

# “Win the War in the Kitchen”—With Maple Sugar!



Soon after the United States entered World War I, President Woodrow Wilson created the U.S. Food Administration and appointed Herbert Hoover as its head. Hoover called upon Americans to reduce food waste and their consumption of food that was needed to supply the army and their allies. Wheat, meat, fats, and sugar were the main targets of this voluntary movement.

This recipe for Maple Syrup Cake is adapted from *Win the War in the Kitchen*, an official cookbook issued by the Food Administration. As the book noted, “Americans eat more sugar than other folks do; more than is really good for them.” By cutting out one ounce of sugar per day, Americans could save 1,185,000 tons of sugar every year. Suggested substitutes included dried fruits, honey, molasses, and—of course—maple syrup.

## Maple Syrup Cake

### Ingredients:

1/2 cup brown sugar  
1/2 cup butter  
2 well-beaten eggs  
1 cup maple syrup  
1/2 teaspoon salt

1/2 cup barley flour  
2 cups all-purpose flour  
2 teaspoons baking powder  
1/2 teaspoon baking soda  
1/2 cup warm milk

### Instructions:

Preheat oven to 350 F. Grease and flour three 9-by-2-inch cake pan. Cream sugar and fat. Add eggs and syrup. Mix and sift dry ingredients. Add dry ingredients and milk alternately to the wet mixture. Divide batter among the 3 cake pans. Bake for about 15 minutes, or until a tester comes out clean and the cake springs back when pressed lightly.

While the cake is baking prepare the frosting. Boil 1 cup maple syrup until it spins a thread (drop into cold water and a thread will form). Place beaten white of one egg in the bowl of an electric mixer and pour the hot syrup over the egg, beating constantly. When the frosting begins to thicken, spread it between cake layers and over outside of cake.