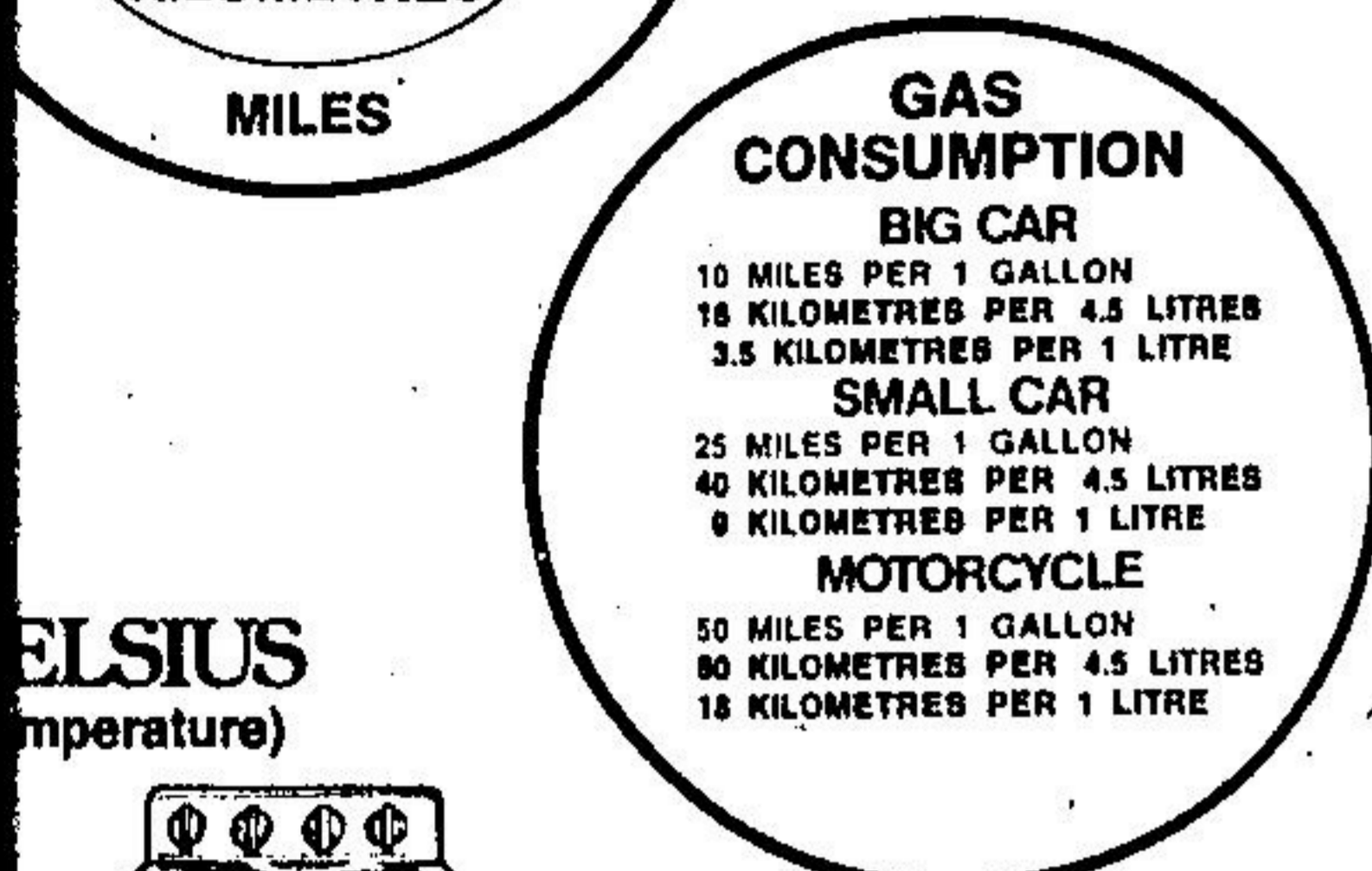
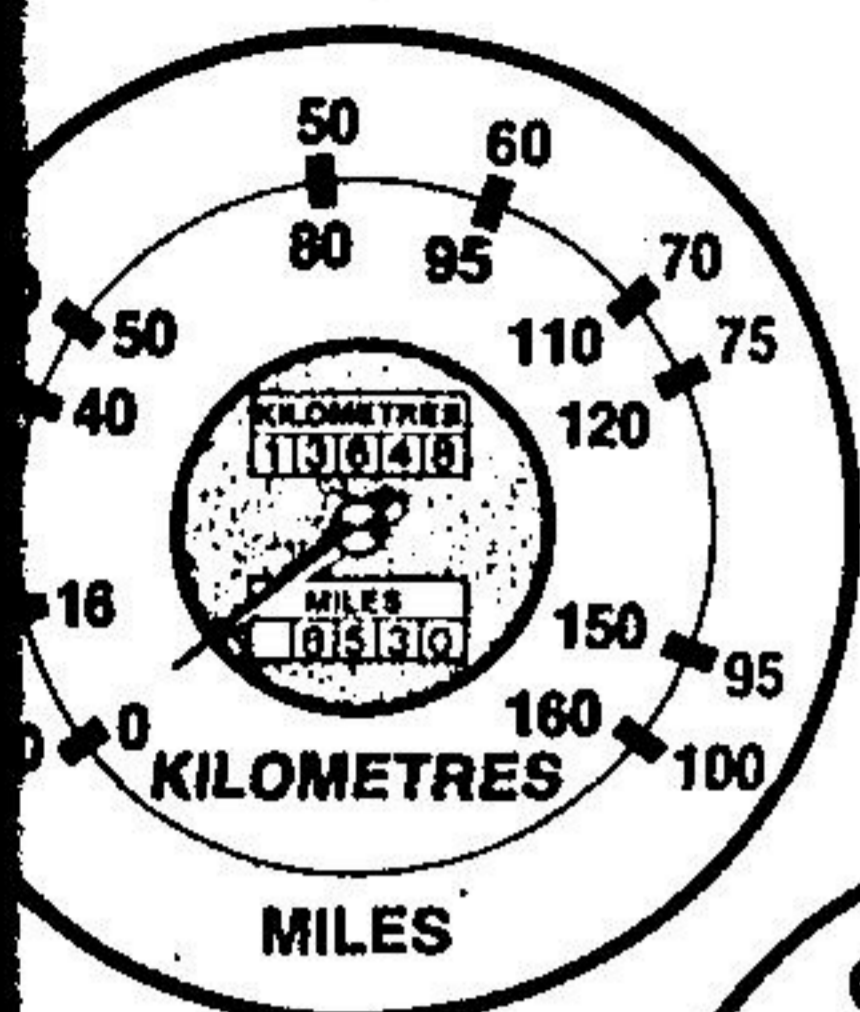
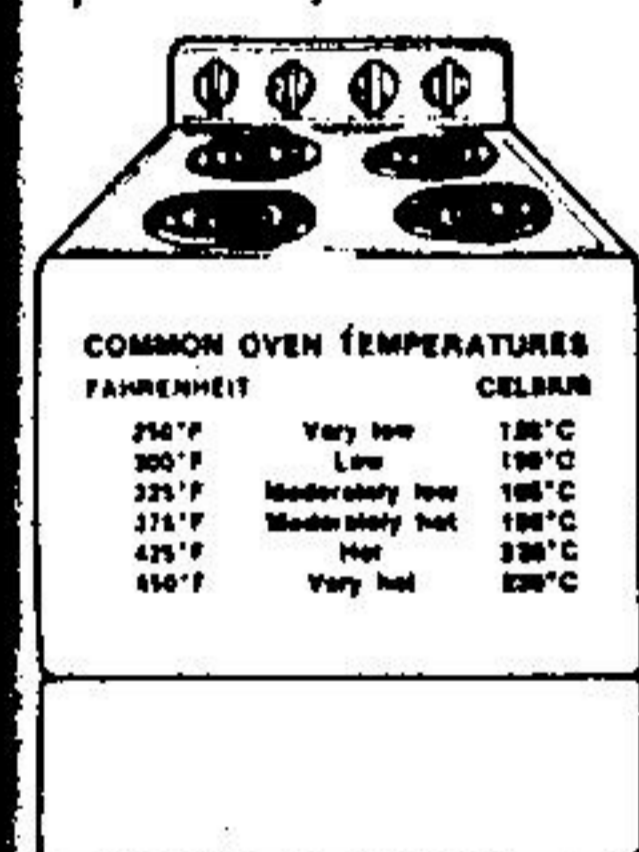


# They say it's easy to think Metric



## CELSIUS (temperature)



There'll be no big change when cooking with metrics.

The new metric measures for recipes and kitchen measuring equipment will be as close as possible to the old.

Old recipes can be used indefinitely, with the aid of conversion stickers which can be stuck in the back of cook books.

The new metric cook books will probably come equipped with similar stickers for conversion to old units.

Conversion stickers will probably be used to convert oven temperatures also. Under the metric system, temperatures are measured in degrees Celsius. (Water freezes at 0 degrees C and boils at 100 degrees C.) The minutes per pound formula for cooking meat will have to be adjusted, not only for the difference in temperature measurement but for the difference in mass, as meat will be measured by the kilogram.

Will we have to convert our present recipes? No—just keep on the same way, but eventually recipes will be shown using metric measures.

There will be five measuring spoons—1, 2, 5, 15 and 25 millilitres. Cups will be divided into 250 millilitres.

Here's a conversion table.

Conversion table  
There's not much difference between our customary cups and the metric measures. For example:

8oz. (1 cup) + 1 tbs equals 250 ml (1 1/4 l)  
2 cups + 2 tbs. equals 500 ml (1/2 l)  
4 cups + 4 tbs. equals 1000 ml (1 l)  
1 quart = 1 cup equals 1 litre

Here are three recipes for chocolate chip cookies—first the old recipe, then the same recipe converted to metric, and last the recipe as it will appear when all the concern is long over.

## Try chocolate cookies

### Chocolate chip cookies

Here is an ingredient listing for a current recipe with the metric equivalents.

Imperial	Metric Conversion
1 3/4 cups all-purpose flour	437.5 ml
1/2 tsp. baking soda	2.5 ml
1/2 tsp. salt	2.5 ml
1 cup butter or margarine	250 ml
2/3 cup granulated sugar	167 ml
2/3 cup lightly packed brown sugar	167 ml
1 egg	1
1 tsp. vanilla	5 ml
1 (6 oz.) package chocolate chips	250 ml
1/2 cup chopped nuts	125 ml

The amounts marked with an asterisk required rounding to whole numbers or to multiples of 25. Testing showed sugar amounts could be increased if shortening was decreased. Revised recipe is given below.

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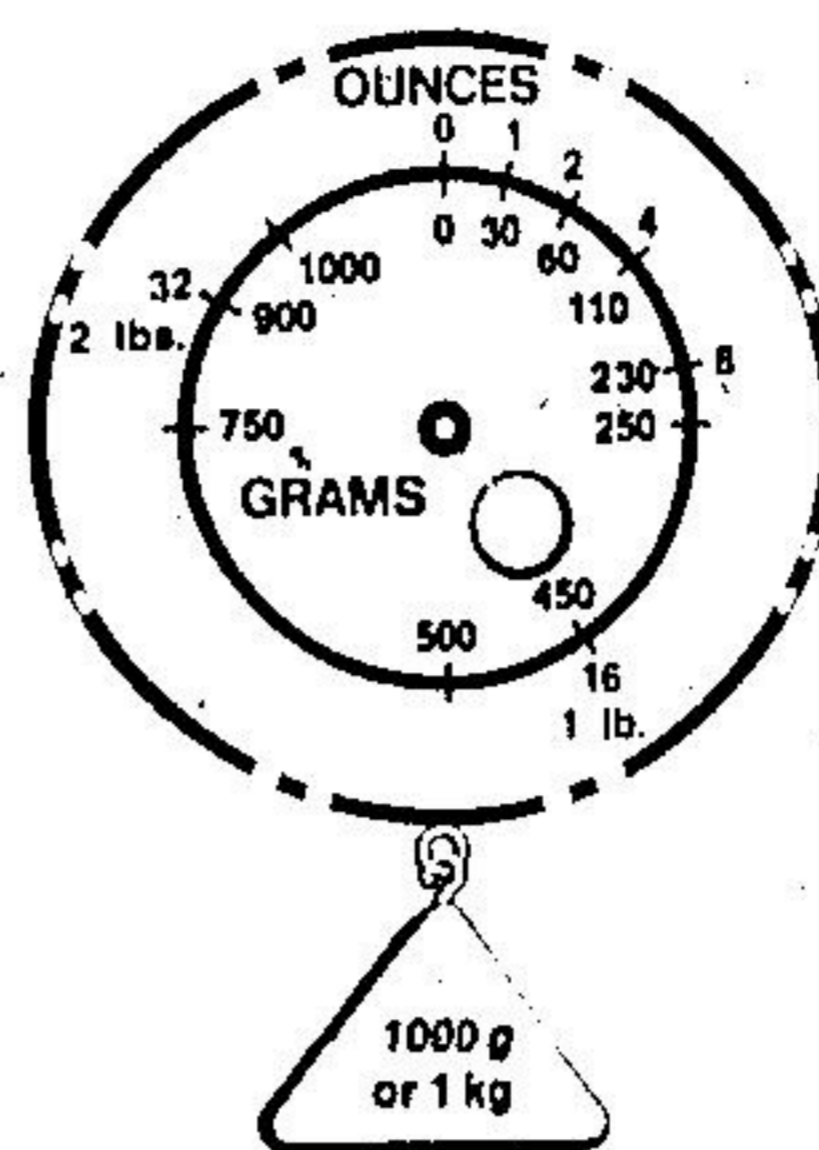
### REVISED METRIC

1/2 cup all-purpose flour	125 ml
2 ml baking soda	2 ml
2 ml salt	2 ml
225 ml butter or margarine	225 ml
175 ml granulated sugar	175 ml
175 ml lightly packed brown sugar	175 ml
1 egg	1
5 ml vanilla	5 ml
250 ml chocolate chips	250 ml
125 ml chopped nuts	125 ml

Preheat oven to 190 degrees C. Lightly grease a baking sheet. Sift together flour, baking soda and salt. Cream butter and sugars together. Beat in egg and vanilla until light and fluffy. Stir in dry ingredients with chocolate chips and nuts. Drop batter from a teaspoon about 5 cm apart on prepared baking sheet.

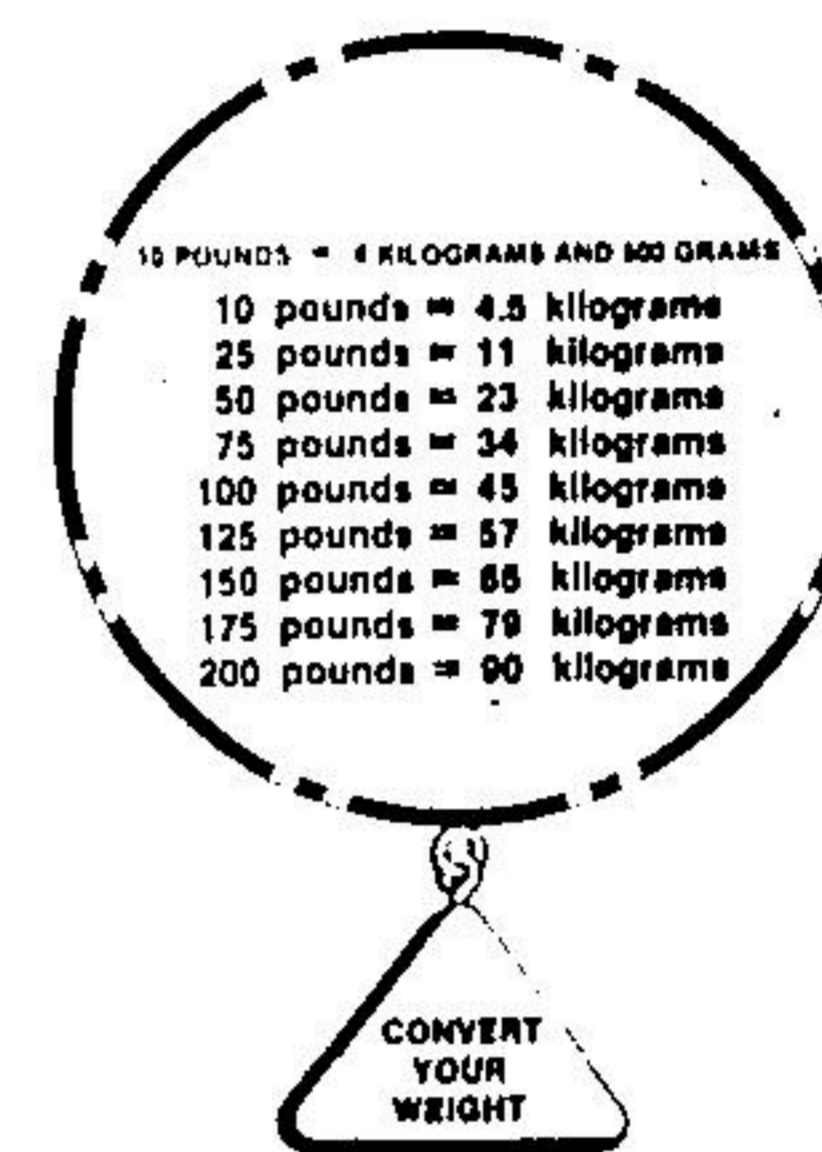
Bake in preheated 190 degrees C (375 degrees F.) oven for 8 to 10 minutes, or until golden brown. Makes 4 to 5 dozen.

An egg is still an egg. They couldn't make the hen go metric.



## GRAM & KILOGRAM (mass)

125 g = 4.4 oz.  
250 g = 8.8 oz.  
500 g = 17.6 oz.  
1000 g or 1 kg = 35.3 oz.  
450 kg = 1000 lbs.  
900 kg = 2000 lbs.  
1 t (tonne) = 2200 lbs.



## The Metric world

The metre, the unit of length in the metric system of measurement was created by members of the Paris Academy of Sciences following the request of the Constituent Assembly of France in 1790.

In 1875, 17 nations signed the Treaty of the Metre, establishing the metric system as an international measurement system. This treaty also established the General Conference of Weights and Measures (C.G.P.M.) to conceive, develop and maintain precise international standards of measure. Canada adhered to that treaty on June 15, 1907.

In 1960, the C.G.P.M. adopted a metric system founded on six base units. The world wide abbreviation for the International System of Units thus created is SI.

Today, almost 94 per cent of the world's population (99.8 not counting the U.S.A.) is now on the metric system or is converting to it.

Outside of the United States, the only countries that have not yet formally adopted the metric system are:

Country	Population
Barbados	238 000
Gambia	375 000
Jamaica	1 869 000
Liberia	1 571 000
Nauru	6 000
Sierra Leone	2 590 000
Tonga	89 000
Yemen People's Democratic Republic	1 475 000
Total	8 213 000

Out of a world population of 3 706 000 000.

## The deadline is 1980

Canada is preparing to Go Metric on a national scale by 1980, and Halifax is getting its first road signs in kilometres already.

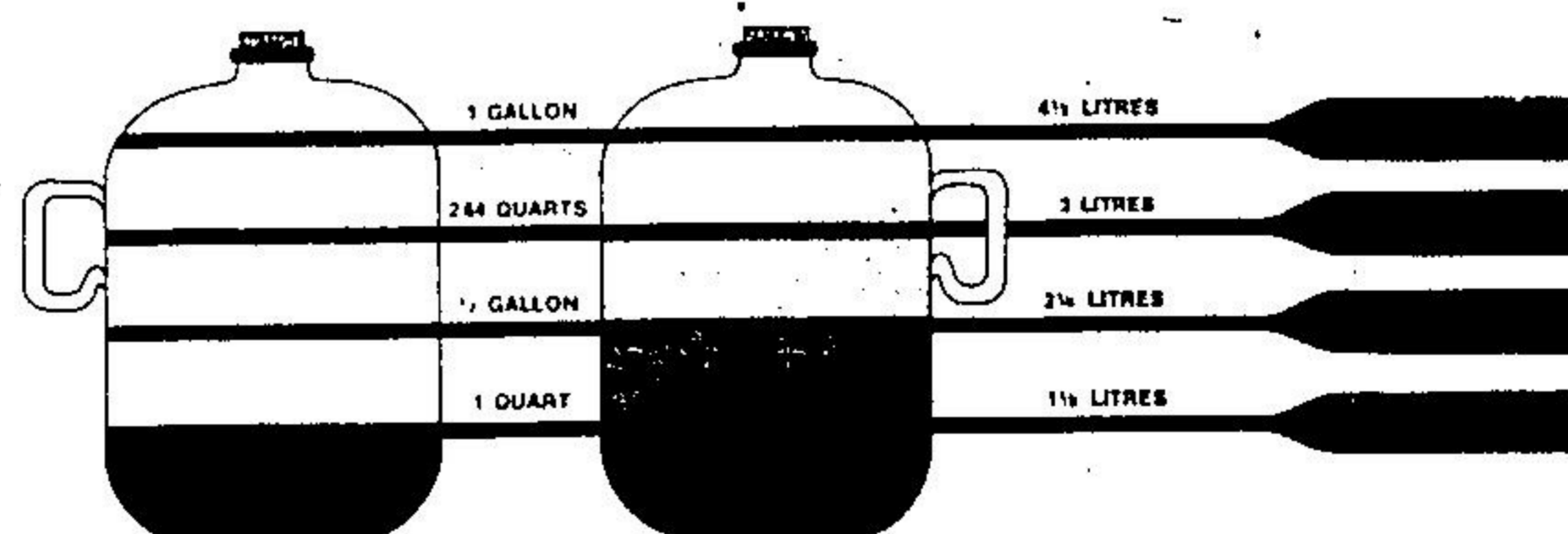
The Imperial system of weights and measures is being phased out of existence almost everywhere, even in Britain where it originated.

The metric system has already begun to creep in to our lives. Some consumer products like toothpaste and certain pharmaceuticals are measured metrically.

Last April the temperature in weather reports came in degrees Celsius—a new name for Centigrade. By this coming September, rain and snow reports will be given in metric units.

Conversion date for all road signs in August, 1977.

## LITRE (volume)



NOTE: Measurements are approximated for easy conversion.

1 LITRE = 10 DECILITRES (dl)  
1 LITRE = 100 CENTILITRES (cl)  
1 LITRE = 1000 MILLILITRES (ml)

A millimetre is one thousandth of a metre and a kilometre is one thousand metres. Conversion of a unit to a multiple or submultiple is done by a simple movement of the decimal point. For example:

1 km equals 1000 m (1 km equals 1 m X 1000)  
1 dm equals 0.1 m (1 dm equals 1 m divided by 10)  
1 cm equals 0.01 m (1 cm equals 1 m divided by 100)  
1 mm equals 0.001 m (1 mm equals 1 m divided by 1000)

Normal room temperature

Thickness of a paper match  
Average coffee cup is about 10 cm high  
Length of a man's stride  
Distance across Canada, at its widest  
is 5,160 km

Large size of toothpaste holds 150 ml  
Large bottle of wine

Mass of a paper clip  
Mass of a telephone has the mass of 2 kg  
Mass of a compact car

50 km/h is the usual speed limit on city streets

200 kPa is a typical tire pressure  
Mass of rear wheels of a car