

Mustard and baking-powder are apt to settle in the can, and therefore should be stirred to lighten before measuring.

Salt lumps easily, and the lumps should be broken before measuring.

Dry materials, such as flour, should be measured lightly with a scoop or spoon, and not packed hard into the measure.

Every household should have measuring cups, measuring tablespoons and teaspoons on hand.

All the recipes in this book call for level or flat measurements.

To measure butter, lard, or any kind of fat, pack solidly into the cup or spoon and make level with a knife. If the fat is very hard, it may be softened by leaving it in a warm place for awhile, or it may be cut into small pieces before measuring it.

To measure a spoonful of any dry material, dip the spoon into it, fill it, lift it and level it with a knife.

For a half spoonful, divide lengthwise.

For a quarter of a spoonful, divide the half crosswise.

For an eighth of a spoonful, divide the quarter diagonally.

Less than one-eighth of a teaspoonful is considered a few grains.

A cupful of liquid is all the cup will hold.

A teaspoonful or tablespoonful is all the spoon will hold.

NOTE.—It will be found that a heaping teaspoonful of dry material, such as baking-powder, is the same as 4 or 5 level teaspoonfuls. Housewives who are not in the habit of using level measurements are apt to think that recipes calling for level measurements require more material than those that they have been using.

EQUIVALENTS

3 teaspoons equal 1 tablespoon	2½ cups powdered sugar equal 1 lb.
4 tablespoons equal ¼ cup	3½ cups confectioners' sugar equal 1 lb.
2 cups equal 1 pint	2 cups milk equal 1 pound
2 pints equal 1 quart	2 cups butter equal 1 pound
4 quarts equal 1 gallon	2 cups finely chopped suet equal 1 lb.
4 cups of flour equal 1 pound	2 cups chopped meat equal 1 pound
4 cups entire wheat flour equal 1 lb.	3 cups raisins equal 1 pound
3 cups (scant) cornmeal equal 1 lb.	4½ cups of coffee equal 1 pound
2½ cups oatmeal equal 1 pound	2 1-7 cups pearl tapioca equal 1 lb.
6 cups rolled oats equal 1 pound	1½ cups instant tapioca equal 10 oz.
4½ cups rye meal equal 1 pound	1½ cups minute tapioca equal 10 oz.
2 cups rice equal 1 pound	40 small prunes equal 1 pound
2 cups granulated sugar equal 1 pound	28 large prunes equal 1 pound
2½ cups brown sugar equal 1 pound	75 apricot pieces equal 1 pound
	3 large bananas equal 1 pound