MEASUREMENT CONVERSION

1 teaspoon = 5 ml
1/5 tsp = 1 ml
1 tablespoon - 15 ml
1/5 cup = 50 ml
1 cup = 240 ml
2 cups (1 pint) = 470 ml
4 cups (1 quart) = 95 litre
4 quarts (1 galon) = 3.8 liters
1 dessertspoon = 3-4 ml

1 ml = 1/5 tsp (15 drops)
5 ml = 1 tsp
15 ml = 1 Tbsp (3 tsp)
34 ml = 1 fluid oz
100 ml = 3.4 fluid oz
240 ml = 1 cup
1 liter = 34 fluid oz
1 liter = 4.2 cups
1 liter = 2.1 pints
1 liter = 1.06 quarts
1 liter = .26 gallon

16 tablespoons = 1 cup
12 tablespoons - 3/4 cup
10 tablespooons
+ 2 teaspoons = 2/3 cup
8 tablespoons = 1/2 cup
6 tablespoons = 3/8 cup
5 tablespoons + 1 teaspoon = 1/3 cup
4 tablespoons = 1/4 cup
2 tablespoons = 1/8 cup
2 tablespoons + 2 teaspoons = 1/6 cup
1 tablespoon = 1/16 cup
2 cups = 1 pint
2 pints = 1 quart
3 teaspoons = 1 tablespoon
45 teaspoons = 1 cup

2 teaspoons = 1 desertspoon
1 level tablespoon = 15 ml
1 level teaspoon = 5 ml
1 tablespoon = 3 teaspoons

1 drachm = 1/8 oz
1 teaspoon = 76 drops
3 teaspoons (1 Tbsp) = 228 drops
12 teaspoons (4 Tbsp or 1/4 cup) = 912 drops
48 teaspoons (16 Tbsp or 1 cup) = 3650 drops

DROPS:
15 drops to 1 milliliter
77 drops to 5 ml (1 tsp)
60 drops thick fluid = 1 teaspoon
230 drops = 1 Tbsp (15 ml)
3650 drops = 1 cup
57 drops to 1 dram
60,000 drops to a gallon

DRAMS:
1 dram = 57 drops
64 drams = 1 cup
272 drams = 1 litre

WEIGHT
1 fluid oz = 30 ml
1 fluid oz = 28 grams
1 pound - 454 grams

1 gram = .035 oz
100 grams = 3.5 oz
500 grams = 1.10 pounds
1 kilogram = 2.205 pd
1 kilogram = 35 oz

COOKING
1 stick of butter = 1/4 cup (4 oz or 8 tbsp or 113 g)
1 stick of butter = 1/4 cup (4 oz or 8 tbsp or 113 g)
1 level tablespoon salt = app. 25g or 1 oz
3 level tablespoons flour = app 25g or 1 oz
2 level tablespoons rice = app 25g or 1 oz
5 level tablespoons grated cheese = approx 25g or 1 oz
4 level tablespoons cocoa powder = approx 25g or 1 oz
1 level tablespoon honey/syrup/jam = approx 25 g or 1 oz
2 level tablespoons sugar = approx 25g or 1 oz
4 level tablespoons porridge oats = approx. 25g or 1 oz

1 wineglass = 1/4 cup
1 drachm = 1/8 oz
1 teacup = a scant 3/4 cup
1 coffeecup = a scant cup
1 tumbler = 1 cup
1 peck = 2 gallons (dry)

1 pinch or dash = what can be picked up between thumb and one finger
1 saltspoon = 1/4 tsp
1 spoonful = 1 tablespoon more or less
1 saucer = 1 heaping cup
1 penny weight = 1/20 oz
1 drachm = 1/8 oz
60 drops thick fluid = 1 teaspoon
1 ounce
- **= 4 1/2 tablespoons (allspice, cinnamon, curry, dry mustard etc.)**
- **= 4 tablespoons cloves or prepared mustard**
- **= 3 1/2 tablespoons nutmeg or pepper**
- **= 3 tablespoons sage, cream of tartar or cornstarch**

1 pound
- **= 2 cups liquid**
- **= 4 cups flour**
- **= 8 med. eggs with shells**
- **= 10 eggs without shells**
- **= 2 cups sugar**
- **= 2 1/3 cups packed brown sugar**
- **= 3 3/4 cups confectioner's sugar**
- **= 4 1/2 cups sifted confectioner's sugar**
- **= 4 cups grated cabbage, cranberries, coffee or chopped celery**
- **= 3 cups cornmeal**
- **= 2 cups uncooked rice**
- **= 2 3/4 cups raisins or dried currants**

Butter the size of an egg = 1/4 cup or 2 oz
Butter the size of a walnut = 1 Tablespoon
Butter the size of a hazelnut = 1 teaspoon