

WEIGHTS AND MEASURES

- 2 cups lard make 1 pound.
 2 cups butter make 1 pound.
 4 cups pastry or bread flour make 1 pound.
 4 cups entire wheat flour make 1 pound.
 4 cups graham flour make 1 pound.
 4 cups rye flour make 1 pound.
 4 cups cornmeal make 1 pound.
 4 cups rolled oats make 1 pound.
 2 1/2 cups oatmeal make 1 pound.
 4 cups coffee make 1 pound.
 2 cups granulated sugar make 1 pound.
 2 1/2 cups powdered sugar make 1 pound.
 3 1/2 cups confectioners' sugar make 1 pound.
 2 1/2 cups brown sugar make 1 pound.
 2 cups chopped meat make 1 pound.
 1 1/2 cups rice make 1 pound.
 2 cups raisins (packed) make 1 pound.
 2 1/2 cups currants make 1 pound.
 2 cups stale bread crumbs make 1 pound.
 5 large eggs make 1 pound.
 2 tablespoonfuls butter make 1 ounce.
 4 tablespoonfuls flour make 1 ounce.
 6 tablespoonfuls baking powder make one ounce.
- 16 tablespoonfuls make one coffee cupful.
 4 teaspoonfuls equal 1 wine glass, or half a gill.
 2 wine glasses equal 1 gill, or half a cup.
 2 gills equal 1 coffee cupful, or 16 tablespoonfuls.
 2 coffee cupfuls equal 1 pint.
 2 pints equal 1 quart.
 4 quarts equal 1 gallon.
 2 tablespoonfuls equal 1 ounce, liquid.
 1 tablespoonful of salt equals 1 ounce.
 16 ounces equal 1 pound, or a pint of liquid.
 4 coffee cupfuls of sifted flour equal 1 pound.
 1 quart of unsifted flour equals 1 pound.
 8 or 10 ordinary sized eggs equal 1 pound.
 1 pint of sugar equals 1 pound (white granulated).
 1 tablespoonful of soft butter well rounded, equals 1 ounce.
 An ordinary tumblerful equals 1 coffee cupful, or half a pint.
 About 25 drops of any liquid will fill a common sized teaspoon.

If you need medicine at all you need it at once, and as nine times out of ten it is the doctor that are crying for help, then you should use **DR. J. C. WATSON'S PILLS.**