

THE REAL HOME-KEEPER

A TABLE OF WEIGHTS AND MEASURES FOR HOUSEKEEPERS

With weights and measures just and true,
With stoves of even heat,
Well buttered tins and quiet nerves,
Success will be complete.

10 eggs	1 pound
1 quart of flour	1 pound
2 cupfuls of butter	1 pound
1 generous pint of liquid	1 pound
2 cupfuls of granulated sugar	1 pound
2 heaping cupfuls of powdered sugar	1 pound
1 pint of finely chopped meat, packed solidly	1 pound
(The cup used is the common kitchen cup, holding half a pint)	
2½ teaspoonfuls	make one tablespoonful
4 tablespoonfuls	make 1 wineglass
2 wineglassfuls	make 1 gill

2 gills	make 1 teacupful
2 teacupfuls	make 1 pint
4 tablespoonfuls salt	make 1 ounce
1½ tablespoons granulated sugar	make 1 ounce
2 tablespoonfuls flour	make 1 ounce
1 pint loaf sugar	makes 10 ounces
1 pint brown sugar	makes 12 ounces
1 pint granulated sugar	makes 16 ounces
1 pint wheat flour	makes 9 ounces
1 pint corn meal	makes 11 ounces

A piece of butter the size of an egg makes about 1½ ounces

All measures are level; levelling done with back of a case knife.
Standard tablespoon, teaspoon and half-pint measuring cup are used.
To measure butter, lard, etc., pack into a cup or spoon and make level with case knife

TIME REQUIRED FOR COOKING THE FOLLOWING MEATS AND VEGETABLES

Beef, sirloin, rare, per pound	8 to 10 mins.	Green peas, boiled	20 to 40 mins.
Beef, sirloin, well done, per pound	12 to 15 mins.	Shelled beans	1 hour
Chickens, 3 or 4 lbs. weight, 1 to 1½ hours		String beans	1 to 2 hours
Duck, tame	from 40 to 60 mins.	Green corn	from 20 to 30 mins
Lamb, well done, per pound	15 mins.	Asparagus	15 to 30 mins.
Pork, well done, per pound	30 mins.	Spinach	1 to 2 hours
Turkey, 10 pounds	3 hours	Tomatoes	1 hour
Veal, well done, per pound	20 mins.	Cabbage	45 mins. to 2 hours
Potatoes, boiled	30 mins.	Cauliflower	1 to 2 hours
Potatoes, baked	45 mins.	Dandelions	2 to 3 hours
Sweet potatoes, boiled	45 mins.	Beet greens	1 hour
Sweet potatoes, baked	1 hour	Onions	1 to 2 hours
Squash, boiled	25 mins.	Beets	1 to 5 hours
Squash, baked	45 mins.	Turnips	45 mins. to 1 hour
		Parsnips	from ½ to 1 hour

TIME FOR BROILING

Steak, 1 inch thick	4 to 6 mins.	Fish, thick	15 to 25 mins.
Steak, 1½ inch thick	8 to 15 mins.	Chickens	20 to 30 mins.
Fish, small and thin	5 to 8 mins.		

Dr. Watson's Invalid Port, all Druggists and Grocers—See page 48