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# HOW TO MAKE A HANDY KITCHEN MEASURE

**W**AR-TIME food shortages and the advent of new foods like dried eggs and household milk mean that the housewife has to try her hand at many new recipes. Good results cannot be expected unless the ingredients are measured out accurately. But war-time shortages also extend to kitchen equipment and many households are unable to obtain proper scales or measures. Following out recipes by guesswork or by using cupfuls or handfuls as measurements is liable to lead to disappointment. This can be avoided if a handy kitchen measure is made from a 2 lb. jam jar as described in the following pages. Housewives will find the measure saves time and labour and avoids waste.

# SUGAR

1lb.

12oz.

8oz.

4oz.

# FLOUR

12oz.

8oz.

4oz.

# HARICOT BEANS

1lb.

12oz.

8oz.

4oz.

# OATMEAL

1lb.

12oz.

8oz.

4oz.

# LIQUIDS

1pt.

$\frac{3}{4}$ pt.

$\frac{1}{2}$ pt.

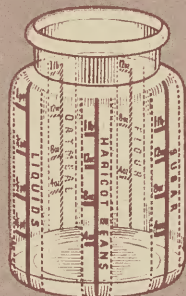
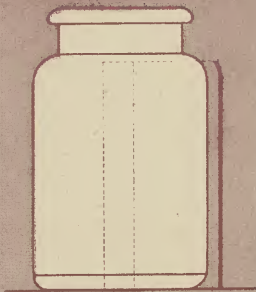
$\frac{1}{4}$ pt.



## Instructions on how to make your HANDY KITCHEN MEASURE

YOU require a 2 lb. glass jam jar, a small quantity of good sticking glue (waterproof type if possible), and a small quantity of varnish (when available). Carefully cut out the measure strips on page 2. Glue these to your jar at regular intervals so that you get a clear space between each pair of strips. Be very careful that the bottom of your strip is level with the base of the jar—in fact, before sticking down it is wise to see that the end of the strip touches the table. When you have the strips in position lift the jar and press the lower end of each strip closely on to the jar. You now have a complete measure which can be relied upon. If you use a waterproof glue and varnish the surface of the strips you can use the jar for measuring liquids as well.

HERE is another way to make your jar suitable for liquid measures, if you are handy with a small paint brush. Stick your strips on as above, but using paste or non-waterproof glue. Then carefully rule a line down the side of your paper strip in white enamel, marking at right-angles the measure marks, and then in long hand putting in the quantities, 4 oz., 8 oz., 12 oz., etc. When the paint is quite dry immerse the jar in water and the paper strips can be carefully removed. This will leave the white enamel markings which will be impervious to water when you wish to wash the jar.



### Note

WHEN measuring other than liquids, place dry product into the measure then gently tap the bottom of the jar on the table until the contents are level with the measure mark.

# SPOON MEASURE

WHERE spoon measures are required it is very necessary that a standard type should be used. At the foot of this page you will see oval shaped diagrams in three sizes. They represent the outside measurements of the recognised standard size teaspoon, dessertspoon, and tablespoon. Place your own spoons over these patterns and they should fit exactly. You can then safely use these for your smaller measures. For a level spoonful fill the spoon to edge level and smooth off any surplus with a knife. This will give you accurate measurements. A heaped spoonful is roughly twice a level spoonful.

## HERE IS YOUR GUIDE SHOWING SPOON MEASURE

	Weight	Spoon Measure
Cocoa ... ..	1 oz. =	2 level tablespoons
Custard powder ... ..	1 oz. =	2 level tablespoons
Dried beans ... ..	1 oz. =	1 level tablespoon
Dried milk ... ..	1 oz. =	2½ level tablespoons
Flour ... ..	1 oz. =	2 level tablespoons
Lentils ... ..	1 oz. =	1 level tablespoon
Mashed potato ... ..	1 oz. =	1 level tablespoon
Oatmeal ... ..	1 oz. =	2 level tablespoons
Rolled oats ... ..	1 oz. =	4 level tablespoons
Syrup and treacle ... ..	1 oz. =	2 level tablespoons
Sugar ... ..	1 oz. =	1½ level tablespoons

