

## EMERGENCY SUBSTITUTIONS

1 cup cake flour	=	1 cup minus 2 tablespoons all-purpose flour
1 tablespoon cornstarch	=	2 tablespoons flour
1 tablespoon cornstarch	=	4 teaspoons quick cooking tapioca
1 teaspoon baking powder plus 1/2 cup of liquid	=	1/4 teaspoon baking soda plus 1/2 cup buttermilk or sour milk
1 cake compressed yeast	=	1 pkg. or 2 teaspoons active dry yeast
1 cup whole milk	=	1/2 cup evaporated milk plus 1/2 cup water
1 cup whole milk	=	1 cup reconstituted nonfat dry milk plus 2 1/2 teaspoons butter or margarine
1 cup sour milk or buttermilk	=	1 tablespoon lemon juice or vinegar plus sweet milk to make 1 cup (let stand 5 minutes)
1 whole egg	=	2 egg yolks (in custard)
1 square (1 ounce) unsweetened chocolate	=	3 tablespoons dry cocoa plus 1 tablespoon butter or margarine
1 tablespoon fresh snipped herbs	=	1 teaspoon dried herbs
1 small fresh onion	=	1 tablespoon instant minced onion, rehydrated
1 teaspoon dry mustard	=	1 tablespoon prepared mustard
1 clove garlic	=	1/8 teaspoon garlic powder
1 cup tomato juice	=	1/2 cup tomato sauce plus 1/2 cup water
1 cup catsup or chili sauce	=	1 cup tomato sauce plus 1/2 cup sugar and 2 tablespoons vinegar (for use in cooked mixtures)

Information Source:  
*Better Homes & Gardens*  
*New Cook Book*  
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