 Completely Revised [Rinehart & Co.: New York] c. 1942, 1944

Minced Onion: Cut onion in half. Then cut the surface of one of the halves into tiny squares as deep as desired. While holding the onion half firmly on a cutting surface, slice off ⅛″ slices at a time—the minced onion dropping off as you slice.

Minced Parsley: Use scissors to cut fine. Or lay on cutting surface, and while holding firmly with left hand, mince with sharp knife. Mince mint in same way.

Onion Juice: Cut onion in half, then scrape juice from center with edge of teaspoon. Wrap remaining onion in waxed paper.

Salad Oil: A cooking oil made of cottonseed, corn, soy bean or peanut oil. Excellent for sautéing, deep fat or shallow frying, salad dressings, or for use in recipes calling for melted fat or shortening.

Seasoned Flour: Flour mixed with salt and pepper in the proportions of 1 c. flour to 1 tablesp. salt and ¼ teasp. pepper.

Shortening: The term shortening in our recipes refers to such solid fats as butter, vitaminized margarine, vegetable or blended shortening or lard. See descriptive paragraph at beginning of each chapter in which recipes call for shortening. For use of lard in cakes, see Lard as Shortening, p. 693.

Soft Bread Crumbs: See Soft Bread Crumbs, p. 518.

Toast Points: Made by cutting each slice of toast diagonally from one corner to opposite corner.

How *to* Measure

In following the recipes in this cook book remember that the abbreviation c. means cupful, teasp. means teaspoonful, and tablesp. means tablespoonful.

Correct measuring of ingredients is essential if you would follow our recipes with consistent success. *All measurements are level.*

Use half pint (1 cup), 2 cup, or 1 quart measures which conform to the standards of the U. S. Bureau of Standards of the Dept. of Commerce.

For dry ingredients, the measuring cups with the one cup marking at the rim are especially convenient. For liquids, the cup with this graduation below the rim is excellent, since it avoids spilling. There is

also a nest of four single capacity cups measuring ¼ cup (c.), ½ c., ⅓ c., and 1 c. each, which makes the accurate measuring of fractions of a cup such as ¼ c. or ⅓ c. much easier.

For measuring spoons, use one of the sets which come attached to a ring, and ranging in size from ¼ teasp. to 1 tablesp.

In Measuring Flour

Sift all flours except whole-wheat, buckwheat, rye, or bran, once, *immediately before measuring,* because flour packs in standing, and 1 cup (c.) of unsifted flour, for example, may amount to 1¼ c. to 1½ c. of sifted flour.

After sifting, use either of the following methods of measuring the flour: Sift the flour directly into the measuring cup without jarring or tapping, and then level it off with the edge of a kitchen knife or spatula. Or dip up heaping spoonfuls of the sifted flour, place them lightly in the cup, fill to slightly overflowing without jarring or tapping, and then level off as above. Never dip the measuring cup into the flour and never tap the cup as you fill it—for then the flour will pack down and your measuring will be inaccurate and your results uncertain.

In Measuring Liquids

Place the measuring cup on a level surface and fill the cup exactly to the level desired. When emptying, tap to remove every drop. Molasses and syrups come out more readily, if the cup or spoon is first greased, or rinsed in cold water.

In Measuring Shortening

In measuring shortening be sure to pack it into the measuring cup or spoon so firmly that there are no air spaces. To level off the top, use the edge of the knife. Both the packing and leveling off of shortening such as butter or margarine will be easier if it is taken out of the refrigerator a little ahead of using. Vegetable shortenings, blended shortening and lard are usually easy to measure.

A quick way to measure shortening—say one-half cupful—is by the water displacement method. It works as follows: For ½ cup (c.) of shortening, fill the 1 c. measuring cup half full of cold water and add shortening, always pushing it under the water until the water is exactly at the one cup level. Then pour off the water and use the ½ c. of shortening that remains. This method may be used when measuring any other fraction of a cup.

Remember that in 1 lb. prints of butter, each ¼ lb. stick equals ½ cup (c.) or 8 tablesp. Half of the ¼ lb. stick equals ¼ c. or 4 tablesp. To measure 2 tablesp., cut off ¼ of the ¼ lb. stick.

If a recipe calls for melted fat, remember that it doesn't matter whether you measure it before or after melting—it's the same amount. However, if the fat is hard, it's simpler to measure it after melting.

In Measuring Sugar

Sift granulated, confectioners' and powdered sugar before measuring if there are lumps. Then measure as directed in In Measuring Flour, p. 58. With brown sugar, roll out any lumps with a rolling pin before measuring, then pack it down solidly in the cup.

Note: One cup can be made to do for measuring both dry and liquid ingredients, if the dry ingredients are measured first. Then measure the fats, then the syrups, and finally any other liquids.

In Using Measuring Spoons

To measure 1 tablesp., 1 teasp., ½ teasp., or ¼ teasp., fill the measuring spoon to overflowing, then level it by passing the edge of a kitchen knife or spatula across the top. To measure half spoonfuls, fill the spoon level full, then divide the contents lengthwise with a knife and remove half.

TABLE OF EQUIVALENT MEASURES

Speck	Less than ⅛ teasp.
Dash	Less than ⅛ teasp.
3 teasp.	1 tablesp.
2 tablesp.	⅛ cup (c.)
4 tablesp.	¼ cup (c.)
5 tablesp. + 1 teasp.	⅓ cup (c.)
10 tablesp. + 2 teasp.	⅔ cup (c.)
12 tablesp.	¾ cup (c.)
16 tablesp.	1 cup (c.)
2 cups (c.)	1 pt.
2 pts.	1 qt.
4 qts.	1 gal.
8 qts.	1 peck
4 pecks	1 bushel
16 oz. (dry measure)	1 lb.

TABLE OF EQUIVALENTS

Food	Weight	Approximate Measure
Apples	1 lb.	3 medium (3 c. sliced)
Bananas	1 lb.	3 medium (2½ c. sliced)
Bread crumbs, soft	1 lb. 2 oz. loaf	6½ c. soft bread crumbs (lightly packed)
Butter, or other shortening	1 lb.	2 c.
Cheese, American Cheddar	½ lb.	2 c. grated
Cheese, cream	3 oz. pkg.	6 tablesp.
Chocolate, unsweetened	1 oz.	1 sq.
Coffee, ground	1 lb.	5 c. ground (Makes 40 standard measuring cups of coffee beverage, or 53 coffee cup size servings.)
Cream, heavy	½ pt.	1 c. (2 c. whipped)
Dates, pitted	7¼ oz. pkg.	1 c. cut-up
Egg whites	About 8 to 11 egg whites	1 c.
Egg yolks	About 12 to 14 egg yolks	1 c.
Flour:		
Cake	1 lb.	5 c. sifted
All-Purpose	1 lb.	4 c. + 2 tablesp. sifted
Whole-Wheat	1 lb.	3½ to 4 c. unsifted
Lemon juice	1 medium lemon	3 tablesp. lemon juice
Lemon rind	1 medium lemon	2 tablesp. grated rind
Milk:		
Evaporated	14½ oz. can (net wt.)	1⅔ c.
Evaporated	6 oz. can (net wt.)	¾ c.
Sweetened condensed	14 oz. can (net wt.)	1¼ c.
Nuts in shell:		
Almonds	1 lb.	1 c. nut meats
Brazil nuts	1 lb.	1½ c. nut meats
Peanuts	1 lb.	2 c. nut meats
Pecans	1 lb.	2¼ c. nut meats
Walnuts	1 lb.	2 c. nut meats
Nuts, shelled:		
Almonds	1 lb. 2 oz.	4 c.
Pecan meats	1 lb.	4 c.
Walnut meats	1 lb.	4 c.
Brazil nut meats	1 lb.	3 c.
Orange juice	1 medium orange	½ c. juice
Orange rind	1 medium orange	2½ tablesp. grated rind

TABLE OF EQUIVALENTS—Continued

Food	Weight	Approximate Measure
Potatoes:		
White	1 lb.	3 medium (2⅓ c. sliced)
Sweet	1 lb.	3 medium (3 c. sliced)
Raisins:		
Seeded	15 oz. pkg.	2¾ c. (not packed)
Seedless	15 oz. pkg.	3 c. (not packed)
Rice	1 lb.	2 c. (about 7½ c. cooked)
Sugar:		
Brown, light	1 lb.	3 c. (firmly packed)
Brown, dark	1 lb.	2¼ c. (firmly packed)
Confectioners'	1 lb.	4 c. sifted
	1 lb.	3⅓ c. unsifted
Granulated	1 lb.	2 c.
Powdered	1 lb.	2⅓ c.
Tomatoes	1 lb.	3 medium
Tea leaves	1 lb.	5 c. tea leaves. (Makes 120 standard measuring cups tea beverage or 159 teacup size servings.)

TABLE OF SUBSTITUTIONS

1 sq. unsweetened chocolate. = 3 tablesp. cocoa. (If substituting in cake or cookie batter which originally called for chocolate, also add 1 tablesp. shortening for every 3 tablesp. cocoa.)

1 tablesp. cornstarch (for thickening) = 2 tablesp. flour

1 c. sifted all-purpose flour = 1 c. plus 2 tablesp. sifted cake flour

1 c. sifted cake flour = 1 c. minus 2 tablesp. sifted all-purpose flour

1 teasp. baking powder = ¼ teasp. baking soda plus ½ teasp. cream of tartar

1 c. bottled milk = ½ c. evaporated milk plus ½ c. water

1 c. sour milk = 1 c. sweet milk into which 1 tablesp. vinegar or lemon juice has been stirred; or 1 c. buttermilk

1 c. sweet milk = 1 c. sour milk or buttermilk plus ½ teasp. baking soda and minus 2 teasp. of the baking powder in recipe

1 c. canned tomatoes = About 1⅓ c. cut up fresh tomatoes, simmered 10 min.

1 teasp. powdered cinnamon or nutmeg = ¾–1 teasp. imitation cinnamon or nutmeg extract