TABLE OF WEIGHTS AND MEASURES.

One cup, where not otherwise specified, indicates an ordinary coffee cup, and holds \( \frac{3}{4} \) pint.

- Water, \( \frac{1}{4} \) cupful = \( \frac{1}{8} \) pint = 8 ounces = \( \frac{1}{3} \) lb.
- Vinegar, \( \frac{1}{4} \) " = 8 " = \( \frac{1}{3} \) lb.
- Milk, \( \frac{1}{4} \) " = 8 " = \( \frac{1}{3} \) lb.
- Molasses, \( \frac{1}{4} \) " = 12 " = \( \frac{1}{4} \) lb.
- Cream, \( \frac{1}{4} \) " = 7 "

Flour, 1 level cup = 4 ounces; 1 heaped cup = 6 ounces (always sifted flour).

- Sugar, 1 heaped cup (of crushed or granulated) = 8 ounces.
- Butter, 1 even cupful, hard or melted, = 7 ounces.
- Suet, same (melted and solidified).
- Lard, same.
- Eggs, 10 eggs, average size, = 1 lb.
- Corn meal, 1 even cup = 4 1/2 ounces.
- Ground coffee, 1 heaping cup = 4 ounces = \( \frac{1}{4} \) lb.
- Tea, 1 heaping cup = 2 ounces.

Teaspoon = \( \frac{1}{2} \) tablespoon; heaped = \( \frac{1}{2} \) ounce of flour, sugar, starch, rice, barley, corn meal; \( \frac{1}{2} \) ounce ground coffee; = 1-8 ounce tea.

Tablespoon—1 tablespoon holds \( \frac{1}{2} \) ounce water; heaped, it contains 1 ounce flour, sugar, rice, corn meal, sago, corn-starch, barley, \( \frac{1}{2} \) ounce ground coffee, and \( \frac{1}{4} \) ounce tea.

- Seven tablespoons liquid = 1 gill; 14 tablespoons liquid = 1 cup.
- Basting-spoon—1 basting-spoon = 4 tablespoons.
- A common-sized tumbler holds \( \frac{3}{4} \) pint.
- A common-sized wine-glass holds \( \frac{1}{2} \) gill.

One generous pint of liquid or 1 pint of chopped meat packed solidly weighs 1 pound.