## HOUSEKEEPERS' WEICHTS AND MEASURES.

2 teaspoonfuls $=1$ dessertspoonful.
2 dessertspoonfuls $=1$ tablespoonful.
2 tablespoonfuls $=1$ ounce.
2 cupfuls $=1$ pint.
I quart flour $=1$ pound.
I tablespoonful salt $=I^{\text {rounce}}$.
. 4 tablespoonfuls $=1$ wineglassful.
4 wineglasses $=1$ coffeecupful.

Use exactly the quantity of baking powder specified in rccipes. Too much is as bad as too little.

Notre.-Where baking powder is specified in these recipes, none but Jordan's Baking Powder should be used to ensure satisfactory results.

