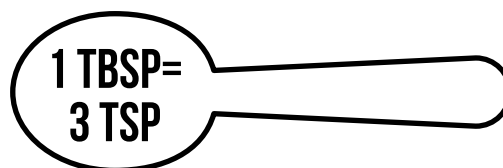
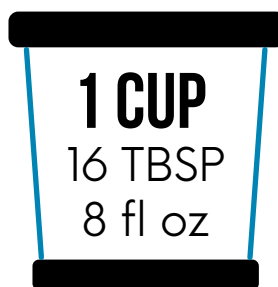


KITCHEN CONVERSIONS



weights

OUNCES	POUNDS
$\frac{1}{8}$ oz.	
$\frac{1}{2}$ oz.	
1 oz.	
2 oz.	$\frac{1}{8}$ lb.
4 oz.	$\frac{1}{4}$ lb.
8 oz.	$\frac{1}{2}$ lb.
16 oz.	1 lb.



liquid volumes

FLUID OZ	TSP	TBSP	CUPS	PINTS	QTS	LTRS
1/8 oz.	1 tsp	1/3 TBSP				5 ml
1/2 oz.	3 tsp	1 TBSP	1/16 c.			15 ml
1 oz.	6 tsp	2 TBSP	1/8 c.			30 ml
2 oz.	12 tsp	4 TBSP	1/4 c.			60 ml
4 oz.	24 tsp	8 TBSP	1/2 c.	1/4 pint		120 ml
8 oz.	48 tsp	16 TBSP	1 c.	1/2 pint	1/4 qt	240 ml
16 oz.			2 c.	1 pint	1/2 qt	480 ml
32 oz.			4 c.	2 pints	1 quart	950 ml