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# *Standards of Measurement*

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## **Common Abbreviations**

degree	° (or dg)	package	pkg.
dozen	doz.	pint	pt.
gallon	gal.	pound	lb. (or #)
hour	hr.	quart	qt.
inch	" (or in.)	second	sec.
minute	min.	tablespoon	Tbsp. (or T.)
ounce	oz.	teaspoon	tsp. (or t.)
cup	c.	few grains	f.g.
Liter	L		

## **Equivalent Measures**

- 3 teaspoons = 1 tablespoon
- 4 tablespoons =  $\frac{1}{4}$  cup
- 5 tablespoons + 1 teaspoon =  $\frac{1}{3}$  cup
- 8 tablespoons =  $\frac{1}{2}$  cup
- 12 tablespoons =  $\frac{3}{4}$  cup
- 16 tablespoons = 1 cup (8 ounces)
- 2 cups = 1 pint (16 ounces)
- 4 cups (2 pints) = 1 quart (32 ounces)
- 8 cups (4 pints) =  $\frac{1}{2}$  gallon (64 ounces)
- 4 quarts = 1 gallon (128 ounces)
- 1 pound = 16 ounces
- 1 stick of margarine =  $\frac{1}{2}$  cup