

Queen of the Household / Mrs. M. W. Ellsworth
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TABLE OF WEIGHTS AND
MEASURES.

One cup, where not otherwise specified, indicates an ordinary coffee cup, and holds $\frac{1}{2}$ pint.

Water,	1	cupful	=	$\frac{1}{2}$	pint	=	8	ounces	=	$\frac{1}{2}$	lb.
Vinegar,	1	"		$\frac{1}{2}$	"		8	"		$\frac{1}{2}$	lb.
Milk,	1	"		$\frac{1}{2}$	"		8	"		$\frac{1}{2}$	lb.
Molasses,	1	"		$\frac{1}{2}$	"		12	"		$\frac{3}{4}$	lb.
Cream,	1	"		$\frac{1}{2}$	"		7	"			

Flour, 1 level cup = 4 ounces; 1 heaped cup = 6 ounces (always sifted flour).

Sugar, 1 heaped cup (of crushed or granulated) = 8 ounces.

Butter, 1 even cupful, hard or melted, = 7 ounces.

Suet, same (melted and solidified).

Lard, same.

Eggs, 10 eggs, average size, = 1 lb.

Corn meal, 1 even cup = $4\frac{1}{2}$ ounces.

Ground coffee, 1 heaping cup = 4 ounces = $\frac{1}{4}$ lb.

Tea, 1 heaping cup = 2 ounces.

Teaspoon = $\frac{1}{2}$ tablespoon; heaped = $\frac{1}{2}$ ounce of flour, sugar, starch, rice, barley corn meal; = $\frac{1}{4}$ ounce ground coffee; = 1-8 ounce tea.

Tablespoon—1 tablespoon holds $\frac{1}{2}$ ounce water; heaped, it contains 1 ounce flour, sugar, rice, corn meal, sago, corn-starch, barley, $\frac{1}{2}$ ounce ground coffee, and $\frac{1}{4}$ ounce tea.

Seven tablespoons liquid = 1 gill; 14 tablespoons liquid = 1 cup.

Basting-spoon—1 basting-spoon = 4 tablespoons.

A common-sized tumbler holds $\frac{1}{2}$ pint.

A common-sized wine-glass holds $\frac{1}{2}$ gill.

One generous pint of liquid or 1 pint of chopped meat packed solidly weighs 1 pound.