

A PAGE OF WEIGHTS AND MEASURES

By using measures instead of weights considerable time can be saved the user of *Five Roses* Flour, and it is because the following equivalents have been of real use to many contributors that they are now added to the *Five Roses* Cook Book. All measures are level, unless otherwise specified. Due to the loss or gain of moisture constantly going on, no absolutely true measures can be given, but for ordinary purposes the following are approximately correct. Further hints and details dealing with the various classes of good things to eat will be found in their proper sections. Standard cups, spoons, etc., are used.

2 saltspoons.....	1 coffee spoon	1 cup granulated sugar (rounded)	$\frac{1}{2}$ pound
2 coffeespoons.....	1 teaspoon	1 " confectioner's sugar.....	6 ounces
55 drops.....	1 teaspoon	1 " brown sugar (heaping).....	8 ounces
5 teaspoons (dry material).....	1 tablespoon	1 " sifted <i>Five Roses</i> flour about.....	4 ounces
4 teaspoons (liquid material).....	1 tablespoon	1 quart or 4 cups sifted <i>Five Roses</i> flour.....	1 pound
4 tablespoons (liquid material).....	$\frac{1}{2}$ cup	3 tablespoons (heaping) <i>Five Roses</i> flour.....	1 cup
4 tablespoons (liq. material).....	1 wineglass	1 cup bread dough (rounded).....	6 to 8 oz.
2 wineglasses.....	1 gill	1 " milk.....	8 ounces
14 tablespoons.....	1 cup or $\frac{1}{2}$ pint	1 " tea.....	4 ounces
2 gills.....	1 cup	1 " rice.....	7 ounces
2 gills.....	1 tumbler	1 " bread crumbs (pressed in).....	4 ounces
2 cups.....	1 pint	1 " suet (finely chopped).....	4 ounces
2 pints.....	1 quart	2 cups minced beef (packed closely).....	1 pound
1 pint (liquid).....	1 pound	3 cups Indian Meal.....	1 pound
1 tablespoon (liquid).....	$\frac{1}{2}$ ounce	1 cup (heaping) currants without stems.....	6 ounces
1 tablespoon (rounding) soft butter.....	1 ounce	1 cup (heaping) raisins without stems.....	8 ounces
2 tablespoons melted butter.....	1 ounce	10 average sized eggs or 9 large eggs.....	1 pound
Soft butter size of walnut.....	1 ounce	1 cup egg whites or yolks.....	$\frac{1}{2}$ pound
Soft butter size of an egg.....	2 ounces	10 whites or 13 yolks (average sized eggs).....	1 cup
1 tablespoon (heaping) sugar or salt.....	1 ounce	2 yolks.....	1 egg
2 tablespoons (heaping) <i>Five Roses</i> flour.....	1 ounce	1 cup yolks.....	7 eggs
2 tablespoons (heaping) powdered sugar.....	1 ounce	5 average sized eggs.....	1 cup
2 tablespoons (heaping) ground coffee.....	1 ounce		
1 square chocolate.....	1 ounce		
1 cup butter or lard.....	$\frac{1}{2}$ ounce		