

## Table of Substitution

<b>Ingredient</b>	<b>Quantity</b>	<b>Substitute</b>
Baking Powder	1 tsp double-acting	1 1/2 tsp phosphate or tartarate or 1 1/4 tsp baking soda plus 1/2 cup buttermilk or sour milk
Butter	1 cup	1 cup margarine
Chocolate	1 square unsweetened	3 cups cocoa plus 1 tbs shortening
Cream	1 cup coffee cream	3 tbs butter plus 7/8 cup milk
	1 cup heavy cream	1/3 cup butter plus 3/4 cup milk
Eggs	1 whole egg	2 egg yolks
Flour for Thickening	1 tbs	1/2 tbs cornstarch or 2 tsp quick-cooking tapioca
Flour	1 cup all purpose	1 cup plus 2 tbs cake flour
	1 cup cake flour	7/8 cup all purpose flour
	1 cup self rising	1 cup flour, omit baking powder and salt
Herbs	1 tbs fresh	1 tsp dried
Honey	1 cup	1 to 1/4 cups sugar plus 1/4 cup liquid
Milk	1 cup fresh whole	1 cup reconstituted non fat dray milk plus 2 tsp butter
	1 cup whole milk	1/2 cup evaporated milk plus 1/2 cup water
	1 cup sour milk	1 tbs lemon juice or vinegar plus sweet milk to make one cup
Yeast	1 cake compressed	1 package or tsp active dry yeast

## Most Useful Weights and Measures

<b>Calls For</b>	<b>Substitute</b>
A Pinch	1/8 teaspoon or less
1 Tablespoon	3 teaspoons
4 Tablespoons	1/4 cup
8 Tablespoons	1/2 cup
12 Tablespoons	3/4 cup
1 Cup Liquid	1/2 pint
2 Cups Liquid	1 pint
4 Cups Liquid	1 quart
2 Pints Liquid	1 quart
4 Quarts	1 gallon
8 Quarts	1 peck, such as apples or pears
16 Ounces	1 pound

## Table of Equivalents

<b>Food</b>	<b>Quantity</b>	<b>Yield</b>
Apples	1 medium	1 cup sliced
Bread Crumbs	3 to 4 slices bread	1 cup dry crumbs
	1 slice bread	3/4 cup soft crumbs
Cabbage	1 pound	4 cups shredded
Cheese	1/4 pound	1 cup shredded
Cherries	1 quart	2 cups pitted
Crackers Graham	15	1 cup fine crumbs
Crackers Soda	16	1 cup coarse crumbs
	22	1 cup fine crumbs
Cranberries	1 pound	3 to 3 1/2 cups sauce
Dried Raisins, Currants	1 pound	3 cups seedless
Dried Dates	1 pound	2 1/2 cups, chopped
Dried Beans	1 cup	2 1/2 cups, chopped
Eggs	4 medium	1 cup
	8 medium egg whites	1 cup
	12 to 14 medium egg yolks	1 cup
Flour	1 pound sifted	4 cups
Lemon	1	2 to 3 tbs juice
Macaroni, Spaghetti, Noodles	1/2 pound	4 cups cooked
Nuts, Peanuts	5 ounces	1 cup
Pecans, Chopped	4 1/4 ounces	1 cup
Pecans, Halves	3 3/4 ounces	1 cup
Walnuts, Chopped	4 1/2 ounces	1 cup
Walnuts, Halves	3 1/2 ounces	1 cup
Onion	1 medium	1/2 cup chopped
Orange	1	1/3 to 1/2 cup juice
Rice	1 cup	3 1/2 cups cooked
Rice Precooked	1 cup	2 cups cooked
Sugar, Brown	1 pound	2 1/4 cups firmly packed
Sugar, Confections	1 pound	3 1/2 cups sifted
Sugar, Granulated	1 pound	2 1/4 cups