

American Pure Food Cook Book / David Child  
 [Geo. M. Hill Company Chicago 22] 1899

When dry ingredients, liquids, and fats are called for in the same recipe, measure the dry ingredients first, then the liquids, and then the fats, thereby using but one spoon.

The combining, or mixing, of the ingredients is of great importance. The stirring, beating, cutting, and folding require considerable experience, and care should be taken in all cases to follow strictly the instructions in the recipes in regard to these processes.

**WEIGHTS AND MEASURES.** The following table of weights and measures has been compiled with care and is thoroughly reliable:—

4 salt-spoonfuls of liquid . . . . .	=	1 teaspoonful.
4 teaspoonfuls of liquid . . . . .	=	1 tablespoonful.
3 teaspoonfuls dry material . . . . .	=	1 tablespoonful.
4 tablespoonfuls of liquid . . . . .	=	$\frac{1}{2}$ cupful.
16 tablespoonfuls of liquid . . . . .	=	1 cupful.
12 tablespoonfuls of dry material . . . . .	=	1 cupful.
8 heaping tablespoonfuls of dry material . . . . .	=	1 cupful.
1 tablespoonful of liquid . . . . .	=	$\frac{1}{2}$ ounce.
1 pint of liquid . . . . .	=	1 pound.
2 gills of liquid . . . . .	=	1 cup or $\frac{1}{2}$ pint.
1 kitchen cup . . . . .	=	$\frac{1}{2}$ pint.
1 heaping quart of sifted flour . . . . .	=	1 pound.
4 cups of flour . . . . .	=	1 quart or 1 pound.
1 rounded tablespoonful of flour . . . . .	=	$\frac{1}{2}$ ounce.
3 cups of corn-meal . . . . .	=	1 pound.
1 $\frac{1}{2}$ pints of corn-meal . . . . .	=	1 pound.
1 cup of butter . . . . .	=	$\frac{1}{2}$ pound.
1 pint of butter . . . . .	=	1 pound.
1 tablespoonful of butter . . . . .	=	1 ounce.
Butter the size of an egg . . . . .	=	2 ounces.
Butter the size of a walnut . . . . .	=	1 ounce.
1 solid pint of chopped meat . . . . .	=	1 pound.
10 eggs . . . . .	=	1 pound.
A dash of pepper . . . . .	=	$\frac{1}{8}$ teaspoonful.
2 cups of granulated sugar . . . . .	=	1 pound.
1 pint of granulated sugar . . . . .	=	1 pound.
1 pint of brown sugar . . . . .	=	13 ounces.
2 $\frac{1}{2}$ cups of powdered sugar . . . . .	=	1 pound.

A pinch of salt represents 205 grains, or a tablespoonful.  
 Half a pinch of pepper represents 38 grains, or a teaspoonful.  
 A third of a pinch of nutmeg represents 13 grains, or half a teaspoonful.