

Spoon and Cup Measure.

Four even teaspoonfuls liquid equal one even tablespoonful.

Three heaping teaspoonfuls dry material equal one even tablespoonful.

Sixteen tablespoonfuls liquid equal one cupful.

Twelve tablespoonfuls dry material equal one cupful.

Two cupfuls equal one pint.

Four cupfuls equal one quart.

Four cupfuls flour equal one quart or one pound.

Two cupfuls solid butter equal one pound.

Two cupfuls granulated sugar equal one pound.

Two and one-half cupfuls powdered sugar equal one pound.

One pint milk or water equals one pound.

One dozen eggs should weigh $1\frac{1}{2}$ pounds.

Skim milk is heavier than whole milk, and cream is lighter than either, while pure milk is 3 per cent. heavier than water.

Table of Proportions.

One teaspoonful soda to one cupful molasses.

One teaspoonful soda to one pint sour milk.

Two teaspoonfuls baking powder to one quart of flour.

One-half cupful of yeast or one-quarter cake of compressed yeast one pint liquid.

One teaspoonful salt to two quarts flour.

One teaspoonful salt to one quart soup.

One scant cupful of liquid to two full cupfuls of flour for bread.

One scant cupful of liquid to two full cupfuls of flour for muffins.

One scant cupful of liquid to one full cupful of flour for batters.

One quart water to each pound of meat and bone for soup stock.

Four peppercorns, four cloves, one teaspoonful mixed herbs for each quart of water for soup stock.