

Better Homes and Gardens New Cook Book
 Revised edition; first printing c. 1953, 1962
 (Inside back cover)

WEIGHTS AND MEASURES

- | | |
|----------------------------|----------------------|
| 3 teaspoons=1 tablespoon | 1 cup=8 fluid ounces |
| 4 tablespoons=1/4 cup | 1 cup=1/2 pint |
| 5 1/2 tablespoons=1/2 cup | 2 cups=1 pint |
| 8 tablespoons=1/2 cup | 4 cups=1 quart |
| 10 3/4 tablespoons=3/4 cup | 4 quarts=1 gallon |
| 12 tablespoons=3/4 cup | 8 quarts=1 peck |
| 16 tablespoons=1 cup | 4 pecks=1 bushel |

HOW MUCH AND HOW MANY

- | | |
|---------------------------------|----------------------------|
| Butter, chocolate | Fruits, vegetables |
| 2 tablespoons butter=1 ounce | Juice of 1 lemon= |
| 1 stick or 1/4 pound butter= | 3 to 4 tablespoons |
| 1/2 cup | Grated peel of 1 lemon= |
| 1 square chocolate=1 ounce | 1 teaspoon |
| Crumbs | Juice of 1 orange= |
| 20 salted crackers= | 6 to 7 tablespoons |
| 1 cup fine crumbs | Grated peel of 1 orange= |
| 12 graham crackers= | about 2 teaspoons |
| 1 cup fine crumbs | 1 medium apple, chopped= |
| 22 vanilla wafers= | 1 cup |
| 1 cup fine crumbs | 1 medium onion, chopped= |
| 8 to 9 slices zwieback= | 1/2 cup |
| 1 cup fine crumbs | 1/4 pound celery (about 2 |
| 1 slice bread=1/2 cup | stalks), chopped=1 cup |
| soft crumbs | Cheese and eggs |
| Cereals | 1 pound process cheese, |
| 4 ounces macaroni (1-1 1/4 | shredded=4 cups |
| cups)=2 1/4 cups cooked | 1/4 pound blue cheese, |
| 4 ounces noodles (1 1/2-2 | crumbled=3/4 to 1 cup |
| cups)=2 1/4 cups cooked | 12 to 14 egg yolks=1 cup |
| 4 ounces spaghetti (1-1 1/4 | 8 to 10 egg whites=1 cup |
| cups)=2 1/2 cups cooked | Nuts |
| 1 cup uncooked rice (6 1/2 to 7 | 1 pound walnuts in shell= |
| ounces)=3-3 1/2 cups cooked | 2 cups, shelled |
| 1 cup precooked rice=2 cups | 1/4 pound chopped walnuts= |
| cooked | about 1 cup |
| | 1 pound almonds in shell= |
| | about 1 cup, shelled |

EMERGENCY SUBSTITUTIONS

- | | |
|-------------------------------|-------------------------------|
| 1 tablespoon cornstarch= | 1 cup sour milk=1 tablespoon |
| 2 tablespoons flour | lemon juice or vinegar |
| 1 square (1 ounce) chocolate= | plus sweet milk to make |
| 3 tablespoons cocoa plus | 1 cup |
| 1 tablespoon butter | 1 cup milk=1/2 cup evaporated |
| 1 whole egg=2 egg yolks | milk plus 1/2 cup water, |

CAN SIZES

- | | |
|----------------------------|-----------------------------------|
| 8 ounce=1 cup | No. 2=2 1/2 cups or 20 ounces |
| Picnic=1 1/4 cups or | No. 2 1/2=3 1/2 cups or 29 ounces |
| 10 1/2 to 12 ounces | No. 3 cylinder=5 3/4 cups |
| 12-ounce vacuum=1 1/2 cups | or 46 fluid ounces |
| No. 300=1 3/4 cups or | No. 10=12 to 13 cups or 6 1/2 |
| 14 to 16 ounces | pounds to 7 pounds, 5 ounces |
| No. 303=2 cups or | (equal to 7 No. 303 cans or |
| 16 to 17 ounces | 5 No. 2 cans) |

OVEN CHART

Very slow oven.....	250°-275°
Slow oven.....	300°-325°
Moderate oven.....	350°-375°
Hot oven.....	400°-425°
Very hot oven.....	450°-475°
Extremely hot oven.....	500°-525°

ROASTING

	Temp.	Min. per pound
Standing roasts		
Beef		
Rare.....	325°	20-22
Medium.....	325°	24-27
Well-done.....	325°	29-32
Veal.....	325°	35-40
Lamb.....	325°	30-35
Fresh pork		
Loin or blade		
	325°	35-40
Crown.....	325°	50-55
Ham—(See timetable on page 253 for specific times.)		
Rolled roasts (all).....	allow	10 minutes more per pound
	Temp.	Total time
Poultry		
Chicken.....	400°	1 1/4-2 1/4 hrs.
Duckling.....	325°	1 1/2-2 hrs.
Turkey (8-12 pound)*		
Open pan		
	325°	4-4 1/2 hrs.
In foil.....		
	450°	2 1/4-3 hrs.
*(See timetable, page 272, for specific times.)		

THERMOMETER READINGS FOR MEATS

	Temp. of meat
Beef	
Rare.....	140°
Medium.....	160°
Well-done.....	170°
Veal.....	170°
Lamb.....	170-180°
Fresh pork.....	185°
Turkey	
In open pan.....	195°
In foil.....	190°

BROILING

	Total time in minutes
Beef steaks*	
1-inch	
Rare.....	10-15
Medium.....	12-20
1 1/2-inch	
Rare.....	15-20
Medium.....	20-30
*(Place thin steaks near heat; thick steaks not so close.)	
Lamb chops, steaks	
1-inch	
Medium.....	10-12
Well-done.....	12-16
1 1/2-inch	
Medium.....	15-18
Well-done.....	18-22
Ham slice (1-inch)	
Fully cooked type.....	10-15
Cook-before-eating.....	18-20
Chicken halves.....	40-45
(5 to 7 inches from heat)	

