what they could most easily do without in order to meet the extra expense. As time went on, some changes were made where it seemed desirable but the budget was not exceeded.

On one occasion, in the first days of June, Mary told Isabel that Mr. Morgan had brought home two gorgeous fishing poles which cost \$30.00. When asked where they got the money for them, Mary replied, "We had to take it off the summer trip which means we will have to fish still nearer home than we planned, but he just couldn't resist."

The year is not yet completed but at the end of six months, the budget is working well and a little more than \$500.00 has been deposited in the savings account. Mary and Jim are enthusiastic budgeteers and think that another year they will be able to plan a budget which will be even more satisfactory than their first one. Mary says, "It is such a satisfaction to have a clear conscience and to actually know what you can and cannot afford, and it is so much easier to do without things when are you definitely accomplishing a really important thing as we feel that we are this year."

Corn Sugar

By BELLE LOWE

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"THE Use of Corn Sugar in Home Cookery," is the title of a thesis by Miss Beatrice T. Olson. Miss Olson did her work with corn sugar at Iowa State College in 1924 and 1925. The following information is taken from her results and may be beneficial to the housewife if she is trying to use corn sugar.

The food value of crystalline dextrose corn sugar and ordinary granulated or sucrose sugar are practically the same. The corn sugar is in the form in which it is absorbed from the intestinal tract. Granulated sugar has to be changed by a digestive enzyme before it is absorbed into the blood stream, but this can be done so easily that one could hardly make the statement that corn sugar is more easily digested than granulated sugar.

The volume of the corn sugar for a given weight is greater than that of granulated sugar. It takes $1\frac{1}{4}$ cups of corn sugar to weight the same as one cup of granulated sugar, therefore in substituting corn sugar for granulated sugar in a recipe it will take $1\frac{1}{4}$ cups of the corn sugar to equal the weight of 1 cup of granulated sugar.

The corn sugar, according to Brown, absorbs more atmospheric moisture than granulated sugar. Miss Olson found that candy made with more than 1-5 corn sugar became very sticky on standing, probably because of this moisture absorbing property. She also found that cakes with the corn sugar did not dry out so

rapidly as the ones with all granulated sugar.

The sweetening power of corn sugar is not as great as granulated sugar. It has been reported by various investigators as being from 1-3 to 4-5 as sweet as granulated sugar. The sugar Miss Olson worked with, which was an Iowa manufactured one, gave in the products tried about $\frac{1}{2}$ the sweetening power of granulated sugar. The substitution of corn sugar was by weight instead of measure in the recipes tried. A large number of people scored the products for sweetness and were not prejudiced against corn sugar because they did not know until after they had scored the products that they contained corn sugar.

Weak acid has little effect on dextrose corn sugar. Weak alkalies when heated with dextrose corn sugar in a solution decomposed a part of the corn sugar, giving at first a yellow and then a light brown color. If heating is long continued a very disagreeable flavor may also develop. The more inferior corn sugars give a darker color and a stronger flavor under the same conditions than the better grades of corn sugars.

On account of the action of alkali on the corn sugar, the housewife will find she may need to be careful in using it with soda or very hard water. Miss Olson found cakes very much better flavored if she used sour milk and baking powder but no soda. This decomposition by alkali and heat gives a browner color to the finished product. If some corn sugar

is used in place of part of the granulated sugar in doughnuts they will brown more quickly. It also gives a good brown color to baked beans.

In cakes and doughnuts Miss Olson found that she could use $\frac{1}{2}$ corn sugar very satisfactorily, but if all corn sugar were used the product was not very sweet. The corn sugar gives a stiffer batter than the granulated sugar; in fact, it is so stiff that the housewife may think the cake is ruined before it goes in the oven. It was also found that if the liquid was reduced to one-half the usual amount the texture and flavor of the cake was improved. Sour milk also gave a better cake than sweet milk. Corn sugar could be substituted for all of the sugar in muffins and griddle cakes and a good product obtained.

The slight acid of fruit juices does not decompose the corn sugar and all corn sugar could be used in sweetening fruit and making jelly. In jelly $\frac{1}{2}$ corn sugar gave better results, for all corn sugar was not sweet enough. All corn sugar gave a tender jelly but gave less volume in the finished product. All corn sugar in jelly also crystallized out of the jelly while $\frac{1}{2}$ corn sugar did not do this so readily.

In fudge and fondant, 1-5 or less corn sugar could be used satisfactorily. More than 1-5 corn sugar required very long beating to crystallize and the candy became sticky on standing.

In divinity $\frac{1}{4}$ corn sugar could be used. It was not satisfactory in caramels or brittles.