

- For 1 ounce butter take 2 tablespoons.
 For 1 ounce flour take 4 tablespoons.
 For $\frac{1}{2}$ ounce baking powder take 6 tablespoons.
 For 1 tablespoon take 3 teaspoons.
 For 1 cup take 16 tablespoons (dry material).
 For 1 tablespoon (liquid) take 4 teaspoons.
 For 1 wine glass take 4 tablespoons.
 For 1 pint take 2 coffee cups.
 For 1 ounce salt take 1 tablespoon.

—MRS. JANE STACEY, Bowmanville, Ont.

- 2.—10 eggs are equal to 1 pound.
 1 pound brown sugar, 1 pound white sugar, powdered
 or loaf sugar broken is equal to 1 quart.
 1 pound butter when soft is equal to 1 quart.
 1 pound Indian meal and 2 ounces is equal to 1 quart.
 1 pound wheat flour is equal to 1 quart.
 4 large tablespoons are equal to $\frac{1}{2}$ gill.
 8 large tablespoons are equal to 1 gill.
 16 large tablespoons are equal to $\frac{1}{2}$ pint.
 A common-sized wine glass holds $\frac{1}{2}$ a gill.
 A common-sized tumbler holds $\frac{1}{2}$ pint.
 4 teacups liquid are equal to 1 quart.

—MRS. THOS. SMITH, Jamestown, Ont.

THINGS WORTH KNOWING

1. Put soda in sour fruit for pies and they will require less sugar.
2. Figs are good boiled five minutes and served hot.
3. Wrap fruit jars with paper to keep out the light.
4. Never wash raisins, wipe with a dry cloth.
5. After paring fruit drop it in cold water to prevent it changing color.
6. Sugar loses part of its strength by boiling.
7. Wet and flour well the inside of pudding bags.

—MRS. THOS. SMITH, Jamestown, Ont.

TO PREVENT RED ANTS.—Put 1 pint of tar in an earthen vessel, pour on it 2 quarts of boiling hot water and place it in your closet.

25 lbs white Lead
 18 lbs ✓