

The PURITY COOK BOOK

TABLE OF EQUIVALENTS

The recipes in this book call for standard spoons and 8-oz. measuring cups. The 8-oz. measuring cup is equal in volume to a half-pint wine measure. When a milk bottle is used for measuring purposes, it should be noted that a Canadian pint milk bottle contains 20 ozs.—4 ozs. more than a pint wine measure.

All measurements are level.

3 teaspoons.....	1 tablespoon
4 tablespoons.....	$\frac{1}{4}$ cup
2 cups.....	1 pint (16 ozs.—wine measure)
2 pints.....	1 quart (32 ozs.—wine measure)
2 tablespoons.....	1 fluid ounce

1 cup raisins weighs.....	6 ounces
1 cup currants.....	6 ounces
1 square chocolate or 4 tablespoons grated chocolate.....	1 ounce
1 cup shortening.....	7 ounces
$\frac{1}{2}$ cup uncooked rice boils to.....	$1\frac{1}{4}$ cups

To measure shortening—e.g., $\frac{1}{4}$ cup shortening: Fill measuring cup to the three-quarter cup line with cold water, add sufficient shortening to bring water to the one-cup line, then pour off water.

TEMPERATURE CHART

Very slow.....	225 to 250 degrees
Slow.....	250 to 300 degrees
Moderate.....	300 to 375 degrees
Hot.....	375 to 475 degrees
Very hot.....	475 to 500 degrees

PURITY FLOUR
★ BEST FOR ALL YOUR BAKING ★