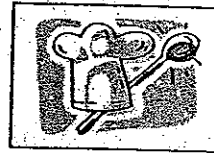


# Measuring Equivalents



USEFUL MEASUREMENTS:		
1/8 tsp.		0.5 mL
1/4 tsp.		1 mL
1/2 tsp.		2 mL
1 tsp.		5 mL
1 tbsp.		15 mL
2 tbsp.		25 mL
1/4 cup	(2 fluid ounces)	50 mL
1/3 cup	(3 fluid ounces)	75 mL
1/2 cup	(4 fluid ounces)	125 mL
2/3 cup		150 mL
3/4 cup		175 mL
1 cup	(8 fluid ounces)	250 mL
1 quart		946.4 mL
1 litre	(1.06 quart)	1000 mL
SOLID MEASUREMENTS:		
Dash		Pinch
1 ounce		28.35 grams
1 pound		450 grams
1 gram		0.035 ounce
1 kilogram		2.2 pounds
LIQUID MEASUREMENTS:		
1 tbsp.		1/2 fluid ounce
2 tbsp.		1 fluid ounce
1 cup	(1/2 pint)	8 fluid ounces
2 cups	(1 pint)	16 fluid ounces
4 cups	(2 pints) (1 quart) (1 litre)	32 fluid ounces
4 quarts	(1 gallon)	128 fluid ounces
8 quarts	(2 gallons)	1 peck
4 pecks		1 bushel

## Conversion Table

### Oven Temperatures

IMPERIAL	METRIC
325 F.....	160 C
350 F.....	180 C
375 F.....	190 C
400 F.....	200 C
425 F.....	220 C
450 F.....	230 C

### Pan Conversion

IMPERIAL	METRIC
8 inch pie plate.....	20 cm pie plate
9 inch pie plate.....	22.5 cm pie plate
10 inch pie plate.....	25 cm pie plate
8 inch round cake pan.....	20 cm round cake pan
9 inch tube pan.....	22.5 cm tube pan
10 inch bundt pan.....	25 cm bundt pan
9 x 5 x 3 inch loaf pan.....	22.5 x 12.5 x 7.5 cm loaf pan
9 x 13 x 2 inch loaf pan.....	22.5 x 32.5 x 5 cm loaf pan
8 x 8 x 3 inch cake pan.....	20 x 20 x 8 cm cake pan
9 x 9 x 2 inch cake pan.....	22.5 x 22.5 x 5 cm cake pan