

**METHODS OF COOKING:**

**Whole or Cracked Grains.**—Put salt and water in the top part of a double boiler and place directly over fire. When it boils, add cereal and stir frequently until it has boiled 10 minutes. Cover closely and set the top in the lower part of double boiler. Cook 3 to 12 hours. NOTE.—Rice will cook in  $\frac{3}{4}$  of an hour.

**Flaked Cereals.**—Put salt and water in a pot and add cereal when the water boils. Stir constantly until it thickens, then boil gently for  $\frac{1}{2}$  hour, stirring often to prevent burning. NOTE.—These are much nicer if cooked the same as whole grains.

**Granular Cereals.**—Put salt and water in top part of a double boiler and place directly over fire. When it boils hard, sprinkle in the cereal, stirring quickly all the time. Stir and boil until it thickens. If quantity decreases, add more boiling water. Cover closely and set the top in the lower part of double boiler. Cook from 1 to 4 hours.

Breakfast cereals may be cooked the day before they are used, but should be left in the pot and should not be stirred while reheating. A tablespoon of water poured over the top after it is cooked will prevent a skin forming over the top.—MACDONALD INSTITUTE, Guelph, Ont.

**WEIGHTS AND MEASURES FOR  
BAKING**

- For 1 pound of lard take 2 cups.
- For 1 pound butter take 2 cups.
- For 1 pound white flour take 4 cups.
- For 1 pound Graham flour take  $4\frac{1}{2}$  cups.
- For 1 pound cornmeal take  $2\frac{2}{3}$  cups.
- For 1 pound confectioner's sugar take  $3\frac{1}{2}$  cups.
- For 1 pound brown sugar take  $2\frac{2}{3}$  cups.
- For 1 pound raisins (packed) take 2 cups.
- For 1 pound currants take  $2\frac{1}{2}$  cups.
- For 1 pound stale bread crumbs take 2 cups.
- For 1 pound eggs take 9 eggs (large).