**Equivalent Measures (volume)**

|  |  |
| --- | --- |
| **Customary Measure** | **Customary Equivalents** |
| **1 Tbsp. =** | **tsp.** |
| **1 fl. oz. =** | **Tbsp.** |
| **1 c. =** | **oz.** |
| **=** | **Tbsp.** |
| **1 pt. =** | **c.** |
| **=** | **fl. oz.** |
| **1 qt. =** | **pt.** |
| **=** | **c.** |
| **=** | **fl. oz.** |
| **1 gal. =** | **qt.** |
| **=** | **pt.** |
| **=** | **c.** |
| **=** | **fl. oz** |

**Equivalent Measures (weight)**

|  |  |
| --- | --- |
| **1 lb. =** | **oz.** |

**Temperature**

|  |  |  |
| --- | --- | --- |
| **Customary measure** |  | **Metric equivalent** |
| **Degrees F** | **(freezing point)** | **Degrees C** |
| **Degrees F** | **(boiling point)** | **Degrees C** |