

Woman's Exchange Cook Book
 Mrs. Minnie Palmer
 [W.B. Conkey Chicago Ill] 1901

WEIGHTS AND MEASURES.

The following table of weights and measures will be useful, and they have the merit of being correct.

Butter the size of an egg = 2 ounces.

Butter the size of a walnut = 1 ounce.

One solid pint of chopped meat = 1 pound.

Eight or ten eggs = 1 pound.

One coffee cupful of butter, pressed down = one-half pound.

Four teaspoonfuls = 1 tablespoonful liquid.

One tablespoonful of soft butter, well rounded = 1 ounce.

Four tablespoonfuls or half a gill = 1 wineglass.

Two wineglasses or half a cup = 1 gill.

Two gills = 1 coffee cupful.

Two coffee cupfuls = 1 pint.

Two pints = 1 quart.

Four quarts = 1 gallon.

Two tablespoonfuls liquid = 1 ounce.

One tablespoonful of salt = 1 ounce.

Sixteen ounces = 1 pound, or a pint of liquid.

One rounded tablespoon of flour = one-half ounce.

Three cups of corn meal = 1 pound.

One and one-half pints of corn meal = 1 pound.

Four coffee cupfuls of sifted flour = 1 pound.

One quart of unsifted flour = 1 pound.

One pint of granulated sugar = 1 pound.

Two coffee cupfuls of powdered sugar = 1 pound.

One pint of brown sugar = thirteen ounces.

Two and a half cups of powdered sugar = 1 pound.