

Conversion Chart

Liquid Measures

1 cup	8 fluid ounces	1/2 pint	237 ml
2 cups	16 fluid ounces	1 pint	474 ml
4 cups	32 fluid ounces	1 quart	946 ml
2 pints	32 fluid ounces	1 quart	0.964 liters
4 quarts	128 fluid ounces	1 gallon	3.784 liters
8 quarts	one peck		
4 pecks	one bushel		
dash	less than 1/4 teaspoon		

Liquid Measure Conversions

				1/2 fl. Ounces	1 tbsp 3 tsp
			1/8 cup	1 fl. Ounces	2 tbsp 6 tsp
			1/4 cup	2 fl. Ounces	4 tbsp 12 tsp
			1/2 cup	4 fl. Ounces	8 tbsp 24 tsp
	1/4 qt	1/2 pt	1 cup	8 fl. Ounces	
	1/2 qt	1 pt	2 cups	16 fl. Ounces	
1/4 gal	1 qt	2 pt	4 cups	32 fl. Ounces	
1/2 gal	2 qt	4 pt	8 cups	64 fl. Ounces	
1 gal	4 qt	8 pt	16 cups	128 fl. Ounces	

Dry Measures

3 teaspoons	1 tablespoon	1/2 ounce	14.3 grams
2 tablespoons	1/8 cup	1 fluid ounce	28.3 grams
4 tablespoons	1/4 cup	2 fluid ounces	56.7 grams
5 1/3 tablespoons	1/3 cup	2.6 fluid ounces	75.6 grams
8 tablespoons	1/2 cup	4 ounces	113.4 grams
1 stick butter	12 tablespoons	3/4 cup	6 ounces
375 pound	170 grams	32 tablespoons	2 cups
16 ounces	1 pound	453.6 grams	64 tablespoons
4 cups	32 ounces	2 pounds	907 grams

Temperature Conversion

To convert Farenheit to Centigrade, subtract 32, multiply by 5, divide by 9.

To covert Centigrade to Farenheit, go into reverse; multiply by 9, divide by 5 and add 32.

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