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Regional Development

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### Farm and Home—Kitchen measures save time

Helen M. Gloster  
*Department of Agriculture*

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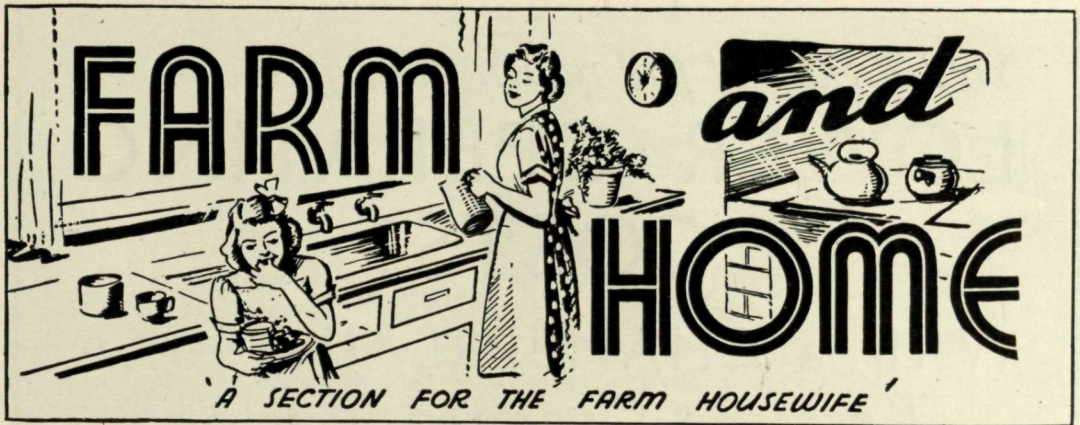
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## Kitchen Measures Save Time

By HELEN M. GLOSTER

**T**HE accurate weighing of cooking ingredients is apt to take up a lot of time in the busy housewife's day and it will be found that a much more speedy and convenient method is to substitute measured quantities such as cupfuls or spoonfuls for the weights.

A word of warning is necessary however. Cup and spoon sizes vary considerably and one can run into quite a "spot of bother" by haphazardly selecting a teacup, teaspoon or tablespoon from the kitchen cupboard or drawer.

It is well worth while to keep a special set of cups and spoons for measuring and to learn the weights of cupfuls and spoonfuls of the most commonly-used ingredients.

### MEASURING CUPS

An even better method is to purchase a set of British standard measuring cups and spoons. The cups may be bought in sets of four containing one-cup, half-cup, third-cup and quarter-cup measures, and they are made in a variety of attractively coloured plastics. By having the four sizes, guesswork in measuring parts of a cupful is reduced to a minimum.

The one-cup measure holds exactly half a pint of liquid; the half-cup a quarter of a pint; the third-cup holds one-sixth of a pint and the quarter-cup one-eighth of a pint.

In using the measuring cups all measures are level with the rim of the cup. Dry foods should be spooned in **lightly** and not shaken or packed down. The weight equivalents given below are for the cupful using the standard British measure shown in the photograph.

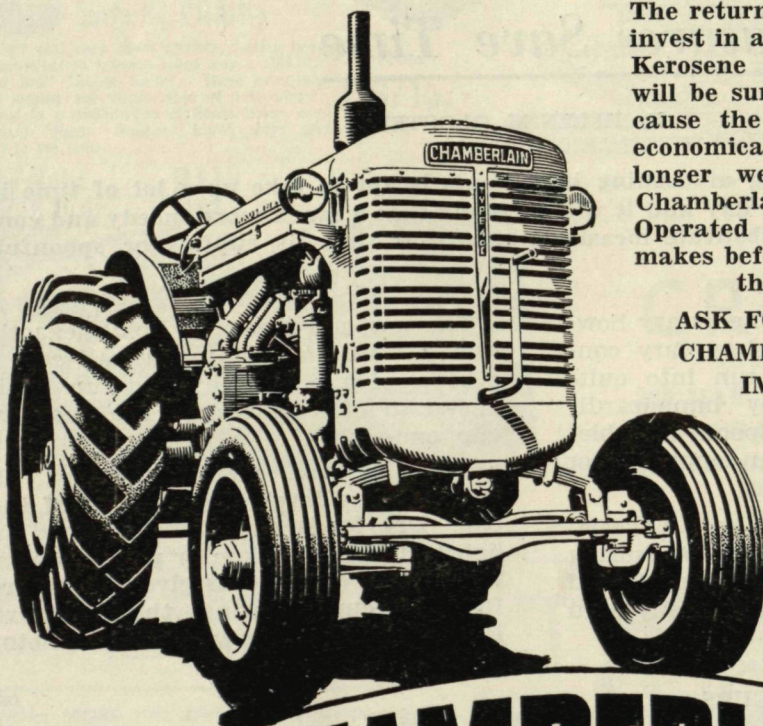
	oz.
Barley	8
Breadcrumbs (fresh)	3
Breadcrumbs (dry, sifted)	6
Cheese (grated)	4
Cocoa	4
Cornflour	5
Custard Powder	5
Dripping	8
Flour (unsifted)	5
Gelatine (granulated)	5
Jam	12 to 16



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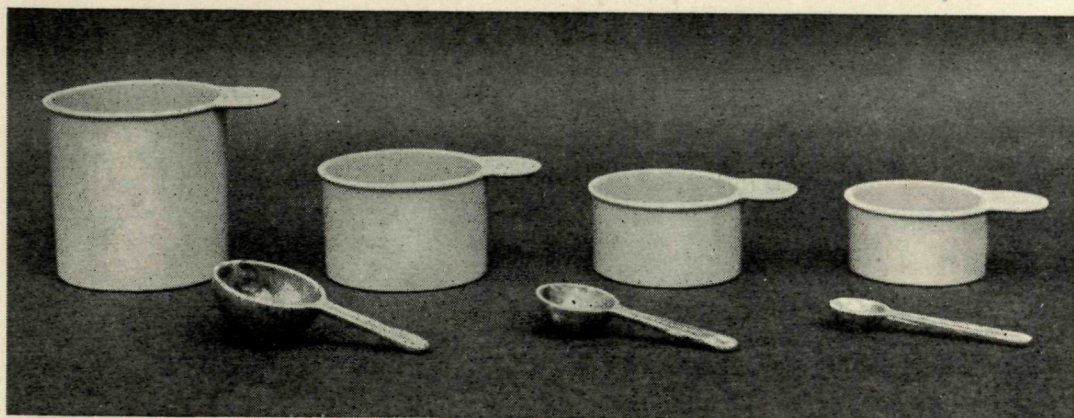
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British standard measuring cups and spoons mentioned in the text.

	oz.
Margarine .....	8
Rolled Oats .....	4
Raisins .....	7
Sultanas .....	6
Syrup or treacle .....	16
Sugar (granulated) .....	8
Powdered Milk .....	4
Semolina .....	6
Cooked Mashed Potato .....	8
Icing Sugar (sifted) .....	4

### SPOON MEASURES

Plastic measuring spoons may be purchased in sets of three or four, usually including the measures for one tablespoonful one-teaspoonful half-teaspoonful and quarter-teaspoonful.

N.B.—Three teaspoonfuls equal one tablespoonful and it is usually the tablespoonful that is used to obtain weight equivalents.

The following table gives the number of standard measure tablespoonfuls which make up an ounce of various ingredients. Here again the measures are level, and it is best to use a knife to strike off the surplus.

### LEVEL TABLESPOONFULS TO THE OUNCE

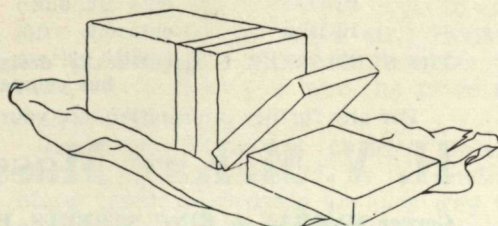
	tablespoon-fuls.
Breadcrumbs (fresh) .....	5
Barley .....	2
Breadcrumbs (dry, sifted) .....	3

	tablespoon-fuls.
Cheese (grated) .....	4
Cocoa .....	3
Dripping .....	2
Cornflour .....	3
Custard powder .....	3
Flour (unsifted) .....	3
Gelatine (granulated) .....	3
Jam .....	1
Margarine .....	2
Powdered Milk .....	4
Rolled Oats .....	4
Saltanas .....	3
Treacle or syrup .....	1
Sugar (granulated) .....	2

### TO MEASURE BUTTER, MARGARINE, COPHA

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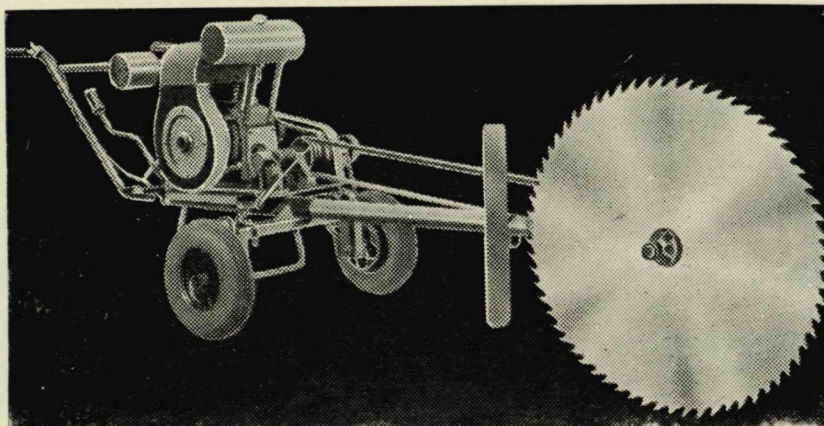
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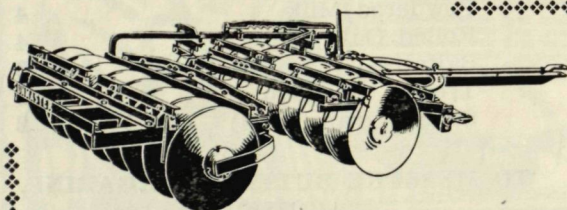
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centre top. Halve and quarter these pieces again with the knife. When cooking all you will have to do is to cut off the required number of ounces according to the knife marks.

There is one brand of butter which comes in a wrapper already stamped for cutting off the butter in two ounce blocks.

It is quite a good idea for the cook to write in a few converted cup and spoon measures beside the weight measures in recipes which she uses frequently. By doing this the converted measures will soon be learnt by heart.

A more comprehensive weight conversion table may be printed later, if there is a demand for it.

N.B.—A spoonful of dry ingredients in many recipe books means as much above the spoon as below. For accuracy measure **two level** spoons whenever a spoonful is indicated. Naturally, a spoonful of **liquid** means a level spoonful.

### LIQUID MEASURE

Of interest to housewives is the difference between a British and an American half-pint. The British half-pint is known as an "Imperial Half-Pint" and a half-pint of water weighs ten ounces. The American half-pint of water weighs approximately eight ounces. These facts are important if the housewife uses an American cookery book.

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## *Diet as an Aid to Regularity*

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By HELEN M. GLOSTER

**C**ONSTIPATION is the source of many human ills, and in a large percentage of cases it originates in incorrect food habits, carelessness, and laziness. The treatment of obstinate and long-standing constipation is a matter for a medical adviser, but in this article I have tried to set out some methods of preventing the trouble.

Before referring to the diet itself, I wish to stress the need for cultivating regular habits. Meals should be eaten at the same time each day with no "picking" at food between meals. It is easy for the housewife to develop bad habits of "picking" at this and that during cooking operations, with the result that she seldom approaches a meal with keen appetite.

Meals should be unhurried with ample time allowed for thorough mastication. The high-speed tempo of modern life is apt to encourage us to rush our meals and get them out of the way as soon as possible.

Start the day with a glass of hot water first thing in the morning and follow this up with frequent drinks of water between meals.

An effort should be made to evacuate the bowels at the same time each morning, persevering until a regular habit is established. Immediately after breakfast is a suitable time.

Daily exercise is essential. The city housewife usually gets this by a daily visit to the shopping centre for supplies of meat and vegetables. Many farm housewives have the care of poultry, collection of eggs and other tasks to ensure a walk in the fresh air. Housework, although it provides exercise in many ways, does not take the place of a brisk walk.

Laxatives should be avoided unless they are recommended by a doctor. Many laxatives provide an easy way to eliminate waste matter from the bowels but at the same time they remove



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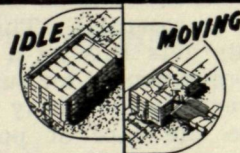
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nutrients before they have a chance of being absorbed into the system. If the taking of laxatives becomes a habit a state of malnutrition will eventually ensue. Some laxatives damage the membranes lining the intestines.

### THE ROLE OF ROUGHAGE

The tone of the bowels will depend largely on the amount of bulk or roughage eaten each day. Bulk will be conveniently provided in the form of whole grain cereals, fresh vegetables and fruits, also dried fruits and pulses such as lentils, dried peas and beans. An apple, early in the morning has excellent laxative properties.

People who suffer from constipation should eat oranges in preference to taking orange juice and citrus drinks. The flesh of the orange will provide extra roughage. Prunes, dates, raisins and nuts are all very good for promoting healthy bowel action.

Medicinal molasses is also good. One teaspoonful to one tablespoonful once or twice a day according to individual needs is effective. It may be dissolved in water, eaten with porridge or taken with other foods. Molasses has the added advantage of containing good quantities of calcium and iron and should be used in cooking wherever possible. Molasses may be substituted for treacle in many recipes.

There are many women with a tendency to constipation who eat a tea and toast breakfast which lacks roughage. Porridge should be eaten for breakfast *every day*. In addition to its other nutrients, porridge contains roughage which assists with the elimination of waste matter from the bowels.

Although oatmeal porridge has the higher nutritive value, wheaten meal has a greater laxative value.

Prepared breakfast cereals containing bran will assist with elimination. It must be remembered, however, that few of these foods have the same nutritive value as porridge and they should not be used to replace porridge. If porridge itself does not provide enough

roughage, a tablespoonful of one of the bran preparations sprinkled over the porridge often proves effective.

A breakfast with roughage included does not necessarily provide sufficient roughage for the day. Roughage in the form of fruit and vegetables, etc., should be provided in all meals.

Highly refined starchy foods, such as white bread, white flour biscuits and cakes should be kept down to a minimum and replaced in part by wholemeal products, like porridge, wholemeal bread, oat and wheatmeal biscuits.

Try to replace factory-made biscuits with home-made ones of the "Crispie" type. These are very helpful in providing the extra roughage as well as other nutrients. They are particularly useful for people who through long habit, refuse to eat porridge for breakfast. Soups containing barley or pulses are extremely useful in promoting bowel action.

Prevention of constipation by means of diet is simply a matter of adjusting existing food habits to suit the needs of the individual. In brief, this means that one should cut down on highly refined foods and eat more foods containing bulk or roughage such as whole grain cereals, fruit, vegetables, pulses and dried fruits.

### OATMEAL CRISPIES

#### *Ingredients:*

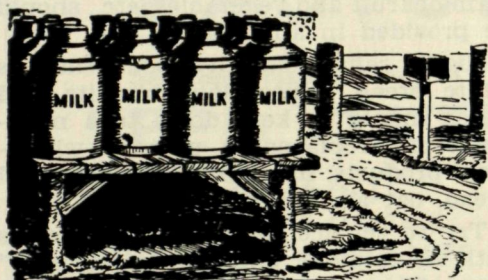
- $\frac{1}{2}$  lb. good cooking fat.
- 1 cup sugar.
- 1 teaspoon treacle, 2 level teaspoons bicarb. soda; or,  $\frac{1}{4}$  teaspoon molasses, 1 bare level teaspoon soda.
- 2 cups rolled oats.
- 2 cups self-raising flour.
- 2 tablespoons boiling water.
- 1 teaspoon vanilla.
- Level teaspoon salt.

#### *Method:*

- (1) Cream fat and sugar, add vanilla.
- (2) Dissolve soda in hot water, then add.



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- (3) Add oats and sifted flour.
- (4) Mix and put in small heaps on a greased slide.
- (5) Bake in a moderate oven until nicely browned (about 15 minutes).
- (6) Keep in airtight tins.

### ANZACS

#### *Ingredients:*

- 1 cup plain flour.
- 1 cup rolled or flaked oatmeal.
- 1 cup cocoanut.
- $\frac{1}{2}$  cup sugar.
- $\frac{1}{4}$  lb. melted fat.

- 1 tablespoon golden syrup.
- 1 level teaspoon bicarb.soda.
- 2 tablespoons boiling water.

#### *Method:*

- (1) Sift flour and mix with dry ingredients.
- (2) Add melted fat.
- (3) Mix syrup, soda and boiling water, then add to other ingredients. Mix well.
- (4) Drop in small pieces on a greased slide.
- (5) Bake in a moderate oven about 20 minutes.

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Shred the soap scraps and use 2 oz. of shredded soap to a pint of boiling water. Place the shredded soap in a basin, pour in the water. Stir well and place by the stove until all soap is dissolved.

Allow to cool when it will form a jelly which will keep for some time.

It may be used in the jelly form, but is better if warmed and allowed to liquify before use.

## PAPER BAGS IN COOKERY

**C**LEAN paper bags are handy in the kitchen and provide a convenient aid to coating meats, etc., with breadcrumbs or flour.

When frying cutlets and other breadcrumb coated dishes, place some breadcrumbs in a suitably-sized paper bag.

Dip the food to be fried into beaten egg, drain off surplus, then pop each piece of food separately into the bag. Draw up the top of the bag in the hand and shake.

Lift the coated food from the bag, press together any loose crumbs, and the evenly-coated cutlets, etc., are ready for frying with no messy plates and dishes to be washed up.

The same method can be used to cover meat with seasoned flour prior to stewing. In this case, the egg is not necessary and the meat, cut into pieces of suitable size, may be placed in the bag containing the flour and shaken up until coated. Surplus seasoned flour may be used for making gravy.

Castor sugar placed in a bag will enable doughnuts to be coated with sugar in the same manner with no waste or mess.—H.M.G.



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