
TABLE OF CONTENTS

ACKNOWLEDGEMENTS

INTRODUCTION	1
A WORD ABOUT MEASUREMENT EQUIVALENTS	5
What's volume? What's weight?	5
Who did the measuring in this book?	6
Metric vs. Imperial.....	7
Imperial vs. US Customary.....	9
HOW TO CONVERT THE MEASURES in the LIST OF INGREDIENTS.....	13
'Americanizing' measures: Converting to a volume (e.g., cups)	14
'Anglicising' measures: Converting to a weight	15
LIST OF INGREDIENTS and THEIR EQUIVALENT MEASURES	17
SUBSTITUTES & OTHER TRANSFORMATIONS	143
RECIPES.....	165
MEASUREMENTS CHARTS, CONVERSIONS, &C.....	185
Quick-reference charts & conversion formulas for:	
Weights.....	185
Fluid Volume (Fl. Oz.).....	191
Lengths	203
Temperatures	209
Food staples: Butter, Flour, Sugar quick reference charts.....	217
Food staples: Eggs, Milk, Cream (British v American).....	237
American sizes: cups and cans	243
MEASURING TOOLS & DEFINITIONS, PAN SIZES, &C.	247
BIBLIOGRAPHY	259
INDEX.....	263