

HANDY WEIGHTS AND MEASURES.

Wherever possible, exact weights of ingredients should be used, but here is a handy list which will reduce the use of weights and measures considerably :

- For 1 pound of lard take 2 cupfuls.
- For 1 pound of butter take 2 cupfuls.
- For 1 pound of white flour take 4 cupfuls.
- For 1 pound of graham flour take $4\frac{1}{2}$ cupfuls
- For 1 pound cornmeal take 2 2-3 cupfuls.
- For 1 pound granulated sugar take 2 cupfuls.
- For 1 pound powdered sugar take 2 2-3 cupfuls.
- For 1 pound confectioner's sugar take $3\frac{1}{2}$ cupfuls
- For 1 pound brown sugar take 2 2-3 cupfuls.
- For 1 pound raisins (packed) take 2 cupfuls
- For 1 pound currants take $2\frac{1}{4}$ cupfuls.
- For 1 pound stale bread crumbs take 2 cupfuls.
- For 1 pound eggs take 9 eggs (large).
- For 1 ounce of butter take 2 tablespoonfuls.
- For 1 ounce of flour take 4 tablespoonfuls.
- For $\frac{1}{2}$ ounce of baking powder take 6 tablespoonfuls.
- For 1 tablespoonful take 3 teaspoonfuls.
- For 1 pint take 2 coffee-cupfuls.
- For 1 ounce salt take 1 tablespoonful.
- 4 cups flour equal 1 pound.
- 2 tablespoons flour equal 1 ounce.
- 1 tablespoon butter equals 1 ounce.
- 1 cup butter equals $\frac{1}{2}$ pound.
- 1 pint butter equals 1 pound
- 10 eggs equal 1 pound.
- 2 cups granulated sugar equal 1 pound.
- $2\frac{1}{2}$ cups powdered sugar equal 1 pound.
- 2 teaspoons liquid equal 1 tablespoon.
- 4 tablespoons equal 1 wine glass or $\frac{1}{2}$ gill
- 2 wine glasses equal 1 gill or $\frac{1}{2}$ cup.
- 2 gills equal 1 cup or $\frac{1}{2}$ pint.
- 2 cups equal 1 pint.
- 2 pints equal 1 quart
- 4 quarts equal 1 gallon.
- 1 pint liquid equals 1 pound.
- Butter size of an egg equals 1 ounce.