

## WEIGHTS & MEASURES

3 teaspoons	=	1 tablespoon
4 tablespoons	=	1/4 cup
5 1/3 tablespoons	=	1/3 cup
8 tablespoons	=	1/2 cup
10 2/3 tablespoons	=	2/3 cup
12 tablespoons	=	3/4 cup
16 tablespoons	=	1 cup
1 ounce	=	28.35 grams
1 gram	=	.035 ounces
1 cup	=	8 fluid ounces
1 cup	=	1/2 pint
2 cups	=	1 pint
4 cups	=	1 quart
4 quarts	=	1 gallon
8 quarts	=	1 peck
4 pecks	=	1 bushel
1 quart	=	946.4 milliliters
1 liter	=	1.06 quarts

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