

ABBREVIATIONS COMMONLY USED

#3495

(Abbreviations always are used in the singular form.)

bu	-	bushel	oz	-	ounce
c	-	cup	pk	-	peck
°C	-	degrees Centigrade	pt	-	pint
°F	-	degrees Fahrenheit	lb	-	pound
doz	-	dozen	qt	-	quart
gal	-	gallon	sec	-	second
hr	-	hour	T. or Tbsp	-	tablespoon
min	-	minute	t. or tsp	-	teaspoon
f.g.	-	few grains	sq	-	square

WEIGHT AND VOLUME EQUIVALENTS

COMMON UNITS OF WEIGHT

1 gram	=	0.035 ounces
1 ounce	=	28.35 grams
1 pound (16 ounces)	=	4.53.6 grams

COMMON UNITS OF VOLUME

dash	=	less than 1/8 teaspoon
1-1/2 teaspoons	=	1/2 tablespoon
3 teaspoons	=	1 tablespoon
4 tablespoons	...	=	1/4 cup
8 tablespoons	...	=	1/2 cup
12 tablespoons	...	=	3/4 cup
16 tablespoons	...	=	1 cup
2 cups	=	1 pint
4 cups	=	1 quart
2 pints	=	1 quart
4 quarts	=	1 gallon
8 quarts	=	1 peck
4 pecks	=	1 bushel

COMMON FOOD EQUIVALENTS

1 pound butter or margarine	2 cups or 4 sticks
1/2 pound butter or margarine	1 cup or 2 sticks
1/4 pound butter or margarine	1/2 cup or 1 stick
1 square chocolate	1 ounce
1 ounce chocolate	3 tablespoons cocoa plus 1 tablespoon fat
1 pound coffee, ground	80 tablespoons
1 pound all-purpose flour	4 cups (sifted)
1 medium lemon	3 tablespoons juice
1/4 pound marshmallows	16 large marshmallows
10 miniature marshmallows	1 large marshmallow
1 medium juice orange	1/3 to 1/2 cup juice
1/4 cup finely chopped onion	1 tablespoon instant minced onion
1 pound brown sugar	2-1/4 cups (firmly packed)
1 pound confectioners' sugar	3-1/2 cups (sifted)
1 pound granulated sugar	2 cups