

## MEASURES

3 teaspoons = 1 tablespoon  
 2 teaspoons = 1 dessertspoon  
 16 tablespoons = 1 cup  
 10 $\frac{2}{3}$  tablespoons =  $\frac{2}{3}$  cup  
 8 tablespoons =  $\frac{1}{2}$  cup  
 6 tablespoons =  $\frac{3}{8}$  cup  
 5 $\frac{1}{3}$  tablespoons =  $\frac{1}{3}$  cup  
 2 tablespoons = 1 liquid ounce  
 2 cups = 1 pint  
 4 cups = 1 quart  
 4 quarts = 1 gallon  
 8 quarts = 1 peck  
 4 pecks = 1 bushel

## EQUIVALENTS

2 tablespoons butter = 1 ounce  
 2 cups butter or lard = 1 pound  
 4 tablespoons flour = 1 ounce  
 4 cups flour = 1 pound  
 4 $\frac{1}{2}$  cups whole-wheat or graham flour = 1 pound  
 5 cups cake flour = 1 pound  
 3 cups corn meal = 1 pound  
 2 $\frac{1}{3}$  cups granulated sugar = 1 pound  
 2 $\frac{2}{3}$  cups loosely packed brown sugar = 1 pound  
 3 $\frac{1}{2}$  cups confectioners' sugar = 1 pound  
 1 ounce chocolate = 1 square, or 3 tablespoons, grated  
 3 cups raisins = 1 pound  
 2 $\frac{1}{3}$  cups rice = 1 pound  
 8 to 10 egg whites = 1 cup  
 5 cups grated cheese = 1 pound  
 6 $\frac{3}{8}$  tablespoons cream cheese = one 3-ounce package

## SIZE OF CANS

8 oz. = 1 cup or 8 oz.  
 Picnic = 1 $\frac{1}{4}$  cups or 10 $\frac{1}{2}$  oz.  
 No. 1 = 2 cups or 1 lb.  
 No. 2 = 2 $\frac{1}{2}$  cups or 1 lb. 4 oz.  
 No. 2 $\frac{1}{2}$  = 3 $\frac{1}{2}$  cups or 1 lb. 12 oz.  
 No. 3 = 4 cups or 2 lbs.  
 No. 10 = 13 cups or 6 lbs. 8 oz.

## OVEN CHART (Cont.)

### ROAST MEATS

	Temp.	Time per Pound
Beef, rare	300°-350°	18-22
Beef, medium	300°-350°	22-25
Beef, well-done	300°-350°	27-30
Rolled roasts	300°-350°	30-35
Meat loaf	350°	45-60
Lamb	300°-350°	30-35
Fresh pork	300°-350°	30
Cured pork	300°-325°	25-30
Veal	300°	30
Chicken	300°-350°	22-30
Duck	300°-325°	20-25
Goose	300°-350°	20-25
Turkey	300°-325°	15-25
Fish	400°-450°	10-15

### MEAT THERMOMETER

	Temp. Degrees F.
Beef ribs	
Rare	140°
Medium	160°
Well-done	170°
Beef Sirloin	
Medium	160°
Well-done	170°
Beef tenderloin	160°-170°
Beef rump	170°
Fresh pork	185°
Cured pork	160°
Lamb	180°
Medium	175°
Well-done	182°
Veal	170°

### FRIED FOODS

	Temp. of Fat	Time in Minutes
Croquettes of cooked food	375°-385°	2
uncooked food	370°	5-6
Doughnuts	370°-375°	2-3
Fritters	365°-375°	2-5
French-fried potatoes	370°	5-7
then	390°	1-1 $\frac{1}{2}$
Vegetable rings	380°	2-3
Oysters and clams	375°	1-2
Small fish	375°-385°	2-5

### CANDY AND FROSTINGS

	Temp. of Syrup
Thread	230°-234°
Soft ball	234°-240°
Firm ball	244°-250°
Hard ball	250°-265°
Light crack	270°-290°
Hard crack	300°-310°

My Better Homes & Gardens  
 Cook Book, 5th edition  
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