

## TRADITIONAL WEIGHTS & MEASURES CONVERSION

TRADITIONAL	STANDARD
1 TEACUP	A SCANT 1/2 CUP
1 WINEGLASS	1/2 CUP
1 JIGGER	1.5 FLUID OUNCES
1 GILL	1/2 CUP
1 COFFEE CUP	A SCANT CUP
1 TUMBLER	1 CUP
1 PINT	2 CUPS
1 QUART	4 CUPS
1 PECK	DRY: 2 GALLONS      LIQUID: 8 QUARTS
1 PINCH OR DASH	WHAT CAN BE PICKED UP BETWEEN THUMB AND FIRST TWO FINGERS (LESS THAN 1/8 TEASPOON)
1/2 PINCH	WHAT CAN BE PICKED UP BETWEEN THUMB AND ONE FINGER
1 SALTSPOON	1/2 TEASPOON
1 KITCHEN SPOON	1 TEASPOON
1 DESSERT SPOON	2 TEASPOONS OR 1 SOUPSPoon
1 SPOONFUL	1 TABLESPOON (APPROXIMATELY)
1 SAUCER	1 HEAPING CUP (APPROXIMATELY)
1 EGG WHITE	2 OUNCES (ON AVERAGE)
1 LEMON	1 1/2 OUNCES OF JUICE