

WEIGHTS AND MEASURES

TABLE W-6
COMMON FOOD WEIGHTS AND MEASURES
(All measurements are level)

ABBREVIATIONS COMMONLY USED

tsp = teaspoon	oz = ounce or ounces
Tbsp = tablespoon	lb = pound or pounds
c = cup	sq = square
pt = pint	min = minute or minutes
qt = quart	hr = hour or hours
gal = gallon	mod. = moderate or moderately
pk = peck	doz = dozen
bu = bushel	

MEASUREMENTS

3 tsp = 1 Tbsp	1 c = 1/2 pt
4 Tbsp = 1/4 c	2 c = 1 lb
5 1/2 Tbsp = 1/3 c	2 c = 1 pt
8 Tbsp = 1/2 c	2 pt (4 c) = 1 qt
16 Tbsp = 1 c	4 qt (liquid) = 1 gal
1 oz = 2 Tbsp	8 qt (solid) = 1 pk
1 gill = 1/2 cup	4 pk = 1 bu
8 oz = 1 c	
16 oz = 1 lb	

BUTTER OR MARGARINE

2 Tbsp = 1 oz
1/2 c = 1/4 lb = 1 stick
2 c = 1 lb

CEREALS

.....	1 c = 1/2 lb
.....	1 c raw precooked = 2 c cooked
Rice	1 c raw converted = 3 to 4 c cooked
Rice	1 c raw long-grain = 4 c cooked
Noodles	1 c = 1 1/4 c cooked
Macaroni	1 c = 2 1/4 c cooked

COFFEE, GROUND

1 lb = 80 Tbsp or 5 c
1/2 c makes 10 c beverage

EGGS

5 eggs = about 1 c
8 to 10 egg whites = 1 c
12 to 15 egg yolks = 1 c

FLOUR

All-purpose	4 c sifted = 1 lb
Cake	1 c sifted = 1 c all-purpose flour less 2 Tbsp
Cornmeal	3 c = 1 lb
Potato flour	1 Tbsp = 2 Tbsp flour (for thickening)
Cornstarch	1 Tbsp = 2 Tbsp flour (for thickening)
Arrowroot	2 tsp = 5 tsp flour (for thickening)

FRUITS

Apples	1 lb = 3 med. or 3 c sliced
Candied fruit	1 lb = 1 1/2 c
..... (whole) ...	1 = 2 to 3 Tbsp juice
.....	1 = about 1 1/2 to 2 tsp
Grated (grated rind)	
Orange (whole) ...	1 = 6 to 8 Tbsp or 1/3 to 1/2 c juice
Orange	1 = about 1 Tbsp (grated rind)
Raisins	1 lb = 3 c

MARSHMALLOWS

1/4 lb = 16

MILK AND CHEESE

Milk	1 c = 1/2 c evaporated milk + 1/2 cup water
Milk	1 cup = 4 Tbsp powdered whole milk + 1 cup water
Cream	1 c = 2 c whipped cream
Cheese (grated) ..	4 to 5 c = 1 lb
Cottage cheese ..	1 c = 1/2 lb
Cream cheese	3-oz package = 7 Tbsp

NUTS

Unshelled	1 lb = 2 c nut meats
Shelled	1 lb = 3 to 4 c nut meats

SUGAR

Granulated	1 lb = 2 c
Brown	1 lb = 2 1/4 c
Confectioners	1 lb = 3 1/2 c
Powdered	1 lb = 2 1/2 c

CONTENTS OF CANS

Size (No.)	Weight	Measure (c)
1/4	4 to 4.5 oz	1/2
1/2	7.5 to 8 oz	1
Picnic		1 1/4
No. 1 short	10 to 13 oz	1 3/4
or No. 300		
No. 1 tall	1 lb	2
or No. 303		
No. 2	1 lb 4 oz	2 1/2
No. 2 1/2	1 lb 14 to 15 oz	3 1/2
No. 3	2 lb to 2 lb 1 oz	4
No. 10	6 lb 8 oz to 8 lb 12 oz	12 to 13

TEMPERATURES

	Fahrenheit (°F)	Centigrade (°C)
Simmering point	180	82
Boiling point of water at sea level	212	100
Ovens:		
Very slow	200 - 250	93 - 121
Slow	300	149
Moderately slow	325	163
Moderate	350	177
Moderately hot	375	191
Hot	400	204
Very hot	450 - 500	232 - 260
Extremely hot	over 500	260