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## COWAN'S TABLE OF MEASUREMENTS

3 tablespoons Cowan's Cocoa.....	= 1 ounce or
	= 1 square of chocolate
3 teaspoons.....	= 1 tablespoon
16 tablespoons.....	= 1 cup
2 cups.....	= 1 pint
2 cups butter, packed solidly.....	= 1 lb.
3½ cups flour (pastry).....	= 1 lb.
2 cups granulated sugar.....	= 1 lb.
2 cups fruit sugar.....	= 1 lb.
2¾ cups icing sugar.....	= 1 lb.
3¼ cups brown sugar.....	= 1 lb.
5½ cups rolled oats.....	= 1 lb.
2½ cups cornmeal.....	= 1 lb.
1¾ cups rice.....	= 1 lb.
3½ cups graham flour.....	= 1 lb.
4 cups coffee.....	= 1 lb.
2 cups finely chopped meat.....	= 1 lb.
8 medium eggs.....	= 1 lb.
2 tablespoons butter.....	= 1 ounce
2 tablespoons granulated sugar.....	= 1 ounce
3½ tablespoons flour.....	= 1 ounce

N.B.—These measurements must all be level to insure satisfactory results.