

WEIGHTS and MEASURES

Dash = less than $\frac{1}{8}$ tsp.
3 Teaspoons = 1 Tablespoon
2 Tablespoons = 1 Liquid Ounce
4 Tablespoons = $\frac{1}{4}$ Cup
8 Tablespoons = $\frac{1}{2}$ Cup
16 Tablespoons = 1 Cup
2 Cups = 1 Pint
2 Pints = 1 Quart
4 Quarts = 1 Gallon
16 Ounces = 1 Pound
2 Cups, Liquid = 1 Pound
2 Cups Butter = 1 Pound
2 Cups Gran. Sugar = 1 Pound
4 Cups Flour = 1 Pound
 $\frac{1}{4}$ lb. Print Butter = $\frac{1}{2}$ Cup
Choc., 1 sq. bitter = 1 Ounce
Cheese, 4 cups grated = 1 Pound
Egg Whites, 8 = 1 Cup, approx.
Egg Yolks, 16 = 1 Cup, approx.
Lemon, juice of 1 = 2 to 3 Tablespoons
Macaroni, 1 Cup raw = 2 Cups Cooked
Rice, 1 Cup raw = 3 to 4 Cups Cooked

CONTENTS OF STANDARD CANS

Picnic = $1\frac{1}{4}$ Cups No. 2 - $2\frac{1}{2}$ Cups
No. 300 - $1\frac{3}{4}$ Cups No. $2\frac{1}{2}$ - $3\frac{1}{2}$ Cups
No. 1 Tall - 2 Cups No. 3 - 4 Cups
No. 303 - 2 Cups No. 5 - $7\frac{1}{3}$ Cups
No. 10 - 13 Cups

ABBREVIATIONS

Tsp. - Teaspoon Lb. - Pound
Tblsp. - Tablespoon Sq. - Square
C. - Cup Min. - Minute
Pt. - Pint Hr. - Hour
Qt. - Quart Doz. - Dozen
Oz. - Ounce Mod. - Moderate

OVEN TEMPERATURES

250 - 300 = Slow
325 = Slow-Moderate
350 = Moderate
375 = Quick-Moderate
400 = Moderately Hot
425 - 450 = Hot
475 - 500 = Very Hot