

Liquid

U.S. (ounces)		Metric (millilitres)		British (ounces)	
	154		4560	1 gallon	160
	38.5		1140	1 quart (qt)	40
	33.5	1 litre	1000		35
1 quart	32		950		33.3
	19		570	1 pint (pt)	20
1 pint	16		470		16.5
	9.5		285	1 cup	10
	8.5	1/4 litre	250		9
1 cup	8		235		8.3
	4.75		140	1 gill	5
	3.3	1 decilitre	100		3.5
1 fluid ounce	1		29.6		1.04
	0.96		28.4	1 fluid ounce	1

1 tablespoon = 3 teaspoons = 15ml = 1/2 fluid ounce

2 tablespoons = 1 oz = 30 gram

4 tablespoons = 1/4 cup = 60 ml

Weight

Grams	Ounces	Grams	Ounces
1.000	35 1/5 (2.2 lb)	85	3
500	17 3/5	80	2 7/8
454	16 (1 lb)	75	2 5/8
250	8 7/8	50	1 3/4
150	5 1/4	30 (28.3)	1
125	4.5	25	7/8
100	3.5	10	1/3

Conversion factors

To convert	Multiply	By
Ounces to grammes	the ounces	28.35
Grammes to ounces	the grammes	0.035
Litres to British quarts	the litres	0.88
Litres to U.S. quarts	the litres	0.95
British quarts to litres	the quarts	1.14
U.S. quarts to litres	the quarts	1.057
Inches to centimetres	the inches	2.54
Centimetres to inches	the centimetres	0.39

Temperature

Farenheit	Celcius
200	93
225	107
250	121
275	135
300	149
325	163
350	177
375	191
400	204
425	218
450	232
475	246
500	260
525	274
550	288

Conversion

Farenheit to Celcius: subtract 32, multiply by 5, divide by 9.
 Celcius to Farenheit: Multiply by 9, divide by 5 and add 32.

Formulae