

Weights and Measures

(All Level For Dry Ingredients)

3 teaspoons	1 tablespoon
2 tablespoons	1 fluid ounce
4 tablespoons	$\frac{1}{4}$ cup
8 tablespoons	$\frac{1}{2}$ cup
16 tablespoons	1 cup
2 tablespoons sugar	1 ounce
2 cups granulated sugar	1 pound
$2\frac{3}{4}$ cups brown sugar	1 pound
$2\frac{3}{4}$ cups powdered sugar	1 pound
4 tablespoons flour	1 ounce
4 cups flour	1 pound
3 cups cornstarch	1 pound
3 cups corn meal	1 pound
4 cups dried currants	1 pound
2 cups seeded raisins	1 pound
2 tablespoons butter	1 ounce
4 tablespoons butter	$\frac{1}{4}$ cup
2 cups butter or lard	1 pound
10 medium sized eggs	1 pound
2 cups milk	1 pint

OVEN TEMPERATURES

Slow — 250 to 350 degrees Fahrenheit.
 Moderate — 350 to 400 degrees Fahrenheit.
 Hot or "quick" — 400 to 450 degrees Fahrenheit.
 Very Hot — 450 to 550 degrees Fahrenheit.

SOUPS

"The way to a man's heart is through his stomach."

TOMATO SOUP WITH MACARONI

Take one can of tomatoes and strain, put in a pinch of Baking Soda, and add one qt. of milk. Thicken with two teaspoons flour. Boil some macaroni and when well cooked, add to the soup. This makes enough for five persons.

—Mrs. Harold Skinner

TOMATO SOUP

Into your left over tomato juice put an oxo cube, a cup or two of water. This makes a good quick soup.

—Mrs. C. J. Tucker

CREAM OF CELERY SOUP

1 quart of chopped celery
 $1\frac{1}{2}$ pints cold water
 1 pint milk
 2 tablespoons flour
 1 tablespoon butter
 $\frac{1}{2}$ teaspoon chopped onion
 1 bay leaf Salt to season
 Method— Boil celery in water. There should be one pint when strained, then rub butter and flour together till quite smooth, heat the milk; add slowly to flour mixture, then stir into celery stock which should be to boiling heat.

—Miss Elizabeth Cole

POTATO SOUP

3 potatoes
 1 quart milk
 2 tablespoons flour
 2 tablespoons butter
 1 teaspoon salt
 $\frac{1}{8}$ teaspoon pepper
 1 sliced onion
 Method— Boil and mash potatoes, cook onion with butter and flour in milk. When scalding, pour hot milk over mashed potatoes.

—Miss Jessie Cole

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